

CARMEL SPECTRUM



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SPL SPEAKS...

"The role of a true leader is to recognise the future and to secure it with passion and determination"

Dear Readers,
Greetings!!!

"The role of a true leader is to recognise the future and to secure it with passion and determination". These lines have been profoundly imprinted on my mind and heart. I feel so humbled to recall how I started my journey as a small kid here. I have had so many amazing opportunities to excel and achieve in all that I did with encouragement to face each obstacle. This year holds a special place in my life as I have been selected as the School Pupil Leader. I am highly grateful to our Principal Sr. Maria Swati A.C, School Manager Rev. Fr. Shaiju Chacko, teachers, staff and students who found me capable enough and elected me democratically to uphold this post of prestige.

Our guide, Sr. Swati has always been an inspiration and has given us an ocean of opportunities to showcase our talents and channelize our energies in the right direction. The year which I have ushered in will no doubt be a challenging one for me but I will play my part to the best of my ability and lead the school in the right direction. I am at ease that I am not alone in this quest; behind me, there is a hardworking and determined cabinet who will work together hand in hand towards the development of the school.

To the Carmelites I would say, grab all the opportunities that come your way and make the school and your parents proud. This place is a temple of learning, so value it and cherish your time here. Let's take things in our stride and let Carmel fly high by working together and accomplishing everything that we set our aim at.

May Carmel grow Stronger! Deeper!! Higher!!!

Gurekam Kaur

SPL (2019-20)

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THE PROUD ACHIEVERS

CLASS X



Row I: Sania Jangral, Ananya Jamwal, Mridhul Jamwal, Ayushi Sharma, Rishika Khajuria, Gurshish Kour.

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CLASS VIII



Row I: Meghna Katoch, Bhoomika Sharma, Agrima Jamwal, Rashita Gupta, Tanisha Gupta, Vanshika Bhushan, Harleen Kour.

Row II: Jaspreet Kour, Harnish Kour, Reshveen Kour, Sabhyta Verma, Mannat Slathia.

Row III: Aleena Abey, Ananya Kerni, Maliha Malik.

Row IV: Mrs. Preetika Abrol, Sr. Maria Swati A.C., Mr. Sanjay Bhat, Ankita Mehra and Dr. Santosh Kumari

Congratulations

Hearty congratulations to the Carmelites on achieving 100% pass percentage in Board Examination. The grace of God, the commitment of the Management, dedication and hard work of the staff, parents and students has helped in achieving the meritorious result. Success is a continuous process – so keep striving, and keep giving everything that you do, your best.

GOD BLESS!!!

CLASS XII TOP 10 STUDENTS



KHUSHI GUPTA
479/500 95.8%



KASAK CHOUDHARY
476/500 95.2%



IVREEN KOUR
473/500 94.6%



AVANTIKA GUPTA
469/500 93.8%



BANSHIKA SHARMA
469/500 93.8%



RIDDHIMA PARGAL
467/500 93.4%



SHIVANI SHARMA
464/500 93%



HARSHITA BHAT
464/500 92.8%



ASHIMA GUPTA
461/500 92.2%



GURLEEN KOUR
460/500 92%

GET SET GO... 2019 - 2020

Heralding the New Session with a big cheer!!! New Session... A New Beginning



Carmel marked the beginning of the new session 2019-20 with prayers, new hopes and renewed dreams after a short break. Teachers welcomed their students with special welcome boards with a personal touch. Everyone was excited and felt glad to meet their old friends, new teachers and a new schedule. The school cabinet prepared a general assembly on the theme "Lord Stay with us This Year". It all seemed serene as the students and teachers together prayed to God for a successful year ahead. The entire campus was abuzz with gusto and enthusiasm as everyone embarked into this bright year. It was a historical day for the little angels of Lower K.G, where they marched into the campus armed with brand new bags, uniform and stationary. Carmel staff awaited their entry with flowers and banners. Their first day was mixed with feelings of excitement and fear. It was nothing short of a celebration. There was hustle and bustle all around



the school. The campus wore a cheerful look as students headed towards their wing. Teachers decorated the Pre-Primary wing with balloons, festoons, ribbons and creative bulletin boards in order to cheer up the tiny tots and create

a pleasant and cordial atmosphere for them, while they walked towards their classrooms. Entire staff helped kids to get adjusted and be comfortable in the school environment.

ACADEMIC EXCELLENCE AWARD 2018-19

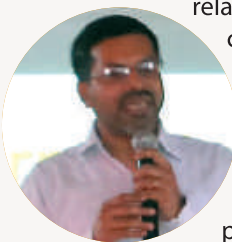


Keeping alive the traditions of excellence and awarding the achievers who excelled in academics, co-scholastic, sports and other activities held during the session 2018-19, Carmel organised the Annual Academic Excellence Award Ceremony amidst much joy, cheer and applause on 5th April, ushering in the Silver year. Dr. Nitasha Ghai graced the occasion as the Chief Guest and was accorded a warm welcome by the School Manager Rev Fr. Shaiju Chacko and Principal Sr. Maria Swati A.C. The Chief Guest gave away the certificates and rewarded Founders Prizes to the meritorious students for their academic excellence. The School Manager, Rev. Fr. Shaiju Chacko felicitated

the Carmelites who excelled in Co-Scholastic activities and Olympiads held during the last session. Principal Sr. Maria Swati A.C. distributed medals and certificates to the students who excelled in Abacus, Vedic Maths, Sports (State & National Level) and Quiz competitions throughout the previous year. Dr. Ghai congratulated the prize winners and highlighted the devoted work done by the teachers in maintaining excellent standards in the school.

ORIENTATION PROGRAMME FOR PARENTS

CARMEL understands the need for Parent-School Connection. To facilitate a strong relationship and free communication, an orientation programme for parents of the toddlers of Lower K.G. was organised to share the school's vision and commitment of providing quality education.



The session started with a welcoming note by the School Manager Rev. Fr. Shaiju Chacko. He briefed the gathering about the history, mission, curriculum, rules and regulations of the school. Further, he discussed and shared a few guidelines on effective parenting. The pre-primary teachers gave an insight into teaching methodology, pattern of assessments and activities. The main aim of the programme was to outline and

reaffirm the teachers' and parents' role as partners for grooming and optimum development of their ward.



“IIMUN & BEHES - Debate for all” Workshop



CARMELO organised an **IIMUN workshop** for the students from class VI to XII. The delegates from Mumbai, Mr. Aman Marwah, Ms. Sneha and Ms. Khevna conducted the session in the most fruitful manner. The Carmelites were introduced to the aim and benefits of IIMUN through various videos and PPTs.

63 students accompanied by Ms. Priya Darshanee Gupta participated in the Jammu Chapter Conference conducted by IIMUN from 10th-12th May at Heritage School, Jammu. Harsheen and Palakpreet of Std. X received special awards for their debating skills. This academic activity enhanced the critical thinking, team work and leadership abilities of the participants thereby fostering their speaking and debating expertise.

A Debate workshop was conducted for the students from class VI to XII to prepare them for the National Level Inter School Debate Competition '**BEHES- Debate for all!**'. The aim was to encourage the Carmelites to express themselves, strengthen confidence, improve rhetorical skills and increase involvement in social and political issues. The whole seminar was effectively conducted by Mr. Salil Singh, Founder, **BEHES**. Three teams from the school participated in the event and two teams directly qualified for 'National Level- Maha Behes competition' in their maiden attempt. Among 300 students of the State, Vartika Jamwal secured 13th rank whereas Palak Saini and Kritika Sambyal secured 30th and 36th rank respectively. They were felicitated with medals in the 'Best Speaker' category too.



BRAIN MAPPING WORKSHOP



To sharpen the retention skills, a Brain mapping workshop was conducted for the students as well as the parents. The resource persons Mrs. Jaspreet Kaur and Mr. Sarabjeet Singh conducted the experiential session to help students learn the techniques to develop long term memory, improve percentage in exam, increase memory power and reduce exam stress. The whole session was based on “Develop Strength and Improve Weakness” pattern which proved to be very effective and beneficial.



INTERNATIONAL EARTH DAY



"When we heal the earth, we heal ourselves"

- David Orr

International Earth Day was celebrated on the theme "Protect our Species". A special programme was conducted to sensitise the students about the importance of species, trees, recycling and raise awareness about the ill effects of plastic pollution. The children were made aware that *EVERY DAY IS AN EARTH DAY* through beautifully enacted skits and speeches. The programme concluded with an oath and belief that the students would respect their natural inheritance and be a good conductor of the Mother Earth.

To mark this auspicious day, Principal Sr. Maria Swati A.C planted a sapling in the campus along with the staff members.



INTERNATIONAL BIO-DIVERSITY DAY

With a view to generate awareness on biodiversity concern, Carmel celebrated the International Day for Bio Diversity (IDB) on the theme "Our Biodiversity, Our Food, Our Health". During the biodiversity week, special assemblies and competitions like poster making and speech were conducted to highlight the importance, conservation and the measures to preserve the natural heritage. Mr. Ashok Kumar Sharma, Ex MLA, Convenor, Indian Council for Enviro & Legal Action, J&K graced the occasion as the chief guest and Cpt. Lalit Kumar Sharma, Retired IFS, Principal Chief Conservator of Forest and Executive Member, Indian Council for Enviro & Legal Action was the Guest of Honour.

Inspiring speeches by Anshika Gandhi, Tamana Gupta and Shivya Sharma highlighted the importance of Bio Diversity related threats, impact of climate change and conservation needs and efforts at regional, national & international level. The event was made more memorable by a special dance performance by the Carmelites. A Mime Act competition was also conducted for the higher secondary wing. The performers staged a skit using actions, characters and emotions to portray the necessity of green cover and the urgent need to protect the planet Earth. The students pledged to play their part towards protecting the nature.



HERITAGE CLUB

World Heritage Day encourages us to celebrate the world's cultures and bring awareness about importance of cultural monuments and historical sites. To enkindle and induce love for our country's heritage, *World Heritage Day* was celebrated on the theme "Our Culture, Our Heritage". The Carmelites put forth a motivational programme to raise the awareness about preserving human heritage, diversity and vulnerability of the monuments and heritage sites and the efforts required to protect and conserve it.



HEALTH & WELLNESS CLUB

'Wellness incorporates the power of choice and gives the individual the ability to take action towards optimal health'.

To enhance this, *World Health Day* was celebrated with great fervour and enthusiasm on the theme 'Health is Wealth'. The students were briefed and demonstrated about the importance of healthy eating habits through a power point presentation on Junk Food vs Healthy Food. The day also witnessed competitions like salad making, poster making etc organised for the Carmelites of Std I to IV.



DENTAL CAMP

Carmel organised a Dental Camp in the school premises with Institute of Dental Sciences, Sehora, Jammu. A special team of dentists led by Dr. Diljot Kaur visited the school. The dentists carried out a comprehensive dental check-up on students from Pre Primary to XII. The camp included dental awareness talk, educating students



about common dental ailments — especially stressing on tooth decay, gum diseases and the measures used to prevent them. The students were made aware about the eating patterns and food choices which can lead to tooth decay. The Carmelites cherished the chance to interact with the dentists to enquire and gain knowledge about their oral health and maintaining good oral hygiene.

RED CROSS CLUB



THE SCHOOL celebrated *World Red Cross Day* on the theme "What do you love about Red Cross" with full enthusiasm and zeal to mark the birth anniversary of Jean Henry Dunant, the founder of Red Cross. The Chief Guest of the day was Mr. Neeraj Anand, Executive Member, Indian Red Cross, Jammu. The students were taught about the importance of understanding human sufferings and humanitarian activities through a skit on "Importance of Blood Donation". The speeches by Muskaan and Bhavika of IX standard

highlighted the aim, mission and seven fundamental principles of the Red Cross Society. The objective behind celebrating this event was to bring awareness amongst the students about the need of protecting human lives against natural disasters.

Later on, the students actively participated in the event organised by the Red Cross Society held at Red Cross Bhawan, Kachi Chawni, Jammu in presence of officials from different sectors of J&K Govt.

GIRL GUIDE CLUB

PRAVESH COURSE

Carmel organised a two day awareness programme of Pravesh course for the Girl Guides of standard VII at Bharat Scouts and Guides Headquarters, Gandhi Nagar, Jammu. In the awareness programme, the students were enlightened about the history of the scouting movement and Law promises, knowledge of Patrol Signalling, First Aid, Health Rules, Yoga, Tying of knots, Flag Song, BSG prayer, Sign language, Patrol corner, BP's 6 Exercises, Deaf and Dumb signalling and Wood Craft signs. The resource persons highlighted the importance of the organisation and training such as self-reliance, development of leadership qualities, adventure training and discipline. The whole programme was an enriching experience for the young guides.



VISIT TO AMAR MAHAL PALACE



As a part of training, Carmel organised a field trip to Amar Mahal Palace for the girl guides of Class VI on the theme "Exploring the rich culture & heritage of the State". The students were thrilled to see the beautiful landscapes, lush green lawns and the majestic palace as they walked in. They were accompanied by Girl Guide Captain Mrs. Jyoti Wali and Tr. Aashima Pathania.

EDUTAINMENT...

Drawing, Colouring and Calligraphy Competitions

"Creativity is simply connecting new dots in new ways" - Sam Horn

We believe that Art encompasses values, ideas and helps enlighten one with what the imagination is capable of without minimising thought and the power of creation. To bring out the creative and artistic talents of the tiny tots, different competitions like Drawing, Colouring and Calligraphy were organised for pre primary to class IV. The rising talents of each child were at its peak as they got engrossed in completing their task.



EXTEMPORE COMPETITION

Carmel regularly organizes various scholastic and co-scholastic activities to cater all round development of the students. Public speaking is one such factor that is an excellent way to build critical thinking skills and unite people under a common cause, motivating them to take action. To hone the oratory talents of the Carmelites, an Extempore competition was organised for the Higher Secondary wing. They won the show with their oratory skills.



SOLO AND GROUP SINGING COMPETITION

Music is a soulful way to express oneself, therefore to hone the singing talents of the Carmelites, solo and group singing competitions were organised. Students came forward and sang songs of different genres. The participants put forth their enthralling performances with lot of passion and confidence. The melodious songs pulled the heartstrings of the audience and it was fascinating to witness the magnificent performances. Each individual & group performance showcased their mastery over voice modulation, pitch, rhythm and tone.



**Triza Balal Thapa
(III A)**

“Count the Blessings, not the curse”

Dear friends,
I want to tell you my own story. My name is Triza Balal Thapa and I am a student of Class III A. I think I am the most blessed and lucky girl of the world as I have my parents with me who love me so much and take care of my studies, my health and fulfill all my wishes. They are the real God to me and I realised this, when I came across an incident. I always demand new things from my parents, sometimes unnecessary things as well.

A true story that won hearts

I cry when some of them are not fulfilled. At times, I behave rudely and remain angry with them.
One day, I was going to the market with my father. On the way, I passed through an orphanage where children were playing. I asked my father “What is an orphanage?” He replied that it is the place where orphan children are kept, whose parents are lost or dead.
I felt extremely sorry for the children as they don’t have anyone in the world to fulfill their wishes and realised how lucky and blessed I am. This incident taught me that we should always be thankful to God for all the blessings and count the blessings and not the curse.

GROUP DANCE COMPETITION

To bring out the dancing talents of the Carmelites, a Group Dance Competition was conducted for the students for class V to VIII. The participants presented an interesting mix of folk, contemporary and western dances. Children enthralled the audience with their well choreographed dance sequences and provided thorough entertainment with their graceful expressions and energetic moves. They were highly cheered and showered with applause by the student audience for their mesmerising performances.



STORY TELLING COMPETITION

“A good story can imbibe the right values in the most impressionable age.”

Storytelling encourages students to explore their unique expressiveness and heighten their ability to communicate thoughts and feelings in an articulate and lucid manner. Brightening the day of the students by wonderful stories, a story telling session was conducted for class III & IV where life and expression was in abundance. The young story tellers used variety of props to make their stories interesting and expressive. They used their imagination to create stories on morals, highlighting different values of life.



POETRY RECITATION COMPETITION

“Poetry is when an emotion has found its thought and the thought has found words” -Robert Frost.

A Poetry Recitation Competition was organised for the little Carmelites from pre primary to Class II. The children made the characters of the rhymes come alive. They enthralled everyone with their articulation and memory skills while reciting rhymes. The judges were the ex- Carmelites who felt privileged and overwhelmed to be a part of the event.



SPECIAL EVENTS...

MOTHERS' DAY

A weeklong celebration of “Mothers’ Day” culminated in Carmel on 11th May on the theme “Mother- An Epitome of God’s Love”. During the week, different activities like creative writing, card making etc. were organised for pre primary to Class VIII. A special competition was conducted by News Now channel, where children got an opportunity to express their feelings towards their mothers with beautiful handmade craft. The students participated enthusiastically and won numerous prizes. In Card making competition, Mehak bagged the 1st prize whereas Madiha Gulzar and Aavika secured the 2nd and 3rd prize. In Creative writing competition, Kashish got the 1st prize and Kavita and Rishika grabbed the 2nd and 3rd prize respectively.

The celebration concluded with a special programme and the students put forth a spectacular show. The School Management accorded a warm welcome to the mothers. They were treated to wonderful song and dance performances by their children. A play titled as ‘Mothers’



Day’ was enacted beautifully, which vividly represented the contribution and sacrifice of a mother for her children. Different competitions like salad making, best out of waste and pot decoration were held among the mothers. A section of sports

activities was also conducted which included competitions like Ice Cream Race, Back to Back Softball Race and Beam Bag Balance. The mothers were enthralled and their smiles only stretched as the sentiments surfed.

INTERNATIONAL WORKERS' DAY

International Workers’ Day was celebrated to express gratitude and acknowledge the painstaking efforts of the support staff. A special programme on the theme “Shramik Ko Mile Samaan Adhikaar, Saare Milkar Karo Vichaar” was conducted by the students of class IX. Mr. Sanjay Bhat, Labour Officer, Jammu graced the occasion as the Chief Guest of the day. The support staff was welcomed by the whole school by presenting them with flowers.

The Carmelites came together to honour the spirit of May Day through various song and dance performances that added to the joie de vivre and exuberance of the day. Games like Salad Making, Safety pin string and rolling bangles were organised and the winners received special gifts as well. Principal Sr. Swati Maria A.C. referred to the support staff as the backbone of Carmel and thanked them for being the strong pillars of the institution.



NO BAG DAY

“Experience is the teacher of all things”. – Julius Ceaser

With an aim to reduce the burden of carrying textbooks, Carmel conducted ‘No Bag Day’ in the month of May. It provided an outlet for the application of the theoretical knowledge learnt so far. The school children arrived in their uniforms, but with a difference. There were no formal classes. Various activities were conducted for all classes that focused on all the four skills namely – Listening, Speaking, Reading and Writing. The teachers explained lessons with the help of Smart Boards in the most detailed and effective manner.



FIELD TRIP TO MANDA ZOO

Carmel organised an educational trip to Manda zoo for the students of X & XI. They were accompanied by Mrs. Harpreet Kaur and Ms. Alka Sandhu

The Carmelites were thrilled to see different types of birds and animals like wild bear, peacock, leopard, deer, crocodile, snakes etc.

They closely witnessed various wild animals in their enclosures and learnt about the behaviour, status and maintenance of their conservation. The staff of the zoo interacted with the students and briefed about the importance of flora and fauna and enlightened the students about Wildlife Conservation.



The aim of the trip was to generate love for animals, to inculcate the values of saving the environment and empower them to take steps to save the wildlife.

INTERNATIONAL FAMILY DAY

The school celebrated “International Family Day” on the theme “Climate Action and Families Focus on SDG 13”. The aim to celebrate this event was to revive the fading love among the families and to raise awareness about its importance in one’s life.

The day’s proceedings began with a special prayer service for the entire Carmel family and later an extravaganza celebration with RJ Shwetima was held, who graced the occasion as the special guest of the day. The day witnessed an extensive array of marvellous performances by the students of higher secondary wing. A soulful song on theme “Family Bond” was sung beautifully by students of Class XI which was followed by a rhythmic Bhangra performance by class XII. To rejoice the undeniable importance of the family, the staff continued the celebration in the school hall. As the head of the Carmel family, Rev. Fr. Shaiju Chacko and Sr. Maria Swati A.C cut the cake with the entire staff. Various games and activities were conducted and laughter and gaiety were the over-all mood of the day.

This day also saw the send off of two precious gems of Carmel- Sr. Premini A.C and Sr. Manjula A.C, who after rendering their services bid farewell to Carmel. In their farewell speech, sisters thanked the Carmel Management and staff for the cooperation and support received during their tenure. Speaking on the occasion, Rev Fr. Shaiju Chacko



thanked them for their relentless services towards the institution and blessed them for their life ahead.



SPORTS... ONE TEAM ONE DREAM

Carmel is extremely proud of its pupils and their sporting achievements. We encourage all pupils to participate in wide range of sports and they continue to excel, no matter what level of participation they get involved in.

INTERNATIONAL DAY OF SPORTS FOR DEVELOPMENT & PEACE



“Winners don’t always win, they just never give up”

Carmel celebrated ‘International Day of Sports for Development & Peace’ and organised a multi-sport event in the school premises. Various sports competitions like Lemon Race, Obstacle Race, Kabaddi, Kho-Kho and Cricket were conducted for the students of class I to X. The event refreshed the students after the break and developed a sense of friendliness and team spirit in them. The District Administration, Jammu too organised “Sports for Development & Peace” under the scheme ‘Khelo India’ and around 45 Carmelites participated enthusiastically under the leadership of their coaches.



Carmelites at U-17 Basket Ball tournament held at M.A Stadium, Jammu on 13th May.



U-17 Inter School Netball Competition held at Dogra Ground, Gandhi Nagar Jammu on 23rd May. Team won Gold



U-17 Inter School Volley Ball competition held at Dogra Ground on 3rd-4th May. Team won Silver Medal.



Inter School Badminton tournament held at M.A Stadium on 23rd-24th April. Bronze for Carmel



Inter School Carom Competition held at M.A Stadium on 23rd-24th April. School won Silver in single play off.



U-17 Inter School Kabaddi Tournament held at Green Field, Gandhi Nagar on 3rd-4th May. Gold for Carmel.



U-14 and U-17 Team in Inter School Softball Tournament held at Science College on 13th May. Gold Medal for both teams.



U-14 and U-17 Team in Inter School Kabaddi Tournament held at Green Field, Gandhi Nagar on 3rd-4th May. Gold for Carmel.



Khelo India- Best over all performance.



3rd J&K State Hapkido Championship 2019 organised by Hapkido Association of J&K and hosted by Hapkido Federation of India. 12 girls bagged medals in the event.

Congratulations to everyone for their continued commitment and dedication.

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