



Date: 2nd February 2026

Circular No.: QCS/2026/213

Subject: LSDP Circular

Dear Parent,

In our ongoing commitment to the holistic development of our students, the Life Skills Development Program (LSDP) for the month of February will be held on **Saturday, 7th February 2026**.

This LSDP session will celebrate the spirit of **sports and physical well-being** through the **"Sprint to Glory 2026" – Inter-Class Athletic Competition**. The day promises to be filled with enthusiasm, spirited competition, and joyful encouragement as our young Carmelites showcase their energy and athletic talent.

Kindly note the schedule:

Sr. no.	Activity	Grade
9:15 am - 9:30 am		
1	Warm Up Drill	I-IX
9:30 am – 11:00 am		
2	Athletic Meet	I-IX
LUNCH BREAK (11:00am-11:30am)		
11:30 am – 12:30 noon		
3	Felicitation Ceremony Note: The Grade I & II winners will also be felicitated with the certificates.	I-IX
DISPERSAL (12:30pm)		

Note:

- School timings: 9:00 am - 12:30 pm. Dispersal at 12:30 pm.
- Saturday LSDP is meant for students from Grade I to Grade IX.
- Transport facility would be available for bus users. The drop timing will be shared by the transport In-charge in the transport group. Please have your ward picked up accordingly.

Warm Regards

Ms. Sandhya Kumaria



Competition Categories – Inter-House Athletic Events

Event Type	Grades III & IV	Grades V & VI	Grades VII, VIII & IX
Races	50 m Race	50 m Race	100 m Race
Relay	4 × 50 m Relay (2 Girls + 2 Boys)	—	4 × 50 m Relay (2 Girls + 2 Boys)
Throwing Events	Tennis Ball Throw	Medicine Ball Throw	Shot Put, Tennis Ball Throw
Fun/Skill Events	—	Three-Leg Race	—