



CARMEL SPECTRUM

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Dear Readers,

Greetings!

"And suddenly, you know:
It's time to start something
new and trust the magic of
new beginnings."

Meister Eckhart



The Academic Year 2023-24 kick-started with great enthusiasm and is a special one for everyone but especially for the school Student Council, and year to work upon with all that we innately possess. On April 3rd, the campus of Carmel was delighted with giggles and laughter. It was a new beginning, a new academic year.

To welcome the brightly lit, happy faces of our dear students, teachers, sisters and helping staff, the school Cabinet had the opportunity to express their warm welcome to everyone on the campus. It was a euphoric experience. But all good things come with great responsibility. We were lucky enough to be helped by our Respected Principal, Sr. Maria Swati and our dear teachers.

We then, Student Council, wish all a joy-filled new Academic Session and firmly believe that with the help of our Respected Principal, teachers and helping staff; once again Carmel will bloom to the best of its capacity.

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

Student Council

A walkthrough for Parents:

On March 24, 2023, Carmel Convent School hosted an orientation programme to introduce the school's history, motto, vision, and mission to the parents of freshly recruited LKG students. A summary of the school's policies was presented by the teachers. The principle, Sr. Maria Swati, offered fantastic advice on how to nurture a child with love and care in various ways to build a strong foundation for a successful future. Mrs. Parampreet, the counsellor, also offered parenting suggestions. She urged parents to spend time with their children. The school's genuine intention to instruct parents in how to nurture and care for their children was made clear by this endeavour.



Heritage Day Celebration

On April 18, World Heritage Day was celebrated with a purpose to educate kids about the importance and worth of global heritage in the cordial company of Honourable Chief Guest S.SP. Jammu Mr. Chandan Kohli. On this special occasion, the school appreciated pupils' talents in a variety of ways. All those who had perfect attendance, first place in the Silver Olympiads and winners of the several competitions received trophies, medals and certificates. The programme was enjoyed and appreciated by the guest. The Chief Guest in his concluding remark appreciated the school's effort to make this day a memorable one and motivated the students to wear a uniform of any kind as a future goal to serve the nation.



Excellence Awards

On April 24, 2023, Carmel held an academic excellence award ceremony in the gracious presence of Sr. Maria Christi, the provincial superior of the western province, to recognise their efforts and keep them inspired to perform well academically. The students who scored 85% or higher this year, received trophies from the school. Sr. Maria Christi inspired the students with her enlightening words and introduced the lovely acronym CAR, which she urged them to use in order to succeed. In addition, Sr. Maria Christi made time in her busy schedule to meet the staff. she appreciated and complimented the efforts of the Principal, staff and students for what Carmel – Jammu is today and for upholding high standards not only in academics but also in co-curricular and extra-curricular activities.



A Sojourn to Botanical Garden

On April 25, 2023, medical students from class 11 were taken to Jammu University's Botanical Garden, which has an extensive collection of plants from all over the world. They investigated different plants and their ecosystems and learned about them. The students were astonished by the beauty and variety of the plants as they explored the various areas of the garden. The students also met Dr. Sajan Thakur (Assistant Professor), who provided all the information about the Botanical Garden, and Mr. Om Parkash Vidyarthi (Retired Chief Conservator of Forest, IFS), who discussed the value of many medicinal plants with the class.



No School Bag Day For Children

The school observed "No Bag Day" on April 28, 2023, in order to give students' education more variety by exposing them to subjects besides books. Project CACA, which the school has adopted as a safety policy, held a variety of events. For classes UKG through ninth, the monthly value education activity was carried out in class on various themes based on the chapters of their CACA workbooks. All of these activities aided kids in learning the importance of teamwork, putting taught morals into practise, and developing self-awareness.



Earth day Celebration

In order to raise awareness of environmental issues and motivate Carmelites to protect the environment, we observed Earth Day on April 24 under the theme "Invest in our planet". The science and eco club was in charge of planning the programme. Students were inspired to protect trees and not pollute the environment by mime performed on stage. To further illuminate the theme, various activities including model-making, Reuse Plastic, poster-making, etc. were conducted.

