



**HINDUSTAN
INTERNATIONAL
SCHOOL - KARAPAKKAM**



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

FROM THE EDITOR'S DESK

Dear Reader,

As the sky weaves its ever-changing tapestry of colours and textures, it becomes a mirror reflecting the depths of our emotions and aspirations. Through the different stages of infancy, kids and adolescents the school plays a vital role in one's own identity.

We at HISK try to provide all the room to manoeuvre one's own self through exploration, recognition and acceptance.

Best Wishes

Team NEWSHIS!!

EDITORIAL TEAM

Ms. Bharathi Lakshmi
(PRINCIPAL)

Ms. Sumathi M
(PGT English)

Ms. Sneha
(TGT English)

Miss. Janani Ayushi
(Grade 12)

Master . Aarush Krishnakumar
(Grade 12)

Miss. Anusha
(Grade 11)

NATIONAL NUTRITION WEEK

To raise awareness about millets, the United Nations, at the behest of the Government of India declared the year 2023 as the International Year of Millets



INTERNATIONAL YEAR OF MILLETS 2023

To celebrate Nutrition week and to emphasize on the goodness of millets, various activities such as foodathon, nurti speech, millet quiz, spell millet etc were conducted to create awareness

FOODATHON - DAY 1

Millet puri , thinaï puttu , Millet desserts- raagi oat cookies, kodo millet, health mix cake, pearl millet murukku, pearl millet ribbon pakoda and buttermilk. Is it appetizing ? This menu was so mouth watering that students of grades XI/XII along with the educators exhibited their culinary skills.

It was a day of multidisciplinary learning – of organizing, budgeting, accounting, creativity, food safety, and nutritional knowledge of food, communication, problem solving and many more. The food items left us mouth watering



NUTRI SPEECH- Day 2



With
**Shiny
Surendran**
Nutritionist



**Bethenny Frankel rightly said
"Your diet is a bank account. Good food choices are good investments."**

Never in the recent past has the Buckingham hall witnessed such interactive session. Nutritionist Ms. Shiny Surendran the guest speaker enlightened the gathering with healthy life practices. Thought provoking "Ingredient checking" activity by Ms. Leena created an impact and awareness towards the food we consume. The takeaway of the speech were:

- Healthy breakfast is a must.
- Drink plenty of water.
- Exercise regularly.
- Essentials of a balanced diet.
- Junk food intake to be checked.
- Eat three meals a day.
- Healthy Sleeping window.
- No to gadgets before sleeping .
- Be aware of the ingredients of the processed food.
- Sports Nutrition - course

Ms. Sangeetha Mohan, Head of the Home science department was appreciated for bringing novel ideas.

NUTRI ACTIVITIES-Day 3

Quiz on magic millet

Quiz on magic millet were conducted for the students of grade VI - VIII. A small quiz was conducted as reinforcement which would instill the very thought of eating healthy , balanced food. Topics such as minerals , vitamins, components of food were discussed.



Spell Millet

"Good morning ma'am ...Heard India is celebrating millets week and our Anna's and akka's attending a quiz on millets, What are we going to do " said one sweet boy of grade 3"

"Oh yes, dear ! " Let's have a spell millet competition! Learn as many as millet names and enrich your vocabulary.

This is how it started, our primary students thoroughly enjoyed learning the different names of millets in an attempt to bag positions in the competition thereby contributing many more new words to their speech.



AWARENESS PROGRAM GOVERNMENT SCHOOL-DAY4

The students demonstrated the importance of health, hygiene and balanced diet. The play and humorous act left the students with thoughts to carry home the message of the need for a balanced diet. The audience enjoyed the dialogues and understood the importance of being healthy. "Soru mukhiyam bigilu" became the famous dialogue. The strong message of why we celebrate "POSHAN MAAH" was portrayed.

Speech

Heavenya, a grade 8 student expressed her views on "the celebration of National Nutrition Week 2023 in India". This year, the theme of the nutrition week is "Healthy Affordable Diet for All". Vital for Health: Just as a vehicle relies on petrol to function, the human body depends on food for proper operation. Students listened to the content with rapt attention.



Villupattu

The students of grade 8 and 9 sang Villadichampaatu, which is an ancient form of musical story-telling method. The children narrated the merits of taking nutritious food and how it safeguards us from various diseases. They insisted not to be carried away with fast food and its artificial flavours.





INDUSTRIAL VISIT TO TAJ COROMANDEL

As a part of the HomeScience curriculum and the ongoing Nutrition Week , the students had the opportunity to visit one of the most prestigious and renowned luxury hotels in Chennai,Taj Coromandel and learnt about the standing operating procedures of Hospitality Management.The purpose of this visit was to gain insights into the world of hospitality and it's various aspects with the guidance of Mr.Anurag Mahapatra - Director -Learning and Development -Taj Coromandel



MEDICAL CAMP

"Health is wealth".A quintessential quote for the moment.The dose of doctors and nurses from 'Smart Vision' set a two day medical camp at HISK. The parameters covered were

- Vitals
- ENT
- Dental
- Eye





AWARD AND RECOGNITION CERTIFICATE OF ACADEMIC EXCELLENCE



QS - I gauge is a journey of Academic Excellence and we, from Hindustan International School were happy to be a part of this introspective and enriching experience.

The conclave at Chennai saw the finest minds deliberate on pertinent issues and brainstorm on ideas to make education meaningful.

Her Excellency, Dr Tamilisai Sounderrajan, Hon"ble Governor , Telangana & Lieutenant Governor Puducherry awarded the winners who made it .

Hindustan International School, Karapakam received a * Diamond * in Teaching& Learning * and an overall Silver .

Thank you , Dr Anand Jacob Verghese, Chairman, Hindustan Group of Institutions for mentoring and ensuring we do our best as Educators!



TEACHER RECOGNITION AWARD

Henry B Adams once told "A teacher affects eternity; he can never tell where his influence stops."

Receiving an award of excellency for such a fulfilling service can be all the more motivating and blissful. What a perfect way this is for the school to say we appreciate what you are doing! We hold extreme pride to have such dedicated teachers working with us at HISK ! The pearls of our ocean Ms. Ani Ann Matthew, Ms. Anila Grace , Mr. Chidambaram, Ms. Heena Naaz, Ms. Jayshree, Ms. Shankari and Ms. Girija were awarded the best teacher's award.



Best teachers awardees HISK 2023/24





TEACHERS DAY CELEBRATION



Our dedicated educators had a delightful evening after the dazzling day, overwhelming hand made cards, chocolates and pens by students filled the teachers with joy. The celebration came to an end in the stary evening with the fun activities thoughtfully organized by our talented Grade XII students. The event reached its crescendo with captivating dance performance by our enthusiastic students.



TEACHING IS A WORK OF HEART





DECODING G-20 SUMMIT



It was an opportunity for our Students to understand world affairs, the way India is taking on the world stage, the responsibilities that the future generation has towards their country and the world. The G20 Summit was not just a gathering of world leaders, but of an amalgamation of ideas, thought processes to combat troubles and find solutions, At Hindustan International School, the students organized an event to further understand the pertinence of the summit- "Decoding the G - 20 Summit". It was held on 20th Sep, 2023@ the school premises. The event focused on creating enthusiasm and inculcating curiosity on world matters. The students meticulously participated and earned enormous experience. The guest speaker from New Delhi, Ms. Suhasini Haidar, , Journalist, Diplomatic Editor -The Hindu newspaper joined from Delhi, sharing her insights and interacting with the students.

We also had Dr Arulvasu, Hon Director and Coordinator, ENVIS RP(Environmental Information System Resource Partner), Department of Zoology, University of Madras addressing the children in person.



He is also the coordinator in Chennai for "Mission Life" an initiative by the Ministry of Environment, Forest and Climate change that inspired the young minds.



भारत 2023 INDIA

Dr Anand Jacob Verghese, The Chairman, Hindustan Group of Institutions, the motivating factor behind it all, congratulated the participants and encouraged them further to be responsible citizens.

वसुधैव कुटुम्बकम्

Certificates & Trophies of Excellence / Appreciation were awarded to the participants

ONE EARTH • ONE FAMILY • ONE FUTURE



MODEL UNITED NATIONS

HITSMUN

A three day event from 8th September - 10th September was truly an exposure to global matters. Around 300 delegates from various schools and colleges participated. The agenda of the committee for the three day was Global divisions and future of world order. The chief guest Mr.Venkat Narayanasamy an ITian enlightened the delegates with practical knowledge. This has paved way for the development of Worldly Knowledge, Confidence-Building, Analytical Diplomacy, Public Speaking and Networking.



Our delegates

The students from Grade 11 Sanjana, Rehan Saied and Akhil participated in the Model United Nations organized By HITS.



Delegate - Rehan
Committee - UNSC
Represented- Malta



Delegate - Sanjana
Committee - CFR
Represented- Justin Muzinich



Delegate - Akhil
Committee - UNGA
Represented- Honduras





COMPETITION

Sometimes it can be easy to get caught up in the moment on game day. One such moment was where our champs, boys and girls made to the Runners up place in inter school volleyball and throwball competition organised and held at HIS Padur!

KARAPAKKAM



PADUR





FIELD TRIPS (GRADE 1 - 7)



Children of Grade 1 – 3 went for a field trip to Vandalur Zoo along with 8 teachers , Arignar Anna Zoological park which is also known as Vandalur Zoo is popular for it’s different kinds of species reserve.Children were very much excited for the trip and they were all ears when the teacher explained about the birds & animals.

The children of grade 4 & 5 were taken to the ‘Sky theater’, a 360° hemispherical dome exhibiting the space ,stars , solar system and the meteors. It was a the magnificent show was enjoyed well by the children. The children visited the 3D show about the dinosaurs after a small break. We next visited the “Science on a Sphere” a program projecting high resolution videos on a big suspended globe, representing our earth. We were taken to the museum to see the exhibits about Transport systems, various motors and engines. Different science demos, fun mirror and a vast collection of rare animal specimens.

Students of grades VI & VII were taken on a tour of Chennai – starting from Karapakkam , enroute Tidel Park, covering IIT Madras , all along Anna Centenary Library to the Beach and all the historical monuments .the students understood the topography and the advancement of the city and the rich heritage.



EDUCATIONAL VISIT TO MAHABALIPURAM GRADE 8-12



A field trip can often lift the spirits of the children and pressure of the teachers—the students because of their enthusiasm and teachers because of their responsibility. We set out to the coastal temple town—Mahabalipuram. We started with the monolithic architecture followed by the shore temple. Here one could see the craftsmanship and workmanship of the people of yesteryears.

The field trip to Mahabalipuram was one filled with education, learning, realization, fun and frolic at the same time. Students and staff alike would cherish, value and treasure this trip which was very well documented and captured in frames of timeless joy.



HINDI DIWAS

हिन्दी भाषा नहीं, भावों
की अभिव्यक्ति है। यह
मातृभूमि पर, मर मिटने
की भक्ति है।।



हिंदी दिवस की हार्दिक शुभकामनाएँ

Hindi language is a connecting force that brings together the citizens of our country, who belong to diverse cultures. It is a language that strikes a chord in our souls and ties us to our ancestral heritage. The competition of Hindi Diwas invited many students to actively participate. Doha recitation, Speech, poem recitation and debate were conducted.

DANCE COMPETITION

With the music in the air, our feet started tapping. wow! The songs didn't allow us to rest on chairs. The merits of being the judge for a dance competition is always a credit, not only we enjoy the dance but also enjoy the nostalgic moments of our school days. Intra-House Dance Competition was a magnificent showcase of talent and creativity. It not only provided a platform for students to express themselves through dance but also promoted healthy competition and teamwork among the houses. The competition was filled with energy and enthusiasm, with each house giving their best on stage. The performances ranged from traditional to contemporary, showcasing a diverse range of dance styles including hip-hop, classical, folk, and fusion. It was evident that the students had put in tremendous effort to perfect their routines.



FROM THE EDUCATOR

Every teacher once was a student.

Every winner once was a loser.

Every expert once was a beginner.

But all of them have crossed the bridge called Learning.

Every Teachers Day, I go on a retrospective and introspective mode, looking back at the three decades that I have crossed. It was not by chance but by choice that I became one and I cherish it. It's not about the milestones, but about the minds I have touched, trying my best to give those souls across me the confidence that " they can " .

In the process of becoming a Teacher, we read theories of stalwarts, we were mentored by the experienced, but all found meaning only when we interacted and taught the children. Every day, every year was and is a new learning for us. God in his unique sense of purpose did not make single photocopy, and that made our profession even more interesting. With every new challenge, there was a new learning for us.

The Children learn best by imitation, so be a good example, dear Educators. The physical, emotional and intellectual personality of a teacher has a deep and everlasting impact on the learners.

We are celebrated as Teachers only when we realise our existence is dependent on our students (in whose trust we rely) and our colleagues with whom we need to collaborate and coexist. We are Educators....who are on a mission to transform not just transmit information.

" Ultimately, I want to inspire children, I want my students to look at me and saybecause of you I didn't give up"

- Ms. Bharathi Lakshmi
Principal

FROM THE EDUCATOR

Snoring and dreaming...

As the night was gleaming
I was snoring.
Waverly heart strings
Flew its wings.
Lingering a very long
Melancholy strain of a song.
Soul wandered far away
But found myself in bed stay.
Mind was flowing as a river
Realized a slight shiver.
Interpreting it, why? Why?
The elegance of the beauty of the sky.
Don't be wondering whether I'm dreaming or sleeping.
Just snoring... Snoring.. Snoring..

-Ms.Sumathi .M
(PGT - English)





FROM THE LEARNERS

Old enough to know better, young enough to do it anyway

All my life I have been told, “you are a child, make as many mistakes as you can” and then on the other hand, I have also been told, “You are a young adult now, shouldn’t you know better than this?”

As an infant, I was loud! If I did not get what I wanted, my plan was to scream. I would often ask my parents questions, and get answers. Then I believed my parents knew everything. But as I grew to be ten years old, I was not so confident that my parents had the knowledge of everything in this vast, vast universe. Once, I asked them questions about my science homework. They gave me all the answers and I happily noted them. The next day, when I proudly went up to the front of the class, I was completely embarrassed when I found out my parents had fed me information contrary to that given in the textbooks! The teacher said to me, “It’s okay child, you are young enough to make these mistakes”. I walked back to my place that day, unsure of my parents’ omniscience.

And now, at age 15, I wonder if they know anything at all! The other day, I was extremely frustrated with my teachers for my homework. I asked my parents for some advice and they told me to just focus on completing my homework and moving on. The next day, I was happily completing some notes of mine, when I overheard my father complaining to his boss about receiving far too many assignments! And that reminded me how my mother always complains of how all alone she is doing the household chores every day! I had half a mind to advise both of them to remember what they preached to me. But as a ‘young adult’ I know better than that, right?

Continues....

FROM THE LEARNERS

It's a beauty being "old enough to know better, young enough to do it anyways". And it's that as humans, when we all make mistakes, we learn alternatives to our approach for a problem or situation. It doesn't matter if we're children, young adults or grown-ups - mistakes are an integral part of our lives. These mistakes are opportunities to learn, to grow, and to become better versions of ourselves. Mistakes help us progress and not become stagnant.

As I stand here today, I embrace the idea that making mistakes is not something to be ashamed of! It is a sign that I am pushing my boundaries, trying new things and daring to explore the unknown reaches of life. It is a sign that I am not shy of taking risks. It is a sign I am prepared to know what my shortcomings are and overcome them. Each mistake I make is a stepping stone on the path of learning and understanding. And even though my parents may not have all the answers, I know they have the wisdom to understand the value of mistakes and the importance of not repeating them.

All my life I have been told, "you are a child, make as many mistakes as you can" and then on the other hand, "You are a young adult now, shouldn't you know better than this?" Yes, I know better - and I am not scared of making mistakes.

- Aryan - X B





Glimpses of board work





UPCOMING EVENTS

NEWSHIS- October

- Gandhi Jayanti
- Half yearly exam commences
- Ayudha Pooja
- Vijaya Dashami
- Term 2 commences
- PTM
- Halloween
- Math olympiad