



CARMEL
JAMMU

CARMEL SPECTRUM

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Dear Students



Greetings!

You are – a masterpiece in progress, a canvas of unique talents, ideas, and dreams. As we reflect on the event of Children's Day, we remember the profound potential each of you holds within. You are not merely the future; you are the catalysts of change in the present. Your bold questions, fearless ideas, and unstoppable curiosity challenge norms and push boundaries. As your teachers, our role is not to mould you into something you're not but to nurture your strengths, guide you through

challenges, and provide the tools to paint your canvas of success. Your colours and strokes will eventually create a mosaic that reflects your uniqueness and the mark you leave on the world. We pray that you let the spirit of youth and creativity inspire you to embrace your quirks, explore your passions, and believe in the power of your authenticity.

The path to greatness is not about following the crowd but carving your way, even if it means taking the road less travelled. You are not just kids; you are young trailblazers, explorers of uncharted territories, and dreamers with the audacity to turn those dreams into reality.

Remember, you are extraordinary, and the world is waiting to witness the incredible journey you are about to embark on.

Mrs. Monika Gupta

Children's Day Celebration



Annual Sports Day.

The Annual Sports Day celebrations were a huge success, thanks to the meticulous planning of Principal Sr. Maria Swati, her talented teachers, and students. The two-day event was graced by various dignitaries Shri Ramesh Kumar IAS, Rt. Rev. Ivan Pereira Bishop of Jammu Srinagar Fr. Shaiju Chacko, Chairman of the Education Board of DSJES, chief Er. Rajesh Kumar Gupta, PWD(R&B), Dr Rashmi Singh IAS, Commissioner of Security, Sales Tax, and Mining. The students' performances were exceptional and revolved around the theme of "One Earth! One Family! One Future!" The event showcased a series of track events, captivating performances by the band and taekwondo presentations. The dignitaries appreciated the students' abilities and acknowledged the importance of extracurricular activities and physical activities in a student's life. The program concluded with a heartfelt vote of thanks from the school administration. The event made an impression on everyone who attended and motivated the students to pursue their aspirations and strive for excellence. It was a testament to the school's commitment to providing its students with a well-rounded education. On behalf of the management staff and students, I appreciate the hard work of everyone and congratulate you on the achievement of the annals of the institution. God bless you.



Annual Day Celebration



BELIEF ENHANCES LIFE

Annual Day Celebration



Picnics and Excursions

A group consisting of 89 students from classes X through XII and 6 staff members explored the Pink City and visited several other heritage sites, including Amer Fort, Jal Mahal, City Palace, Jantar Mantar and Hawa Mahal from October 4th to 8th 2023. They also had the opportunity to visit a paper factory where they learnt about the process of making handmade paper at Sanganer. The group also visited the famous heritage resort and Chokhi Dhani.



on October 6, 2023, the children attended an exciting picnic at Wonderland Jalandhar. They rode rides, explored the water park, and enjoyed the rush of the water slides throughout the day. With so many different rides, the amusement park was able to satisfy the various quests of the students. As they rode roller coasters, spun Ferris wheels, and experienced other exhilarating attractions, laughter rang through the air. The meal was one of the best parts of the picnic. Everyone had a great time and made memories of shared experiences, laughter and fun that would last a lifetime.



World Mental Health Day.

Carmel Convent School recently organized a week-long event to create awareness on World Mental Health Day. From yoga sessions to picnics and a seminar by Dr Gitanjali Rajput, students and staff had an opportunity to learn and practice activities that promote mental well-being. The event aimed to raise awareness and reduce the stigma related to mental illness. Overall, it was a great success!



The International Girl Child Day



This day's events, planned by the school's Girl Guides Club, featured a variety of age-appropriate competitions, including painting, poetry, writing, slogan creation, collage, and painting. This day holds great significance as it draws attention towards addressing the challenges faced by girls and promoting their empowerment and human rights.



Urdu Day Celebration

Carmel Convent School honoured the cultural diversity of Urdu by celebrating the day on October 20. A serene prayer service marked the spiritual essence of the day. The significance of the day was highlighted through Shayari, a skit, a Qawali performance and cultural dances. The Principal's closing remarks emphasised the value of maintaining Urdu as a unifying language of the state and ensured that the day was a huge success.



National Unity Day

The Heritage Club of Carmel Convent School celebrated National Unity Day. Students from grades 5 to 9 participated in various programs and activities promoting National Unity. The main event was "PHAD SE PADH," a performance by the Grade 8 girls. They demonstrated Jammu and Kashmir's natural beauty and rich heritage. Students created a Unity Chain to symbolize "Unity in Diversity" followed by a unity-themed skit. They also demonstrated their proficiency in rope-skipping.



Diwali Celebration

The Carmelites celebrated the festival of lights with great joy on November 10th, in the school hall. The day began with a prayer followed by a dance performance. A student in charge shared brief information about the festival. The school wore a festive look on the occasion. The classrooms and corridors of the school were adorned with the handwork of the Carmelites. The students were thrilled to take home the decorative crafts they had prepared and the smiles on their faces were the best gifts for us during Diwali.



The Carmel Trade Fair 2023



The Carmel Trade Fair 2023 celebrated the entrepreneurial spirit of 11th and 12th-grade commerce students. The event showcased their business acumen, provided a valuable learning experience, and yielded tangible profits. The student-led initiative exemplified the potency of collaboration and the practical application of commerce skills in a real-world setting. The school community's unwavering support contributed to making the trade fair a thriving reality.



Capacity Building Program

Four staff members of Carmel Convent School participated in the CBP organized by the Jammu Sanskriti School. They hosted an informative session on Quality Education with CBSE. Principals Puneet Kour and Arindam Roy Choudhury led the session, which included modules on innovative teaching methods, fair assessment, tailored education, and career counseling. The session highlighted the need for a holistic approach to education where parents play an active role. Carmel Staff benefitted from the same and gained information on the subject.

Art/ Painting Club:

Inter School Painting Competition organized by Jammu Sahodaya Schools and held at Rich Harvest school, Bari Brahmana Jammu.

Himalayan Avian hosted a painting competition in association with the J&K Wildlife Protection Department. Approximately forty-five schools took part in various divisions. The following students were awarded certificates and trophies: Areeba Malik (8th place, 2nd prize); Asmita Xess (8th place, 3rd prize); Mannat Sharma (10th place, Appreciation reward); Sirjan Kour (10th place, Consolation prize); Pavika Gupta (4th place, Consolation prize).

