



THE FOOT PRINTS



Newsletter

*for the month of
February*

February



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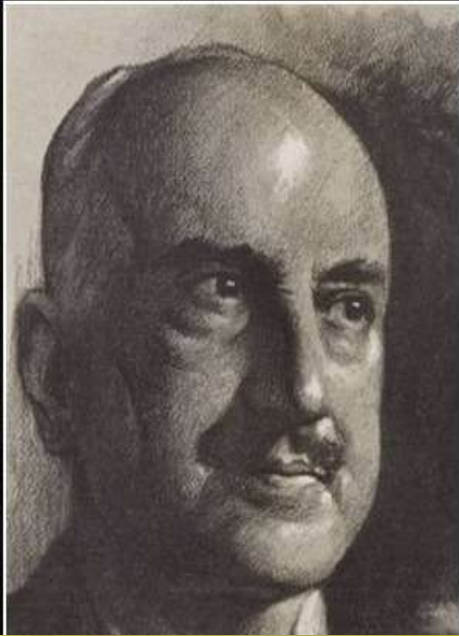
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Theme of the Month

VIGILANCE



Eternal vigilance is the price of
knowledge.

— *George Santayana* —

A nighttime photograph of a city skyline reflected in water. The sky is dark with some clouds, and the city lights are visible in the background. A railing is in the foreground.

The free world knows, out of the bitter wisdom
of experience, that vigilance and sacrifice are the
price of liberty.



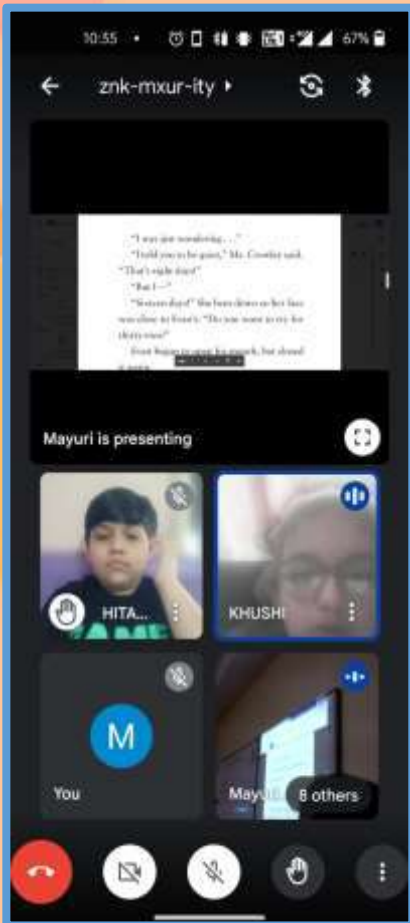
Love doesn't make the world go round. Love is what makes the ride worthwhile. It is love that keeps every relationship alive. TSGE celebrated Valentine's Day to strengthen the bonds of love through various activities. Here are a few glimpses of the same.







TSGE's ever so avid and voracious readers enjoyed reading aloud activities done in class on the occasion of World Read Aloud Day.



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REYAANSH SAWANT

KRISHIV YADAV

ARYA MISHRA

Dhiren Kumbhavat

SIDDHARTH SINGH

Debosmita Banerjee

ANSH RAMBHIA

4 others

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ANSH RAMBHIA

SHAVIE BHATT

Dhiren Kumbhavat

VIHAAN MODI

ARYA MISHRA

Debosmita Banerjee

VIHAAN INGLE

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VIHAAN INGLE

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Debosmita Banerjee

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VIHAAN INGLE

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Dhiren Kumbhavat

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Charan Shah

KANISHK PARAS

Debosmita Banerjee

AARYAN KULE

Vir Mehta

DHRUV MOHANTY

ARJUN KOLWANKAR

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SPRULI S. SACHIN

Debosmita Banerjee

ANIMAL

Agastya Chaudhary

ADVAY SHARMA

AARYAN KULE

Vir Mehta

Agastya Chaudhary has raised a hand Open queue

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AARYAN KULE

10 others

You

People

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- ARJUN KOLWANKAR
- Charan Shah

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ARJUN KOLWANKAR

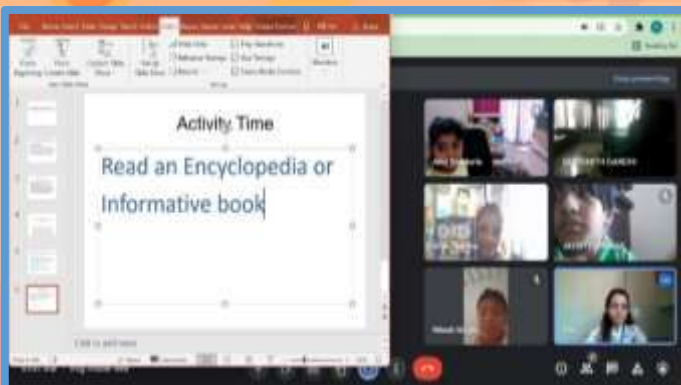
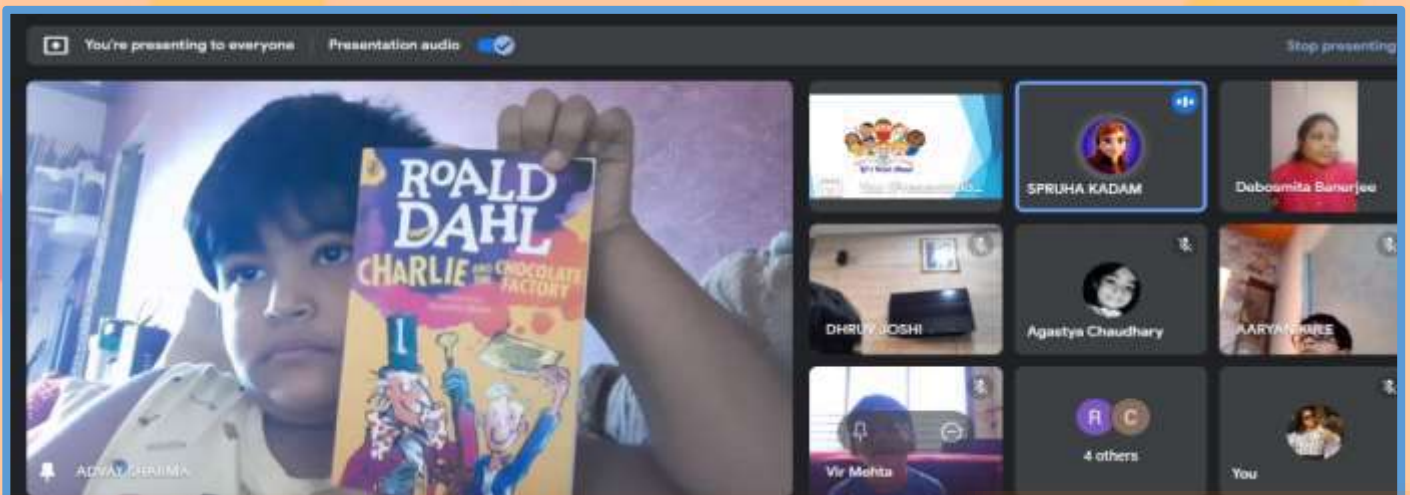
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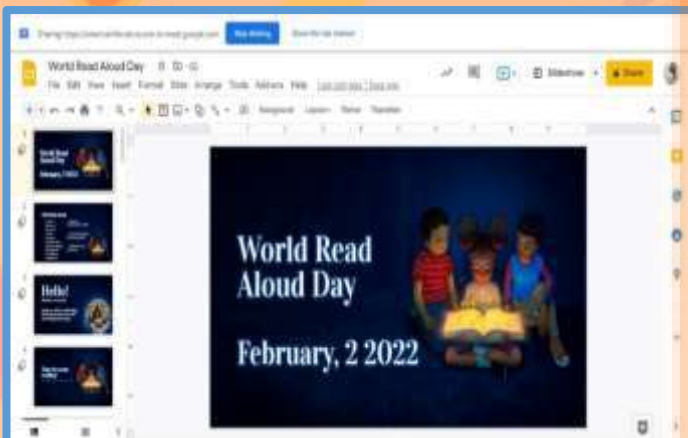
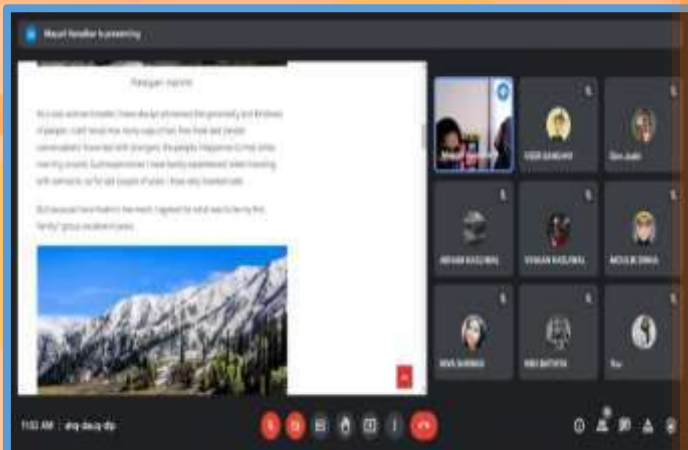
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People

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- Agastya Chaudhary
- ARJUN KOLWANKAR
- Charan Shah
- Debosmita Banerjee

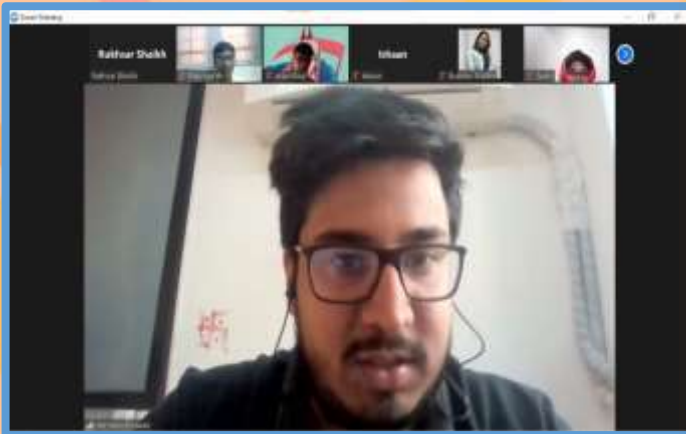


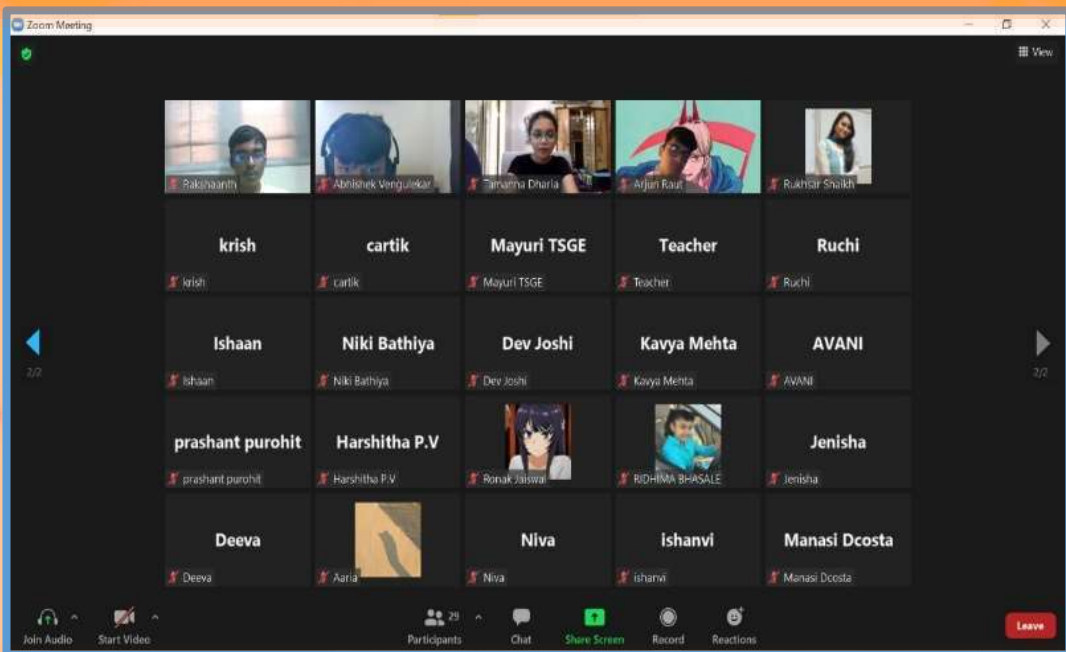


Session by IIMUN



IIMUN (India's International Movement to Unite Nations) is the world's largest youth-run organization which aims to bring the world closer, the Indian way. It empowers the youth by enabling them to solve global problems at an individual level. IIMUN's representative Mr. Abhishek Dhawan engaged the students of Grades VII to IX in an orientation session on 16th of February, 2022 for their upcoming flagship conference.





School Reopen!



BACK TO SCHOOL



Primary & Middle School

It's school time again!

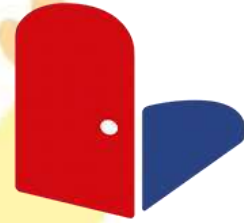
You're probably feeling excited and happy about pandemic getting over. Some kids feel nervous or a little scared on the first day of school because of all the new things: new teachers, new friends, and maybe even a new school. Luckily, these "new" worries only stick around for a little while.

Almost after two years of closure and a few stuttered reopening attempts primary and middle school, children returned to the classrooms and they hope that they can keep coming back.

The silent corridors of Thakur School of Global Education were filled with noise and commotion of our young and enthusiastic learners of Grades I to VII who came back to school on 02nd February 2022.







the English Room Activity



TGSE is happy to welcome its learners back to the English Room for some marvellous drama activities. Students of Grades V and VII are seen using different voice and tone cards and enacting scenes and dialogues from the all-time famous Shakespearean Romance, Romeo and Juliet.





Exams approaching- Stay Calm, Prepare Well

- ⊗ We all know that our exams are on the horizon and I am sure all us are preparing hard to succeed. What are examinations? Examinations are means by which teachers can access the progress of their students. It is not merely about marks, grades and success. It is a test in which you test your abilities. I know some of you might be nervous because of the exams, thinking about the questions, their answers, the marks that might get and much more, but today I am not going to speak about the pre-exam anxiety.
- ⊗ Today I am going to speak about how to eliminate this anxiety and any kind of negative thoughts, but, don't worry it won't be too long I know you have to study for your exams. The first and the most obvious way to eliminate this fear of exams is staying calm and clearing the mind and get ready to soak in all that you will be studying.
- ⊗ Exams are not something you fear; you just have to trust your preparation. You shouldn't think about what will happen if you fail, you just have to think about how to succeed. The second way is to prepare so well that you are destined to succeed. I know everyone prepares well, but if you truly want to get good grades, you need to set your goals. The key to success is effort, if you give 200% you will get 100%, so your goal should be 200% and not 100%. If you want to reach the Moon you must target the Sun. Your efforts shouldn't be 8 hours of studying or something, you should prepare a proper set timetable, in which you can divide your work as per your strengths and weaknesses and have enough to time to eat and sleep because proper sleep improves mental health.
- ⊗ To sum it up I will just say that don't worry, believe in yourself and prepare well. As Alexander Graham Bell truly said "Preparation is the key to success".

- Rudra Desai (Grade VII)

Procrastination: How to manage it during Exams

Exams are around the corner, and studying must be done. But it is not as easy as duck soup, and there are many things that halt children from studying, primary of which seems to be procrastination.

Procrastination may stem from many factors, including fatigue from a long day at school, difficulty with the subject, or just the simple need to relax. What if I tell you that there is a way to manage this procrastination, and keep it to a minimum? In fact, there are multitude of ways! Here are a few:



1. Timetables

Let's start with the most common and uncomplicated method: setting a timetable. Students could add in a set time to rest after school, a few hours to study, and of course, some time to relax - I would suggest between dinner and bedtime.

Then what about weekends, you ask? After all, most students prefer doing nothing academic-related for the entirety of the forty-two hours of a weekend.

There is a solution to this as well! If not feeling up to doing any overtly heavy material

during the weekend, one could set some time in the mornings to revise some light and easy topics, rest for the entirety of the afternoon, and tackle the more difficult concepts for the evening, and set the timetable accordingly.

2. To-do Lists

Of course, a lot of students cannot follow the timetables they set, mostly since schedules are not flexible enough. An idea to solve this is to set a to-do list.

For every day or week, students can make a list of the concepts they want to revise for that specific time, and as soon as they study them, they can check it off the list. For children who prefer to be more flexible with their time, this is a go-to method, as they will get work done, but not have to force themselves to do it, and only it, at a certain time.

3. Set Goals/Deadlines

Another idea could be to set deadlines. For example, students could make a deadline of finishing these few chapters in a certain subject by the end of the, say, week. Or they could set a goal of solving two past papers for so-and-so subject by the end of the day.

4. Prioritization and Rewarding

One very important act is to prioritize: do the students want to go play or study for a while? This should depend on the state they are in, though one way to solve this crisis is to study first, and then reward themselves with going

to play downstairs. Do they want to work on the English syllabus first, or the Science syllabus? This should, of course, be considered with a mental weighing scale: which subject is more challenging for them? If the subject is Science, they should again ask themselves: do they want to start with the easy chapters, or finish off the difficult ones first? The main question in prioritization is: "What is better?"

Rewarding is also, as mentioned above, a means of dealing with procrastination. Instead of foregoing playtime entirely, a child could study, and then say, that yes, they could now go play, *because* they studied. Setting incentives for oneself for studying, I think, may motivate students.

5. Eliminate Distractions

Is there a particular obstacle that stops children from studying? Perhaps, it could be the noise of the fan in one room, the solution to which would be to switch rooms. Is it hunger or sleep deprivation? In this case, one should make sure that they are well-rested (which means *not* sleeping at 3 A.M., but in fact, before midnight at least) and have eaten enough before sitting down to revise.

Sometimes, children get distracted due to notifications, curiosity being a key characteristic of any child. My solution to this has always been turning off the internet on the phone before studying, and switching it on only after I am done. These are just a few factors, but the gist of the main point is to remove or, at the very least, block, any and all distractions.

6. Take Breaks

Oftentimes, students - especially higher grades, whose exams have higher stakes and whose syllabus is trickier - stress themselves out while studying, as their mindset is to be able to score the highest grade possible. This can affect the student's mental and physical health negatively, and is not advisable. After a point, students may get bored and turn to procrastination.

The solution to this is to take small, planned breaks between studying and have time to rejuvenate. After all, a child can only study well if their mind is fresh and unexhausted. We wouldn't want the students to burn themselves out while studying, would we?

This is all I have to say on this topic, but before I end this article, I want to add in just one last word for the students: "Study, and study well, but don't forget to take care of yourself."

-Dhwani Phuria (Grade VIII)

Easy way for students to practice self-care and well-being

Put yourself at the top of your to-do list every single day, and the rest will fall into place.

Self-care is any activity you do to take care of your mental, emotional and physical health. Self-care can help to uplift your mood, manage anxiety, reduce stress and maintain good relationships with yourself and others. If you spend some time on caring for yourself and focusing on your health, it might help you in many different ways. For instance, it makes you more confident, helps you focus, one feels more secure and less anxious which can benefit in many parts of your life like university life and studies.

There are many ways for keeping yourself healthy. One way to keep yourself healthy is to take a walk. Walking helps you reduce stress and keeps you physically healthy. Another way to keep yourself healthy is to exercise or to do yoga. Doing yoga or exercising has many physical benefits like; it increases flexibility, improves respiration, energy and vitality and improves athletic performance.

Sometimes stress is bad for a student. Academic stress leads to less well-being and an increased likelihood of developing anxiety or depression and students who have academic stress tend to do poorly in school. Listening to music is one of the best ways to reduce stress. You can even watch your favourite movie to divert your mind off studies which will reduce stress.

Stress also builds up when procrastinate to the last minute. You can even clean your room as having a clean, tidy and organised space can help your de-clutter your mind, too.

Food impacts a lot on your health. Eating unhealthy food can cause a lot of health problems. Many children tend to think that eating unhealthy food does nothing to the child but eating unhealthy food affects you on a long-term basis. You should have a nutritious and balanced meal. A balanced meal contains fruits, vegetables, dairy, grains, and protein. You can eat unhealthy food once in a week but not every day.

You should even play different sports as it keeps you physically and mentally healthy. Sleeping for at least 7-8 hours each night can help your mind cope with the problems and pressures during the day. Sleeping takes away all the exhaustion that you feel and makes you feel energetic. If you don't sleep enough in a day you will have to bear serious consequences like inability to concentrate, poor grades, drowsy-driving incidents, anxiety and depression. Drinking water is really important. If you do not drink enough water, you could get dehydrated. You should drink at least 2.5 – 3 litres of water every day. If you do not drink enough of water in a day there can be some problems that can occur like persistent headaches, dull skin, Fatigue, weight gain, and dry mouth.

In conclusion, self-care should be everyone's priority in life. I have listed many ways in which a person can take care of themselves. If you do not keep yourself healthy there can be serious problems that can happen to you now or in the future.

Self-care means giving yourself permission to pause

-Vivaan Tandon (Grade VIII)

ACHIEVEMENTS



TSGE is proud to have some English Scholars who have excelled and entered the final round of **NELTAS ECAT** examinations.



(IGCSE & A Levels)

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GLOBAL EDUCATION**
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For being qualified for the Grand Finale
2021-22



EINYA MHATRE
Grade: V
Score: 94



AMBIKAPRASAAD K S
Grade: V
Score: 60



RUDRA DESAI
Grade: VII
Score: 88



AARIA PITALE
Grade: VII
Score: 72



DIVIT TASGAONKAR
Grade: IX
Score: 80

NOF Junior and Play to learn achievers



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We congratulate the student for an outstanding performance

Congratulations!!

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for your excellent performance in the
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Your performance deserves a special appreciation.
We wish you all the best for your future.



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International Rank - **489**

Class Rank - **1**

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INTERNATIONAL JUNIOR ENGLISH OLYMPIAD

THAKUR SCHOOL OF GLOBAL EDUCATION, KANDIVALI

Grade - **A+**

International Rank - **351**

Class Rank - **1**

SESSION 2021-22

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Congratulations!!

Amit Patel

AMIT PATEL
 MANAGING DIRECTOR & CO-FOUNDER



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INTERNATIONAL JUNIOR ENGLISH OLYMPIAD

THAKUR SCHOOL OF GLOBAL EDUCATION, KANDIVALI

Grade - **A+**

International Rank - **351**

Class Rank - **1**

SESSION 2021-22

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 We wish you all the best for your future.



Amit Patel

AMIT PATEL
 MANAGING DIRECTOR & CO-FOUNDER



MaRRs Play2Learn carnival achievers

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OF APPRECIATION 



PROUDLY PRESENTED TO
MANASVI VORA

of THAKUR INTERNATIONAL SCHOOL -CIE , KANDIVALI WEST, for being the **WINNER** at the MaRRS Play to Learn.

RANK	COMPETITION DATE	COMPETITION LEVEL	COMPETITION GRADE	COMPETITION CATEGORY
Rank-3	Sat, 20 November 2021	School Level	A+	LKG

ID	ACADEMIC YEAR	VENUE
P21AB21018	2021-22	THAKUR INTERNATIONAL SCHOOL -CIE

DATE ISSUED: 31-February-2022



P. Suresh Kumar
Director, MaRRS Intellectual Services (P) Ltd.



Certificate
OF APPRECIATION 



PROUDLY PRESENTED TO
AYAAN DANESH RUSTOMFRAM

of THAKUR INTERNATIONAL SCHOOL -CIE , KANDIVALI WEST, for being the **WINNER** at the MaRRS Play to Learn.

RANK	COMPETITION DATE	COMPETITION LEVEL	COMPETITION GRADE	COMPETITION CATEGORY
Rank-2	Sat, 20 November 2021	School Level	A++	LKG

ID	ACADEMIC YEAR	VENUE
P21AB21019	2021-22	THAKUR INTERNATIONAL SCHOOL -CIE

DATE ISSUED: 31-February-2022



P. Suresh Kumar
Director, MaRRS Intellectual Services (P) Ltd.

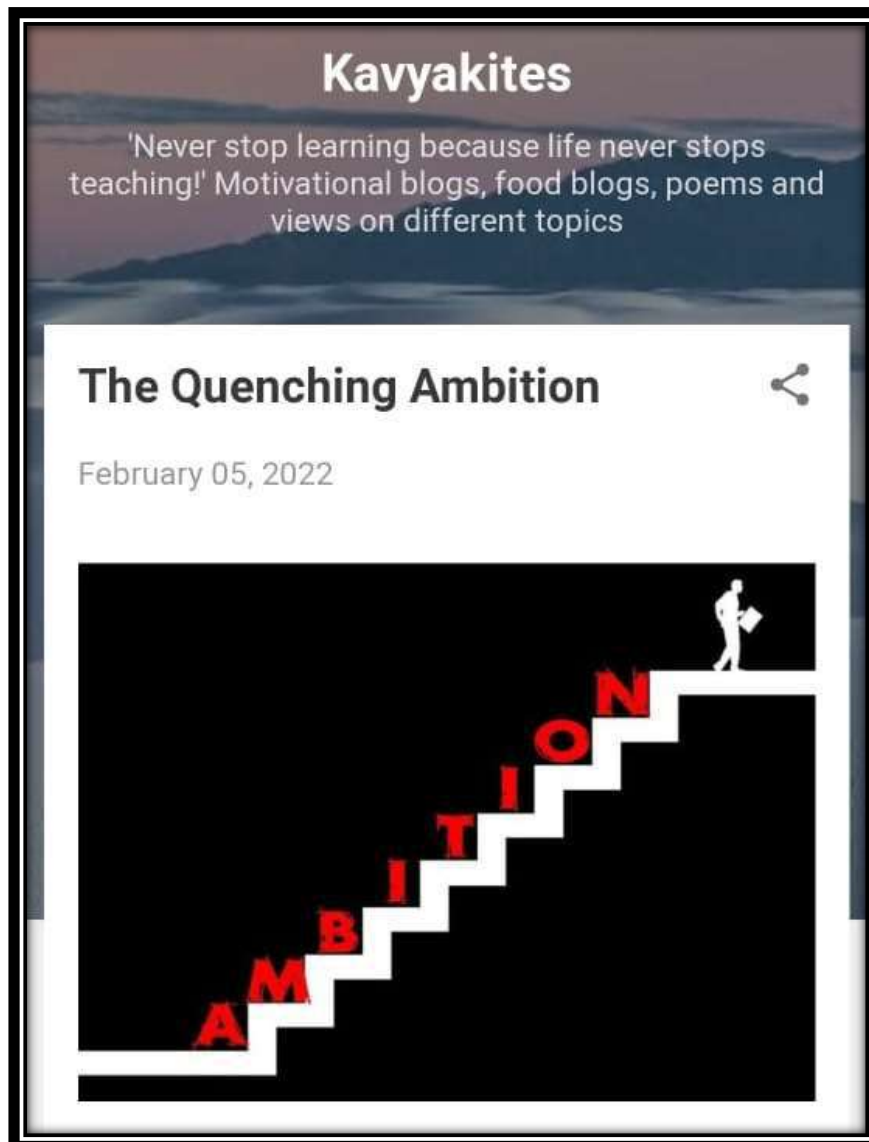




Blogger

TSGE is proud to let you all know that our very own, Ms. Kavya Mehta from Grade VII, an avid reader and an inspiring writer, is now a blogger too. You can access her blog on <http://kavyaskingdom.blogspot.com/>

Here is a glimpse of her page.





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*Thank
you*

