

Pragyan wishes you all a very

**Happy
New year**

2025





**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 JANUARY 2025
(CIR/PS/140/2024-25)

ACHIEVEMENTS

The Kreativity League 2024, a competition promoting STEM skills among students, culminated in a grand finale at IIT Delhi on December 27-28, 2024. Finalist teams from previous rounds showcased their robotic innovations (RoboQuest) and entrepreneurial solutions (STEMpreneur) at the R&I Park within the IIT Delhi campus. Team Nebula—comprising Renit, Aaron, and Nischay from Grade 9—excelled in the Astropreneur category, achieving a stellar 2nd place among all teams across India at IIT Delhi. Competing against 200+ teams nationwide, their innovative approach and hard work were rewarded with a cash prize of ₹15,000. Congratulations to Team Nebula for their exceptional performance and for embodying the spirit of innovation.



ACHIEVEMENTS: CYBER SYMPHONY 2024

The Inter school event was conducted on 30th Dec 2024 at Jagran Public School, Noida. Our students participated in following events and bagged positions :

WarBots: 1st Place: Ayan Agarwal (10th), Daksh Srivastava (11th)

MPixel Masters: 1st Place: Priyanshee Agarwal (9th), Aaron Tripathi (9th)

Flying Machine:1st Runner-Up: Manas Singhal (11th), Shreyangi Singhal (11th)



ECOLOGY CLUB IX-XII: GREEN WARRIORS

The Ecology Club of Pragyan School conducted an enriching activity on 10th January 2025, expanding the medicinal garden that was initially established by the club. New plants such as aloe vera, curry leaves, mehendi, lemon, and kalanchoe pinata were introduced to diversify the garden's medicinal value. The activity aimed to educate students on the importance of natural remedies and sustainable practices. Members enthusiastically participated in planting and learning about the health benefits of these species. This initiative reflects the club's dedication to environmental awareness and fostering a deeper connection with nature among students.



HEALTH AND WELLNESS CLUB IX-XII: AAROGYAM

The Health and Wellness Club emphasized Ayurveda's principle of Shatpavali, encouraging students to take 100 steps after lunch to aid digestion, metabolism, and overall well-being. The activity highlighted benefits such as improved blood sugar levels and reduced bloating. Following the walk, students engaged in interactive games designed to boost happy hormones and uplift spirits during the harsh winter season. The initiative fostered physical health and emotional positivity among participants.



ECOLOGY CLUB TIP

Eco-friendly Cooking tips



Food Preservation Techniques

Preserve your produce using canning, dehydrating, or fermenting.

- Can your fruits and veggies to keep them fresh for months.
- Dehydrate them to create nutritious snacks.
- Ferment them for added flavor and probiotics.

Creative Ideas for Using Leftovers

Soups, stews, and casseroles are the perfect solution! These hearty and delicious meals are a great way to use leftover ingredients and reduce food waste in your kitchen. Plus, they're easy to make and perfect for meal prep.

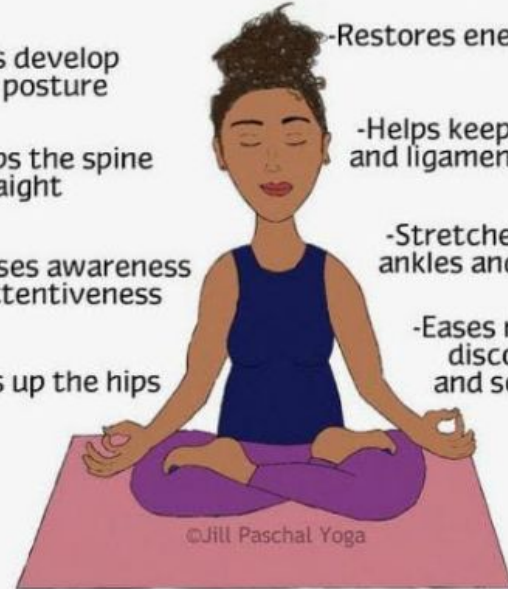


HEALTH AND WELLNESS TIP



Benefits of Padmasana (Lotus Pose)

- Calms the brain
- Helps develop good posture
- Keeps the spine straight
- Increases awareness and attentiveness
- Opens up the hips
- Stimulates the spine, pelvis, abdomen, and bladder
- Restores energy levels
- Helps keeps joints and ligaments flexible
- Stretches the ankles and knees
- Eases menstrual discomfort and sciatica





TIP OF THE WEEK

Things Children Absorb and Imitate From Parents

@thefocusedhomemaker

How they handle stress and emotions
like anger and disappointment

Their approach to
challenges and
problems

Their ways of expressing
joy and excitement

Their spending patterns
and financial habits

How they interact
with others

How they
resolve conflicts

Their approach to
responsibilities

Their empathy
toward others

Their prejudices and
stereotypes

Their self-esteem
and confidence

Their traditions and
beliefs



CIRCULARS SHARED DURING THE WEEK

- Practical dates & mandatory school on 7th January 2025 shared on 6th Jan 2025.
- Inter-Class Activity: English Quiz (Class IX & XI) shared on 9th Jan 2025.
- Datesheet - Summative Assessment II (Classes VI to IX & XI) shared on 10th Jan 2025.
- Inter-class Activity - Talent Display (Classes VI to VIII) shared on 10th Jan 2025.

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