



CARMEL  
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# CARMEL SPECTRUM

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Dear Readers,



**Greetings!**

My role as a teacher in Carmel has been more than just a job; it's been a fulfilling vocation. This sacred space of education has provided me with a platform not only to impart knowledge but also to guide and shape the lives of young girls who play an integral role in the society that words can hardly capture. It makes me grateful for the trust and faith the management has placed in me. This journey has been a testament to the nurturing atmosphere of Carmel Convent School, where teachers

are empowered to excel and evolve. "Belief enhances life". True to the motto of Carmel, the belief in my abilities and dedication to fostering a conducive environment for teachers and students has been instrumental in my personal and professional growth. Together, we strive to create a brighter and more inclusive future for all and manifest the values learned from Carmel.

**Mrs. Madhumati**

BELIEF ENHANCES LIFE



# Teachers' Day Celebration

"Gurur Brahma gururvishnu gurur devo maheshwara guru sakshat param brahma tasmai shri guruve namah"

A program by the school cabinet on the 5th of September on Teachers' Day to make their teachers feel joyous on this joyful day. The theme was 'Carmel Oscars'. The students facilitate their teachers and let them know the part they play in the lives of every student through different events embedded in the program.





## Janmashtami Celebrations...

On September 6, 2023, Carmel Convent School fervently and enthusiastically observed Janmashtami. The students of Class 12 showcased their talent through mesmerizing traditional dance performances, depicting the life and stories of Lord Krishna. These dances were a blend of grace and devotion, and they truly captivated the audience. Soulful devotional songs dedicated to Lord Krishna were sung by the students. These songs added a spiritual dimension to the celebration and created a serene atmosphere.





## Capacity Building Programme:

The "Health and Well-being "Workshop was a two-day event held at Air Force School on September 8th and 9th. Teachers of Carmel Convent participated in it. It proved to be a valuable platform for educators, administrators, and other stakeholders in the field of education. The insights by Rohini Aima and Malti Narang, along with the collaborative discussions and workshops, provided attendees with a comprehensive understanding of the importance of promoting health and well-being in schools.

On 2nd September Carmel Convent School organized a "Communication Skills" workshop by the Founder and Director of the Carpe Diem Educational Foundation, Seema Abrol, enabling the teachers to learn relevant communication skills and strategies. During the session, Ms. Seem Abrol stressed the importance of good communication skills and the barrier to communication. She emphasized the 7Cs of communication i.e. to be clear, concise, concrete, correct, coherent, complete and courteous.





# Hindi Diwas and Prize Distribution Day

Hindi Diwas was held on September 14 in Carmel in the honourable presence of Ms Rohini Aima, Jammu Sanskriti School's vice-chairperson and principal. The kids displayed a variety of artefacts to demonstrate Hindi's importance to Indians. House wise Doha Gayan competition was held. Red House won first prize, Blue House in second and Green House in third. Sister Maria Swati, the Principal of the school and the Chief Guest felicitated the students with medals and certificates.





# Field Trips

On the 11th of September 2023 Carmel Convent School Jammu orchestrated an educational field trip for the students of Class 12 to the Border Post of Suchetgarh. The purpose of this trip was to provide students with a first-hand experience of border management carried out by the security agencies, especially the Border Security Force, at the international border (IB) in Suchetgarh, Jammu.



On September 16, 2023, the students of Class 11th Arts and Commerce sections embarked on an educational field trip to explore two remarkable production units: Creamy Bite Ice Cream and Reinteria Furniture House. This excursion aimed to provide practical insights into labour laws, entrepreneurship, centralization units, production processes, packaging, transportation and to encourage experiential learning.



## Pre-Primary Demonstration

"Learning is not the product of teaching; Learning is the product of the activity of learners," is what Carmel believes. Demonstration of the teaching methods was held on two consecutive days September 21 and 22. Some of the activities including floor discs, flannel boards, slate exercises, concentration drills, brain mapping, flashcards, coding-decoding, balls in the ring, image reading, dominoes, and strings with beads, were the attraction of the day. Little munchkins proudly displayed their talents and pleased their teachers and parents.





# Pre-Primary Demonstration



BELIEF ENHANCES LIFE



## Doll Making Competition

For classes 1 through 3, a doll-making competition was held. The students used coloured paper, crayon colours, glue, and ice cream sticks to make dolls. The items were put together in class. The students were ecstatic and gave it their all during the activity. This taught them a variety of skills, including creativity and patience. Additionally, with the help of their teachers' advice and critical thought, they discovered how to solve the issue.





## Sports Club

Kaushiki Sharma of Carmel participated in Khelo India women 'sweightlifting league held at Bhagwati Bhagwati Nagar indoor complex stadium on 2 September 2023 and won a gold medal.

Under-19 Selection Trials For Zonal Level Competition was held at MA Stadium on 6th September, 2023. Two of Carmelites Shiny James and Garima Choudhary got selected for district level in Badminton.

Mittali Mehra of Class 8 who played in the Inter-Zonal District Level Handball Championship held at Udhampur on 18th September 2023 won a gold medal also selected for the next level competition and Sana Sharma for a Gold medal in Inter School District Judo Championship.

Prachi Rajput and Tejal Kapil of Carmel Convent School Participated in Inter-Zonal District Level Basketball Championship held at Dogra ground on 18th and 19th of September 2023 and won the finals of zonal level.

