



CARMEL
JAMMU

CARMEL SPECTRUM

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Dear Readers,



Greetings!

A silver Jubilee Run...

To go back to 1997 the precincts of Carmel Convent School at Kunjwani is a great feeling. 25 long years at Carmel Convent School offered new avenues and opportunities. I am a proud student of St Mary's Presentation Convent School, Jammu. I am doubly proud to say that Carmel enhanced my personality. I have been privileged to contribute to the growth of this school by enabling many opportunities for young minds to explore their talents in various fields of academic and extracurricular activities. Over the years, I got exposed to new technological tools that have made me more effective as a teacher. For a teacher like me, continuous interventions in pedagogy go a long way in refining the teaching processes and ensuring better learning outcomes. I have got an

opportunity to head the Girl guides club which helps the students to explore their hidden talents. The Girl guides club organises various activities on events like-Girl Child Day, World AIDS Day, World Thinking Day and many more – all have contributed to making me a better teacher. My teaching experience has taught me that being a teacher is much more than transferring Knowledge, explaining the content, and responding to questions. It's also much more than teaching traditional skills. A teacher must project a positive image as one is the first source of inspiration for their students. During my teaching journey, I learnt the skills of creativity, Effective Communication, Handling pressure, Time management and Self discipline. I am grateful to all the principals who shaped me to be the person I am today and the students whose love have sustained me. I am grateful to Sister Maria Swati for helping me develop my confidence, boost my morale, guide me in the right direction and groomed me in every possible way.

I hope the dream run continues!

Mrs. Jyoti Wali

Workshop on Collaborative Learning:

Since the intention of the implementation of NEP 2020, schools have been working continuously to provide all the systems necessary to support students, teachers, and administrators. To improve its educators' instructional methods, Carmel works around the clock. A seminar on collaborative learning was conducted by the resource person, Monika. She stressed the significance of collaborative learning and provided instruction on various pedagogical techniques to keep the learning process engaging and relevant.



Summer Fun!!!

Summer camp - is a fun time students learn and have fun go hand in hand thus young minds may get inspired. A virtual summer camp incorporating a lot of fun-filled activities ran from the 6th of June to the 10th of June 2022. The fundamental goal of summer camp was to make the experience as enjoyable and memorable as possible for the kids. Fun, memories, new experiences, physical activities, what more could they ask for?

Kindergarten

This summer's unique week led the students to a fun, inventive, and effective way to learn. Instilling confidence was the fundamental goal of the programme. A variety of practical experiences were offered during the week, including dance, singing, brain gym, a makeover for your mom, a fashion show, puppet stories, games, fireless cooking, yoga, Hunting We Go and creative crafts. Parents and pupils were engaged in the activities.



Grade 1

Age-appropriate activities were held for the students to encourage higher-order and critical thinking. The resource persons enhanced the creativity and artistic skills of the students in stone painting and fireless cooking. The art of storytelling and narration was another fun-filled activity. The students took a keen interest in singing and dancing. We appreciate the resource persons and parents who accompanied the students in their learning by doing experience.

Grade 2

The children derived pleasure from music classes and learned several songs. The students demonstrated skills like acting, dancing, singing, telling stories, and speaking. They learned so much from their experience that they eagerly anticipated their summer break.

Grade 3

Five days of summer camp gave each kid an equal opportunity to explore and express creativity. It was not only fruitful for students but also for the teachers. It allowed the kids to get along better with one another and broke up the monotony of the class. The programme included practical training in fireless cookery, music, art, modelling, and cleanliness drive. The one-week summer camp was a resounding success as pupils demonstrated their dedication to each planned activity.

We promote active and effective learning through experiential education...



BELIEF ENHANCES LIFE

Grade 4

The virtual Summer Camp led by class teachers and the Resource person Simran Singh Wazir was an ideal means to impart skills and quench the curiosity of children in an entertaining way. It aimed to explore and express creativity in all its forms and encourage experiential learning. It helped them absorb concepts more readily and retain them for a long time.

Grade 5

The summer camp wherein excited students attended the same under the guidance of trained professionals and teachers. Camp started with a captivating session by Shamima Naziya (Yoga instructor of St. Patrick Academy, C.G). She taught different Yoga Postures to the students and spoke about the benefits of yoga. Children participated in and adored activities, including storytelling, making masks and bangles, cooking without a flame, and sports.

Grade 6

The indoor activities were fun for the students. They learned a lot about art and craft projects. These activities made children self-reliable and social at home and contributed to the overall growth of children. A high level of students' participation demonstrated their desire and enthusiasm to learn something new.

Grade 7

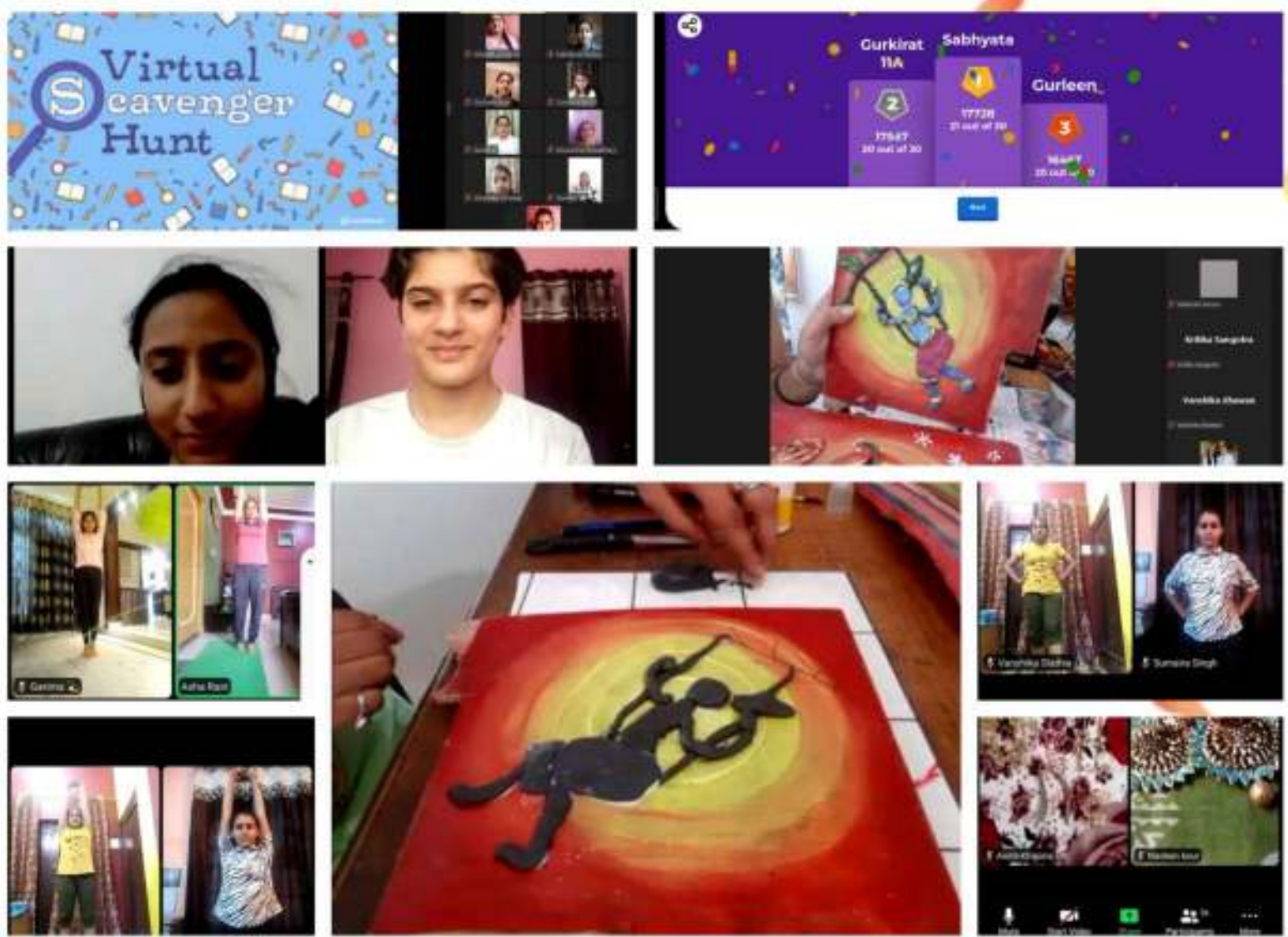
Summer vacations are the best time of the year, to discover the innate quality of students. Concerned teachers organized the camp and witnessed enthusiastic participation of students to learn art, craft, music, dance, fireless cooking, calligraphy etc. The camp was a lot of fun for the students.

Overjoyed children shared their end results...



Secondary Stage Learners

Every year Carmelites await enthusiastically, summer camp during their summer vacation. A fun-filled week!! Various activities like Yoga, Aerobics, Cooking Show, 3D Painting, Quiz time, Scavenger hunt, Puzzles etc were held. The students came forward with great zeal and passion to participate. They responded well to every activity. Each day they looked forward to another day's activity with even more vigour and ardour. The participants were fortunate to have Mrs. ParmeetKour, a dance teacher in Lagos, Nigeria, who taught them various dance techniques. Mrs. Monika Gupta trained them in M Seal painting and activities to improve their verbal and non-verbal communication. Learners expressed their imaginations through Mural Art form which was a new, unique and relaxing experience.



International Yoga Day

Yoga offers a path for sustainable living and emphasizes the values of mindfulness, moderation, discipline, and perseverance to achieve a balance between the mind and the body. Carmelites observed International Yoga Day 2022 in a hybrid fashion with the theme "Yoga for Humanity."



Sports Club

On the event of "World Bicycle Day, Carmel Convent School organized a Bicycle Rally wherein students spread the message of promoting good health and peddling power to save the environment. They participated fervently and thoroughly enjoyed the activity.



A multisport camp with highly qualified coaches was planned for the children to feel more physically fit, psychologically strong and healthy.

