



CARMEL  
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# CARMEL SPECTRUM

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Dear Readers,



Greetings!

We stand poised on the threshold of change in the world of education. Students have to be equipped with knowledge, confidence and competence to attain a sense of fulfillment and understanding. At Carmel, we as educators create a safe, stimulating and learning environment for our children. There is a good rapport between students and the teacher. At Carmel, the faculty is empowered as leaders. I am part of the

Carmel Family for the past 17 years. I have shouldered a lot of responsibilities. Carmel has given me the experience of being a learner and helped to bring out my inner skills and confidence. It is a moment of great joy to be a part of the Carmel Family that has adorned my personality, changed my perspective and given me a suitable ambience. I extend my heartfelt thanks to the Management for showing faith in my potential and encouraging and guiding me. I end by saying, don't stress on the closed doors behind you but look forward with hope.

Mrs. Shivani Chib

# Independence Day celebration

'Azadi Ka Amrit Mahotsav' an initiative to commemorate 75 years of Independence, was observed joyfully, pompously and extravagantly. The students of grades 1 to 3 viewed a patriotic movie. Students from grades 4 through 7 took part in the Tricolour Candle Decoration. Class 8 to 10 participated in squad-wise Rangoli-making competition. Harmony in religious diversity was a mime, followed by Inter house Patriotic Dance competition. The students of all four houses danced to the beats of patriotic songs. The chief guest appreciated the spectacular event and encouraged kids to uphold civic duty and make their Nation proud. Additionally, a virtual celebration was held for all the classes, and students expressed love for the Nation by participating in events organised for the occasion.









# Rakshabandhan Celebration

“Hands in hands or miles apart, sister and brother are connected by heart!”

Yes! A strong bond between a brother and sister has no bounds. Competitions like crafting Rakhi and decorating thalis were organised for children in grades 1 through 10 on 10th August 2022. Students created lovely Rakhis using various materials, including thread, stars, mirrors, pearls, flowers, and more. The thalis for the Rakhis were well ornamented. The creative work of students is well appreciated.





# International Youth Day Celebration

'Intergenerational Solidarity', was the theme for an International youth day on 12 August. Students participated in various activities with full of zeal and enthusiasm, delivered speeches and performed dances and mimes. They highlighted the challenges that both the young and old generations meet. During the Extempore competition, the students spoke about the role of Youth in society. The celebration culminated with the inspiring speech of Principal Sr. Maria Swati.



**BELIEF ENHANCES LIFE**



## Educational Trip

Class 7 Girl Guides visited the Amar Mahal Museum and library as part of their educational excursion. The kids looked at the stunning paintings and historical tomes from the era of Jammu's Maharaja Amar Singh and his son Hari Singh's dominion. The Palace, which was erected in the nineteenth century and is now a museum, was inaugurated in 1975 by Indira Gandhi, the Prime Minister of India. The pupils also had the chance to view the exquisite sculptures of well-known personalities of the union territory of Jammu. They also witnessed the traditional attire worn by Jammu's kings. All of the children relished the excursion and gained a deeper understanding of their city's history.



## National Sports Day



A magnificent sports extravaganza was organized at Carmel Convent School on August 29 to culminate Sports Week in which all the students from L.K.G. to class XII participated with great fervour and manifested their athletic skills. The mega event commenced with a welcome note for the chief guest Roopali Slathia, a well-known sports figure presently serving as a level 2 BCCI certified coach. NIS athletes Nirmal Singh and Mousmi Verma, Chairman of the Diocese of Jammu and Srinagar- Fr. Shaiju Chacko and other dignitaries graced the ceremony. The pupils' captivating presentation of a prayer dance set the tone for Sports Day. The event proceeded further with the Flag Hoisting and the Sports Meet opened. The students entered into the spirit of the occasion with the oath administered by the sports captain. It was further crowned, by house-wise March Past, judged by Nirmal Singh and Mousmi. A Mass drill performed by classes 6 to 8 was a pleasing sight to behold. Age-appropriate games and races like Hurdle, Relay, Bucket Filling, Tug of war, Yoga, Zumba, and Taekwondo were organized. Supermoms and super dads also enjoyed participating in three-legged races and Tug of war. A good number of students performed exceptionally well and won multiple prizes. The winning students were showered with medals and certificates. Yellow house bagged the Best March Past trophy. Overall, the best house trophy was awarded to Green House. The show culminated with speeches by Father Shaiju Chacko and Director Rupali Slathia.



# Healthy Body, Healthy Mind



BELIEF ENHANCES LIFE



# Flagship Programme with IC3 Institute

“Success is not final; failure is not fatal: it is the courage to continue that counts.”

It all began when Sister Maria Swati, the Principal, asked me to come out of my comfort zone of counselling and delve into the vast possibilities of career and college counselling by enrolling on the 1-year flagship programme with IC3 Institute. At first, it was like a rough road as there was much to learn and here, by the grace of God, I completed 365 sessions, periodic assignments and assessments. I graduated in front of educationists from 95 countries of the world. This course has exposed me to multidisciplinary, interdisciplinary education, liberal education and new-age careers. It is my motto to channel all that knowledge to my students to make well-informed career choices.





# Happy Classrooms

## Kindergarten

On August 18, 2022, the young Carmelites of Pre-primary engaged in a fancy dress competition to foster creativity, inventiveness, and confidence. They enjoyed dressing up as cartoon, animal, and narrative characters. They all appeared lively in their various, bright clothes. They presented themselves well and played their part confidently.

