



CARMEL  
J A M M U

# CARMEL SPECTRUM

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**Dear Readers,**



## **Greetings !**

Welcome back for a favourable reading!

"In this life, we cannot do great things. We can only do small things with great love." - Mother Teresa. In her quote, she powerfully captures the wisdom to approach life (and schooling) to make it more fulfilling and significant. Teaching and learning offer us numerous opportunities to focus on several "small things". It culminates to create students to do the "great things" of life.

Ongoing training helps us to improve in knowledge and skills to carry out the tasks efficiently. Carmel teachers, continuously making a lot of efforts to attend training not only to improve themselves but also to enhance the lives of our students.



## CARMEL J A M M U

As a person at the helm, I feel privileged to see the growth of the institution day by day and feel encouraged as they work hard to meet the new age education system.

We celebrated Independence Day virtually with reputable DC of Jammu, Anshul Garg, IAS, and Mawya Sudan, Carmelite, First IAF Woman Fighter Pilot from Jammu & Kashmir sending out a message for Carmel Family. It was indeed a great moment of joy and honour to us.

I congratulate our Class XII pass-out students and wish them the best of luck as they take on new challenges in life.

I encourage you to please continue to refer to our school website and our social media pages (Facebook, Twitter & Instagram) for additional information and keep yourself up to date with the happenings at Carmel.

I reiterate our gratitude for your continued support and wish you and your family good health and good spirits.

**Warm Regards,  
Sr. Maria Swati**

# **Farewell and Greetings!!**

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## **Au Revoir**

Thank you for your contribution, hard work and supporting acts for society and Carmel School. It has been a learning process in our interaction with each of you. We wish you the very best for the new chapter in your life.

Fr. T S Jacob, Chairman, Diocese of Jammu Srinagar Education Board

Fr. Stalin Raj, Treasurer, Diocese of Jammu Srinagar Education Board

Fr. Jose Vadakkel, School Manager, Carmel Convent School

## **Welcome, Aboard**

Carmel Convent School extends the warmest welcome and good wishes! Your expertise would be of great use to make us reach our Motto "Belief Enhances Life" and its success. Carmel extends a supportive hand in your new venture.

Fr. Shaiju Chacko, Chairman, Diocese of Jammu Srinagar Education Board

Fr. Mathew Thomas, Treasurer, Diocese of Jammu Srinagar Education Board

Fr. Justin Thiraviam, School Manager, Carmel Convent School





BELIEF ENHANCES LIFE



## 75TH INDEPENDENCE DAY

***“Saluting India Where each bud blooms in its true colours, where each day is the celebration of unity, harmony and synthesis.”***

Carmel Convent School, Jammu celebrated the 75th Independence Day on 15 August 2020, virtually with the school community contributing remotely online from home.

The highlight of the virtual ceremony was the speech from the District Collector of Jammu, Mr. Anshul Garg, IAS. He congratulated and praised the Principal for her hard work, dedication and efforts to reach the school to great heights.

***“It’s a happy coincidence he said, that as India completes 75 years of Independence, the school has recently crossed the landmark of 25 years serving the society. He added saying, it is a privilege to addresses the young resource pool of talent, enthusiasm, passion and ambition, that shall drive the growth story of India in future.” – DC Jammu***

The online ceremony included Flag hosting by the principal heartfelt messages, poems, dances, speeches and songs from the staff and students about why they love their country and the meaning of Independence Day.

The students clearly expressed their ideas that we must mark the day and respect those freedom fighters who gave their lives for their country.





BELIEF ENHANCES LIFE

# **Seminars and Trainings- Never stop learning**

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## **Digital Transformation Using New Technologies**

"Digital Transformation using new technologies" organized by CBSE, affirmed how the COVID-19 pandemic has been transformative as education providers looking forward to implementing technology solutions to enable remote teaching and learning. Educational institutions are engaged in providing hybrid learning to students. In this context, an enriching session on several points was discussed on Digital Transformation using emerging technologies.

## **Fundamental Literacy & Numeracy**

Reading, writing and numeracy are always believed to be the foundational skills; without being able to read, write well and do basic calculations a child cannot progress in the education system and eventually in life. The major policy documents always pointed towards the need to consider early language, literacy and numeracy more seriously. A good foundation of literacy and numeracy skills has a positive impact on the learning of the child in senior classes and also develops a child's interest in learning. An enriching session on "Fundamental Literacy & Numeracy" was organized by CBSE under the Ministry of Education's NIPUN BHARAT Mission.



## Assessing Assessment

In this seminar, Aslesha Thakur, the resource person highlighted the importance of effective assessment for the virtual class. She explained the purpose of doing assessments under National Educational policy by sharing different types of activities like learning intentions and success criteria, understanding feedback, when should the assessment be done. Aslesha asked to rely on Formative Assessment rather than Summative Assessment by introducing different types of tools. She further gave the clear concept of using rubrics and assessment data to increase the quality of the teaching/ learning process.

## Empowering Teachers

The seminar was organised by Tata ClassEdge Academy and the key speaker was Richa Hora. The points which were discussed in the session were

- How teachers were trained on virtual teaching during the lockdown, and how Virtual Teaching Mastery was launched in July 2020.
- The seminar aimed to train and empower teachers who play an important role in bringing out the best in every student.
- Later on, she highlighted training methodologies, Training Modules, Teacher Empowerment Programs.



## **School Quality Assessment and Assurance**

The webinar was helpful for all the teachers to meet the needs of SAQQ. To improve the standard of School the focus has to be on performance and improvement. SQAA help in monitoring identified outcome at all levels and across all spheres of school education. It would help teachers, educational administrators and all other stakeholders involved in school education to form this exercise and improve themselves. SQAA is holistic and covers all aspects of School functioning.

## **Protection of Child Rights**

Mrs. Geeta Shukla, the resource person talked about children right. Violence against children continues to be a serious and prevalent issue globally. When considering the need for child protection mechanisms to be implemented, we should consider the extent of violence perpetrated against children and how the statistics are reflected in the reality of children's life experiences in the country.

## **Strategies in Science (Secondary level)**

The seminar covered an overview of teaching strategies in science (applied to both physical & life science) & updates with innovative tools & features used while teaching science. The various key points of the web seminar were Students engagement, STEM (Science, Technology, Engineering, & Maths), Hands-on experiments, use of video clips, podcasts, concept charts & maps, Clickers & other virtual tools.



## **SAFAL (Structured Assessment for Analysing Learning)**

CBSE has launched SAFAL, a competency based assessment for grades 3, 5 and 8 to assess the progress of foundational skills and basic learning outcomes/ competencies among students. SAFAL, as a diagnostic assessment, will provide developmental feedback to schools and teachers to improve teaching learning. SAFAL will be conducted on a pilot basis in CBSE schools for students in grade 3, 5 and 8 during the academic year 2021-22, in key curricular areas of language, Mathematics and Science/ EVS.

## **Early Childhood Education**

An online webinar was conducted for primary teachers on the topic-" Early Childhood Education". The training session was organised by Tata class edge and the session was connected through Microsoft teams. Agenda of the Session was Skill Building in early years, Importance of Storytelling and Values and Components.

## **Virtual Engagement Mastery**

A special interactive pre training session was organised in order to brief us about the whole programme. On 24th August our resource person Mr. Naga Durgesh instructed us to install 'Mind Map App' on our laptops and explained us the benefits of mind mapping. It is a great tool to be used in our class while teaching because it retains in the memory of the students for longer period. Teaching through Mind Mapping is easy and effective

## 21st Century Skills

The speaker Dr. Anjna Gupta emphasized on the need to implement certain strategies to make the students skilled, self-regulating and responsible citizen. There is a need to adapt and develop different ways to teach and learn that would reflect the changing environment. She spoke of 6 key components i.e. Globally active, Digitally Transforming, Collaborative, Creative, Competent and Adaptive that will contribute to the holistic development of an individual in 21st century, thus, could contribute to the development of nation and world.

## Assessment Reforms with Special Reference to CBSE Schemes of 2021-22

The webinar organized by the chairman of CBSE Schools to meets the need for a new pattern of Assessment for high school and higher secondary children. The speakers emphasized that improving the way of assessments will improve the standards of School education. The focus has to be shifted on the performance and improvement of children rather than evaluating them based on percentages. The main focus of the session was to help the educators, teachers in monitoring and identifying the outcomes at all levels and across all spheres of school education.

## Teaching Strategies of English (Secondary Level)

In this seminar the teachers learned that it is an immersive reading activity. Instead of focusing on formal acquisition of literary concepts alone through, engage your students through creative immersion activities. The Objectives of teaching English in the schools will be the acquisition of linguistic and communicative skills.





## Behaviour problems in school

Webinars conducted by ICTRC. The resource person, Dr V.S Ravindran, on Behaviour problems in school and student risk were extremely enlightening and enabled the participants to become aware of the behavioural changes occur during these crises moments and reinforced the important of reinforcement of expectable behavior in the given situation.

## Selection of Effective Teaching-Learning Materials

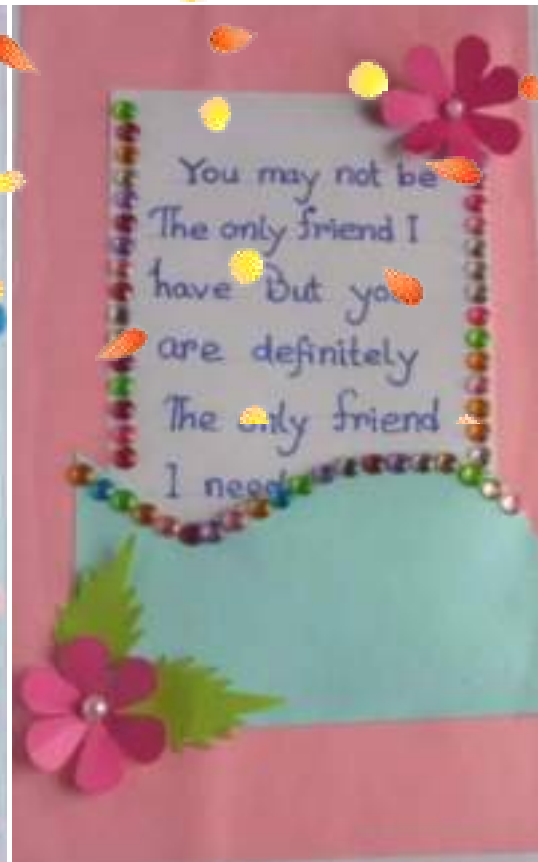
In this seminar, Dr Jagdish Sharma highlighted different types of teaching and learning materials that can be used by both the facilitator and the learner. Some are expensive while others are relatively cheap and can be produced by the learners themselves. A lesson is more effective and useful to the learners when teaching and learning are done with the help of things that can be seen, heard and touched. TLMs make lessons enjoyable and memorable. Teaching and learning materials are not a complete method of teaching but an aid to learning.

## Skilling in School

It was very informative webinar on introducing vocational education in schools. The speakers stressed on the importance and values of introducing skilling in school were more emphasis was given on teaching children through learning by doing method, which automatically not only improve their basic academic knowledge but also enable them to become professionally well equipped.



# ONLINE ACTIVITIES









## Grandparents' Day

Grandparents' day was the best celebrated in the co-curricular series of the school because it showed the students that they should respect their grandparents and try to make them happy in every possible way. And also how important are their grandparents to them. The class teacher of her respective class welcomed the grandparents. The excited students were in a virtual meeting. The program started with a prayer and was followed by several activities performed by the students, presentations, songs, dances, poems, speeches, card making, etc. It was a wonderful experience.

## Online Declamation Competition

The Declamation Competition was held for classes 9th and 10th. It began with a short prayer service along with the welcome of Judges and Participants. The topic for the competition was motivational speeches by political leaders and inspirational talks by famous women personalities. The total number of participants was 15. Students delivered speeches on various famous speeches by Malala Yousafzai, Kiran Bedi, Amy Purdy, etc.

## Fancy Dress Competition

An online fancy dress competition was held for Class 2, on the theme "Patriotic Leaders of India". The participants were dressed up in their colourful costumes and spoke a few sentences on the character that they depicted. The effort and hard work of the children were highly commendable.







# WINNERS OF ACTIVITIES (JULY-AUGUST)

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## KARGIL DIWAS

- MAYRA SHARMA - IV - A
- NAUNIDH KOUR - IV - B
- TIARA PALLI - IV - A
- PRIANJAL VERMA - V- A
- SHANAYA JAMWAL - V- A
- ANAM REHMAN - V- A

## FAMILY DAY

- DIVYANSHI - VII - A
- SAMAN FATIMA - VII - B
- KRISHITA GUPTA - VII- B
- AGRIMA CHARAK - VII- B
- GUNGUN TICKOO - VII-B
- SIYA MAHAJAN - X- B
- AANYA GUPTA - I - B
- SOPHY CHOUDHARY - I - A
- ALIVIYA SHARMA - I- B
- GUROOR KOUR - I- B
- DE VHARI - I-A
- AADHYA ASHISH - II - B
- AMAIRAH THOMAS - II- B
- ASRIT KOUR - II- A
- SATLEEN KOUR - II- B
- TAVLEEN KOUR - II - B
- AAYAT CHOUDHARY - VIII - A
- GUNEET KOUR - VII - A
- SUPRIYA KAGOTRA - VII - B
- AGRIMA CHARAK - VII - B
- KRISHITA GUPTA - VII - B

# **WINNERS OF ACTIVITIES (JULY-AUGUST)**

- **AAYAT ABDULLAH - LKG - B**
- **GAUTAMI - UKG - A**
- **RIDHIMA SHARMA - UKG - B**
- **CHITWAN KOUR - LKG - B**
- **EHA SHARMA - UKG - B**
- **ISHITA KHADOTRA - IST - A**
- **AADHYA - IST -A**
- **SHANAYA KHADOTRA - II - A**
- **ANVESHA - IST - B**
- **ADVIKA CHOUDHARY - III - A**
- **ANAHITA SHARMA - IV- A**
- **SIRJAN KOUR - VI - B**
- **SUMAITYA - V - A**

# **FRIENDSHIP DAY**

**VAISHNAVI BHAGAT - VI - A**  
**TEJALEEN KOUR - VI - B**  
**VAISHNAVI SINGH - VII- A**  
**SATWINDER CHOUDHARY - VII - A**  
**SUHANI SHARMA - IX -A**  
**MANNAT SHARMA - VIII - B**  
**VEDIKA - VIII - A**  
**VANSHIKA DHAWAN - XI - A**  
**PAVNI GUPTA - XII - B**  
**SHREYA SHARMA - X- B**  
**SIYA MAHAJAN - X - B**  
**RIMJHIM KHAJURIA - X - A**

## **CARMEL GIRL MADE HEADLINES**

**Mawya Sudan, ex-carmelite became the First IAF Woman Fighter Pilot From Jammu & Kashmir.**

## **YOGA DAY**

**Carmel Jammu celebrated the 7th International Yoga Day 2021 virtually with much fervour and enthusiasm via Facebook Live.**



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