

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

26th DECEMBER 2025

(CIR/SC/33/2025-26)

ASSEMBLY VI-VIII

On 22 December, a yoga session was organized during the school assembly to promote physical fitness and mental well-being among students. The session began with light stretching exercises to warm up the body according to the season. After stretching, students practiced Tadasana, which helps in improving posture and balance, followed by Bhastrikasana, which enhances breathing capacity and energizes the body. The session concluded with pranayama exercises to improve concentration and reduce stress.

The morning assembly of Class 7A was conducted successfully and began with a peaceful prayer, creating a calm and positive atmosphere. This was followed by a meaningful thought of the day that encouraged students to value focus and discipline in daily life. The news segment covered important national and international updates, helping students stay informed about current affairs. The highlight of the assembly was a debate on the topic “Multitasking is a Good Way to Manage Time”, where students confidently presented arguments for and against the motion, showcasing critical thinking and effective communication skills. The assembly also featured an inspiring talk on Netaji Subhash Chandra Bose, highlighting his patriotism, courage, and contribution to India’s freedom struggle. The assembly concluded on a motivating note, leaving the students enriched and inspired.



CLASS TEACHER PERIOD VI

Aditi Maurya, a student of Class VI-D, creatively designed a layered folder during her class teacher's period. Her work reflects her artistic abilities and her imagination in conceptualising a unique and innovative folder design.



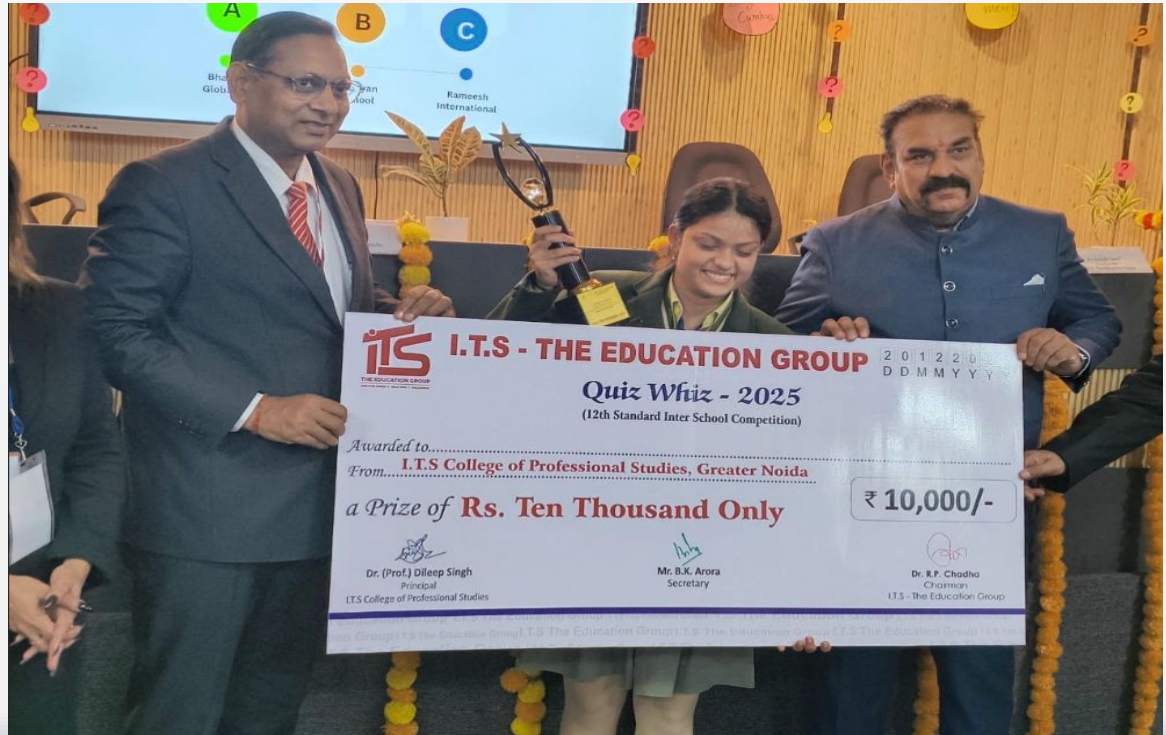
LIFE SKILL SESSIONS

To support adolescents in developing essential skills to handle real-life challenges, life skills sessions were conducted for the students. As part of this initiative, Class VII took part in an activity aimed at strengthening interpersonal relationships. During the session, students reflected on the meaning of friendship, identified the qualities of a good friend, and wrote letters to friends they had not connected with for a long time, sharing updates about their lives.



ACHIEVEMENTS

We are proud to share that Riana Chowdhury of Class XI-A secured Second Position in the ITS Quiz Competition held at ITS College on 20th December. The first round of the competition was conducted in the school on 18th September, from where she qualified for the final round at the college level. Riana's outstanding performance earned her a cash prize of ₹10,000, bringing laurels to the school. Her achievement reflects her dedication, knowledge, and competitive spirit.



EDUCATIONAL OUTING CLASS VII

On 22 December 2025, Class 7 students of Pragyan School visited Surajpur Wetland along with their teachers on an educational trip. The visit gave students an opportunity to observe different species of birds, plants, and the wetland ecosystem closely. They learned about the importance of wetlands in conserving biodiversity and protecting the environment. The trip was engaging, informative, and helped students connect classroom learning with real-life experiences.



EDUCATIONAL OUTING CLASS IX

The students of Class 9 participated in an educational outing to the Pradhanmantri Sangrahalaya, New Delhi, with the aim of enhancing their understanding of India's political history and leadership. The visit was planned to provide experiential learning beyond the classroom. During the visit, students explored the various galleries that showcase the lives, contributions, and vision of India's Prime Ministers through interactive displays, photographs, audio-visual presentations, and digital installations. The chronological presentation helped students understand the evolution of India's democracy, governance, and nation-building efforts since Independence. The exhibits generated keen interest among the students, encouraging thoughtful discussions and questions. They gained valuable insights into historical events, leadership qualities, and the challenges faced by the nation over the years. The visit also helped students connect their social science lessons with real-life historical narratives.



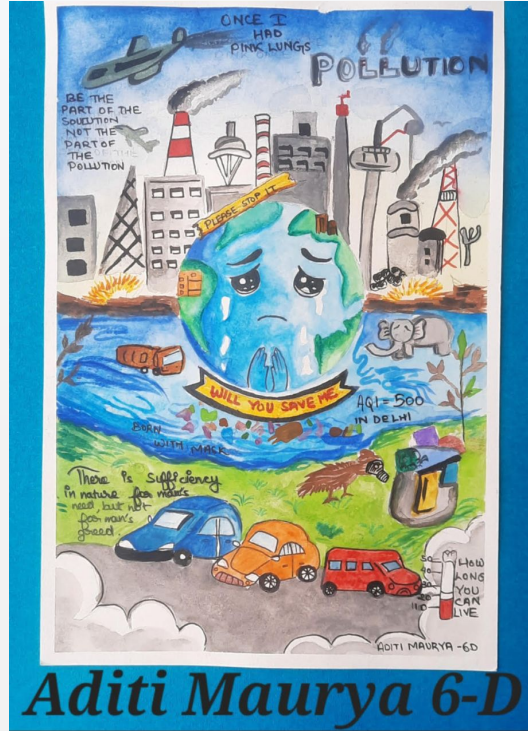
PRAGYAN PLUS INITIATIVE : BOOK FAIR

The book browsing sessions were conducted from 23.12.2025 to 26.12.2025 for students from Pre-Primary to Grade 12 as a preparatory initiative for the upcoming Scholastic Book Fair on 27.12.2025. The objective of these sessions was to nurture a love for reading, expose students to a diverse collection of age-appropriate books, and enable them to make thoughtful selections during the book fair. Students participated with great enthusiasm, engaging in meaningful interactions with books and peers. Grade 11 interns from the Scholastic Internship Programme took responsibility for planning and conducting various creative and interactive activities, while dedicated book reading sessions further enhanced students' engagement and appreciation for reading. Overall, the book browsing programme created a vibrant literary atmosphere across the school and strengthened students' interest in reading.



PRAGYAN PLUS INITIATIVE

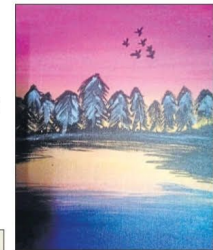
We are proud to share that Aditi Maurya, a student of Class 6, achieved a remarkable accomplishment when her poster on Air Pollution was published in the renowned national newspaper Hindustan Times. The poster was featured in the “Different Strokes” column of Hindustan Times on 24th December. Through her artwork, Aditi beautifully highlighted the harmful effects of air pollution and conveyed a strong message about the importance of protecting the environment. Her creative expression and awareness of environmental issues at such a young age are truly commendable. This achievement reflects Aditi’s artistic talent, creativity, and sense of social responsibility. The school congratulates her on this success and hopes that her work will inspire other students to express their thoughts on important issues through art. We wish Aditi Maurya continued success in her future artistic and creative endeavors.



08 | Hindustan Times | DIFFERENT STROKES

Immerse yourself in art and poetry

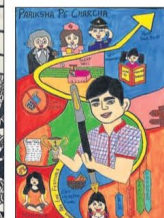
This week's creative section features some beautiful paintings and impressive verses. The artworks include a colourful poster on Prime Minister's Aarika Charcha programme, a sketch of an aptivating eye, a poster on pollution, and of some trees lining a shoreline. The verse section includes a heart-wrenching poem on a poor farmer.



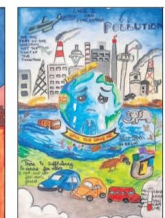
2 Riya Gandhi, Class 10, Queen Mary's School, Tis Hazari



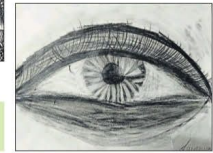
1 Ayush Gautam, Class 6 A, St. Joseph's Convent School, Greater Faridabad



3 Arnav Girl, Class 8 A, Guru Harkrishan Public School, Loni Road



4 Aditi Maurya, Class 6 D, Pragyan School, Greater Noida



5 Lavanya, Class 8, South Public School, Vasant Kunj

Entries were judged by Malay Karmakar, Senior Art Director, HT Media Ltd.



VERSE
Far
He sobs
Planting
He fed it
Yet he re
He sold it
No help
His child
His wife
False pret
And left
One day
He dream
We live i
White he
Let us re
For ever
8
The sun
The grid
With the
We will f
The que
The king
But thin
Nothing
Today, a
Inequall
Money a
Stress ar
How it's
make
of it

PRAGYAN PLUS INITIATIVE

In order to assist students of Class X in making an informed choice for subject selection in Class XI, Pragyan School organized orientation presentations on the Science, Commerce, and Humanities streams. These presentations were conducted by experienced teachers of the respective departments and focused on familiarizing students with the course structure, required skills and abilities, and future career and job prospects associated with each stream. The sessions were held on 24th and 26th and aimed at guiding students to choose a stream aligned with their interests, aptitude, and long-term academic and career goals. This initiative reflects the school's commitment to providing holistic academic guidance and career awareness to its students.



INTERCLASS COMPETITION VI-VIII

An Inter-Class Monologue Competition was successfully conducted on 23 December 2025 for the students of Classes VI, VII and VIII. The event witnessed enthusiastic participation, confidence, and creativity from the young performers, making it a memorable experience for all present. The competition was judged by Ms. Deepika Pandey Shukla and Dr. Surya Bhan for classes VII-VIII and by Dr. Tatini Rakshit and Dr. Ritu Yadav for class VI. Their valuable observations and encouragement motivated the students and added great value to the event. The competition provided a wonderful platform for students to express themselves, build confidence, and enhance their communication skills. The event concluded on a positive note, leaving both participants and audience inspired.

POSITION ACHIEVED	NAME OF THE WINNERS
FIRST POSITION	MISHAL FATIMA – VI B LAVANYA – VIC DIVIT MITTAL – VI D SIDDHI SINGH – VII C AAYUSH MEHTA – VIII B
SECOND POSITION	AHONA GUCHHAIT – VI A VIHAN YADAV – VII C AADYA AGARWAL – VII D VAANIKA THAKUR – VII D AVNI GUPTA – VIII B DRISHTI – VIII B
THIRD POSITION	DEVISHI SINGH CHAUHAN – VI C
COMMENDATION	PREKSHA VERMA – VII A NAINIKA SINGH -VII D

INTERCLASS COMPETITION VI-VII



TEACHERS' WORKSHOP

Ms Jyotsana Vatsa and Ms Areeba Hashmi attended a workshop organised by Sharda University on 20th December 2025, focusing on modern parenting techniques and building a strong parent community. The session highlighted the significance of parental involvement in a child's life beyond the home environment and emphasised how regular parent – school interaction contributes to a child's overall personality development. The speaker also underscored the vital role of effective communication and emotional intelligence in nurturing well-rounded children.



ECOLOGY CLUB VI-VIII: GREEN WARRIORS

The Ecology Club conducted an insightful activity titled “Ecospeak: The Pluck and Debate” with the aim of spreading awareness about ecology and emphasizing the importance of protecting the environment through meaningful debate. During the session, students explored various innovative and eco-friendly ideas to reduce the negative impact on the planet. They discussed practical measures such as conserving water, minimizing electricity usage, adopting the 3 R’s—Reduce, Reuse, and Recycle—using biodegradable products, avoiding single-use plastics, and promoting sustainable modes of transportation like cycling or walking. Through interactive discussions and demonstrations, students gained a clear understanding of how individual actions can collectively make a significant difference in maintaining ecological balance. The activity not only enhanced their environmental awareness but also motivated them to adopt responsible and sustainable habits in their daily lives.



HEALTH AND WELLNESS CLUB VI-VIII: AAROGYAM

On 26th December, the Health and Wellness Club conducted an awareness session for students of classes VI to VIII on “How to Read and Interpret Food Labels.” The session aimed to educate students about understanding nutritional information on packaged food. Students were informed about important details such as ingredients, nutritional value, calories, sugar and fat content, and expiry dates. Real food packets were used to make the session interactive. The activity helped students learn how to make healthier food choices. The session was informative and beneficial for all students.



SCIENCE CLUB VI-VIII: THE INNOVATORS

In the Science Club, students of class VI created terrariums, a fun and educational project combining art and science. Members designed and built mini indoor ecosystems by selecting suitable containers, layering pebbles and soil, and choosing plants like succulents and mosses. Through this project, they gained knowledge about ecosystems, plant care, and teamwork, while developing problem-solving skills and creating beautiful, self-sustaining mini-ecosystems. Students of class VII continued working on their projects with sustained interest and dedication. They refined their models, made improvements based on observations, and explored better ways to enhance functionality and design. Through consistent effort and collaboration, students strengthened their understanding of scientific principles and demonstrated creativity. The Class 8 Science Club session showcased a remarkable blend of advanced technology and environmental consciousness as students presented their comprehensive **Smart City models**.



READERS CLUB VI-VIII: THE PAGE TURNERS

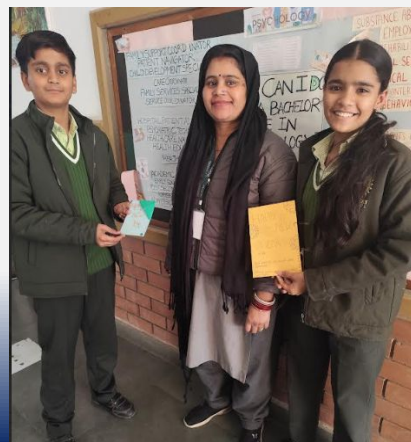
Fostering a Love for Hindi Literature through Reading, Reflection, and Presentation

On 26.12.25, the Readers' Club organized a meaningful activity in which students selected a novel or short story by their favourite Hindi author, prepared a book review on an A4 size sheet, and presented it to the group. The purpose of this activity was to strengthen students' reading habits in Hindi, deepen their understanding of literary texts, and encourage thoughtful reflection on themes, characters, and language. This activity is highly relevant as it promotes reading in the mother tongue, enriches vocabulary, and helps students develop an appreciation for Hindi literature and cultural values. Writing the review enhanced critical thinking and written expression, while the presentation component built confidence and effective communication skills. The outcome of the activity was evident in students' increased interest in Hindi reading, improved analytical abilities, and their ability to articulate personal responses to literature, making the session both educational and enriching.



INTERACT CLUB VI-VII: HELPING HANDS

To make Christmas and New Year special for underprivileged children, the members of the Interact Club of Classes 6–8 organized a stationery donation drive in collaboration with the Robin Hood Army (RHA). The students collected essential stationery items with great enthusiasm. The donation was carried out this week by the learners of Pragyan, who warmly greeted the underprivileged children and handed over the collected stationery items. In addition, the learners also made beautiful handmade cards. These cards were distributed to the helping staff of the school on the occasion of New Year, spreading joy, gratitude, and goodwill.



ECOLOGY CLUB IX-XII: GREEN WARRIORS

An Environmental Awareness Quiz was successfully conducted by the Ecology Club with the objective of spreading awareness about the current environmental issues prevailing in today's world. Students actively participated with great enthusiasm and interest. The quiz included questions related to pollution, climate change, conservation of natural resources, biodiversity, and sustainable practices. Through this activity, students enhanced their knowledge and developed a sense of responsibility towards protecting the environment. During the session, few important instructions were also given to guide students on how to save the environment. Students were encouraged to reduce the use of plastic, conserve water and electricity, plant more trees, practice waste segregation, and follow the principles of reduce, reuse, and recycle. They were also advised to use eco-friendly products and spread environmental awareness in their surroundings. The activity proved to be informative and motivating, inspiring students to adopt eco-friendly habits in their daily lives and contribute positively towards environmental conservation.



HEALTH AND WELLNESS CLUB IX-XII: AAROGYAM

As part of the Health and Wellness initiative for the week, students participated in a mindfulness-based activity focused on cultivating gratitude and emotional awareness. The activity encouraged students to reflect on their experiences over the year and identify three people in their lives for whom they felt genuinely grateful. Students were guided to mindfully recall positive moments, support systems, and meaningful relationships. They then shared their reflections, expressing appreciation for the chosen individuals and acknowledging the role these people played in their personal growth and well-being.

The activity helped students slow down, develop a sense of thankfulness, and foster positive emotions. It also promoted empathy, emotional expression, and self-reflection—key components of mindfulness. Overall, the session created a calm and reflective environment, contributing positively to students' mental and emotional wellness.



COMPUTER CLUB IX-XII: TECHSPARK

As part of a **Tech Club activity**, students worked on the **second stage of AI model development**, focusing on intelligent interaction and personalization. In this stage, the AI system was enhanced to **identify a person using face recognition**, greet them by name, and **interact through questions to understand user needs**. Based on the responses, the model provided **relevant services or information**. Additionally, **voice control** was integrated, allowing users to communicate with the AI system using spoken commands and receive voice-based responses. This activity helped students understand how AI models evolve from simple recognition to **human-centric, interactive systems** used in real-world applications.



INTERACT CLUB IX-XII: HELPING HANDS

During the club period, the Interact Club actively carried out Project Christmas Connect, an initiative by Interact District 3012, aimed at spreading joy, warmth, and festive cheer through simple yet meaningful actions. As part of the activity, a beautifully decorated “Merry Christmas! Pick a Note!” box was placed in a common area of the school. The box contained short, cheerful Christmas messages that students, teachers, and staff could pick up, creating moments of happiness and positivity across the campus. In addition, senior Interactors visited junior classrooms to extend festive greetings, share cheerful messages, and engage students in quick, fun interactions. These classroom cheer visits helped create a lively and joyful Christmas atmosphere among students of different age groups. The club also organized a Community Mini Collection, encouraging students to contribute items such as books, toys, warm clothing, or snacks. This initiative promoted the spirit of sharing and giving back, reminding students of the importance of kindness and empathy during the festive season.



HERITAGE INTACH CLUB IX-XII

The Heritage Club of Pragyan School organized an insightful debate session on “Religious Freedom and Cultural Heritage,” highlighting recent global incidents in Bangladesh, New Zealand, and Thailand. Students critically examined threats to religious rights and heritage preservation while exploring the role of communities in promoting tolerance and respect. Engaging discussions emphasized democratic responsibility, multicultural harmony, and global awareness. The session concluded with a collective pledge to advocate for cultural protection and coexistence, reflecting Pragyan’s commitment to nurturing empathetic, socially aware, and globally responsible young citizens.



ECOLOGY TIP



USE BOTH SIDES OF PAPER: CUT DOWN PAPER WASTE

Using both sides of a sheet of paper instead of just one, is a simple yet powerful way to cut down paper waste and boost sustainability in everyday life or at work.

🧠 Practical Habit as it is easy to adopt

🌿 It Reduces Waste as it halves the paper consumption

💰 Saves Money by lowering the supply costs



HEALTH AND WELLNESS TIP



Tips For Healthy Eating In Winters



- Eat seasonal Vegetables**: An illustration of a variety of fresh vegetables including carrots, tomatoes, bell peppers, and leafy greens.
- Don't forget to hydrate**: An illustration of a glass of water with a splash of water on top.
- Try To Get More Vitamin D**: An illustration of a smiling sun wearing sunglasses.
- Sip Herbal Tea**: An illustration of a white teacup filled with green tea and fresh herbs on a saucer.
- Get Plenty Of Vitamin C**: An illustration of a sliced orange.
- Bowl Of soup Is a Must**: An illustration of a bowl of red soup surrounded by fresh tomatoes and basil.



TIP OF THE WEEK

How to Build an Emotionally Safe Home

Listen with Empathy

Validate their feelings and experiences.

Encourage Openness

Welcome honesty without judgment

Respect Their Boundaries

Allow them to express their needs

Offer Reassurance

Let them know it's okay to struggle



CIRCULARS SHARED DURING THE WEEK

- Schedule and details of Saturday, 27th December 2025 shared on 23rd Dec 2025 .
- School Schedule on 23rd & 24th December – Classes X and XII shared on 23rd Dec 2025.

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