



CARMEL
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CARMEL SPECTRUM

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Dear Readers,



Greetings!

Life during the COVID-19 pandemic was difficult for parents and children alike. The return to school was an important and a welcome step. On 4th April, the campus of Carmel buzzed with giggles and laughter. It was springtime once again. I am happy to usher in another edition of Carmel Spectrum Volume 5 Issue 1. It is the platform to share with you the happenings of the school in brief. Take time to read digitally and encourage your ward to participate

in many curricular and co-curricular activities. The school has provided coaches and time for various games. It is a request to give the children the freedom to participate and make their dreams come true in the discipline they want to shine.

I wish all of you a happy and fruitful academic session at Carmel.

Orientation:

Carmel Convent School organized an orientation program for the parents from classes L.K.G to 10 from 22nd March to 30th March. The teachers addressed parents by showing a comprehensive PowerPoint presentation. They highlighted various aspects viz the vision-mission, achievements and accreditation received, activities conducted and the facilities provided by the school for the outstanding growth of the students. The motivational session on good parenting presented by the school counselor reinforced to provide a disciplined environment, opportunities and responsibilities to the children so that they can become self-responsible, self-confident, self-empowered and are ever ready to face the challenging world. Carmel inculcates value based education in children along with the holistic development of their personalities. The active participation of the parents was highly appreciable.



Carmel Treasure Retreat

The Carmel Treasure Retreat has been one of the most successful components of value-based learning at Carmel School. After two long years of pandemic, the present 10th std got an opportunity to attend the retreat for two consecutive days. The Retreat began with an introductory note by the esteemed Principal Sister Swati, who later directed the students into the Meditation/Nature walk. Various sessions focusing on spirituality, enhancing self-confidence, facing challenges in life, living a value-based life, setting goals for themselves, elements of success, happiness etc. were conducted by the resource team led by Mrs. Anita Rampal. Skits, anecdotes, action songs, games, videos, and PowerPoint presentations shared by the teachers made the sessions interactive and participative.



Appreciative Gesture

The Academic session 2020-2021 was concluded with a heartwarming gesture of Principal Sister Swati who appreciated the outstanding performance of various teachers by honouring their hard work and efforts by presenting appreciation awards. This was an overwhelming and memorable moment for every one of us and inspiration to many to give their best. At the same time, with a very heavy heart, we bid farewell to our teacher Mrs. Renu Dutta who dedicated 17 years of her life to the institution and touched many lives.



Clubs at a glance

Heritage Club

Based on the theme of "Shared Culture, Shared Heritage and Shared Responsibility", the club celebrated World Heritage Week to promote our cultural heritage. Week-long workshops and co-curricular activities such as essay writing competitions, folk dances, skit, folk songs and speeches were conducted for the students of grade 6 to 10. They participated zealously exhibiting their skills and enthusiasm.

Health and Wellness Club

Health and wellness club members organized World Health Day on 7th April 2022. Mrs. Rosy held an awareness talk emphasizing the importance of personal hygiene and healthy eating habits for grades 1 and 2. Students of grade 3 were made aware of the importance of physical exercises like Yoga by Mrs. Asha Rani. Salad Making Competition was held for the students of grade 4. The students participated with great enthusiasm. These activities contributed a lot in practising the SDG 3 "Good Health and Well Being", collective health for a sustainable life.

Science and Eco club

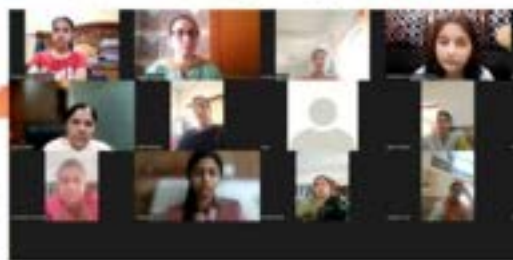
Science and Eco club celebrated Earth Day on April 22 under the theme 'Invest in our Planet'. The theme emphasized the necessity for people to begin taking steps to safeguard biodiversity and the environment. In this context, students participated in various activities such as elocutions, chart making, poster making etc. They also staged skits and plays to raise awareness regarding issues like global warming and climate change while focusing on numerous SDGs.

NDLI Club

To celebrate 25th anniversary of World Book Day, NDLI club organized a talk session on 30th April. The main objective of the session was to create awareness among the members (faculty and students) about history, importance, theme, benefits of book reading, written work of William Shakespeare and theme of World Book Day – 2022. To make reading a priority and cultivate love for reading, Club members introduced various activities such as DEAR (Drop Everything And Reading), Book Mark, Read A Loud Activity, Spin A yarn, Storytelling, Know Want Learn (KWL) Chart etc.

Girl Guides

The Resource persons, Mrs Manjeet Kour, Mrs Harminder Kour, Mrs Kanchan Sharma, Mr K.L Sharma and Mr Haroon Malik imparted training to the students for the Pravesh, Pratham and Dwitya courses for three days from 25 April to 27 April. A total of 140 Girl Guides of grades 5 to 10 attended three days' workshop learning to be a responsible citizen of the nation and enjoyed the various activities done during the session.



Tap your feet to music...

An inter house folk dance competition was organised on 28th April 2022 in which four houses had participated and staged spectacular dances. They mesmerized the audience with their performances based on respective dance forms assigned to them. The attractive costumes, fluid dance movements, folk songs and fascinating props made it tough for the judges to decide the winner. Blue house performed the Haryanvi folk dance form 'Jhumar' and bagged the first prize.



Awards and Accolades

Recognising and honouring the achievers is an important event for a school. Yellow house organised the annual prize distribution day with great interest and the students were excited to receive the accolades. Fr. Shaiju Chacko and Fr. Justin awarded and congratulated those who excelled in academics and co curricular activities. The students of class 10 and 8, passed out in 2019- 2020 were also felicitated.



Art and Craft Training

Mr Raju Ram, an artist from Rajasthan mesmerized the students with his creative skills in art and craft. He made beautiful designs out of waste papers. In this Training, our students of classes 3 to 8 acquired some more artistic skills under his guidance and adored this refreshing session.



Innovative Hours...

Pre Primary

On 28 a colouring activity was held for the little angels of the school. With an absorbing spirit, kids coloured the drawing sheets given and coloured their minds with joy and happiness.

Grade 2

A Poem Recitation Competition on the theme "Mother Earth" was held to explore their hidden talent and potential beyond the books. They astonished everyone with their voice modulation, oratory skills and were outstanding with beauty of expression, thoughts, feeling, rhyme and rhythm.

Grade 4

To develop positive attitude in students towards team work, a trust walk was organized for the students of grade 4 on 19th April. Each and every child participated zealously while manifesting respect for their fellow mates.

Grade 5

Young buds of school spread awareness to protect mother Earth and displayed their love for the planet by participating in a Fancy dress competition, under the theme 'Let's be Eco- friendly' on 18th of April 2022.

Grade 6

The Role Play activity organized for the students of grade 6 was a blend of education and fun filled activities. Resplendent in their costumes and glowing in all their finery, they emulated the renowned personalities with confidence and passion.

Grade 7

For improving the communication skills of students, a JAM (Just a Minute) activity was held on 20th April where students were given an extraordinary opportunity to express themselves, share their experience in a minute. They left no stone unturned to give their best in 1 minute.

Grade 8

Artists of grade 8 AB expressed their skillfulness through beautiful paintings and sketches under the theme of "GENDER EQUALITY". They creatively depicted the message of being able to live freely with no violence and discrimination.

Grade 9

The students of 9 A portrayed their artistic skills in Bottle Craft Activity held on 23rd April 2022. This was a perfect way to practice colors, make art, and promote creativity. Students of 9 B displayed their oratory and acting skills in a magnificent manner as they portrayed themselves as French revolutionaries during the Role Play Activity.



BELIEF ENHANCES LIFE