



MONTHLY NEWSLETTER SEPTEMBER 2026 EDITION



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

FROM THE EDITOR'S DESK

Dear Reader,

“September offers a second chance and a new beginning if only you’ll let it”

September reminds us that growth does not always arrive with a grand beginning. Sometimes, it begins quietly—with one more attempt, one brave decision, one small step forward. As the year moves ahead, let this month be a reminder that every challenge carries an opportunity, every setback carries a lesson, and every new day gives us the chance to begin again. We may not know what the months ahead hold, but we can choose how we meet them—with courage in our hearts, curiosity in our minds, and the determination to keep moving forward. May this September inspire us to dream boldly, rise above every challenge, and take each step with purpose.

Best Wishes,

Team NEWS-HIS!!

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NUTRITION WEEK

Nutrition Week was celebrated at Hindustan International School to create awareness among children about the importance of healthy eating and good nutrition. The activities were planned to help learners understand the value of nutritious food and develop healthy eating habits.

Highlights of the Week

- **Healthy food awareness:** Children were introduced to different nutritious food groups, including fruits, vegetables, grains, pulses and dairy products. They learned about the importance of including a variety of healthy foods in their daily diet.
- **Interactive learning:** Learners participated actively in discussions and activities related to healthy and unhealthy food. They identified nutritious food choices and understood why a balanced diet is essential for their growth and development.
- **Food-related activities:** The children enthusiastically participated in various activities that helped them learn about healthy food choices in an enjoyable and engaging manner.
- **Healthy habits:** Learners were encouraged to eat fresh fruits and vegetables, drink sufficient water, avoid excessive junk food and follow proper mealtime habits.

The Nutrition Week celebration was successful in achieving its learning objectives. It helped the children understand the importance of healthy food and good eating habits. The activities made learning about nutrition enjoyable and meaningful while encouraging learners to make healthier choices in their daily lives.



TEACHER'S DAY CELEBRATION

Teacher's Day was celebrated with great enthusiasm on 2nd September 2026, bringing students and teachers together for a joyful and meaningful occasion. The celebration was organised as a heartfelt expression of gratitude for the dedication, guidance, and support teachers provide in shaping young minds.

The programme featured a vibrant mix of skits, dance performances, cultural presentations, and special speeches in English, Tamil, French, and German. The skits highlighted the important role of teachers, while the energetic performances showcased the creativity and talents of the students. The multilingual speeches were a special highlight, adding diversity and charm to the celebration.

The Executive Director and Principal graced the occasion with their presence and encouraged the students throughout the programme. The Executive Director addressed the gathering, extending warm wishes to the teachers and recognising their valuable contribution to the school community.

With enthusiastic participation from students across Grades 1–12, the celebration created a warm and lively atmosphere. The event concluded as a memorable tribute to the teachers who inspire, guide, and encourage students to reach their fullest potential.



LEADERSHIP FORUM WORKSHOP

Educators from across Tamil Nadu and Karnataka participated in a Leadership Forum Workshop on “Practical Insights in Cambridge Checkpoint” on 2nd September 2026, led by Ms. Carolyn Tiller. The workshop focused on strengthening teaching and assessment practices, understanding learner progression, and using assessment evidence to improve student outcomes. The interactive session explored the Cambridge Pathway, differentiated learning, effective worksheet and question-paper design, and strategies for supporting learners with varied needs. Teachers were encouraged to analyse learner responses to identify misconceptions, skill gaps, and areas requiring further support.

A key focus of the workshop was the five-step approach of Know, Support, Monitor, Confirm, and Lead. The session also covered the effective use of Cambridge Progression Papers and Checkpoint Reports to track learner development, identify areas of strength and improvement, and plan targeted interventions. A school-practice sharing session provided practical insights into implementing Cambridge Checkpoint strategies at the school level. The workshop was an enriching professional-development experience, equipping educators with practical strategies to make assessment more meaningful and support continuous learner progress. The session concluded with a group photograph, marking the end of a valuable day of collaborative learning and reflection.





PASSING OUT PARADE

Hindustan International School – Guindy had the opportunity to visit the Officers Training Academy (OTA), Chennai, on 3rd September 2026 to witness the practice and rehearsal of the prestigious Passing Out Parade. A group of 30 students from Grades 6–11, accompanied by three staff members, attended the evening programme at the Parameshwaran Drill Square.

The visit provided students with a unique experiential learning opportunity to observe the discipline, precision, teamwork, and dedication involved in preparing for a formal military ceremony. Students watched the Officer Trainees rehearse marching, formations, synchronised movements, and responses to commands. The precision and coordination displayed throughout the rehearsal left a strong impression on the students.

The experience also highlighted the importance of discipline, punctuality, perseverance, leadership, responsibility, and teamwork. Students gained an appreciation of how consistent practice, concentration, and commitment are essential in achieving excellence.

The practice session was conducted in preparation for the official Passing Out Parade held on 5 September 2026, which was reviewed by Admiral Krishna Swaminathan, Chief of the Naval Staff. The visit allowed students to witness the dedication and preparation leading up to this significant military ceremony.

Throughout the programme, the students maintained excellent discipline and followed all instructions, representing the school with responsibility and respect. The visit was an enriching experience that extended learning beyond the classroom and inspired students to value the principles of leadership, service, dedication, and responsible citizenship.



KRISHNA JAYANTHI

Krishna Jayanthi was celebrated with great joy and enthusiasm on 3rd September at HISTAR, Hindustan International School, Guindy. The celebration was organised to introduce children to the significance of Lord Krishna's birth and to help them appreciate India's rich cultural traditions.

The school premises were beautifully decorated with peacock feathers, flutes and colourful Krishna-themed decorations. The children came dressed as little Krishnas and Radhas, adding charm and excitement to the celebration.

The children enthusiastically participated in a variety of activities, including:

- Krishna and Radha fancy dress
- Krishna-themed songs and dances
- Creative craft activities
- Discussions about Lord Krishna's love for butter, cows, music and nature

The celebration provided the young learners with a joyful and meaningful learning experience. It was a memorable occasion filled with happiness, devotion, creativity and laughter. The event helped the children understand the importance of Indian festivals and encouraged them to appreciate and respect their cultural heritage.



VIBE 2026

Students from Grades 11 and 12 of Hindustan International School, Guindy participated in the Vals International Business Excellence (VIBE) 2026 on 3rd September, an engaging platform that challenged students to apply entrepreneurial thinking, business knowledge, creativity, and decision-making skills to real-world situations.

HIS Guindy students participated in events including In Crisis, Trivia, Product Development, VAELS Stock Exchange, and Innovators Drone, showcasing their ability to think critically, collaborate effectively, and perform under pressure. The teams delivered an impressive performance, securing 1st Place in In Crisis and Trivia, 2nd Place in Product Development, and podium finishes in the Stock Exchange and Innovators Drone events.

The competitions provided students with practical exposure to business strategy, financial markets, product innovation, technology, and crisis management. In the In Crisis event, students tackled simulated challenges involving cybersecurity, employee relations, and inter-business collaboration, demonstrating strong leadership, communication, and problem-solving skills. The Stock Exchange event further developed their understanding of market trends, risk assessment, and strategic investment decisions.

Overall, VIBE 2026 was a valuable experiential-learning opportunity that strengthened students' entrepreneurial skills, financial awareness, teamwork, creativity, adaptability, and confidence. The event encouraged students to approach real-world challenges with innovation and strategic thinking, supporting the development of future-ready learners.



A CRITICAL THINKING SESSION

Students of Grades 8–12 participated in an engaging Critical Thinking Session led by Executive Director Lt. General Bobby Matthews on 3rd September 2026. The programme encouraged students to nurture curiosity, analyse situations, and approach ideas with an open mind. Throughout the session, Lt. General Matthews invited students to think, respond, and share their perspectives. Students participated enthusiastically in the discussions, raised questions, and clarified their doubts. Their queries were addressed thoughtfully, encouraging them to explore ideas more deeply.



A central message of the session was the importance of asking “Why?” Students were encouraged to seek reasons and explanations rather than accept information passively and to consider different perspectives before reaching conclusions.

The interactive discussion helped students recognise that questioning is an essential part of learning and encouraged them to express their ideas with confidence.

The session was thought-provoking and enriching, leaving students with a valuable reminder that meaningful learning begins with curiosity and the willingness to keep asking questions.

CHAIRMAN'S HIS EXCELLENCE AWARDS 2026

As part of the Teachers' Day celebrations, the Chairman's HIS Excellence Awards 2026 were presented on 5th September 2026 to honour members of the Hindustan International Schools community for their dedication, commitment, and valuable contributions to the growth of students and the institution.

The ceremony followed the Chairman's Presidential Address by Dr. Anand Jacob Verghese, who congratulated the award recipients and highlighted the importance of continuous learning, adaptability, discipline, and innovation in education.

Awards were presented across six categories: Academic Excellence, Service Milestone, Dedicated Educator, Co-Curricular Excellence, Exemplary Attendance, and Most Diligent Non-Teaching Staff. Staff members from HIS Guindy, HIS Karapakkam, and HIS Padur were recognised for their achievements and contributions. The awards celebrated excellence both inside and beyond the classroom, while acknowledging the important role of teaching and non-teaching staff in building a thriving school community.

The ceremony served as a meaningful tribute to the dedication and collective efforts that continue to strengthen the HIS community.





SINGAPEN SIRAPU ATHIRADI PADAI AWARENESS

PROGRAMME

A Singapen Sirapu Athiradi Padai Awareness Programme was conducted on 8th September 2026 by SSF to promote awareness about personal safety, self-confidence, and crime prevention among students. The session was led by Ms. Janani, Sub-Inspector, along with Ms. Preethi and Ms. Priyadharshini.

The programme covered important topics such as personal security, staying alert in public places, recognising unsafe situations, and seeking help from trusted adults or authorities. Students were also guided on understanding good touch and bad touch, recognising inappropriate behaviour, and maintaining healthy personal boundaries.

A key highlight of the session was the awareness provided about emergency support systems, including the Child Helpline 1098 and the Singapen Sirapu Athiradi Padai Helpline. The resource persons presented the information in a simple and engaging manner, encouraging students to remain alert, confident, and proactive about their safety.

The programme was an informative and valuable initiative that equipped students with essential knowledge and encouraged them to respond confidently and responsibly in challenging situations. It also reinforced the importance of building a safe and aware school community.



PREPARING FOR CAMBRIDGE ENGLISH

EXAMINATIONS

Hindustan International School, Guindy, conducted examiner training for the A2 Key and B1 Preliminary Cambridge English Qualifications (CEQ) on 12th September 2026. The session familiarised participants with examination procedures, examiner responsibilities, and the professional standards expected when supporting candidates. The programme began with an induction to Cambridge English Qualifications and the role of examination personnel. Participants were reminded of the importance of accuracy, fairness, confidentiality, and professionalism throughout the examination process. Training videos demonstrated key stages of the examination, including candidate handling, task delivery, and appropriate examiner conduct.

Participants then completed worksheets based on the induction and videos, applying their learning to examination procedures and practical scenarios. Guided discussions provided opportunities to raise questions and clarify procedures. The trainers emphasised the importance of following prescribed guidance consistently and seeking support from the Team Leader or Examination Coordinator whenever clarification is required. The training strengthened participants' understanding of examination procedures, responsibilities, impartiality, and candidate welfare. The combination of demonstrations, activities, and discussion helped connect the guidance with practical examination situations and prepared participants to follow the required procedures effectively.

ORATOR'S ODYSSEY

Hindustan International School, Guindy hosted “Oratory Odyssey,” an Inter-School Debate Competition, on 12th September 2026. The event brought together enthusiastic young debaters from various schools, providing them with a platform to develop their public-speaking, critical-thinking, reasoning, and debating skills.

The competition was conducted across four categories at the Guindy Auditorium and St. Thomas Auditorium. Participants demonstrated impressive preparation, confidence, clarity, and logical reasoning while presenting their arguments on contemporary issues. Their ability to respond thoughtfully to counterarguments also showcased strong rebuttal skills and respect for diverse perspectives.

The event concluded with a Prize Distribution Ceremony, recognising students for their outstanding performances. The competition saw commendable achievements across all four categories, with students from HIS Guindy securing several positions.

Overall Results:

Champion: HIS Padur

Runner-up: HIS Guindy

“Oratory Odyssey” was more than a competition—it was a celebration of ideas, expression, and meaningful dialogue. The event encouraged students to think critically, articulate their perspectives with confidence, and engage respectfully with differing viewpoints. It was a valuable and enriching experience that strengthened the participants’ communication and public-speaking skills.



A GANESH CHATHURTHI CRAFT ACTIVITY

A Ganesh Chaturthi Craft Activity was conducted on 14th September 2026 for learners of PP1, PP2 A, PP2 B, PP3 A and PP3 B. The activity introduced children to the significance of Ganesh Chaturthi through a fun and creative hands-on experience. Using paper plates, crayons and colourful stickers, the learners created Ganesha faces with guidance from their teachers. They enthusiastically participated in colouring and decorating their crafts, following simple instructions and expressing their creativity.

The activity provided opportunities for children to develop fine motor skills, hand-eye coordination and independent participation while learning about the festival.

The engaging activity helped learners recognise Lord Ganesha and understand the cultural significance of Ganesh Chaturthi. Children demonstrated creativity, improved their colouring skills and followed instructions effectively.

The celebration combined festive awareness, artistic expression and skill development, creating a meaningful, enjoyable and memorable learning experience for all the young learners.



CAMBRIDGE ENGLISH LEADERSHIP CONFERENCE – HIGHER EDUCATION (CELC–HE)

The Cambridge English Leadership Conference – Higher Education (CELC–HE) was held on 17th September 2026 at The Residency Towers, Chennai, bringing together education leaders, academics, and English-language assessment stakeholders to exchange ideas on English-language learning, assessment, higher education, and employability. Ms. Sheema Sakthivel and Dr. Sonu Joseph participated in the conference, which explored current developments in English-language proficiency and assessment, learner progression, academic success, and institutional quality. Key sessions focused on strengthening communication, critical thinking, problem-solving, digital literacy, and other transferable skills required for higher education and future careers.

The conference also highlighted the importance of combining academic learning with human skills and the responsible use of Artificial Intelligence, while emphasizing authentic and workplace-oriented assessment practices. Discussions explored projects, portfolios, presentations, simulations, case studies, internships, and digital assessment tools as ways of evaluating practical competencies. The sessions reinforced the value of using assessment data to identify learning gaps, monitor progress, and plan targeted interventions. The conference provided valuable professional-learning insights that can support the institution in strengthening English-language development, academic readiness, communication skills, and employability outcomes.



HISTAR 7TH ANNIVERSARY & GRANDPARENTS DAY

The 7th Anniversary of HISTAR was celebrated with great enthusiasm and warmth on Tuesday, 22nd September 2026, at the school auditorium, Hindustan International School, Guindy. The event brought together parents, and beloved grandparents, creating a truly joyful and heartwarming atmosphere.

The program commenced promptly at 10.30AM with a special introductory note commemorating the birthday of our esteemed Chairperson, Dr. Elizabeth Verghese. A solemn prayer set the tone for the day, followed by a delightful welcome address by our Principal, Dr Lalli and the Head of HISTAR, Ms. Nickhath Fathima.

The highlight of the morning was a lively Sparkling Dance by our children followed by a Ramp walk where children were dressed in Retro style.

In a touching moment, all HISTAR students came together to sing a heartfelt "Happy Grandparents' Day" song, expressing their love and gratitude to their grandparents. The joy in the room was palpable.

Excitement reached new heights during an engaging magic show, which kept the children thoroughly entertained.

The event concluded with fun-filled games exclusively for grandparents, followed by a memorable photo session capturing the day's special moments. Each child received a thoughtful takeaway — a white board and a black marker with the HISTAR logo — and everyone was treated to refreshments. Children and parents appreciated the takeaway gift.



STATE PRESENTATION - KERALA

Students of Hindustan International School, Guindy, hosted an engaging presentation on Kerala on 22nd September, 2026, taking parents and guests on a journey through the state known as “God’s Own Country.” The session began with an introduction to Kerala’s location on India’s southwestern coast, followed by a video showcasing its serene backwaters, traditional houseboats, lush landscapes and cultural heritage.

The presentation explored Kerala through several themes, including its geography and history, people and traditions, arts, governance, economy, tourism, wildlife and sports. Students highlighted the Western Ghats, the Arabian Sea, Malayalam, and classical art forms such as Kathakali and Theyyam. They also shared insights into agriculture, spices, tea, coconut, tourism and the importance of foreign remittances to the state’s economy.

The programme included an interactive quiz that invited students and parents to test their knowledge of Kerala. The audience also learned about the state’s wildlife reserves, eco-tourism and traditional boat races, including Vallam Kali.

The presentation helped participants build a broader understanding of Kerala’s natural resources, history and cultural heritage—and how these connect with its economy and way of life. It was an informative celebration of a state where nature, culture, tradition and progress come together.



POSITIVE BEHAVIOUR AND GOOD VALUES

A session on “Respect, Discipline and Kindness” was conducted on 25th September 2026 at Hindustan International School, Guindy, for students of Grades 4 and 5. Led by Aneeshya John from 1:00 p.m. to 2:00 p.m., the session focused on developing positive behaviour, responsible habits and caring attitudes. Through interactive discussions, real-life situations and activities, students explored the importance of respecting teachers, parents and classmates, using polite language, following rules, being punctual, listening patiently and showing empathy. They also discussed the effects of teasing, bullying and unkind words, while learning to take responsibility for their actions.



The session encouraged students to identify respectful, disciplined and kind responses to everyday situations involving friendships, sharing and helping others. Students actively participated and shared their experiences, demonstrating a clear understanding of positive behaviour. The programme reinforced that small acts of kindness can create a happy, safe and harmonious environment at school, at home and in the community.

RABIES AWARENESS PROGRAMME

Students of Grades 4–8 participated in an informative Rabies Awareness Programme conducted by Universal Relocations at Thiruvananthapur Beach on 26th September 2026. The programme aimed to create awareness about rabies prevention, safe interaction with animals, and the importance of responsible pet ownership.

During the session, students learned how rabies spreads and the vital role of timely vaccination in protecting both people and pets. They were also guided on how to behave safely around domestic and stray animals and the importance of seeking immediate medical attention after an animal bite or scratch.

The programme encouraged students to care for animals with kindness and responsibility. As part of the initiative, chew toys were distributed to the children, highlighting the importance of providing pets with safe and suitable toys. The outdoor setting made the programme engaging and memorable, helping students gain valuable knowledge about rabies prevention, animal safety, and compassionate pet care.

The programme reinforced the message that responsible pet ownership, timely vaccination, and safe animal interaction are essential for building a healthier and safer community for both people and animals.



INTERNATIONAL COASTAL CLEANUP

The International Coastal Cleanup was conducted at Thiruvanmiyur Beach on 26th September 2026 with 36 participants, including staff, organised into seven teams. The programme began with a briefing on coastal cleanliness, safety measures and responsible waste management. Students collected visible litter, including plastic bottles, food wrappers, polythene bags, disposable cups, paper and other non-biodegradable materials.

They recorded the types and approximate quantities of waste collected, helping them understand common sources of marine debris and the importance of environmental data.

Seven bags of waste were collected during the activity. The programme strengthened teamwork, leadership and communication skills while promoting awareness of marine pollution, responsible disposal, recycling and environmental stewardship. Students concluded the programme with an awareness pledge.





UPCOMING OCTOBER EVENTS

- **Ayudha Pooja Celebration**
- **IMO - MATH Olympiad**
- **IEO - ENGLISH Olympiad**
- **KARATE Competition**
- **Country Presentation**
- **State Presentation**
- **Ignite- The Clash Of The Legends / Halloween Day**