

CAMPUS BUZZ

"A VIBRANT ODYSSEY OF SUCCESS, SCRIPTED BY THE
HANDS OF VISIONARIES AND ACHIEVERS."

MOUNT CARMEL SCHOOL
Affiliated to ICSE, M
BAGHMUGALIA, BH



MOUNT CARMEL SCHOOL
Arvind Vihar, Baghmugalia, Bhopal



PRINCIPAL'S MESSAGE

THE VISIONARY APPROACH



DR. SR. ARCHANA
(Principal)

Mount Carmel School
Baghamugalia, Bhopal

Dear Students, Parents, and Well-wishers,

It gives me immense joy to reflect upon the vibrant and enriching journey of our Summer Camp at Mount Carmel School—an initiative that truly brought learning beyond the classroom to life. This year, our focus was both meaningful and forward-looking: simplifying essential life skills, especially in the areas of communication, financial literacy, and holistic development. The camp was thoughtfully designed to nurture the mind, body, and creativity of our students. Through sessions on wellness and mindful living, students developed body awareness, practiced simple breathing techniques, and learned the importance of healthy habits, emotional balance, and self-care. These experiences helped them grow not only physically but also mentally and emotionally.

Equally impactful was our emphasis on home remedies and life skills, where students were introduced to basic first-aid, everyday safety practices, and personal care skills—instilling independence and responsibility from a young age.

Adding excitement and energy to the camp were the adventurous activities, which became a highlight for our students. Activities such as zip line, trampoline, zorb roller, burma bridge, commando net, and climbing wall not only thrilled the students but also helped them build courage, teamwork, and resilience. These experiences encouraged them to step out of their comfort zones and discover their inner strength.

A special attraction was the inclusion of an educational planetarium experience, which sparked curiosity and wonder among students as they explored the mysteries of the universe. This beautiful blend of adventure and learning made the camp both exciting and intellectually enriching.

Creativity flourished through a wide range of activity studios such as Imagination Lab, Design Habitat, Rhythm Avenue, and Soundwave Collective, along with Little Gourmet Studio, where students explored art, music, movement, and healthy living. The freedom to choose activities empowered students to explore their interests and develop confidence.

This Summer Camp was not merely an event, but a transformative journey—shaping confident communicators, creative thinkers, and responsible individuals. I extend my heartfelt appreciation to our dedicated teachers and enthusiastic students who made this initiative a grand success.

A significant milestone this year has been the introduction of new structured initiatives in Communication Skills and Financial Literacy within our school program. These initiatives aim to equip our students with the confidence to express themselves effectively and the wisdom to make informed financial decisions. The Summer Camp served as a vibrant platform where these skills were practiced through engaging, real-life activities.

We are also proud to announce the upgradation of our Robotics Lab, opening new avenues for innovation, critical thinking, and technological exploration, preparing our students for the future.

**THE TRUE SCHOOL IS THE MONASTERY OF THE WORLD, WHERE
THE ARCHITECTURE OF THE BUILDING IS LESS IMPORTANT THAN
THE ARCHITECTURE OF THE CHARACTER BUILT WITHIN ITS
WALLS." — SAINT THOMAS AQUINAS**

A VIBRANT COMMENCEMENT

CAMPUS BUZZ

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WELCOMING ACADEMIC SESSION 2026-27

The sun rose on a brand-new chapter as the school gates swung open to welcome students from Grade KG II to Grade 12 for the 2026-27 academic session. The morning air was thick with a mix of "first-day jitters" and the electric energy of a fresh start.

Breaking from tradition, the inaugural assembly was uniquely conducted by the faculty, setting a tone of mentorship and care. The ceremony commenced with a soulful prayer song, followed by an inspiring address from our Principal, Reverend Dr. Sister Archana. Her message focused on resilience and the pursuit of excellence; she articulated a vision where students are not merely passive recipients of knowledge but active architects of their own destiny. She challenged the assembly to transcend mediocrity, urging them to embrace challenges as catalysts for character building and to approach the year with an unwavering commitment to academic and moral integrity.



To align the community's spirit, teachers presented the school's Mission, Vision, and Goals, placing a profound emphasis on holistic development. The educators underscored the necessity for every student to cultivate a personal "North Star," encouraging them to formulate their own individual mission statements. They reminded the scholars that while the path to success is rarely linear, one must never lose heart in the face of temporary setbacks, for perseverance is the hallmark of a true visionary.



The stage then came alive with a stirring Hindi motivational poem, followed by a captivating dance drama that served as a poignant mirror to the student experience. This performance masterfully navigated the spectrum of campus life—from the grueling pressure of examinations to the euphoric heights of artistic and athletic achievement. It vibrantly illustrated the "thought-process" of a modern learner, showcasing the delicate equilibrium between intellectual rigor and emotional well-being. Through rhythmic storytelling, it celebrated the triumph of the human spirit over adversity.

A LEGACY OF EXCELLENCE

CARMELITE ACHIEVES UPSC GLORY WITH AIR 756



An inspiring and proud moment unfolded at Mount Carmel School, Baghmugalia, Bhopal, as a distinguished alumna, Rupal Ban of the 2016 batch, returned after securing All India Rank 756 in the UPSC Examination 2025—one of the most challenging and prestigious examinations in the country. The programme commenced with her felicitation by Reverend Doctor Sr. Archana, who lauded her remarkable achievement and held her up as a beacon of excellence for the entire Carmel family.

In her address to the students, Rupal eloquently shared her journey of unwavering determination, consistent hard work, and resilience in the face of challenges. She emphasized that success is not an overnight accomplishment but the result of continuous effort, disciplined study, and a focused mindset. She fondly acknowledged the pivotal role of her school in shaping her personality, highlighting how the encouragement, guidance, and opportunities provided by the principal and teachers nurtured her confidence and aspirations.

She also expressed deep gratitude towards her parents for their constant support, motivation, and for instilling in her a positive attitude and strong values. Her words resonated deeply as she encouraged students to maintain mental positivity, remain goal-oriented, and believe in their potential even during difficult times.

Her journey stands as a powerful testament to the fact that with the right guidance, a positive mindset, and relentless perseverance, even the most ambitious dreams can be transformed into reality.



A HARMONY OF HEARTS

The World Peace Assembly



The school grounds transformed into a sanctuary of reflection as the community gathered for a solemn World Peace Assembly. Led by our Principal, Reverend Dr. Sister Archana, and the faculty, the gathering resonated with a singular, profound message: the urgent necessity of global harmony and communal living.



The spirit of the assembly extended beyond words and into artistic expression. In a poignant display of solidarity, students authored personal peace manifestos, now showcased in the lobby to inspire visitors and parents alike. This vision of a unified world was further immortalized in the classrooms, where students crafted a "World Peace Tree." Each leaf, inscribed with a student's hope for a non-violent future, was placed upon the branches—a vibrant symbol of our collective commitment to nurturing a more peaceful and compassionate world.



EMPOWERING THE EDUCATORS

A TRIBUTE TO WOMEN'S DAY

The halls of our school resonated with appreciation as we celebrated International Women's Day with a spirited get-together organized by our Principal, Reverend Dr. Sister Archana, and the male faculty. The event kicked off with a "Powerful Entry" by the lady teachers, who were greeted with a standing ovation and a soulful song dedicated to their tireless dedication.



The celebration culminated in a joyful cake-cutting ceremony, leaving every teacher feeling cherished and empowered. It was truly a day where the heart of the school was celebrated with the honor it deserves.

Sister Archana delivered a moving, informal message, emphasizing the strength and grace women bring to the world of education. The atmosphere shifted from poignant to playful as the male staff conducted a series of interactive fun games, sparking laughter and camaraderie.



TOWARDS NEW HORIZONS

Wishing Success to our ICSE and ISC Candidates

As the ICSE and ISC 2025-26 examinations begin, our Grade 10 and 12 students stand at a significant threshold. To ease the natural exam-day anxiety, our dedicated faculty remained a constant pillar of support, offering steadying words of motivation.



Before heading to the centers, Reverend Dr. Sister Archana led a serene prayer meet, allowing the students a moment of collective stillness to find their inner peace. Bolstered by these heartfelt blessings and the presence of their teachers, our candidates moved from apprehension to quiet confidence. We wish our scholars the very best—may your hard work be rewarded with the success you truly deserve!

HEALING HANDS, MINDFUL HEARTS

A SESSION WITH DR. SISTER ANNE MARIA

In an era where wellness is paramount, our school was privileged to host Reverend Dr. Sister Anne Maria, a distinguished counselor for the Health and Healing Ministry. Sister Anne Maria is a beacon of compassion, dedicating her life to social work and the holistic upliftment of the marginalized. Through her ministry, she provides selfless service in healthcare, spiritual guidance, and emotional healing, touching countless lives with her expertise and empathetic heart. Her work stands as a testament to the power of dedicated service, transforming communities through her commitment to physical and mental well-being.



During her sessions, Sister Anne Maria conducted a series of vibrant, hands-on workshops that ignited a spark of enthusiasm among the students. Her sessions were a masterclass in practical living, covering vital life-saving skills like CPR and First Aid, alongside sustainable lifestyle practices. From demonstrating the preparation of organic soups and healthy juice powders to teaching the art of plant propagation, she bridged the gap between health and nature.



The students also explored their creativity in a "Best out of Waste" activity, learning to find value in the discarded. It was an empowering day that motivated our students to embrace a lifestyle of mindfulness, health, and environmental stewardship.



NEXORA Unleashing Eloquence

The Speak Smart Summer Camp & Adventure Retreat

The school grounds vibrated with creative energy as students from Pre-Primary to Grade 8 participated in a transformative Summer Camp hosted by the Speak Smart Academy. Focused on the art of communication, the camp replaced traditional rote learning with a dynamic "Word Smart" curriculum. Students dived into a world of linguistic flair, mastering Hindi idioms (Muhaavare), tongue twisters, and poetic recitations. A standout highlight was the "Acting to Identify" session, where children translated complex emotions into silent performances, bridging the gap between thought and expression.



The academy's innovative approach saw students stepping into the shoes of diverse characters—from historical legends to Radio Jockeys. These role-plays, alongside intense "War of Words" debates, sharpened their spontaneous thinking and rhetorical skills. Whether it was narrating vivid stories or describing random objects with creative depth, every activity was designed to build a robust vocabulary and unshakable confidence. The grand finale saw a spectacular RJ Showcase, where students captivated the audience with their charisma and hosting prowess.



To balance the intellectual rigour, an Adventure Camp was organized as a refreshing "Fun Day." This exhilarating break allowed students to bond through physical challenges, fostering teamwork and resilience. This holistic blend of verbal mastery and outdoor adventure ensured that our students emerged not just as better communicators, but as well-rounded individuals ready to articulate their vision for a better future.

DIGITAL FRONTIERS

Navigating Towards a Better Future

As the 2026-27 academic session unfolds, the school has proudly inaugurated a state-of-the-art Digital Library, empowering students to master AI and modern information systems. This leap into the digital age ensures our scholars are not just consumers of technology, but innovators prepared for a rapidly evolving global landscape.



To complement this technical edge, specialized masterclasses were held to sharpen essential life skills. Mr. Garvit Pal Singh provided vital insights into Financial Literacy, while Mr. Ravi Patidar conducted dynamic sessions on Communication Skills. By merging digital proficiency with the power of eloquent expression, these initiatives equip our students to face the world with confidence and excellence.



A SYMPHONY OF FIRST STEPS

Welcoming Our Littlest Luminaries Nursery and KG1

As the heavy gates of the academy swung open, a kaleidoscope of emotions danced upon the faces of our newest scholars. For the tiny luminaries of Nursery and KG 1, this inaugural step was a courageous voyage into the unknown—a delicate symphony of quivering lips, wide-eyed wonder, and the exhilarating scent of fresh crayons.



Equally poignant was the quiet struggle of the parents, whose hearts lingered at the threshold. We witnessed the silent breath of anxiety as they loosened their grip, entrusting their most cherished treasures to our care.



Yet, this trepidation was swiftly dissolved by the radiant warmth of our dedicated faculty. Our Principal and teachers greeted each child with a sanctuary of unconditional tenderness, while our helping staff offered the gentle reassurance that every child was being cradled in a home away from home.



In this nurturing embrace, the parents' unease blossomed into peace, and the children's fear into curiosity. We are profoundly honored to guard this sacred trust, cherishing the privilege of guiding these burgeoning spirits as they begin their grand intellectual odyssey.

The Investiture Vanguard

A CONFLUENCE OF LEADERSHIP AND LEGACY

The hallowed grounds of Mount Carmel School were bathed in an aura of solemn grandeur as the institution convened its annual Investiture Ceremony. The proceedings commenced with the majestic arrival of the Chief Guest, Mrs. Shraddha Tiwary, IPS, Deputy Commissioner of Police (Headquarters). Her presence, characterized by an indomitable spirit of public service, was heralded by a crisp guard of honor from the NCC Cadets, whose rhythmic precision mirrored the discipline of the day.



Adding to the spiritual and administrative grace of the assembly was our Provincial Superior, Mother Pavithra, a beacon of wisdom and serene guidance. The atmosphere turned ethereal with the Lighting of the Lamp, followed by a choreographed Welcome Dance that set the stage for the formal induction.

Amidst the fluttering banners, the newly minted leaders—Head Boy Anshul Dhakad, Head Girl Vaishnavi Tiwari, and Captain Varun Pateriya—alongside House Captains and Prefects, stood poised to receive their badges. The March Past display was a breathtaking testament to synergy and strength.

In a stirring address, our Principal ignited the flame of ambition, while Mother Pavithra eloquently reminded the council that true leadership is a service of example. Mrs. Shraddha Tiwary, IPS, in her commanding keynote, emphasized that these sashes are not mere ornaments but symbols of heavy responsibility to be executed to the fullest. The ceremony reached its crescendo with a Grand Finale, leaving the newly sworn-in council to embark on their journey of stewardship.



A SOVEREIGN COMMISSION

THE JUNIOR & SUB-JUNIOR INVESTITURE CEREMONY 2026

The hallowed grounds of Mount Carmel School resonated with a profound sense of purpose as the Junior and Sub-Junior Investiture Ceremony unfolded—a day etched in the annals of our institution as a celebration of nascent leadership.

We were profoundly honored to welcome our Chief Guest, Reverend Sister Vinaya, Vicar Provincial, who was received with warmth and esteem by our Principal, Reverend Dr. Sister Archana. The ceremony was formally inaugurated with the lighting of the ceremonial lamp, followed by a celestial prayer song and an ethereal welcome dance that captivated the assembly.



The hallmark of the morning was the pinning of the badges, sashes, and caps. As the newly elected Junior and Sub-Junior Cabinet members stood tall, they transitioned from students to custodians of the school's ethos. Reverend Sister Viniya delivered a stirring motivational address, urging the young leaders to embrace their duties with integrity, reminding them that true leadership is rooted in service rather than status.

Following a spectacular Grand Finale and a heartfelt Vote of Thanks, the young officers departed, not merely with titles, but with a renewed commitment to lead their peers toward excellence.



"YOUNG MINDS & GUIDING LIGHTS"

**YOUNG MINDS, LIKE LANTERNS IN THE RISING MIST,
ARE BY THE FIRE OF SACRED COURAGE KISSED;
THEY ARE THE GUIDING LIGHT THROUGH SHADOWS DEEP,
THE PROMISE THAT A WAKING WORLD SHALL KEEP**



GLOBAL CONFLICTS: THE ISRAEL-IRAN WAR AND THE RUSSIA-UKRAINE WAR

"EVERY WAR RESHAPES THE FUTURE BEYOND BORDERS."

INTRODUCTION

The world today is facing serious geopolitical tensions, with major conflicts affecting global peace and stability. Two of the most significant ongoing wars are the Israel-Iran war in the Middle East and the Russia-Ukraine war in Eastern Europe. These conflicts are not only regional issues but have global consequences, impacting economies, politics and human lives.



THE RUSSIA-UKRAINE WAR

The Russia-Ukraine war, which began in 2022, is still ongoing in 2026. Russia continues its military operations in Ukraine, attempting to capture more territory, while Ukraine resists with support from Western countries. Recent reports suggest that Russia is intensifying its attacks, taking advantage of changing conditions on the battlefield. Despite heavy losses, the conflict remains unresolved. This war has already caused massive destruction, loss of life and displacement of millions of people. It has also affected global food supplies and energy markets, especially in Europe. Interestingly, the Israel-Iran war is indirectly affecting this conflict. Rising oil prices due to Middle East tensions are benefiting Russia economically, giving it more resources to continue the war.

THE ISRAEL-IRAN WAR

The Israel-Iran war began in February 2026 after coordinated strikes by the United States and Israel on Iranian military and nuclear sites. In response, Iran launched missile and drone attacks on Israel and other countries in the region. The conflict has escalated rapidly, with both sides targeting military infrastructure as well as energy facilities. Iranian missile strikes have hit Israeli cities, causing injuries and damage to buildings. This war has also affected the global economy. The Strait of Hormuz, a crucial route for oil transport, has been disrupted, leading to rising fuel prices worldwide. Experts warn that this conflict could create a major energy crisis and increase inflation globally. Additionally, the war risks expanding into a larger regional conflict involving multiple countries, making it a serious threat to international peace.

GLOBAL IMPACT OF BOTH WARS

Both wars have a far-reaching consequences:

- ~Economic Impact: Rising oil and gas prices, inflation and disrupted trade
- ~Humanitarian Crisis: Loss of lives, refugees and destruction of cities
- ~Political Tensions: Increased rivalry between major world powers
- ~Global Instability: Risk of larger wars involving multiple nations

These conflicts show how interconnected the modern world is, where one war can influence another.

CONCLUSION

In conclusion, the Israel-Iran war and the Russia-Ukraine war are major global crises that highlight the importance of peace and diplomacy. While both conflicts have different causes and regions, their effects are felt worldwide. It is essential for international leaders to work towards peaceful solutions to prevent further destruction and ensure a stable future for coming generations.



VEDANT SAHANI
VIII-C

Women's security

Women's security is a crucial issue that reflects the true progress of a society, it is a Women's security is a crucial issue that reflects the true progress of a society, it is a fundamental right of every woman. The harassment related to women comes under Bhartiya Nyaya Sanhita (BNS) which recently replaced the IPC and the Information Technology (IT) Act, 2000. Despite advancements in many fields, women still face safety challenges in daily lives. The level of women's security also varies across countries while some nations have stronger laws, better enforcements, and safer environment, others still struggle with higher risks due to lack of awareness and weak implementation of rules.

However, no country is completely free from this issue, showing that ensuring women's safety is a global responsibility that requires not only strict laws but also a change in mindset and greater respect for women. Each and every country must be best in women security because women are the backbone of a country's economy.



Denmark is consistently ranked as the world for women's security, safety, and equality, particularly according to the Women, Peace and Security (WPS) Index 2025/26. Nordic neighbors Iceland, Norway, Sweden, and Finland also consistently rank in top positions. Afghanistan has the lowest rank in women's security worldwide. Afghanistan ranks 181st out of 181 countries. The most shocking thing for Indians must be that India holds 131st rank out of 181 countries. India must improve in some scenarios like strengthening law enforcement and injustice, safety after dark and night time mobility, vulnerability in "safe" zones, systematic inefficiencies.

In emergencies we require immediate actions but the problem faced by most of the people is that 15 minutes are required to explain what is happening with us and the police requires 15 minutes to reach the location for this our Indian government has launched an app named 112 India for emergency cases. But we should also take some actions like learning self defence for serious situations because it is not only an economic problem but also our personal problem. In conclusion I would like to say "Safety is not just a women's issue but a collective responsibility for a progressive nation"

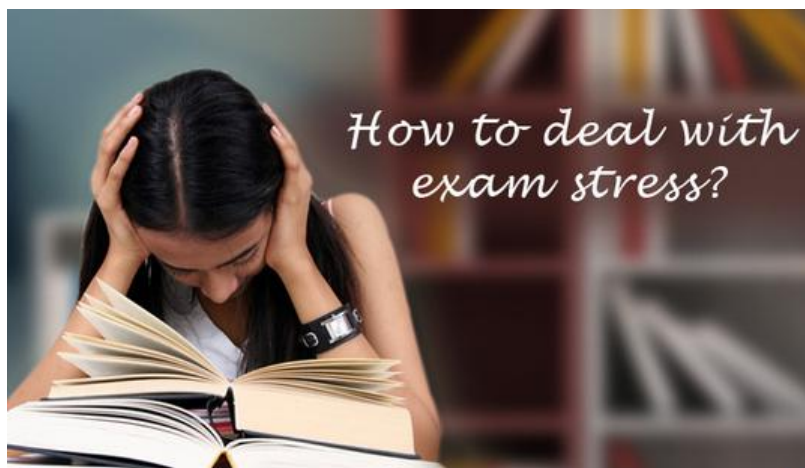


Vedika Yadav
8th'A'

THE KEY TO STRESS-FREE EXAMS

By School Psychologist
Dr. Deepak Dubey

Examination stress often arises from irregular study habits rather than subject difficulty. Consistency in learning helps students feel prepared and confident. The following ten pointers can guide students toward stress-free exams



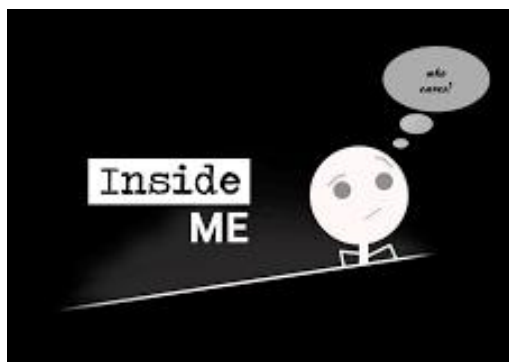
- Set small, achievable goals to avoid feeling overwhelmed.
- Follow a fixed daily study routine to build focus.
- Avoid last-minute cramming; revise regularly instead.
- Use active learning methods like writing and self-testing.
- Maintain a balanced timetable with breaks and relaxation.
- Study difficult subjects when your mind is fresh.
- Limit distractions such as mobile phones and social media.
- Revise weekly to strengthen memory and understanding.
- Maintain healthy habits like proper sleep and nutrition.
- Develop a positive mindset and believe in gradual improvement.



Consistency does not mean studying for long hours, but studying regularly with focus. When students prepare steadily, exams become manageable rather than stressful. A calm and organized mind performs better, and consistent efforts ensure long-term success with reduced anxiety.

“INSIDE ME”

A STORM OF FEELINGS



Sometimes I feel like a crowded room,
full of voices I cannot name—
some whisper softly of hope,
others echo louder with doubt
and blame.

Happiness comes in sudden
flashes,
like sunlight slipping through a
cloudy sky;
it warms me for a fleeting
moment,
then fades, and I wonder why.

Sadness sits beside me quietly,
it doesn't shout, it doesn't cry—
it just stays there, heavy and
real,
like a question without a reply.

Anger burns like hidden fire,
quick to rise, hard to control;
yet somewhere deep beneath
its flames,
it guards a hurt inside my soul.

Love feels like something
infinite,
too vast for words I try to say;
it lifts me up, it breaks me too,
yet I still choose it anyway.

And fear... it walks a step
behind me,
a shadow I can't outrun;
but maybe it's there to remind
me
of all the things I've yet to
become.

So I carry all these emotions
within,
not perfect, not always
understood—
just a sixteen-year-old learning
slowly
how to turn confusion into
something good.



Ranveer Singh Thakur
XI A

Thank You



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