



**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

10th FEBRUARY 2022
(Cir/PS/78/2022-23)

ASSEMBLY VI-VIII

Morning assembly is the first platform which is provided to young minds, boosting their confidence towards public speaking and imbibing a feeling of team spirit in their nascent minds. The students of class 6B conducted their class assembly on 8 and 9 February 2023. The week commenced with an Open Forum. All the students presented their views on the topic 'Is the development of artificial intelligence going to help or hinder humanity'. Each day was assigned a different topic for the class assembly. Children debated on the topic 'Online learning curbs the holistic development of the students' with full enthusiasm. The second day began with a talk on Agatha Christie, enlightening the audience on her life, work and achievements. The assembly culminated with a Quiz on Agatha Christie which was thoroughly enjoyed by all. All the assemblies concluded with the National Anthem, where all the students and teachers sang with honour and pride!



ASSEMBLY IX-XII

Assembly was conducted by the students of Class IX B for this week. On the first day students spoke on the topics given for their enrichment activity which was also judged by their English teacher. The theme of the next Assembly was on the personality 'Tim Cook' and speakers were Anagh, Daksh, Aadya, Aryak, the quiz was conducted by Reva and Ifra. Next day it was based on Oratory skill. The musical presentation by Roshi, Jia, Aryak and Shivanand was excellent. Supriya also came up with a song and speeches by Anshika and Anagh. Regular yoga practice reduces levels of stress and body-wide inflammation, contributing to healthier hearts. Yoga helps in developing an Indian spiritual and physical practice or discipline. Keeping this in mind Pragyanians from classes 9 to 12 did various asanas on Friday.

ASSEMBLY IX-XII



ATL SESSIONS VII

Students of class VIIC made a touch control LED circuit with the help of led, arduino, touch sensor, jumper wire etc.



SOF ENGLISH MEDALS

The gold medals of excellence and gold medal of distinction were distributed to the winners of SOF IEO 2022-23 in classes VI-XII assembly on 10th February 2022.



WORKSHOP

On Saturday, 4th February Ms Roja Ramani Revalla and Ms Rashmi Chugh attended the Principal's Conclave on Gifted Education Program at India International Centre, Delhi. The agenda of the program was Ideas, concepts, and relationships within science and Maths that are introduced at the middle school level to spark students' interest in the subject which provides the necessary groundwork for allowing them to further delve into the subject. The Chief Guest of the event Shri Himanshu Gupta, IAS (Director of Education, Govt of NCT) shared that for the first time the need for Gifted Education has been recognised by the National Education Policy (NEP,2020), We all have to work together to nurture these gifted children.



SOCIAL CLUBS

CLASS VI- XII



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

ECOLOGY CLUB VI-VIII

Eco club celebrated world wetland day in the Eco club session held on 9/2/23. Topic was introduced by showing and explaining PPT of conservation of wetland by Ramsar convention. It was followed by the open forum where students shared their view about how to conserve 29 wetlands present in India, which covers 4.6% of total land area of India. At the end eco club members were guided about registration of an online course of ECO- Champs LMS organised by NGO Bhumi, about growing the environment problems and its potential solution.



VISIT TO ORGANIC FARM

To inculcate a culture of sustainable consumption and to contribute towards safe and sustainable food systems, students were encouraged to maintain organic farm in the school. They prepared seedbed, sowing, weeding, and irrigating plants in the field. They got familiarized with tools used for doing these agricultural practices like plough, trowel, sickle etc. They visited a compost pit where biodegradable waste from the kitchen is converted into manure. They harvested fenugreek from the farm with the help of sickle. At the end students realized that for healthy organs, go organic.



HEALTH AND WELLNESS CLUB VI-VIII

What is Meditation? Meditation is a practice where an individual uses a technique – such as mindfulness, or focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state. Meditation is relaxation and rejuvenates the body and mind. With this aim in mind, this week the Junior Health & Wellness Club had a session on Meditation and the incredible power of meditation. The session began by seeking the blessings of the Almighty by chanting the Gayatri Mantra. The students also learned that the coping skills they learn from meditation lasts for a lifetime.



DEBATING AND JOURNALISM CLUB VI-VIII

As the session is coming to an end, student members of the debating and Journalism club were made to write down their objective for choosing the club in the beginning of the session. Further they were made to write their take away from the club. Overall, it helped in assessing the objectives of the club.



INTERACT CLUB VI-VIII



Students of Junior Interact Club attended a session on "Wetlands Restoration" in the club meeting on 09/02/2023. The teacher incharge Ms Richa Palni and Ms Pallavi interacted with the students and made them aware about the wetlands and their importance for the planet. The session was organized on the occasion of World Wetlands Day (2nd February 2023).

INTERACT CLUB IX-XII

The Interact Club have initiated its very own project, "PROJECT SANJEEVNI" to help the underprivileged sections of the society with their medical needs by collecting the unused medicines and medical equipment from the privileged sections of the society and donate the same to an NGO 'Uday Foundation. We successfully collected medicines and handed over to Mr. Promod Jain a volunteer from Greater Noida, on wednesday 8th February to submit "Uday Foundation.



HEALTH & WELLNESS CLUB



Healthy Lifestyle Tips

6 BENEFITS OF SUNSHINE

1. Sunlight increases serotonin which increases our feeling of well-being. Which can lift our mood.

2. Stimulates the pineal gland which produces melatonin which is important to regulate sleep.

3. The sun is our best source of vitamin d which is important for strong bones & teeth.



4. Vitamin D improves brain function. Sunlight helps stimulate the brain.

6. During exposure to sunlight, the amount of white blood cells increase. These cells play an important role in strengthening immunity.

6. Skin exposed to natural ultraviolet light releases nitric oxide which helps to lower blood pressure.



ECOLOGY CLUB

Keep the oceans blue, the planet green and the animals safe.
We are the key to a cleaner and pollution-free air.





TIP OF THE WEEK



Giving our children everything they want makes them demanding and ungrateful. And they never learn how to be self-controlled. Think about this next time you give in to your screaming child.