



MOUNT CARMEL SCHOOL, CHANDIGARH

REPORT OF ACHIEVEMENTS & ACTIVITIES FOR THE MONTH OF AUGUST - 2025.

ACHIEVEMENTS



Proud Moment for Mount Carmel School, Chandigarh!

We are thrilled to share that Dr. Parveena John Singh, the Principal of Mount Carmel School, Chandigarh, has been honoured as Principal of the Year 2025 at the National Education Conclave held on 6-7 August in New Delhi.

This prestigious recognition celebrates her unwavering dedication, visionary leadership, and tireless efforts in shaping young minds and transforming education.



We're thrilled to share that our Principal, Dr. Parveena John Singh, has received the Best Principal Award 2025 from National EduTrust of India for her incredible work in sustainability & environmental stewardship!

Her vision has turned Mount Carmel School into a hub of eco-friendly practices—where students, teachers, and community come together to make a difference for our planet.

This award is more than a trophy—it's a reminder that small steps taken today lead to a greener tomorrow.



Congratulations!

Reyansh Thakur
of Grade VII

for winning the **Gold Medal** in the **POOMSAE** category in **5th Hanu Taekwondo Cup-2025**, organized by **Sportshastra Social Foundation**, supported by **Chandigarh Taekwondo Association.**



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Congratulations!

Ojal Rohilla
of Grade VII

has won the **GOLD MEDAL** & a **Certificate** in the **200 Meter Race** at the **Annual Sports Day-cum-Cultural Festival, SPANDAN 2025** held at **NIPER, Mohali.**



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Congratulations!

Swastika Jain
of Grade VIII

for winning the **Bronze Medal** in the **2nd Inter District Open National Roller Skating Championship 2025**, organized by **India Gate, Mohali.**



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Congratulations!

Veda Mahajan
Grade VIII

has won the **FIRST PRIZE** in **Rebuttals for the Motion** in the **Inter-School Essay Writing Competition** held at **Ankur School, Chandigarh.**



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Congratulations!

Mankirat Singh
of Grade VII

has been awarded as the **PLAYER OF THE MATCH** in the **1st Shri Mahendra Singh Memorial Cup Under-14 Cricket Tournament** Organised by **AnsarL.**



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A Moment of Pride!

Harnid Singh Kalra
of Grade VI

was honoured with a **Certificate of Appreciation** by the **Punjabi Film and T.V. Artists Association** for his commendable contribution to the **Punjabi Film 'Angrazi Wali Madam'.**



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Congratulations!

Eesha Singh
of Grade IX

for winning the **Third Prize**
in the **Golden Jubilee**
Inter-School Solo Dance Competition,
organized by **Ankur School, Chandigarh.**



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Congratulations!

Arshia Talwar
&
Phalya Sharma
of Grade X

for winning the **First Position**
in the **Silver Tongue Savants -**
Inter School English Debate Competition
hosted by **Mount Carmel School, Zirakpur.**



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Congratulations!

Veda Mahajan
&
Pinank Saini
of Grade VIII

for winning the **Second Prize**
in the **Inter-School Competition -**
Xavierian Mashup 2025
organised by **St. Xavier's Sr. Sec School,**
Chandigarh.




Congratulations!

Bhavishya Yadav
of Grade IX

has won the **FIRST PRIZE**
in **Rebuttals for the Motion** in the **Inter-**
School Debate Competition held at
Ankur School, Chandigarh.




Congratulations!

To all the winners for securing the
Third Position in the **Inter-School**
Nukkad Natak Competition held at **St.**
John High School, Chandigarh, to mark the
celebrations of **Heritage Day &**
Van Mahotsav 2025.

WINNING TEAM

- Gurnoor Singh (XV)
- Karnidh Singh Kalra (XV)
- Angel Sharma (VI)
- Babbyot Inder Kaur (VI)
- Vimarsh Kapoor (VII)




Congratulations!

Veda Mahajan
of Grade VIII

for winning the **Consolation Prize**
in the **YB Champs Season 5,**
"Logo It Out Contest"
organised by **Dainik Bhaskar.**





Congratulations!

To the Winners of "TWIRLS OF FREEDOM", an Inter-School Solo Dance Competition on the Theme - 'IN ONENESS, WE FIND PEACE' for the Grades VI to XII.

S.No.	Position	Name	Class	Name of the School
1	First	Avika Talwar	VIII	Chitkara International School, Chandigarh
2	Second	Ishbir	IX	St. Soldier international Convent School, Mohali
3	Third	Stanzin Neyden	IX	New Public School, Chandigarh
4	Consolation	Tamanna	IX	St. Annes Convent School, Chandigarh



Congratulations!

To the Winners of "TWIRLS OF FREEDOM", an Inter-School Duet Dance Competition on the Theme - 'IN ONENESS, WE FIND PEACE' for the Grades VI to XII.

S.No.	Position	Name	Class	Name of the School
1	First	- Jennifer Gandhi - Ridhi	IX VII	ATS Valley School, Dera Bassi
2	Second	- Amie Anna Jino - Anshika Jain	IX XI	St. Annes Convent School, Chandigarh
3	Third	- Inayat - Diya Malhotra	VI IX	Chitkara International School, Panchkula
4	Consolation	- Anachu Ugasana - Gurnoor kaur	VII VII	Mount Carmel School, Zirakpur



Congratulations!

To the Winners of "TWIRLS OF FREEDOM", an Inter-School Group Dance Competition on the Theme - 'IN ONENESS, WE FIND PEACE' for the Grades VI to XII.

S.No.	Position	Name of the School
1	First	St. Anne's Convent School, Chandigarh
2	Second	Vivek High School, Mohali
3	Third	Sacred Souls' School, Gharuan
4	Consolation	Mount Carmel School, Zirakpur



Congratulations!

To the Winners of Inter-House Centre Table Setting Competition for the Grades IX to XII.

Sr.No.	Name	Class	Position	House
1	Vinay Kapoor	X	First	Wordsworth
2	Siddhi Rathore	XII	Second	Milton
3	Daksh Raja	X	Third	Milton



Congratulations!

To the Winners of Inter-House Calligraphy Competition for the Grades VI to VIII.

Sr.No.	Name	Class	Position	House
1	Kritika	VIII	First	Keats
2	Vania Sandhu	VII	Second	Keats
3	Shruti	VI	Third	Wordsworth
4	Jivitesh Singh	VIII	Consolation	Wordsworth
5	Saviya Chauhan	VIII	Consolation	Wordsworth



Congratulations!

To the Winners of Inter-House Calligraphy Competition for the Grades IX to XII.

Sr.No.	Name	Class	Position	House
1	Prisha anand	IX	First	Keats
2	Kanak Bedi	IX	Second	Wordsworth
3	Aditi Mitin Kumar	X	Third	Wordsworth
4	Arpita Jha	IX	Consolation	Wordsworth
5	Seerat	IX	Consolation	Wordsworth
6	Udita Walia	X	Consolation	Shakespeare



Congratulations!

To the Winners of Inter-House Hindi Slogan Writing Competition on the Theme – "Stop Child Labour" for the Grades IX to XII.

Sr.No.	Name	Class	Position	House
1	Ridhima	XII	First	Milton
2	Shavik Bragta	XI	Second	Milton
3	Ishmeet Kaur	XI	Third	Milton
4	Diya Langer	XII	Consolation	Keats



Congratulations!

To the Winners of Intra-Class Story Telling Competition for Grade Nursery-A.

Sr.No.	Name	Position
1	Dipshan Sahu	First
2	Jashneer Kaur	Second



Congratulations!

To the Winners of Intra-Class Story Telling Competition for Grade Nursery-B.

Sr.No.	Name	Position
1	Siddharth Garg	First
2	Atishay Kashyap	Second
3	Ravya	Third
4	Prisha Saini	Consolation

Congratulations!

To the Winners of Intra-Class Story Telling Competition for Grade L.K.G.-A.

Sr.No.	Name	Position
1	Arihaan Chauhan	First
2	Rudra Shokeen	Second
3	Aashish Mandal	Third

Congratulations!

To the Winners of Intra-Class Story Telling Competition for Grade L.K.G.-B.

Sr.No.	Name	Position
1	Vanaya Singh	First
2	Yuvaan	Second
3	Jorawar Singh	Third

Congratulations!

To the Winners of Intra-Class Story Telling Competition for Grade U.K.G.-A.

Sr.No.	Name	Position
1	Samaira Bhardwaj	First
2	Kritika Chauhan	Second
3	Anubhav Nandi	Third

Congratulations!

To the Winners of Intra-Class Story Telling Competition for Grade U.K.G.-B.

Sr.No.	Name	Position
1	Ayaan Uppal	First
2	Amayra Chaudhary	Second
3	Vaahin Mahajan	Second
4	Kuvira Yadav	Third
5	Paisa Katoch	Third
6	Anantvir Singh	Consolation

Congratulations!

To the Winners of Intra-Class Book Mark Making Competition for Grade I-A.

Sr.No.	Name	Position	House
1	Harnoor Anand	First	Shakespeare
2	Viraaj Arora	Second	Wordsworth
3	Gurashish	Third	Keats
4	Marushika	Consolation	Keats
5	Arya	Consolation	Shakespeare

Congratulations!

To the Winners of Intra-Class Book Mark Making Competition for Grade I-B.

Sr.No.	Name	Position	House
1	Divisha Thakur	First	Keats
2	Kaifan Manoj	Second	Keats
3	Shivain Keer	Third	Shakespeare
4	Akshata Jaiswal	Consolation	Keats
5	Shaurya Shukla	Consolation	Milton



Congratulations!

To the Winners of Intra-Class Book Mark Making Competition for Grade I-C.

Sr.No.	Name	Position	House
1	Ishita	First	Wordsworth
2	Saanvi Vikram	Second	Wordsworth
3	Harmeher Kaur	Third	Keats
4	Yuven Rana	Consolation	Keats
5	Yuvan Sharma	Consolation	Wordsworth



Congratulations!

To the Winners of Intra-Class Book Mark Making Competition for Grade II-A.

Sr.No.	Name	Position	House
1	Sharvil Singh	First	Keats
2	Hargun Anand	Second	Wordsworth
3	Reyansh Sharma	Third	Wordsworth
4	Gaurvi Anand	Consolation	Keats
5	S.Sabareesh Iyer	Consolation	Shakespeare



Congratulations!

To the Winners of Intra-Class Book Mark Making Competition for Grade II-B.

Sr.No.	Name	Position	House
1	Ganya Dhiman	First	Milton
2	Aaradhaya Sharma	Second	Milton
3	Nipeksha Sinha	Third	Keats
4	Ansh Walia	Consolation	Milton
5	Manyata	Consolation	Shakespeare



Congratulations!

To the Winners of Intra-Class Book Mark Making Competition for Grade II-C.

Sr.No.	Name	Position	House
1	Shanaya Sandal	First	Wordsworth
2	Rannraj Singh	Second	Milton
3	Varun Raj	Third	Milton



Congratulations!

To the Winners of Intra-Class Free Hand Drawing Competition for Grade I-A.

Sr.No.	Name	Position	House
1	Amika	First	Wordsworth
2	Myra	Second	Milton
3	Vedant	Third	Milton
4	Aditi	Consolation	Milton
5	Kartik	Consolation	Wordsworth



Congratulations!

To the Winners of Intra-Class Free Hand Drawing Competition for Grade I-B.

Sr.No.	Name	Position	House
1	Haneet Rai Kaur	First	Keats
2	Drisha Daroch	Second	Wordsworth
3	Kaitlen Manoj	Third	Keats
4	Kiaan Rai	Consolation	Keats
5	Ahaan Pandey	Consolation	Shakespeare



Congratulations!

To the Winners of Intra-Class Free Hand Drawing Competition for Grade I-C.

Sr.No.	Name	Position	House
1	Harmehar Kaur	First	Keats
2	Ishita	Second	Wordsworth
3	Aahana	Third	Wordsworth
4	Aayan Bansal	Consolation	Milton
5	Nishka Garg	Consolation	Milton



Congratulations!

To the Winners of Intra-Class Free Hand Drawing Competition for Grade II-A.

Sr.No.	Name	Position	House
1	Sharvil Singh	First	Keats
2	Gaurvi Anand	Second	Keats
3	Reyansh Anand	Third	Milton
4	Dishant	Consolation	Shakespeare
5	Aavya	Consolation	Shakespeare



Congratulations!

To the Winners of Intra-Class Free Hand Drawing Competition for Grade II-B.

Sr.No.	Name	Position	House
1	Ansh Walia	First	Milton
2	Akshaj Kaushal	Second	Keats
3	Manyata	Third	Shakespeare
4	Mokshika Kashyap	Consolation	Wordsworth
5	Shivaay Negi	Consolation	Keats



Congratulations!

To the Winners of Intra-Class Free Hand Drawing Competition for Grade II-C.

Sr.No.	Name	Position	House
1	Shanaya Sandal	First	Wordsworth
2	Bhumika Bhat	Second	Milton
3	Aarvi Dayal	Third	Wordsworth



Congratulations!

To the Winners of Intra-House Hindi Reading Competition for Grades IV & V.

Sr.No.	Name	Position	House
1	Kripa Ashish	First	Keats
2	Yuvan Bajaj	Second	Shakespeare
3	Tarsh	Third	Wordsworth
4	Ana Baliyan	Consolation	Keats
5	Maanit Rai	Consolation	Shakespeare

"TEACHER AWARENESS PROGRAMME".

A Teacher Awareness Programme was organized by Sri Aurobindo School of Integral Education, Sector 27, Chandigarh, on 2nd August 2025.

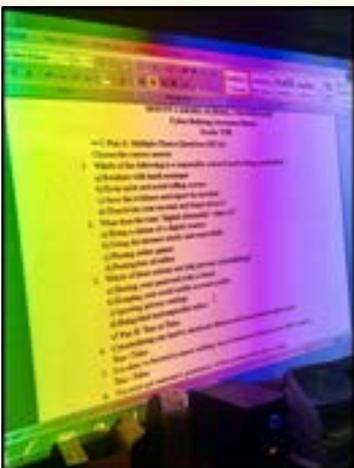
The resource person, Ms. Harshita, shared insights on identifying the signs of Neuro Developmental Disorders such as ASD, ADHD, and SLD. Ms. Vasundhara further discussed effective classroom management techniques, including seating students away from distractions and closer to the teacher, providing short breaks, using storytelling as a strategy, and incorporating movement breaks.

The Institute also extends its support by offering free special education classes, speech therapy, and physiotherapy for special students which is truly commendable.



CYBER BULLYING AWARENESS

A worksheet Activity on Cyber Bullying Awareness was conducted to educate students about responsible online behavior. Through thought-provoking questions and scenarios, students reflected on the impact of cyber bullying and ways to prevent it. The activity encouraged open discussions, helping students understand the importance of empathy, digital etiquette, and reporting online abuse. This activity was conducted during the "Life Skills" class.



FOUNDATIONAL GROUP CELEBRATES INDEPENDENCE DAY WITH CREATIVITY AND PRIDE.

The Foundational Group marked Independence Day with a blend of creativity, learning, and patriotism. Little hands joyfully took part in Tricolor Palm Printing and Paper Tearing to create beautiful artworks inspired by the National Flag. The young learners also explored the theme through tricolor food activities, enjoying the colors of the nation in a delicious way. Dressed as great National Leaders, students spoke a few lines about them, bringing history to life. The Celebration concluded with a lively mini Parade, filling the air with enthusiasm and love for our country.



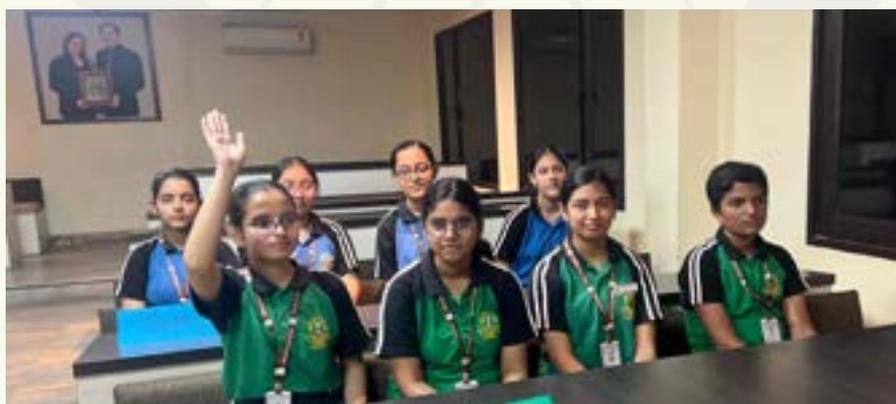
LETTER-WRITING ACTIVITY UNDER HAR GHAR TIRANGA PROGRAMME

As part of the CBSE-initiated Har Ghar Tiranga Programme, the School, conducted a Letter-Writing Activity to instil patriotic values among students. Har Ghar Tiranga is a nationwide movement aimed at uniting citizens under one flag and fostering a deep sense of national pride. During the activity, students wrote heartfelt letters expressing gratitude to the Police and Army Personnel for their unwavering dedication in safeguarding the nation. The initiative provided an opportunity for students to acknowledge and honour the sacrifices made by the Armed Forces. It also reinforced the spirit of unity, respect and patriotism among the young learners.



MOUNT CARMELITES CONDUCTED QUIZ COMPETITION, UNDER HAR GHAR TIRANGA 2025.

Mount Carmelites celebrated Har ghar Tiranga through an engaging Quiz Competition on India's history, culture and freedom struggle. The event ignited patriotic spirit while learning in a lively and engaging way



MOUNT CARMELITES PARTICIPATED IN TIRANGA RANGOLI MAKING COMPETITION, UNDER HAR GHAR TIRANGA 2025.

Under the aegis of the esteemed Founders and Directors, Dr. Earnest Charles J. Samuel and Dr. Annie Charles Samuel, and the able guidance of Principal, Dr. Parveena John Singh, Mount Carmel School, Chandigarh, proudly organised a Tiranga Rangoli competitions.

As directed by the UT Education Department, the School had conducted Tiranga Rangoli Competition, blending art with spirit. Mount Carmelites filled the school campus with vibrant Rangolis celebrating unity and freedom. The Principal, Dr. Parveena John Singh said, "Events like these not only instil patriotic pride but also develop gratitude, empathy, and responsibility towards the nation and its protectors." The Programme concluded with a heartfelt vote of thanks, leaving everyone inspired and proud of the nation's heroes.



"TREE OF TIRANGA"

A special highlight was the school's participation in the innovative "Tree of Tiranga" initiative. Students and teachers selected a real tree on the campus and transformed it into a living symbol of unity, peace, and patriotism. Eco-friendly ribbons, handprints, and mini flags adorned the tree, turning it into a vibrant and meaningful installation.



TIRANGA YATRA BY N.S.S.

The School, organised a Tiranga Yatra on 12th August at Raipur Kallan an adopted village to mark the spirit of patriotism and national unity. Students, Teachers, and Staff members enthusiastically participated, carrying the National Flag and raising slogans to honour the sacrifices of freedom fighters. The Yatra, which began from the village entrance and concluded at the Community Centre, witnessed active involvement of local residents, creating an atmosphere filled with pride and respect for the nation. The Event successfully instilled a sense of responsibility, unity, and love for the country among the participants and villagers alike.



LETTER-WRITING DRIVE

The School, proudly took part in the Har Ghar Tiranga 2025 Celebrations, a nationwide initiative aimed at instilling patriotism and a deeper connection with the National Flag. The school had organized a heartfelt letter-writing drive. Students wrote emotional notes of gratitude full of encouragement Writing Letters to the Armed Forces. They also have decorated Display Boards on the Themem “Tiranga”.



From the classroom of Mount Carmel school to the hearts of our soldiers -Small Words; Big Love.



MOUNT CARMEL SCHOOL, CHANDIGARH ENTHUSIASTICALLY CELEBRATED 'HAR GHAR TIRANGA 2025'.

Tricolor leaves with personal messages were made by the students to express their gratitude towards country.

An Exhibition was put up in school to display and showcase different activities done by the students. "The Har Ghar Tiranga Campaign is more than a celebration-it's a call to each citizen, especially our students, to reflect on the values of freedom, courage, and unity.

These activities not only fostered national pride but also encouraged our children to become responsible and aware citizens.



"Patriotism in every stroke! Mount Carmelites showcased the Har Ghar Tiranga spirit through vibrant and creative board decorations."



PATRIOTIC SOLO SINGING COMPETITION

The Music Department of our school successfully organized a Patriotic Solo Singing Competition on 13th August, as part of the celebrations for Independence Day. The event was held in the School Auditorium and it witnessed enthusiastic participation from students of Grades III to V.

The primary objective of the competition was to instill a sense of patriotism among students and to encourage them to express their love for the nation through music. Participants performed a range of Patriotic Songs, showcasing their vocal talent, stage presence, and emotional expression.

The Competition was judged by a panel of esteemed teachers who evaluated the performances based on voice quality, pitch, rhythm, expression, and overall presentation. The winners were awarded certificates and medals to recognize their outstanding performances.



VIDEO-MAKING COMPETITION TOPIC: INDEPENDENCE DAY

A Video-Making Competition on the theme "Independence Day" was organized by the Cyber Club to encourage students to showcase their creativity and understanding of India's journey towards independence and its status as a sovereign nation. Participants presented short films highlighting historical events, freedom struggles, and the values of unity, democracy, and cultural diversity.

The competition witnessed enthusiastic participation, with students employing a variety of techniques such as animation, voice-over and narrations. The videos reflected deep research, artistic skills, and a strong patriotic spirit.





RAKSHA BANDHAN WITH POLICE PERSONNEL, UNDER HAR GHAR TIRANGA

The School, Chandigarh, proudly organised a special programme of Raksha Bandhan Celebration on August 8, as part of the Har Ghar Tiranga Celebrations. The highlight was the presence of S.H.O. Rajeev Kumar, whose dedication to safeguarding the community reflects true service and patriotism. The event honoured our police personnel — real-life protectors — and fostered gratitude among students. The culmination was seen when Mount Carmelites tied Rakhis on SHO Rajeev Kumar's wrist — a promise of love, respect, and solidarity. The atmosphere was enriched by a soulful musical tribute and a heartfelt patriotic poem by a Grade XI student. SHO Rajeev Kumar shared inspiring words, urging students to cherish freedom, respect the law, and serve the nation. The Principal, Dr. Parveena John Singh said, "Events like these not only instil patriotic pride but also develop gratitude, empathy, and responsibility towards the nation and its protectors." The programme concluded with a heartfelt vote of thanks, leaving everyone inspired and proud of the nation's heroes.





INDEPENDENCE DAY CELEBRATIONS



Under the aegis of the Founders and Directors, Dr. Earnest Charles J. Samuel and Dr. Annie Charles Samuel, the 79th Independence Day was celebrated with patriotic fervour at Mount Carmel School, Chandigarh. The tricolour-themed campus provided a vibrant setting as students, faculty, and staff gathered to mark the nation's freedom. The programme began with Prayers, a heartfelt Welcome Address by the Head Girl, and the National Flag hoisting by Principal Dr. Parveena John Singh, followed by the National Anthem, which resonated with the spirit of unity and pride.

The ceremonial March Past by the four Houses, led by the School Band, NSS Cadets, First Aid Brigade, and Disaster Management Troop, was a visual highlight, reflecting discipline and coordination. Ahead of the Celebrations, various Competitions were organised on 13th August 2025 to engage students in the patriotic spirit. These included the Patriotic Solo Singing Competition on the theme "Azadi Ki Pukar", Leaf/Leaves Art Wall Hanging, using only tricolour materials, Crossword Puzzle on Independence Day, freedom fighters, and national symbols, Collage Making on "Desh Bhakt Aur Unke Naare", and Video Making on Independence Day. Students participated zestfully, showcasing their creativity, artistry and knowledge.

Cultural performances added colour to the occasion, with spirited patriotic dances, stirring poetry recitations, and thought-provoking skits by the English and Hindi Dramatics Clubs. These conveyed the significance of Independence, the importance of Fundamental Duties, and the sacrifices made by the nation's valiant freedom fighters. The Founders and Directors addressed the gathering, urging students to take pride in their Indian identity, live for the progress of the nation, and embrace the responsibilities of being good citizens of the world's largest democracy. The Principal, in her address, stressed the importance of integrity, encouraged breaking free from evils that can tarnish hard-earned freedom, and reminded everyone to be custodians of India's democratic and secular values.

The Celebrations concluded with a Vote of Thanks by the Head Boy, acknowledging the efforts of all participants, organisers, and Guests in making the event a grand success. The Programme ended with a united rendition of the National Anthem, filling the air with patriotic fervour. The day's events not only reflected Mount Carmel School's commitment to nurturing national pride and civic responsibility but also left an indelible mark on the hearts of all attendees, inspiring them to safeguard the nation's values for generations to come.





INDEPENDENCE DAY CELEBRATIONS



"From a disciplined March Past to graceful dances and a heartfelt play, Mount Carmelites celebrated Independence Day with pride and passion."



INDEPENDENCE DAY CELEBRATIONS



"Unity in Diversity shone brightly on Independence Day at Mount Carmel School, Chandigarh."



COLLAGE MAKING COMPETITION

As part of the Independence Day Celebrations, the School organised a Collage Making Competition for students of Grades VI to VIII. The event aimed to promote creativity, historical awareness, and a sense of national pride. The theme for the competition was "India – Freedom Movements from 1857 to 1947". Students enthusiastically depicted significant events of India's struggle for independence, from the First War of Independence in 1857 to the momentous year of 1947. Their collages featured scenes of the Non-Cooperation Movement, Dandi March, Quit India Movement, and the Contributions of Great Freedom Fighters like Mahatma Gandhi, Subhas Chandra Bose, Bhagat Singh, and Rani Lakshmbai.

Participants used newspapers, magazine cut-outs, sketches, and coloured sheets to create powerful visual narratives. The judging criteria included creativity, historical accuracy, relevance to the theme, and presentation.

The Competition not only honed the students' artistic abilities but also deepened their understanding of India's freedom struggle, making it a significant and memorable part of the School's Independence Day Celebrations.



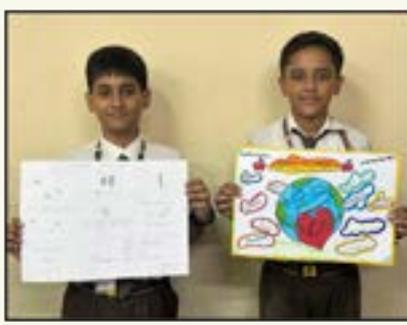
COLLAGE MAKING COMPETITION

THEME: SAY NO TO TOBACCO SAY YES TO LIFE

As a part of anti tobacco committee, on August 25, collage making activity was conducted for Grade VII. It was compulsory for all students to participate. Theme for collage was - Say No To Tobacco Say Yes to life. There was an overwhelming response by the students.

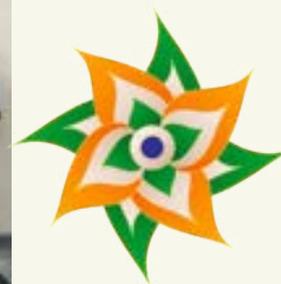
"No to Tobacco" means refusing to use tobacco products because they are addictive and cause severe health problems including various cancers, heart disease & respiratory illnesses. WHO promotes annual World No Tobacco Day to raise awareness about tobacco's dangers and encourage tobacco control policies & personal health choices. Main aim of the activity was to encourage awareness among students and for healthier and happy life.





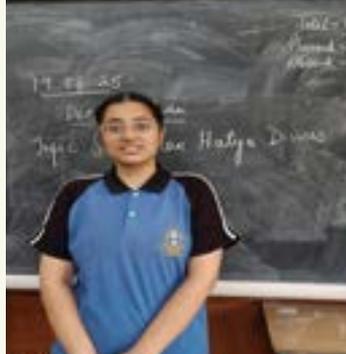
TRI-COLOR WALL HANGING COMPETITION

The Art and Craft Club organized a Tri Colour Wall Hanging Competition on the occasion of Independence Day. The competition was held on 13 August 2025 for the students of Grades VI to VIII. The activity aimed to encourage creativity and patriotic spirit among students. Participants showcased their artistic skills by designing beautiful wall hangings inspired by the national flag. The vibrant use of saffron, white, and green colours reflected their enthusiasm and love for the country. The event witnessed active participation and highlighted the talent of young learners. It not only promoted artistic expression but also instilled a sense of pride and respect for the nation among the students.



NATIONAL HANDLOOM DAY

Under the Heritage Club Activity, National Handloom Day was celebrated to create awareness among students about the importance of Indian handlooms. Children were informed about the weaving process and shown cotton dupattas as examples of traditional craftsmanship. They also prepared small handicrafts, which helped them understand the value of preserving and promoting indigenous art and culture.

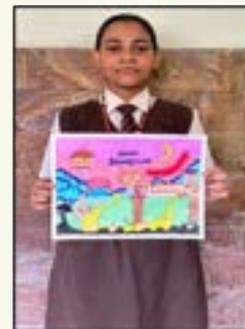


GERMAN POSTER MAKING COMPETITION TOPIC-DREAM DEUTSCHLAND

On August 12th, 2025, the German Club (Seniors) organized a German Competition for students of Grades VI to VIII on the theme "Dream Deutschland." The objective of the event was to encourage students to explore their imagination and express their creative vision of Germany – its culture, traditions, landscapes, and aspirations.

Students enthusiastically participated and presented innovative ideas through posters. Their work reflected not only their artistic talent but also their growing interest in German culture and society.

The Competition provided an enriching experience, enabling students to learn beyond the classroom while appreciating the beauty and diversity of Germany.



WORLD SENIOR CITIZEN DAY

“In the end, it’s not the years in your life that count. It’s the life in your years.” – Abraham Lincoln

Every year 21ST August is observed as a World Senior Citizen Day. To celebrate this beautiful day students of Grades VIII participated in the activity with a great zeal. It helped them to spread their views through speech and in the last they also have taken pledge to honor and appreciate the elderly members of our society. This day reminds us of the invaluable role that senior citizens play in our families, communities, and nation. Senior citizens are not just individuals who have grown older; they are the living libraries of experience, wisdom, and culture. They have witnessed the changes of time, contributed to the growth of society, and guided generations with their knowledge and values. Their sacrifices and hard work have paved the way for the comforts and opportunities that we enjoy today.

Unfortunately, many senior citizens face challenges such as loneliness, neglect, and health issues. It is our moral duty to care for them, respect them, and provide them with dignity and love. Just as they once held our hands to teach us how to walk, it is now our responsibility to stand by them and support them in their journey.



INTERNATIONAL YOUTH DAY

On 12th August, NSS Unit of the School Celebrated International Youth Day with great enthusiasm. The day aimed at highlighting the power, responsibility, and potential of the youth in building a better nation. The celebration was linked with the spirit of Independence Day, reminding everyone that the youth are the torchbearers of freedom, progress, and unity.

Students participated in Slogan-Writing and Slogan-Chanting Activities on the theme of Independence and Youth Empowerment. They expressed their patriotic feelings and commitment toward the nation’s growth through creative and powerful words.

Some of the best slogans presented were:

“Youth power, nation’s tower – let’s rise together!”

“Azadikasafar, yuvaonke dam par!”

“Today’s youth, tomorrow’s freedom keepers!”

“Independence is our right, development is our fight!”

“Haryuvakasapna – viksit Bharat apna!”

“Freedom shines when youth takes charge!”

The program concluded with the message that the youth are not just the future but also the present strength of the country, and their role in safeguarding independence and driving progress is irreplaceable.



“CHILD RIGHTS AND PERSONAL HYGIENE WORKSHOP”.

A workshop was conducted for the students of Grade V about the Child Rights and Personal Hygiene. The students learnt about the different ways they can practise personal hygiene and why it is important. The students also learnt about the definition of a Child, Child Rights, different Child Rights, the laws that safeguard the Children and about the National Commission of Protection of Child Rights where Mandate is to ensure that all Laws, Policies, Programmes, and Administrative Mechanisms are in consonance with the Child Rights perspective as enshrined in the Constitution of India and also the UN Convention on the Rights of the Child. It was overall a fruitful and productive learning experience for the students.



INTER-HOUSE NUMERO - ADVENTURE COMPETITION

The Mathematics Club organized an Inter-House Competition on 20 August 2025 for Grade X students. The event was titled “Numero Adventure” and aimed at enhancing logical thinking, problem-solving abilities, and teamwork among students.

Students from all four houses enthusiastically participated in the event. The competition included a series of challenging rounds such as puzzle solving, and application-based problems. The atmosphere was lively and filled with excitement as participants showcased their mathematical skills.

After a closely contested competition, the results were as follows:

First Position: Keats House

Second Position: Shakespeare House

Third Position: Milton House

The competition not only promoted interest in Mathematics but also encouraged healthy competition and collaborative learning.



WORKSHOP ON ORAL HYGIENE

Under the aegis of the Founders and Directors Dr. Earnest Charles J. Samuel Sir and Dr. Annie Charles Samuel Ma'am, along with the Principal, Dr. Parveena John Singh, Mount Carmel School, Chandigarh, in collaboration with Dr. Reddy's Foundation for Health Education, conducted an informative workshop on "Oral Hygiene" on 5th August 2025.

The session was led by distinguished dental professionals Dr. Jasneel Singh Grover, Director & Founder of Smile Experts Dental Clinic, Mohali, and Dr. Sumedha Chhibber Grover, Pediatric Dental Specialist and Director at Smile Experts Dental Clinic. Both experts shared their extensive knowledge and experience in dental care, research, and child-friendly treatment approaches.

The workshop aimed to spread awareness among students about the importance of maintaining good oral hygiene, adopting preventive dental practices, and understanding the impact of oral health on overall well-being. Students actively participated in interactive demonstrations and listened attentively to informative presentations that provided practical tips for daily dental care.

The Founders & Directors, Dr. Earnest Charles J. Samuel Sir and Dr. Annie Charles Samuel Ma'am, emphasized the significance of holistic education that includes health awareness as an integral part of student development. Principal Dr. Parveena John Singh highlighted that initiatives like this not only enhance the academic environment but also instill lifelong healthy habits among students.

The workshop concluded with a vote of thanks, reaffirming Mount Carmel School's commitment to student welfare and comprehensive, student-centered education.



CACA- ACTIVITY- GRADE VII CROSSWORD & MAZE PUZZLE

To Foster Awareness and promote responsible digital behavior, a Cyber Safety Activity was organized for the students of Grade VII on August 5, 2025. The activity featured engaging Crossword and Maze Puzzles centered around the theme of Cyber Safety.

Students participated enthusiastically, tackling puzzles that introduced key terms such as phishing, password, firewall, cyber bullying, and malware. The maze activity challenged them to distinguish between safe and unsafe online practices, guiding them towards making secure digital choices.

This interactive session not only assessed their understanding but also provided a practical and enjoyable way to learn about safe internet usage. It encouraged teamwork, critical thinking, and emphasized the importance of safeguarding personal information in the digital space.

Students showed great interest and excitement, expressing a desire for more such tech-integrated learning experiences. The activity proved that learning about cyber safety can be both meaningful and fun.



The Activity aimed to develop critical thinking, enhance vocabulary, and improve problem-solving skills through engaging puzzle-based learning.

As part of the CACA Activities under the theme 'Cyber Safety', the Crossword and Maze Puzzle Activity was successfully conducted in Grade VII- B . The objective of this activity was to familiarize students with concept of cyber safety in a fun and interactive manner. Students enthusiastically participated and solved puzzles that reinforced their understanding of safe digital practices. The activity not only promoted awareness about online safety but also encouraged teamwork and logical reasoning.



DEBATE ON CYBER SECURITY

Model United Nations (MUN) on Cyber Security was organised for the students of Grades IX - XII where they addressed the growing threat of cyber warfare and the need for international cooperation on various fronts. Participants focused on issues such as defining critical infrastructure vulnerable to cyber attacks, establishing proactive cyber defence networks, and strengthening national cyber security systems. The MUN also emphasized the importance of international cooperation through information sharing, capacity building, and combating cybercrime.

Key Areas of Focus:

*Defining Critical Infrastructure:

*Strengthening National Cyber security:

*International Cooperation:

*Capacity Building and Education:

*Digital Partnership Innovative Program

*Role of the United Nations

These discussions and conferences provided valuable educational platforms that simulate the workings of the United Nations, offering students a chance to develop key skills and knowledge related to global affairs and diplomacy.



MATHEMATICAL BOOKMARK MAKING COMPETITION

A Mathematical Bookmark Making Competition was conducted by Maths Club for the students of Grades IX - XII. Students participated with great enthusiasm and made beautiful bookmarks. The competition allowed students to express their understanding of mathematical concepts through visual art, fostering creativity and artistic talent.



INTER-HOUSE GEOMETRICAL BOOKMARK MAKING COMPETITION

An Inter-House Geometrical Bookmark Making Competition was organized by Maths Club for Grades VI to VIII on 19th August 2025 during the zero period in their respective classrooms.

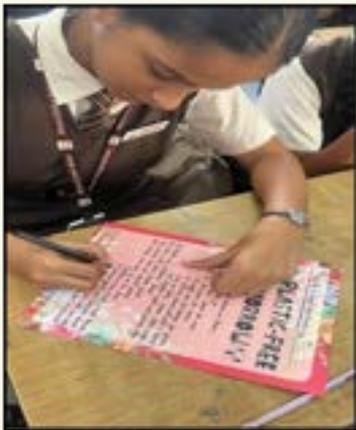
The competition aimed to enhance students' creativity, imagination, and application of geometrical concepts in art and craft. All the participants enthusiastically designed beautiful and innovative bookmarks using various geometrical shapes, patterns, and symmetry.

The activity provided an excellent platform for students to showcase their talent while strengthening their understanding of geometry in a fun and artistic way. The bookmarks reflected not only creativity but also neatness and accuracy in the use of geometrical figures.



SAY NO TO SINGLE-USE PLASTIC - POEM WRITING ACTIVITY

The English Literary Club of Mount Carmel School, Chandigarh organised a Poem Writing Activity for Grades IX and X on the theme "Say No to Single-Use Plastic." Students enthusiastically participated and penned creative verses that reflected the harmful effects of plastic pollution and the need for sustainable alternatives. The activity was a blend of creativity and awareness, inspiring students to contribute to a cleaner and greener world.



PARLIAMENTARY DEBATE COMPETITION

“The strength of an argument lies not in who presents it, but in the validity of its reasoning and evidence”

The students of Mount Carmel School, Chandigarh participated in The Parliamentary Debate Competition held at Doon International School, Mohali on 2nd and 3rd of August, which helped them to express their ideas freely when they debate upon any contemporary issues and discuss the possible solution to the problems.

The students of Mount Carmel School, Chandigarh participated in the event with great enthusiasm and expectations to learn new things through this event.

The participants were given certain topic to debate on for or against the motion. Those who will clear the first round they would move to second round of the debate. The students of MCS cleared the first round and proceeded to the second round. But they could not clear the third round. As per the judges from PEC (SAASC) our students had tough arguments with the winning team. It was difficult for them to choose the best team. Mount Carmel School students were given a special mention for their excellent performance.

At the end of the event the students received certificates from the organizers. It was a learning experience for all the participants. They are looking forward to participate in other events like this.



VISIT TO THE INTERNATIONAL DOLLS MUSEUM

The Adventure Club of the school organized a visit to the International Dolls Museum in Chandigarh on August 8, for students in Classes III to V. The museum, located in Bal Bhavan, Sector 23, features a wide range of dolls representing various cultures and traditions from around the world. Students enjoyed exploring both traditional and modern dolls, learning about people's clothing and customs. Over 21 students participated and found the experience engaging and informative.

During their tour, students were fascinated by the unique collection of dolls dressed in national costumes, which provided them with insights into cultural symbols, histories, and artistic styles from many regions. The museum is recognized for its extensive doll collection, featuring representations from various cultures, traditions, and nations. This assemblage comprises both traditional and modern dolls, illustrating the cultural diversity and artistic practices of numerous regions. Many students expressed enthusiasm about the diversity and craftsmanship of the displays, making it a memorable and educational outing.



हिंदी गतिविधि विषय: वर्षा ऋतु

1. विषय को चित्रों और रंगों के माध्यम से अभिव्यक्त करने की क्षमता बढ़ी।
 2. समूह में कार्य करते हुए सहयोग और सहभागिता का अनुभव प्राप्त हुआ।
- कक्षा 4 के विद्यार्थियों ने "वर्षा ऋतु" विषय पर हिंदी पोस्टर बनाने की गतिविधि में भाग लिया। सभी विद्यार्थियों ने बड़े उत्साह के साथ हिस्सा लिया। उन्होंने सुंदर और रंग-बिरंगे पोस्टर बनाए जिनमें वर्षा के दृश्य, बादल, बारिश की बूंदें, छाता लिए हुए बच्चे और हरियाली को दर्शाया गया था। पोस्टर रचनात्मकता से भरपूर थे। इस गतिविधि के माध्यम से विद्यार्थियों ने नए हिंदी शब्द सीखे और अपने विचारों को रोचक तरीके से व्यक्त किया। यह सभी के लिए आनंददायक और शिक्षाप्रद अनुभव रहा।



AWARENESS RALLY ON 'SAY NO TO TOBACCO'

Mount Carmel School, Chandigarh conducted an Awareness Rally on "Say No To Tobacco " where students of First Aid Brigade participated with great zeal and enthusiasm.

The rally aimed at creating awareness and motivation towards Tobacco cessation among masses. Holding placards and posters, students passionately chanted slogans (Say No To Tobacco and Yes To Life; Tar the roads and not your lungs ; Trash the ash; quit smoking) emphasizing about ill effects of taking tobacco in different forms like bidi, cigarette and smokeless tobacco. The students displayed enthusiasm in creating awareness among masses against the long term negative effects of tobacco and smoking such as cancer, lung diseases, stroke, chronic bronchitis, heart diseases etc.



NUKKAD NATAK ON 'SAY NO TO TOBACCO'

Mount Carmel School, Chandigarh had conducted Nukkad Natak .The play highlighted the dangers of tobacco consumption, the addictive nature of nicotine, and the various ways it negatively impacts individuals and communities



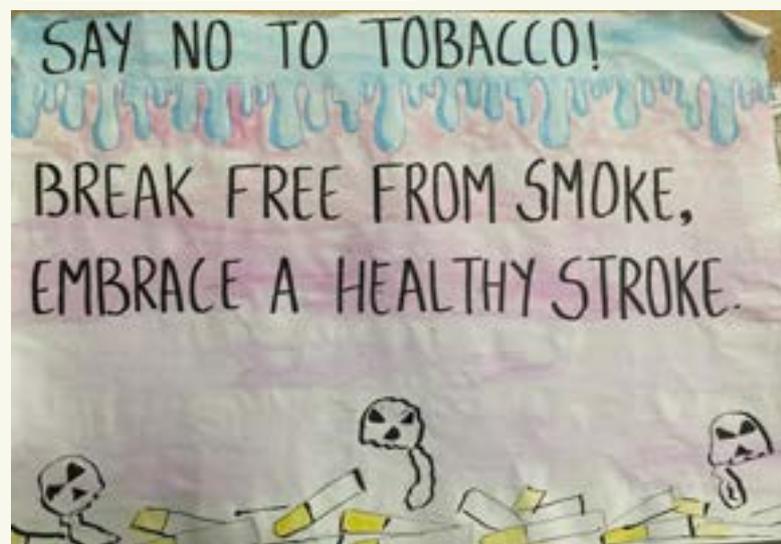
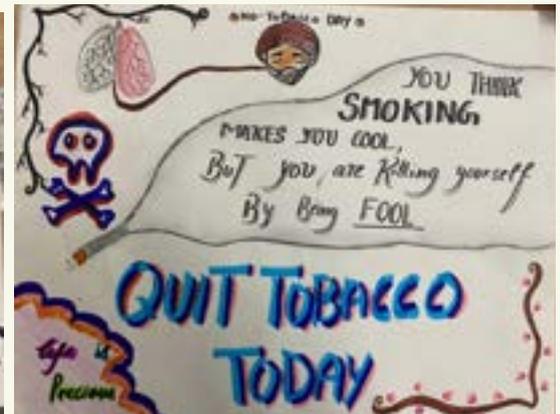
POSTER MAKING COMPETITION ON – “SAY NO TO TOBACCO”

Under the aegis of the Founders and Directors Dr. Earnest Charles J. Samuel and Dr. Annie Charles Samuel along with the Principal, Dr. Parveena John Singh, the School, organised Poster Making Competition on topic “Say No to Tobacco”. The main objective for this activity to raise awareness about the harmful effects of Tobacco use and promote a smoke free lifestyle.



SLOGAN WRITING ON THE TOPIC – ‘SAY NO TO TOBACCO’

Under the aegis of the Founders and Directors Dr. Earnest Charles J. Samuel and Dr. Annie Charles Samuel along with the Principal, Dr. Parveena John Singh, the School, conducted Slogan Writing Competition on the topic 'Say No to Tobacco'. Students had prepared beautiful slogans and were motivated to aware others for harmful effects of tobacco and save future generation.



INTERNATIONAL LITERACY DAY UNDER UNESCO

A total 30 students participated in this event. They made book marks for story books, some students delivered speech on International Literacy (importance and impact). One student recited a self composed poem to motivate others to enhance their vocabulary for the same. The students took a vow that they will inculcate practice of reading story books in their every day life. It was an informative activity for the students which has really helped them for the betterment of their future.



INTER - HOUSE HINDI COLLAGE MAKING COMPETITION

Mount Carmel School, Chandigarh proudly celebrated Independence Day with a vibrant Hindi Collage Making Competition held on 13th August 2025, themed "Deshbhakt aur unke Naare". The event witnessed an enthusiastic turnout, as students poured their hearts into creating stunning collages that captured the essence of patriotism, hope, and trust. Each piece was a heartfelt tribute to the spirit of freedom, showcasing the students' creativity and deep respect for the nation's heroes. We were truly moved by their powerful expressions and proud to witness such passionate artistry that reflected the true spirit of Independence Day.



SUBSTANCE ABUSE WORKSHOP

Mount Carmel School calls on the students to join the fight to become a substance-free generation. An enlightening session on 'Substance Abuse Awareness and Prevention' was conducted by the School Counsellor-Ms. Bhawna Dhamija for Class X.

A very useful information was shared regarding the Classification of illegal drugs & their categories;

- Depressants – slow down the function of the central nervous system.
- Hallucinogens – affect your senses and change the way you see, hear, taste, smell or feel things.
- Stimulants – speed up the function of the central nervous system.

The workshop aimed at substance use and abuse, Effects of substance abuse, progression of substances. The School Counsellor also shed light on the "Psychoactive Substances"- Basic of Psychoactive Substances, the Effects of Psychoactive Substances, and progression of Substance Use.

The workshop was concluded with an informative video, which stated using only prescribed drugs by a professional practitioner doctor.



SAMVIDHAN HATYA DIWAS

A Declamation Activity on the topic “Samvidhan Hatya Diwas” was conducted in Classes IX and X at Mount Carmel School, Chandigarh, to mark the 50th Anniversary of the Imposition of the Emergency. Students expressed their views with confidence, highlighting the suspension of fundamental rights, press censorship, and the overall impact of the Emergency on democratic values. They also reflected on the importance of safeguarding the Constitution and remaining vigilant as responsible citizens.

The participants were judged on clarity of speech, expression, confidence, and relevance to the theme. The teachers appreciated the depth of understanding and the enthusiasm shown by the students in presenting their speeches.

The session concluded with a collective reminder that the Constitution is the guiding light of democracy and must be preserved with utmost sincerity.



EXHIBITION ON SAMVIDHAN HATYA DIVAS

“Constitution is not a mere lawyer's document, it is a vehicle of life and its spirit is always the spirit of age”. To mark the 50th anniversary of the imposition of the Emergency in India, ‘Samvidhan Hatya Divas’ was observed across India. It was also observed at Mount Carmel School, Chandigarh.

The imposition of Emergency in 1975 was a “Constitutional Murder” and that today’s youth must be made aware of this dark chapter in India’s democratic history. So, to make the children aware of this day an exhibition was organized by the Social Science department, reflecting on the events and implications of the Emergency imposed in 1975- a period widely regarded as a critical turning point in India’s constitutional and democratic history. Students prepared informative posters and models on the given theme.

This day also served as a solemn tribute to the courage and sacrifices of those who stood against the Emergency.



QUIZ COMPETITION ON THE INDIAN NATIONAL MOVEMENT (1857–1947) BY G.K. CLUB

The General Knowledge Club of Mount Carmel School conducted an engaging quiz competition for the students of Classes VI to VIII on the theme “Indian National Movement (1857–1947)”. The event aimed to deepen students’ knowledge about India’s struggle for freedom and to encourage them to learn about the sacrifices and efforts of our freedom fighters. Four teams, representing their respective houses, participated enthusiastically. Each round was carefully designed to increase the level of difficulty, ensuring a fair and exciting competition. Students confidently answered questions about the Revolt of 1857, the role of Mahatma Gandhi, important movements like Non-Cooperation, Civil Disobedience, Quit India, and the final independence struggle of 1947. The audience also got an opportunity to participate through a few open questions, which added to the excitement. The quiz not only tested the students’ memory but also inspired them to value the hard-earned freedom of our nation. The winning team was applauded for their remarkable performance, and all participants were appreciated for their efforts. The event was a great success and concluded with the message that “Freedom is priceless, and it is our duty to preserve it with responsibility.”



SCIENTIFIC RANGOLI MAKING COMPETITION

The Science Club of our school organized a Scientific Rangoli Making Competition on Tuesday, 26th August 2025, during the zero and first period. The competition was conducted in two categories: Group I (Classes VI to VIII) and Group II (Classes IX and X). A total of 104 enthusiastic students participated and showcased their creativity by blending art with scientific themes. The rangolis beautifully highlighted concepts of science through innovative designs and patterns. The event not only encouraged students to explore their artistic skills but also deepened their scientific understanding in an enjoyable way. The competition witnessed keen participation, and the efforts of the students were highly appreciated by teachers and judges. It turned out to be a vibrant and enriching experience for all.



MEDIA ACCOLADES



The Investiture ceremony signifies the reliance and confidence that the school consigns in the newly invested office bearers. HT

Cabinet Investiture Ceremony held at Mount Carmel School

CHANDIGARH : The Cabinet Investiture Ceremony 2025 was organised at Mount Carmel School, Chandigarh with a motto to invest the students with a sense of responsibility and duty.

The ceremony commenced with enunciation of an auspicious Verse from the holy Bible followed by the welcome speech. The school cabinet was felicitated with pinning of badges and presentation of sash by the honourable founders and direct-

ors of the school. Principal Parveena John Singh passed on the lighted lamp to the Head Girl of the session 2025-26. The school flag was passed to the Head Boy of the session 2025-26.

The Investiture ceremony signifies the reliance and confidence that the school consigns in the newly invested office bearers. All the cabinet members pledged to bestow their duties with utmost sincerity and efficiency.

Mount Carmel School, Chandigarh

The school's Investiture Ceremony was held with a motto to invest the students with a sense of responsibility and duty. The school cabinet members were felicitated with badges and sashes by the Founders and Directors of the school. Principal Parveena John Singh lit the ceremonial lamp. The school flag was passed to the Head Boy. Principal Parveena John Singh congratulated the cabinet members.

Young leaders pledge sincere service

Under the aegis of the founders and directors, Dr Earnest Charles J Samuel and Dr Annie Charles Samuel, Investiture Ceremony 2025 was organised at Mount Carmel School, Chandigarh, with the objective to invest the students with a sense of responsibility and duty. The ceremony commenced with enunciation of an auspicious verse from the Holy Bible followed by the welcome speech.

The school cabinet was felicitated with pinning of badges and presentation of sash by the founders and directors. Principal Dr Parveena John



Singh passed on the lighted lamp to the head girl of the session 2025-26. The school flag was passed to the head boy of the session 2025-26.

All the cabinet members pledged to discharge their duties with utmost sincerity and efficiency. This symbolised their affiliation to the school and their commitment to uphold the school's values.

The founders and directors addressed the

students to realise the importance of opportunities that come in their way and acquire skills that will make them worthy citizens who are willing to give back not only to their family but also to the society, nation and the world at large.

The principal advised the student council to be role models and extended a supporting hand to the new team for the smooth running of the school.

MEDIA ACCOLADES

Dr Parveena J Singh bags Principal of the Year award

Under the aegis of the founders and directors Dr Ernest Charles J Samuel and Dr Annie Charles Samuel, Dr Parveena John Singh, principal of Mount Carmel School, Chandigarh, has been honoured with the prestigious Principal of the Year 2025 award at the National Education Conclave, held in New Delhi.

The conclave brought together leading educators, policymakers, and innovators to celebrate excellence in the education sector. The award recognised Dr Parveena John Singh's outstanding leadership, her commitment to fostering academic innovation, and her dedication to nurturing the potential of every student. Under her guidance, the school has continued to excel in academic achievements and holistic development, setting benchmarks for quality education in the region.

Speaking at the ceremony, organisers lauded Dr Singh's "visionary approach and relentless passion for uplifting education standards", noting her role as an inspiration to educators nationwide. This recognition further cemented



Dr Singh's reputation as a transformative leader.

Mount Carmel School, Chandigarh

Principal of the school has been honoured with the prestigious

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PRINCIPAL SPEAK

Where edu is not just about marks, but about meaningful growth

How is your school integrating technology in classroom learning?

Mount Carmel School, Chandigarh, has taken significant strides in integrating technology into classroom learning, ensuring students are equipped for the digital age. Classrooms are enhanced with smart boards, interactive learning platforms, and subject-specific software that make lessons more engaging and effective. Teachers use digital tools such as presentations, educational apps, and online assessments to reinforce concepts and cater to diverse learning styles. Over the past year, the school has celebrated several cultural and extracurricular milestones, including its annual cultural fest that showcased student talent in music, dance, drama, and art, as well as inter-school competitions in debating, sports, and science exhibitions that brought laurels and encouraged holistic development.

What are the cultural and extra-curricular highlights of your school in the past year?

Over the past year, Mount Carmel School, Chandigarh, has celebrated several cultural and extra-curricular highlights that showcased the diverse talents of its students. The school's annual cultural fest was a grand affair with captivating dance, drama, and music performances.



Dr Parveena John Singh, Mount Carmel School, Chandigarh

students' creative expression. Students excelled in the inter-school competitions, winning awards in debate, quiz contests, painting, and poetry recitation. Sports achievements were also a highlight, with the school's teams securing top positions in basketball, cricket, and various other tournaments. Additionally, the school hosted exhibitions and innovation fairs, providing platforms for budding artists to present their projects. Participation in Model United Nations conferences and leadership camps helped students develop confidence, global awareness, and critical thinking skills. Together, these cultural and extra-curricular

the school environment and fostered holistic growth among students.

Innovation has become an important part of the school curriculum. How have you incorporated it?

Innovation is deeply embedded in Mount Carmel's curriculum through dedicated STEM activities, robotics clubs, and project-based learning modules that promote creativity and problem-solving. Students are encouraged to take part in innovation fairs and design thinking workshops where they tackle real-world challenges with practical solutions. The school's long-term vision is to transform education into a dynamic

Have any mental health measures been taken to ensure holistic growth of students?

Yes, Mount Carmel School places strong emphasis on the mental and emotional well-being of its students. A qualified school counsellor is available to support students through one-on-one sessions and group workshops focused on stress management, emotional regulation, and self-esteem building. The school organises regular mindfulness activities, wellness programmes, and awareness drives on mental health. Teachers are trained to identify signs of distress and offer initial support or referrals when needed. The school promotes an open, non-judgmental atmosphere where students feel safe to express themselves, ensuring that mental health is treated as an essential part of holistic education.

— one that balances academic excellence with emotional intelligence, adaptability, and global awareness. To prepare students for the demands of a tech-driven world, the school emphasises 21st-century skills like critical thinking, collaboration, coding, digital literacy, and effective communication, integrating these through both curricular and co-curricular activities.

What is your long-term vision for transforming education?

Mount Carmel School, Chandigarh, envisions a transformative approach to education that goes beyond textbooks and exams. The school's long-term vision is to create a dynamic learning environment that fosters

curiosity, creativity, and character. By integrating experiential learning, real-world problem-solving, and global perspectives, the school aims to produce socially responsible and emotionally intelligent individuals. The focus is on equipping students not just with academic knowledge, but with values, critical thinking skills, and adaptability to thrive in an ever-changing world. The school aspires to be a place where education is not just about marks, but about meaningful growth, innovation, and lifelong learning.

What skills are important for students in this tech-driven age and what steps has your school taken to instil these?

In the fast-evolving digital era, skills such as critical thinking, collaboration, digital literacy, communication, creativity, and emotional intelligence are more important than ever. Mount Carmel School actively works to instil these competencies through a future-ready curriculum. Students are introduced to coding, robotics, and digital tools early on. Activities like group projects, debates, design challenges, and tech fairs help foster teamwork and innovation. The school also offers workshops on effective communication, problem-solving, and leadership, ensuring students are well-prepared for the challenges of the 21st century.

MEDIA ACCOLADES

Dance competition mesmerises audience at Mount Carmel School

CHANDIGARH: The annual inter-school dance competition "Twirls of Freedom" set the stage ablaze with passion and talent at Mount Carmel School. The event was held under the guidance of the founders and directors, Ernest Charles J Samuel and Annie Charles Samuel, and brought together some of the city's most promising young dancers in a celebration of art, rhythm and creativity. The day began with the scripture reading followed by a welcome address. Excitement filled the atmosphere as students, teachers and dance enthusiasts gathered to witness the much-awaited event. A total of 11 schools participated in the competition across three categories – Couple, Solo and Group. Each performance reflected months of dedication and artistic preparation, captivating the audience with its flair and energy.

A panel of judges, comprising distinguished dance professionals, evaluated the participants on technical skill, choreography, synchronisation, creativity, stage presence and overall impact. The announcement of results was met with anticipation and excitement. St Anne's Convent School, Chandigarh won the first prize in the Group Dance category for their powerful performance, while Vivek High School, Mohali secured the second prize and Sacred Souls School, Gharuan earned the third. Mount Carmel School, Zirakpur received the consolation prize. In the Couple Dance category, ATS Valley, Derabassi claimed the first position, St. Anne's Convent School, Chandigarh took the second, Chitkara International School, Pasricha won the third and Mount Carmel School, Zirakpur received the consolation prize. In the Solo Dance category,



Chitkara International School bagged the first prize, Saint Soldier International Convent School, Mohali secured the second, New Public School, Chandigarh was the third and St Anne's Convent School, Chandigarh received the consolation prize. Principal Parveena John Singh expressed her joy at the success of the event and emphasised the role of such competitions in nurturing creativity, teamwork and self-expression among students.

Chitkara International School bagged the first prize, Saint Soldier International Convent School, Mohali secured the second, New Public School, Chandigarh was the third and St Anne's Convent School, Chandigarh received the consolation prize. Principal Parveena John Singh expressed her joy at the success of the event and emphasised the role of such competitions in nurturing creativity, teamwork and self-expression among students.

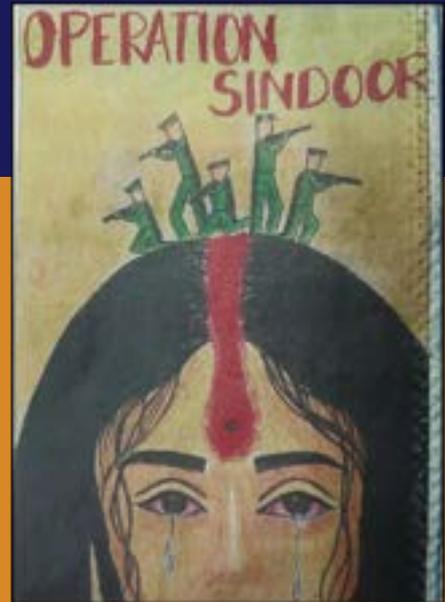


Mount Carmel School, Chandigarh

The annual inter-school dance competition twirls of freedom set the stage ablaze with passion and talent at the school. The day began with the scripture reading followed by a warm welcome address. A total of 11 schools participated in the competition across three categories - couple, solo and group. A panel of judges, comprising distinguished dance professionals, evaluated the participants on technical skill, choreography, synchronisation, creativity, stage presence and overall impact. Founders and Directors Dr Ernest Charles J Samuel and Dr Annie Charles Samuel encouraged the participants with inspiring words, sharing their experiences and emphasising the importance of perseverance and passion. Principal Dr Parveena John Singh expressed her joy at the success of the event and emphasized the role of such competitions in nurturing creativity, teamwork and self-expression among students.

MOUNT CARMEL

The Annual Inter-School Dance Competition "Twirls of Freedom" was organised at Mount Carmel School, Sector 47. A total of 11 schools participated in the competition across three categories – Couple, Solo and Group. St Anne's Convent School, won the first prize in the Group Dance category for their performance. In the Couple Dance category, ATS Valley, Derabassi claimed the first position. In the Solo Dance category, Chitkara International School finished atop the podium.



Students tie rakhis to police personnel

Mount Carmel School, Chandigarh, led by founders Dr Ernest and Dr Annie Charles Samuel and principal Dr Parveena John Singh, celebrated Rakshabandhan as part of the Har Ghar Tiranga initiative. The event featured SMO Rajeev Kumar, inspiring patriotism among students. Activities included Tiranga rangoli competitions, history quizzes, letter-writing to police and defence personnel, and raksi-making for jawans and officers, organised under the UT Education Department's guidance. The celebration peaked when students tied rakhis on SMO Kumar's wrist,



Mount Carmel School, Chandigarh

The school organised a special programme of Raksha Bandhan celebration as part of the Har Ghar Tiranga 2020 celebrations. The highlight was the presence of SMO Rajeev Kumar, whose dedication to safeguarding the community reflects true service and patriotism. The event inspired our police personnel – real-life protectors – and fostered gratitude among students. As directed by the UT Education Department, the school had conducted Tiranga rangoli competitions, history quizzes, letter-writing to police and defence personnel, and raksi-making for jawans and officers. Celebrations had rakhis on SMO Rajeev Kumar's wrist – a gesture of love, respect, and solidarity. The atmosphere was enriched by a soulful musical tribute and a moving patriotic poem by a Grade X student. SMO Rajeev Kumar shared inspiring words, urging students to cherish freedom, respect the law, and serve the nation. Principal Dr Parveena John Singh said, "Events like these not only instil patriotic pride but also develop gratitude, empathy, and responsibility towards the nation and its protectors." The programme concluded with a vote of thanks.



focus on the good

MEDIA ACCOLADES



Mount Carmel organises awareness workshop

CHANDIGARH : Under the aegis of the founders and directors Earnest Charles J Samuel and Annie Charles Samuel, Mount Carmel School hosted a health awareness workshop organised by Cornitos. The session, designed for students of Classes 4 and 5, focused on creative and healthy snacking options using the newly

launched Cornitos 'Crusties'. Guided by culinary experts from the brand, the young participants learned how these baked Crusties are an exciting anytime and anywhere snack. The principal Parveena John Singh, lauded the students for their involvement and urged them to always look for healthy lifestyle options.

Mount Carmel School, Chandigarh



Mount Carmel School, Chandigarh

The annual inter-school dance competition twirls of freedom set the stage ablaze with passion and talent at the school. The day began with the scripture reading followed by a warm welcome address. A total of 11 schools participated in the competition across three categories - couple, solo and group. A panel of judges, comprising distinguished dance professionals, evaluated the participants on technical skill, choreography, synchronisation, creativity, stage presence and overall impact. Founders and Directors Dr Earnest Charles J Samuel and Dr Annie Charles Samuel encouraged the participants with inspiring words, sharing their experiences and emphasizing the importance of perseverance and passion. Principal Dr Parveena John Singh expressed her joy at the success of the event and emphasised the role of such competitions in nurturing creativity, teamwork and self-expression among students.