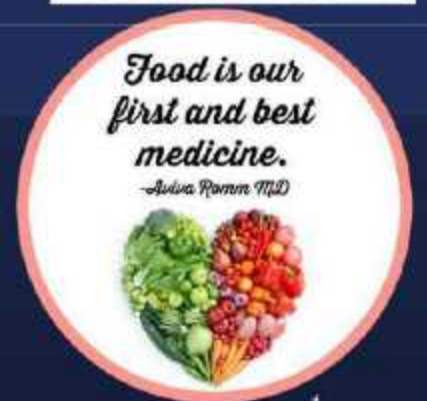


**HEALTHY  
LIFE**

*with*

**HEALTHY  
FOOD**



Nutrition Week 2022

“Give Nutritious Feast to Taste Buds”

Nutrition is very important for everyone, but it is especially important for children because it is directly linked to all aspects of their growth and development. National Nutrition Week is used to make people aware about the importance of proper nutrition and the value of healthy eating practices for upholding a healthy lifestyle. National Nutrition Week is observed every year from September 1 to September 7. Theme for the year 2022 is “Celebrate a world of flavors”. The theme encourages to celebrate flavors of varied cultures across the world, at the same time we must nourish the body and appreciate the diversity.

Carmel Convent School celebrated national nutrition week on 8th September, 2022 by arranging poster making competition, skit and talk by teachers and students to educate children about the balanced diet.

At Carmel we believe that a healthy mind resides in a healthy body. Keeping true to the same thought, the students of 6th grade conducted special assembly with thought provoking messages.



When We Think We Know We Cease To Learn

- Dr. Sarvepalli Radhakrishnan -



*"It is the supreme art of the teacher to awaken joy in creative expression and knowledge"*

Teachers' day celebrated on 5th September each year on the occasion of the birth of Dr. Sarvepalli Radhakrishnan, who was an amazing teacher of his time. Carmel campus was buzzed with excitement and smiles on this day, as it was the most awaited day to express their gratitude to beloved teachers. On 5th September, 2022 the colourful celebration was hosted by the students of Std IX and X. Rev.Sr Anila, the Manager of our school; Sr. Catherine, our Principal, Sr Savitha, our Vice Principal, Sr.Aaron and Sr. Jyothi graced the occasion. It was truly a proud day for the teachers to bask in love and attention they received from their students. The highlighted onstage performance included rhythmic music, energetic dances, comedy skit and inspiring speeches. Students took great effort and ensured that teachers enjoyed every minute of their spectacular show.





# Shining STAR'S



1.A



1.B



1.C



1.D



2.B



2.A



2.C



2.D



2.E



3.A



3.B



3.C



3.D



4.A



4.B



4.C



4.D



5.A



5.B



5.C



5.D



6.B



6.C



6.D



7.A



7.B



8.A



8.B



8.C



8.D

# Well done!





# "eat Healthy live well"

Healthy Kids, Happy Kids

A poster making competition was held for the students of LKG and UKG of Carmel Convent School, Carmelaram, on 12th and 13th of September 2022, to raise awareness about National Nutrition Week, which is celebrated in the first week of September every year. The topic of the poster competition was 'Healthy and Unhealthy Foods' with the objective of encouraging healthy eating habits among the students, which include foods good for health and planning meals that consists of more fruits and vegetables. The kids were encouraged to express their ideas through posters, painting and sketches.

The hidden but well intention agenda was getting the parents involved in creating an environment that supports healthy eating habits. A large number of students enthusiastically participated in the competition that was judged by an excellent panel consisting of Mrs. Rani Benny, Mrs. Prema and Mr. Subrata Kumar Das Babu and organized by Dr. Anupama, coordinator of pre primary wing along with all teachers under the guidance of the Principal and Vice principal. Our Principal Sister Catherine gave her blessings, encouraged the students by awarding them with lovely gifts and appreciated their efforts exhibited by all.

Congratulations!

## LKG

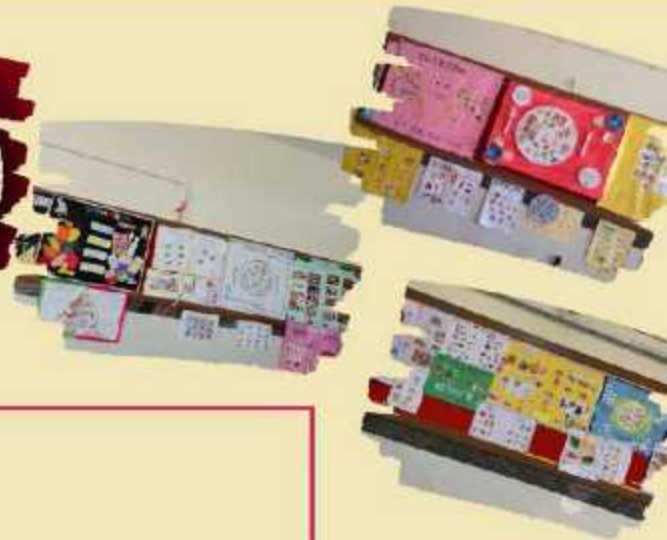
- 🥇 RIO FREDRICK ANTONY (LKG C)
- 🥈 RIYA (LKG B)
- 🥉 NAMYA (LKG A)

## UKG

- 🥇 AISHWARYASHELLIKERI (UKG A)
- 🥈 ANGELINE TREESA JOBY (UKG B)
- 🥉 SHANVEE ALA (UKG D)

GOOD JOB!





*Congratulations*

<b>LKG-UKG</b>	<b>LKG B</b>
FIRST PRIZE	UKG A
SECOND PRIZE	
<b>I to IV</b>	I . C
FIRST PRIZE	II . C
SECOND PRIZE	I . A
THIRD PRIZE	VII . B
<b>V to X</b>	X . B
FIRST PRIZE	VII . D
SECOND PRIZE	
THIRD PRIZE	

## Healthy food for a strong body

Superfoods are nutrient-rich and a catalyst for good health and overall well-being.







ABC



# Literary week



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"Literature is one of the most interesting and significant expressions of humanity."

The word literature is closely associated with the creativity and inspiration and is as varied as language itself. A colourful week of celebration was inaugurated by Sr Savitha ,the Vice Principal. The literary club is a paradise for thinkers, readers and writers. It is a place where students are free to think, read and write on the topic of their own choice. The club is also a forum where students share their insight on various topics. Literary club in CCSB creates a fondness for languages among students and enhance their language skills. To cherish students talents, the club provided plentiful activities such as role play on writers, dance, group songs, Turncoat debate on 'Reading books is better than watching T. V.', poem recitations with its moral, storytelling of 'The Hare and the Tortoise' with its nuances, informative speeches on literature and great Literarians of Kannada, Hindi and English.

Competitions such as 'Spell Bee', 'Action Charades', 'Riddles on English', and so on were conducted to horn the listening and verbal skills. The literary club week turned out to be an extremely exciting experience for students by blending learning with fun.







# GROWING IN EXCELLENCE

"Education is the passport to the future, for tomorrow belongs to those who prepare for it today."

Seminars help us to gain insight and information that can motivate us throughout our lives. Undoubtedly, the one-day seminar conducted by Ms. Ivy Emmanuel, a successful entrepreneur and leadership coach filled the students with inspiring tips on how to excel in life. The resource person motivates the students to face the challenges of the future with courage and also arranged an activity for the same. This activity helped the students to broaden their perspectives of life goals and to go beyond their comfort zones. She focused the importance of self-confidence, good communication skills, positive thinking and personality building. The vibrant and energetic person, Ms. Ivy Emmanuel made sure that the students thoroughly enjoyed the session and gained valuable life skill from it.

**Seminar :  
Std IX & X**



# VOLLEYBALL TOURNAMENT



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A true challenger is one who plays to win  
The achievements we celebrate today is a step to greater heights.  
Our students have won second prize in volleyball (under 14) conducted in Indoor Sunrise International School. Our high school students got an opportunity to participate in the volleyball championship. They were rewarded with Medals and Certificates. Congratulations dear students and physical education trainers.

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# A FUN FILLED DAY



*A journey well shared is a journey well enjoyed.*

*It was indeed a day filled with excitement when the staff assembled in school to unwind themselves and visit Ivy Rosa Resort, Hadosiddapra. Apart from relaxation and enjoyment the picnic aimed at building up team spirit among the members of the staff. The games organized were indeed fantastic. Each and every staff member enjoyed the day to the fullest with the sumptuous lunch. Though the gathering was done in short hours the memories will linger for a long time.*



# If you believe in yourself anything is possible.



The system of education is mostly examination ridden which aims at the test of achievement and success. Examination is the center of studies and hard work. It is a motivating force to work. Examinations help us to find the most efficient individual among many. It discriminates between the genuine gold and the sparkling brass. The first semester examination was conducted in CCSB from 19th September to 1st October, 2022 in a well-organized manner.

