

**TIMESNOW**

**Pragyan School**

**'Ranked No. 1**  
*as SCHOOL*  
**LEADERS of Greater**  
*Noida'*



**PRAGYAN**  
**SCHOOL**

Greater Noida

(Affiliated to C.B.S.E.)

**BRITISH COUNCIL**

**Recognition of**  
**International**  
**Dimension in**  
**Schools**  
2025-2027



# WEEKLY CIRCULAR SENIOR

26<sup>th</sup> SEPTEMBER 2025  
(CIR/SC/22/2025-26)

# ASSEMBLY VI-VIII

A special teachers' assembly was conducted for the students of Classes VI-VIII after the completion of the SA-1 examinations. The assembly began with the morning prayer, followed by the Thought for the Day, which inspired students to face challenges with courage and positivity. To make the session lively, a few riddles were shared, and the students participated with great enthusiasm. The teachers then delivered a motivational talk, encouraging students to take the SA-1 experience as a stepping stone, focus on consistent hard work, and move ahead with determination in the upcoming term.



On September 24-25, the students of Class 8C captivated their audience with a powerful and inspiring assembly presentation. By sharing the incredible life story of Deepa Malik, they celebrated her remarkable achievements and highlighted her unwavering resilience and determination, leaving everyone deeply moved. Adding further depth to the assembly, the class engaged in a thought-provoking debate on the benefits and drawbacks of competition. Their confident articulation and critical thinking skills were truly commendable, making the session both informative and inspiring.



# ACHIEVEMENTS

We are proud to share that Aarohi Roy VIA achieved two silver medals and one Gold medal in CBSE National Swimming Championships held at Bhubaneswar, Odisha.

- Girls 11 and Under 100 meter Freestyle: Gold Medal
- Girls 11 and Under 50 m Butterfly : Silver Medal
- Girls 11 and Under 200m : Silver Medal



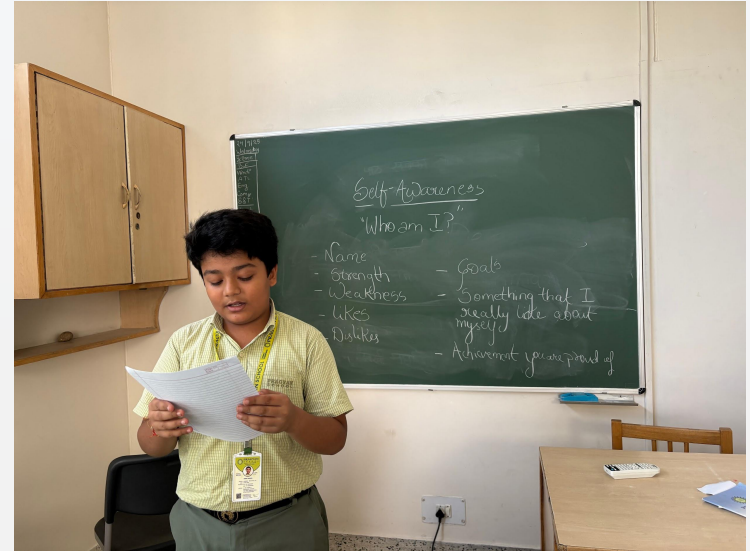
# GOOD JOB APPRECIATION

On 26th September 2025, the Readers' Club awarded *Good Job* certificates to students for their enthusiastic participation in the activity titled "Story with a Twist", conducted on 29.08.2025. This engaging session encouraged students to think creatively and present stories with unexpected and imaginative endings. The certificates were given to motivate the students and to appreciate their creativity, confidence, and active involvement in the activity. The following students were recognized for their commendable efforts: Madhav Kumar (6A), Ritwik (6A), Prabhav Singh (6B), Aayansh (6B), Aditya (7A), Vivaan Pradeep (7A), Meghan (7A), Prayana Trehan (7B), Akshayaa Pandey (7D), and Kanak Jadaun (8C). A special mention was given to Akshayaa Pandey (7D) for her best performance in the activity.



# LIFE SKILL SESSIONS CLASS VI

To assist adolescents in developing the skills required to deal with life realities, life skills classes were conducted for the students. As part of this initiative, students in classes VI were prompted to engage in self-awareness exercises. The focal points encompassed aspects of their qualities, recognition of strengths and weaknesses, and identification of distinctive qualities or attributes. The primary objective of this activity was to enhance students' self-awareness. The students perceived this task as a challenging yet valuable endeavour.



# EDUCATIONAL OUTING CLASS XI

On 26th September 2025, students of Pragyan School visited Ishan Group of Schools for an enriching educational experience. The students were introduced to the principles of Ayurvedic medicine and learned about its natural healing techniques. They gained insights into the use of herbs in daily life and their medicinal properties. A guided tour of the herbal garden allowed them to identify various plants, understand their benefits, and appreciate the value of traditional knowledge in modern times. The visit was highly informative, fostering curiosity and respect for India's ancient wisdom in health and wellness among our students.



# INTERCLASS COMPETITION VI-VIII

The Interclass Athletics Meet for Classes VI–VIII was conducted on 23rd September 2025 with great enthusiasm. Learners showcased their talent and sportsmanship by participating in various categories including 100m race, 200m race, 400m race, shot put, and long jump. The event witnessed energetic participation and healthy competition among the students. The atmosphere was filled with cheer and encouragement as learners displayed their athletic skills. The results of the competitions were announced during the school assembly, where the winners were applauded for their efforts and achievements. Overall, it was a successful and spirited event that motivated learners to strive for excellence.



# INTERCLASS COMPETITION IX-XII

Pragyan School conducted its Athletic Trials on 26th September 2025 with great enthusiasm and participation from Grades 9 to 12. The events included track races of 100m and 200m, along with field events such as javelin throw, discus throw, shot put, and long jump. Students showcased remarkable energy, discipline, and sportsmanship throughout the trials. The selected students will now play the finals on Monday, 29th September 2025. The event aimed at identifying talented athletes who will represent the school in upcoming competitions. Teachers and coaches guided the participants, motivating them to give their best. The trials not only encouraged physical fitness but also instilled confidence and team spirit among the students.



# INTERCLASS COMPETITION IX-X

The Interclass Social Science Quiz for Classes IX and X was held with great enthusiasm, with the written screening round on September 22, 2025, and the final round on September 26, 2025. Each section nominated three students, resulting in five spirited teams competing in the event. The quiz comprised four stimulating rounds—General, Visual, Rapid Fire, and Buzzer—which tested not only the students' command over their subject but also their presence of mind and team coordination. The primary objectives of the quiz were to strengthen conceptual clarity, foster critical thinking, and promote collaborative learning. The key takeaway for the participants was enhanced awareness of national developments, greater confidence in expressing knowledge, and the joy of healthy competition.



# INTERCLASS COMPETITION XI-XII

**AD-MAD** (Advertisement and Marketing Activity) event was organized on 26th September 2025. The event witnessed enthusiastic participation from students from classes XI-XII. The event was Judged by Vishaka Sharma-Banking and I.T. Department, and Ms. Pema Chenzom- Marketing Professional. The competition was organized to encourage students to develop innovative advertising campaigns, enhancing their understanding of marketing strategies and communication techniques. Participants presented unique and impactful advertisements, demonstrating their ability to think critically and work collaboratively under time constraints. After a rigorous evaluation by the panel of judges, the winners were announced as follows:

**1st Position: Class XI C** Team Members: Eshika Diwedi, Krishika Bansal, Vasudha Nigam, Aayan Bhatnagar, Sonali Rani, Drishti Diwedi

**2nd Position: Class XII B** Team Members: Aryak Sahai, Tanay Srivastava, Vatsal Garg, Pratham Anand, Asmi

The event not only fostered creativity but also instilled confidence and strategic thinking among the students. The school congratulates all participants for their remarkable efforts and extends special appreciation to the winning teams for their exemplary performance.



# CBSE READING CHALLENGE VI-X

The CBSE Reading Challenge is an initiative by the Central Board of Secondary Education aimed at promoting critical reading and comprehension skills among students of Classes VI to X. The challenge encourages learners to engage with a variety of texts, enhance their ability to understand written content, and respond accurately and efficiently. In our school, Round-I of the CBSE Reading Challenge 2025–26 was successfully conducted on September 24, 2025. Students were assessed through a set of reading comprehension passages followed by objective-type questions, designed to test their reading speed, understanding, and interpretation. The challenge was conducted in two languages – English and Hindi – based on the language preference submitted by each student. After evaluating the responses, two top performers from each class, in each language category, were selected to represent the school in Round-II of the competition. In the English language category, the following students qualified: **Samarth Pandey (VI-C)**, **Dia Nagar (VII-B)**, **Kanak Jadaun (VIII-C)**, **Tavishi Sadh (IX-B)**, and **Rannajay (X-B)**. In the Hindi language category, the selected students are: **Devishi (VI-C)**, **Akshayaa Pandey (VII-D)**, **Krishnanka Ghosh (VIII-C)**, **Arnav Bharadwaj (IX-A)**, and **Shakti Saxena (X-A)**. The activity not only fostered reading habits but also built confidence and healthy academic competition among the students.



# IGKO AND ICSO OLYMPIAD

The International General Knowledge Olympiad (IGKO) and the International Computer Science Olympiad (ICSO), organized by the Science Olympiad Foundation (SOF), were conducted on 24th and 25th September. Students from various classes actively participated in the exams, which were held within the school premises under the proper guidance and supervision of teachers. The IGKO tested students' general awareness and life skills, while the ICSO focused on their computer related skill and information technology awareness. The exams were conducted smoothly in school and created a spirit of healthy competition among students.



# INTER-SCHOOL COMPETITION VI-VIII

We are delighted to announce that Kshitiz, Class VI, brought laurels to the school by winning a ₹1000 Amazon Gift Voucher and a Certificate of Merit at the Noida Zonal Round of the Kiran Nadar Museum of Art (KNMA) – Art Battle, Season 5. The competition was held on Saturday, 13th September 2025 at Shiv Nadar School, Noida, where talented students from various schools across Delhi NCR showcased their creativity in a live painting contest. Participants were given on-the-spot topics and 1.5 hours to complete their artwork. Kshitiz competed in the Middle Category (Classes VI–VIII) and impressed the judges with his imagination, originality, and artistic skill. His performance earned him a place among the Top 30 winners per zone, thereby qualifying him for the Grand Finale at KNMA, Saket in December 2025. This remarkable achievement has made the school proud, and we extend our best wishes to Kshitiz for greater success in the forthcoming Grand Finale.



# TEACHERS' WORKSHOP

Pragyan School organized the first session of a workshop on Emotional Intelligence for its teachers, conducted by Ms. Pushpa Nair from Maxme, a human development company. The session focused on building self-awareness, empathy, and social skills, while highlighting the role of emotional intelligence in creating positive classrooms and strengthening teacher well-being. Teachers actively participated in reflective exercises and discussions, making the workshop both engaging and insightful. The school extends its gratitude to Ms. Pushpa Nair and Maxme for facilitating this enriching session.



# PRAGYAN PLUS INITIATIVE STUDENT EXCHANGE PROGRAMME

In its endeavour to foster global awareness and intercultural understanding, the school initiated a student exchange programme with the partner school, St.-Ursula-Gymnasium, in Attendorn, Germany. St. Ursula Gymnasium is a recognised independent Roman Catholic school funded by the Archdiocese of Paderborn. Originally a convent of the Ursulines, the school was established in 1917. This exchange program offers an excellent opportunity for our Pragyanians to expand their horizons and immerse themselves in the vibrant, diverse culture of Germany. 11 students of classes IX-XII with one teacher are visiting St. Ursula Gymnasium, Attendorn, Germany from 23rd Sep- 1st Oct 2025 .



# ECOLOGY CLUB VI-VIII: GREEN WARRIORS

On 26th September 2025, the students of the Ecology Club enthusiastically participated in a Newspaper Craft Activity during the club period. Using their creativity, they designed beautiful decorative items such as pencil stands, baskets, wall hanging, papier-mâché, paper models, parchment craft and more. The activity not only showcased their talent but also highlighted the importance of recycling and reusing materials in an innovative way.



# ECOLOGY CLUB : GREEN WARRIORS

The Ecology Club of Pragyan School proudly contributed towards environmental conservation by donating approximately 150 kilograms of electronic waste (E-Waste) to the NGO Green Dream Foundation on 26th September 2025. The collected E-Waste will be responsibly recycled by the foundation to minimize environmental hazards and promote sustainable waste management. This initiative not only supports the cause of recycling but also encourages our students to actively participate in creating a greener and cleaner future. We appreciate the efforts of our students and parents who made this drive successful. Together, let us continue to work towards building an eco-friendly society.



# HEALTH AND WELLNESS CLUB VI-VIII: AAROGYAM

A session was conducted in the Health and Wellness Club on the topic “What is Stress and its Management.” The session began with an introduction to the concept of stress and its impact on health, followed by an explanation of different types of stress—physical, emotional, and mental. Practical strategies such as relaxation techniques, deep breathing, and time management were highlighted to help students cope with stress effectively. The session was highly interactive, as students actively participated and shared their personal insights and experiences related to stress. Real-life examples were discussed to make the session more relatable, and the importance of maintaining a balance between academics and personal life was strongly emphasized. Students appreciated the engaging nature of the discussion, and the session proved to be informative, meaningful, and helpful for managing stress in daily life.



# SCIENCE CLUB VI-VIII: THE INNOVATORS

During the Science Club meeting, Class VI students explored the science behind various puzzles and experiments. The activities included a gravity experiment and showcasing electrolysis and electroplating, highlighting their applications in daily life. These hands-on experiments helped students understand complex concepts in a fun and interactive way, promoting curiosity and problem-solving skills. Students of class VII -VIII enthusiastically discussed various ideas for the upcoming Science Exhibition, exploring working models based on different scientific principles and real-life applications. They proposed innovative and interactive “Fun with Science” models, including experiments, games, and illusion-based exhibits



# READERS CLUB VI-VIII: THE PAGE TURNERS

On **September 26, 2025**, the Readers Club conducted a collaborative session focused on planning and designing the **Exhibition Display Board**. During the activity, students actively discussed the theme and shared creative ideas to bring the display to life. They were divided into groups based on their interests and assigned tasks related to **creative design** and **content writing**. The session was both engaging and productive, with every student participating enthusiastically. This team effort not only encouraged creativity and cooperation but also ensured that each member had a valuable role to play. The upcoming display promises to be a vibrant reflection of the students' collective imagination and hard work.



# INTERACT CLUB VI-VIII: HELPING HANDS

A project titled “Collect 100 Smiles” was introduced to the learners of the Interact Club. The objective of the project is to encourage students to spread happiness by performing small acts of kindness in their surroundings. The initiative was well-received, and the learners showed great enthusiasm towards contributing to the cause. Alongside this, the students also engaged in rehearsals for their ongoing *Nukkad Natak* on the theme of women empowerment. The practice sessions reflected their dedication and teamwork in preparing for the performance. Such activities not only build confidence but also sensitize learners towards important social issues. Overall, the session was both meaningful and impactful.



# ECOLOGY TIP



<p><b>Reduce</b> (Use less of something..)</p> 	<p><b>Reuse</b> (Use things again.)</p> 
<p><b>Recycle</b> (Sorting my trash so some can be used again.)</p> 	<p><b>Refuse</b> (Do not buy unnecessary things.)</p> 

Prindry Flourish

# HEALTH AND WELLNESS TIP



**Reduce**  
smartphone  
usage



**Create a**  
nightly  
ritual



**Avoid caffeine**  
4-6 hours  
before sleeping

## 5 Tips for Better Sleep



**Don't eat or**  
**drink too** much  
at bedtime



**Sleep at the**  
same time  
every night



# TIP OF THE WEEK

## Help Us Stay Calm

*Strategies that help you and your child during challenging behavior*

### Stay Calm | Reflect | Re-Connect

When your child is engaged in challenging behavior or experiencing anger, stress, sadness or frustration, it is important to stay calm. If you express your anger and frustration, it might result in more challenging behavior from your child. Remaining calm will provide the safety and support your child needs as they learn how to calm themselves.

Step 1:

#### Calm Yourself



1,2,3,4,...

Count until calm



Connect with a friend



Think something positive or fun about your child



Drink some water;  
Have a snack



Take deep breaths



Ask for help

# CIRCULARS SHARED DURING THE WEEK

- **Inter-class Current Affairs Quiz - 'Inquisitive' (Classes VI to VIII) shared on 22nd Sep 2025.**
- **Aryabhata Ganit Challenge (Classes VIII to X) shared on 23rd Sep 2025.**
- **Working Day on Saturday, 27th September 2025 (Classes IX to XII) shared on 23rd Sep 2025.**
- **Answer Scripts SA-1 shared on 25th Sep 2025.**

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