



**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

11th FEBRUARY 2022
(Cir/PS/39/2021-22)

ACHIEVEMENT

Toycathon 2021 is an inter-ministerial initiative organized by the Ministry of Education's Innovation Cell with support from All India Council for Technical Education. We are proud to share that Hanswarup Talwar, XB of Pragyan School, along with his team won the Toycathon-2021 challenge. His team presented a novel idea 'Gam-i-Yog', which integrates the ancient Indian yogic techniques with modern age AI - Computer Vision and Machine Learning. Hanswarup Talwar has won prize money of Rs. 6250/- on winning the Toycathon-2021 Digital Edition Grand Finale by Ministry of Education's Innovation Cell and AICTE.

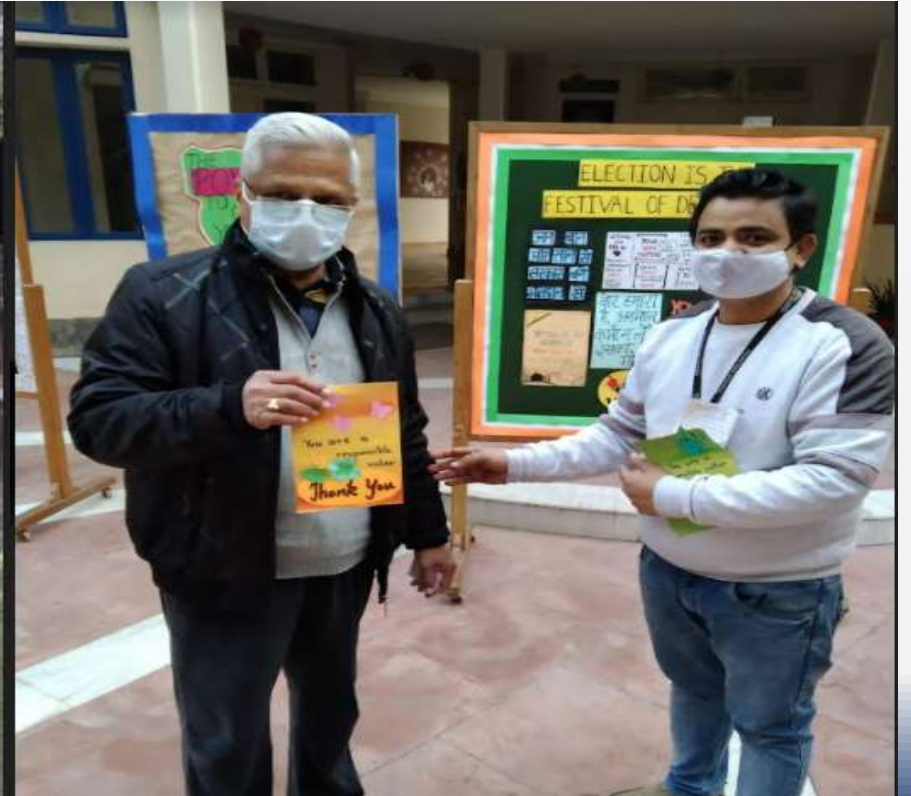


MODEL ELECTION CENTER

Gautam Budhh Nagar witnessed the Vidhan Sabha election on 10 Feb 2022. Pragyan School also celebrated the festival of democracy by being the model election center.

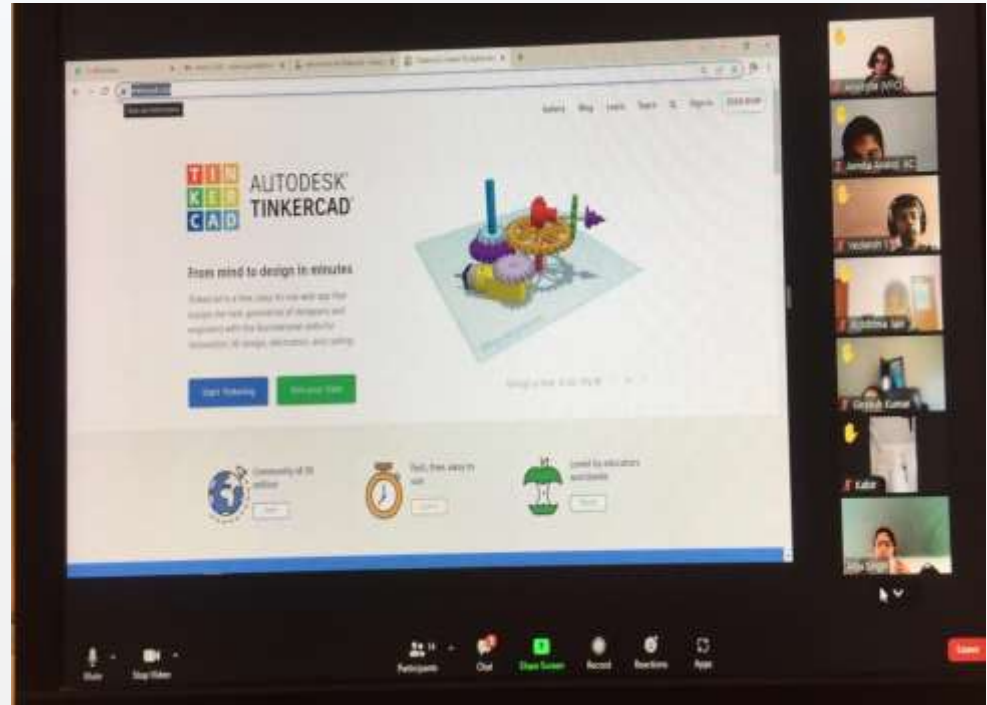


MODEL ELECTION CENTER



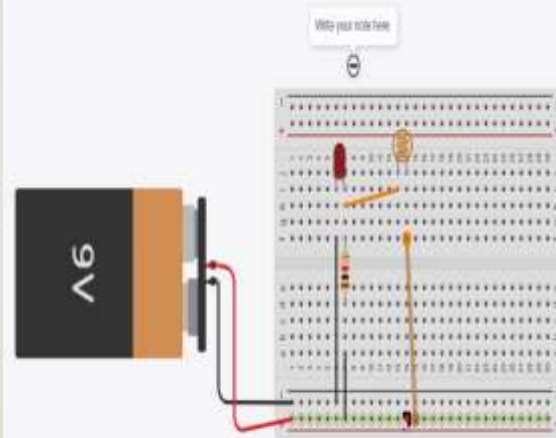
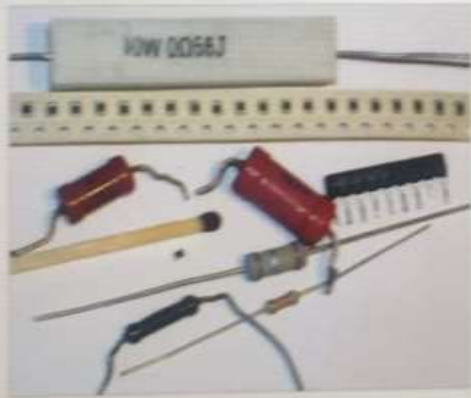
ATAL ONLINE SESSIONS VI-VIII

In class VI-VIII, the concept of color coding of resistors was explained to the students. Ms Rajani explained the difference between electric and electronic, AC and DC, Active and passive components of the circuit. Students were also told about TINKERCAD, an online tool for various circuits and 3D designs. In class 8, the working of function generators, how to generate square sine triangle waves were demonstrated to the students



ATAL ONLINE SESSIONS VI-VIII

Resistor:- A resistor resists the flow of electrical current. The amount of resistance is measured in Ohms. A resistor is considered a *passive* component that consumes power that is dissipated as heat.



ATAL SESSIONS X-XI

Class X and XI attended their ATAL TINKERING LAB Session on Understanding and Identification of Resistors and how to construct the circuits. They made the circuits themselves using resistors, battery and breadboard.



INTERACT CLUB INITIATIVE: PROJECT SAHAS

Interact club of Pragyan school is supporting the Rotary club in their ongoing event "Project Sahas" to help the underprivileged kids in their education. One of the activities under 'Project Sahas' is to set up a library in the neighborhood for the underprivileged kids. We successfully collected more than 200 books with the contribution from Pragyan school library, Parents and the students. The books collected were submitted to Rotary club on Friday 11th February.



IBM SKILLSBUILD ORIENTATION WEBINAR

CBSE has partnered with IBM to offer a range of professional courses through the IBM SkillsBuild for students platform, followed by micro-internship opportunities for students. It offers free learning, support, and resources to foster STEM and new-collar skills for everyone. Selected students of classes VIII-XII attended a workshop on 10th Feb, 2022 to understand how to use this platform for upgrading their skills.



IBM SKILLSBUILD ORIENTATION WEBINAR

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What will you learn today?

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Welcome, Ishika Kumar G!

New in SkillsBuild for Students

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5+ hours
3 courses on hybrid cloud, ethical AI, and open source tech, with a focus on their role in jobs.

Open Source Origin Stories

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Complete this learning content	Earn this badge	Language
AI Foundations - Powered by ISTE and IBM 14 hours 5 modules, 1 assessment	AI Foundations A collection of 17 AI and IBM content	English
Build Your Own Chatbots 4 hours 1 course	IBM Cognitive Class	English
Watson va a clase	Watson va a clase: Fundamentos de	Spanish

CBSE WEBINARS

Name of the Participant Teacher	Topic of the webinar
Dr Kamakshi Sharma	•Developing Scientific Temperament
Ms Richa Palni	•Health Promoting schools

CBSE Training Portal For Teacher Training



Serial No: CBSE/OS/2020/H/123585 क्रमांक:	Date of issue: 09/02/2022 जारी करने की तिथि:
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**केन्द्रीय माध्यमिक शिक्षा बोर्ड
CENTRAL BOARD OF SECONDARY EDUCATION**

**ऑनलाइन सत्र में सहभागिता का ई-प्रमाण पत्र
e-Certificate of Participation in Online Session**

प्रमाणित किया जाता है कि डॉ./सुश्री/श्रीमती/श्री
This is to certify that Dr./Ms./Mrs./Mr. Kamakshi Sharma

विद्यालय
School PRAGYAN SCHOOL SEC-GAMMA GR NOIDA G B NAGAR UP ने निम्न विवरणानुसार ऑनलाइन सत्र में भाग लिया:
has attended Online Session with following details:

दिनांक Date : <u>08/02/2022</u>	समय Time: <u>12:00-13:00</u>
शीर्षक Topic: <u>Developing Scientific Temperament</u>	

यह ऑनलाइन सत्र उत्कृष्टता केंद्र द्वारा आयोजित किया गया।
This Online session was organized by Center of Excellence Chandigarh

 प्रमुख /प्रभारा, उत्कृष्टता केंद्र Head/In-Charge, COE	 निदेशक (कीशल शिक्षा एवं प्रशिक्षण), के.मा.शि.बो. Director (Skill Education & Training), CBSE
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SOCIAL CLUBS

CLASS VI- XII



- ECOLOGY CLUB
- HEALTH AND WELLNESS CLUB
- DEBATING AND JOURNALISM CLUB
- INTERACT CLUB

ECOLOGY CLUB VI-VIII


Topic Sustainable development

During the club meeting the topic was introduced by Daksh, a student of class VIII. He explained the meaning of sustainable development, Which was further taken up by the teacher who explained the various components of sustainable development. Students also watched one video on 'Sustainable development goal (SDG)'. At the end an open discussion took place about the various activities which help us to achieve sustainable development, in which students participated enthusiastically .



ECOLOGY CLUB VI-VIII

Sustainability for kids (whiteboard animation)



The animation depicts a superhero character with a cape and mask flying through a forest. The trees are drawn in a simple, sketchy style. The superhero is positioned in the center, moving from left to right. The background is a light, textured surface.

but he was able to arrive in just a few seconds

Pause (k) 0:39 / 4:25

Scroll for details


Stop Share

Arju Singh

Daksh Shrivastav

Shouryendra Pratap Singh

Marista Bhatt



The Zoom meeting interface shows a grid of five participants. The names of the participants are visible below their respective video thumbnails. The interface includes standard Zoom controls like 'Stop Share' and 'Pause (k)'.

HEALTH AND WELLNESS CLUB VI-VIII

"Health is the greatest of human blessings" -
Hippocrates

Students of class VI-VIII attended a session on BMI during Junior health and wellness club meeting on 12th February 2022. They were explained an accurate way to calculate their daily calories needs through the Harris Benedict formula. The student members along with club incharges calculated their BMI to check their health index. Also, they have designed a 30-Days Health Challenge for themselves to be followed after discussing in the club meeting.

Step 3 Find out the Susan's Activity Level

- *If you are sedentary (little or no exercise):
• Calorie-Calculation = $BMR \times 1.2$
- * If you are lightly active (light exercise/sports 1-3 days/week):
• Calorie-Calculation = $BMR \times 1.375$
- * If you are moderately active (moderate exercise/sports 3-5 days/week):
• Calorie-Calculation = $BMR \times 1.55$
- * If you are very active (hard exercise/sports 6-7 days a week):
• Calorie-Calculation = $BMR \times 1.725$
- * If you are extra active (very hard exercise/sports & physical job or 2x training):
• Calorie-Calculation = $BMR \times 1.9$



HEALTH AND WELLNESS CLUB VI-VIII

30 CHALLENGE

- 1. Chase 30 lines
- 2. Don't eat past 8pm
- 3. Eat vegetables with every meal
- 4. Cook at home
- 5. Try to sit on your bottom
- 6. Laugh and love
- 7. Take 10 stairs
- 8. Walk to work
- 9. Sleep for eight hours
- 10. Drink green tea
- 11. Avoid salt
- 12. Don't eat refined sugar
- 13. Drink lots of water
- 14. Eat what you love 3 days
- 15. Drink or eat something yourself
- 16. Don't skip breakfast
- 17. Avoid them and sugar as often
- 18. Drink green tea
- 19. Try a new exercise
- 20. Do a hero pose
- 21. Don't eat processed foods
- 22. Use supplements
- 23. Take a cold shower
- 24. Hire your houseplants
- 25. Eat what you're craving
- 26. Eat whole grains
- 27. Eat with pleasure

thechaturtija.com

The Harris Benedict Formula

How to Calculate your Resting Metabolism Rate Using the Harris Benedict Equation

DEBATING AND JOURNALISM CLUB VI-VIII

Posters provide visual, colourful and simple ways to communicate. They provide an opportunity to bring out the creative expression of students and to trigger thought processes among the students. Student members of the Journalism and debating club enjoyed making posters on the topic 'Laughter is the best medicine'. The idea was to encourage and motivate people to stay happy and stay healthy. Overall it was a happy experience for all.



INTERACT CLUB VI-VIII

"SAFETY FIRST IS SAFETY ALWAYS" - To spread awareness about online safety, the learners of Interact Club celebrated International Safer Internet Day in the meeting held on 12.02.2022. The learners took initiative and made wonderful PowerPoint presentations on Internet Safety. The Internet is an integral part of our lives, it provides opportunities to learn, create and connect, but on the other hand, the online world can also create challenges. They explored what is Internet Safety and why is it important, the dangers associated with it, cyberbullying, hacking, internet safety rules etc. They also shared a few videos on Cyber Security.



INTERACT CLUB VI-VIII

How is Safer Internet Day Celebrated?



HEALTH & WELLNESS CLUB



Healthy Lifestyle Tips

WHAT WE THINK, WE ARE..



You can't live a positive life with negative mind.

ECOLOGY CLUB



DID YOU KNOW?

Most wrapping paper is
not recyclable

Why not trying one of these options?

Recyclable
wrapping
paper



Reusable
fabric
wrap



Newspaper
wrap





TIP OF THE WEEK



Positive Discipline

Compliments



Compliments and appreciations bring us closer together.

Focus on accomplishments and helpfulness to others:

- 1) "I appreciate how quickly you get dressed and ready for school."
- 2) "I notice how kindly you cared for Anna when she felt sad, I bet it helped her feel better."
- 3) "Thank you for setting the table."

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Family Meetings



Children learn social and life skills during weekly family meetings.

Format for the Family Meeting:

- 1) Compliments and appreciations
- 2) Evaluation of past solutions
- 3) Agenda items-person can choose
 - a) Share feelings
 - b) Invite a discussion
 - c) Brainstorm for solutions
- 4) Calendar: events, meal planning
- 5) Fun activity and dessert

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Kind AND Firm



It is the AND that brings kind AND firm together to avoid extremes.

Begin by validating feelings and/or showing understanding. Offer a choice when possible. Examples:

- 1) I know you don't want to brush your teeth, AND we can do it together.
- 2) You want to keep playing, AND it is time for bed. Do you want one story or two?
- 3) I love you, AND the answer is, "No."

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Problem Solving



Use daily challenges as opportunities to practice problem solving WITH your children.

- 1) Brainstorm for solutions during family meetings or with one child.
- 2) Ask Curiosity Questions to invite your child to explore solutions.
- 3) For fights: "You kids can figure it out. Come back with your plan."
- 4) For chores: Brainstorm what needs to be done and invite your kids to create a plan. Be willing to try their plan for a week.

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