



CARMEL
J A M M U

CARMEL SPECTRUM

VOLUME 4 | ISSUE 4

SEPTEMBER 2021

Dear Readers,



Greetings!

I am glad to brief some of the exciting moments of September. First of all, it was a moment of great joy to see the students of all classes as they visited the school after a long time. The students came with their parents to submit their work and get feedback from their respective teachers. The school premises echoed with giggles and laughter. There was unexplainable energy and happiness which was visible on the faces of the students.

The children are the heart and soul of the school. I hope and pray that we soon see better days where we once again nourish those moments of fun and laughter all over again. With the help of all stakeholders, the staff members drew up new VISION and MISSION statements for three years.



CARMEL
J A M M U

The VISION:-Belief in God and the power of God's amazing love for all Enhances the Lives of the Carmelites to Enthuse, Empower and Excel!!! It defines the future position, purposes, goals, and values of the school and the growth of the Carmelites.

The students showcased a variety of talents and expressions of love towards their beloved teachers on the occasion of Teachers' Day. Although it was difficult to express their views online, the performance left everyone spellbound.

The students participated in Cross-Cultural Global Children's Art Fest CCGCAF- 2021. The theme was "We Shall Overcome" Celebrating International Day of Peace and In Solidarity with 'Girls of Afghanistan'.

The month of October seems hopeful to celebrate the festivities that are around the corner. I wish you a festive season. I express my sincere gratitude toward our entire Carmel Family. The school would not be the same without your help and support. Thank you. God bless you!

**Warm Regards,
Sr. Maria Swati**

Teachers' Day Celebrations

Carmelites celebrated Teachers' day virtually via Zoom. The program, organized by Cabinet members, started with a welcome note to all the teachers followed by prayer. An entertaining morning ended with a few teachers singing songs while the students cheered them. Lastly, the principal Sr. Swati addressed everyone and appreciated everyone for their efforts. The program ended with a vote of thanks by the students.





Love is crazy and wonderful
It's unaware of happiness and sadness
The flame tells to the moth, to go far away
Don't come here or else you'll burn like me
He doesn't listen since he wants to burn
It's unaware of happiness and sadness

प्यार दीवाना होता है मस्ताना होता है
हर खुशी से हर गम से बेगाना होता है
शमा कहे परवाने से परे चला जा
मेरी तराह जल जायेगा यहाँ नहीं आ
वो नहीं सुनता उसको जल जाना होता है
हर खुशी से हर गम से बेगाना होता है



Seminars and Trainings- Never stop learning

Child Psychology - Understanding Developmental Stages

The session was aimed towards Child psychology. It is the science that deals with the mental power or interaction between the conscious and sub conscious element in a child. It helps to understand the child better , better planning and interaction, understands problems of psychosomatic origin and modifies the child's developmental process.

Employability Skills Training

An enriched session on "Employability Skills" was organized by CBSE in accordance with Wadhvani Foundation under the guidance of PSS Central Institute of Vocational Education on 23thSeptember' 2021 from 2:00 pm to 3:30 pm by the Resource person Mr. Vikram Jha from Wadhvani Foundation.

The webinar aimed to facilitate the teachers teaching "Employability Skills" as a part of skill subject. These Employability skills including Communication skills, Self-Management skills, ICT skills, Entrepreneurial skills and Green skills are fundamental as well as essential for effective performance in any profession. Wadhvani Foundation under the guidance of PSS Central Institute of Vocational Education facilitates the digital study material to deliver learning experience through a blended approach of text and video-based interactive e-learning lessons. Mr. Vikram Jha presented the process of teachers' registration at the passive portal, creation of separate batches for each class followed by individual student joining through the batch code generated.



Pre School Teaching Methodology

During the webinar Mr. Madan Sawhney shared the thought of pre school education envision promoting access to universal equitable, joyful, inclusive and contextualized learning opportunities for ensuring holistic development of children.

The webinar focused on:

- Objectives of the school
- Important curriculum areas of pre schooling
- Different pre school teaching methodologies

Happy Teachers' Classrooms

Main points discussed were:-

- 'Happiness creates space for more happiness, happy students and thus happy classrooms shall add more meaning in the lives of teachers.'
- A happy teacher can integrate happiness in all teaching-learning processes of the classroom which will in turn foster happiness among students.
- To foster self awareness of emotions and feelings for self regulation of reactions in different circumstances.
- The resourceful person motivated teachers to invest in their relationships with their colleagues as well as their students.



ONLINE ACTIVITIES



ADHANUSHREE CLASS - 7th A ROLL NO
ABGOTRA



OZONE IS NOT JUST A
LAYER BUT A PROTECTOR



Never Give Up!

Sport mega-events and sports leagues have been canceled/closed or postponed and negatively impacted. Closed schools require changes to physical education. At the same time, Carmelites never miss a chance of showing their talents and working hard if the situation allows.

Ju-Jitsu District Championship

Nine girls from Carmel Jammu participated in Ju-Jitsu District Championship held at JKSC Hall, Bhagwati Nagar, Jammu. Thanks to coach Mr. RAJAT BHAGAT, who in this time of pandemic trained them and helped to grow stronger and make our parents proud.

Gold Medalists

- ·Lavanya Sharma
- ·Sonakshi Manhas
- ·Navanya Sharma
- ·Ina Dhar

Silver Medalists

- ·Janvi Singh
- ·Ashween Kour
- ·Anshdeep kour
- ·Gungun Tickoo

Bronze Medalists

- ·Diya Charak ~ Bronze

Kabaddi and Yoga- Ten girls from Carmel went to Inter zonal Competition held at Nagrota Khel Gaon, under age criteria- 17, and 19. Under-19 team won Gold and four girls were selected from both the categories for district level Kabaddi Competition.



BELIEF ENHANCES LIFE

WINNERS OF ACTIVITIES (SEPTEMBER)



@carmeljammu

www.carmeljammu.com



World Ozone Day

- Sirjan Kour, VI B
- Dhanushree Dabgotra, VII A
- Tejaleen Kour, VI B
- Diksha Digra, VIII A
- Arshdeep Kour, VIII A
- Bridhi Sharma, VIII A

Literacy Day

- Vartika Jamwal, X A
- Siya Mahajan, X B
- Tejasvi Sharma, X A
- Sheriya Gupta, IX A
- Pearl Preet Kour, IX A
- Gunleen Kour, IX A

Draw & Colour

- Damanpreet kour, III B
- Aakriti Jasrotia, III A
- Girisha Sharma, III B
- Harsheen Kour, III A
- Tanvi Mehra, III B
- Anhad Kour, IV B
- Ragini Singh Pathania, IV B
- Anahita Sharma, IV A
- Katyayani Sharma, IV A
- Arushi Gupta, IV A
- Navika Verma, V B
- Arshpreet Kour, V B
- Hitakshi Hans, V B
- Yogyata, V B
- Prableen Kour, V A