



CARMEL PRE-UNIVERSITY COLLEGE

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PRESENTS

CARMEL INSPIRATION



CARMEL COLLEGE



CARMEL PRE-UNIVERSITY COLLEGE
BASAVESHWARANAGAR , BANGALORE 560079

Presents

CARMEL INSPIRATION

VOLUME TWENTY TWO

E-NEWSLETTER FOR THE ACADEMIC YEAR 2025 - 26

RELEASED ON 19 DECEMBER 2025

VISIT US AT WWW.CARMELPU.ORG FOR MORE DETAILS

CONGRATULATIONS TO I PUC EXAMINATION TOPPERS 2024 - 25



YASHWANTH R
EBAS - 98.67%



HARINI P
PCMC - 97.17%



NISHA S
PCMC - 97.17%



ADITHI D MOHRE
EBAS - 97.83%



RUTHUSREE A V
EBAS - 97.67%



SAHANA BULL M
PCMC - 96.83%



SHREYA K
EBAS - 96.50%



HARSHITHA G
EBAS - 96.00%



MAMATHA S
PCMC - 96.00%



THANUSHREE J
EBAC - 94.83%



ISHIKA L
EBAS - 94.67%



S KAVYA
EBAS - 94.50%



HARINI K
EBAC - 93.83%



UNATHI M
EBAS - 93.67%



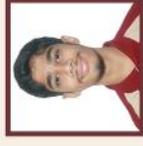
YASHICA S
EBAS - 93.67%



SEEMA BISHNOI
PCME - 93.00%



**HAFIFA
MOHAMMEDI**
EBAC - 92.67%



RISHAB M
EBAS - 92.50%



RAJESHWARI K
PCMC - 92.33%



SUNIL PATEL R
EBAC - 92.17%



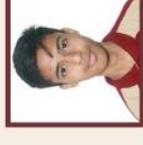
MANOJ R
PCMB - 92.17%



AARTHI S
PCMC - 92.00%



**ELKAN RICHARD
CORREA**
PCMC - 91.83%



ADITH YADAV N
EBAS - 91.67%



S VISHNUPRIYA
EBAS - 91.50%



MISTRY SHIVAM
EBAC - 91.33%



**NAVYA SHREE
S**
EBAC - 91.33%



SUPRITHA M
EBAS - 91.33%



PRINCEY MOSES
EBAS - 91.17%



VARUN H
EBAC - 91.00%



A M AARISH
PCMC - 91.00%



DIVYASHREE M
EBAS - 90.83%



NISHA RAJESH
PCMB - 90.83%



GOUTHAMI M
PCMC - 90.67%



NITHYA SHREE G
EBAC - 90.50%



PRUTHVI SINGH
EBAS - 90.33%



SHARANYA
EBAC - 90.17%



PRAISEY MOSES
EBAS - 90.00%

CONGRATULATIONS TO II PUC EXAMINATION TOPPERS 2024 - 25



ASMITA C
EBAS - 97.33%



SINCHANA RAMESH
PCMC - 96.17%



NIRAJ D JAIN
EBAS - 96.67%



VINAY M
EBAS - 96.33%



SNEHA G
EBAC - 96.00%



AMBIKA PODDAR
EBAS - 95.83%



HARIKA S
EBAC - 95.67%



SUSHMITTHA A
EBAC - 95.17%



APOORVA M
EBAS - 94.83%



PREM S JOSHI
EBAC - 94.50%



SHAMSHIYA NAZ
EBAC - 94.50%



KRISHNA DHYAN V N
PCME - 94.33%



KASHVI K
EBAS - 94.00%



KEERTHANANS
PCMC - 93.50%



VARSHA U
EBAS - 93.00%



**SANITH
MANJUNATH**
EBAC - 93.00%



MEHAK TAI S
EBAC - 92.67%



**PRITHAM
PRAWIN V**
PCMC - 92.67%



VARSHAK
EBAS - 92.17%



VIONA I
EBAC - 92.17%



HUSNARA P
PCMB - 91.67%



**S POOBALA
MOORTHI**
EBAS - 91.50%



KIRTI M JAIN
EBAC - 91.50%



LEEYA S M
EBAS - 91.50%



BHAVANA V
EBAC - 91.33%



PRAJWAL G M
PCMB - 91.17%



**NAVEEDA
ZULEKHAR**
EBAC - 91.17%



SHIVANI PATIL P K
PCMC - 91.00%



SREEJANI B
EBAS - 91.00%



PALAK JAIN
PCMC - 90.83%



**YATHISH
KUMAR R**
PCMC - 90.67%



KEERTHANANS
PCMC - 90.50%



**RIYA
SRIVASTAVA**
PCMB - 90.50%



**TRISHA RAJ
PUROHIT P**
EBAS - 90.33%

PRINCIPAL'S VIEW

Wishing you a joyous festive season! As we approach the year-end, I extend my warmest greetings to all our students, parents, and staff members. Education is not just about academics; it is about shaping character and building responsible human beings. As an educational institution, we consider it our responsibility to instill values such as empathy, kindness, and integrity in our students. Our endeavour is to nurture them into compassionate individuals, critical thinkers, and future change-makers.

I sincerely thank all the members of the committee for compiling the various activities of the college during the academic year through our E-newsletter, Carmel Inspiration. I hope you enjoy reading our newsletter and find it both informative and inspiring.

Sandhya Menezes
Principal

CONTENTS

PRINCIPAL'S VIEW	NCC (NATIONAL CADET CORPS)
CARMEL FAMILY	NSS (NATIONAL SERVICE SCHEME)
ANNUAL DAY	ITC'S WOW PROGRAM
FAREWELL DAY	MINDLER - A CAREER GUIDANCE PROGRAMME
CARMEL RUN	TALLY PRIME TRAINING
ORIENTATION PROGRAMMES	BCAC (BANGALORE CLIMATE ACTION CLUB)
INVESTITURE CEREMONY	ELC (ELECTORAL LITERACY CLUB)
MALHAR	ECO CLUB
CARMEL CUP	DH MASTERMIND
TEACHERS' DAY	MEDICAL HEALTH CAMP
BLOOD DONATION CAMP	COUNSELLING SESSIONS FOR TEENS
TEENS' DAY	AWARENESS PROGRAM
LAKSHYA	PATRIOTISM AT CARMEL
FOOD FEST	SPECIAL EVENTS AT CARMEL
ANNUAL ATHLETIC MEET	ACTIVITIES CONDUCTED BY VARIOUS DEPARTMENTS
ETHNIC DAY	ENRICHMENT PROGRAMMES
DISTRICT LEVEL TENNIS VOLLEYBALL TOURNAMENT	SPORTING STARS OF CARMEL
ORIENTATION PROGRAMME FOR LECTURERS IN ECONOMICS	INTERCOLLEGIATE COMPETITION WINNERS
STAFF COUNCIL ACTIVITIES	ACCOLADES
STUDENT COUNCIL ACTIVITIES	PARENTS' FEEDBACK
	STUDENT OF THE MONTH

CARMEL FAMILY



Teaching Staff - Guiding minds, shaping futures with knowledge and dedication.



Support Staff - The strong backbone that keeps our institution running smoothly.



Security Personnel - Ensuring safety every day with vigilance and commitment.

ANNUAL DAY

The institution celebrated its Annual Day on 10th January, 2025, a joyous occasion that brought together students, faculty, and parents to acknowledge a year filled with achievements and growth. The celebration was presided over by Dr. Devaraj, Founder of Royal College, whose presence added prestige to the occasion. Mrs. Sandhya Menezes, the Principal, presented the Annual Report, which provided a comprehensive overview of the institution's activities and achievements. The Annual Newsletter 'CARMEL INSPIRATION' was released on this occasion. Deserving students were honoured for their accomplishments in academics, sports, and cultural events. The Best Outgoing Student of 2024-25 was announced as Sajith Kumar and Shamshiya Naaz. Class II E received the Best Class Award for overall performance. Class I C was the recipient of both scholastic and non-scholastic trophies, marking excellence in academics as well as co-curricular pursuits. The event concluded on a celebratory note, highlighting the spirit of achievement and unity.



FAREWELL DAY

The farewell for the graduating class of 2025 took place on 30th January 2025, in a heartfelt and spirited celebration. The Administrator, Mr. Roshan Menezes, in his farewell address, encouraged students to make wise career choices, highlighting how the college had nurtured them into capable and responsible individuals. He emphasized that procrastination is a major hurdle to success. Mrs. Sandhya Menezes, the Principal, captivated everyone with four short stories on trust, hope, confidence, and faith, inspiring students to cherish their memories and remain connected through the alumni network. Outgoing students shared emotional recollections and joyful moments from their time at Carmel. Special awards honored outstanding students and their remarkable talents. The celebration continued with a lovely cultural show and a touching video montage, filled with memories from the past two years, which was screened as a beautiful tribute to their unforgettable journey.



CARMEL RUN

The 4th edition of the Carmel Run was held on 29th June 2025 at Dr. B. R. Ambedkar Stadium, bringing together fitness enthusiasts, families, and students in an energetic celebration of health and community spirit. With an impressive turnout of over 650 participants, the event reflected the institution's commitment to promoting an active lifestyle. The occasion was graced by the presence of Shri Priya Krishna, Honourable MLA of the Govindraj Nagar Constituency, as the Chief Guest, and Mr. Vivek Machaiya, renowned fitness coach and Founder of Fitvivek M, along with Mr. Arjun Devaiah, international athlete and CEO of Abhimanyu Academy, as Guests of Honour. This year's run featured four encouraging categories: 3K, 5K, 10K, and a special family run, allowing participation from individuals across all age groups. The event concluded on an uplifting note, celebrating perseverance, unity, and healthy competition.



ORIENTATION PROGRAMME

The newly admitted I PUC students were warmly welcomed during a well-organised Orientation Programme held on 30th May 2025. Mr. Roshan Menezes, the Administrator, familiarised students with the campus infrastructure, facilities, institutional rules, and academic guidelines. A special session by Ms. Naina Jamakhandimath, a renowned educational alchemist and public speaker, helped students gain clarity on important life skills such as adulting, values, communication, leadership, and self-confidence. An enriching workshop for the teaching staff on Emotional Quotient, Mindfulness, and Confidence Building was conducted by Dr. Asra Ali, a wellness coach and motivational speaker associated with Banjara Academy, encouraging innovative and engaging classroom practices. The management also organised an orientation for parents of I PUC students on 31st May 2025. Mr. Roshan Menezes highlighted the institution's equal focus on academic excellence and life skills, while Mrs. Sandhya Menezes, the Principal, outlined the academic calendar and structured practices at Carmel. A motivational address by Mr. Ajith Kaikini from Buoyancee inspired parents to recognise their children's strengths and support them with resilience.



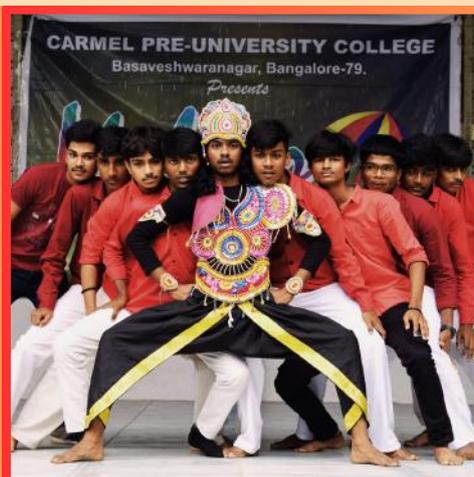
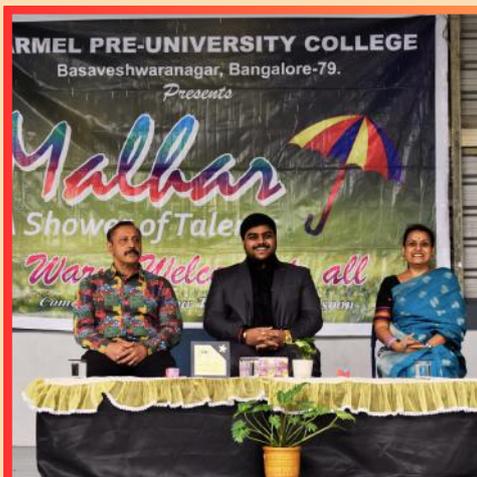
INVESTITURE CEREMONY

The Investiture Ceremony was held on 1st July 2025, marking the formal induction of the newly elected Student Council. The ceremony was honoured by the presence of Mr. Peter Anil Rego, Managing Director of Brilliant Printers Private Limited, as the Chief Guest. He ceremoniously presented the council members, symbolising the trust and responsibilities entrusted to them. Pradeep Singh, President, and Tanishka Manju Singh, Secretary of the Student Council, took an oath to uphold the values and ideals of the institution. The event also featured a moment of appreciation, during which students who excelled in the 2025 Board Examinations were honoured for their outstanding performances. The ceremony concluded with a sense of renewed purpose, highlighting the importance of leadership, dedication, and academic excellence in shaping the institution's vibrant student community.



MALHAR

Malhar – Shower of Talents was a grand cultural spectacle that brought together a rich blend of creativity, culture, and student expression through curated events spanning literature, art, and performance. A notable new addition this year was Mentor and Me, a heartfelt event that celebrated the meaningful bond between students and their mentors. Adding to the vibrancy were visually engaging competitions like Pebble Art, Nail Art, Sketching, and others, which showcased participants' imagination and artistic skill. Adding grace to the occasion, Mr. Aryan Jayaram, a distinguished advocate and proud Ex-Carmelite, delivered an inspiring address that left a lasting impression on everyone. Malhar 2025 emerged as a true testament to the diverse talents and vibrant energy of the student community. The overall trophy was won by II PUC students.



CARMEL CUP

Carmel PU College organised the U-19 Throwball Tournament for girls, with 20 teams registering for the competition. The tournament was inaugurated by the Chief Guest, Ms. Pavithra B. S., Founding Member and Head of Collaborations (India & Overseer), FAST & UP, and Head of Athlete Management. She encouraged the young athletes to pursue sports with dedication and passion. After an intense final match, Carmel PU College emerged as the winners, and the runners-up were the team from Presidency PU College, Kogilu Cross. Mr. Tapan Menezes, Academic Advisor, Carmel High School, distributed the prizes and encouraged the teams to continue excelling in sports.



TEACHERS' DAY

Teachers' Day unfolded as a lively, week-long celebration filled with creativity and camaraderie. Teachers surprised everyone by embracing Gen-Z dress codes and actively participating in fun challenges such as bottle-flipping, blindfolded pyramid-building, and ball-in-the-basket contests. A spirited teacher-student interaction session allowed students to pose candid questions, sparking engaging and witty conversations. The celebration concluded with a colourful finale as teachers walked the ramp. The week turned into a joyful tribute to mentors and the special bond they share with their students.



BLOOD DONATION CAMP

Carmel PU College, in collaboration with the Lions Club of Gokula, organised a Blood Donation Camp on 26th July 2025. The event aimed to promote the spirit of social responsibility and create awareness about the importance of voluntary blood donation. The camp was inaugurated by Lion K. Narayanan, President of the Lions Club, who appreciated the initiative and encouraged students to actively participate in such humanitarian causes. As a result of their hard work, 122 units of blood were collected on the day, and the donors included teachers, alumni, parents, and others, making the drive a resounding success.



TEENS' DAY

Teens' Week was celebrated with great zeal, bringing together students and staff for a series of engaging and spirited events. The week commenced with a Food Fest, where teachers exhibited their culinary prowess and students participated in vibrant themed attire, creating a lively and festive ambience. The celebrations then shifted to the sports field, where an energetic cricket match between the staff and the students took centre stage. Teens' Week was indeed a vibrant mix of fun and unity, leaving behind cherished memories for the teens.



LAKSHYA 2025

Carmel PU College, in partnership with Mindler, held the Career Fest, LAKSHYA, on 21st November 2025. This fair was organised with the intention of helping students make informed choices about their academic paths. Nearly 30 universities participated, and resource persons specialised in various fields such as Medicine, Law, Engineering, Aviation, Fashion, Economics, and Overseas Studies were available at different venues to counsel students. Alumni were also present to share their career experiences and offer guidance on vocational routes. Invitations were extended to nearby PU Colleges, increasing the event's reach. Thus, LAKSHYA guided students in selecting suitable academic streams aligned with their long-term goals.



FOOD FEST

Teachers and students organised a lively and flavourful Food Fest on 18th October 2025 and 7th November 2025 respectively. Each stall creatively highlighted unique flavours, aromas, and culinary traditions. An amount of Rs. 40,000/- was collected and shared with Vimukthi Foundation, the needy.

ANNUAL ATHLETIC MEET

The 23rd Annual Athletic Meet was hosted on 6th November 2025 at Dr. B. R. Ambedkar Stadium, celebrating energy, sportsmanship, and unity. The event was graced by Mr. G.V. Gaonkar, renowned former National High Jump Coach, who motivated the gathering with an insightful and encouraging address, emphasizing the importance of sports in one's life. Throughout the day, students actively participated in a wide range of athletic events. Several individuals excelled in their respective categories and earned well-deserved recognition for their performances. A major attraction of the meet was the Carmel Champions League, which brought together both students and staff in a spirited contest. In an exciting outcome, the staff team emerged victorious, showcasing admirable co-ordination and strategic teamwork. The meet concluded with the announcement of the overall results, where Class II D proudly lifted the championship trophy for their consistent achievements. The day ended on a celebratory note, reflecting the institution's commitment to nurturing sportsmanship and holistic growth among students.



ETHNIC DAY

Ethnic Day at Carmel PU College unfolded as a grand celebration of heritage, elegance, and individuality, creating an atmosphere of timeless charm and refined splendour. The event featured three meticulously designed rounds, beginning with a sophisticated ramp walk that displayed the richness of traditional attire, followed by an enthralling talent round that revealed the creativity and versatility of the participants, and culminating in an intellectually stimulating question-and-answer session that highlighted confidence and articulate expression. The distinguished panel of judges comprised Mrs. Shwetha N. Naidu, the celebrated titleholder of Mrs. South India Curvy and Mrs. India Curvy; Mr. Roshan Menezes, Administrator; and Ms. Bipasha Chandra, a psychologist and practising counsellor. At the end of the day, Kiran Patel of II D was crowned Mr. Carmel and Tanishka Manju Singh of II B as Miss Carmel, bringing the celebration to a graceful and memorable close.



DISTRICT LEVEL TENNIS VOLLEYBALL TOURNAMENT

Carmel Pre-University College hosted the District-Level Tennis Volleyball Tournament on 20th August 2025. The event was inaugurated by Shri Palaksha T., Deputy Director, Department of Pre-University Education, Bangalore North District. The tournament witnessed enthusiastic participation from 25 colleges across the city, making it a vibrant and competitive sporting occasion. MES Main PU College emerged as the winners, while St. Claret PU College secured the runner-up position among girls. Among the boys' teams, MES BRS Vidyaranyapura clinched the winning title and Cadambi PU College finished as the runners-up.



ORIENTATION PROGRAMME FOR LECTURERS IN ECONOMICS

An Orientation Programme for Lecturers in Economics was held on 18th September 2025 at Carmel PU College. Shri Palaksha T. inaugurated the event, urging lecturers to prepare students for the revised examination pattern. The resource persons were Sri Poornesh S., Mr. Prashanth A. R., and Dr. Deepa V., who led sessions on balanced question paper design, AI-enabled teaching tools, and scaffolding strategies. Nearly 200 lecturers attended the programme, making it a highly impactful professional development initiative.



STAFF COUNCIL ACTIVITIES

The Staff Council aims to create a collaborative platform that drives student welfare initiatives, ensures effective coordination, and enhances the overall functioning of the institution. The Question of the Month encourages students to learn beyond the classroom, sharpens their public speaking skills, enhances their quick-thinking abilities, and increases general awareness. Every month, four students are recognised with the Student of the Month award for their exceptional qualities and achievements. A session on Food and Nutrition was conducted by Dr. Meghana, an Ex-Carmelite and Government Medical Officer. Various sessions on lifestyle, stress management, and respecting personal boundaries were conducted by Ms. Martina, Counsellor, Drishti Academy. Students responded positively, reflecting deeply on the discussions and greatly benefiting from these sessions.



STUDENT COUNCIL ACTIVITIES

Apart from regular fests and other cultural activities, the Student Council successfully hosted a wide variety of events throughout the year. The council planned special activities such as Arm Wrestling, Caption Singing, Dog and the Bone, and Man vs Food, which witnessed enthusiastic participation. These events encouraged teamwork, bonding, and sportsmanship among students. This initiative provided a refreshing change from the daily routine and was a huge hit among the students.



NCC (NATIONAL CADET CORPS)

The NCC unit of our institution actively engaged in training, community service, and leadership activities throughout the year. Weekly parades focused on drill, weapon training, discipline, physical fitness, and personality development. Cadets proudly represented the college in ATC, Army Attachment Camp, Pre-Thal Sena Camp, IGC, and trekking, bringing pride to the Karnataka & Goa Directorate. Cadets participated with great enthusiasm in International Yoga Day and national observances such as Kargil Vijay Diwas, Independence Day, Republic Day, National Unity Day, and Constitution Day, showcasing discipline and patriotism. Social initiatives including Swachh Bharat drives, awareness rallies, tree plantation, blood donation camps, and cycle rallies were carried out. Cadets also excelled in inter-college sports, cultural events, and various NCC Inter Group Competitions. A special session on Ayushman Bharat Health Awareness was conducted by Dr. Karan, and a mock drill on disaster management was organised by the Karnataka State Civil Defence Authorities. The year concluded with outstanding performances by the cadets, reflecting growth, unity, and dedication.



NSS (NATIONAL SERVICE SCHEME)

The NSS Unit of Carmel PU College actively engaged volunteers in various social, environmental, and awareness-building programmes throughout the academic year. The year began with the observation of No Tobacco Day, during which volunteers created posters and spread awareness about the harmful effects of tobacco. On World Environment Day, students made and distributed paper bags to street vendors to promote eco-friendly alternatives. Marking the International Day Against Drug Abuse, a reel-making competition was conducted. On International Plastic Free Day, volunteers participated in a plogathon and collected 79 kgs of single-use plastic. As a gesture of gratitude, ration kits were distributed to BBMP Pourakarmikas on the occasion of the Carmel Feast. On Ekta Diwas, as part of Sardar @150 at Kanteerava Stadium, NSS volunteer Aarthi S. of II C won a consolation prize in a poster making activity. Aarthi S. and Sujan G. of II C also attended the Yuva Apada Mithra Camp organised by the State NSS Unit.



BCAC (BANGALORE CLIMATE ACTION CLUB)

To promote awareness of climate change and sustainable solutions, the Climate Action Club was established on 23rd May 2025 and formally installed on 4th July 2025. Assessments on key verticals—Save Water, Waste, Energy, and Greenery—were conducted in July. Students participated in a nature immersion programme at Lalbagh and Sankey Tank. September featured activities such as Leak Check Hunt, Air Pollution Rally, and waste recycling initiatives. In recognition of these efforts, Carmel PU College received the Best College Award for outstanding Climate Action Club performance. Aarthi S. and Sneha Arun were finalists at the Makkala Sabhe event.



ELC (ELECTORAL LITERACY CLUB)

The Electoral Literacy Club of our institution actively worked towards promoting awareness about the election process and democratic values. Efforts were made to register newly eligible voters, ensuring that students who turned 18 were enrolled. A debate competition on the theme “EVM or Ballot Paper: Which is Better?” was conducted to help students analyse the advantages and concerns related to both systems. Students prepared a working model of an Electronic Voting Machine (EVM), demonstrating its functioning and security features in the month of October. On Constitution Day, students took the Constitutional Pledge, reaffirming their commitment to uphold the values of justice, liberty, equality, and fraternity. Through these activities, students gained knowledge about elections and understood the role of responsible citizens in a democracy.



ECO CLUB

Eco Club members participated in a social awareness programme titled “Wear Helmet”, conveying the message to parents of Carmel School and College by holding placards and posters and speaking to them about the dangers of not wearing helmets. Swachh Bharat, a cleanliness drive of Carmel College, is an ongoing initiative in which students across sections actively participate in maintaining cleanliness in and around the campus. Tulasi Vana was an innovative programme introduced to increase greenery on the campus. A composting unit was installed, and the harvested compost is used to maintain the college garden, thereby promoting sustainability and eco-friendly practices within the institution.



ITC'S WOW PROGRAM (Well-being Out of Waste)



To educate students on effective waste management practices and their impact on the environment, an awareness programme was conducted by Ms. Anuwartha, Program Coordinator of ITC's WOW from the Anubhuti Foundation. As part of the initiative, students were invited to bring dry waste from their homes, which was weighed and exchanged for stationery items. The programme witnessed enthusiastic participation, resulting in the collection of 3,000 kgs of dry waste. Notebooks, pens, and other stationery items were distributed as incentives to acknowledge the students' contributions. This initiative not only encouraged recycling and the adoption of eco-friendly habits but also enhanced students' understanding of sustainable living practices.

MINDLER - A Career Guidance Programme

Mindler, a renowned career guidance organisation, conducted interactive workshops to provide valuable insights and guidance to students as they navigated their academic and career paths. Mrs. Sunitha P., Mindler Coach, conducted an Orientation Programme for I PU students on 3rd July 2025. Students were trained to take psychometric tests as part of the Mindler dashboard programme. On 6th August 2025, Mrs. Sunitha P. explained the importance of profile-building strategies and techniques in choosing a career. A webinar for parents of I PU students was organised on 20th September 2025, focusing on strategies for effective profile development. Lakshya, a career fair, was organised on 21st November 2025, and students from neighbouring PU colleges were also invited. A session on STEM, Non-STEM, and stream-agnostic careers was conducted by Dr. Sunitha V. M. on 29th November 2025.



TALLY PRIME TRAINING

To introduce recent trends in accounting, Carmel PU College, in association with Havana Yukta Solutions, conducted a value-added course on Tally Prime on the college campus for II PUC Commerce students. A total of 30 students registered and benefited from the programme. Students were assessed through an examination, and certificates were awarded based on their performance. All 30 students secured an A+ grade.

DH MASTERMIND

Mastermind, the students' edition of Deccan Herald, was subscribed for II PUC students. It has played a significant role in enriching students' awareness and has been an effective guide for preparing for competitive examinations. It has greatly supported students academically and helped improve their vocabulary and language skills. It continues to be a trusted source of knowledge in our college community.



MEDICAL HEALTH CAMP

Carmel College, in collaboration with Address Health, organised an annual medical check-up. A team of qualified doctors and healthcare professionals conducted comprehensive health screenings, including general physical examinations, height and weight assessments, and vision and dental checks.



COUNSELLING SESSIONS FOR TEENS

To ensure consistent support, the college has appointed a full-time counsellor from Drishti Academy, whom students can approach for personal, academic, and emotional concerns in a safe and confidential environment. Through interactive discussions and practical tips, students are encouraged to understand their emotions and seek help whenever needed.



AWARENESS PROGRAM ON PREVENTION OF DENGUE

An awareness session on the prevention of dengue was conducted by Dr. Aparna and Dr. Nandini from BBMP. The resource persons highlighted the causes, symptoms, modes of transmission, and treatment options for dengue. The session educated students about preventive measures and healthy practices to stay protected from infectious diseases.



NASHA MUKTH ABHIYAN

As part of the nationwide Nasha Mukth Bharat Abhiyaan, the college participated to reinforce the importance of making responsible choices and creating a drug-free campus. The programme began with a brief introduction by the Principal on the objectives of the Abhiyaan, highlighting the need for collective efforts to curb addiction among youth. Following this, all students, faculty members, and support staff took a pledge, affirming their commitment to stay away from intoxicating substances and to motivate others to do the same.



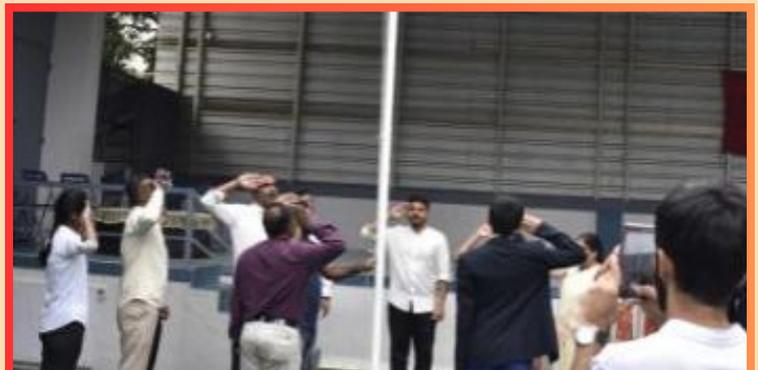
A SESSION ON POCSO ACT

An awareness programme on the Protection of Children from Sexual Offences (POCSO) Act was conducted by Ms. Martina Sibi Mathew, Counsellor, Drishti Academy, to educate students about child safety, legal rights, and the importance of creating a safe and supportive environment. Students were informed about the significance of consent, personal boundaries, and seeking help from trusted adults or authorities when needed. Interactive discussions, real-life examples, and awareness videos helped students understand the importance of the Act and their role in promoting a safer campus ambience.

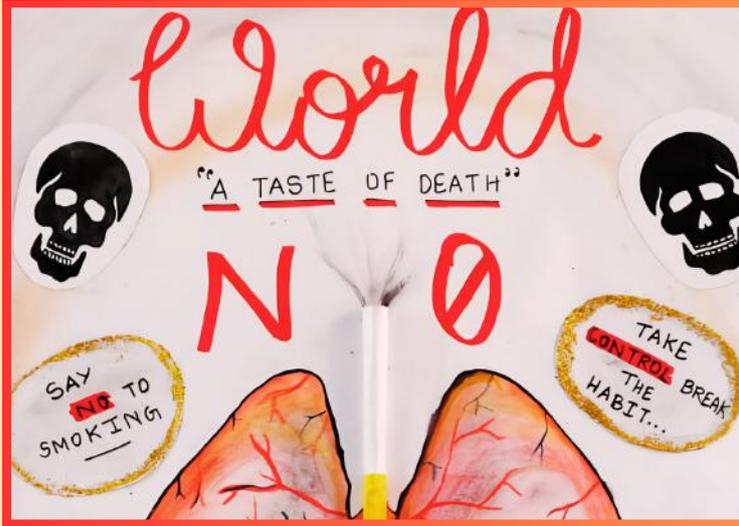


PATRIOTISM AT CARMEL

National festivals were celebrated with pride and enthusiasm at Carmel. On Independence Day, Mr. Shaji Antony, Principal, Carmel High School, hoisted the National Flag and highlighted the importance of freedom and civic responsibility, urging students to contribute towards making India a superpower. Gandhi Jayanthi was observed by reflecting on Mahatma Gandhi's values of truth, non-violence, and simplicity, with students taking a pledge for peace and harmony on 2nd October 2025. Kannada Rajyotsava was celebrated with great zeal, showcasing Karnataka's rich culture and linguistic heritage through engaging activities and a quiz programme. These celebrations fostered patriotism and cultural pride among students.



SPECIAL EVENTS AT CARMEL



**WORLD NO TOBACCO DAY
(31-05-25)**



**WORLD ENVIRONMENT DAY
(05-06-2025)**



**INTERNATIONAL YOGA DAY
(21-06-2025)**



**INTERNATIONAL DAY AGAINST DRUG ABUSE
(26-06-2025)**



**INTERNATIONAL PLASTIC BAG FREE DAY
(03-07-2025)**



**KARGIL VIJAY DIWAS
(26-07-2025)**

SPECIAL EVENTS AT CARMEL



SADBHAVANA DIWAS
(20-08-2025)



WORLD SUICIDE PREVENTION DAY
(10-09-2025)



NATIONAL UNITY DAY
(31-10-2025)



SAMVIDHAN DIWAS / CONSTITUTION DAY
(2-11-2025)



ARMED FORCES FLAG DAY
(07-12-2025)



VIJAY DIWAS
(16 - 12 - 2025)

ACTIVITIES CONDUCTED BY VARIOUS DEPARTMENTS



PHYSICS

The Department of Physics organised a Model-Making Competition on 19th July 2025, where student teams showcased creative and innovative models based on the theme “Conservation of Energy and Mechanics.” The event encouraged hands-on learning and enabled participants to apply theoretical concepts through practical demonstrations. On 14th September 2025, the department conducted a workshop on enhancing application skills in physics through simple experiments. The session was led by Dr. Ravish from the Department of Physics, CMR Institute of Technology, who engaged students through interactive demonstrations and real-life applications of core physics principles.

CHEMISTRY

The activities titled Kitchen Chemistry and Pictionary were held with the aim of promoting experiential and activity-based learning among students. Kitchen Chemistry was conducted as a written quiz focusing on the application of chemistry in everyday kitchen practices. The quiz tested students’ understanding of concepts such as acids and bases, fermentation, oxidation, food preservatives, and chemical changes involved in cooking, thereby linking theoretical knowledge with real-life applications. Chemistry Pictionary added a creative dimension to learning, where students picked chemistry-related terms and represented them through drawings while their partners guessed the correct concepts. The event encouraged creativity, teamwork, quick thinking, and conceptual learning.



MATHEMATICS

A Collage-Making Competition on the topic “Mathematics in Real Life” encouraged students to visualise mathematics beyond textbooks and understand its practical relevance. Dumb Charades on mathematical formulae and inventions was held on 28th September 2025. Participants conveyed mathematical terms, concepts, and discoveries through gestures, making the learning process fun, collaborative, and memorable. In collaboration with the Karnataka Academy of Mathematics, Chitradurga, a Maths Talent Search Examination was conducted in the month of November. Nearly 25 students showcased their mathematical acumen and earned accolades.

ACTIVITIES CONDUCTED BY VARIOUS DEPARTMENTS

BIOLOGY

A Rangoli Competition on “Marine Life” was held on 19th July 2025, encouraging students to showcase their creativity through intricate designs. A seminar on “Water Pollution and Its Impact on the Environment” was conducted by students. These events effectively enhanced students’ understanding of environmental issues and inspired them to contribute towards sustainable practices.



COMPUTER SCIENCE

A Digital Cover Page Design Competition using Canva software was organised, in which students designed a variety of cover pages for the college magazine, exploring different themes and styles. A Digital Collage Competition on “Emerging Trends” for I PUC and “Communication Network” for II PUC was conducted on 8th October 2025. Students used Canva or PowerPoint software to create their collages, incorporating relevant images related to the specified topics. The students showcased their creativity and design skills through their digital collages.

ELECTRONICS

The department organised an engaging event titled “Electronic Devices in Modern Technology.” The activity featured terms related to various devices such as sensors, transmitters, receivers, and seven-segment displays. In the month of November, an activity to find the output of a given operational amplifier circuit was conducted, encouraging students to apply their theoretical knowledge of operational amplifier and discrete circuits.



COMMERCE

The Brand Equity Quiz was conducted on logos, brands, taglines, and corporate leaders, witnessing enthusiastic participation from students. As part of the academic initiative, students conducted seminars on Business Services and Staffing, gaining valuable insights beyond the classroom.

ACTIVITIES CONDUCTED BY VARIOUS DEPARTMENTS

ENGLISH

FORUM, the English Literary Association, organised a series of competitions to enhance students' language proficiency and creative expression. On 19th July 2025, the department conducted Dumb Charades, where participants enacted given proverbs. Pick and Speak for II PU students was organised to assess their spontaneity and clarity of thought, while a Spell Bee for I PUC students was held to strengthen their spelling skills. In collaboration with the Heartfulness Education Trust, Sri Ram Chandra Mission, an Essay Writing Competition was conducted on the topic "Individual evolution is not possible without the support of others."



SANSKRIT

The Department of Sanskrit organised Mahabharata – Character Critique with the aim of introducing students to India's rich cultural heritage and epic literature. The event encouraged participants to explore, interpret, and critically present the traits and roles of various characters from the Mahabharata. To further deepen students' understanding of the scientific knowledge embedded in Sanskrit, a Veda Presentation was also conducted. This session highlighted scientific concepts found in Vedic literature and fostered an appreciation for the intellectual depth of ancient texts.

HINDI

Poetry Picturisation encouraged students to visually interpret a given poem, allowing them to express emotions and themes through artistic representation. Chitra Vismaya was an event in which students created drawings using Hindi alphabets, showcasing their imagination and linguistic skills.



ಕನ್ನಡ ವಿಭಾಗ

ಕನ್ನಡ ವಿಭಾಗದಿಂದ ವಿವಿಧ ಶೈಕ್ಷಣಿಕ ಹಾಗೂ ಭಾಷಾ ಚಟುವಟಿಕೆಗಳನ್ನು ಆಯೋಜಿಸಲಾಯಿತು. 18.07.25ರಂದು ಮಲ್ಲೂರ್ ಕಾರ್ಯಕ್ರಮದ ಅಂಗವಾಗಿ ಅಶುಭಾಷಣ ಸ್ಪರ್ಧೆ ನಡೆಸಲಾಗಿದ್ದು 20 ವಿದ್ಯಾರ್ಥಿಗಳು ಭಾಗವಹಿಸಿದರು. 22.09.25ರಂದು ಪ್ರಥಮ ಪಿಯುಸಿ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಕನ್ನಡ ಶಬ್ದಕೋಶ ಸ್ಪರ್ಧೆ ಹಾಗೂ 24.09.25ರಂದು ದ್ವಿತೀಯ ಪಿಯುಸಿ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಕನ್ನಡ ದಿನಪತ್ರಿಕೆ ಓದುವ ಸ್ಪರ್ಧೆಯನ್ನು ಏರ್ಪಡಿಸಲಾಯಿತು. 18.11.25ರಂದು ತಾರಾಮಂಡಲ ಸಿರಿಗನ್ನಡ ಬಳಗದ ಸಹಯೋಗದಲ್ಲಿ ರಾಜ್ಯಮಟ್ಟದ ಸಿರಿಗನ್ನಡ ಪ್ರತಿಭಾ ಪರೀಕ್ಷೆ-2025ನ್ನು ನಡೆಸಲಾಗಿದ್ದು 41 ವಿದ್ಯಾರ್ಥಿಗಳು ಭಾಗವಹಿಸಿದರು. 19.11.25ರಂದು "ಕನ್ನಡ ಭಾಷೆಯನ್ನು ಬಳಸದೆ ಬೆಳೆಸುವುದು ಹೇಗೆ" ಎಂಬ ವಿಷಯದ ಮೇಲೆ ತಿಂಗಳ ಪ್ರಶ್ನೆ ಕಾರ್ಯಕ್ರಮವನ್ನು ಯಶಸ್ವಿಯಾಗಿ ನಡೆಸಲಾಯಿತು.

ENRICHMENT PROGRAMMES

- A few teaching and support staff attended a CPR workshop organised by Mr. Suresh Kumar, MLA, Rajajinagar, at KLE Society. Cardiologists from Jayadeva Institute explained heart health practices and demonstrated CPR techniques.
- Carmel PU College, in association with Dristi Counselling Centre, conducted an enrichment programme for staff on 21st July 2025. Ms. Elmy highlighted strategies to identify and support students with behavioural concerns.
- Ms. Manisha from the Accounts Department attended a workshop on National Flag Laws conducted by Bharat Sevalal at Seshadripuram PU College on 10th August 2025, gaining insights into the significance of the Tricolour and the Ashoka Chakra.
- Ms. Apoorva D'Souza from the Mathematics Department participated in the Epsilon V 2.0 workshop on 18th August 2025 at Christ Junior College, which focused on digital tools and the use of AI in mathematics education.
- The Department of Pre-University Education, Bangalore North, organised subject-wise workshops on question paper setting and teaching methodologies to enhance academic outcomes.
- The Digital Proficiency Programme, conducted by the Computer Science Department on 15th October 2025, enabled teachers to strengthen their skills in word processing and Excel.
- To promote a positive learning environment, the Management organised a workshop on 17th October 2025 by Ms. Ribea Golapalle and Ms. Martina from Dristi Academy on "Ethical Boundaries in Teacher-Student Relationships."



SPORTING STARS OF CARMEL

State Level players who represented Karnataka State at National Level Tournament (SGFI)

SL NO	STUDENT NAME	CLASS & SEC	EVENT	VENUE
1	KAMSALI AISU	II D	TAEKWONDO	JAMMU AND KASHMIR
2	HARSHITHA P	II C	ATHLETICS	BHIWANI, HARYANA

District Level players who represented Bangalore North at State Level Tournament

SL NO	STUDENT NAME	CLASS & SEC	EVENT	VENUE
1	HARSHITHA P	II C	ATHLETICS	MYSORE
2	SHARIKA V	I D	ATHLETICS	MYSORE
3	PRAJWAL R	II E	ATHLETICS	KALBURGI
4	BHARATH K	I C	BASKETBALL	BANGALORE NORTH
5	NIHARIKA M	II D	KARATE	CHIKKAMANGULUR
6	MOHAN P	II B	TENNIS VOLLEY BALL	CHAMRAJNAGAR
7	JANARAKSHITHA R B	II A	THROWBALL	KARWAR
8	KAMSALI AISU	II D	TAEKWONDO	CHIKKABALLAPURA
9	GOWTHAM M	II E	THROWBALL	KARWAR

INTERCOLLEGIATE COMPETITION WINNERS

To encourage student exposure and holistic development, the college, through the Intercollegiate Committee, deputed students to participate in various academic and co-curricular activities organised by different colleges. Our students participated with great enthusiasm and brought laurels to the institution.

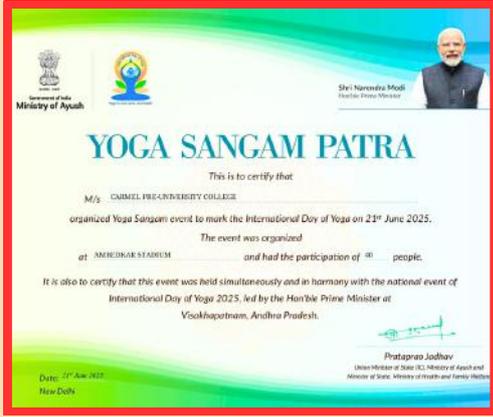
SL NO	DATE	VENUE / EVENT	EVENT NAME	WINNER	CLASS & SEC	PRIZE WON
1	03.09.2025	St Claret	Fashion Show	Maanya C	II E	1st Place
				Pradeep Singh	II B	
				R Saagarika	II E	
				Mohammed Nabeel Ahamed	I C	
				Amogh Kashyap	II D	
				Shashwath H	I E	
				S Kavya	II D	
				Yashita Nimawat	I C	
				Prakash Choudhray	I C	
				Mithun Lakshman	I C	
				Nishanth M	II E	
			Nihal S B	I B		
			Best Personality	Shreya K	II E	1st Place
Tatto Design	Niranth Basavaraju & Gnanesh S	II D	1st Place			
Elocution	Kavyashree U S (Kannada) Maanya Yadav (Hindi)	I A	2nd place			
Adaptune	Rohit R	I A	2nd place			
Product Launch	Thanishka Manju Singh T	II B	3rd Place			
	Khanak Jain	II A				
	Karthik V	II C				
2	03.09.2025	MES	Business Quiz	Mistry Shivam	II E	1st Place
				Vishwajeet B R	II A	
			Poster Making	Neha N K	II C	2nd place
				Poojitha L	II C	
3	06.09.2025	VVS Skillathon	Collage Making	Supritha M	II D	1st Place
				Supriya R		
				Niranth Basavaraju		
			Best Out of Waste	Pushpa T	II E	2nd place
4	14.09.2025	PES Inter Collegiate Competition VIRINCHI	Brain Battle	Shreya	II E	2nd place
			Dumbcharades	Sujan G	II C	3rd place
				Aarthi S	II C	
				Yashas H	II C	
5	16.09.2025	Malleswaram Ladies Association	Pookalam Competition	Yuktha Prasad & Veer Jain V	I D	3rd place
6	26.09.2025	Surana	Chess	Yashwanth R	II D	2nd place

INTERCOLLEGIATE COMPETITION WINNERS

SL NO	DATE	VENUE / EVENT	EVENT NAME	WINNER	CLASS & SEC	PRIZE WON
7	07.11.2025	St Claret	X & Y: The Battle of Te[xt]	Snigdha Poddar	I A	3rd place
				Shreya K	II E	
8	15.11.2025	Sri Aurobindo College	Velocity-Group Dance	Ujjwal Balaji	II C	1st Place
				Abhijna Naik	II B	
				Sahana M	II D	
				Hrithik H A	I C	
				Rohith R	I A	
				Stuti P Thacker	I A	
				Bharti	I A	
			Brainvestors Business Quiz	Mistry Shivam	II E	1st place
				Sayam Jain	II D	2nd place
				Sunil Patel R	II E	3rd place
			Tech-Trivia IT Quiz	Yashas H & Sujan G	II C	3rd place
			Paradox Escape Room	Yashas H	II C	3rd place
Aarthy s	II C					
Sujan G	II C					
Neha N K	II C					
9	19.11.2025	Christ University	Cooking Without Fire	Gouthami M	II C	1st place
				Hiteshree S	II C	
			Flower Arrangement	Janarakshitha R B	II A	2nd place
				Mokshitha D	II A	
			Mind Curry	Varshitha V	II A	Consolation
				Sinchana Hegde	II A	
10	20.11.2025	District Level Cultural Activity	Quiz	Manoj R	II A	3rd place
				Mallikarjun Kadeshanavar	II C	
11	28.11.2025	Mount Carmel Pu College	Collagify	Supritha M	II D	3rd place
				Supriya R	II D	



ACCOLADES



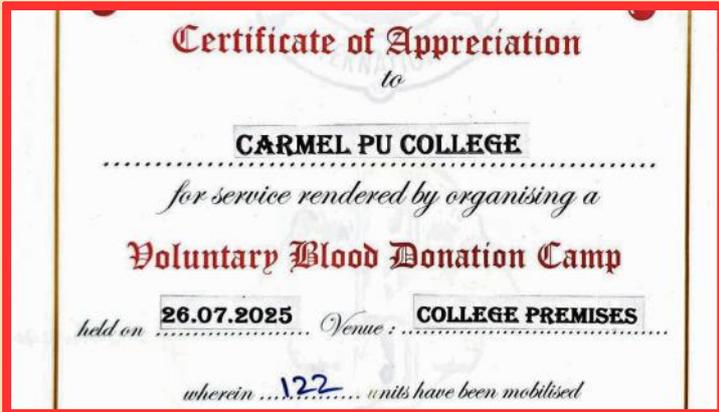
INTERNATIONAL DAY OF YOGA



TOFEI 2025



NASHA Mukta Bharat Campaign



BLOOD DONATION CAMP



HAR GHAR TIRANGA CAMPAIGN



BCAC - BENGALURU CLIMATE ACTION CLUBS
AWARDED AS BEST SCHOOL - BASED ON CLUB PERFORMANCE



PARENTS' FEEDBACK

"As a parent, my experience with the college has been very positive. I appreciate the institution's commitment to academic excellence, the supportive faculty, and the safe, nurturing environment provided for students. Communication with parents is clear and timely, and the college consistently makes efforts to ensure overall student development—academically, socially, and emotionally. I am pleased with the opportunities my children have received here and thankful for the guidance and encouragement the college provides."

Mr Srinath Seshachalam (F/O Amogh Kashyap & Akshay Kashyap – II D)

"My journey with the college began in the academic year 2017–18, when my son, Sandesh S. Hegde, was granted admission to Class 12. Looking back, I view that admission not just as an academic opportunity but as a pivotal moment in his development. Today, I am delighted to see my daughter, Sinchana S. Hegde, studying PCMB and thriving in the same nurturing environment. As a current student, she is exposed to a wide array of learning experiences essential for a young person's growth. I am particularly impressed by the college's commitment to extracurricular excellence. Watching her engage in activities such as the National Cadet Corps (NCC) and various cultural events gives me great confidence that she is receiving a well-rounded education. It is rare to find an institution that places equal emphasis on textbook learning and the development of talent, discipline, and culture. Thank you for maintaining these high standards and ensuring that students graduate not just as scholars but as value-driven citizens."

Mr Subramanya Hegde (F/O Sinchana S Hegde – II A)

Choosing the right college after Class 10 is a significant decision for both parents and children. Carmel PU College was our first choice, and after two years of association, we are truly happy with the decision we made. The institution provides a safe, healthy, and nurturing environment for students. Beyond academics, the college actively encourages students to participate in extracurricular activities, sports, and various cultural programmes, helping them explore their interests and discover their talents in different fields. What we appreciate most is that the college focuses not only on academic excellence but also on instilling strong values and essential life skills in students. Every parent–teacher interaction has been meaningful and has contributed to my son's overall growth, both academically and personally. The faculty members are always supportive and willing to share valuable insights whenever we approach them. We are deeply grateful to the Principal and the entire faculty for their constant guidance and encouragement over the past two years. Thank you for your dedication to providing quality education. May every Carmelite continue to bring positive change to society through their journey.

Mrs. Rovenia S Correa (M/O Elkan Richard Correa – II B)

We are thankful to Carmel PU College for the constant support and guidance provided to our child, Harshita P. During her time here, the teachers and management have always been encouraging and caring. The college has strongly supported our child in sports along with academics, which has helped her build confidence, discipline, and self-belief. We are happy with the positive learning environment and the motivation given to students to grow in all aspects of life. We truly appreciate the efforts of the faculty and management in shaping our child's future.

Mr. B Prem Kumar (F/O Harshitha P – II C)

My son's college experience has been very positive, and as a parent, I have truly witnessed his growth both academically and personally. The campus provides a safe, inspiring, and well-organised environment that encourages students to stay focused and motivated. The various activities, events, and opportunities offered by the college have helped him build confidence, explore new interests, and develop important life skills. Overall, I am genuinely happy with the progress he has made and feel grateful that he is part of such a supportive and encouraging institution.

Mrs. Anu Mistry (M/O Mistry Shivam – II E)

"Carmel PU College has provided a truly positive and supportive environment for our child over the past two years. One of the most reassuring aspects for us, as parents, is the ragging-free and safe campus atmosphere. We have observed remarkable growth in our child not only in academics, but also in confidence, values, and overall personality. The dedicated faculty members, student-friendly environment, and continuous encouragement offered by the college have played a significant role in shaping his journey. We believe the foundation laid here will successfully prepare our child for future endeavours."

Mr Rajumudi (F/O Manoj R – II A)

"I am overwhelmed with gratitude as I write this. My daughter has undergone a remarkable transformation since joining this institution. The college has provided her with unparalleled exposure, opportunities, and support, helping her grow into a confident and capable individual. From her first year, the college has nurtured her academic and personal growth, and I attribute her success to the excellent environment and dedicated faculty. Her experience in NCC, including participation in a national camp, has been instrumental in developing her leadership qualities and discipline. Her roles as Vice President and Secretary this year have further honed her skills, and I am grateful for the trust placed in her. The college's focus extends beyond academics, and the Mindler Career Guidance Programme was especially helpful in identifying her interests and guiding her career choices. This institution truly provides a platform for students to explore their potential, and I am confident that my daughter is well prepared for future challenges. Thank you for shaping my daughter into a confident and capable individual."

Mrs Jyoti Thakur (M/O Tanishka Manju Singh – II B)

Since my son joined Carmel PU College, I have witnessed a remarkable transformation in him academically, personally, and socially. He has become much more disciplined, responsible, and focused on his goals. One of the greatest changes I have observed is how effectively he balances his academics with cultural activities and NCC training. He actively participates in these programmes, confidently takes part in cultural events, and shows great dedication to NCC, all while maintaining strong academic performance. This balance has helped him develop excellent time-management skills, leadership qualities, and a strong sense of discipline. The supportive faculty, well-structured NCC unit, and the overall learning environment have played an important role in shaping my son's personality. The encouragement and resources offered by the college have helped him grow into a confident and responsible young adult. As a father, it gives me immense pride to see his progress. I sincerely thank the college for nurturing his talents and guiding him in the right direction.

Mr. Hemanth Kumar (F/O Yashas H – II C)

As a parent, I am truly happy with the experience my child has had at Carmel PU College. These two years have helped my child grow in many ways, not only academically but also in confidence, discipline, and attitude. The teachers deserve special appreciation as they teach with patience, guide students whenever support is needed, and ensure that every child feels valued and encouraged. I also appreciate the numerous opportunities the college provides through events, activities, and programmes. These have helped my child discover new interests and develop important skills beyond the classroom. Overall, Carmel PU College has been a safe, supportive, and inspiring place for my child. I am grateful to the Principal, teachers, and staff for the dedication and care they extend to every student.

Mr. Dhiraj Mohre CH (F/O Adithi D Mohre – II D)

Carmel PU College provides a nurturing and disciplined environment that focuses not only on academic excellence but also on the holistic development of students. The dedication of the faculty, the well-structured curriculum, and the constant encouragement given to students help them explore their talents and build confidence. The college maintains a strong balance between values, discipline, and modern education, creating a safe and inspiring space for students to grow into responsible and capable individuals. The institution reflects a genuine commitment to shaping the future of its students.

Mrs. Balasaraswathie S (M/O Shreya K – II E)

STUDENT OF THE MONTH

JUNE



PANAV P
(IB)



DHRITHI M
(IE)



PAVAN KUMAR V
(II B)



SHREYA K
(II E)

JULY



MANYA YADAV
(IA)



HASINI K
(ID)



JUSTIN P J
(II C)



HARSHITHA G
(II D)

AUGUST



PREETHI S
(IC)



DIVI K S
(ID)



MANOJ R
(II A)



SANJAN L
(II E)

SEPTEMBER



STUTI P THACKER
(IA)



PAL RAMESH VORA
(IC)



LASYA NISHITHA
(II B)



HARINI K
(II E)

STUDENT OF THE MONTH

OCTOBER



**PERARASU S
(I B)**



**YUKTHA PRASAD
(I D)**



**AARTHI S
(II C)**



**YOJITH R
(II D)**

NOVEMBER



**KAVYASHREE
(I A)**



**KRITI JAIN
(I C)**



**LAKSH CHANDWANI
(II D)**



**JEEVIKA M
(II E)**

DECEMBER



**VEER JAIN V
(I D)**



**LEKHYA SHREE K A
(I A)**



**YASHAS R
(II C)**



**MEGHANA C
(II B)**

JANUARY



**LOHITH I C
(II A)**



**SNEHA ARUN
(II A)**



**HARSHITHA P
(II C)**



**JAHNAVI S
(II E)**

EDITORIAL TEAM



SANDHYA MENEZES
CHIEF EDITOR



VINEETH J
DESIGN EDITOR

STAFF EDITORS



D VIDYA KARUNAMBIKA



DOLLY J

STUDENT EDITORS



SHREYA K
(II E)



SHARANYA
(II E)



SAHANA BULL M
(II C)

THANK YOU

GRATITUDE TO ALL INVOLVED IN THE DEVELOPMENT OF THIS E-NEWSLETTER

SPECIAL THANKS TO THE MANAGEMENT, PRINCIPAL AND STAFF COUNCIL

FOR THEIR SUPPORT



CARMEL PRE-UNIVERSITY COLLEGE

