

# NEWSHIS



**HINDUSTAN  
INTERNATIONAL  
SCHOOL - PADUR**  
(A UNIT OF HINDUSTAN GROUP OF INSTITUTIONS)

## FROM THE EDITOR'S DESK

Dear Readers,

As summer waves goodbye and the monsoon takes center stage, we are thrilled to bring you the latest updates, insights, and exclusive content in this September edition.

This month, we celebrated Teachers' Day with great enthusiasm, honoring and expressing our heartfelt gratitude to our mentors. Our students also displayed great energy and sportsmanship by participating in the Inter-House Badminton Tournament, where their passion and involvement shone brightly.

We also introduced Nutrition Week this month, aiming to instill healthy eating habits among the students, further promoting their well-being.

September also marked the conclusion of the first term, with students successfully completing their Half-Yearly Examinations after three highly productive months. The month wraps up with the start of the much-awaited Dussehra holidays, giving everyone a well-deserved break.

It has been a month filled with achievements, celebrations, and cherished memories.

## EDITORIAL TEAM

**Ms. Susan George**  
(Principal)

**Ms. Selvi P**  
(Senior Coordinator)

**Ms. Liji Thomas**  
(Secondary Coordinator)

**Ms. Radhika Balla**  
(PGT Computer Science)

**Ms. Nandana R Nair**  
(Grade 11)

**Ms. Malathi Chidambaram**  
(Grade 11)

**Ms. Sravanthi S**  
(Grade 11)

## HISTAR 5th ANNIVERSARY

On September 19th, HISTAR celebrated its 5th Anniversary alongside Grandparents Day with a heartwarming event. The children delighted everyone with beautiful performances, including songs and their dance dedicated to their beloved grandparents.



The event was filled with joy and nostalgia as the young performers expressed their love and gratitude through their artistic talents. Grandparents were visibly moved by the touching tributes, making the celebration a memorable and cherished occasion for all attendees.



## NUTRITION WEEK

From September 2nd to 13th, HISTAR observed National Nutrition Week. Children brought healthy menu, showcasing nutritious meals like salads, whole grain sandwiches, and fruit bowls. The event aimed to promote balanced diets and educate students on healthy eating habits. It successfully raised awareness among children and their families.



## VISIT TO FAUNUS PARK

The kindergarteners had an unforgettable day at Faunus Park on 26 September, a delightful place for petting and feeding birds. The children were thrilled to interact with various bird species, learning about their habits and habitats. Their laughter and excitement filled the air as they fed the birds and enjoyed the serene environment. This field trip not only provided fun but also fostered a love for nature and wildlife among the young students.





## AWARDS & ACHIEVEMENT SCHOOL ACHIEVEMENT



**Celebrating Excellence in Education and Entrepreneurship!**

Dr. Anand Jacob Verghese, Chairman of Hindustan Group of Institutions, was honored at Asia One's prestigious 24th Edition Business and Social Forum, held in Dubai on 27th September 2024. The event, which celebrates the world's Greatest Brands and Leaders, had Shri Anurag Singh Thakur, Member of Parliament and Former Cabinet Minister of Information & Broadcasting, as the Chief Guest.

Recognized for his transformative contributions to global education and innovation, Dr. Verghese also launched his biography, Skyward Bound, at the forum. This inspiring work highlights his visionary leadership and dedication to shaping the future of education.

Bollywood actor Vivek Oberoi and Dr. Ashok Verghese, Vice President of HGI, were present to mark this momentous occasion. It is a proud milestone for the Hindustan family, reflecting their ongoing commitment to excellence and leadership in education. This recognition underscores Dr. Verghese's visionary leadership and the far-reaching global influence of HGI in the field of education. His remarkable journey from educator to transformative leader has paved the way for countless students, shaping the future of education in India and beyond. Skyward Bound captures the inspiring story of a man whose vision and dedication have left an indelible mark on the educational landscape.







# AWARDS & ACHIEVEMENT STUDENT ACHIEVEMENT



Mast. Advait Nair has secured a Gold Medal in the CBSE South Zone Boxing Championship in the U-19, 75-81 weight category, which was held at Gokulam Public School, Chengalpattu.



Devansh Balamurugan of grade 6 secured 3rd place in U-13, 2nd Tamilnadu state level chess tournament which was held on 1st September 2024.

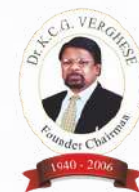


Medeni Mahesh of Grade 9 received the Best Performance award and a double promotion in a silambam belt test conducted by Sky Sports Academy.

Selvi. Ezhilmathi K of grade 10 has won the CM Trophy - 2024 Badminton (singles) which was held in Chengalpattu District.







## TEACHER'S DAY

On September 5, our school celebrated Teachers' Day with a heartfelt and memorable event. The occasion honored the dedication and hard work of our educators. The students made the day unforgettable by organizing a variety of programs and performances in celebration.

## NUTRITION WEEK

“Nutrition is not just about eating; it is eating right” We held a Nutritional Day Celebration, which allowed parents to actively participate in the event. Their involvement not only strengthened the sense of community and support but also provided an opportunity for parents to showcase nutritious foods and teach students about the benefits of nutrition. Students were encouraged to bring home-made, nutritious dishes for their snacks and lunch. This two-week initiative was highly successful, helping students adopt a healthier snacking routine and fostering a wellness-focused mindset.



## HINDI DIWAS

Students from Grades 1 to 8 actively participated in various activities organized during the club activity period. Grades 1 and 2 performed a Hindi action song, prepared under the guidance of their Hindi teachers, while Grades 3, 4, and 5 engaged in a poster-making activity with slogans in Hindi on the theme 'Education for All,' aligned with SDG 4. All students participated enthusiastically, making the Hindi Diwas celebration a successful event that effectively promoted the cultural importance of the Hindi language.







## FOREIGN COUNTRY PRESENTATION

The Grade XI students showcased Sweden, highlighting its economic status, national symbols such as its flower, food, and animal, among others. This helped students gain valuable knowledge about other countries, enriching their education and broadening their perspectives.

## STATE PRESENTATION

Ladakh, one of the most sparsely populated regions in India, was beautifully showcased by the students of Grade IX, highlighting its unique climate and vegetation. They actively participated, sharing insights about Ladakh's history and its distinctive features.



## PANEL DISCUSSION

On 14th September 2024, the Hindustan Institute of Technology and Science (HITS) organized an inspiring panel discussion on graphene's applications in Aerospace and Defence. Nobel laureate Sir Andre Konstantin Geim, co-discoverer of graphene, delivered a keynote, offering valuable insights into this revolutionary material. Students from Grades 10, 11, and 12 participated, making the event an incredible learning opportunity.



## NOURISH TO FLOURISH

On September 28th, 2024, a session titled "Nourish to Flourish" was conducted by renowned executive chef and culinary consultant, Mr. Anish Mathew Samuel. The session, attended by parents and faculty, focused on the importance of balanced meals for teenagers' growth and development. Mr. Anish provided practical tips on incorporating low glycaemic index ingredients and reducing excessive sugar in everyday cooking. He also emphasized the significance of protein-rich diets and making healthier food choices.



## ARTICLE

### Have You Earned Your Tomorrow? –A Reflection on Selflessness and Gratitude

The poem *Have You Earned Your Tomorrow?* by Edgar Albert Guest poses a thought-provoking question about how we use our time each day. It challenges us to reflect on whether our actions have brought happiness or kindness to others. Through a series of reflective questions, the poet asks if we've done anything to make a positive difference in the lives of the people we encounter. Did we make someone smile? Did we lend a hand to someone in need, or were we too absorbed in our own busy schedule to notice the world around us?

Guest's poem encourages us to be mindful of how we spend our time and to recognize that every day is an opportunity to sow the seeds of kindness. Just as the proverb "As you sow, so shall you reap" teaches us, the good we do for others will come back to us in the form of blessings. The poet implies that by spreading positivity, we earn the gift of another day, granted by God, as a reward for our compassion.

The message is simple yet powerful: Our lives have a greater purpose when we act selflessly. If we make even one person's day better, if we leave behind kindness instead of indifference, we have truly lived a meaningful day. The poem serves as a gentle reminder that life is not only about achieving personal goals but also about making the world around us a little brighter through our small, daily acts of kindness. By doing so, we ensure that not only do others feel grateful for us, but we also earn the most precious gift of all—a tomorrow.

Keya Elizabeth Mathew-Grade 12





## CREATIVE ZONE



**SHREYA SALLY THOMAS**  
**GRADE 10**



**MUKUND MADHAVAN**  
**GRADE 6**

## UPCOMING EVENTS

1. LIFE SKILL CAMP FOR GRADE X & XII
  2. SOF IGKO, NSO, IMO
  3. HISTAR PTM
  4. DIWALI CELEBRATION
  5. THEATRE FEST
- AND MORE....

