



CARMEL
J A M M U

CARMEL SPECTRUM

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Dear Readers,

As we bid farewell to yet another remarkable year, I am grateful for the unwavering support and appreciation bestowed upon us. The conclusion of the academic session 2023-2024 marks a testament to our collective dedication and relentless pursuit of excellence. Throughout this journey, our students have exhibited exceptional performance, showcasing their intellectual prowess and unwavering commitment to their academic pursuits. Their achievements resonate with Carmel's ethos of nurturing holistic development and fostering a culture of academic brilliance.

"Belief Enhances Life" the Most of the School and the Vision: Enthuse! Empower and Excel - encapsulate the very essence of our lives, in our endeavours and shaping the lives of our students. The impact of this guiding philosophy is evident in every aspect of Carmel's life, from the classroom to the playground.

I extend my heartfelt appreciation to our esteemed faculty members, whose tireless efforts and dedication have been instrumental in shaping the minds of our students. Their enthusiasm for educating and nurturing potential is commendable.

As we embark upon a new academic year, let us carry forward the spirit of perseverance and determination that has defined us thus far. May we strive for excellence in all our endeavours, guided by integrity, compassion, and intellectual curiosity. Together, we have achieved remarkable milestones, and I am confident that with the blessings of the Almighty, we will continue to scale new heights of success.

Maria Swati A.C.
Principal

Investiture Ceremony

On January 31, 2024, a significant investiture ceremony took place. During the ceremony, badges and sashes were awarded to the newly elected student leaders, signifying their commitment to upholding the school's values. The oath-taking ceremony was full of sincerity and dedication, setting the tone for a year of growth and positive change. The event ended with a vote of thanks, followed by the school song led by the student council. It marked the start of an exciting journey where we share a commitment to excellence.



Republic Day Celebration

The Republic Day celebrations encouraged the students to develop their creativity and patriotism and deepen their understanding of the event's significance. The day began with the hoisting of the national flag, followed by the national anthem and a prayer service that symbolized unity and reverence. The celebration was a vibrant mix of artistic expression, cultural appreciation, and patriotic fervour.



Carmel Treasure Retreat

The Carmel Treasure Retreat for the students in Grade 9 was conducted from the 5th to the 9th of February. This Retreat provided the students with a deeper understanding and reflection of the moral values imparted to them throughout their Carmel journey. It also allowed the students to immerse themselves in the tranquillity of their surroundings and gain insights into the importance of balance and harmony in leading fulfilling lives. These value-based sessions encourage self-discovery and personal growth, laying the foundation for a promising future.



Value Integration Week



During the Value Education Week, UKG students toured the school while holding signs with wholesome food, promoting the message, "Eat healthy, stay healthy". First and second graders, meanwhile, focused on personal safety by colouring do's and don'ts on a worksheet. Grade 4 and 5 students' artistic flair was evident. A skit performed by students in grades 6-8 showcased the timeless lesson that good triumphs over evil.

Prize Distribution:

The annual Prize Distribution ceremony at Carmel Convent School was a vibrant occasion filled with joy and jubilation. It served as a platform to acknowledge and celebrate the remarkable achievements of students across diverse academic, co-curricular, and extracurricular spheres. Fr. Mathew, Principal of St. Peter's School, Karanbhag, Fr. Justin and Sr. Maria Swati graced the event and felicitated deserving students with prizes, certificates, and trophies.



Art & Craft Exhibition:

We would like to share with you our exciting and joyful experience during the Art and Craft Exhibition that took place on February 23rd, 2024. The students had been working hard for months during their Arts and Crafts periods in preparation for this special day, and their efforts paid off. Each class created stunning masterpieces that showcased their creativity and skills. The parents were blown away by the talent and dedication of the students.



Pareeksha Pe Charcha

Prime Minister Narendra Modi recently led a discussion on "Pareeksha Pe Charcha 2024". The Prime Minister addressed the concerns and aspirations of educators, parents, and students across India. Approximately 700 students and 45 teachers from Carmel Convent School in Jammu attended the event, where they were encouraged to pursue their hobbies alongside their academic goals.



No bag Day



On February 14th Carmel observed "A No Bag Day" where students participated in conducive lesson plans with theme-based activities. Students in grades 1 and 2 coloured worksheets about healthful eating while students in grade three watched "Children of Heaven" to develop empathy. Grades 4 and 5 celebrated individuality through writing and drawing while grades 6 and 7 presented a moral values skit. By encouraging creativity, personal hygiene, social responsibility, and originality, these activities supported holistic development and demonstrated the school's dedication to providing a well-rounded education.

Testing Core Concepts (SAFAL)

Carmel Convent School was shortlisted for the SAFAL Field Test, the CBSE's competency-based assessment for Grades 5 and 8. The school hosted the exam from February 14 to February 21, following the same protocol as the actual SAFAL exam, which is scheduled for July. The main aim of the exam is to measure students' progress in core competencies and learning objectives.



Thanks giving and Adieu

On the final day of Class 12, there were mixed emotions of joy and sadness. The day started with a special assembly organized by Class 11 and faculty members to honour the outgoing batch. The assembly included heartfelt messages, touching remarks, and awarding the students with symbols of appreciation. The students expressed their gratitude towards their teachers, friends, and mentors who had played a significant role in their journey. The students left their school with not only academic knowledge but also valuable life lessons, lifelong friendships, and experiences that would shape their future. It was a day of reflection, celebration, and hope for a bright future.



Capacity Building Programmes

The National School Counselors' Summit, Vartah 2.0 (winter) held on January 19th and 20th, 2024, was a comprehensive exploration of the multifaceted role of counselors in various domains. The summit brought together renowned professionals and experts to share insights on counselling approaches, skill development the challenges faced by counsellors in diverse settings.



On January 27, 2024, a seminar on "Learning Outcomes and Pedagogies" was held by the CBSE at JK Public School in Kunjwani. It aimed to explore the fundamental aspects of education, teaching methods and assessment of learners. The resource persons Rohini Aima and Arindham Rai emphasized the importance of developing specific and well-defined learning outcomes, also known as SMART goals (specific, measurable, achievable, relevant, and time-bound).

The programme presented by Swati Gupta and hosted by CBSE at Carmel School Jammu on February 10th was centred on improving financial literacy for both teaching and non-teaching staff. During her enlightening seminars, Swati Gupta emphasized the value of health and retirement planning insurance. The session also covered the responsible use of digital and net banking. This programme encourages staff members' personal and professional financial well-being in addition to providing them with fundamental financial knowledge.



On February 16 and 17, Shemford Futuristic School Birpur hosted a two-day Induction Training Programme 'Guru Daksha', which was arranged by the CBSE. Three additional teachers along with our school principal, Sr. Mari Swati, attended this programme led by eminent resource persons Ms. Rashmi Ahluwalia and Ms. Rohini Amia.

Sports enthusiast of Carmel

Date	Event	Venue	Sport	Category	Achievement
27th Dec - 04 Jan 24	39th Chess Sub-Junior National Championship	Jalgaon, Maharashtra	Chess National	U-15	Bronze Medal 1. Ashwiina
13th - 14th Jan 24	35th Samba District Volleyball Championship	Jakh, Samba	Volleyball	U-14	Runner-up (Silver Medal) 1. Cantavya 2. Bhumika
08th - 16th Jan 24	67th Softball Junior National Championship	Bikaner, Rajasthan	Softball National	U-17	Participation 1. Anisvi 2. Shavi 3. Arshdeep 4. Florence 5. Anushka 6. Aarya 7. Parnika
31st Jan - 09th Feb 24	67th Softball Sub-Junior National Championship	Kabirdham, Chhattisgarh	Softball National	U-14	Participation 1. Aanika 2. Aaradhya 3. Manyata 4. Ridhima 5. Janvi 6. Sumaiya
2nd Feb 24	The Grand Chess Fiests	IDPS, Sunjwan Jammu	Chess	U-14	1ST Prize & 4000 Cash Prize 1. Ashwiina
13th Feb 24	67th Weightlifting National Championship	Patna	Weightlifting	U-19	Silver Medal 1. Kaushiki Sharma
17th - 18th Jan 24	35th District Volleyball Championship	Jammu	Volleyball	U-14	Runner-up (Silver Medal) 1. Cantavya 2. Bhumika



BELIEF ENHANCES LIFE

Star Kids of Carmel

Results of Silver Zone Olympiad

Our students' exceptional performance in the Silver Zone Olympiad is a testament to their hard work, determination and dedication to academic excellence. Their achievements showcase not only their individual talents but also the effectiveness of our school's educational programs.



International Olympiad of English

Class	Name	Achievement
02	Devhari	Silver (Class Topper)
03	Sanavi Slathia	Gold (Class Topper)
03	Virajni Rajput	Gold (Class Topper)
05	Harisheen Kour	Silver (Class Topper)
05	Pushti Sethi	Bronze (Class Topper)
05	Seerat Kour	Gold (Class Topper)
06	Daksha Bagal	Silver (Class Topper)
06	Naunidh Kaur	Gold (Class Topper)
06	Amanla Posbal	Bronze (Class Topper)
07	Fatima Bukhari	Silver (State Topper)
07	Saanvi Dutta	Bronze (class Topper)
07	Ridhi Chowdhary	Silver (Class Topper)
08	Ashvika Singh	Silver (Class Topper)
08	Areeba Malik	Bronze (class Topper)
08	Yashika Mahajan	Bronze (State Topper)
09	Mayila Javed	Bronze (class Topper)
09	Navdeep Kour	Silver (Class Topper)
09	Aadhya Sharma	Gold (Class Topper)
10	Niharika Bhushan	Gold (Class Topper)
10	Arshdeep Kour	Bronze (class Topper)
10	Mannat Sharma	Silver (Class Topper)
11	Shiny James	Gold (State Topper)
11	Nidhi Sharma	Bronze (class Topper)
11	Reet Naranja	Silver (State Topper)
12	Ruhin Puri	Silver (Class Topper)
12	Anviksha Sharma	Bronze (class Topper)
12	Kavita Choudhary	Gold (State Topper)



International Olympiad of Science

Class	Name	Achievement
03	Alviya Sharma	Gold (Class Topper)
03	Precious Singh	Bronze (Class Topper)
03	Lavanya sharma	Silver (Class Topper)
04	Harnidh Kour	Bronze (State Topper)
04	Manveen Kour	Silver (Class Topper)
05	Kaur Prabhoordeep	Bronze (Class Topper)
05	Ruheen Alam Chauhan	Silver (Class Topper)
05	Rasgun Kour	Gold (Class Topper)
06	Agamiya Slathia	Silver (Class Topper)
06	Medhavi Lakhanpal	Bronze (Class Topper)
06	Ashvik Jarangal	Gold (Class Topper)
07	Salena	Bronze (Class Topper)
07	Kaur Wahodeep Singh	Gold (Class Topper)
07	Vendita	Silver (Class Topper)
08	Ashvika Singh Charak	Silver (Class Topper)
08	Yashika Mahajan	Bronze (State Topper)
08	Harleen Kour	Bronze (Class Topper)
09	Nimret Kour	Gold (Class Topper)
09	Cungun Tickoo	Silver (Class Topper)
09	Mayila Javed	Bronze (Class Topper)
10	Ariana Sharma	Gold (Class Topper)
10	Diksha Choudhary	Bronze (Class Topper)
10	Niharika Bhushan	Silver (Class Topper)
10	Harsimrat Kaur	Silver (Class Topper)

International Informatics Olympiad

Class	Name	Achievement
03	Anvesha	Silver (State topper)
10	Niharika Bhushan	Gold (State Topper)



International Olympiad of Soc. Science

Class	Name	Achievement
05	Jasleen Kour	Gold (Class Topper)
06	Navya Sharma	Gold (Class Topper)
08	Harleen Kour	Gold (Class Topper)
09	Cungun Tickoo	Silver (Class topper)
09	Navania Sharma	Bronze (State topper)
10	Madeeha Ashraf	Silver (Class topper)
10	Niharika Bhushan	Bronze (class topper)
10	Agrima Sharma	Gold (Class Topper)

International Reasoning Aptitude Olympiad

Class	Name	Achievement
08	Tavisha Mahajan	Bronze (State topper)
10	Niharika Bhushan	Gold (Class Topper)
10	Harsimrat Kaur	Silver (Class Topper)
11	Reet Naranja	Silver (State topper)
12	Devjeet Kour	Bronze (State topper)

International Olympiad of Mathematics

Class	Name	Achievement
10	Niharika Bhushan	Gold (Class topper)
10	Harsimrat Kaur	Silver (Class topper)
10	Agrima Sharma	Bronze (class topper)

Akhil Bhartiya Hindi Olympiad

Class	Name	Achievement
3	Sachnoor Kour	Gold (Class Topper)
8	Khushi Khajuria	Gold (Class Topper)

Star Kids of Carmel

Results of Little Star Olympiad



Little Star Mathematics Olympiad

Class	Name	Achievement
LKC	Inaaya Akhter	Bronze
LKC	Adhishree Sharma	Bronze
LKC	Aqsa Layaqet	Gold
LKC	Mankrit Kour	Silver
LKC	Mayurika Singh	Silver
LKC	Ridhvi Sambyal	Silver
LKC	Thikshita Chib	Gold
LKC	Purvi Sharma	Silver
LKC	Vitika Malla	Silver
LKC	Harnoor Kour	Silver
LKC	Sehaj Kour	Silver
LKC	Pratiksha Dutta	Silver
LKC	Anaya Sharma	Silver
LKC	Vanya Singh	Silver
LKC	Reyanshi	Gold
LKC	Akkshadha Sharma	Silver
LKC	Divyanshi Chib	Gold
LKC	Samayra	Silver
LKC	Sanskriti	Gold
LKC	Aahna Rajput	Gold
UKC	Saanvi	Bronze
UKC	Efna Thappa	Gold
UKC	Aanya Singh Jarmwal	Bronze
UKC	Mishty Chib	Gold
UKC	Daarivi Charak	Gold
UKC	Eeha Gupta	Bronze
UKC	Aarna Dutta	Silver
UKC	Jazzvin Kaur	Bronze
UKC	Anhad Kour	Bronze
UKC	Prisha Choudhary	Gold
UKC	Aashriya Verma	Gold
UKC	Aaradhya Soan	Gold
UKC	Tavnoor Kour	Gold
UKC	Aradhya Rajput	Gold
UKC	Mehar	Gold
UKC	Ananya Badgal	Gold



Little Star English Olympiad

Class	Name	Achievement
LKC	Inaaya Akhter	SAC + Gold Medal
LKC	Adhishree Sharma	SAC + Gold Medal
LKC	Aqsa Layaqet	SAC + Gold Medal
LKC	Meera Saini	SAC + Gold Medal
LKC	Shalita Choudhary	SAC + Silver Medal
LKC	Punvi Sharma	SAC + Gold Medal
LKC	Vitika Malla	SAC + Gold Medal
LKC	Rumani Choudhary	SAC + Gold Medal
LKC	Harnoor Kour	SAC + Gold Medal
LKC	Sehaj Kour	SAC + Gold Medal
LKC	Pratiksha Dutta	SAC + Gold Medal
LKC	Vanya Singh	SAC + Gold Medal
LKC	Yashvee Rajput	SAC + Silver Medal
LKC	Akkshadha Sharma	SAC + Gold Medal
LKC	Divyanshi Chib	SAC + Silver Medal
LKC	Myra	SAC + Gold Medal
LKC	Ashmita Sharma	SAC + Gold Medal
LKC	Sanskriti	SAC + Gold Medal
LKC	Aahna Rajput	SAC + Gold Medal
LKC	Sifat Kour	SAC + Silver Medal
LKC	Anaisha Jangral	SAC + Silver Medal
LKC	Japeet Kour	SAC + Silver Medal
LKC	Parmeet Kour	SAC + Silver Medal
UKC	Dishani Thappa	SAC
UKC	Efna Thappa	SAC
UKC	Nirat	SAC
UKC	Vidita	SAC
UKC	Eeha Gupta	SAC + Silver Medal
UKC	Hangun Kour	SAC + Silver Medal
UKC	Anhad Kour	SAC + Silver Medal
UKC	Prisha Choudhary	SAC + Gold Medal
UKC	Aaradhya Soan	SAC + Gold Medal
UKC	Tavnoor Kour	SAC + Gold Medal
UKC	Aradhya Rajput	SAC + Bronze Medal
UKC	Gunika Gandotra	SAC + Gold Medal
UKC	Mehar	SAC + Gold Medal
UKC	Ananya Badgal	SAC + Gold Medal



Little Star EVS Olympiad

Class	Name	Achievement
LKC	Inaaya Akhter	SAC + Silver Medal
LKC	Aqsa Layaqet	SAC + Gold Medal
LKC	Mayurika Singh	SAC + Gold Medal
LKC	Ridhvi Sambyal	SAC + Gold Medal
LKC	Vitika Malla	SAC + Gold Medal
LKC	Rumani Choudhary	SAC + Gold Medal
LKC	Sehaj Kour	SAC + Gold Medal
LKC	Pratiksha Dutta	SAC + Gold Medal
LKC	Vanya Singh	SAC + Gold Medal
LKC	Divyanshi Chib	SAC + Gold Medal
LKC	Sanskriti	SAC + Gold Medal
UKC	Dishani Thappa	SAC + Silver Medal
UKC	Canika Choudhary	SAC + Gold Medal
UKC	Vidita	SAC + Bronze Medal
UKC	Zunaira Fatima	SAC + Gold Medal
UKC	Anhad Banmotra	SAC + Silver Medal
UKC	Mehar	SAC + Gold Medal

Little Star Hindi Olympiad

Class	Name	Achievement
UKC	Mehar	SAC + Gold Medal (Class Topper)

Smart Kid General Knowledge Olympiad

Class	Name	Achievement
03	Myra Sharma	Gold (Class topper)
03	Kavya Mahajan	Silver (Class topper)
03	Lavanya Shree	Bronze (Class topper)
05	Advik Choudhary	Silver (Class topper)
05	Aashvi Thapa	Gold (Class topper)
06	Madhavi Lakshmi	Gold (Class topper)

N.B.

SAC - Special Achievement Certificate

Congratulations on your well-deserved Achievements!!!

