



NEWSHIS

FROM THE EDITOR'S DESK

Dear Readers,

"If you actually succeed in creating a utopia, you have created a world without conflict, in which everything is perfect. And if there's no conflict, there's no stories telling - or reading" - Veronica Roth

The concept of Utopia is enigmatic. But we are creating memories in the present and reflections for the future. Learning from the experiences of the past. Every day in the student's diary is a new beginning. Every beginning brings enjoyment and happiness. The time spent with friends in the school is always nostalgic. Capsizing the memories and events is so refreshing. The refreshed and merriment is collated in our magazine.

We feel delighted in sharing the album of enthusiastic events of the July month. The student's activities, colourful board works, cultural competition updates are arrayed and the vibrant pictures are so inviting.

The collective effort to make our school a utopian space is in its progress and to showcase that we proudly present our chronicle for the month of July!

Team Newshis !!

EDITORIAL TEAM

FACULTY

Ms. Bharathi Lakshmi
(Principal)

Ms. Sneha
(English Faculty)

Ms. Sumathi
(English Faculty)

STUDENTS

Miss. Janani Ayushi
(Grade 12)

Master . Aarush Krishnakumar
(Grade 12)

Miss. Anusha
(Grade 11)



DOCTOR'S DAY



This year's theme for National Doctor's Day is "Celebrating Resilience and Healing Hands".

The Indian Government officially declared National Doctor's Day as July 1 in 1991. The decision was made in order to celebrate the birth anniversary of Dr Bidhan Chandra Roy, a renowned physician and the second Chief Minister of West Bengal .

To express their gratitude and appreciation to the medical fraternity students of grades IX and XI visited Gleneagles Global Hospital, Mr V. Bhaskar Reddy Head – Corporate Relations gave a presentation about the hospital facilities , motivated students and gave an awareness as to why the Doctors profession is one of the noblest professions.



In a conversation with a Doctor , we had Dr. Arthy Murthy , BDS, MHP, Dentist , mind and body fitness coach and Gut Health advisor addressing the middle / high school students with an interactive session on adopting a healthy lifestyle and making it a habit from their school days. She created an awareness on the Health, Hygiene and Stress Management.



SPELL BEE AWARD



Hisk received "Partner in Progress award,2022-23" from SPELL BEE international, for taking promising steps towards revolutionizing English language learning in the Academic community.

It's high time to create a Plastic Free World!

INTERNATIONAL PLASTIC BAG FREE DAY

JULY 3, 2023



The International Plastic Bag Free Day is a unique opportunity to spread the word that a plastic bag free world is possible and that sound environmental alternatives to single use plastic bags are available.

We, HISK as a family let's be the part of this wonderful cause in saving our planet **EARTH...**

The day was observed by organizing various awareness programs. Grade 1-5 children were sensitized with help of a PPT on the "Hazards of using the plastic and plastic bags", Grade 6-8 had an activity of "Slogan Writing" where they had put their thoughts in words and pictures.





INTERNATIONAL FRENCH DAY

The French National Day was celebrated at Hindustan International School, Karapakkam on July 14, 2023. Mr. Ajith Kumar – Manager, CAMPUS France was the chief guest of the event, he had a presentation on Etudes On France / Higher studies in France .

He discussed about the perspectives of various opportunities in Educational domains in France .The availability of courses, fee structures ,scholarships, visa processes etc.



CHANDRAYAN 3 LAUNCH

"Education is all about igniting young minds and enabling them to attain their fullest potential."

Leading by instance, the live launch of Chandrayaan -3, India's much-awaited moon mission was witnessed by our senior students with rapt attention and interest. The increasing momentum of the mission towards success saturated them with inevitable feeling of pride and patriotism .



**EXTRA CURRICULAR
ACTIVITIES COMMENCED**

Mag activities
Chess, dance, theatre, karate

Korean classes

**Cambridge
assessment classes**

Club activities
*Kaleidoscope, Astronomy, eco and heritage,
photography, library, handwriting, numeracy
and vocabulary*

JULY COMPETITION



ALLEGRO 2023 SINGING COMPETITION

“ Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything”.To bring out the singing talents of our young students, HISK proudly set the stage for the activity “ ALLEGRO 2023”- An Inter house solo and group singing competition was organized.



KAMARAJAR DAY COMPETITION

Remembering Veer Kamarajar on his 120th Birthday.



HISK CHAMPIONS



INTRA SCHOOL BASKETBALL COMPETITION

Team HISK! were the runner's up at the Intra school basketball tournament!

ABACUS COMPETITION

Ashrith of grade 1 won a silver medal in state level Abacus competition held in Bangalore on 30th July 2023.



KARATE COMPETITION

Kishan of Grade 1 won the 3rd place in the 39th Tamil Nadu State Level Karate Championship.



INDUSTRIAL VISIT



Dept. Nutrition & Dietetics



Interaction with Dr.Emmanuel
Director- Academics & Research

Students of Home Science dept visited Gleneagles Global Health City (Dept. of Nutrition and Dietetics – Perumbakkam to understand -

- Exploring the various departments of the hospital.
- Understanding the role of Dietitian.
- Knowing the functions of Food and Beverage department.
- Insights on vital department of the hospital (Bone marrow transplant / Dialysis Unit)



WEEKEND GAMES

Can't afford to miss this its 'GAMES'!
Can we find a child who refuses to play or miss a PT period? No... Most of them would never let it go even in their dreams. During weekends a special training session is organized for the students by our PE trainers. Games such as basketball, tennis etc are taught and trained. Students eagerly wait for the weekend games.

INSIGHTS ON THE LABORATORY OF HITS



Practical and theory are like two sides of a coin. Both have equal importance. To enrich the students with kinesthetic experiential learning our grade 11 and 12 visited HITS.

Introductory session was conducted at KS Moorthy Seminar Hall by Ms Kalpana followed by an Orientation by Dr Alexander Jessudasan.

In his speech Dr Jessudasan explained the courses available at HITS and how the working of HITS is apt to the motto of our Founder Chairman” make every Person a Success; No Person a Failure”.

INTERSCHOOL CULTURALS



We can see the adrenaline rush in our children when we start the preparation for competition. Brainstorming, new ideas and yes finally arriving upon the best idea for an inter school competition. The efforts of going an extra & additional practice are paid in full. Apparently, students learn the knack of striking a balance between academic and co scholastic activities, thus resulting in holistic development.

At SHRADDHA SANGAMAM 2023 - Inter School Culturals held on 27 July 2023 following students bagged medals and certificates.

English Speech - First Place

Aryan -X B

Fireless Cooking - Second Place

Srinath - IX

Nlthyasri-IX

Light music - 3rd place

Srinadi U. S - IX A

Jenita - XII A

Sai - X A

Gowtham- X A

Renu - X A

Kavin - X A

FROM THE LEARNERS



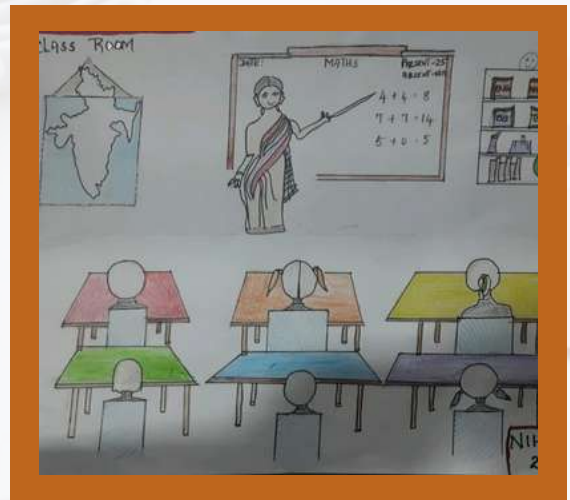
JOSHUA - GRADE 8



AADHIRASHREE - PP3



JOANNA - GRADE 3A



NIHARIKA - 3A



JAIWANTH - GRADE 8



DHEERAJ - GRADE 3A



FROM THE LEARNERS.... NOMOPHOBIA

Smartphone addiction, also known as nomophobia (fear of being without a mobile phone), is frequently fueled by an internet overuse problem or internet addiction disorder. Almost 85% of internet users are children aged three to eighteen. Internet addiction is a bad habit that causes stress in one's personal, school, or work life.

Excessive use of smart phones and social media can cause mental distress, self-harming behavior, and suicidality in young people. The effect is stronger in females. according to a study published in the journal of the Canadian Medical Association. Individuals who are addicted to their smartphones report increased loneliness.

UV sunlight, excessive screen time, and contact lenses are the most common causes of eye damage. Excessive use of smart devices causes eye problems, which manifest as the following symptoms.

Dry Eyes

Irritation

Painful throbbing headaches around the eyes.

According to the experts adults should limit their screen time outside of work to no more than two hours per day. Despite the fact that nomophobia is a relatively new concept, self-control and proper behavioral therapy can help overcome it.

S. Mythili Ranganayaki- 6B

FROM THE LEARNERS....

MY SCHOOL

Every day I'll go to school will read more interesting books Every day I'll play with my friends I got a good friendship Every day I enter school, I feel the place is very happy it is the first step of my life I built a strong foundation , I go back home , I enjoy my spare time with my family , I wait to next day, for I want to go to school , I Love my school.

M.Sudeep - 3B

MY FAVOURITE FOOTBALL PLAYER

I like to play football and my favourite player is Messi. I am going to share a story about him. Messi's full name is Lionel Messi and all his fans call him LM10. He was born in Argentina at Rosario on June 24th 1987. He had a problem of stunted growth. When he was age 10 doctors found that he couldn't grow. But he didn't give up. He went to many clubs and teams and did his best and now he has become one of the best players in the world. Messi's best football friend is Neymar. I like football because it tests the player's accuracy , speed , tactics and skills . My favourite position is Midfielders. My favourite midfielders are Kevin de Bruyne, Di Maria and Johan Cruyff.

My second favourite football player is Ronaldo . Ronaldo's full name is Cristiano Ronaldo. His fans call him CR7 . He was born in Portugal at Funchal on February 5th 1985 . He was poor in his young age. His mother went to many houses and mopped the floor and cleaned the houses. Ronaldo's father was working at a football club where Ronaldo was going for coaching. After years Ronaldo became one of the best football players in the world. He created a world record of scoring the most goals. I like Ronaldo's celebrations the most such as Suiiiiiiiii! and the afternoon sleep. My favourite football songs are Waka Waka and there's Magic in the Air. My favourite football clubs are PSG and Al Nassar. My favourite World Cup teams are Argentina and Portugal.

ISHAN NIRAVS -5B



BEYOND HISK 2022-23 BATCH

S.No	Name of the student	Name of the College opted	Course opted
1.	Elina Scarlett	Chettinad Academy of research and education	Bachelor of Occupational Therapy
2.	Madhav Kumar	Hindustan University, Padur	B.E
3.	Madhumitha	KCG College of Engineering	B.E (C.Sc)
4.	Poojitha Mohan	VIT	B.E(ECE)
5.	Prakriti Kochar	University of Manchester	Biotechnology
6.	RohanSrikumar	Hindustan University, Padur	B.E (C.Sc)
7.	Tanisha Dinesh	Macquarie University,Sydney	Psychology honours
8.	Maanav	SRM University	BBA
9.	Serina	Hindustan University, Padur	BBA
10	Isaac Louis	Preparing for NEET	



BEYOND HISK 2021-22 BATCH

S.No	Name of the student	Name of the College opted	Course opted
1.	Abilash	HITS Padur	B.Tech C.Sc
2.	Advaith v Nair	VIT Vellore	B.Tech Mechatronics
3.	Adithya Vikram	RV University, Bangalore	Design
4.	Arshia Purush	SRM Tiruchy Medical College	MBBS
5.	Ashrita Purush	SRM Tiruchy Medical College	MBBS
6.	Baani Singh	University of Messina- Italy	Bachelor of C.Sc
7.	Gotham kothari	Manipal University	B.Tech (C.SC with AI Machine learning)
8.	Joel Prince	VIT Chennai	B.Tech C.Sc
9.	Kavya Vijay	NID Ahmedabad	Fashion Designing
10	Muhammed Hani	TUM	Bachelor in Management & Technology
11.	Pranay Umesh	MCC	B.Sc Zoology
12.	Sidharth Hariprasad	Sathyabama University	BBA



BEYOND HISK 2021-22 BATCH

S.No	Name of the student	Name of the College opted	Course opted
13.	Ritika kalyani	VIT Vellore	B.Arch
14.	Roshan santhosh	St. Joseph	B.E Mechanical
15.	Shiva subramaniam	SRM KTR	B.E Mechatronics
16.	Shushma Sree	VIT Chennai	B. Tech CSE-IOT
17.	Simran	VIT	Bachelor of C.sc
18.	Siddharth senthilkumar	Brokenshire School of Medicine	BS(MD)
19.	Tarun	SRM KTR	B.Tech CSE-IOT
20.	Dhruvakarsh	Shiv Nadar University	BMS
21.	Gokul S	Guru Nanak College	B.Com
22.	Gokula Krishnan	Sathyabama University	B.Com
23.	Jhaanavi	LV Prasad College of Media Studies	BFA film making
24.	Muhammad Raseen	New College	B.Com
25.	Nandan Nair	Jindal Global University	BBA
26.	Neha	Nalsar University (Hyderabad)	Law



BEYOND HISK 2021-22 BATCH

S.No	Name of the student	Name of the College opted	Course opted
27.	Yathati Shalena	Hindustan University, Padur	BBA
28.	Harshini R	Stella Maris College	B.A (History)
29.	Nayonika	WCC	B.Sc Phycology



BEYOND HISK 2020-21 BATCH

S.No	Name of the student	Name of the College opted	Course opted
1.	Devansh Rana	Symboisis	BBA
2.	Karthik Shankaran	SRM Institute of science and humanities	B.Sc Psychology
3.	Raghuveer	Sairam Institute of Technology	B.E (ECE)
4.	Sritharan	KS Academy	CA
5.	Husna	HITS - Padur	Fashion designing
6.	Krish Iyer	Maryland College of Art-Vermont -USA	BFA
7.	Gopiksha	Stella Maris College	B.Com
8.	Sahithi	Christu Jayanthi Jublie College- Bangalore	BBA
9.	Shreya	Sri Ram College of Commerce- Varanasi	CA
10.	Kubhear	Loyola College	BA English Lit
11.	Shradha	Sathyabama University	B.Sc Psychology
12.	Sailesh	VIT- Chennai	BBA



GLIMPSE OF JULY NOTICE BOARD



UPCOMING EVENTS

NEWSHIS- August

- Photo shoot with Chairman
- St.Britto's and Sishya culturals
- Tennis competition Grade 3 to 12
- TNCA Match
- Esperanza
- Independence day celebration
- Saveetha Pupil school culturals
- PA 2 Assesment
- IIM Pi Quiz
- Onam celebration
- Union bank quiz and more...