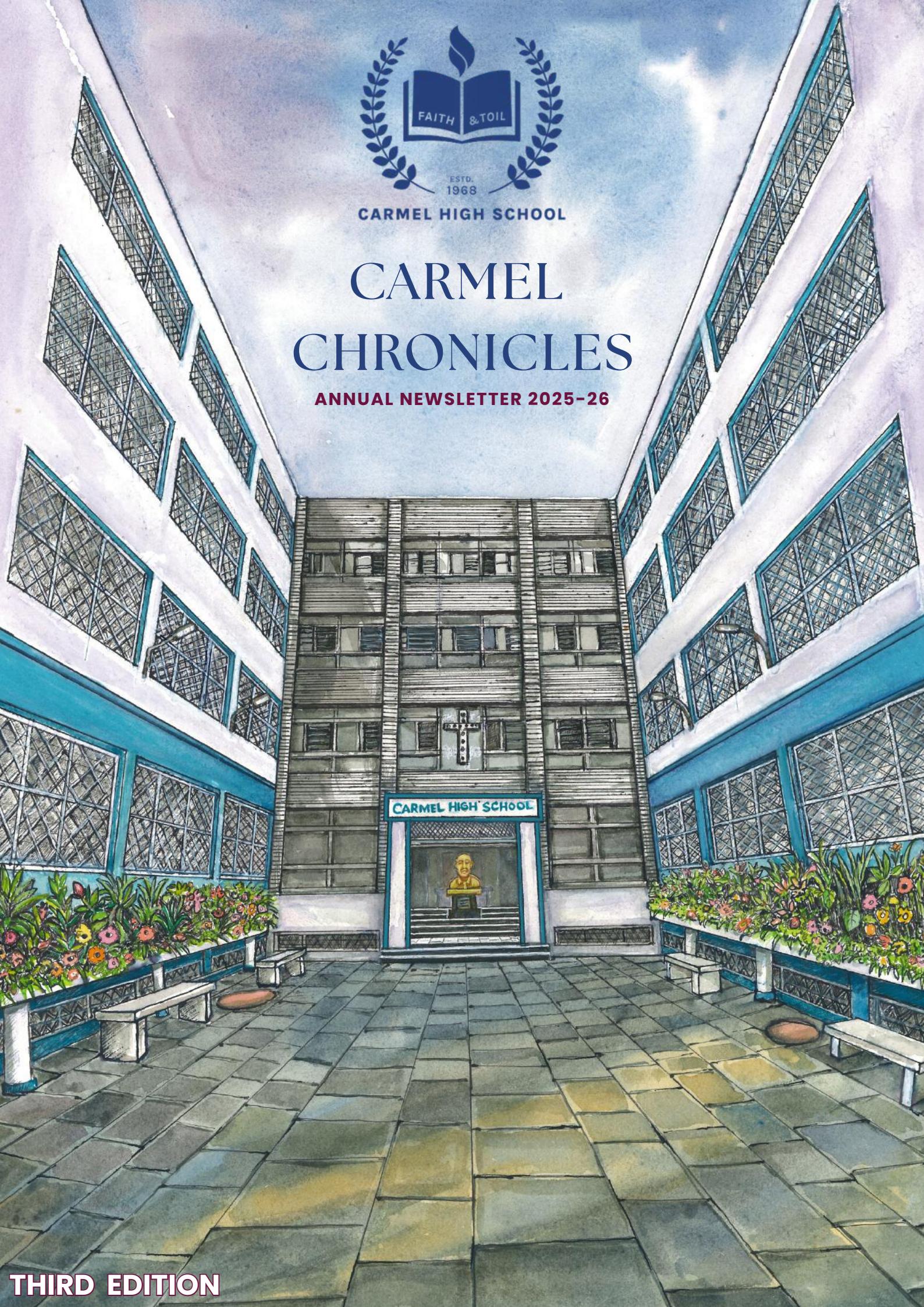




# CARMEL CHRONICLES

ANNUAL NEWSLETTER 2025-26





# **CARMEL HIGH SCHOOL**

**BASAVESHWARANAGAR, BANGALORE 560079**

**PRESENTS**

## **CARMEL CHRONICLES**

**THIRD EDITION**

**E-NEWSLETTER FOR THE ACADEMIC YEAR 2025 -26**

**RELEASED ON 10 JANUARY 2026**

**VISIT US AT WWW.CARMELHIGH SCHOOL.ORG FOR MORE DETAILS**

# TO OUR FOUNDERS



**(LATE) ALEXANDER MENEZES**



**DOROTHY MENEZES**



The School's motto, " Faith & Toil ", enunciated by the Founders, is as relevant even today as it was 58 years ago.

Their youthful enthusiasm and drive for excellence are still remembered today and serve as a benchmark for us at Carmel.

Their vision of Carmel's Mission is continued today with constant improvements and innovations in education, redefining the standard of service in the field of education.



Carmel Education Society ® stands as a beacon of educational innovation, dedicated to empowering our students since 1968. Our society is driven by a vision to cultivate not just academic prowess but also ethical values and global perspectives

Our members bring their varied experiences together with a shared commitment to creating possibilities for all.

#### EXECUTIVE COMMITTEE



**ROBINSON D'SOUZA**  
PRESIDENT



**DOROTHY MENEZES**  
VICE PRESIDENT



**ROSHAN MENEZES**  
SECRETARY



**JOHN MELVIL D'SOUZA**  
TREASURER



**TAPAN ALEXANDER MENEZES**  
JOINT SECRETARY



**SANDHYA MENEZES**



**NEETH D'SOUZA**



**SHAJI M ANTONY**



**VEENA D'SOUZA**



**RAKSHA NAYAK**



**PRASHANTH CHANDRA**



**WILLIAM T**

# OUR LEADERSHIP TEAM



**ADMINISTRATOR:** ROSHAN MENEZES

**ACADEMIC ADVISOR:** TAPAN ALEXANDER MENEZES

**ACADEMIC COORDINATORS:** JUDILINE D ROZARIO , LAKSHMI PRIYA , DEEPA NADGIR, SARALA JAIN , MAHESH BHAT

**PRINCIPAL :** SHAJI ANTONY

**MANAGER :** JOSEPH ROZARIO

“ Education at Carmel is not merely the acquisition of knowledge, but the development of character, confidence, and compassion. At our school, we strive to create an environment where every child feels inspired to learn, encouraged to explore, and empowered to grow into a responsible and capable individual. The past year has been a journey of learning, growth, and resilience. This year has been filled with achievements both inside and outside the classroom. From academic excellence to sports, arts, service, and leadership, our students have continued to grow not only in knowledge but also in character. These accomplishments remind us that education is about nurturing confident, compassionate, and responsible individuals.

Each achievement, big or small, is a testament to their hard work, discipline, and determination; I commend our teachers for their commitment and passion in guiding young minds. The support and trust of parents play a vital role in strengthening this partnership of learning, and I sincerely appreciate their cooperation.

As we move forward, let us continue to work together with positivity, perseverance, and a shared vision of excellence. May we always uphold our values and strive to make a meaningful difference in society. ”



**SHAJI M ANTONY**

Principal

# IN LOVING MEMORY OF



13 September 2017 - 28 September 2025

*Vibha will always be remembered*

*for her bright smile and gentle presence*

*Though her time with us was brief*

*she touched many hearts*

*We pray that she rests in peace*

*and that comfort and strength surround her family*

*This edition of our newsletter is lovingly dedicated to Vibha,*

*who will forever remain a cherished part of the Carmel family.*

# WELCOME BACK TO CARMEL

The Academic Year 2025-26 commenced on 2<sup>nd</sup> June 2025 with renewed enthusiasm and vibrant energy across the Carmel campus. After a refreshing two-month summer break, students and teachers returned with joy, filling the school environment with liveliness and gratitude as they sought the blessings of God Almighty for the year ahead.



As the session began, all Carmelites reaffirmed their commitment to uphold the core values of discipline, honesty, and punctuality, ensuring that these principles guide their conduct and participation in every school activity. With collective enthusiasm and a spirit of excellence, the Carmel family stepped into the new academic journey with hope and determination.



During the inaugural gathering, Administrator Roshan Menezes addressed the students, outlining the academic programmes, co-curricular opportunities, rules, regulations, and key events planned for the coming months. His message inspired the students to embrace the new year with dedication and responsibility.



# INVESTITURE CEREMONY

***"Leadership is the capacity to translate vision into reality"***



On June 5th, 2025, the much-awaited Investiture Ceremony marked a significant milestone in the school's academic calendar, symbolising the spirit of leadership, responsibility, and service that Carmel nurtures in every student.



The presence of the Chief Guest, **Mr. Rohit Fernandes**, Founder and CEO of Bharat and Shippr, added inspiration and dignity to the occasion.

His motivational address encouraged the young leaders to dream big, work with commitment, and lead by example. His words left a lasting impression on the audience, infusing the event with a renewed sense of purpose.

The ceremony concluded with a feeling of immense pride, reaffirming the School's dedication to shaping confident, compassionate, and capable leaders of tomorrow.

## ENVIRONMENT DAY CELEBRATION

World Environment Day was meaningfully observed following the Investiture Ceremony. Our Chief Guest planted a sapling, symbolising our commitment to nature. Members of the Eco Club shared a brief talk highlighting the importance of protecting the environment and encouraging everyone to adopt sustainable practices.



# THE COUNCIL LEADERS (2025-26)



**STUDENT COUNCIL MEMBERS WITH INCHARGE MRS MARY REKHA**

## PORTFOLIOS



**HEAD GIRL**  
MANYASHREE A

**HEAD BOY**  
UTSAAH SHETTY N



**CHOIR PREFECT**  
ANWITA K S

# EMERALD HOUSE



**HOUSE CAPTAIN**

**LIKITH JAIN & CHANDANA BHAT**

**PREFECTS**

	<b>SPORTS</b>	<b>LITERARY</b>	<b>ACADEMICS</b>	<b>CULTURAL &amp; ART</b>
<b>HIGH</b>	Rishab M	Yajat G M	Dhanyatha M	Rushvi Rajpurohit
<b>MIDDLE</b>	Shrini L	Shamanth H	Rishi Jain	Hanisha G

## RUBY HOUSE



**HOUSE CAPTAIN**

**RAKSHEETH S KAMATH & ANVIKA S KUMAR**

**PREFECTS**

	<b>SPORTS</b>	<b>LITERARY</b>	<b>ACADEMICS</b>	<b>CULTURAL &amp; ART</b>
<b>HIGH</b>	Nithya N	Naitik Jain	Madhumitha N	Y Tanmayi
<b>MIDDLE</b>	Marushika N	Neel H	Chandana M	Nanya Shetty

# SAPPHIRE HOUSE



HOUSE CAPTAINS

**NISHANTH H & ADITI S**

PREFECTS

SPORTS

LITERARY

ACADEMICS

CULTURAL & ART

HIGH	Manyatha K	Sanjana S M	Pramath Hebbar	Indraja
MIDDLE	Jhenkar	Krushik A	Vaibhavi K	Richa Das

## TOPAZ HOUSE



HOUSE CAPTAINS

**DARSH BOTHRA & ANANYA NAVEEN**

PREFECTS

SPORTS

LITERARY

ACADEMICS

CULTURAL & ART

HIGH	Rithin M	Anushka G	Pravalika S	Amrutha
MIDDLE	Rushda Attara	Disha N	Naisha Shetty	Ankush Tej

# PRIMARY SCHOOL LEADERS



## SAPPHIRE

SPORTS	NISHANTH
LITERARY	MANASVI
ACADEMICS	HITHAISHI L
CULTURAL & ART	ELROY ANTHONY

## RUBY

SPORTS	GRIHITA S GOWDA
LITERARY	CHIRANTHAN
ACADEMICS	MANVITHA B S
CULTURAL & ART	NAVYA J SHAH



## TOPAZ

SPORTS	LAVIKA
LITERARY	JASHVIK
ACADEMICS	DEETHA T
CULTURAL & ART	DAKSHITH K

## EMERALD

SPORTS	GAURAV Y
LITERARY	KAVANA
ACADEMICS	MONICA K S
CULTURAL & ART	RIDDHI KAVADIA



# WINNERS OF THE FOUNDERS TROPHY 25-26

## DISCIPLINE CUP

**SAPPHIRE**

STUDENTS FROM THIS HOUSE MAINTAINED THE BEST DISCIPLINE ACROSS THE YEAR DURING ASSEMBLIES, EVENTS AND CLASSROOMS

## ACADEMIC CUP

**TOPAZ**

THE HOUSE WITH THE HIGHEST NUMBER OF ACADEMIC ACHIEVERS ACROSS ALL TESTS AND EXAMS HAS EMERGED FROM THIS HOUSE.

## CULTURAL CUP

**RUBY**

STUDENTS FROM THIS HOUSE HAVE DISPLAYED THE BEST CULTURAL SHOWS AND HAVE WON THE MOST NUMBER PRIZES DURING THE YUGANTARA CULTURAL EVENTS.

## SPORTS CUP

**EMERALD**

THE HOUSE WITH THE HIGHEST NUMBER OF SPORTS AND GAMES WINNERS ACROSS CARMEL RUN , SPORTS DAY & CHAMPIONS LEAGUE.

## LITERARY CUP

**EMERALD**

THE HOUSE WITH THE HIGHEST NUMBER OF WINNERS DURING LITERARY EVENTS

## OVERALL CHAMPIONS – FOUNDERS TROPHY 25-26

**EMERALD HOUSE & SAPPHIRE HOUSE**

FOUNDERS TROPHY 23-24    FOUNDERS TROPHY 24-25    FOUNDERS TROPHY 25-26

**EMERALD**

**EMERALD**

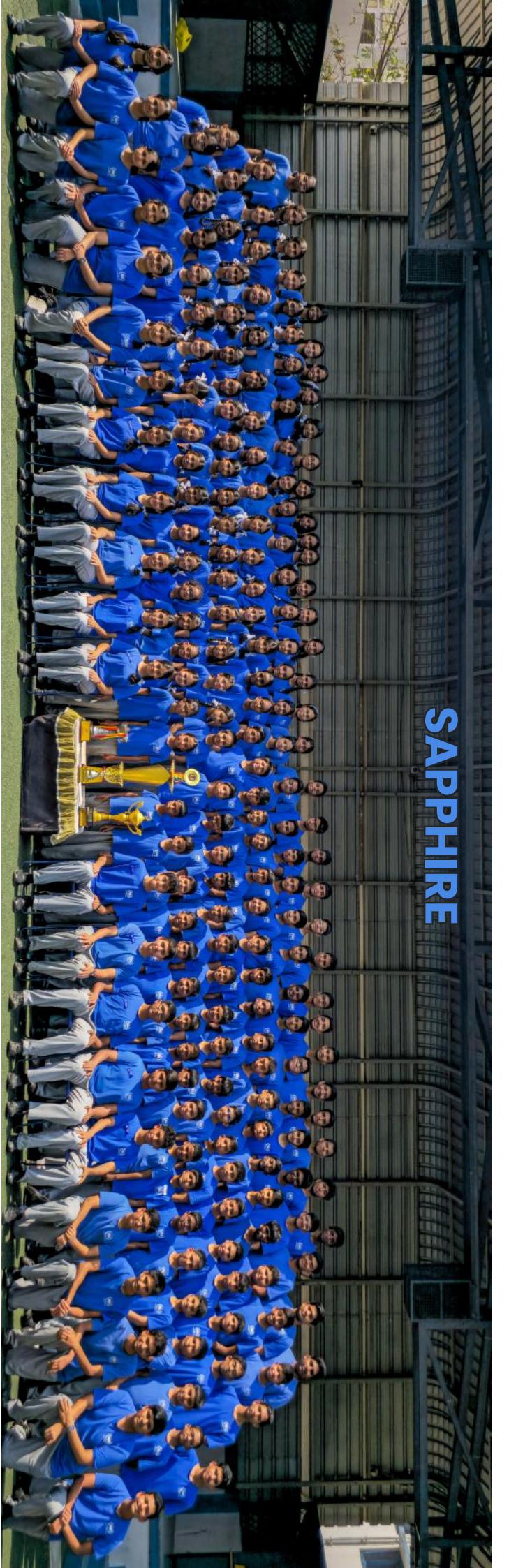
**EMERALD &  
SAPPHIRE**



# EMERALD



# SAPPHIRE



# WHAT'S NEW AT CARMEL?

## CARMEL GARDENS & FAÇADE

Our school façade has been refreshed to create a greener, brighter, and more welcoming space that students enjoy every day. A waiting area with over 64 varieties of plants has been planted alongside benches for all



## CURRICULUM FOR EARLY YEARS ( UP TO GRADE 5)

Our teachers have researched, planned, and curated a new curriculum designed specifically for Carmel students, focusing on strong foundations and age-appropriate skill development across subjects in accordance with the guidelines of the New Education Policy & CISCE curriculum. **Refresh Homework books** for Early Years are newly designed by an in-house team to match classroom learning better, encourage independent practice, reinforce concepts, and support consistent progress at home.



## DIGITAL LEARNING SMART SCREENS

Grade 10 classrooms were enhanced with upgraded high-end interactive learning panels, enabling dynamic lessons, better visual engagement for an immersive, learning experience

## NEW FURNITURE

Classrooms have been upgraded with new furniture designed for better posture, comfort, and healthy seating, supporting concentration and long-term physical well-being.



## UNINTERRUPTED POWER BACKUP

A diesel generator now ensures continuous power supply, keeping classrooms well-lit, technology functional, and lessons uninterrupted even during extended power outages



## AIR & HYGIENE QUALITY CONTROL

Air fresheners and toilet fresheners have been installed in all washrooms, along with hand wash dispensers, promoting cleanliness, good hygiene habits, and a pleasant environment.



# CLUBS & ACTIVITIES AT CARMEL

## FRENCH CLUB

The French Club by Skill Live introduces students to basic French language skills through songs, stories, conversations, and activities, encouraging cultural awareness, confidence, and early interest in global languages



## TAEKWONDO CLUB

The Taekwondo Club develops physical fitness, discipline, self-confidence, and self-defence skills through structured training, age-appropriate techniques, and values of respect, focus, and perseverance

## THEATRE CLUB

The Theatre Club nurtures confidence, creativity, teamwork, and communication through role play, voice training, movement, and stage performances, helping students develop expression, empathy, and public speaking skills



## SAPA IN CLASS

SAPA Music Academy offers structured music education, introducing students to rhythm, melody, vocal training, and instruments, fostering creativity, discipline, and appreciation for music from early years to Grade 7

## DANCE & MOVEMENT IN CLASS

Dance classes nurture rhythm, coordination, creativity, and expression through structured movement, music, and performance, helping young learners build confidence, teamwork, and stage presence for students up to Grade 5



## COMMUNICATION LAB WITH BEYONDSKOOL

BeyondSkool communication classes strengthen speaking, listening, vocabulary, and confidence through interactive activities, role play, storytelling, and age-appropriate exercises for effective communication skills for students up to Grade 4

# **YUGANTARA**

## **INTER-HOUSE TALENT FEST**

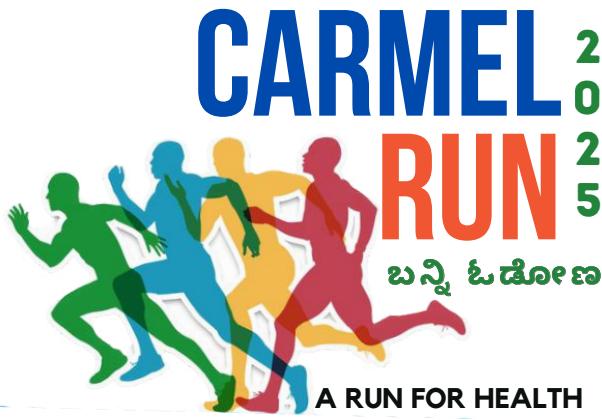
The much-awaited inter-house literary, Art and Cultural Festival took place on/20th June, 2025. The students from all blocks and four houses came together to showcase their remarkable abilities and ignite the spirit of creativity

Students showcased their talents in pot painting, elocution, flower, fruit and vegetable carving arrangement, pick and act, fireless cooking, picture gallery writing, best out of waste, air crash , unique talent displays, and energetic group dances



**Topaz house** students emerged as winners for the third year in a row





A RUN FOR HEALTH

The 3<sup>rd</sup> edition of their health initiative, "Carmel Run," on 29 June 2025, at the B.R. Ambedkar Stadium. Over 750 participants, including students, parents, and members of the public, came together to promote a healthy lifestyle.

The event was flagged off by high-profile figures, **Arjun Devavaiah**, International athlete who was the brand ambassador for the event and CEO of the Abhimanyu Academy with Guest of Honour- **Vivek Machaiah**- fitness coach and lifestyle transformation expert.



Their presence further emphasised the importance of fitness and completely transformed the atmosphere into a lively Sunday.



"Carmel Run" proved to be a resounding success, with valuable collaborations from various organisations. This event exemplifies our school's dedication to fostering a healthy community spirit and encouraging people of all ages to prioritise their well-being.

# CARMEL FEAST

To celebrate the Feast of Our Lady of Mount Carmel, the patroness of our school, the Management organized a one-day outing for the staff at Discovery Village Resort. The day began with a solemn prayer service, offered in thanksgiving to our beloved Carmel Mother.

The celebration then continued with moments of joy, relaxation, and fellowship.



Our Staff enjoyed the serene atmosphere of the resort and actively participated in a variety of fun activities and games. Exciting matches of cricket and beachball, thoughtfully planned along with swimming and team games brought out great enthusiasm, team spirit, and cheer.

## INTERNATIONAL YOGA DAY

The school observed International Yoga Day with great enthusiasm under the guidance of yoga instructor Mrs Netravathy. The programme began with a prayer, followed by demonstrations and practice of various asanas. Students from Grades 6 to 10 actively participated, learning the importance of yoga in maintaining physical fitness, mental calm, and emotional well-being, and understanding its value as a daily practice for a healthy, balanced life



## FATHER GEORGE HESS MEMORIAL LITERARY COMPETITION



In association with the Karnataka ICSE Schools Association (KISA), the school hosted the Zonal-level Father George Hess Memorial Literary Competition (Debate and Declamation) on June 21, 2025.

The event featured esteemed judges Fr. Sebastian, Fr. Devassia, Fr. Alan, Fr. Ginson, and Mrs. Vidya Kamath. Their insightful evaluations and constructive feedback inspired participants to refine their public speaking skills and pursue their passions.

# KARGIL VIJAY DIWAS

Kargil Vijay Diwas is a significant occasion that marks the victory of the Indian Armed Forces in the 1999 Kargil War. This day serves as a reminder of the dedication and courage of the soldiers who defended the nation's borders.

On July 26th, 2024, with the active participation of 225 NCC cadets from the 39 Kar Infantry Battalion, 1 Kar Girls Battalion, and 1 Kar Air Squadron. The event was graced by Major Raghavendra C., a decorated veteran and an inspiring presence. A Strategic Leader, Educationist, Sports Mentor, and Youth Icon,



## ALEXANDER MEMORIAL TROPHY

The 23<sup>rd</sup> Alexander Memorial Volleyball Tournament and the 7th Alexander Memorial Throwball Tournament saw the dedication, hard work, and sportsmanship of our students in a live display on these two days

In the throwball competition, with 12 teams competing

**WINNERS : CHRIST ACADEMY**

**RUNNERS UP: CARMEL HIGH SCHOOL**

In the volleyball tournament, which saw 20 teams participate,

**WINNERS: CARMEL HIGH SCHOOL**

**RUNNERS UP : SHANTINIKETAN , MICO LAYOUT**



## INDEPENDENCE DAY CELEBRATION

Carmel High School celebrated the 79th Independence Day with great enthusiasm and patriotic spirit. The event began with flag hoisting by the Management and Principal, followed by an impressive NCC march past. Students presented cultural performances highlighting patriotism, unity, and India's rich heritage, making the celebration memorable and inspiring.



# हिंदी दिवस

Hindi Divas was celebrated in our school with great enthusiasm to commemorate 14th September 1949, the day when Hindi was adopted as the official language of India.

A series of vibrant events was organised to greet our chief guest,

**Dr. Manju Gupta Lata**



She emphasized the purpose and pride associated with the Hindi language and delivered the powerful message "*Hindi hamaari shaan hai; desh ka abhimaan hai*".

## SUPPORT STAFF DAY

At Carmel, we believe that every person should be celebrated for their work; therefore, a celebration for the school's support staff takes place every year on September 4.



This year, the celebration featured a series of joyful games and activities that brought smiles and laughter, setting a cheerful tone for the day.



Members were felicitated for their unwavering dedication and commitment to their roles, which form the backbone of the school's daily functioning. Students presented entertaining performances as a heartfelt tribute to the staff who serve the school with such sincerity. The day served as a touching reminder of the collective spirit that defines Carmel High School—a community where every individual is valued and celebrated.

# FOOD FEST '25

In the month of August, Class 10 students organised the Food Fest to showcase their culinary skills, teamwork, and management abilities. Students were divided into teams named after different states, with each stall uniquely and attractively decorated while serving freshly prepared food to students across the school.

This age-old tradition at Carmel reflects the spirit of social responsibility, as the proceeds collected are donated to a charitable trust, symbolising the Grade 10 students' commitment to service and community support.

## BEST OVERALL FOOD STALL



GOA

## MOST CREATIVE MENU SET



ANDHRA PRADESH

## BEST PRESENTATION



KARNATAKA

## BEST CUSTOMER SERVICE



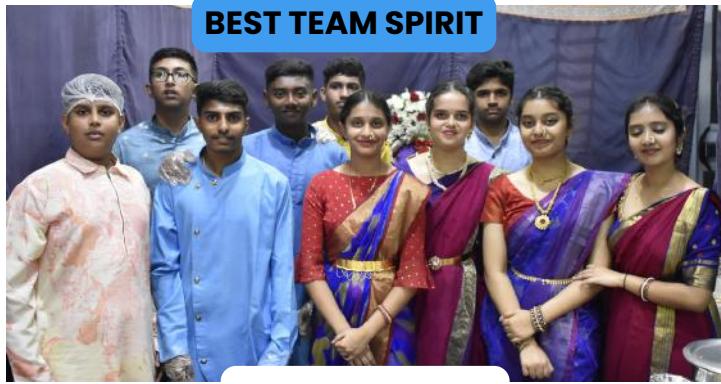
RAJASTHAN

## CARMEL'S CHOICE AWARD



GUJARAT

**BEST TEAM SPIRIT**



**MAHARASHTRA**

**MOST SUSTAINABLE STALL**



**PUNJAB**

**MOST CREATIVE MARKETING STALL**



**WEST BENGAL**

**PUNJAB**

**WEST BENGAL**

**RAJASTHAN**

**MAHARASHTRA**

**KARNATAKA**

**MAHARASHTRA**

**ANDHRA PRADESH**

# TEACHERS' DAY CELEBRATION

The Student Council of our school organised a grand celebration on the occasion of Teachers' Day to honour the true architects of our future. The programme began with a heart-warming welcome. The highlight of the celebration was the array of cultural programmes presented by the students.



A humorous classroom scenario enactment, and a series of fun activities including hurdles and an energetic round of "Dumb Charades" which brought laughter and joy to all. As a token of love and gratitude, every teacher was gifted a coffee mug along with a beautifully hand-crafted personalized bookmark prepared by the art students, making the day even more memorable.

The event concluded with words of appreciation from the Principal, who emphasised the timeless role of teachers in shaping young minds and guiding students towards excellence

## FIELD TRIP TO VIDHANA SOUDHA



As part of the school's initiative to promote learning beyond the classroom, students of Grade 9 visited the Karnataka Legislature at Vidhana Soudha, where they observed both the Legislative Assembly and Legislative Council proceedings. The visit offered valuable practical exposure to the functioning of the legislature and its processes. Students witnessed a live debate, including arguments and moderation by the Speaker, and had the opportunity to see prominent personalities such as the Chief Minister and Deputy Ministers present in the same hall. The educational trip was both informative and engaging, leaving students with a deeper appreciation of governmental proceedings

# 58<sup>TH</sup> ANNUAL SPORTS MEET

The 58th Annual Sports Meet held at the Dr B. R. Ambedkar Stadium was a vibrant celebration of sportsmanship, discipline, and teamwork. The day unfolded with great enthusiasm as students, teachers, and staff came together to witness a memorable sporting event filled with energy and excitement.

The one-day meet featured an impressive march past by the students, followed by a range of track and field events where young athletes displayed their talent, determination, and competitive spirit.



**Emerald House** from High School emerged as champions,

while **Sapphire House** from the Middle School claimed the overall championship. Topaz House was also awarded the title for the Best Marching Performance, reflecting their discipline and coordinated effort.

The 58<sup>th</sup> Annual Sports Meet successfully reinforced the values of discipline, teamwork, perseverance, and the joy of participation, making it a truly memorable celebration of sports and school spirit.

## PRIMARY SCHOOL SPORTS MEET

Carmel School's Primary Annual Sports Day was celebrated with great enthusiasm and excitement. The colourful march past was followed by fun sprints and track events, where students showcased energy, speed, and sportsmanship, highlighting the school's focus on physical fitness, teamwork, confidence, and joyful participation.



# Different Strokes<sup>2025</sup>

WHERE TALENTS LIGHT UP

The Arena at Carmel High School came alive with colour, creativity, and enthusiasm on 31 October, as the much-awaited inter-school competition "Different Strokes" returned with renewed spirit. Twenty-one schools from across Bangalore participated, making the event a vibrant celebration of art, literature, and culture.



More than just a competition, Different Strokes served as a platform for collaboration, learning, and healthy competition, allowing students to showcase their talents and creativity.

The event beautifully reflected the school's commitment to nurturing young minds, celebrating diversity, and creating meaningful experiences that inspire confidence and excellence.

Events like Squid Games, Man Vs Food, and Mobile Gaming thrilled all participants with a day out from the class learning and collaborating with peers from schools across.

The event concluded with the triumph of **Brigade School, Malleshwaram**, who emerged as the overall winner, claiming the Alexander Trophy.

Carmel High School's "Different Strokes" stands out as a shining example of how schools can empower students to reach their full potential, celebrate diversity, and create memories that will last a lifetime.



## ಕರ್ನಾಡ ರಾಜ್ಯಾಂಶವ ಪರಿ

Kannada Rajyotsava was celebrated at Carmel School on 7 November 2025 with joy and enthusiasm. The chief guest for the programme was singer Kumari Ramya C. N. The celebration began with the lighting of the lamp. Floral tributes were offered in memory of the noted Kannada Author Sri S. L. Bhyrappa.

An inter-house group song competition based on folk and Nadunadu Kannada songs was organised for middle and high school students. The students participated enthusiastically and impressed everyone with their singing. The guests appreciated the performances and sang "Jogada Siri Belakinalli" as a tribute to Kannada Thaayi.

**Ruby House** Won the competition



## CHILDREN'S DAY



The campus was filled with laughter and excitement as the day was dedicated entirely to the happiness of the students, marking the birth anniversary of Pandit Jawaharlal Nehru. The highlight of the celebration was the cultural performances by the teachers. Their singing and dance performances brought smiles and cheers from the students, making the day truly special. Adding to the excitement, the group of masters captivated everyone with a unique performance in traditional attire, leaving the students amazed and delighted.



# SCIENCE OLYMPIAD FOUNDATION (SOF)

The school registered with the Science Olympiad Foundation (SOF) to enhance students' academic and analytical skills. Olympiad exams were conducted from November to January for Std. 1 to Std. 10, promoting logical thinking, problem-solving, confidence, and academic excellence through healthy competition and recognition.

## SHINE PROJECT

Carmel High School was invited and recognised by the Council for the Indian School Certificate Examinations, Delhi (CISCE), to participate in the SHINE Pilot Assessment (Student Holistic Insight and Nurturing Evaluation) this year. The SHINE Project is a game-based digital assessment designed to understand students' strengths and skills.

## FIELD TRIP- PROJECT BASED LEARNING

As part of Carmel High School's Project-Based Learning (PBL) approach, Middle School students went on an educational field trip to the Visvesvaraya Industrial and Technological Museum. During the visit, students keenly observed various exhibits, took detailed notes, and explored scientific concepts through hands-on learning. Back in school, they expressed their understanding through projects and presentations, which were assessed as part of their academic evaluation. The trip made learning experiential, engaging, and meaningful.



## TEACHER TRAINING

In association with EvolveED, the management organised teacher training programmes for all staff in the month of May. A two-day residential training retreat, led by Mrs. Fathima Khader, focused on leadership development, self-awareness, emotional well-being, and effective mentoring practices. The sessions encouraged reflection, collaboration, and personal growth, equipping teachers with skills to build resilience, strengthen relationships, and support students through a more holistic approach to education.



## EARLY PRIMARY CLUB ACTIVITIES

Over the year, on various Saturdays, students from PKG to Grade 2 enthusiastically participated in a variety of creative and skill-based activities. Events such as fancy dress, drawing, best out of waste, clay modelling, puppet storytelling, card making, and fireless cooking provided joyful learning experiences beyond the classroom. These activities helped nurture creativity, confidence, communication skills, teamwork, and fine motor development. The Saturday programmes created a relaxed and engaging environment where young learners explored their talents, expressed themselves freely, and developed important life skills through hands-on, experiential learning.



## CHRISTMAS AT CARMEL

Christmas was celebrated with joy and warmth at Carmel High School, bringing together staff and students in the true spirit of the season. For the staff, the teacher group Carmel Angels hosted a special programme featuring fun games, a meaningful shadow skit, and the melodious singing of Christmas carols. Students enjoyed a festive celebration that included a skit on the Christmas story, a cheerful visit from Santa Claus, and the distribution of Christmas fruit cake, spreading happiness and goodwill across the campus.



# FOUNDER'S DAY

Founders' Day was commemorated with great reverence and joy for classes across the school. On 10 January 2026, the school honoured the vision and legacy of our founders, Late Alexander Menezes and Mrs Dorothy Menezes. The three-day celebration provided a proud platform to recognise and award student achievers who excelled in academics, sports, arts, and co-curricular pursuits throughout the academic year. On this occasion, retiring staff members Ms Sujatha, Librarian, and Mr Rosy D'Souza, support staff, were also felicitated in appreciation of their dedicated service to the institution.



Adding colour and energy to the occasion was a vibrant array of entertainment programmes that showcased students' talents and creativity. The third edition of **Carmel Chronicles** was also released during the celebrations. The prestigious Founders' Trophy, along with other trophies, was awarded to the winning houses, with **Emerald** and **Sapphire** sharing the Overall Championship.

# NATIONAL CADET CORPS @ CARMEL



## CATC-2 (08–17 September 2025)

The Combined Annual Training Camp strengthened second-year cadets' physical fitness, drill, discipline, and leadership skills, fostering teamwork and resilience through structured training, competitions, and character-building activities under expert guidance. Carmel cadets won the Volleyball Winner Trophy at CATC-2



## Flying & Weapon Training (23 November 2025)

Second-year cadets participated in Flying and Firing training, gaining exposure to core NCC Air Wing skills while enhancing precision, discipline, weapon-handling confidence, and understanding of military operational standards.



## Shivaji Trail Trek – All India Trekking Camp (26 November–02 December 2025)

Two Carmel cadets successfully completed the All India Shivaji Trail Trek, experiencing rigorous adventure training, endurance activities, leadership development



### **Microlight Flying & Firing Training Programme**

Cadets observed a microlight aircraft sortie and participated in firing practice, gaining valuable insight into aviation discipline, flight safety, weapon handling, and leadership values integral to comprehensive NCC Air Wing training.



### **NCC Day Celebration – Nijagal Betta Trek (08 November 2025)**

First- and second-year cadets participated in a Nijagal Betta trek to mark NCC Day, strengthening camaraderie, physical endurance, resilience, teamwork, and collective spirit through guided outdoor adventure activities.



## **CONGRATULATIONS CDT. SHAMANTH R**

Shamanth R has brought great honour to our school by completing all stages of selection for the

**Republic Day Camp (RDC),** Delhi, and reaching the final Delhi Camp.

Shamanth R's success is a proud moment for our institution and an inspiration to all aspiring cadets.

# WALL OF FAME

## STAFF ACHIEVEMENTS



In recognition of her exemplary contribution to the field of education and her adoption of innovative teaching methodologies, Mrs. Sarala Jain was conferred with the Acharya Dronacharya Award 2025.

The award ceremony was held on 27th July 2025 at the Jain University Auditorium and was organized by the NGO Rashtriya Chetana Parivar.

### SARALA JAIN



Mrs Anjan has been selected as the Team Manager for the All India CISCE contingent at the SGFI National Skating Championship, held in Gwalior. This prestigious All-India level selection reflects her exceptional leadership, organisational skills, and the high level of trust placed in her by CISCE to represent and manage the team on a national platform.

### ANJAN



Mr. William has been appointed as a Master Trainer for the Active CISCE Physical Fitness and Assessment Programme (Zone 5). In this role, he will train Physical Education teachers on standardised physical fitness assessment protocols, contributing to the effective implementation of the CISCE physical fitness initiative across the zone.

### WILLIAM



### ARCHANA DIAS



### KEERTHANA RAO

They represented Carmel at the 19<sup>th</sup> International and 55<sup>th</sup> Annual *ELTAI Conference at Christ University, Bengaluru*. Their action research-based was selected and presented on innovative pedagogy and assessment in Class 6 creative writing, which received positive academic engagement, bringing honour to both the presenters and the school

# SCHOOL TEAM ACHIEVEMENTS

## VOLLEYBALL - BOYS



### WINNERS

#### ALEXANDER MEMORIAL VOLLEYBALL TOURNAMENT

ORGANISED BY CARMEL HIGH SCHOOL, BASAVESHWARANAGAR

#### RAHMATH MEMORIAL TOURNAMENT

ORGANISED BY ARYAN PUBLIC SCHOOL

AUROBINDO CUP

#### CISCE ZONAL LEVEL - UNDER-17 COMPETITION

ORGANISED BY CISCE

### RUNNERS-UP

### SREE RAMA CUP

ORGANISED BY SREE RAMA VIDYALAYA SCHOOL

#### CLUSTER LEVEL STATE BOARD VOLLEYBALL COMPETITION ORGANISED BY DEPARTMENT OF EDUCATION, BANGALORE NORTH

## CRICKET TEAM- BOYS



**WINNERS - FUTURE CUP**

**RUNNERS-UP - CISCE KARNATAKA & GOA REGION**

**ZONAL CRICKET TOURNAMENT 2025**

*and qualified for the state-level*

## CRICKET TEAM - GIRLS



**WINNERS**

**CISCE GIRLS ZONAL CRICKET TOURNAMENT**

*and qualified for the state-level*

## THROW BALL- GIRLS



**WINNERS**

Aurobindo cup

**RUNNERS-UP**

Alexander Memorial Volleyball Tournament

## VOLLEY BALL- GIRLS



**WINNERS**

CISCE Zonal Level - Under-17 Competition

*Organised by CISCE*

## BADMINTON



## INNERS

Aanya Bharath, Yuktha S N, and Poojitha won **Gold Medals**

and qualified for the District Level Tournament

Nishant and Rishab won **Gold Medals**

in the CISCE Doubles category

## ATHLETIC TEAM



**Prerana V** - CISCE Regional Athletic Meet II Place - 1500m & 800m

**Hasika Vitalapura** - CISCE Regional Athletic Meet II Place - 3000m

**Bhavika M** - CISCE Regional Athletic Meet II, Place - 400m Hurdles

**Prerana, Hasika, Bhavika, Sneha N** - CISCE Regional Athletic Meet

*4\*100 Relay I Prize*

*(Selected for CISCE National Athletic Meet)*

**Prerana V** - II Place in 400m relay

**Hasika Vitalpura** - III Place in 3K Walk

## STATE BOARD CLUSTER LEVEL ATHLETIC MEET



**Sneha** - *First place in Javelin, Long Jump & Third place in 200m*

**Pujitha B S** - *III Place in Discuss Throw*

**Harshini K** - *I Place in High Jump & II Place in Long Jump*

**Rutvika D** - *II Place in Long Jump*

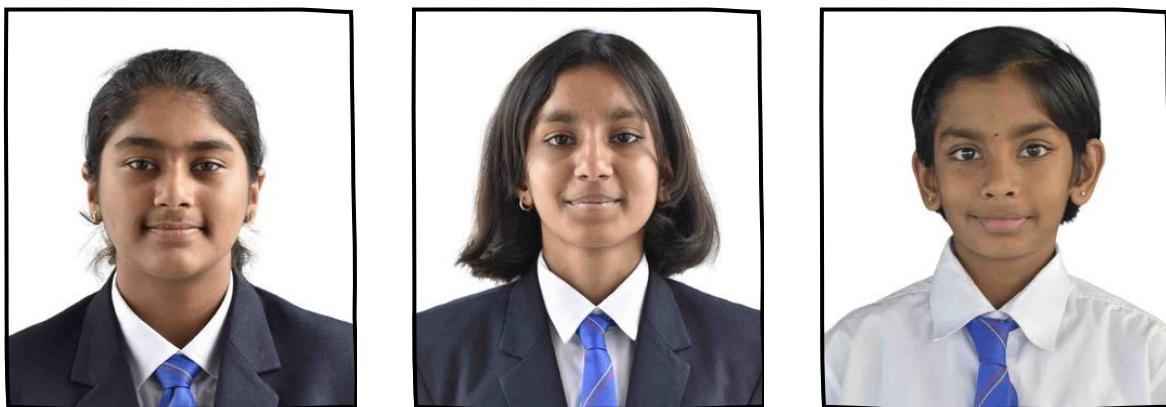
**Achhuth Ramesh** - *I Place in Long Jump & 800m*

**Deepak Y M** - *I Place in High Jump, 100m & II Place in 200m*

**Ankitha N Raj, Sneha N, Harshini K, & Ruthvika D** - *II Place in 4\*100m Relay*

## SCHOOL GAMES FEDERATION OF INDIA

*Congratulations to*



**Anjana Anand**

**Anvika S Kumar**

**Chaithya D Jain**

*were selected to represent the CISCE at the SGFI*

# STUDENT ACHIEVEMENTS



**PRANAV B**

**FIRST PRIZE**  
STATE LEVEL OPEN  
DRAWING COMPETITION



**AHANA ROHIT**

**SILVER MEDAL**  
166<sup>TH</sup> KARNATAKA STATE LEVEL  
ABACUS COMPETITION



**SOHAN KRISHNA S**

**FIRST PRIZE**  
STATE LEVEL SKATING  
COMPETITION



**VIKHYA KOLLIPARA**

**SECOND PRIZE**  
KISA - CISCE CHROMATIC DRAWING COMPETITION 2025

**THIRD PRIZE**  
50M STATE-LEVEL SCHOOL OLYMPICS



**JAYAVEER YADAV K**

**GOLD MEDAL**

**U-6 RELAY RACE - KARNATAKA STATE SPEED SKATING  
CHAMPIONSHIP 2025**

**BRONZE MEDAL**

**U-6 ROAD RACE 100 MTS - KARNATAKA STATE SPEED  
SKATING CHAMPIONSHIP 2025**



**SHAANWIK**

THIRD PRIZE

OPEN NATIONAL LEVEL  
KARATE CHAMPIONSHIP

2025



**CHARVIK KRISHNA**

SECOND PRIZE

6<sup>TH</sup> INTERNATIONAL  
KARATE CHAMPIONSHIP -

2025



**ADITYA A**

BRONZE MEDAL

KRSA

OPEN STATE INTERSCHOOL  
ROLLER SKATING  
CHAMPIONSHIP - 2025



**YADUVEER R K**

FIRST PRIZE

2025 STATE LEVEL  
INTERSCHOOL ROLLER  
SKATING CHAMPIONSHIP

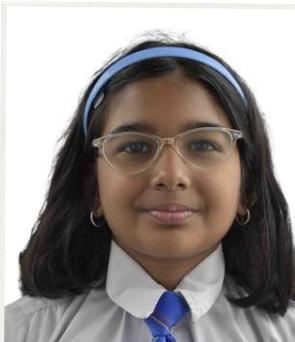


**JAY SIPANI**

GOLD MEDAL

NATIONAL LEVEL  
TAEKWONDO

CHAMPIONSHIP 2025



**TEJASWINI**

GOLD MEDAL

STATE LEVEL - UNDER 14  
CATEGORY TAEKWONDO  
CHAMPIONSHIP 2025



**DAKSHITH K**  
NATIONAL LEVEL  
SPARKIE CHAMP IN MATH  
MIND SPARK



**PRAYUTHA A G**  
FIRST PRIZE  
JUNIOR ORATOR -  
SPEAK CHAMP COMPETITION  
BY BEYONDSKOOL



**GAURAV V**  
FIRST PRIZE  
VOICE FOR A REASON SPEAK  
CHAMP COMPETITION BY  
BEYONDSKOOL



**DEETYA T**  
FIRST RUNNER UP  
SIP - NATIONAL SIP ABACUS  
COMPETITION 2025

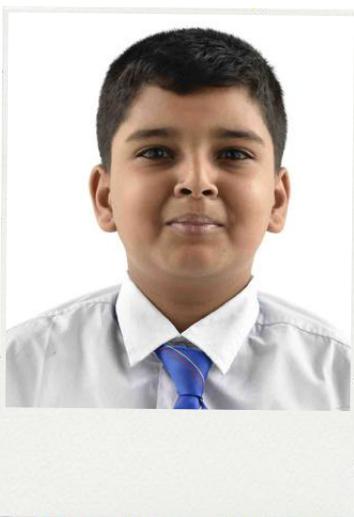


**WINNERS OF SAPA NIE SPOTLIGHT**  
MANVITHA B S , AVYUKTHA ABHIRAM , AYUSH SHIVANANDA HOSUR  
AROHI SHAH , VAISHNAVI C



## CHAITHYA D JAIN

FIRST PRIZE - SKATING RINK - CISCE SPORTS AND GAMES  
FIRST PRIZE - SKATING ROAD 2000M - CISCE SPORTS AND GAMES  
FIRST PRIZE - QUAD RINK 1500M - CISCE SPORTS AND GAMES  
FIRST PRIZE - QUADS ROAD 500M- CISCE SPORTS AND GAMES  
SECOND PRIZE - QUAD ROAD 2000M - CISCE SPORTS AND GAMES



## ASMITA PATIL

SILVER MEDAL - ICSE TAEKWONDO NATIONALS  
GOLD MEDAL - 42<sup>ND</sup> KARNATAKA STATE  
TAEKWONDO CHAMPIONSHIPS - 2025



## H S ADITHYA SHET

SELECTED AS NATIONAL LEVEL TENNIS PLAYER  
(AITA - ALL INDIA TENNIS ASSOCIATION)  
YOUNGEST PLAYER TO BE RATED  
IN U-12/ U-14 / U-17 CATEGORIES IN INDIA



## KRISHAV TELKAR

FIRST PRIZE  
JUNIOR ORATOR  
SPEAK CHAMP COMPETITION  
BY BEYONDSKOOL



## BHOOMIKA P

FIRST PRIZE  
BEST ORATOR  
SPEAK CHAMP COMPETITION  
BY BEYONDSKOOL



**GAGAN B**  
SECOND PRIZE - RUBIK'S CUBE (SKEBS) -  
OPEN STATE LEVEL COMPETITION



**VRITEE M GOWDA**

SECOND PRIZE - HIGH JUMP - STATE LEVEL



**BHOOMI SANJAY DEVKAR**  
REPRESENTED KARNATAKA IN SKATING ROLLER  
DERBY JUNIOR GIRLS AT NATIONAL LEVEL



**AISHWARYA A**

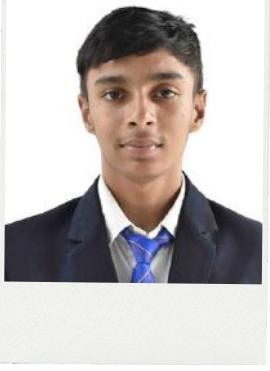
THIRD RUNNER-UP - ABACUS STATE LEVEL COMPETITION



**SMRITI CHETHAN**  
GOLD MEDAL  
SOF - INTERNATIONAL GENERAL KNOWLEDGE OLYMPIAD

## AKSHATH T R

SILVER MEDAL - QUAD SPEED SKATING 1000M - ICSE NATIONALS  
SILVER MEDAL - QUAD SPEED SKATING 500M - ICSE NATIONALS



## NARASIMHA BHAGAWAN

BRONZE MEDAL  
PRINCE CUP NATIONAL TAEKWONDO CHAMPIONSHIP

## BHOOMIKA R

GOLD MEDAL - VESTERS CUP - KYORUGI & POOMSAE  
STATE LEVEL TAEKWONDO CHAMPIONSHIP

GOLD MEDAL - SANSAD CUP KYORUGI  
STATE LEVEL TAEKWONDO CHAMPIONSHIP

GOLD MEDAL - VIFA CUP KYORUGI & POOMSAE  
NATIONAL LEVEL TAEKWONDO CHAMPIONSHIP



## SUMEDH PATIL

SILVER MEDAL - ICSE TAEKWONDO REGIONALS.



## SAYURI G KINI

SECOND PRIZE - ALL INDIA NATIONAL OPEN KARATE CHAMPIONSHIP



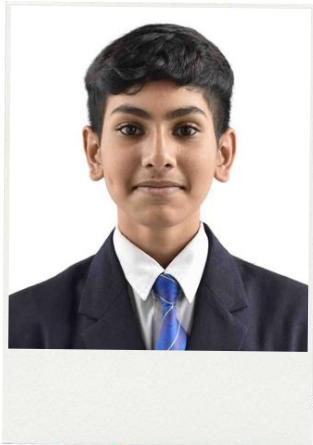
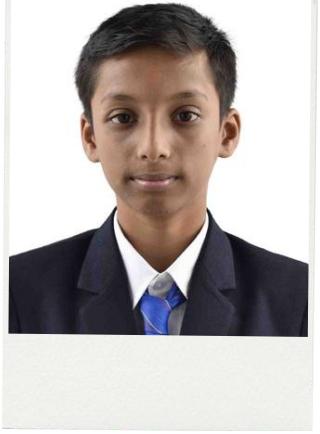
## HEMANTH KUMAR HM

GOLD MEDAL - STATE-LEVEL TAEKWONDO TOURNAMENT  
SILVER MEDAL - URBAN STATE-LEVEL TAEKWONDO TOURNAMENT  
GOLD MEDAL - NATIONAL OPEN TAEKWONDO CHAMPIONSHIP  
THIRD PLACE - CISCE GAMES AND SPORTS(TAEKWONDO)

## SHRITAN A JAIN

**GOLD MEDAL - INLINE HOCKEY - KARNATAKA STATE ROLLER SKATING CHAMPIONSHIP 2025**

**REPRESENTED KARNATAKA IN THE AGE GROUP OF SUB-JUNIOR BOYS IN THE 63RD NATIONAL ROLLER SKATING CHAMPIONSHIP -2025**



## NISHANT J

**FIRST PRIZE - 1000M SKATING - CISCE ZONAL LEVEL**

**FIRST PRIZE - 500M SKATING - CISCE ZONAL LEVEL**

**FIRST PRIZE - 1000M SKATING - CISCE STATE LEVEL**

**FIRST PRIZE - 1000M SKATING - CISCE STATE LEVEL**

## LAHARI K

**ATTENDED THE EK BHARAT SHRESHT BHARATH CAMP, A NATIONAL-LEVEL CAMP BY NCC**



## ANVIKA S KUMAR

**GOLD MEDAL - CISCE ZONAL SKATING 500M**

**GOLD MEDAL - CISCE ZONAL SKATING 1000M**

**GOLD MEDAL - CISCE REGIONAL SKATING 500M**

**SILVER MEDAL - CISCE REGIONAL SKATING 1000M**

**GOLD MEDAL IN CISCE ZONAL ATHLETIC 1500M, 3000M WALK & 800M RACE**

**SELECTED FOR SGFI AND FINISHED IN 6<sup>TH</sup> POSITION IN THE FINALS**

## ANJANA ANAND

GOLD MEDAL - CISCE ZONAL SKATING 500M  
GOLD MEDAL - CISCE ZONAL SKATING 1000M  
GOLD MEDAL - CISCE NATIONALS 1000M  
GOLD MEDAL - CISCE NATIONALS 1000M



## NEHA R

SECOND PRIZE - U-17 GIRLS AT THE ZONAL LEVEL 400 M  
FIRST PRIZE - U-17 GIRLS AT THE ZONAL LEVEL 4 X 400 RELAY  
SECOND PRIZE - U-17 GIRLS AT THE ZONAL LEVEL 800M  
FIRST PRIZE - U-17 AT THE REGIONAL LEVEL (CISCE) 4 X 400 M RELAY

## BHAVIKA M

SECOND PRIZE - U-17 CISCE GAMES & SPORTS - 400 M HURDLES  
FIRST PRIZE - U-17 CISCE GAMES & SPORTS - 4 X 400 M RELAY



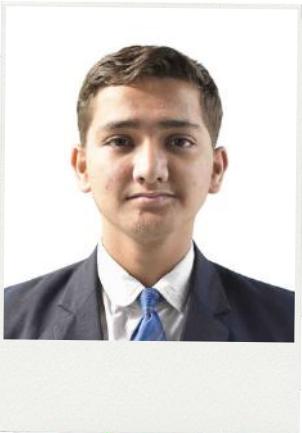
## PRERANA V

GOLD MEDAL - MAJOR DHYAN CHAND ATHLETIC MEET 1500M  
GOLD MEDAL - MAJOR DHYAN CHAND ATHLETIC MEET 800M  
SILVER MEDAL - MAJOR DHYAN CHAND ATHLETIC MEET 400M RELAY



## SMITA B KULKARNI

FIRST PRIZE - 14<sup>TH</sup> STATE LEVEL INTERDOJO KARATE CHAMPIONSHIP



## AYUSH KUMAR N

**SECOND PLACE SHOT PUT & JAVELIN (DISTRICT-LEVEL  
ATHLETICS MEET (PHYSICALLY CHALLENGED CATEGORY)**

## MANVIK P

**GOLD MEDAL - U17 GIRLS - TAEKWONDO REGIONAL  
CISCE GAMES AND SPORTS 2025**

**SILVER MEDAL - U17 GIRLS - TAEKWONDO ZONAL  
CISCE GAMES AND SPORTS 2025**



## LEKHA B

**THIRD PRIZE - STATE SENIOR WATER POLO CHAMPIONSHIP**

**THIRD PRIZE - STATE JUNIOR WATER POLO CHAMPIONSHIP**

**THIRD PRIZE - STATE SUB JUNIOR WATER POLO CHAMPIONSHIP**



## HASIKA VITALAPURA

**THIRD PRIZE - CISCE GAMES & SPORTS NATIONAL LEVEL 3K RUN**

**SECOND PRIZE - CISCE GAMES & SPORTS STATE 3K RUN**

**FIRST PRIZE - CISCE GAMES & SPORTS STATE LEVEL 4X400M RELAY**

**SECOND PRIZE - CISCE GAMES & SPORTS STATE LEVEL RHYTHMIC YOGA**



## Y SATHVIK SREEVATSA

**GOLD MEDAL - 300M & 500M - KARNATAKA OPEN  
STATE ROLLER SKATING COMPETITION**



PRAMATH HEBBAR



DARSH BOTHRA

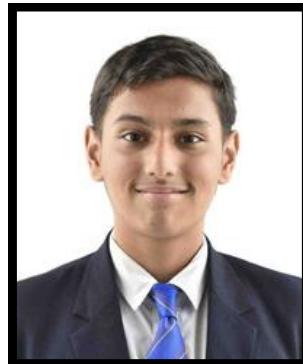
**SECOND PRIZE  
IN QUIZ KISHORE PRATHIBE  
ORGANISED BY MES**



MANYASHREE A

ANUSHKA G GAIKWAD

**THIRD PRIZE  
IN DEBATE KISHORE PRATHIBE  
ORGANISED BY MES**



YAJAT GM



ANANYA

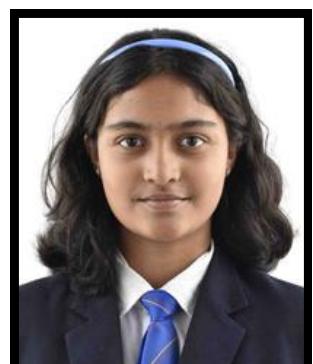


ANWITA K



JOTHSNA

**SECOND PRIZE IN SINGING  
KISHORE PRATHIBE - ORGANISED BY MES COLLEGE**



**RITISHA RAHUL UCHIL  
THIRD PRIZE - ASISE DECLAMATION**



**MANYASHREE A**



**RUSHVI RAJPUROHIT**

**FIRST PRIZE IN DEBATE  
ORGANISED BY ASISE**



**DHEEMAHI B**

**SECOND PRIZE  
IN SOLO SINGING KISHORE PRATHIBE -  
ORGANISED BY MES**



**MEGHANA A**

**FIRST PRIZE  
KANNADA ESSAY WRITING  
GANDHI SAHITYA SANGHA**



**SHUBH V JAIN**

**FIRST PRIZE  
PUBLIC SPEAKING - CHAMPION AWARD  
THIRD PRIZE  
PUBLIC SPEAKING - SOUL CHAMP & FIT SPIRIT KIDS**

# EDITORIAL TEAM



**TAPAN ALEXANDER MENEZES**  
CHIEF EDITOR



**ALAN SUNNY JOSEPH**  
CHIEF DESIGN EDITOR

# CONTENT TEAM



**PREETI MALHOTRA**



**SREELAKSHMI S K**



**VEENA ANAND**



**REHANA TABASSUM**



**MANJULA S**



**VANDANA A BIDRI**



**MAHESHWARI T**

# ACKNOWLEDGEMENT & APPRECIATION

We extend our heartfelt gratitude to everyone who contributed to the development of this e-newsletter. A special word of thanks to the Management and the Principal for their constant guidance, encouragement, and unwavering support, which made this publication possible.

We also sincerely appreciate the Academic Coordinators for their planning, coordination, and commitment to maintaining high standards in every aspect of school life.

Our gratitude extends to the teachers, staff, and students whose efforts, creativity, and achievements fill these pages with purpose and pride.

Each contribution reflects teamwork, dedication, and a shared vision for excellence. Your continued support and commitment truly shape our success and strengthen the Carmel community.

**TAPAN ALEXANDER MENEZES**  
CHIEF EDITOR

