

**TIMESNOW**

**Pragyan School**

**'Ranked No. 1  
as SCHOOL  
LEADERS of Greater  
Noida'**



**PRAGYAN  
SCHOOL**

Greater Noida

(Affiliated to C.B.S.E.)

# WEEKLY CIRCULAR SENIOR

**BRITISH  
COUNCIL**

**Recognition of  
International  
Dimension in  
Schools  
2025-2027**



27<sup>th</sup> March 2026  
(CIR/SC/41/2025-26)

# ASSEMBLY IX-XII

The morning assembly on 24th March 2026 featured an insightful and thought-provoking address by the School Counsellor Ms Jyotsna on the topic “The Power of Small Habits.” The talk emphasized how seemingly minor daily actions and choices significantly shape an individual’s personality, productivity, and long-term success. The counsellor highlighted that success is not the result of sudden big changes but a culmination of consistent small efforts. Through relatable examples, students were encouraged to reflect on their daily routines—such as time management, screen habits, study patterns, and interpersonal behaviour—and understand their cumulative impact over time. Special emphasis was laid on developing positive habits like regular reading, maintaining discipline, practicing gratitude, and making mindful choices in friendships. The speaker also explained how negative habits, even if small, can gradually lead to undesirable outcomes if not addressed early. The session was engaging and reflective, motivating students to take responsibility for their actions and make conscious efforts towards self-improvement. It concluded with a powerful message that small habits, when practiced consistently, can lead to remarkable transformation. Overall, the talk served as a valuable reminder for students to focus on everyday actions that contribute to building a strong and successful future.



# OPEN FORUM IX-XII

The Friday Open Forum held on 27 March 2026 engaged students in a thought-provoking discussion on the topic, “Are competitive exams harming students’ long-term mental health?” Students confidently presented perspectives from both sides. While some highlighted stress, anxiety, and undue pressure associated with exams, others emphasized the role of healthy competition in building resilience, discipline, and goal-setting skills. The discussion reflected balanced thinking, critical analysis, and empathy among participants. The session concluded with a collective understanding that while competitive exams can be challenging, the approach towards preparation, support systems, and mindset play a crucial role in shaping students’ well-being.



# PRAGYAN PLUS INITIATIVE : TIGER PRIDE EVENT

The following students Lavanya Verma X, Bhavay Tyagi X, Lavanya Upadhyay XII, Achinkya Singh XII participated in the prestigious Tiger Pride National Event organized by the Rochester Institute of Technology (USA), held in Gurugram. The event brought together talented students from various schools, offering them a platform to showcase their abilities and engage with an international academic institution. Two of our students were recognized as *top performers* across all participating schools—an exceptional accomplishment that reflects their dedication and excellence. The other two students were awarded *Certificates of Participation*, acknowledging their enthusiastic involvement and effort. The event also included an insightful session conducted by the admissions team from Rochester Institute of Technology, including the Assistant Director from their USA campus. This session provided students with valuable guidance on:

Building strong academic profiles through consistent scholastic performance

- Crafting impactful Letters of Recommendation (LORs)
- Developing comprehensive and competitive admission portfolios
- The importance of internships, sports, and co-curricular achievements
- Effective use of AI tools in enhancing college applications



# ECOLOGY TIP



# HEALTH AND WELLNESS TIP



## Effective Strategies to Prevent Mosquitoes



Use Insect Replent



Avoid Stagnant Water



Wear light color & Long sleeves Clothes



Stay Indoor during Dawn and Dusk



Say NO to Scented Products



# TIP OF THE WEEK

## Tips for the First Month of School

Get to know your teachers

Don't procrastinate

Find time for yourself

Keep yourself organized

Join school activities

A circular logo with the letters "UP" in green and white, surrounded by a yellow border with small white dots.

# CIRCULARS SHARED DURING THE WEEK

- **Inter-class Competition- Weave a story (Classes IX to XII) shared on 27th March 2026.**

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