



CARMEL
J A M M U

CARMEL SPECTRUM

VOLUME 5 | ISSUE 7

Nov -Dec 2022

Dear Readers,

Let me begin by wishing you all a Happy and Prosperous New Year 2023. May this New Year be filled with many successes and continued progress.

January is always a fresh beginning and positive change. We have many dreams and new resolutions for a new beginning.

Dear Parents, your cooperation during the annual days has been commendable. Your efforts in sharing our vision are praiseworthy. Your wholehearted support in organizing social service week and enabling students to see the reality of life on the other side is appreciated. "Belief Enhances Life." Let us continue to work together to enhance the values of Carmel.

Maria Swati A.C.
Principal



Annual Day:

Annual functions have always been a grand day of celebration for the school and its students. Under the themes of "Celebrate Life", "Unity in Diversity" and "Nari Shakti" Carmel celebrated this enormous event in splendour from November 9 to November 11. Every child was part of this auspicious event. Various dances and anecdotes enacted by the students made the audience burst into a peel of laughter. The Life of Mother Veronica, narrated by the girls, gave a glimpse of the life of the Foundress of the Apostolic Carmel sisters who administer Carmel Convent School, Jammu.

The Chief Guests Ms Avny Lavasa IAS, Rev. Fr. Sebastian Nagathunkal and Ms Cheena Sumbria KCS appreciated the performance of the pupils. They inspired and encouraged children to keep space in their academics and co-curricular activities. A grand finale to the song 'Carry your Candle' marked the end of the day. Fr. Sebastian Nagathunkal requested the students to carry their candles to light other candles in their homes and communities.



Picnics:

Picnics hold a special place in the lives of students. Classes Pre-Primary to Fifth Grade went to The Four A Lord's Resort in Birpur. The host prepared delicious food, which the students ate with gusto. The students couldn't wait to bounce their legs to the thumping dance outside beside the lawn. 17th November 2022 was a day packed with fun and excitement for the students of grades 6 to 10, as they rode several rides like the train, gigantic wheel, pendulum, carts, slides, and a trip to a haunted house in Jalandhar's Wonderland. The students were ecstatically happy.



Childrens' Day

Children's Day was celebrated with a great deal of delight. The prayer service and a lovely prayer dance performed by the teachers set the tone for the event. The teachers rocked the stage with their performances and completely wowed the students. Students who excelled exceptionally well in various activities received a variety of awards. The DJ was playing, and students beamed with joy and entertained themselves well.



The Constitution Day

Constitution Day was observed on November 26 in Carmel to honour the adoption of the Indian Constitution and to emphasise the importance of its founding fathers. Everyone was informed about the formulation and ratification of the Constitution at a special morning assembly by the Arts Stream students. Poster-making and Slogan writing competitions were held during the day and every class was encouraged to make their class preamble.



Awards and Accolades

Brainfeed awarded Camel Convent School the Best Excellence Award (2022) for transforming young minds through a noteworthy spectrum of initiatives and efforts. The school also received recognition from Education Today as the top school in Jammu and the fifth-best school in India.



Rising Stars of Carmel

Akarshita Charak, in the international dance competition held in Nepal and sponsored by the Nepal dance sports association, a student of Class 9 A took home the Silver Medal.

Sana Sharma, a student in class 7A, won the district championship in Ju-Jitsu at Bhagwati Nagar Stadium in Jammu.

Subhaika Charak, a student in grade 10, is Carmel's youngest author. Her book is titled "The Philosophies of the Subconscious Mysteries." The book is a compilation of poems that examines various aspects of the human mind, including how it works.

Art & Painting

In recognition of World Tourism Day in November 2022, Jammu University's School of Hospitality and Tourism Management hosted a state-level Hastkala competition. Archy Babu and Lakshmi Devi of our School took home the top

honours, while Aekamdeep Kour and Siya Mahajan were the runner-ups for the same. On November 14, NHPC held a State-level painting competition on "Energy conservation" at NHP. The students took part in two distinct groups. The consolation prize of Rs. 7,500 and a Cash prize of Rs. 2,000 each were won by Khushi Khajuria of Class 7A, Harman Kour of Class 9A, and Sabgun Kour of Class 9B.



Social Service Week

Community service activities help children define their values, experience empathy, develop social skills, and learn about their community. Carmel organised Social Service Week. The students contributed and shared various items for the less fortunate to promote the spirit of giving and sharing. They visited centres like Trikuta Nagar Mandal Special school and home for the aged, Roopnagar School for the Blind, Mother Teresa Home at Janipur, an elderly home in Amphala, and a village close to the Suchegarh Border. We at Carmel teach Life Skills and provide such experience for life.



Christmas Celebration:

Christmas is for joy, giving and sharing, laughter, and coming together with family and friends. On December 23, a Christmas celebration was held at our school under the theme 'Where God is born Hope is born'. The school wore a festive look with bells, stars, lights and a beautifully decorated Christmas tree.

The celebration began in the august presence of Bishop Ivan Pereira. The essence of Christmas came alive with melodious carol singing, dances and skit. The students of Pre-primary riveted the audience with their cute dance. Multiple activities like decorating Christmas Trees, making a cotton snowman, decorating candles, making crocs etc. held for the students.



Clubs at a glance...

Sports Club

Sports play an important role in the life of Students at Carmel. The students competed in a variety of sports events and did very well.

Softball

Carmelites of all age groups (U-14, U-17, U-19) competed in an inter-district softball tournament in November at Science College. Approximately 21 girls from our school competed in this event. Our school won the Runner-Up Trophy, and the students qualified for the competition at the next level.

Softball Nationals U-14

For the U-14 age group, a Softball Nationals was held in Kurnool, Andhra Pradesh. Six girls from our school competed at a national level from November 21 to December 3, 2022.

Basket Ball

On November 18 and 19, a U-14 age group inter-school basketball competition was held at the Shodhya Complex in Kathua. The Runner-up Trophy was awarded to the contestants.



Girl Guide Club

December 1, 2022, The Club organised an awareness program to commemorate World Aids Day under the theme 'Equalise'. On this occasion, they were also awarded certificates of training held at various levels. On December 5, they organised an Art Integrated educational programme on the theme "Free Being Me". Resource persons Mr Haroon Malik and Mrs Deepika, Bharat Scout and Guides delivered the workshop. The students were taught how to increase the self-esteem and body confidence of developing adolescent girls.



AI & Robotics Club:

The AI & Robotics Club enthusiastically participated in Computer Literacy Day on December 2, 2022, on the theme "If you embrace computers today, then you are going to progress forever". This activity promoted the use of technological skills among children and women in India and raised awareness of the importance of computer literacy.



Experiential Learning...

Classes UKG, 1st, 2nd, 4th, and 5th graders visited the science lab and were shown the various specimens, models, microscopes, and other measuring devices. It gave them practical knowledge of what they had only seen in books.



Fun Activity...

Learning through activities makes learning engaging and fun. The Students are more willing to participate and retain information better because the process is enjoyable and memorable. Enhancing various skills at a young age does not only benefit them temporarily but also throughout their life in every field.



Art Integrated Learning...

