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Time wasted is time lost

"Time waits for no one" dozens of time, and it's true. No one has the power to stop the clock or slow it down. Time will keep marching on whether we like it or not. When you lose time by engaging in unproductive tasks, you can never get that time back. That's why you should try to seize every opportunity and make the most of your time to get things done.

Time is precious resource that cannot be regained once it lost. It is more valuable than money because money can be earned back, but time cannot.

Understanding the value of time help us make better decisions and live a more fulfilling life. It is a precious commodity that often taken for granted. We all have the same 24 hours in a day but how we use those hours can make all the difference in our life. Valuing time is essential for achieving success happiness, and fulfillment.

**-Shelih
Foundational Teacher**

Classroom Teaching Session by International Gap Year Student

At East Quest, the first batch of International Gap Year Student on their month and half month programme started their first classroom teaching session in Modern Higher Secondary School, the first in India.

The students were Ms. Josephine Rosa Huepfl from St. Katherine School and Ms. Esme Sally from St. Helen's School Abingdon UK.

The sessions was based on English Literature and Creative Arts, conducted on 1st February, 2025. They introduced the universal known Fairy tales which elated the students. Activities such as story telling, role plays were engaged actively to enhanced and explore their imaginations.

The second session was based on History and Geography, conducted on 3rd February, 2025. The session commenced with an informative presentation, where students were introduced to the European map, highlighting England's strategic location within the continent. The discussion then shifted to the country's rich cultural heritage, with a focus on traditional festivals, customs, and historical landmarks that have shaped England's identity.

To reinforce their understanding, students participated in an interactive quiz game, testing their knowledge and encouraging critical thinking. This engaging activity sparked lively discussions and debates, fostering a deeper appreciation for England's history and geography.

The session took an exciting turn with the arrival of Mr Avijit Dutta, Founder Director Naturalist of East Quest. Dutta regaled the students with captivating accounts of his expeditions and explorations, offering a unique glimpse into the world of natural history and conservation. His inspiring stories and insights left a lasting impact on the students.

Through this enriching session, students developed essential critical thinking skills, broadened their cultural understanding, and gained valuable insights into the natural world. The program's success is a testament to the power of interactive learning and the importance of cultural exchange.





Parent Teacher Meeting

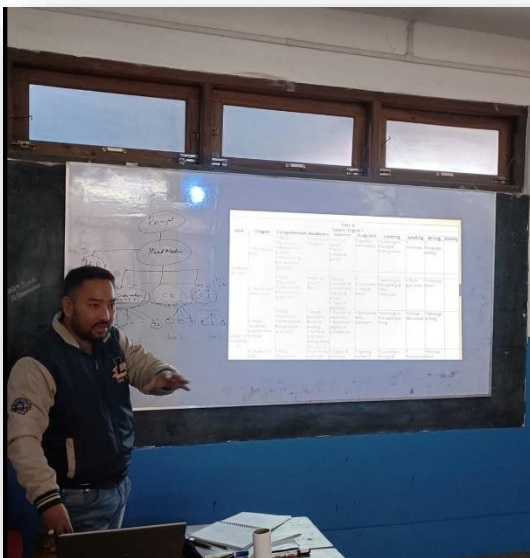
On 18th February, Foundational Section organized a Parent Teacher Meeting with an objective of fostering a collaborative approach in education. The program was moderated by Ms. Menokhrieno Tacü. Welcome address was delivered by Ms. Toli Awomi. Mr. Indra Bahadur Khabas, Headmaster exhorted on the importance of parental involvement in education. Ms. Kazhuni Mahreo introduced the Foundational teachers. Ms. Neipusino brief on the features and usage of the School App.

Parents feedback session was conducted at the end of the program. Vote of thanks was pronounced by Ms. Neiketounuo Linyu, she acknowledged and applauded the parents for making the program a grand success by their presence.



Staff Meeting cum Orientation

To achieve desired educational goals, Modern Higher Secondary School (High School) had Staff Meeting cum Orientation with Mr. Pelee Hekha, Managing Director on 3 key areas: Learning Outcomes, Formative Assessment and IPR on 20th February, 2025 .



Career Counselling

On 27th February, Preparatory Section organised a short programme on 'Career Counselling'.

The programme was chaired by Ms Neha Gurung. A short exhortation was shared by Mr Indra Bahadur Khabas on the importance of choosing a right Career for a bright future. Later a brief introduction was presented by Ms Sanano Chanu.

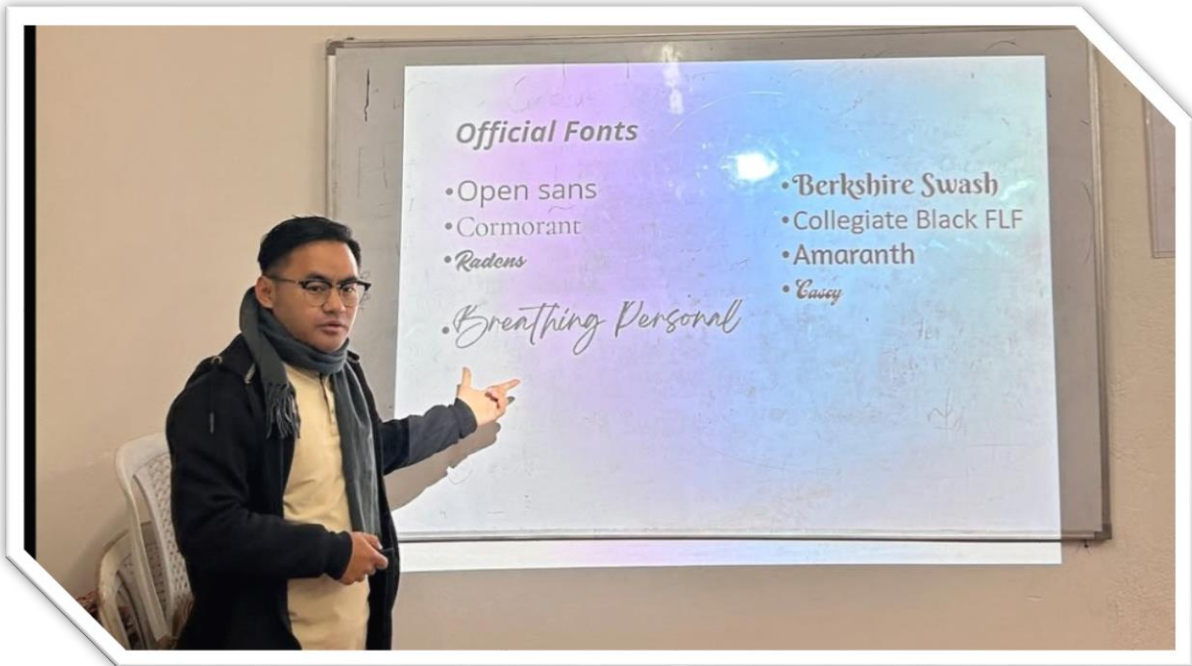
Mr Nourhekhrielie Noel and Mrs Rajasri Vasaka gave an inspiring talk on various career professions and how to pursue it. They also mentioned that setting of goals in one's life is very important. They also emphasize on the importance of studying and choosing a right career at this particular age. Their engaging presentation made the programme interesting and engaging.

The programme concluded with a vote of thanks by Mrs Amrita Rana.



Faculty Development Program on ICT Tools

On 15th February, A follow Faculty Development Program on ICT Tools and its utilisation was conducted for High school Teachers.



Dreams

Dreams are the visions of the future that inspire us to reach for something greater. They give us a sense of purpose, a reason to keep moving forward. However, dreams alone are not enough. They need to be turned into goals—clear, actionable steps that lead us toward making those dreams a reality.

Setting goals is crucial because they give us direction. They help break down big dreams into smaller, manageable tasks that we can work on every day. But the journey to achieving our goals is never easy. There will be challenges, setbacks, and moments of doubt. But it's important to remember that obstacles are opportunities to learn and grow.

Believe in yourself, stay focused, and keep pushing forward. With determination and persistence, your dreams can become reality.

**-Menokhrieno Tacü
Foundational Teacher**

Highlight of the Month (Higher Secondary Section)

February

1 st – 3 rd Feb	: Special class
3 rd Feb	: Issue of HSSLC & Promotion exam admit card/ Special prayer for class 12
4 th – 10 th Feb	: Study leave
11 th Feb -7 th March	: Class 12 HSSLC Examination & Class 11 Promotion Examination

To look ahead March

6 th March	: Staff Meeting
10 th March	: Monthly news letter
11 th March	: Declaration of XI Promotion Examination Result, 2024
12 th - 18 th March	: Tuesday Admission to class XII (Bank)
18 th March	: Orientation for class XII
19 th – 25 th March	: English tutorial class for class XII
29 th March	: Submission of IPR by teachers to HoD's
31 st March	: 1 st Weekly Test for class- XII(English)/ Submission of HODs Report to Principal

Highlight of the Month (High School Section)

February

1 st – 3 rd Feb	: Special Class 10 (outgoing)/ Classroom Teaching Session by International Gap Year Student
3 rd Feb	: Result of Improvement Exam/ Submission of IPR/ Re-opening for LKG to Class-8/ Orientation on Learning Outcomes (Students)
4 th – 9 th Feb	: Study leave Class 10 (outgoing)
5 th Feb	: Staff Meeting/ Issue of HSLC admit card cum Orientation & Special prayer for Class 10 (Outgoing)
11 th -24 th Feb	: Class 10 (outgoing) HSLC Examination
To be notified later	: FDP
27 th Feb	: Career Counselling (Preparatory)
28 th Feb	: Monthly Staff Meeting

To look ahead March

1 st March	: Bagless Day/ FDP (Foundational)
6 th March	: Submission of lesson plan/ career Counselling (Middle & Secondary)
10 th - 15 th March	: Digital Week (All)
19 th -21 st March	: Annual Sports (Tentative)
27 th & 28 th March	: Toilet training & good manners (Foundational)
28 th March	: Poem recitation (Preparatory)
29 th March	: Vocabulary building (Middle & Secondary)
31 st March	: Monthly Staff Meeting

Compiled by:

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