



**TIMES
SCHOOL SURVEY
2019**
Ranked No. 1
as school leaders in Greater
Noida by the Times of India
Survey 2019



**PRAGYAN
SCHOOL**

WEEKLY CIRCULAR SENIOR

28th APRIL 2023
(CIR/PS/84/2023-24)

ASSEMBLY/YOGA SESSION VI-VIII

Students of classes VI-VIII had their Yoga session on 24th April. They performed different asanas to increase their concentration, like- Bhastrika asana, Anulom- Vilom and meditation . Students of class VII A conducted the assembly on 26th and 27th April 2023. The learners presented songs, musical presentations, Art presentations and poems. They also presented a talk on famous personality "Rabindra Nath Tagore" followed by an interesting quiz on the information shared about him.



EARTH DAY CELEBRATION VI-VIII

On the occasion of the celebration of Earth day, Students of Eco club presented a Nukkad Natak on 24th April. Theme of this Nukkad Natak was "Invest in our Planet". They shared information about the bad impacts of plastic in our daily life. Students participated with great zeal and enthusiasm. They conveyed a powerful message "Say No to plastic" through their performance.



ELECTIONS OF STUDENT COUNCIL 2023-24

The school campus has been buzzing enthusiastically after the Student Council nominations. On 24th April 2023, the nominated candidates addressed the students sharing their manifestos before voting. Each contender was granted an opportunity to impress the audience with their conviction, confidence, genuineness, and loyalty towards the contended post. The school captains were elected by the students of grades IX to XII. The students cast their votes and exercised their rights to the franchise by choosing the candidates of their choice. All votes were counted in the presence of the respective nominees where a sense of secrecy and respect could be seen throughout. After fulfilling a pre-set eligibility criterion, the students from classes VII -XII were allowed to nominate themselves in different categories for the remaining Council leadership positions. Later these nominees interacted with the school Principal and senior staff members. Putting an end to the ongoing speculation and anticipation and opening the doors to a fresh leadership approach, principal Ms Ruchika Sharma unveiled the names of the head girl and the head boy. The respective student council members will be formally taking charge after the Investiture Ceremony. Congratulations to all the newly elected members of the Council 2023-24.

STUDENT COUNCIL MEMBERS 2023-24

S. No.	Position	Name of Student	Class
1.	Senior Head Boy	Kautik Sahay	XII A
2.	Senior Head Girl	Poojita Chowdary Alla	XII A
3.	School Captain	Mufti Mohd. Wasiq	XII C
4.		Arnavi Bharadwaj	XI A
5.	Discipline Captain (Senior)	Srishti Tiwari	XII A
6.		Yuvika Vatan Sharma	XII B
7.		Ananiya Aggarwal	XII A
8.		Bhoomi Singh	XII A
9.		Rashima Sharma	XII A
10.	Co-Curricular Activities Captain (Senior)	Zoya	XI A
11.		Raina Gupta	XII C
12.		Bhavya Krishna	XII C

STUDENT COUNCIL MEMBERS 2023-24

13.	Sports Captain (Senior)	Harsh Vardhan Srivastava	XI A
14.		Dhruv Bhati	XII B
15.		Vijval Kapoor	XI B
16.		Manas Sharma	XI B
17.	Editorial Captains	Roshi Jain	X B
18.		Reva Sharma	X B
19.		Jiya Sharma	X A
20.		Lavanya Yadav	IX A
21.	Social Club Captain (Senior)	Interact Club - Diva Jain	XI C
22.		Health & Wellness Club – Dhanushka	XII C
23.		Ecology Club – Aashwika Mehta	XI A
24.		Computer Science Club – Pratyaksh Mishra	XII A
25.		Science Club – Manyata Nayak	XI A
26.		Journalism Club – Rakshit Katiyar	XI A
27.	Aesthetics Captain (Senior)	Aayushi Jain	XII A
28.		Sonali Rani	IX A

STUDENT COUNCIL MEMBERS 2023-24

29.	Captain - On Duty	Charvi Sisodia	XIA
30.		Abhishek Pandey	XIIA
31.		Eshika Dwivedi	IX A
32.	Discipline Captain (Junior)	Aarjav Dikshit	VII B
33.		Anvesha Saxena	VIII C
34.		Shambhavi Srivastava	VIII A
35.		Ishanvi	VII A
36.	Co-Curricular Activities Captain (Junior)	Arjoon Rao	VII C
37.		Priyanshi Sonker	VIII A
38.	Sports Captain (Junior)	Komal Singh	VIII A
39.		Tanishi	VIII C
40.		Tanmay Bansal	VII C
41.		Readers' Club – Nandini Singh	VIII B
42.	Social Club Captain (Junior)	Interact Club – Akshara Gambhir	VII A
43.		Health & Wellness Club – Ananya Deb	VIII B
44.		Ecology Club – Ashita Sharma	VIII A
45.		Computer Science Club – Renit Bhargava	VIII B
46.		Science Club – Priyanshee Aggarwal	VIII B

SOF IMO MEDALS 2022-23

Students were given Gold Medal of Excellence for their performance in SOF IMO 2022-23. We congratulate all the achievers.



SOF IMO MEDALS 2022-23

CLASS	NAME OF THE STUDENT	SCHOOL RANK	TYPE OF MEDAL
6	YADVI RAMJE	1	Gold Medal Excellence
6	STUTI SHARMA	2	Gold Medal Excellence
6	MANASVI RAJ	3	Gold Medal Excellence
7	AKSHAJ	1	Gold Medal Excellence
7	ISHITA GUPTA	2	Gold Medal Excellence
7	BHAVYA KUSHWAHA	3	Gold Medal Excellence
8	KUMAR RAGHUVANSHAM	1	Gold Medal Excellence
8	AYAN AGARWAL	2	Gold Medal Excellence
8	ARNAV SINGH	3	Gold Medal Excellence
9	REVA SHARMA	1	Gold Medal Excellence
9	AYAN AGGARWAL	2	Gold Medal Excellence
9	ROSHI JAIN	3	Gold Medal Excellence
10	PRANAY KUMAR BEHERA	1	Gold Medal Excellence
10	AYAAN KHAN	2	Gold Medal Excellence
10	ZOYA AWASTHI	3	Gold Medal Excellence
11	OM THAKRE	1	Gold Medal Excellence

CBSE SCIENCE CHALLENGE: FIRST ROUND WINNERS

CBSE Science Challenge was conducted on 20 April 2023 for classes VIII-X. We congratulate the following students for being selected for the second round. Akshaj VIIIA, Ishita Gupta VIIIB, Riana Chowdhury IXC, Nishith Jadav IXC, Reva Sharma XB and Ashwika Sharma XB.

ACHIEVEMENTS

Vijval Kapoor of XIB participated in 20th Noida Open Tennis Championship held on 22-23 April conducted by GBN District Tennis Association. We congratulate him for being the winner in the U-16 boys category.



BOOK HERO

On 24th April during morning assembly four students were awarded with a book hero batch under the umbrella of Pragyan book hero programme. The purpose of this programme is to encourage the students to donate the books for reuse of books and to increase the reading habits of the students.



ARTIST OF THE APRIL MONTH

Sonali Rani of class IX A is the artist of the April month. She is an artist who works with great enthusiasm. Her work on paper always reflects multiple expressions. Much of her work focuses on observation and experience. We wish her all the very best for her future.



MOCK DETAILED ASSESSMENT

Detailed Assessment which is a Multiple choice based assessment in all subjects and in Computer it is practical based assessment. Detailed Assessment in Hindi, Sanskrit, Social Science and Computer Science are prepared by our teachers. Math, Science and English are prepared by an external agency Educational Initiatives. Educational Initiatives is associated with CBSE and prepares the question bank for CBSE portal also. To make Class VI and New admission students aware about the EI portal and the steps to attempt the Detailed Assessment a mock test was conducted on 27th April 2023. All doubts related to the portal were explained to the students .



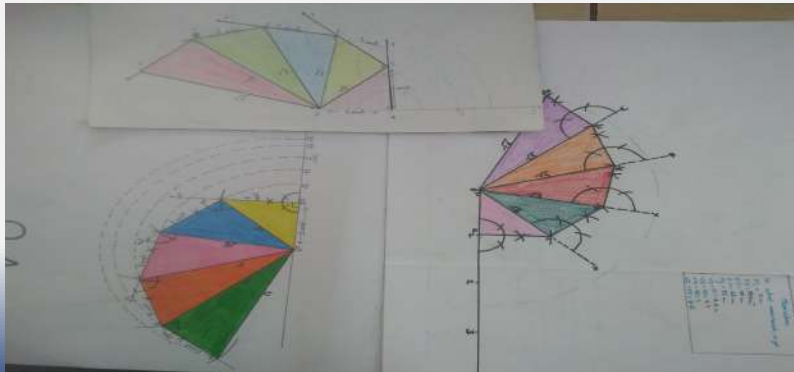
SCIENCE ENRICHMENT ACTIVITY VIII

The students of grade VIII BC made a kaleidoscope with the help of 3 mirror strips, decorative materials, transparent sheets etc. They learnt that a kaleidoscope is an optical toy consisting of 3 mirrors at particular angles. Kaleidoscopes are used to produce beautiful patterns. Kaleidoscope works on the principle of multiple reflection.



MATHEMATICS ENRICHMENT ACTIVITY IX

Students of class IX performed their art integrated enrichment activity of Maths on spiral method of representing irrational numbers on the number line. Students performed the activity with the help of geometrical tools and showed colorful work of pythagoras theorem with great enthusiasm and creativity.



SCIENCE ENRICHMENT ACTIVITY IX

To differentiate between uniform and non uniform motion an enrichment activity was conducted on 25th April for the students of class IX. It helped students to understand better the concepts of motion like uniform and non-uniform motion. It develops scientific attitude, hands on skills and the learning is long lasting.



WORK EXPERIENCE ACTIVITY IX

Gift wrapping serves as a garnish to our wonderful gift. Students of class IX have done the gift wrapping from the readily available and eco-friendly materials at their homes. It offers them to develop fine motor skills, social skills- by sharing materials, creativity in planning and execution and understanding what the end product will look like. While doing so, they realize the importance of it also which adds personal touch and the receiver feels even more special.



VISIT TO NATIONAL CRAFT MUSEUM AND HASTKALA ACADEMY- DELHI CLASS VI

Students of class VI visited National Craft Museum and hastkala academy-Delhi on 25 April, 2023. The Delhi Crafts Museum is widely reckoned as one of the largest museums in the country and it comes under the administration of Ministry of Textiles (India). The museum was designed by the renowned architect Charles Correa. The rare and finest specimens of traditional Indian handicrafts and handlooms are preserved with the objective that these would serve as source material for the revival and development of Indian crafts. These source materials are meant for the master craftsmen, art-historians and craft designers along with the people who are interested to know our old cultural heritage. Students explored various art forms from all over India. They got knowledge about different cultures and traditions from India and art work belongs to them. As this was part of their Social Science Enrichment Activity. Before visiting the site students were given a brief introduction of it and were informed how they have to make the drawing of the sculpture and write the details they observe there. It will be followed by the post activity, where students will make some crafts from prehistoric times.

VISIT TO NATIONAL CRAFT MUSEUM AND HASTKALA ACADEMY- DELHI CLASS VI



VISIT TO QUTUB MINAR VII

Students of class VII visited Qutub Minar in Mehrauli, Delhi, on 17 April, 2023. The Qutub Minar has been included in the coveted list of World Heritage Sites. Students observed and gained knowledge about the tallest brick minaret in India made of red and buff sandstone, which is an important example of early Afghan architecture, which later evolved into Indo-Islamic Architecture known as 'Nayab Namuna'. They also saw an iron pillar in the complex, remains one of the most talked about and curious structures. It took around two hours to see the whole of the structures which included Alay minar, Masjid, charbagh garden, sundial clock, tomb etc. As this was the part of their Social Science Enrichment Activity, before visiting the site students were given a brief introduction of it and were informed how they have to make the drawing of the Minarets and write the details they observe there. It will be followed by the post activity, where students will design a Travel Guide Book / Brochure.

VISIT TO QUTUB MINAR VII



EDUCATIONAL OUTING TO TIMES GROUP PRODUCTION PLANT XII

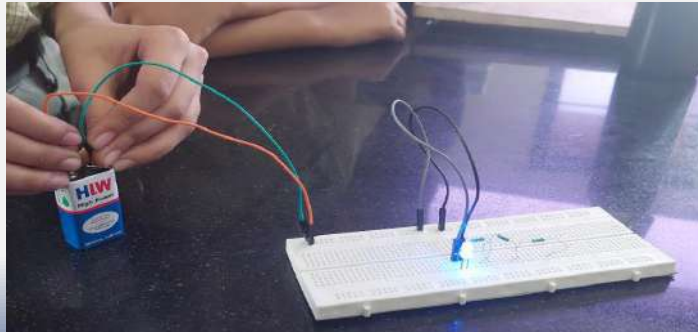
45 students of class XII accompanied by two teachers visited the Times Group Production Plant at Sahibabad, UP on 27th April 2023. The experience instilled much curiosity and knowledge in each student as they walked through the story behind each newspaper. From editing stations, printing, inks, cutting and circulation on conveyer belts, there really was so much to learn. The resource person from Times group explained in detail about the legacy of Times group from being the first paper in the world to go all colour to printing 10 lakh copies each day and becoming the largest newspaper circulation group. The students also learnt an integral topic about how paper is actually much more eco friendly than the news online. The plant visit was truly one of a kind and proved to be an enlightening experience for all.

EDUCATIONAL OUTING TO TIMES GROUP PRODUCTION PLANT XII



ATL SESSIONS VII

Students of grade VII B made a circuit by connecting the resistance in series. They made the LED glow with the help of the jumper wires, registers , LED, breadboard , battery etc. They understood that in a series circuit, all components are connected end-to-end to form a single path for current flow.



ATL SESSIONS VIII

In the ATL session, students have made series and parallel combinations on the breadboard by dragging wires, resistor, LEDs, and battery to construct a model DC circuit. In this interactive simulation, they understood charge flow and resistance of a very simple battery powered circuit.



ATL SESSIONS IX

Students of class IX did the brainstorming on the better wheelchair for the patient enriched with features of voice controlling system, better suspension, better comfort. Students came up with very interesting and valuable ideas.



ATL SESSIONS X

Students of class XAB did the brainstorming to create an idea for the wheelchair which can be controlled by voice and can produce better comfort to the patients in terms of jerk and posture.



ATL SESSIONS XI

Students of class XI A, learned about the use of IR sensor and ultrasonic sensor and understood the concept of traffic light using Arduino



ATL SESSIONS XII

Students of class 12A did basic programming on C++ and sent the information to the Arduino for the execution. Program based on Even and Odd numbers was successfully executed and installed in the Arduino.



INTERCLASS SANSKRIT CREATIVE WRITING COMPETITION VII-X

Sanskrit Creative writing competition was conducted for classes VII-VIII, IXB and XB



WORKSHOP :MICROGREEN WORKSHOP VI-VIII

When we plant trees, we plant the seeds of peace and seeds of hope. We also secure the future of our children. -Wangari Mathai

Seed germination determines continuous plant production necessary for human survival. On 26th April 2023 the Ecology Club of Pragyan School Greater Noida had organized a workshop on 'Microgreens'. Mr Vineet Vohra a famous environmentalist from 'Give Me Trees Trust' had joined the students with his team. Mr Vohra has a vast experience in tree plantation drives, CSR activities and he is involved in many practical activities to connect communities to Nature. All students of classes VI-VIII got an opportunity to attend this hands-on workshop. During the session the participants learnt about the various nutrient packed green vegetables and herbs commonly known as microgreens. These got ready to be consumed in less than a month. All students had planted the seeds in groups and equipped themselves with the right techniques to grow microgreens at home. It was a successful session where the children developed an awareness of and interest in plants as food.

WORKSHOP : MICROGREEN WORKSHOP VI-VIII



WORKSHOP ON EARTH DAY IX-XII

On 21st April 2023, Ecology club of Pragyan school Greater Noida organized a workshop conducted by Green Dream Foundation on 'Sustainable Shwachta Abhayan' for classes IX - XII which was conducted by Miss Simran of Green Dream Foundation. The workshop was interesting and covered numerous do's and don'ts for the planet Mother Earth, which created a sense of responsibility and awareness among young minds. The workshop was culminated by a pledge. Students had also displayed posters giving messages to save the Earth.



WORKSHOP ON COMPUTER VISION SYNDROME IX-XII

A workshop was organized by the Interact Club on Wednesday 26th of April on the topic “Computer vision syndrome”. The session was conducted by Dr. Kunal Kaushik, consultant Dayal Eye Centre, Delhi. Computer vision syndrome is a condition that can result from prolonged use of digital devices, such as computers, tablets, and smartphones. Symptoms of computer vision syndrome can include eyestrain, headaches, blurred vision, dry eyes, and neck and shoulder pain. During the workshop, the students likely learned about the causes of computer vision syndrome, as well as strategies for preventing and treating the condition. Some of the tips for reducing the risk of computer vision syndrome may include taking regular breaks, adjusting the lighting and positioning of screens, and maintaining good posture while using digital devices. Overall, the workshop aimed to educate students about the potential risks associated with excessive screen time, and to provide them with practical tips for protecting their eye health while using digital devices.

WORKSHOP ON COMPUTER VISION SYNDROME IX-XII



PRAGYAN PLUS INITIATIVE

A workshop on Photography was attended by Reva Sharma XB , Roshi Jain XB and Daksh Shrivastav XB along with the teacher Mr. Subodh Kumar on 21st April 2023, at Hindustan Times house in Delhi. The workshop was on the Photo Book- how to create the photo book, the use of photographs to tell a story and to invoke emotions in the audience. The workshop was conducted by Ms. Paroma Mukherjee, editor in Hindustan Times, photography department. It was a very interactive and fruitful session where students were exposed to diverse fields related to photography as career options. Few photo books were also shown to the students like Happy Good night by Sanjeev Seth, the Red Cat and other stories by Ritesh Uttamchandani and Taj Mahal by Raghu Rai.



PRAGYAN PLUS INITIATIVE

The Sustainable Development Goals are the blueprint to achieve a better and more sustainable future for all. They address the global challenges we face, including poverty, inequality, climate change, environmental degradation, peace and justice. Selected Students of grade XI and XII along with Mr. Kuldeep Pathak (PGT) Physics visited Shiv Nadar School on 21st April 2023 for Educational Boot Camp Organized by the Collaboration of Indian Youth Nuclear Society and Shiv Nadar . It was a wonderful experience as they got the opportunity to know about some very valuable projects based on the Sustainable Development Goal. The interactive Panel discussion were taken by some very renowned scientists and industrialists of India and France. The main motive of the session was:

1. Sustainable smart cities (Goal 11)
2. Gender Equality (Goal 05)
3. Innovation (Goal 09)
4. Climate action (Goal 13)

Along with

5. Radioactive Observations and measurement
6. Benefits of Educational Institutions-Industry Partnerships

It was indeed an enriching experience for the students.

PRAGYAN PLUS INITIATIVE



INTERNATIONAL DIMENSION BROADENING YOUR HORIZON

Videoconferences immerse students in an entirely new experience. By connecting classrooms across the world, students explore, articulate, and develop their own views, while encountering and considering the views of others. In association with Generation Global, Pragyan School had its first VC of the new academic session on Monday, 24/04/23. A group of 8 students from classes 8,9,10 interacted with students from various schools in countries like India, Armenia, Ukraine, Indonesia, Nicaragua, Nigeria, Kenya and Egypt. They had a fruitful discussion on the topic 'Climate Change'. They shared and learned about different views on human relationship with the environment, and why protecting the earth is important and actions people take to care for it.

INTERNATIONAL DIMENSION BROADENING YOUR HORIZON



Shot on OnePlus
Powered by Dual Camera

SOCIAL CLUBS

CLASS VI- XII



- ECOLOGY CLUB
- HEALTH AND WELLNESS CLUB
- SCIENCE CLUB
- COMPUTER CLUB
- JOURNALISM CLUB
- READERS CLUB
- INTERACT CLUB

ECOLOGY CLUB: GREEN WARRIORS

During the session on 27th April 2023(Thursday), students were involved in the planning of activities of newspaper and E-waste collection drives. Each student expressed his/ her views on the E- waste collection drive. They visited the Medicinal garden and also had a few suggestions to revive the garden. All the suggestions were noted and we look forward to incorporating them in the future.



HEALTH AND WELLNESS CLUB: AAROGYAM

“Cleanliness is a state of purity, clarity and precision.”-Suez Orman-
School is a place where one can learn so many things. It helps the students to grow up into a responsible person. Keeping this perspective in mind, this week the Health and Wellness club members bring to the table an imperative topic - “Cleanliness, Personal Hygiene and Good Health Practices”. The students shared their opinion on the various good health practices which should be followed by all for a healthy life. The ‘Health and Wellness Club Members’ developed an understanding of habits or practices that should be executed in order to maintain good health. The meeting ended with an interesting activity where the students demonstrated the proper method of brushing teeth in groups along with flossing and tongue cleaning.

HEALTH AND WELLNESS CLUB: AAROGYAM



SCIENCE CLUB: THE INNOVATORS

In the Innovator Club grade VI students made AIR POWERED CARS with bottle caps, CD's, straws, bottles, cardboard etc. The principle behind is that for every action, there is an equal but opposite reaction. In the case of the Balloon-Powered Car, the action is the air rushing from the straw and pushing against the air behind the car. Students of grade VII made SUBMARINE With the help of a bottle, pipe and balloon etc. They understood that the submarine floats when the water it pushes out of the way (displaces). When the water is pushed away it causes an upward force which works against gravity, which would foster the pulling down of the ship.



COMPUTER CLUB:TECHSPARK

Computer Club is a way for students to show their passion for technology. This week, Scratch programmers worked on creating games and stories using Arithmetic Expressions. Students participated enthusiastically and created interesting games.



READERS CLUB:THE PAGE TURNERS

A logo is an essential visual representation of a club, serving as an emblematic symbol of its identity, values and mission." Today a session on logo design was conducted by the members of the club. The objective of the session was to create a logo with a slogan that represent the club's identity and purpose. The session began with a brainstorming activity, where members shared their ideas for the logo design. The ideas included incorporating books, reading glasses and symbols that represent learning and knowledge. After the brainstorming activity, the members began working on their designs ideas, and towards the end of the session, they presented their creative designs to the rest of the group. It was an enriching session full of knowledge and creativity.



INTERACT CLUB: HELPING HANDS

“Don’t be safety blinded, be safety minded.” Keeping this view in mind, this week the members of Interact club presented their self- made posters celebrating the “World Day for Safety and Health at work.”.The annual World Day for Safety and Health at Work on 28 April promotes the prevention of occupational accidents and diseases globally. The World Day for Safety and Health at Work 2023 focuses on enhancing social dialogue towards a culture of safety and health. The discussion started with “What is the world day for safety and health at work all about?” The session concluded with the students realizing that the goal of safety slogans is to reduce the number of workplace accidents while also protecting the health and safety of employees.



ECOLOGY CLUB: GREEN WARRIORS IX-XII

The students of the club made paper bags in various designs. The bags were also decorated which reflected their creativity. The motto behind this activity was to promote eco-friendly practices. Students have participated enthusiastically.



HEALTH AND WELLNESS CLUB: AAROGYAM IX-XII

On Friday, 27th April 2023, AAROGYAM students learnt foot movement in Diamond shape (front and back) and both the sides (left and right move). This activity taught them to stabilize body balance and how the body weight is distributed through each move. They learnt to play around with different positions, whether it's on one foot or both, so that we get comfortable with the body weight and how to shift between them. They learnt first simple stepping, then with clap and with hands stretching upwards. These stepping exercises are very helpful for Aerobics and Zumba sessions too.



SCIENCE CLUB: THE INNOVATORS IX-XII

27 April 23, students of science club got the idea of rocket launching and their application in various fields of science. Science club is organizing a Rocket Launching Competition on 11th May 2023. Class wise task completed in this week;

1. Class-9th: Crawling Robot.
2. Class-10th: Mixing of color with the motion
3. Class-11th: Solar Cooker, Students will prepare a scale having least count 0.2mm using paper.
4. Class-12th: Cell and resistor



COMPUTER CLUB:TECHSPARK IX-XII

In TechSpark, Kautik Sahay, Wasiiq Raza, Sarthak Bisoi and Daksh Dubey from class XII participated in quizzes on Secure Social Media Practices and Cyber Hygiene Practices under MeitY's Stay Safe Online Campaign this week. The designer's group was introduced to the creation of videos by mixing images and video clips. The coders worked on the Lambda function in Python. Jia Sharma and Anshuman Sharma made a storyboard for Online financial transactions security. Everyone appreciated Akanshi Sharma's ppt design with special effects.



COMPUTER CLUB:TECHSPARK IX-XII



STAY SAFE ONLINE CAMPAIGN
Certificate of Participation
Certificate No : SSO/QUIZ/CYBHYPQ/013649

This is to certify that Ms./Mr./ Dr. **Daksh Dubey**
has successfully participated in online quiz on "Cyber Hygiene Practices" organized as part of "STAY SAFE ONLINE (SSO) CAMPAIGN" under India's G20 presidency from 1st December,2022 to 30th November,2023. The campaign is led by Ministry of Electronics & Information Technology (MeitY), Government of India and implemented by C-DAC, Hyderabad as part of ISEA Project Phase –II.


Shri. Ch A S Murty
SSO Coordinator

QR Code: 

Issued Date : 27-04-2023

In association with:








STAY SAFE ONLINE CAMPAIGN
Certificate of Participation
Certificate No : SSO/QUIZ/SSMP/030691

This is to certify that Ms./Mr./ Dr. **kautik sahay**
has successfully participated in online quiz on "Secure Social Media Practices" organized as part of "STAY SAFE ONLINE (SSO) CAMPAIGN" under India's G20 presidency. The campaign is led by Ministry of Electronics & Information Technology (MeitY), Government of India and implemented by C-DAC, Hyderabad as part of ISEA Project Phase–II. This quiz is organised from 20th March, 2023 to 30th April, 2023.


Shri. Ch A S Murty
SSO Coordinator

QR Code: 

Issued Date : 27-04-2023

In association with:






JOURNALISM CLUB:THE BROADCASTERS IX-XII

27 April 2023. It is aptly said that discussions always bring out constructive solutions to everything. The broadcasters had a lot to discuss and formulate ranging from weekly circulars of the school to the bimonthly newsletters and reports. Each section of the newsletter was assigned to a specific group and they discussed in detail their roles and responsibilities. Newspaper reports and articles were also discussed with their correct format.



INTERACT CLUB: HELPING HANDS IX-XII

The Interact club students actively participated in the book donation drive organized by the club. They collected the books from all classes and segregated them classwise during the club period on Thursday 27th April. The members also observed the World Day of Safety and Health at work. The aim of the World Day of Safety and Health at work is to stimulate dialogue on the importance of investing in safety and health at work in responding to emergencies and crises affecting workplaces. Students suggested measures to improve safety at the workplace. They also discussed the health problems faced by the people working In mining and chemical industries.



HEALTH & WELLNESS CLUB



Healthy Lifestyle Tips

8 BEST TIME TO DRINK WATER

- 01 After Waking Up –**
Activate Internal Organs
- 02 After workout –**
Bring heart rate back to normal
- 03 Half an hour Before A Meal –**
Help In Digestion
- 04 Before taking bath –**
Help To lower Blood Pressure
- 05 Before going to bed –**
Replenish Any Fluid Loss
- 06 When you are feeling sick –**
Hydrate Body For Proper Function
- 07 When you are feeling tired –**
Recharge Your System
- 08 When surrounded by infected and sick people –**
Don't let settle infection in body.

An illustration of a young boy with dark hair, wearing a blue t-shirt and light blue pants, drinking water from a clear glass. He is standing on a white surface with a blue shadow underneath.



ECOLOGY CLUB

USE MICROGREEN AS PART OF YOUR FOOD

MICROGREENS

UR
LIFE

BENEFITS:

- ✔ Nutritious
- ✔ Prevents various diseases including cancers
- ✔ Rich in antioxidants
- ✔ Reduce the risk of Alzheimer's disease
- ✔ Reduce the risk of diabetes


USE THEM AS A PART OF YOUR:

- SANDWICH
- WRAP
- SALAD
- PIZZA/CURRY TOPPING
- JUICE/SMOOTHIE

40 times higher in antioxidants level as compared to mature leaves

Enhance sugar uptake by the cells by **25 to 44%**

9 times higher in nutrient levels as compared to mature leaves





TIP OF THE WEEK



Too much love never
spoils children.
Children become
spoiled when we
substitute presents
for presence.

Anthony Withman

CIRCULARS SHARED DURING THE WEEK

- Book Donation Drive shared on 22nd April 2023.
- Google Form Submission for walker and Transport users shared on 24th April 2023.
- Cycling Event - Realising the core objective (Class IV onwards) shared on 25th April 2023.
- Interclass Hindi poem recitation competition (IX-X) shared on 25 th April 2023.
- Inter-class English Poem Recitation Competition (Classes XI & XII) shared on 25th April 2023.
- Youth for Earth 2023 shared on 25 April 2023.

<https://pragyanschool.com>

<https://www.facebook.com/pragyanschool>

<https://twitter.com/pragyanschool>

<https://www.youtube.com/PragyanSchoolGreaterNoida>