



**TIMES
SCHOOL SURVEY
2019**
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 **BRITISH
COUNCIL**
**International
Dimension in Schools
2022-25**



**PRAGYAN
SCHOOL**

WEEKLY CIRCULAR SENIOR

18th NOVEMBER 2022
(Cir/PS/68/2022-23)

ASSEMBLY ON CHILDREN'S DAY IX-XII

To mark the occasion of Children's Day, teachers presented an assembly for the students of classes IX-XII on 14th of November. The assembly consisted of regular assembly activities like Thought of the day presented by Ms. Jyotsna, News by Mr. Nitin, Personality of the day by Mr. Jeetendra alongwith interesting riddles presented by Ms. Seema, fun with numbers by Ms. Megha, a poem by Ms. Neelima and an inspirational story by Ms. Roja. The assembly began with prayer with Mr. Manish in lead with other faculty members. Ms. Sushma hosted the assembly. School Principal, Ms. Ruchika Sharma witnessed the assembly and showered her blessings on students.



ASSEMBLY IX-XII

Students of Class XII A conducted the morning assembly with great enthusiasm. Yuti, Chahat, Riddhima and Angel expressed their views on the topic " Is social media post/activity be considered during college admission or employment ". Saahil, Aditya and Shreeya spoke about the personality Edward Card. As part of oratory skills Priyam and Daria presented a poem, Riddhima gave the book review on Jeffery Archer's 'Heads You Win' and Adhya gave a musical performance. On 18th Nov 2022 Yoga session was conducted during the assembly. Students performed corrective posture for the improvisation of balancing, which is a very important part of our fitness component.



ENRICHMENT ACTIVITY VI

Science enrichment activity of grade VIB was conducted in chemistry lab on 17/11/22 on separation of substances. They performed the process of sedimentation, decantation and filtration.



ENRICHMENT ACTIVITY VII

Science enrichment activity of VIIB was conducted on the topic :- Transportation of materials in plants and animals . Students made beautiful, self explanatory models on the following topics:- structure of heart, ascent of sap, translocation and excretory system.



ENRICHMENT ACTIVITY VII

Students of grade VIIC performed art integrated Maths enrichment activity on the topic "percentage" using different values on graph paper. With this activity students learned about percentage applications. Percentages are used widely in different areas. For example, discounts in shops, bank interest rates, rates of inflation and many statistics in the media are expressed as percentages. Percentages are important for understanding the financial aspects of everyday life.



ENRICHMENT ACTIVITY VIII

Students of class 8 BC presented the enrichment activity of Maths on 16th November. The topic of was "To verify algebraic Identity by Art integration ". Students showcased their work by cutting and pasting different colored sheets for the verification of the identity. Algebraic identities are used to solve the algebraic expression or polynomial faster. It makes the calculation easier..



ENRICHMENT ACTIVITY X



Enrichment activity on Nomenclature of Hydrocarbon was performed in the class using Art Integration. Students used Clay modelling to create the Nomenclature of their name's first alphabet. Experiential learning helps to enhance the knowledge of students.

ATL SESSIONS IX

Students of Class IX attended the brain storming session with the Mentor of the ATL lab. They were asked to identify the problems related to daily life and to suggest the possible solution of it. It was an interactive session for them.



ATL SESSIONS XI

Students of Class XI-A attended their ATL session and understood the concepts behind various software languages and coding. It was an interactive session with the resource person and students.



BIOLOGY ACTIVITY CLASS XII

Biology students of class XII conducted field study in the school nursery to analyse the population frequency and population density of different species of weeds in the school nursery by the quadrat method.



WORKSHOP GIRL UP: PRAGYAN

On 14 th November 2022, Monday, students of classes IX and XI attended a workshop on Girl Up – an initiative towards gender equality and inclusiveness by United Nations Foundation. Pragyan School has also launched its own club Girl Up Pragyan, to allow students to work towards the greater good while getting hands-on experience and improving their social skills. After the session, in which the five core members of the club talked about the importance of gender equality and the recruitment process, several students were interested and listed their names for the club. They were also informed about an upcoming workshop by Girl Up India on 16 th November 2022 on “Safe cities powered by technology.” It was an informative session for all.



GIRL UP PRAGYAN (STEM BOOTCAMP)

Girl Up India hosted a STEM Bootcamp for girls on 'Safer Cities Powered by Technology' on November 16. The core team members of the Girl Up Pragyan attended the workshop with great enthusiasm. Students learnt about the infrastructural problems that make cities unsafe for women alongside discussing solutions and innovations that can bridge those gaps as well as gender-responsive urban planning (a topic of rising importance in policy making!).



STREAM SELECTION PRESENTATION BY SUBJECT TEACHERS

In order to assist the students of class IX - X in their stream selection in class XI, Pragyan School organized interaction sessions of students with subject teachers of different streams. Powerpoint presentations were conducted by subject teachers on 14-11-22 (For Science), 16-11-22 (For Commerce) and on 18-11-22 (For Humanities). The presentation by the teachers consisted of indepth information on various courses and career options available to students of different streams. Subject specific presentations on Psychology, Painting, Informatics practices and Applied Maths were also done along with the three streams. The session aims to equip students with updated information on career and stream selection in order to make scientific decisions.



SOCIAL CLUBS

CLASS VI- XII



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

ECOLOGY CLUB IX-XII

Ecology Club members were briefed about the collection drive of E-waste. Students shared their suggestions in this regard. They also visited Compost pits at school and learned the importance and process of making compost out of our kitchen waste. Overall it was a fruitful session.



HEALTH AND WELLNESS CLUB IX-XII

This week in Health and Wellness Club focus was laid on activities to keep ourselves fit and healthy. For the month of Nov, the theme of the club is Fit India. The Fit India Movement is a movement to take the nation on a path of fitness and wellness. It provides a unique and exciting opportunity to work towards a healthier India. As a part of the movement students actively participated in Fitness Drill conducted by Mamta Ma'am. Apart from fitness drill students also learnt laughter exercise as laughter is considered to be the best medicine in the world. They also played games to revive their childhood memories with the aim of good health with happiness.



DEBATING AND JOURNALISM CLUB IX-XII

17 November 2022. A proverb that's rightly said- Tell me and I will forget, show me and I may remember; involve me and I will learn. Today, the students of debating and journalism club had a long awaited session where they discussed the topic- Movies/web-series promote violence and social evils. Enthusiastic members of the club put forth their view points supporting strong evidences and relevant examples. Many of them agreed to the topic tabled before them while some believed that one should always use his wit to understand what is right and wrong.



ENTREPRENEUR CLUB IX-XII

The Entrepreneurship club meeting was conducted on the 17th of Nov 2022. The students were distributed into 10 teams and the agenda was to prepare 10 business plans for participation in various upcoming competitions. A few good ideas and plans were conceived. All the teams will be presenting their detailed plans in the next meeting.



INTERACT CLUB IX-XII

The students of Interact club celebrated International Day for Tolerance during the club period. People are naturally diverse; only tolerance can ensure the survival of mixed communities in every region of the globe. Interactors prepared hand made posters and digital posters to promote respect and appreciation of the rich variety of our world's cultures, our forms of expression and ways of being human.



HEALTH & WELLNESS CLUB



Healthy Lifestyle Tips



TOP 5 FOODS FOR BRAIN HEALTH & ENERGY



1) Walnuts - contain neuroprotective compounds, including vitamin E and Omega 3 Fatty Acids essential to brain health. They may also boost the brains anti-inflammatory abilities and improve cognitive function and memory retention. (Serving 4-6 Whole)



2) Avocados - referred to as the world healthiest food because it is packed with monounsaturated fats and omega 3 which are essential to a healthy blood flow and brain function. Vitamin E protects the brain from memory loss. (Serving 1/4-1/2 per day)



3) Coconut Oil - the brain is made up of 60% fats. Coconut oil provides medium chain triglycerides that give our brain energy. The healthy fats in coconut oil may also help to delay brain aging, memory loss and memory disorders. (Serve 1 Tbsp. for stir frying, add into green smoothies, use in baking, or for your own raw chocolate recipe)



4) Kale & Leafy Greens - loaded with micronutrients and antioxidants that help keep the body health and maintain brain function and agility. The vitamin A, C, E and Selenium found in green leafy vegetables help keep our brains alert and energized. (2-3 cups as a raw salad, in green smoothies, bakes)



5) Organic/Free Range Eggs - Don't be afraid of the yolk! Containing the B Vitamin choline which has been linked to better neurological function, reduced inflammation and happiness. The protein in eggs can also keep you feeling more satisfied through the day and less likely to crave sugary foods. (1-2 per day)



ECOLOGY CLUB

E-Waste is posing a threat to the environment. These need to be collected and processed safely by authorized agencies. Pragyan School have installed bins to collect the items so we request you to bring the E-waste so that it can be handed over to the agency.





TIP OF THE WEEK

