



CARMEL
J A M M U

CARMEL SPECTRUM

VOLUME 5 | ISSUE 2

May 2022

Dear Readers,



Greetings!

I am delighted to prompt that Carmel has chosen 'Resilience' as the theme for the Academic session 2022-23. I love to bring forth this element that Carmel as a family always strives to foster a value system in its members and ingrained values form a foundational part of their personality. This chosen family will always hold their hand when they need it the most. To make them proficient in handling life's setbacks and facing difficulties head-on instead of falling into despair this entire year, we would work towards

developing resilience in our students and request you, readers, to work as our close associates. As you go through the pages of the first newsletter of the current Academic Year, you will understand that the staff strives to make our students resilient through various events and activities. Happy reading!!!

Mrs. Mamta Jamwal

International Labour Day

Carmel Family expressed gratitude towards the support staff with a befitting programme organized by the students on International Labour Day included several activities such as prayer dance, poem, speech, songs and games. On this auspicious day, tokens of love and appreciation were presented, to the entire support staff. Mrs Swarna was accorded a special award for completing 25 years of service in the school.



Red Cross Day

Red Cross Day was celebrated on 5th May in the august presence of Mr Dinesh Gupta, former AGM, RBI and former secretary of Indian Red Cross Society. Students were made aware of various initiatives taken by society and they pledged to help people in need by donating blood. Carmelites participated in events organized by the Red Cross Society at Red Cross Office, KacchiChawni, Jammu. They won first prize in the cultural activity while Zubia Malik bagged the first prize in the symposium. 29 students participated in an inter-school painting competition organized by District Red Cross Society at Teacher's Bhawan, Gandhi Nagar, Jammu. Harman Kour and Sania Slathia won the first prize, and Mannat Kumari and Siya Mahajan won the third prize.



Mother's Day

To celebrate the everlasting bond of love and affection, Carmelites crafted beautiful cards with heart touching messages for their mothers under the guidance of Art & Craft teachers. Overjoyed mothers expressed gratitude towards school and cherished the efforts of their daughters to make them feel special.



International Family Day

Carmel Staff celebrated Family day with a euphoric event full of recreational activities organized by the school on the 21st of May 2022. Fr. Justin, our school manager and chief guest appreciated the teamwork and strong ties that we all share. Sr. Premalini was given a befitting welcome as a new member of the Carmel Family.



Innovative Hours...

Grade 5

Learning and mastering new skills that challenge us, confirm our belief that we can overcome difficulties. A calligraphy competition was organized on May 23rd 2022. The students exquisitely showcased their artistic skills. Yashika Choudhary and Naunidh Kaur, Harjot Kour and Dhrishti Verma, Ahana Gupta and Prabgun Kour bagged the top 3 prizes.

Grade 6

To promote 'Unity in diversity', an activity was held in the school on 10th May 2022. The learners creatively displayed various aspects of culture such as food, attire and dance forms of different states in India. The competition was a fusion of talent, imagination, creativity and alertness. It encouraged the students to work with people from other races, ethnicities, and cultural backgrounds and respect. The event concluded with a choir group song.

Grade 10

To encourage higher-order and critical thinking skills, a debate competition on the topic "Do you need homework to learn?" was held on 6th May 2022. Runzun Chajgotra and Reet Naraina acquired the 1st and 3rd positions, while Subhaika Charak and Zubia Malik shared the 2nd position. Shivangi Sharma was the best speaker.



BELIEF ENHANCES LIFE

Sports Club

To encourage sports activities and to persuade people that sports can help them improve physical, functional mobility, self-control, and life skills the Department of Youth Services and Sports hosted an inter-school zonal sports competition on 5th and 6th of May 2022. The zealous Carmelites competed fiercely and brought honour to the school.

Date	Sport	Category	Achievements
5/5/22	Cricket	U-17	12 girls are chosen for further competition.
6/5/22	Chess	U-17	Two girls are selected for district level.
	Kabaddi	U-14 & U-17	Gold medal; 14 girls are selected for further competition.
	Badminton	U-14 & U-17	10 girls are selected for further competition.
	Kho-Kho	U-14 & U-17	Gold medal in U-14; 6 girls are selected for next level.
	Volleyball	U-14 & U-17	Gold medal
	Tug of War	U-14 & U-17	Silver medal; 8 girls are selected for next level.
	Carrom	U-14 & U-17	Gold medal; All the girls are selected for further competition.

Date	Event	Venue	Sport	Category	Achievements
22/5/22	Inter-zonal level competition	Hr. Sec. School, Domana	Volleyball	U-14	Gold medal
				U-17	Gold medal
			Kabaddi	U-14	Silver medal
				Tug of War	U-14
			Kho-Kho	U-14	Silver medal
28/5/22	Inter-school selection trials	Govt. High school, Satwari.	Softball		5 girls are selected for zonal level competition.
			Netball		12 girls are selected for zonal level competition.
29/5/22	Inter school competition	International Delhi Public School	Rope skipping		20 gold medals; 15 silver medals; 16 silver medals; Overall trophy



BELIEF ENHANCES LIFE

MONDAY, MAY 9, 2022 (PAGE 3)

IRCS celebrates World Red Cross Day

Excelsior Correspondent

JAMMU, May 8: As a mark of respect to the founder of Red Cross Movement, Sir Jean Henry Dunant, Indian Red Cross Societies (IRCS) have today celebrated World Red Cross Day at Red Cross Bhawan in Karthi Chawal.

Theme of World Red Cross Day 2022 is "WHISLU-MANDED" which stresses the power of humanity by spreading the message on being human and be kind now and in future as well be our social responsibility.

The function started with hoisting of Red Cross flag by chief guest, Ramnath Katar, Divisional Commissioner cum Chairman IRCS Jammu Region, Sat Pal Sharma, Hony. Secretary, IRCS Jammu Region, Kuldeep Harsha, SP Jammu and Kashmir, Additional Deputy Commissioner Jammu.

This was followed by Red Cross pledge and prayer by the gathering led by students of Govt. Middle School, Karthi Chawal with rest of Youth Pool Youth and women people from the society including the staff of Executive Members of IRCS Jammu Region and other Districts.

Floal Tribute was also paid to Sir Jean Henry Dunant by Ramnath Katar, Sat Pal Sharma and the Executive Committee Members Sanjay Bhasini, Anil Kapahi, D.K. Kapoor, Dr. Ramnath Gupta, Neeraj Anand, Deepak Khapria, Prof. Sunil Uppal and Deepak Gupta.

The chief guest was presented with bouquet and badge by Sat Pal Sharma.

The programme started with lighting of the ceremonial lamp by the chief guest and the other dignitaries.

Sat Pal Sharma, Secretary IRCS delivered welcome address. Cultural items were presented by the students of Carmel Convent School, Katiywanj and Red Cross Song by students of Govt. Girls High School, Karthi Chawal.

Doctors and volunteers who attended 1 days First-Aid Orientation and TRIAGE programme were facilitated by the

Five sewing machines for father distribution to the widows of NPL families already identified by their respective districts along with sewing kits were also distributed to all the District Branches of Jammu Division.

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was organized at Pragpur by Indian Army on this day. Blood Donation Camps at Hotel Radisson Blu and Sani Nirankari



A dignitary addressing a gathering during World Red Cross Day celebrations at Jammu on Monday.

JK UT Inter-School Rope Skipping Championship concludes

Excelsior Sports Correspondent
JAMMU, May 30: All JK UT Inter-school Rope Skipping Championship 2022 was concluded today at International Delhi Public School Jammu. Championship was organized by Rope Skipping Association of JK&K in collaboration with International Delhi Public School Jammu.

More than 500 students from Carmel Convent School, Katiywanj Jammu, Jodhmal Public School, International Delhi Public School, Shamshad futuristic school birgur jammu, RM Public School, Heavon Kingdom School, KC Gurukul School, Shrangriffs Public School, Doon International School, Jammu Sanskriti School, Stephens International School, ISM Jammu Public School, GD Goenka School, Ke International School, Delhi Public School, Oriental Academy, Vidhya Bharti School, Army Public School - Rathanchak, BSP School Participated in the event with great zeal and enthusiasm. The event took place under the vigilant supervision of Mr. Danish Sharma, Technical Director, Rope Skipping Association of JK&K as well as National A Grade certified Rope Skipping Referee comprising technical team - Harsh Vardhan Raina, Anirudh Verma, Sima Abrol, Rajesh Kumar Sharma, Saddam Hussain, Gaurav Kumar, Rudrakshit Gupta, Harsh Sharma, Nitish, Pranvi, Bhavna Gupta, Appu Jamwal, Rahul Bansh, Rishika Sharma and Manish Gill.



Winners posing for a group photograph with dignitaries at Jammu on Sunday.

Carmel Convent lifts Rope Skipping C'ship title

Excelsior Sports Correspondent

JAMMU, May 29: Carmel Convent accepted win in the Inter-school Rope Skipping Championship, organised by

secured by KC Gurukul in the championship.

Sonal Keser, Assistant Director in Raj Bhawan Security was the chief guest, while KAS, Gule-Sukhab as well as Jammu inter-

Carmel Convent School wins overall trophy of JK UT Inter School Rope Skipping C'ship



Top News Report

JAMMU, May 30: The Overall trophy All JK&K Inter-school Rope Skipping Championship 2022 was won by Carmel Convent Higher Secondary School and the runner up was won by KC Gurukul School.

The Championship was concluded at International Delhi Public School Jammu.

Carmel Convent Girls lift Rope Skipping Trophy



Medal winners posing for a photograph with staff members at Jammu on Tuesday.

GF REPORT

JAMMU, MAY 31: All JK&K Inter-school Rope Skipping Championship concluded with a successful note here on Tuesday. Championship was organized by Rope Skipping Association of JK&K in collaboration with International Delhi Public School Jammu.

Students of Carmel

Convent Dr. Sar School were showcased for their brilliant performance and their hardwork. The Overall trophy was bagged by Carmel Convent Dr. Sar School for winning 20 gold medals, 13 silver medals and 17 bronze medals.

Medal winners posing for a photograph with staff members at Jammu on Tuesday.

The team was formed by Danish Sharma - School Coach with the support of Adia Bani, Rahul Bansi and Anshika Pathania.

General, Anjay Sahwagi, Anagrit Bani, Mihir Sharma, Anur Kaur, Vinoda Sharma, Akshaya Sharma, Sonu A, Atreeth Kaur, Rishika Mohit, Krishika Gupta, Divita Verma, Krishika Gupta, Madhavi, Lakshpal, Jyoti Kaur, Anant Kaur and Vinoda Sharma.

Silver Medalists: Krishika Gupta, Mihir Sharma, Medhavi, Lakshpal, Divita Verma, Harshani Kaur, Karva Singh, Anant Kaur, Anagrit Bani, Kavya Sharma, Vinoda Chandel, Kajast, Khushi, Krishika Gupta and Anagrit Sahwagi.

JK UT Inter-School Rope Skipping Championship Concludes

EARLY TIMES REPORT

JAMMU, May 30: All JK&K Inter-school Rope Skipping Championship 2022 held from 28 May to 29 May 2022 was concluded today at International Delhi Public School Jammu.

Championship was organized by Rope Skipping Association of JK&K in collaboration with International Delhi Public School Jammu.

More than 500 students from Carmel Convent School, Katiywanj Jammu, Jodhmal Public School, International Delhi Public School, Shamshad futuristic school birgur jammu, RM Public School, Heavon Kingdom School, KC Gurukul School, Shrangriffs Public School, Doon International School, Jammu Sanskriti School, Stephens International School, ISM Jammu Public School, GD Goenka School, Ke International School, Delhi Public



Students pose for group photograph.

School, Oriental Academy, Vidhya Bharti School, Army Public School - Rathanchak, BSP School Participated in the event with great zeal and enthusiasm. The event took place under the vigilant supervision of Mr. Danish Sharma, Technical Director, Rope Skipping Association of JK&K as well as National A Grade certified Rope Skipping Referee comprising technical team - Harsh Vardhan Raina, Anirudh Verma, Sima Abrol, Rajesh Kumar Sharma, Saddam Hussain, Gaurav Kumar, Rudrakshit Gupta, Harsh Sharma, Nitish, Pranvi, Bhavna Gupta, Appu Jamwal, Rahul Bansh, Rishika Sharma, Manish Gill.

The Overall Administration and management was taken care by Tarsem Sharma, Founder Rope Skipping Association of JK&K, Madhu Abrol - School Manager & Ms. Rachita Dutta.

Opening Ceremony was attended by Chief Guest - Ms. Yashu Mudgal, IAS, Secretary to government, Cooperative department, Guest of Honour - Mr. Ranbeer Singh- SSP J & K police, Special Guest - Mr. Tarun Uppal, Chairperson, Nishay Bharat, Mr. Swarn Singh Choudhary - MD (Finance) IDPS & Mrs. Ranbeer Wazir - Principal, IDPS.

The Closing ceremony guest list included Chief Guest - MR SUNIL KESAR IAS, Guest of honour MS GUL E SUBGHAB International Jo-Jima Medallist, Special Guest-SUNIL KUMAR SAWHNEY a prominent social activist and Ms. Shilpa Mahajan - Principal, Sishth International School, Allimore. At last students were felicitated for their brilliant performance and their hardwork. The Overall trophy was won by Carmel Convent Hr.Sec School and the runner up was KC Gurukul School.