



CARMEL  
J A M M U

# CARMEL SPECTRUM

VOLUME 5 | ISSUE 6

Sep -Oct 2022

Dear Readers,

*We are inspired by...*



**Difficulties in** your life do not come to destroy you, but to help you realize your hidden potential and power, let difficulties know that you too **are difficult.**

*-A.P.J. Abdul Kalam*

You will discover the ideal fusion of assurance, accountability, wisdom and greatness of Carmelites as you browse through the pages.

Let's have a few glimpses...

BELIEF ENHANCES LIFE

# Swachhata Pakhwada

From September 1 to September 15, 2022, Carmel Convent School organised Swachhata Pakhwada events. The students participated in slogan writing, painting, essay writing, Cleanliness drive and community outreach. The main event- Swachhta Pledge were conducted on campus on 1/09/2022, administered Swachhta Pledge by all Heads of Department, faculty members, and students and inaugurated the Swachhta Pakhwada-2022 programme. The session began with an introduction to Swachhta pakhwada, its importance, and the role of citizens. An oath was taken to maintain cleanliness to achieve the objectives of attaining a clean country and world. It was a tremendous feeling for all of us to organise two weeks long swachhata pakhwada.



# Celebrations at Carmel

## Teachers' Day

The school cabinet organised a beautiful programme on the 5th of September 2022. Several heart-touching programmes filled with gratitude, laughter and love made the teacher appreciate their day. A special school lunch was hosted by the school management at Zone Hotel Jammu.



## Diwali

Carmel convent school celebrated Diwali on 20th October 2022. The theme for the Diwali celebration was "VICTORY OF LIGHT". The day started with a special morning assembly wherein students delivered speeches on the significance of the festival and the relevance of eco-friendly celebrations. Melodious songs and heart-throbbing dance added more colours to the festivities.



## Rope Skipping:

Carmel Convent School hosted the 12th District Jammu Rope skipping Championship by the Rope Skipping Association of Jammu & Kashmir (JKRS) on the school campus. State level championship (Kalaripayattu) was also conducted on 8th and 9th September 2022 in the school campus. Dr SM. Bali-Joint Secretary of the Indian Olympic Association and chairman of Kalaripayattu association of J&k was the chief guest for the event. Around 400 players participated from all over the state and won different prizes at different levels of competition.



## Kalaripayattu - A martial art form



# Hindi Diwas

Hindi Diwas celebrated on 14th September 2022 with great devotion and enthusiasm. The celebration began with the welcome note and the lighting of the holy lamp.

Then the School literacy head girl spoke about "the importance of our mother tongue". A short skit based on the theme "Hindi ka Mahatva" was also presented. Red House won the Doha Gayan competition for the students of grades 8, 9, and 10.



# Robotics and AI

Robotics and AI, excellent skills for future career development that nurture young minds, was another initiative by Principal Sr. Maria Swati. Mr. Saisagar, a resource person for the session, made the facilitators dive deep into the world of Robotics and gain hands-on experience. This two-day workshop's goal was to comprehend how computer science principles and ideas are used to encourage students' involvement in solving problems that arise in the real world.



# Global Learning

The Grade 2 children had an educational experience as they participated in a live interactive session with the GynraddGymraegy, Castell, Caerphilly, Wales, U.K. School on October 17, 2022. Understanding the cultural parallels and distinctions between the two nations was the goal of this session. This activity was a unique experience for the kids of both countries as their facilitators made it possible for them to interact and exchange their views and ideas one to one.



## Zonal Level Folk Dance Competition:

Carmel won another success on October 22, 2022, when it took first place in the Zonal Level Folk Dance Competition held at St. Peter's School, Karan Bagh. The young and vivacious Carmelites performed the Maharashtra state's Lavani dance form, a fusion of traditional song and dance performed to the sounds of the percussion instrument Dholki. Everyone was immensely impressed with the Carmelites' performance.



# Rashtriy Ekata Divas

When it comes to expressing love and respect for our nation, we Carmelites never hold back. In this context, the school observed Rashtriya Ekta Diwas on October 31, 2022. Events like speeches, pot decorating, poetry recitation, group discussions, cleanliness drives, and fashion shows were included in the celebration to spread love for the rich diversity of our nation's cultures.



# Innovative Hours...

## Demonstration Pre-Primary:

Demonstrating the methods taught in the Pre Primary Classrooms is a yearly feature at Carmel. On September 18 and 21, parents of LKG and UKG called to witness the demonstration of the teaching method leaving them awe-struck at the confidence the little angels displayed. Teaching aides like floor discs, flannel boards, concentration exercises, brain mapping, flashcards, vegetable market scenes etc.



# Clubs at a Glance

## Peace Club:

The peace club organised several events to raise awareness of the significance of International Peace Day on September 24, 2022, including contests for drawing, poetry, slogans, posters, and badges. Students from various grades eagerly participated in these competitions. The students of class 7 went on a field trip to Balidan Satambh and other religious places.



## Girl Guides:

The sixth-grade Girl Guides visited the Bharat Scouts and Guides headquarters in Gandhi-Nagar, Jammu, to observe International Peace Day on September 21.

The theme of the programme was "End Racism Build Peace". The programme was witnessed by the chief guest Director of sports and youth services Jammu, the present director of Bharat Scouts and Guides wing Mrs Nasreen and by Mr I D Soni, ex-director of Bharat Scouts & Guides wings and other dignitaries of the Guiding movement. The children who participated received certificates.



## Sports Club

The Tennis Volleyball Federation of India conducted the 24th junior and sub-junior national tennis and volleyball championship, which took place from October 7–9, 2022, in Tiruchirapalli (Tamilnadu). Nine players from our school took part in the competition. In addition, the 23rd National Rope Skipping Championship took place in Delhi from October 17 to October 2022 at Talkatora Stadium. The Indian Federation of Rope Skipping organised this event. There were 20 players present for this match. They brought home four silver medals and one bronze medal.

