QS I-GAUGE

MONTHLY NEWSLETTER OCTOBER 2026 EDITION



DR. K.C.G Verghese
Founder Chairman
Hindustan Group of Institutions

FROM THE EDITOR'S DESK

Dear Reader,

"OCTOBER offers a second chance and a new beginning if only you'll let it"

October reminds us that every season of change brings its own beauty and opportunities for growth. It is a time to reflect on how far we have come, appreciate the lessons we have learned, and embrace the possibilities that lie ahead. As the year moves closer to its final chapters, let us continue to move forward with hope, confidence, and purpose. Every effort we make, every challenge we overcome, and every kindness we share adds meaning to our journey. May this October inspire us to welcome new opportunities, believe in our potential, celebrate progress, and make every moment count as we move towards a brighter tomorrow.

Best Wishes,
Team NEWS-HIS!!

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HISTAR – "PULL YOUR STRINGS" (PUPPET SHOW)

A delightful puppet show titled "Pull Your Strings" was presented by the teachers at HISTAR, Hindustan International School, Guindy, on 7th October 2026. The story, "The Kind Little Rabbit," conveyed the importance of kindness, sharing, caring and helping others. Through colourful puppets, lively expressions and engaging storytelling, the teachers captivated the children and created a joyful learning experience.



The programme enhanced the children's listening, language and imagination skills while reinforcing positive moral values. The puppet show beautifully blended fun with learning, leaving the children with a meaningful message: "Be kind, help others and spread happiness wherever you go."

HISTAR – "PULL YOUR STRINGS" (PUPPET SHOW)

Car Wash Day was organised at HISTAR, Hindustan International School, Guindy, on 9th October 2026 to provide learners with a fun and meaningful hands-on learning experience. The activity helped children understand the importance of keeping vehicles clean and maintaining cleanliness in their surroundings. Learners enthusiastically participated by observing the car-washing process and exploring the materials used, such as water, soap, sponges and cloths.

The activity introduced children to cleanliness, hygiene and vehicle care while encouraging teamwork, cooperation, observation and active participation. Learners thoroughly enjoyed the experience and understood the importance of keeping their surroundings clean and tidy. Overall, Car Wash Day was an enjoyable and educational activity that fostered awareness of cleanliness and personal responsibility.





INNOCHAMP SEASON 2 – STATE-LEVEL SCIENCE EXPO

Eight teams comprising 20 students from Grades 6–10 of Hindustan International School, Guindy, participated in INNOCHAMP Season 2 – State-Level Science Project Competition, organised by AMPS / Ideaverse. Following the Zonal Prelims held on 3rd October 2026 at AKG Public School, Pallikaranai, two teams qualified for the Grand Finale on 31 October 2026 at Chennai Trade Centre, Nandambakkam. The finalists presented their innovative projects through three-minute pitches followed by interactive question-and-answer sessions. Grade 7B students Jay Sudharsan J, Kaushic S, and Aniksha Rakshini V presented "Reinforced Flexey Brick," exploring the reuse of discarded flex banners as eco-friendly construction materials. Grade 10 students Aksheta Cen, Tharika K, and Shiya Shanoj presented "Heat Harvest," focusing on converting industrial waste heat into electricity for machine monitoring.

At the Award Ceremony held on 1 November 2026, the Grade 7B team secured 4th Place in Category 1, earning recognition among the Top 10 award winners and receiving a cash prize of ₹9,000. The students were mentored by Mr. Santhosh N, Mr. Ramchandra Dhal, Ms. Tamizharasi V, and Ms. Priya Kalaivanan. The competition provided a valuable platform for students to showcase creativity, scientific thinking, teamwork, problem-solving, and presentation skills. Their achievements brought recognition to HIS Guindy and highlighted the spirit of innovation and experiential learning.







PROFESSIONAL EXCELLENCE –

ATTITUDE, ETHICS AND ACCOUNTABILITY

Hindustan International School, Guindy, organised a professional development session on "Professional Excellence – Attitude, Ethics and Accountability" on Monday, 12th October 2026, for all educators from HISTAR to A Level. The session was conducted by Dr. Pramila Soundera Pandian at the Hall of Fame. It aimed to strengthen professional competencies and promote ethical practices, accountability and a positive workplace culture. Key areas included maintaining a solution-oriented attitude, accepting feedback constructively, demonstrating patience and respect, ensuring fairness and confidentiality, maintaining professional boundaries and taking ownership of teaching responsibilities and student progress.

The session emphasised that repeated professional behaviours develop into habits, shared habits shape institutional culture, and consistent practices establish standards of excellence. Educators were encouraged to demonstrate punctuality, discipline, integrity, teamwork, effective communication and accountability in their daily responsibilities. The importance of acknowledging mistakes, fulfilling commitments, maintaining accurate records and modelling ethical conduct was also highlighted. The session reinforced that professional excellence is not defined by occasional achievements but by consistent actions and shared responsibility, inspiring educators to strengthen the school's professional environment and support the holistic development of every learner.







GROWTH MINDSET AND ADOLESCENT PSYCHOLOY

Hindustan International School, Guindy, organised a professional development session on "Growth Mindset and Adolescent Psychology" on Monday, 12th October 2026, for all educators from HISTAR to A Level. The session was conducted by Dr. Vijayalakshmi Praveen at the Hall of Fame. It focused on understanding the developmental needs of adolescents and the importance of fostering a growth mindset among teachers and students. The discussion explored the differences between fixed and growth mindsets, strategies to encourage perseverance, constructive feedback, learning from mistakes and the importance of creating a supportive classroom environment.





The session also covered the physical, emotional, social and cognitive changes associated with puberty and adolescence. Key developmental concepts from Erikson, Piaget and James Marcia were discussed, along with the roles of the prefrontal cortex and amygdala in adolescent behaviour and decision-making. Educators explored practical approaches to handling adolescent learners through respectful relationships, clear boundaries, active learning, positive feedback and emotional support. The session reinforced the importance of understanding each learner's developmental journey and creating an inclusive environment that encourages confidence, responsible choices, academic progress and personal growth.



SOCIAL EMOTIONAL LEARNING WITH ICE - BREAKING ACTIVITIES

Hindustan International School conducted a professional development session on "Social Emotional Learning with Ice-Breaking Activities" on Tuesday, 13th October 2026, from 10.00 a.m. to 12.00 noon. The session was led by Dr. Indra Rangan and focused on the importance of social and emotional learning in creating a positive and supportive educational environment. Educators explored how developing emotional awareness, effective communication and interpersonal skills can help learners build meaningful relationships and make responsible decisions.

The session highlighted the role of ice-breaking activities in encouraging interaction, participation and collaboration. Through engaging activities and discussions, educators explored ways to strengthen teamwork, active listening, mutual respect and confidence among students. The importance of creating an inclusive classroom where every learner feels comfortable, valued and supported was also emphasised. The session encouraged educators to incorporate suitable interactive activities into their teaching practices to promote positive relationships, meaningful participation and a strong sense of belonging among students.







HISTAR – DRAWING AND COLOURING COMPETITION

A Free-Hand Drawing and Colouring Competition was conducted for Pre-Primary learners at HISTAR, Hindustan International School, Guindy, on 26th October 2026 to encourage creativity, imagination and artistic expression. The learners explored age-appropriate themes: PP1 – A Magical Garden and Life Under the Sea; PP2 – A Fun Day at the Beach and My Beautiful Garden; and PP3 – Underwater Adventure, My Clean and Green City and My Friendly Robot. They enthusiastically expressed their ideas through colourful drawings inspired by nature, the environment and imaginative concepts.

The activity aimed to develop fine motor skills, hand-eye coordination, pencil grip and colouring techniques while strengthening concentration, patience and confidence. Learners demonstrated creativity and improved drawing control as they represented familiar objects and imaginative ideas through art. Overall, the competition provided an enjoyable learning experience, nurturing artistic skills and encouraging young learners to express themselves confidently.











CAMBRIDGE EARLY YEARS CURRICULUM WEBINAR

Educators from HISTAR at Guindy, Karapakkam, Padur and Padappai participated in a Cambridge Early Years Curriculum webinar conducted by Ms. Tania Swift on 27th October 2026. The session focused on key aspects of early childhood education, including phonics, physical development, active learning and play-based teaching approaches. Ms. Swift, an early childhood development specialist, shared her expertise in physical development and play-based learning, drawing on her international experience in training over 2,000 early years educators and contributing to the Cambridge Early Years Curriculum.





The webinar explored practical strategies for teaching phonics and blending through actions, songs and interactive activities, alongside movement-based learning, storytelling, games and role-play. It also highlighted the importance of developing children's coordination, balance, language and social skills while ensuring inclusive participation. The session emphasised collaboration between teachers and parents in supporting holistic child development. Educators were encouraged to incorporate these strategies into classroom practices to create engaging, child-centred learning experiences that nurture children's language, physical, social and emotional development.



FIELD TRIP TO VGP MARINE KINGDOM

Hindustan International School, Guindy, organised an educational field trip to VGP Marine Kingdom, Chennai, on 28th October 2026 for 78 students of Grades 1 and 2, accompanied by eight teachers. The visit provided young learners with an exciting opportunity to explore the fascinating underwater world and discover the diversity of marine life. Students observed a variety of aquatic creatures, including colourful tropical fish, sharks, and stingrays. The walk-through underwater tunnel was a major highlight, allowing children to witness marine creatures swimming around and above them. The experience sparked curiosity and wonder as they explored the different colours, shapes, sizes, and movements of aquatic animals.

The field trip offered meaningful experiential learning beyond the classroom, helping students understand marine habitats, aquatic adaptations, and the importance of protecting ocean ecosystems. Through observation and interaction, learners developed scientific awareness, curiosity, communication, and critical-thinking skills. Travelling and exploring together also encouraged teamwork, cooperation, discipline, and responsibility. The visit beautifully combined education with enjoyment, leaving students with valuable knowledge, wonderful memories, and a deeper appreciation for marine biodiversity and environmental conservation.







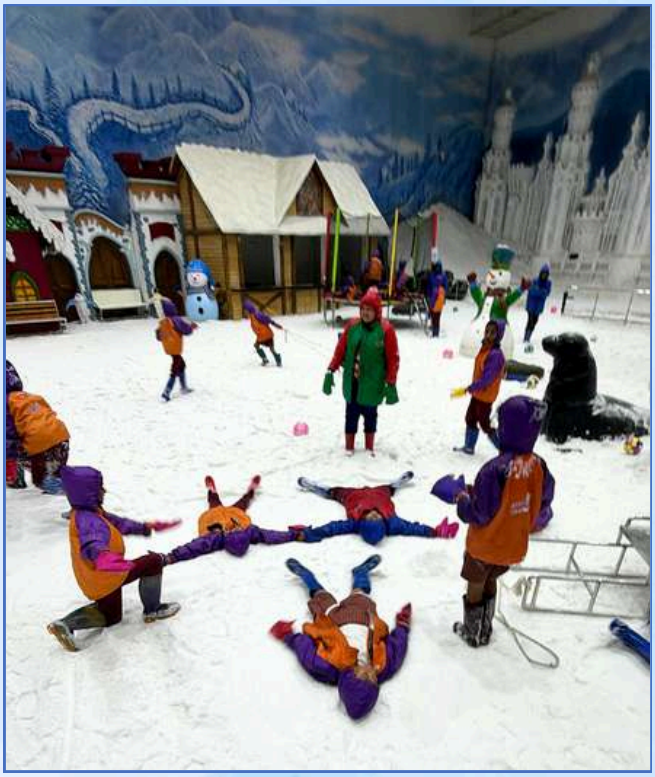
FIELD TRIP TO VGP SNOW KINGDOM

Students of Grades 3–5 of Hindustan International School, Guindy, visited VGP Snow Kingdom on 29th October 2026 for an exciting and memorable educational outing. The trip offered students a unique opportunity to experience a snow-themed environment and enjoy various snow activities in a winter-inspired atmosphere. The experience provided a refreshing break from regular classroom learning while encouraging exploration, curiosity, and confidence through new experiences.

The visit also helped students develop an awareness of different climatic conditions and appreciate the importance of following safety instructions in unfamiliar environments. Through shared activities and interactions, they strengthened their teamwork, cooperation, and communication skills. The outing successfully combined fun, adventure, and experiential learning, allowing students to create happy memories with their friends while learning beyond the classroom.









EDUCATIONAL FAIR – HIS KARAPAKKAM

A group of 50 students from Grades 9–12 of Hindustan International School, Guindy, visited HIS Karapakkam on 30th October 2026 to participate in an Educational Fair featuring various Indian and international universities. The students were accompanied by five teachers: Mr. Venkat, Mr. Sathya, Mr. Kingsly, Ms. Aswathy, and Mr. Santhosh. Following the inaugural session, students enthusiastically interacted with university representatives to explore higher education opportunities, academic programmes, admission procedures, and future career pathways. The interactive sessions provided valuable exposure to the diverse educational opportunities available to them.

Parents also participated with great interest and engaged in discussions with university representatives to explore suitable courses and academic pathways for their children. The fair provided students and parents with valuable insights into higher education options and emerging career opportunities. It broadened students' understanding of university programmes and helped them gain greater clarity in making informed decisions about their future academic pursuits. The visit was a meaningful learning experience that encouraged students to plan their higher education journeys with confidence.







HINDUSTAN GROUP OF INSTITUTIONS –

CHRISTMAS CAKE MIXING CEREMONY 2026–2027

Hindustan International School, Guindy, hosted an elegant Christmas Cake Mixing Ceremony on Friday, 30th October 2026, from 4.00 p.m. to 5.45 p.m. at the HISG Auditorium. The celebration marked the beginning of the festive season and was graced by the presence of Founder Chairperson Dr. Elizabeth Verghese, Chairman Dr. Anand Jacob Verghese, family members, Heads of Institutions, faculty, staff and students. The programme featured a welcome address by Ms. Jemima Hobday, Principal, HIS Padappai, a special address by Mr. Johnson Mathew, Dean Academics, and a presidential address by Dr. Anand Jacob Verghese. The event concluded with a vote of thanks by Dr. Lalli C.K., Principal, HISG.





A musical presentation by the combined student choirs of all four schools added a festive touch to the occasion. The highlight was the traditional cake mixing ceremony, where the distinguished guests, faculty and students came together to mix dried fruits, nuts and aromatic spices. This cherished tradition symbolised abundance, prosperity, sharing and togetherness. The celebration beautifully reflected the Hindustan Group's spirit of unity, inclusivity and community bonding, creating a memorable beginning to the Christmas season.



LOWER SECONDARY EDUCATIONAL

TRIP TO PONDICHERRY

Students of Grades 6–8 embarked on an educational trip to Pondicherry on 31st October 2026, accompanied by six teachers and two housekeeping staff members. A total of 66 students participated in this experiential learning activity, which provided an opportunity to explore the historical, cultural, and environmental significance of the destination. The students visited Auroville, the French Colony, the French Market, and the beach, gaining valuable insights into sustainable living, community development, French heritage, local trade, and coastal ecosystems. At Auroville, they learned about universal harmony, environmental conservation, and cultural diversity, while the French Colony offered an opportunity to observe its distinctive architecture and heritage streets.

The visit to the French Market familiarised students with local products, commercial activities, and the livelihoods of local people. At the beach, students observed the coastal environment and learned about the importance of cleanliness and marine conservation. Breakfast and dinner were arranged at A2B (Adyar Ananda Bhavan), while lunch was served at Nachiyar. The trip provided a meaningful blend of education, exploration, and enjoyment beyond the classroom, encouraging curiosity, observation, social interaction, and appreciation of cultural and natural heritage. It was an enriching and memorable experience for all participants.







INTER-SCHOOL THEATRE & ART FEST –

"THE PLASTIC MONSTER"

Hindustan International School, Padur, organised the Inter-School Theatre & Art Fest on Saturday, 31st October 2026, from 9.00 a.m. to 2.00 p.m. at the School Auditorium. Students from Grades 3 to 5 participated in the Short Play category, presenting a play titled "The Plastic Monster." The performance highlighted the harmful effects of plastic pollution and emphasised the importance of reducing plastic usage, avoiding single-use plastics and adopting eco-friendly habits. Through expressive dialogues and engaging characters, the young performers effectively conveyed the need to protect the environment and keep our surroundings clean.

The students demonstrated commendable confidence, creativity, stage presence and teamwork throughout the performance. Their coordinated movements, dialogue delivery and expressions brought the story to life, while their preparation and cooperation reflected their enthusiasm for theatre. The event provided a valuable platform for students to develop communication skills, self-expression and confidence while creating awareness about environmental conservation. Overall, the performance was an enriching learning experience that reinforced an important message: "Say No to Plastic and Keep Our Planet Clean and Green!"







NETTAKALLAPPA SWIMMING CHAMPIONSHIP 2026

Hindustan International School, Guindy, proudly celebrates the remarkable achievement of Sam Wilson of Grade 9A at the 5th Edition of the Nettakallappa Swimming Championship 2026, held on 31st October and 1st November 2026 at the Nettakallappa Aquatic Centre, Bengaluru. Competing in the Group 2 (Under-13 and Under-14) category, Sam participated in the 100m Butterfly event and secured an impressive Third Place, earning a cash prize of ₹4,000.



His achievement reflects his dedication, perseverance, and commitment to sporting excellence. This accomplishment is a proud moment for the school and serves as an inspiration to fellow students to pursue their sporting aspirations with determination and confidence. Hindustan International School congratulates Sam on this commendable performance and wishes him continued success in his future swimming competitions.



UPCOMING NOVEMBER EVENTS

- Halloween Day Celebration
- Diwali Celebration
- Children's Day Celebration
- IHO OLYMPIAD
- IE OLYMPIAD
- Country Presentation
- State Presentation
- Ignite- The Clash Of The Legends / Thanks Giving Day