



CARMEL
J A M M U

CARMEL SPECTRUM

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Dear Readers,



Greetings!

Christmas is celebrated as the birthday of Jesus Christ. Christmas is the season of love, harmony, and celebration. Christmas is celebrated by everybody, with great enthusiasm as well as joy. People light their homes with candles, decorations, and Christmas trees, a symbol of Christ. Christmas Carols are sung in the churches and streets to welcome the occasion. It is Christmas that reminds us that we should stick to the essential aspects of humankind. In other words, during the celebration, all are called to share, with the less fortunate, spend time with loved ones, and have a good view of life.

One more year passed by. And a new beginning is here to start. Let us with a grateful heart welcome the New Year with love, joy, and peace. The New Year is a fresh start to all our planning, activities, and tasks that we want to accomplish. May New Year help us to achieve a desirable goal.

The teachers of are upgrading themselves through various webinars and orientation programmes every month. The teaching-learning experience is shared with the students to stay connected with their academics.

Even though, the school continues to remain closed, for on-campus learning and the talented teachers of Carmel generously share their expertise for the academic growth of the students. We also organised two days workshop by the Rope Skipping Association of Jammu & Kashmir on the school premises. Certificates were distributed to the students who won Gold, Silver and Bronze in the event, held in December 2021. The school took initiatives to get the students involved in “Fit India Movement” 2021. The month-long activities were organized to share the importance of staying FIT for good health.

As we take a break for winter, I take this opportunity to congratulate all of our students on their enthusiasm for learning and for being active participants in making our school community such a positive, caring, and pleasant place to learn.

I wish you all a very Happy Christmas and Bright New Year 2022.

**Warm Regards,
Sr. Maria Swati**

FIT INDIA

As India is celebrating Azadi Ka Amrit Mahotsav (AKAM), many activities are organized for the students. One of them was having a workshop on Rope Skipping on December 3 2021, and December 4, 2021. The workshop was organized exclusively for the students of Carmel. A total of 50 students participated in the workshop with zeal and sportsmanship under the guidance of Danish Sharma -Technical Director & National A Grade Referee, Rope Skipping Association of Jammu & Kashmir. It was an enriching experience for the students to witness such a brilliant workshop. Sports staff of the school Asha Rani, Aashima Pathania, and Rahul Bansh assisted in conducting the event smoothly.





BELIEF ENHANCES LIFE

Seminars and Trainings- Never stop learning

Ethics and Integrity

The webinar Ethics and Integrity was attended by Ms Jyoti Wali. Ethics are moral principles that govern a person's behaviour by deciding to do the right things under pressure. Integrity is the quality of being honest and having strong principles; moral uprightness. Teachers can make integrity a norm in their classrooms by developing moral vocabulary, responding appropriately, using quotes to ignite meaningful conversations, and helping students believe in themselves.

NDLI CLUB

User Awareness Program was conducted online on 10 November 2021 by the NDLI Club of Carmel Convent School to create awareness among the users on how to access NDLI - e-resources through the NDLI portal. The Club members, students and faculty members of the school attended the program. NDLI Club team (Patron, President, Secretary, Executive members) were the speaker in the webinar, followed by a PowerPoint presentation that highlighted the importance of the National Digital Library of India.





ONLINE ACTIVITIES

Mask Making Competition

Mask Making Competition organized on October 11, 2021. It inspired children to think and work creatively and promoted artistic excellence. Children participated earnestly in the competition. The students were enthusiastic and participated with full zest.

Quiz Competition

A virtual Quiz competition on National Integration was held for standards of 3rd & 4th. Three rounds consisted of objectives, visual and rapid-fire that engaged the students for an hour. Teachers worked efficiently to make the competition a success. And the participation of the students is commendable.

Speech Competition

A Speech Competition on the Theme - National Unity Day- Ek Bharat Shrestha Bharat - Ekta Diwas held on November 8, 2021 for classes 9th and 10th. Subhaika Charak from 9th B secured the first position, Nandita Sharma from 10th A secured the second. Gurkirat Kour from 10th B and Deepika Rajput from 9th B shared the third position.



Debate Competition

Debate competition held for the class 11 on the topic of “Is cardio more important than strength workout or vice versa”. Students participated enthusiastically in the competition under the supervision of Anuradha Choudhary. The competition helped students to brush up their speaking skills and made them aware of exercises like cardio and strength workouts.

Another Debate on the occasion of Constitution Day on November 23, 2021, on the topic, “Should I believe this or that?” Around 12 students participated in it. The programme began with the prayer service, followed by an introduction and the importance of Constitution Day. Students gave various illustrations to speak about society-related issues. It was a very fruitful session with the students.

Dream Catcher Making





Virtual Diwali Celebrations

Diwali is the five-day Festival of Lights, celebrated by millions of people across the world. Activities included Ram Lila skit by the children, Diya Decoration Competiton, speech on the Topic Green Diwali- a message to all of us that celebrate the festivals without harming the Nature.

National Unity Day

"We are each other's harvest, we are each other's business, we are each other's magnitude and bond. We cannot be separated in interest or divided in purpose. We stand together until the end."

National Unity Day was on November 9 in memory of Sardar Vallabhbhai Patel. This celebration made us aware of many aspects that were unknown to us about Sardar Vallabhbhai Patel. It was a really and energetic and enthusiastic program. The prayer not only made the day but also made our soul blissful. In a PowerPoint presentation competition, the children participated enthusiastically. They gained a lot of information from the presentation.



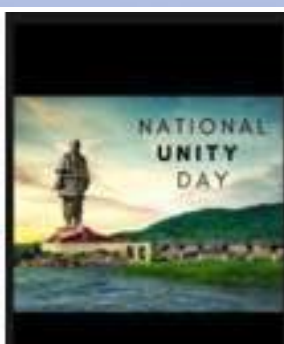
Sardar Vallabhbhai Patel was one of the most important figures in the battle for the independence of India.

Sardar Vallabhbhai Patel is known as the **Iron Man of India**. He was one of the most important fighters and politicians in the Indian independence movement.

Vallabhbhai Patel was given the task of the political integration of India and is responsible to unite 562 princely states in the country. This earned him the title of **Iron Man of India**.

RASHTRIYA EKTA DIWAS PLEDGE

I solemnly pledge that I dedicate myself to preserve the unity, integrity and security of the nation and also strive hard to spread this message among my fellow countrymen. I take this pledge in the spirit of unification of my country which was possible by the vision and actions of Sardar Vallabhbhai Patel. I also solemnly resolve to make my own contribution to ensure internal security of my country.



Virtual Children's Day Celebrations

Pre- Primary

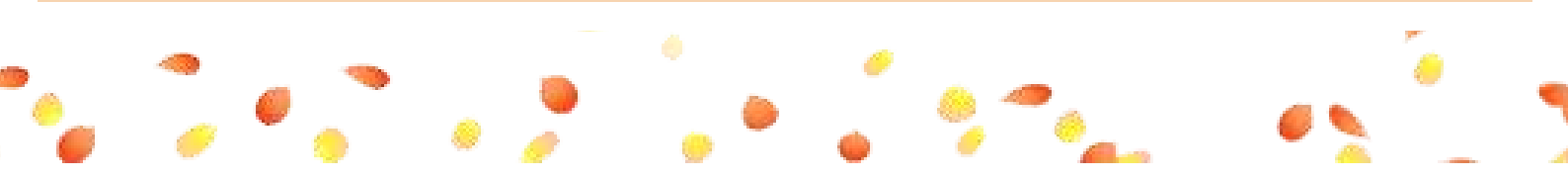
The celebration began with the welcoming children with a welcome song followed by a prayer service. After sharing the importance of children's day, the students sang and danced. Several recorded videos of teachers like dance performances, skits, songs were played and shared with students. It was delightful to see children playing the roles of teachers. The children enjoyed it thoroughly.

Class 2

The programme started with an introduction and welcome note by Jyoti Wali, followed by a prayer service by subject teachers, which included prayer song, prayer, thought, and a poem on this occasion. The students were entertained virtually and ended with the message by the Principal.

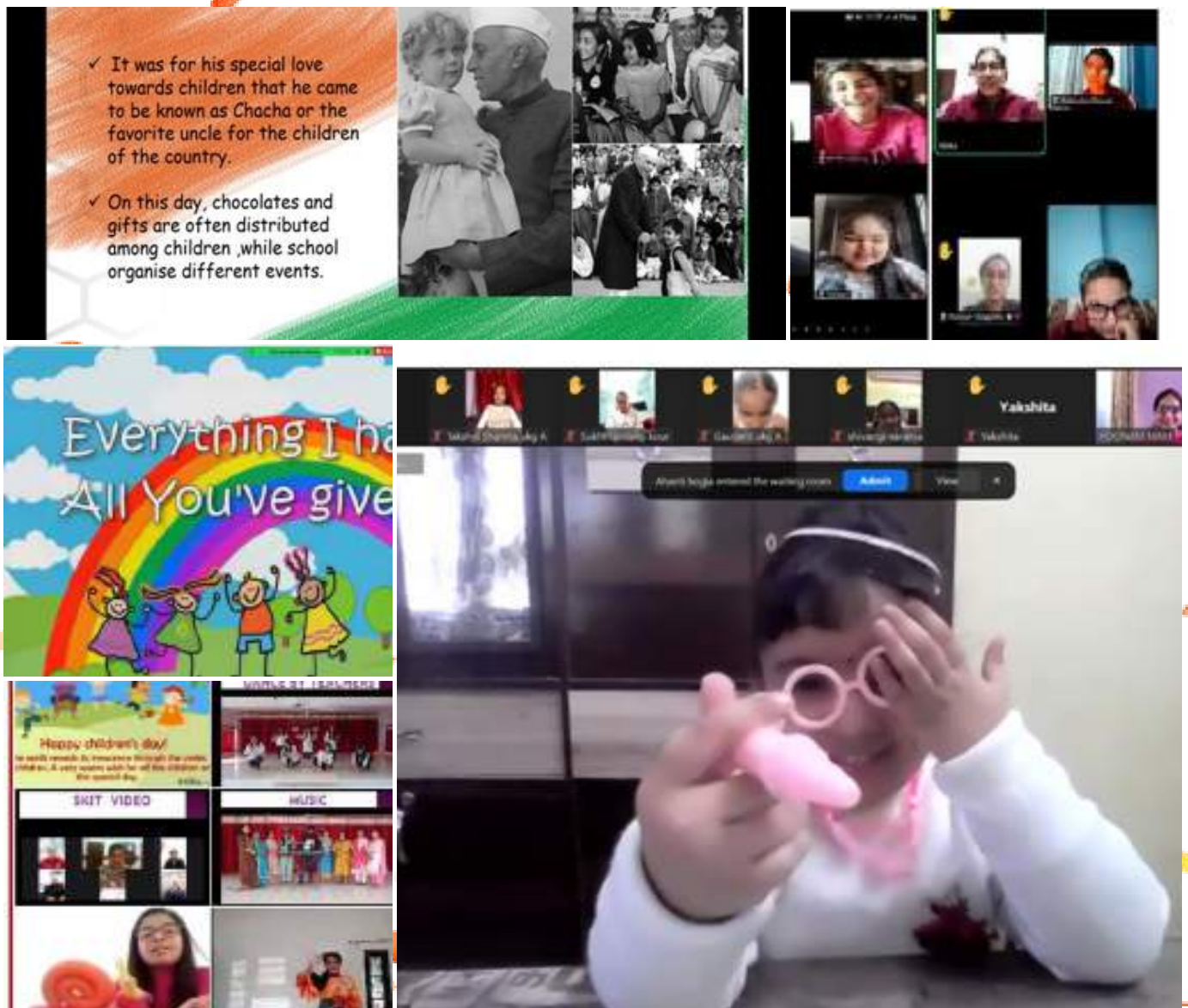
Class 6

Shivani Chib with a soulful prayer began followed by the inspiring speech by the Principal Sr. Swati. Then the program proceeded with the medley of songs sung by the teachers. Students appreciated it a lot. A skit on the theme "Online Virtual Class" was enacted by the teachers. The programme ended with the students dancing to the melodious tunes of the dance numbers.



Class 9

Virtual Children's Day celebration began with the welcoming of the students, followed by a prayer service which consisted of a prayer song sung by music teachers and team. The program began by showing the videos recorded by the teachers- songs sung by teachers, followed by dance and skit videos. Games like Scavenger Hunt, Riddles, and Tongue twister. The students got emotional on hearing Sister Swati's message and expressed how much they miss school. The students shared their experiences and the day ended on a grateful note.



Merry
CHRISTMAS



HAPPY NEW YEAR





Never Give Up!

Basketball Championship

Inter zonal school level championship held on 30 October 2021 at MA Stadium Jammu. Students got selected for State Level Competition.

Taekwondo

Inter zonal district level competition held on 2 November 2021 at Khel Gaon Nagrota. Ina Dhar was selected for state level competition.

Athletics

Inter zonal district level competition held on 18 November 2021 at Govt. Women College, Gandhi Nagar, Jammu.

- Krishita Gupta- Gold (Discuss Throw) - Selected for state level as well
- Pavni Gupta- Silver (Discuss Throw)
- Shiny James- Bronze (Shotput)
- Reet Narania- Bronze (Long Jump)
- Pavni Gupta- Bronze (Shotput)

Rope Skipping

Inter zonal district level competition held on 24 November 2021 at Govt. Middle School, Satwari. Three girls got selected for state level competition.

- Supriya Kangotra
- Krishita Gupta
- Avreen Kour



BELIEF ENHANCES LIFE

WINNERS OF ACTIVITIES (OCT-NOV)



Class – VII & VIII

1. Diksha Digra, VIII A
2. Saman Fatima, VII B
3. Dhanak, VII A
4. Mannat Malik, VIII B
5. Jevaish Kour, VII A

Class – IX & X

1. Mariasha Rajput, X A
2. Sahajpreet Kour, IX B
3. Runzun Chajgotra, IX A
4. Gunleen Kour, IX A
5. Siya Mahajan, X B

International Peace Day

Class - I & II

1. Devanshi Singh, I B
2. Amairah Thomas, II B
3. Bani Singh, II B
4. Naira Mahajan, I B
5. Aaruhi, I A

Class - III & IV

1. Anvi Agarwal, IV B
2. Pragya Johal, III A
3. Arushi Gupta, IV A
4. Amania Posbal, IV A
5. Shivanya Sharma, III B

Class – V & VI

1. Gursheen Kour, V A
2. Tejaleen Kour, VI B
3. Ridhi Mahajan, V A
4. Yogyata, V B
5. Anshika Sharma, VI B

WORLD TOURISM DAY

Class : III & IV

1. Ragini Singh Pathania- 4 B
2. Akshit Rajan – 4 A
3. Namanpreet Kour – 3 B

Class : V & VI

1. Gursheen Kour – 5 A
2. Vanshika Mahajan – 6 B
3. Yogyata – 5 B

Class : VII & VIII

1. Mannat Sharma – 8 B
2. Krishita Gupta - 7 B
3. Ayat Choudhary – 8 A

STORY TELLING

Class: I

1. Precious
2. Anahita Pandoh
3. Devhari

BOOK MARK MAKING

Class: I

1. Avanshi, I B
2. Myra Sharma, I A
3. Aadhya, I A

Class : II

1. Arnidh Kour Sagar, II A
2. Ashvi Jamwal, II A
3. Pavika Gupta, II B



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Poem Competition

Class: LKG

1. Daanvi Charak, LKG A
2. Momina Akhtar, LKG B
3. Gurnoor Kour, LKG A
4. Parthavi Sambyal, LKG A
5. Ridhi Sardaliya, LKG A

Class: UKG

1. Inaya Choudhary, UKG A
2. Anahita Rajput, UKG A
3. Rangat Kour, UKG B
4. Ridhima Sharma, UKG B
5. Inika Dutt, UKG B

Make a Dream Catcher

Class - V to VII

1. Mahika Jamwal - 6 A
2. Gungun Tickoo - 7 B
3. Agrima Charak - 7 B
4. Tavisha Mahajan -6 B
5. Alia Choudhary- 5 A

Spell Bee Competition

Class: II

1. Avanshi
2. Briti Sharma
3. Aahuk Mahajan

Pot Decoration

Class: III

1. Mahveen Kour , III A
2. Pehaldeep Kour, III A
3. Ashvi Thapa, III A
4. Ayaana, III A
5. Kashvi Gorka, III B

Class: IV

1. Daksha Bagal, IV A
2. Ridhima Choudhary, IV A
3. Harneet Kour, IV B
4. Harmehar Kour, IV B
5. Ahana Gupta, IV A

Quiz Competition

Class: III

1. Saanvi Sharma, III A
2. Aashvi Thapa, III A
3. Gurleen Kour, III B

Class: IV

1. Anahita Sharma, IV A
2. Prabgun Kour, IV B
3. Naunidh Kour, IV B

BELIEF ENHANCES LIFE