



“The Carmel Echoes”

A Monthly Newsletter for the Carmelites!



Dear Readers,

As we journey through yet another vibrant chapter of our academic year, it brings me great joy to witness the remarkable growth, resilience, and enthusiasm displayed by our students—both in the classroom and beyond. From academic accomplishments to spirited participation in extracurricular activities, our school continues to shine as a hub of talent, creativity, and commitment.

This newsletter is not just a record of our achievements; it is a reflection of the collective spirit that makes our institution thrive. I urge each student to take pride in these pages and see them as an opportunity—not only to celebrate success, but also to contribute. Whether through articles, artwork, reflections, or reports, your voice matters. Let it be heard.

To all our students: continue to challenge yourselves, support one another, and pursue excellence in every endeavour. Let curiosity be your compass, and perseverance your guide.

Wishing each of you continued success, good health, and a fulfilling journey ahead.

Mrs. Seema. R. Shetty

Vice Principal

INK MASTERS!

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"From Betrayal to Grace: Joseph's Journey"

BY- JOMIYA JIMMY (CLASS 8)

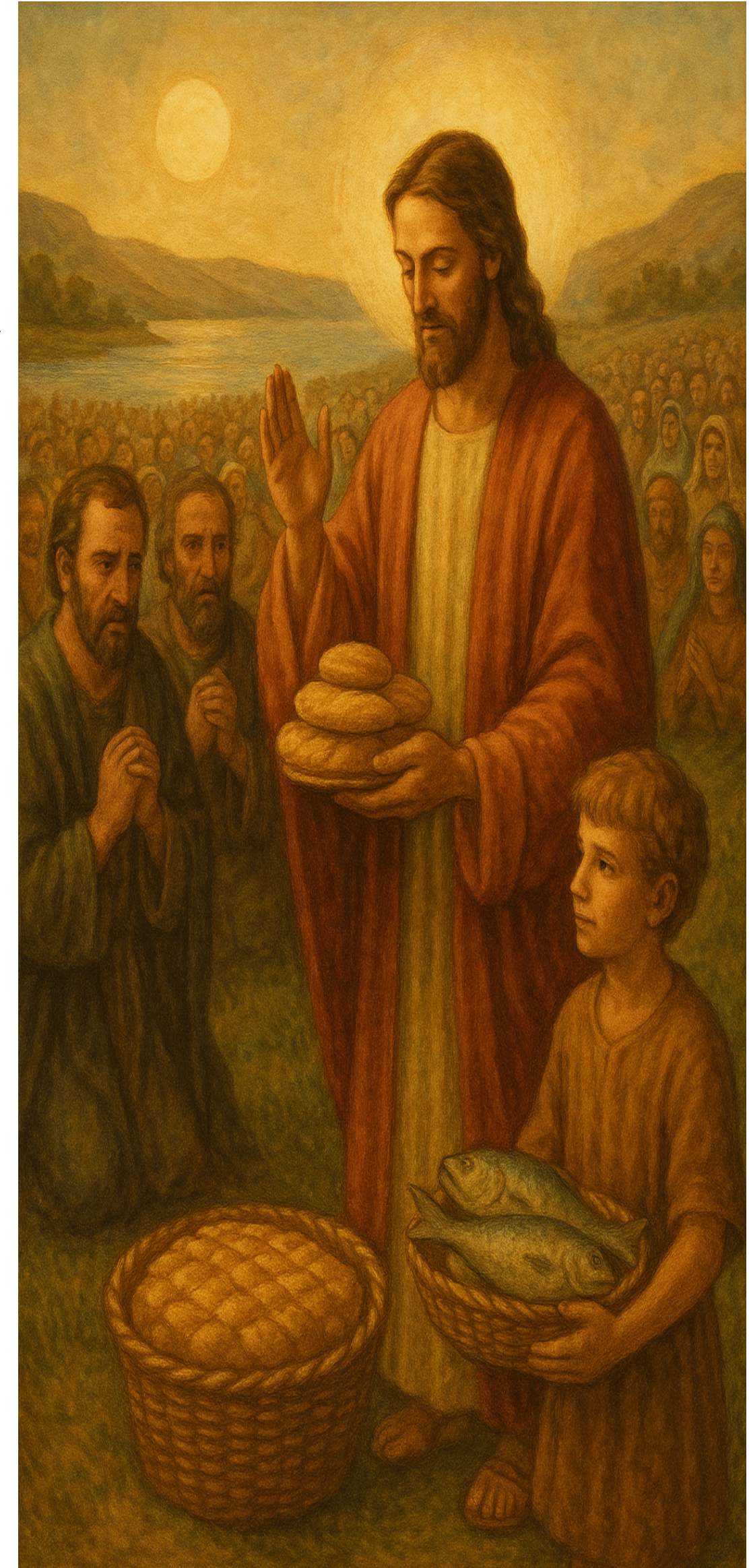
I was left cut in half and torn apart,
 Betrayed shivered my bones,
 Deprived off my pride,
 Scattered thoughts suffocating me.
 Oh! My brothers- those betrayers,
 Ruthless, vicious, and cunning,
 My hope and dreams wandered,
 I endured in depairs cruel hands.
 The pharaoh was petrified,
 Cows sleek and fat,
 At the banks of Nile,
 Thus came the famine to egypt.
 Amidst famine's cruel ways,
 Came a sapped troupe,
 Joseph, felt no spite nor blame,
 Tears washed away the shame.
 Forgiveness was made,
 Brothers united, past shadows to ef-
 face,
 Love wins the war of hatred,
 Wounds healed with time.
 It's god's way,
 Be humble to help,
 Double the boons !



"Five to Five thousand"

BY- JOMIYA JIMMY (CLASS 8)

Five to five thousand
 A mass tailed his to Galilee
 To the shore of the mighty sea
 Miracles they hoped to see
 Blessed is the lord, they held.
 The sun dawned on the crowded land
 The lovely evening dew
 Grew they're hunger, still
 Blessed is the lord, they held.
 He asked his cohorts
 "Where shall we buy bread for these people to eat?"
 But he knew the answer to this feat
 Oh, blessed is the lord they held.
 He called a boy close by
 And asked for his lunch
 Five loaves and two fish
 Blessed is the lord they held.
 Jesus blessed the five bread
 Which to turned to five thousand
 He had done the incredible
 Blessed lessed is the lord they held.
 Oh! Touch of His Five fingers
 The five loaves turned to five thou-
 sand
 The way to answer the prayers!
 Blessed is the lord, they held.



Carmel Academy's Kaleidoscope: A Year of Colour, Culture & Celebration

BY- IRENE MARIA (CLASS 11)

The academic year 2024–25 was a vibrant and eventful chapter in the journey of Carmel Academy. From the beginning, the school dedicated immense effort to organize a diverse array of programs aimed at enhancing student life and learning.

The year commenced with orientation programs and insightful sessions led by police and traffic officials on road safety and accident prevention. Senior students also benefited from stress relief and meditation sessions to support their mental well-being. As May ended, excitement brewed with campaign speeches and elections for the new Student Council. In early June, the newly elected council was formally inducted during a graceful investiture ceremony accompanied by the School Band.

To celebrate World Environment Day, Carmel hosted an interactive and entertaining event filled with skits and dances. International Yoga Day was a school-wide celebration, where students of all grades actively participated under expert guidance.

A significant development was the introduction of various student clubs. These became a platform for creative and collaborative learning. The Social Club initiated a weekly charitable campaign, collecting one rupee from each student every Wednesday. The Commerce Club made history by organizing the first-ever commerce fest, Comfiesta, in July. This event allowed students from grades 9 and above to pitch business ideas, design logos, and advertise their mock companies.

The school also organ-

ized enriching field trips. Grade 10 students visited Vidhana Soudha for a firsthand look at governmental operations, while grades 11 and 12 toured Alliance University for a glimpse into higher education and career readiness. The Carmel Sports Meet showcased athletic prowess and spirited competition, with students breaking personal records.

In their SUPW activity, 10th graders visited a nearby government school to share their learning experiences. The school shone brightly at the KISA Dance competition, participating across all categories. The Computer Department also made a mark with its signature computer fest, highlighted by the famous Treasure Hunt.

August brought a patriotic fervor as the entire school celebrated Inde-

pendence Day with synchronized marches and cultural performances. Pre-primary students visited a fire station and police station, enjoying a hands-on learning experience. The Science Exhibition—Eco Renaissance—was a grand affair, drawing interest from other schools and parents alike.

Ethnic Day, held on the occasion of Onam, saw students dressed in traditional attire, embracing their cultural heritage. Teacher's Day was memorable, with a fun treasure hunt and students stepping into the shoes of their teachers. Hindi Diwas followed, filled with music, dance, and competition results.

The year also saw several victories, with students winning accolades at Cadence, the music fest, and excelling in throwball, football, and volleyball tournaments. In No-

vember, students from grades 9 and 11 enjoyed an excursion to Hyderabad. Kannada Rajyotsava and Samvidhan Divas were celebrated with pride and joy.

Children's Day saw the roles reversed as teachers entertained students with performances and games. December brought the spectacular Annual Day, themed Vatsalyam, which celebrated a child's growth through the ages. Math Day followed with competitive quizzes and activities. The 10th and 12th graders enjoyed a memorable trip to Vistara Resort before the Christmas celebrations and vacation began.

January welcomed students back refreshed. The kindergarteners explored Make My Garden and The Birds of Paradise. Republic Day was celebrated with a patriotic march past. Febru-

ary saw the heartwarming Graduation Day for classes 10 and 12, while grade 11 visited the NIMHANS Brain Museum. Intra-school competitions like singing, dance, fancy dress, and cooking without fire kept spirits high.

March marked the kindergarten graduation and the closing ceremony of the school year, highlighted by vibrant student performances. The birthdays of Principal Fr. Rinson and Administrator Fr. Reji were celebrated grandly. With countless achievements and joyous memories, Carmel Academy wrapped up another extraordinary academic year, leaving students eager to return for more.

Incase you've Missed !!



Incase you've Missed !!



Opulent Indian Culture: A Blend of Tradition & Heritage

BY- SUJATHA KS
FACULTY, HISTORY DEPARTMENT

India is a country with a rich culture that is a blend of traditions, languages, religions, and customs. Morals and values are also part of the Indian culture and these values are deeply entrenched in every Indian's heart.

Namaste: The Spirit of Connection

Namaste is a word that carries more than just a casual greeting, it's a gesture deeply ingrained in our culture. "Namaste" reflects a deep philosophical understanding of the universe. When the palms are brought together near the heart, the gesture symbolizes the unity of all beings and the recognition of the divine presence in everyone that binds all of us together. It encourages respect, compassion, and spiritual harmony and helps us cultivate a compassionate and respectful attitude toward all living beings.

The Role of Family: Loyalty, Integrity,

and Unity

Family in India is not just a unit of individuals; it is a cornerstone of cultural and moral values. Indian families extend beyond the nuclear model, embracing grandparents, aunts, uncles, cousins, and even close family friends. The family is seen as a microcosm of society. The elderly hold a revered place in Indian society, as they are seen as the guardians of wisdom, tradition, and values.

Through generations, the older members pass down moral teachings, stories, customs, and religious practices. Children are raised to respect and honour their elders. The family, thus, serves as a key vehicle for preserving and transmitting India's rich cultural heritage.

Festivals: Celebrating Heritage and Tradition

India's festivals are not merely times of celebration; they are moments of cultural

reaffirmation. From Diwali, Holi, and Eid to Christmas, Pongal, and Durga Puja, each festival offers a unique glimpse into the

new. These occasions serve as vital moments to reconnect with their cultural roots, ensuring that the age-old customs continue to thrive in the face of



spiritual, historical, and social fabric of India. These celebrations are marked by music, dance, feasts, and religious rituals that transcend geographical and linguistic boundaries.

Festivals act as bridges between generations, linking the old with the

modernization. The vibrant celebrations highlight the unity in diversity, as people of different faiths and regions come together to share in joy, reflection, and gratitude.

Dance Forms: The Language of the Soul
Indian classical and folk dances are an

embodiment of storytelling through movement, music, and expressions. Classical dance forms such as Bharatanatyam, Kathak, Odissi,

the audience on a profound emotional and spiritual level.

On the other hand, folk dances like Garba, Bihu, Theyyam and

and Kuchipudi are not only aesthetically beautiful but also deeply spiritual. They often depict stories from Indian mythology, reflecting moral and philosophical lessons. Through intricate movements, facial expressions, and gestures (Mudras), dancers connect with

Lavani celebrate the vibrancy and diversity of regional cultures. Each folk dance is linked to local traditions, festivals, and agricultural cycles, embodying the everyday lives and joys of the people. These dances preserve and transmit cultural identities, con-

necting modern-day participants with the ancient traditions of their ancestors.

Music: A Spiritual Journey

Indian music, with its origins in the Vedic period, is not just an art form; it is a spiritual and therapeutic experience. Classical Indian music, whether Hindustani or Carnatic, is based on the ragas (melodic structures) and talas (rhythmic cycles) that are deeply linked to the cosmos and human emotions. The music is intended not just to entertain but to elevate the soul, foster inner peace, and connect the listener with the divine.

Indian classical music is often performed in intimate settings, allowing for a deep, meditative engagement. The compositions and improvisations resonate with centuries of tradition, telling stories of love, devotion, nature, and the divine. The therapeutic benefits of Indian music are widely recognized,

with raga therapy used to alleviate stress, heal emotional wounds, and promote physical well-being.

Preserving and Carrying Forward the Legacy

As India moves forward in the 21st century, it is essential for the younger generations to carry the torch of this rich cultural legacy. While technology and globalization have transformed the world, the core values of Indian culture—respect for elders, love for family, a sense of unity, and reverence for spiritual practices—remain timeless.

It is through the preservation of traditional dance, music, festivals, and familial bonds that India's rich heritage will continue to thrive. By fostering a deep understanding of these cultural elements, young Indians can ensure that their identity remains rooted in the values that have sustained civilization for millennia.

Power of One Rupee: A Blend of A Ripple of Kindness

BY- AMITH AUGUSTIENE
FACULTY, HUMANITIES DEPARTMENT

At Carmel Academy, even the smallest coin has the power to make a big difference. The Social Club's initiative, "The Power of One Rupee," demonstrates how compassion, teamwork, and dedication can lead to meaningful change. The idea was simple: collect one rupee from each student twice a month and use the funds for charitable causes. What began as a modest plan quickly grew into a significant campaign that raised funds for those in need while inspiring a sense of responsibility among students and staff.

The campaign started on 7th August 2024 and ran until January 2025. Over six months, the Social Club collected contributions from students and staff, raising more than

6000. While the individual contributions may have seemed small, the collective effort made a significant impact. More importantly, it raised awareness about the power of consistent action and compassion.

To organize the campaign, the Social Club divided participants into three teams: Zenith, Transcend, and Nexus. Each team was responsible for collecting donations from specific classes. Under the guidance of teacher-in-charges, students regularly visited classrooms to explain the cause and encourage contributions. The goal wasn't just to raise money—it was to promote empathy and awareness throughout the school.

The campaign's success was also due to the students' organ-

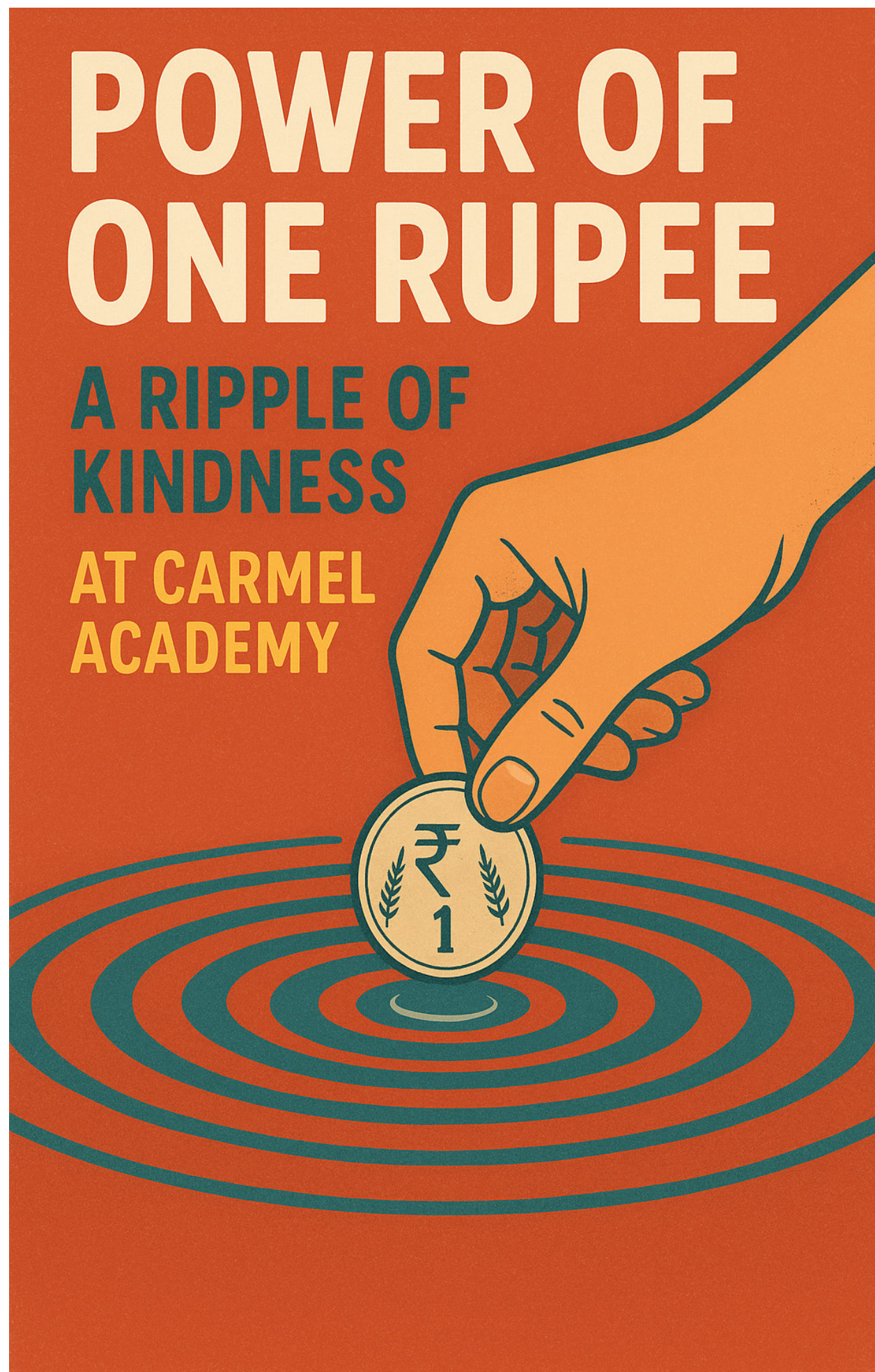
izational skills. They tracked contributions, maintained transparency, and ensured accountability. The healthy competition among the teams added excitement and energy to the project. Students were motivated not just by the goal but also by the sense of community that grew from the initiative.

Key individuals played a crucial role in supporting the campaign. Fr. Regi, the school administrator, set the tone by being the first to contribute, inspiring others to follow his example. We also thank Fr. Rinson, Seema Ma'am, and SST Coordinator Daisy Ma'am for their guidance and encouragement, which helped keep the campaign on

POWER OF ONE RUPEE

A RIPPLE OF KINDNESS

AT CARMEL ACADEMY



track. The entire SST department and supporting staff members not only contributed but also motivated others to join in.

The Power of One Rupee taught participants that even small acts of generosity can make a significant impact.

It also encouraged students to reflect on their privileges and responsibilities in society. The initiative showed that regardless of one's age or background, everyone has the power to make a positive difference.

Like any long-term campaign, there were challenges. Collecting donations from every class twice a month required consistent effort and coordination. Students had to balance academic responsibilities while fulfilling their roles in the Social Club.

Despite occasional scheduling conflicts, the students remained focused on their goal and persevered.

One of the most heartwarming aspects of the campaign was seeing students look forward to the collection days. Many contributed willingly, some even giving more than the required amount. Others offered words of encouragement and support to their team leaders. This sense of community played a major role in the success of the campaign.

As the initiative concluded in January 2025, it left behind more than just the money raised. It created a lasting legacy of empathy, leadership, and teamwork. The Power of One Rupee has become a model for future campaigns, not only at Carmel Academy but potentially in other schools as well. Plans are being discussed to expand the initiative with awareness drives,

visits to NGOs, and student-led outreach programs. The Social Club hopes to continue inspiring students to act with kindness and social responsibility.

This campaign would not have been possible without the collective efforts of everyone involved—students, teachers, coordinators, and staff. To all who contributed, offered encouragement, or helped carry the vision forward, thank you. The Power of One Rupee was more than just a fundraising effort—it was a movement of heart. At Carmel Academy, it has proven that when we stand together, even the smallest gesture can become a beacon of hope. We stand together, even the smallest gesture can become a beacon of hope.

MIGRATION - FILM REVIEW : "FREE AS A BIRD"

BY- AMMANAH JOSEPH (CLASS 10A)

Migration is an animated movie released in 2023, directed by Benjamin Renner and Guylo Homsy. This is a family friendly and extremely funny movie. The movie is about a family of Mallards. Mack is an overprotective father who does not wish to see the world outside their cozy little pond known as Moosehead Pond. The mother named Pam wishes for adventure, and wants to see what life has to offer. Their children, Dax and Gwen, suffer from a condition known as boredom and have the same wish as their mother. Despite their different perspectives on life, Mack and Pam love each other very much. As Mack was enjoying his life with his family in his comfort zone, their pond was met with mysterious and exotic birds never seen before. They were migrating and returning to Jamaica where there is a beautiful luminous lagoon where the water glows. The birds invite the Mallards to visit Jamaica. Mack refuses because he has assumed that his family is happy in his safe haven. Pam does not want to miss out on

life just because Mack is afraid to leave the pond. Another character named Uncle Dan enters the story. He agrees with Mack and his decision to not leave the pond. Dan portrays a clear image of what happens when you stay in your safe zone for too long, "happy, healthy (not very much) and totally alone". Mack agrees to migrate because of Uncle Dan's condition. Gwen forces Uncle Dan to migrate with them to Jamaica, giving him another chance to live his life. And so they fly into the completely unknown and into skies they have never been to before. They noticed that the other birds were flying opposite to the direction they were flying. They soon realised why. A storm hits them. What a great start to their adventure! What else could possibly go wrong? A heron, "psycho bird killer", named Erin, finds them and takes them to her nest. She offers them to stay at her place and Pam quickly agrees as she does not want to offend her.

They were terrified and kept their eyes open all night. As they tried to escape, they saw Erin sharing right at them. Erin chased after them. The family thought she was trying to kill them while instead she was trying to save them from a vicious piranha. In the morning they



thank Erin for her slightly terrifying hospitality and quickly head out. They lose their way and reach New York City. They witness the various aspects of city life like cars, tall buildings, pollution and pigeons. The pigeons surround them for food and in an attempt to drive them away, Mack calls them "trashy vermin", which highly offended them. Their leader,

Chump, enters and ferociously questions Mack. Pam enters and makes a pact with her to share the sandwich. Chump offers to help them reach Jamaica and takes them to her friend named Delroy, who was born and raised in Jamaica. However he is now trapped in a

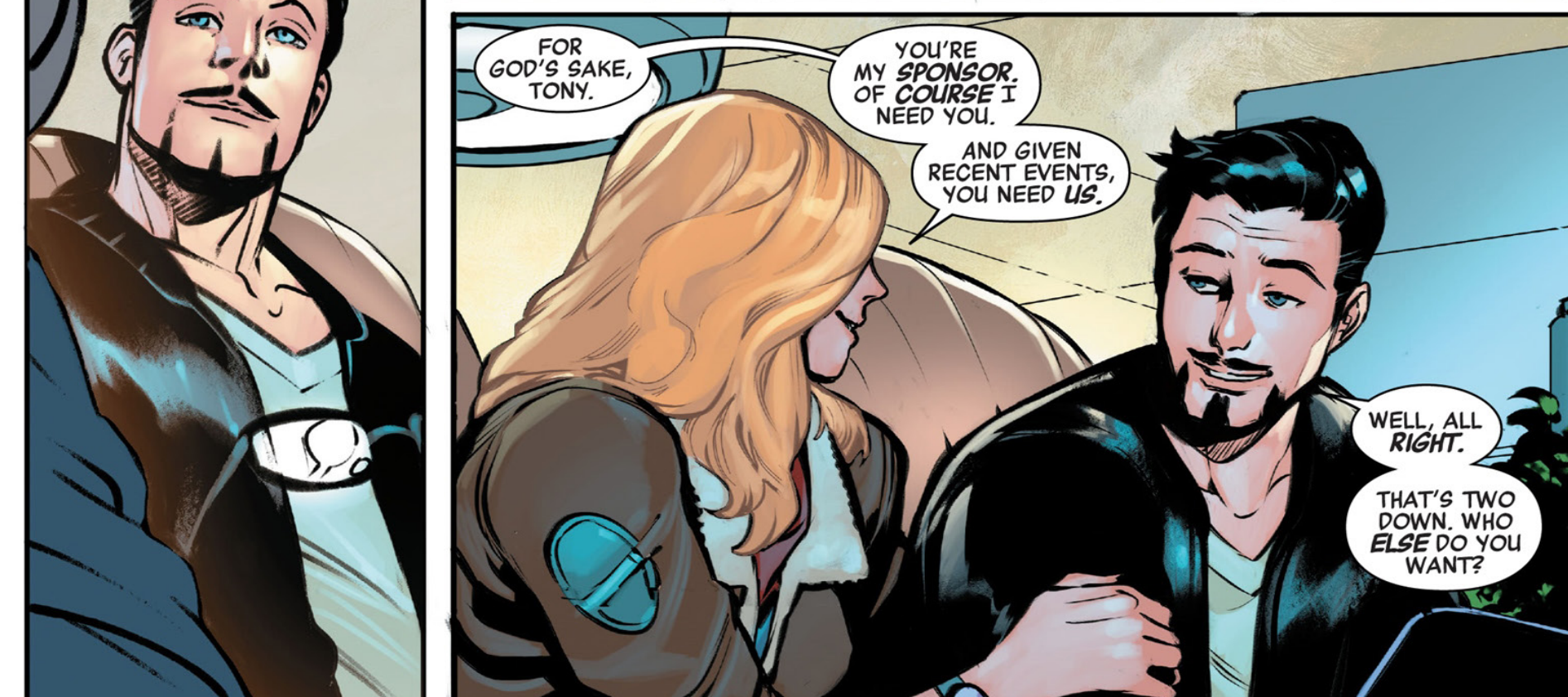
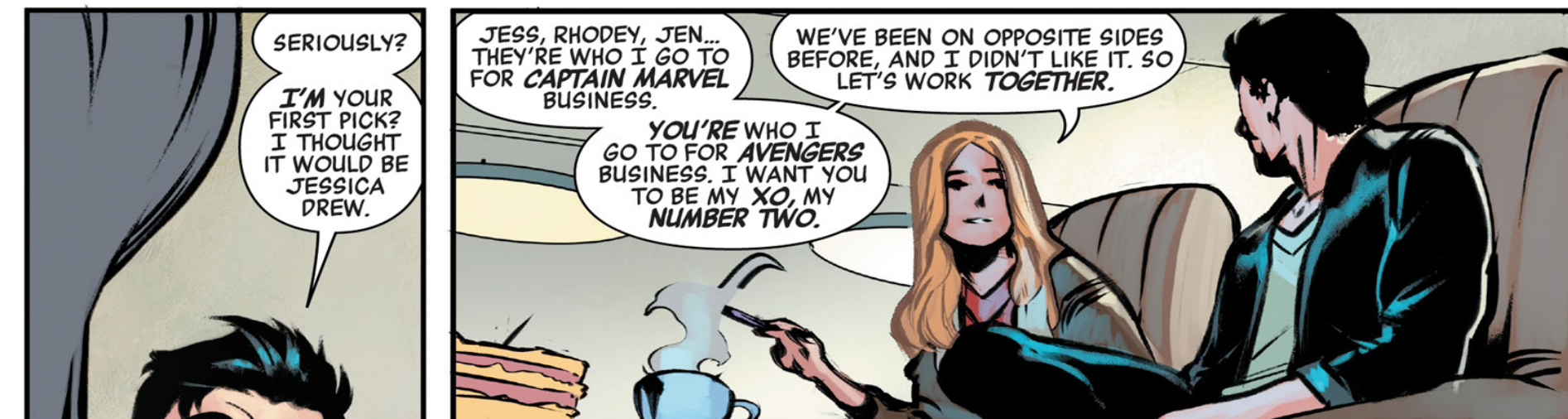
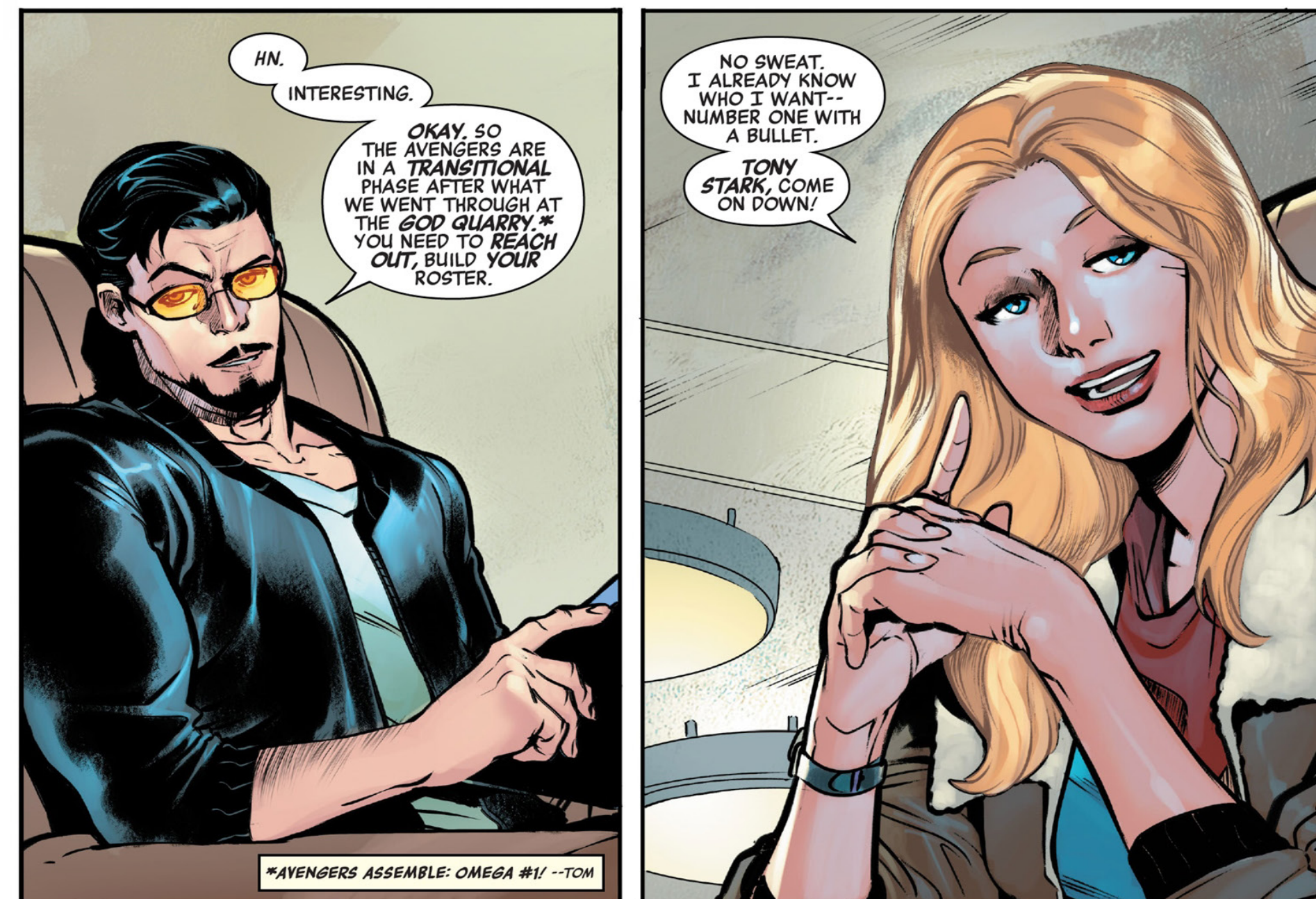
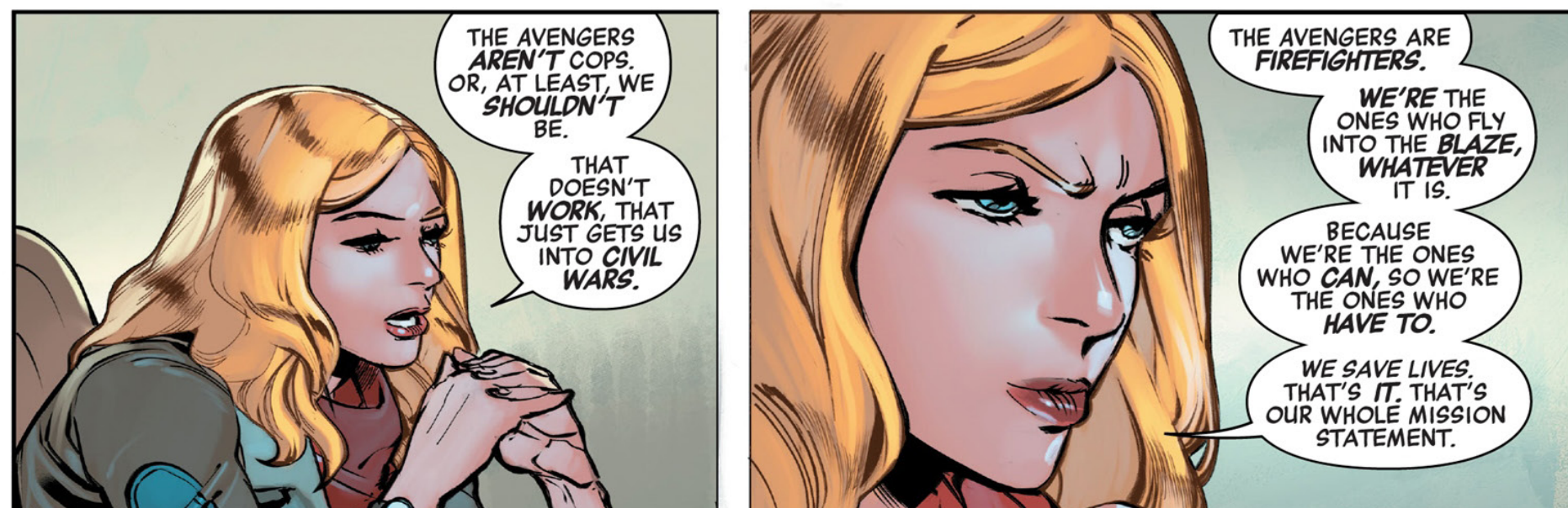
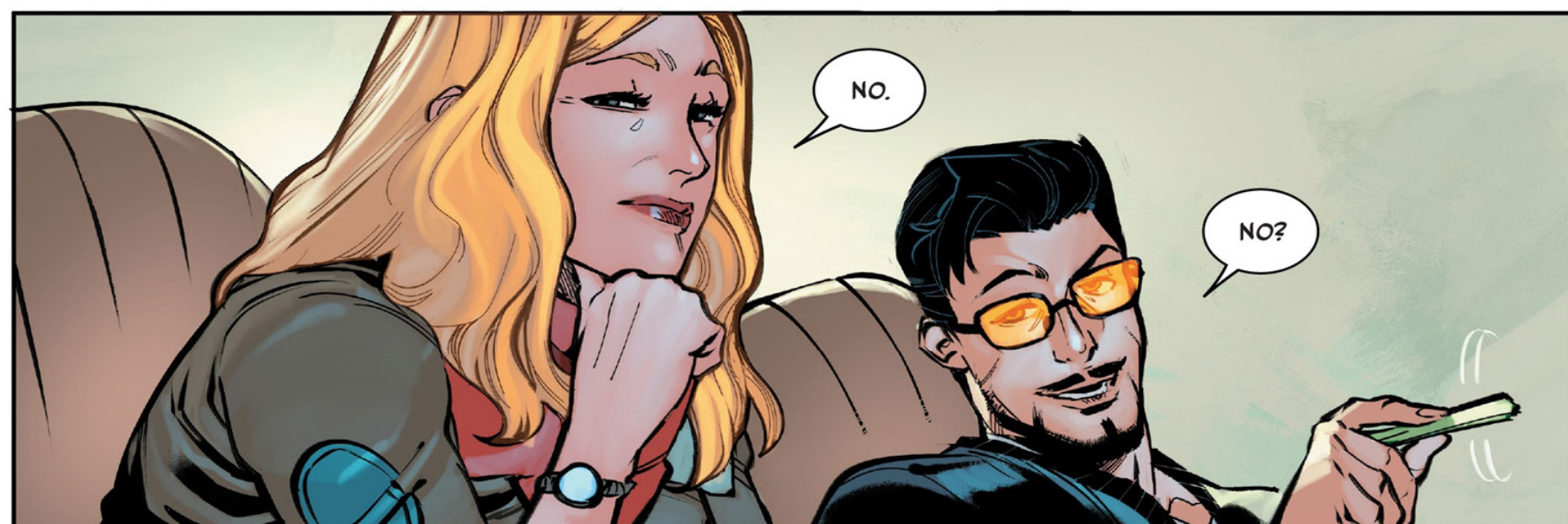
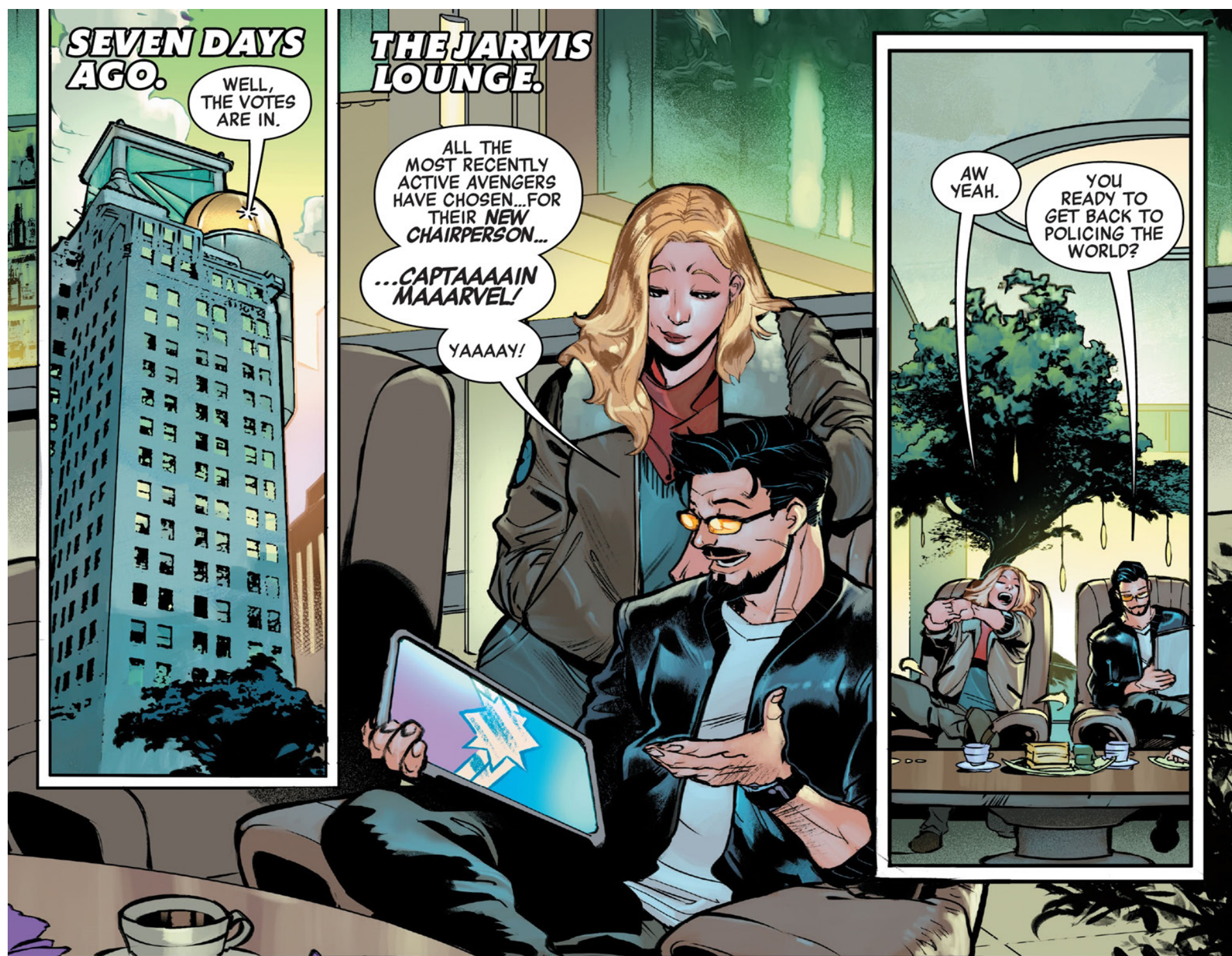
cage by an evil chef. He misses his family. This indicates the sorrow of a bird when cramped in a cage. This shows how cruel certain people can be to other living beings who also wish to be living free. Mack decides to get the key from the chef. He and Pam face a life or death situation, yet they manage to retrieve the key and free Delroy. Delroy feels

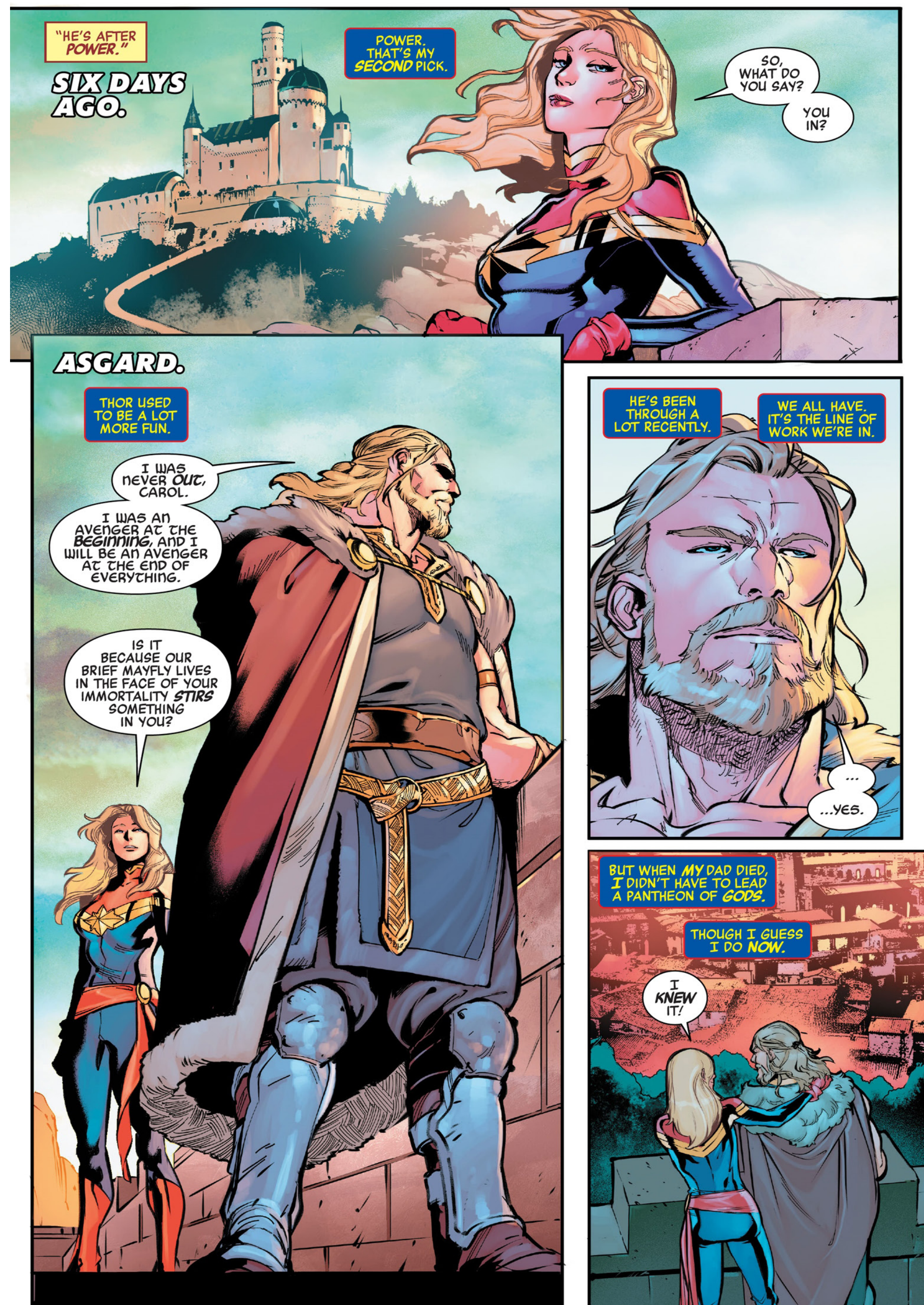
extremely happy and "free as a bird" because he is a bird. Chump becomes teary as she says goodbye to the family. This shows that a friendly attitude towards the people we run into will help us gain friends who will be loyal forever. Later they discover a farm known as

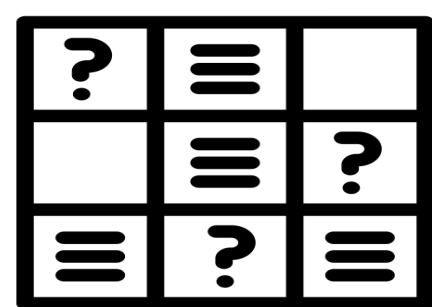
the Garden of Harmony by the ducks who live there. They spend their time together as a family and have fun times. Dax finds out that the owners of the farm are selling the ducks to the evil chef. The chef captures them and the parents. Dax and Gwen hide themselves.

Mack and Pam are put into a cage. Pam loses hope. Mack motivates her to get up on her feet. They somehow, with the help of the other birds trapped, open the helicopter. However, they are stuck in the cage with no way out. Just as there was no hope left, Dax and Gwen reach, and open up the cage with all their might, just before they hit the ground. The family reunites and makes their way

to Jamaica. Delroy feels that they are lost, which is when they notice that the water they are sitting upon is glowing. They reached Jamaica! Mack lets his spirit fly and finally opens his eyes and his heart. Delroy was home with his family. Mack finally understood how important it was to discover the world when they have the ability to. The movie ends happily with the birds dancing the evening away in front of the beautiful sunset. Despite the challenges and the dangers, they achieved their goal because they did not give up. When danger strikes, you do not run away from it and instead you take a stand. The movie is so simple and yet so meaningful. It is relatable to many families around the world. It tells one the importance of spending time with your family. I hope this article inspires the readers to watch Migration on Netflix. I would like to end this article with a question for the readers - Where would you migrate to, if you had the chance?







SUDOKU

HOW TO PLAY?

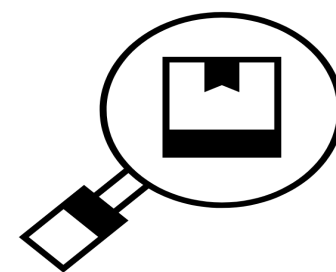
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RULE 2- Each column must contain the numbers from 1 to 9, without repetitions

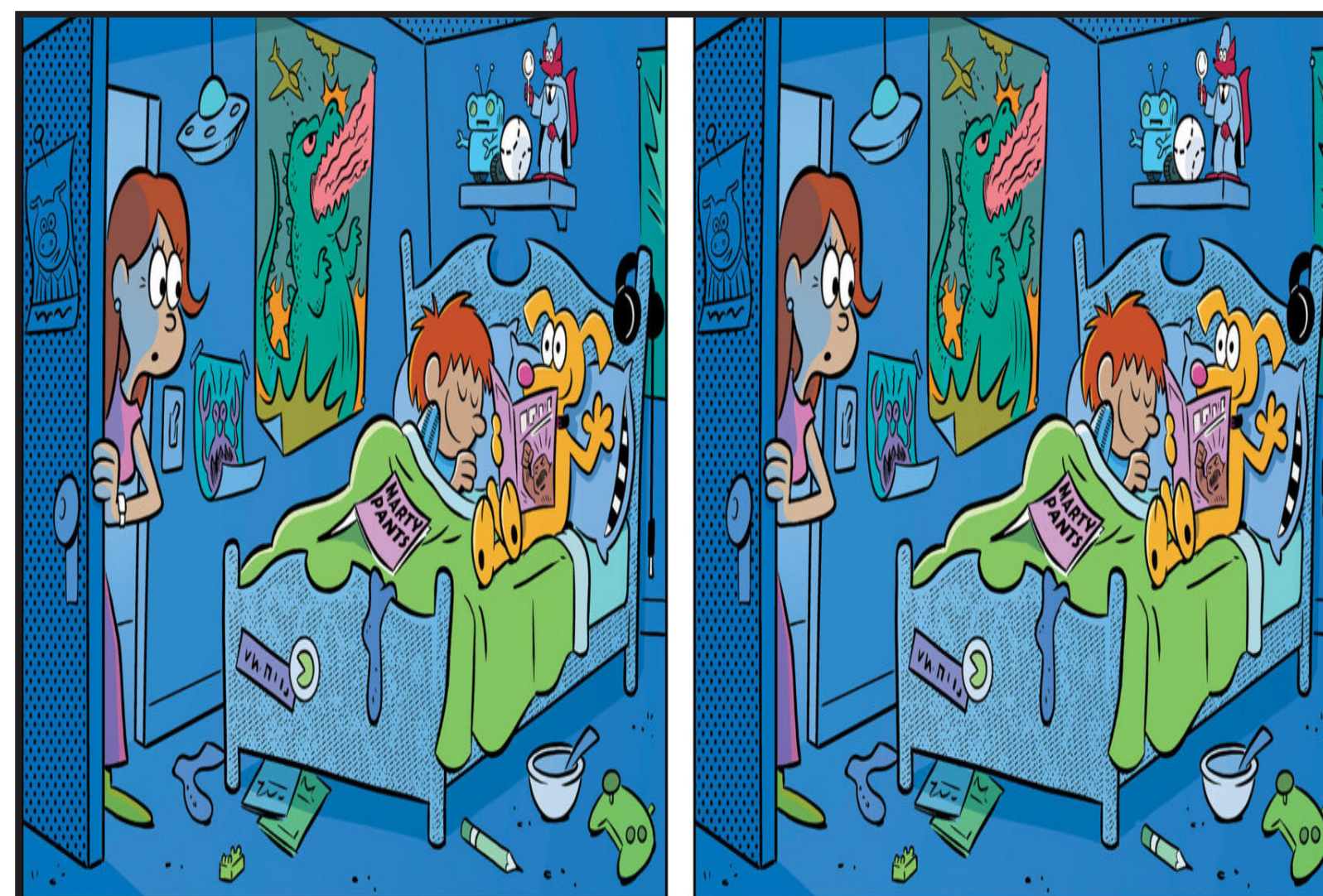
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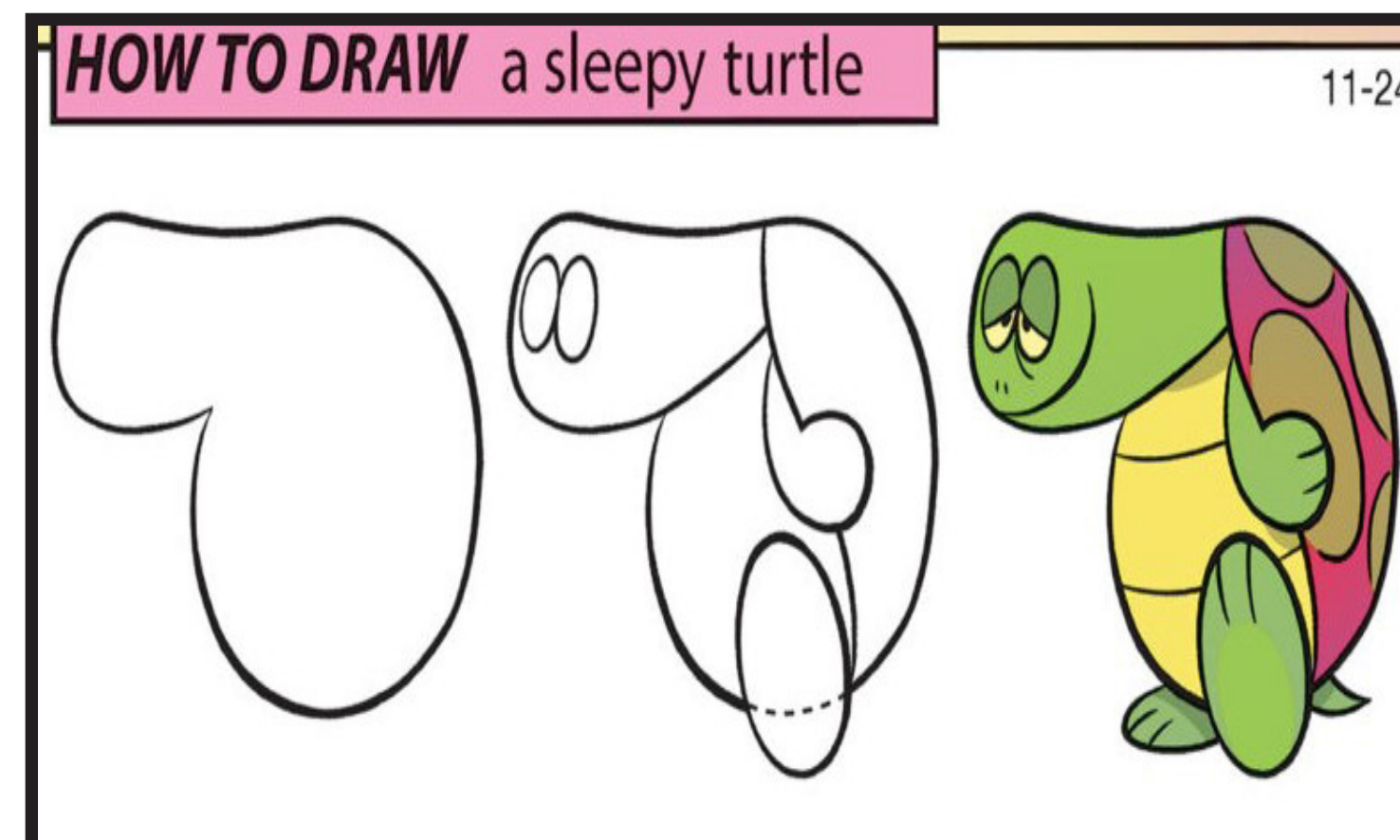
For answers, refer to the next edition



Spot the differences!



Shapes to shadows!



"Hall of Ha-Ha!"

