



CARMEL  
JAMMU

# CARMEL SPECTRUM

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Dear Readers,



I am pleased to report that our resumption for the new academic session has started on an extremely positive note. We are excited to have all our students back with us and to welcome the new students into the Carmel family. We welcome the session 2022 -2023 with hope in our hearts and the faith that God is sufficient for us. Over the last two years, the innocent lives of our students have suffered a lot. Their all-around development has come

to a standstill. It is our bounden duty to enhance their lives by providing the best. I invite everyone to cooperate and march forward courageously with confidence.

## First Aid and Emergency Care Seminar

A Virtual First Aid training program was organized from 12 to 14 January 2022. It was hosted by Doctors Ancy and Anamika. They spoke on as medical health workers what type of precautions are to be taken during and after treatment. The Three day seminar was beneficial as a lot of learning took place among the participants. It was interesting as well as awakening.

## Republic Day Celebration

The 73rd Republic Day was celebrated with great pride and patriotism. The program started with a prayer for the country. The students saluted the National Flag and pledged to uphold honour and integrity. A beautiful dance was performed to the tunes of patriotism and patriotic songs were also sung with tri-coloured attire to mark the occasion. The speakers invoked the precious contribution of great freedom fighters. The event concluded with the rendition of the National Anthem.

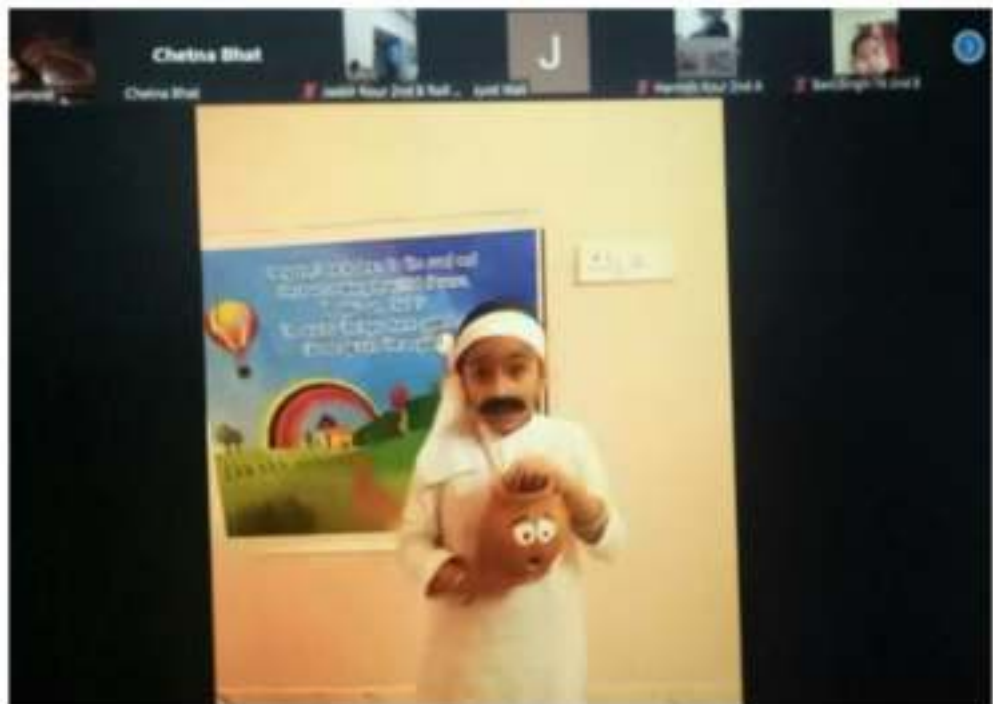
## Value Education Day

Carmel Convent School celebrated Value Education Week from 7th to 12th February. The values of Purity, Consistency, Respect, Cooperation, Discipline and many more were taught to students during the week. The Program began with the Prayer. Class 10th AB students showcased their talents by Prayer Service, Skit, Dance and many more. The class teachers Mrs. Sanjeet Kour and Mrs. Saydha Bano addressed the gathering and encouraged the students for putting up scintillating performance.



# Story Telling Competition:

A storytelling competition was organized on 21st January, 2022 for the students of primary classes . It opened up the vivid imagination in children, built confidence and enhanced speaking skills. The students made a tremendous effort to narrate value-based stories. Each story concluded with morals highlighting different values of life. It was a fun-filled competition.





# 750 Million Suryanamaskar Challenge

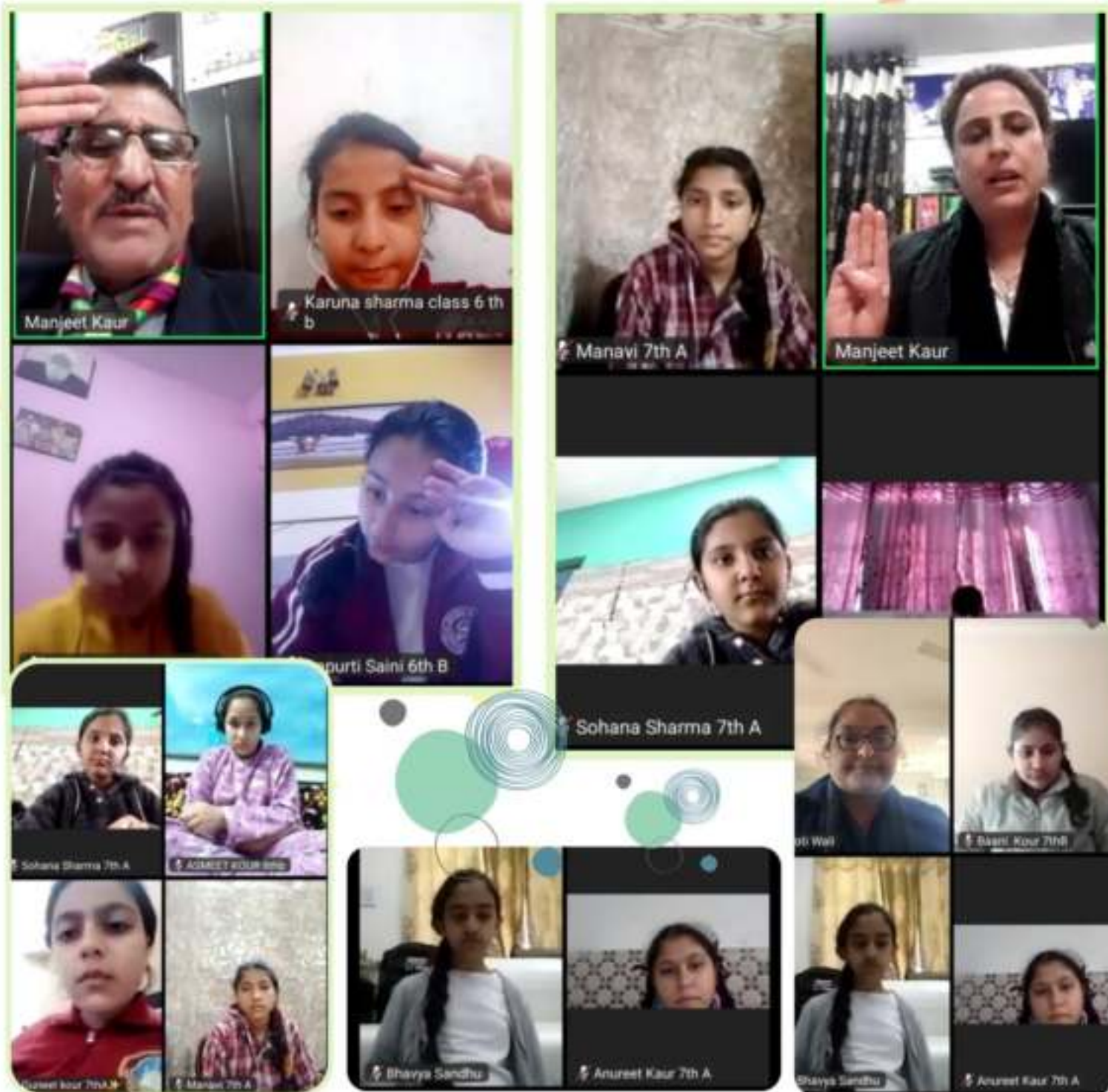
In the month of January 2022, the institution took up the challenge of 750 million suryanamaskar. According to the CBSE circular no. ACAD – 129/2021, we started 21 days online activity of Suryanamaskar with the students from 10th of January to 9th of February, 2022 . Post completion of this activity, students got e-certificate signed by Yogrishi Pujya Swami Ramdev ji, Pujya Swami Govind Dev Giriji Maharaj, Pujya Kamlesh ji Patel Daji and Pujya H.R. Nagendra Guruji.





# Training Session for the Pravesh Course

Two days virtual training session for the Pravesh course was conducted on 11th and 12th of February, 2022 for the Girl Guide students of class 6 and 7 under the supervision of Girl guide captain Jyoti Wali Bhat. The students learnt all about Scout and Girl Guide and its relevance.





# Learning Together...

Learners of Carmel Convent School, Jammu participated in an Online Collaborative Activity organised by CP Goenka International School, Thane for the students of class 3rd and was hosted by Ms Urmita Naik. This activity was conducted in two sessions. During the first session, the learners introduced themselves and conducted an Ice Breaking Activity. Second session was on Academics. The students presented their understanding of different kinds of festivals celebrated in India. They delivered speeches on different festivals with great enthusiasm. At the end of the session, a quiz with the theme "Who Wants to Be Champion" was conducted as an extended learning for learners on Festivals of India. It was a great experience for all the learners and they gave their best.





## Vaccination Drive:

As a part of Vaccination Drive for the children ageing 15 plus, Carmel enabled the provision for its students in the school premises. Thanks to the organizers and their support system. We pray for good health and safety of all the students.



## Painting Competition:

Painting competitions were organized, by Wild Life Protection Department, Govt. of J&K in collaboration with "The Himalayan Avian" during the wildlife week celebration from 2nd October to 8th October 2021. Eighteen students participated in an International level painting competition viz; Charu Castle Foundation (A trust for Education, Art and Culture, Ghaziabad, India). Three students won gold medals whereas others obtained participation certificates. Appreciation certificates were awarded, to the Principal and Art teacher Monica Gupta for promoting Art & Culture among students.





# *Online Activities*





## Dust Jacket Activity



## Martyr's Day





# Girl Child Day

SAVE GIRL CHILD  
Theme - Gender Equality Today for Sustainable Tomorrow

Paragraph Writing on Women at Home

The question of women sparked heated controversy. It's claim that women of their homes and minded people have claim have the same rights. I believe that a woman raise her children effect part-time and online. Women the time and of children and, mothers means to invest more education and personal conclusion there is still can have jobs and Men are created. I need each other thing both are essential for the should not be done. Women are a part of each of each other's life. Eq progress for all

MEN = WOMEN

Karnika Bhasin, 9th B

"An educated man can feed a family. But an educated woman can feed its growth."

Women empowerment is all about giving them the power to take their own decisions and letting them lead an independent life. Apart from this it also uplifts their contribution towards the society and equal importance in every part of life and the community. Women must be given equal opportunities in every field, irrespective of gender. However, they must also be given equal pay. We can empower women by abolishing child marriage. Various programs must be held where they can be taught skills to feed for themselves in case they face financial crisis.

Women's empowerment is really needed in the society. It's so important for women self-esteem and also for societies. Women can have equal right to participate in education, society, economy and politically. Women can involve in society as they are glad to share their religious, language, work and other activities. Women's empowerment is a fact to encourage women to fulfil their by telling them that they can do everything that they want to do. In India, it is necessary to bring the

Girl Child Day

As women were not permitted to make just decisions for themselves, women's empowerment is a sign of their rise. A lot of their rights and not some other place or on depending on a man. It really equal everything can on someone's suppose. We order. Nearly every country all - treating women on the women from all around. A very revolutionary to allow show new while the western as we making developing india aside that work and involving the women in India. So being are women empower. It is amongst the nation. We still not safe there are for giving such a statement. At ways to enable rights India. Schooling for girls is mandatory so that women all to build themselves. A broaded equal opportunities respect of gender.

EQUALITY FOR WOMEN IS PROGRESS FOR ALL

Nearly two-thirds of the illiterate adults in the world are female. Educated women will be able to educate her children better than illiterate women. The educated children will contribute to the welfare of the society & thus, to the world in whole. Thus empowering women & equality for women means progress for all.

Girl Child Day  
EQUALITY FOR WOMEN IS PROGRESS FOR ALL

The question of women's rights has sparked heated controversy. Some conservative claim that women should focus on the upkeep of their homes and children, more liberal minded people have claimed that women should have the same rights as men. To being with, it is false to believe that a woman cannot have a job and raise her children effectively. This is because part-time and online work obviously gives women the time to care their children.



# Girl Child Day





# Winners List

## Girl Child Day

### Paragraph Writing

Class VII & VIII

1. Saman Fatima , VII B
2. Krishita Gupta, VII B
3. Agamjot, VII B
4. Samriti Choudhary, VIII B
5. Shreya Thapa, VIII B

### Slogan Writing

Class V & VI

1. Tejaleen Kour, VI B
2. Khushi Khajuria, VI A
3. Prianjal Verma, V A
4. Harnoor Kour, V B
5. Hargun Kour , VI A

Class III & IV

1. Amania Posbal, IV A
2. Ashmeet Kour, III A
3. Anvi Agarwal, IV B
4. Advika Choudhary, III A
5. Tiara Palli, IV A

### Essay Writing

Class IX & X

1. Mannat Angral, X A
2. Anandita Singh , IX A
3. Ritika Rana, IX B
4. Jazlyn Kour , IX B
5. Karnika, IX A

### Drawing

Class I & II

1. Devanshi Singh, I A
2. Amairah Thomas, II B
3. Aradhya Jamwal, II B
4. Asrit Kour, II A
5. Anvesha, I B

## Martyr's Day

### Quote Writing

Class V & VI

1. Tavisha Mahajan, VI B
2. Shraddha, VI A
3. Babekdeep Kour, V A

### Poem Writing

Class VII & VIII

1. Gungun Tickoo, VII B
2. Avinee Gorka, VIII B
3. Agrima Sharma, VIII B

### Painting

Class IX & X

1. Suhani Sharma, IX A
2. Vartika Jamwal, X A
3. Punkhudi, IX B

## National Youth Day

### Slogan Writing

Class VIII

1. Mannat Sharma, VIII B
2. Mannat Malik, VIII B
3. Aayat Choudhary, VIII A

### Message Writing

Class IX

1. Muskan Sharma, IX B
2. Prabhpreet Kour, IX A
3. Sonam Choudhary, IX A

### Poem Recitation

Class XI

1. Vanshika Dhawan, XI A



# Winners List

## Story Narration

### Class III

1. Aashvi Thapa, III A
2. Advika Choudhary, III A
3. Aanya Jamwal, III A
4. Ayana, III A
5. Kashvi Gorka, III B

### Class II A

1. Asrit Kour
2. Harnidh Kour
3. Ojasvi Sambyal

### Class II B

1. Jasbir Kour
2. Devanshi Sagar
3. Ammara Mahajan

## Show & Tell

### Class IV

1. Naunidh Kour, IV B
2. Amania Posbal, IV A
3. Yashika Choudhary, IV A

## Poem Recitation

### Class I

1. Aarushi, I A
2. Aanya Gupta, I B
3. Aadhya, I B
4. Gurnoor Kour, I B
5. Aliviya Sharma, I A

## Dust Jacket

### Class VI

1. Emanat Kour, VI A
2. Akshita Choudhary, VI A
3. Mahika Jamwal, VI A



# Congratulations!