



CARMEL
JAMMU

CARMEL SPECTRUM

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Dear Readers,



Greetings!

"Nurses encompass an art, a humanistic orientation, a feeling for the value of the individual and an intuitive sense of ethics, and the appropriateness of actions taken." The existence of humankind is dependent on human emotions, empathy, sympathy and care for each other. On this occasion, all the mothers who hold this vocation close to their hearts are called and facilitated. I dedicate this issue of the Spectrum to all the Nurses

who dare to make a difference in the lives of the people of Jammu and the global family. I request the students to visit the hospitals during the summer break and recognize the work they do and whisper a word of appreciation. God bless!

Mrs. Suman Sharma

International Labour Day

On May 1, 2023, Carmel Convent School held a Labour Day celebration programme. On this auspicious occasion, Sh. Arun Kumar Khanna served as the chief guest and Dr. Vinod Sharma as the guest of honour. Through the captivating cultural performances, students demonstrated their talents. Visitors helped facilitate prizes for the winners of the various contests that were organised for our school's supporting staff.



Folk Dance Competition

The folk Dance Competition held on 1st May provided a platform for talented dancers of grades 9 through 12 to showcase their skills, preserve their cultural heritage, and foster cross-cultural understanding. The event celebrated the richness and diversity of folk dance traditions from around the world, leaving a lasting impact on both participants and spectators.



Red Cross Day

On May 6, Carmel Convent School Jammu observed 'World Red Cross Day' under the theme 'HUMANITY TO PEACE' in the gracious presence of the chief guest Mr. Sat Pal Sharma, the secretary of the Indian Red Cross Society. The students took part in a variety of activities, including speeches, songs, skits, making posters, collages, and PPTs. The chief guest shared valuable information regarding the significance and justification for celebrations. Carmelites also took part in the Red Cross Society's event that was held on May 8 in Teacher Bhawan, Gandhi Nagar, Jammu.



Exchanged Experiences:

The batch 2022-23 had their first-ever experience with CBSE Board. Throughout the process, our school was our constant support by giving us timely updates. Teachers in the classroom employed a range of instructional techniques. The students received sufficient preparation for their exams. All these efforts were worthwhile and we all gained so much during our preparation and rewarded the Alma Mater with 100% results.



Nurse's Day

The Health and Wellness Club of Carmel Convent School Jammu spearheaded the celebration of "The Nurses Day" on May 12, 2023, with the theme "Our Nurses Our Future." All mothers who work as nurses were invited to the school for the first time on this day. To honour them, a beautifully framed programme was put on display. They also received gifts from the principal, Sr. Maria Swati, as expressions of love and gratitude.



International Family Day



The Grade 12 students hosted an International Family Day celebration on campus on May 13, 2023. The event began with a speech by the head girl of the school on the value of family. The students then staged a variety of performances, such as a mashup dance, a group song, a skit about the importance of family's harmony, and a Punjabi dance. On this occasion, Sr. Maria Swati shared her thoughts on the value of coming together to strengthen our sense of "Carmel as a family" and spoke about the value involved in all we do.

Biodiversity Day

The theme for the 26 May 2023 celebration of International Biodiversity day was "From Agreement to Action, Build Back Biodiversity." Professor P.L. Kaul, a former head and dean in Gujarat, former OSD, MIER, Jammu, and a recipient of the Lifetime Achievement Award for Excellence in Education Research, was the special guest on this occasion. The students staged several awareness-raising events, including speeches, dance performances featuring various cultures, and skits about protecting and preserving biological diversity.



Educatus Expo 2023

On the 20th of May 2023, Students of grades 11 and 12 were taken to Hotel KC Centre for the Educatus Expo 2023. Renowned Universities like AMITY, Chitkara, SGT, Parul, Sharda and many more were part of this drive. Students had one-to-one interaction with the Admission Counsellors of each university and got a clear vision to pursue their careers.



Capacity Building Programme

To update the professional competencies of the teachers, the training unit of CBSE organises various Capacity Building and empowerment programs. Teachers at Carmel grabbed these opportunities to hone their skills.

NEP 2020

Three of our teachers attended the seminar hosted by Heritage School on May 6, 2023. The resource people, Mrs. Rohini Aima and Mrs. Ranju Malhotra elaborated on the goal, mission, and vision of NEP 2020 and helped teachers understand how it supports the growth and improvement of the knowledge, skills, and resources that communities and organisations need to adapt in a world that is changing quickly. Through the creation of high-quality assessment frameworks and improvement plans, this capacity-building programme focuses on strengthening teacher training institutions and comprehensive teacher policies

Lesson planning & Teaching Strategies

On May 12 and 13, 2023, Mrs. Sanjeet Kour attended a two-day seminar on "Need of Lesson Planning and the Strategies Method of Teaching" at G.D. Goenka School, Jammu. Through lively interaction between teachers from different schools and resource people, new techniques and strategies to improve the logical thinking and problem-solving abilities of the students as well as of the teachers were expertly taught in these sessions.

Capacity Building with life skills

On May 20, at Model Academy B.C. Road, Jammu, CBSE held a workshop for the teaching staff of various schools to develop the capacities of children through various life skills. The resource people were Anita Sharma, Puneet Kour, and Pramod Srivastava. To assist teachers in understanding the life skills they can impart to their students, they used a variety of tools. They exhorted the participants to put the session's learning objectives into practice.

A Showcase of Spontaneous Brilliance

The Extempore Competition, a thrilling event held at the school on May 10th, captured the interest of both faculty and students. The competition proved to be an exciting venue for students to display their quick thinking, articulation, and persuasive abilities with participants from various grade levels showcasing their speaking abilities.



No Bag Day - Project CACA

May 16, 2023, No-Bag Project CACA activities were carried out by grades UKG through 9. Every activity was based on a different subject that was covered in class during the value education period. The purpose of these activities was to educate our students about some moral principles and alarming issues that need to be addressed in today's society and that every child should be aware of, such as safe and unsafe touching, respecting and upholding the rights of children in their safe spaces, etc.



Raising Awareness of G20 Climate action



In conjunction with No Bag Day on May 16, Carmel Convent School planned a special activity for Grade 10 with the purpose to increase awareness of G20 climate action, inspiring them to think creatively and take an active role in combating climate change. Students had the opportunity to express their thoughts and goals for a greener, more sustainable future through the slogans. They were urged to create memorable and potent taglines that emphasised the significance of environmental preservation and G20 climate action.

Inter-school Events

19th May 2023: Our school participated in 'Umang' – Inter School 'Folk Dance Competition-2023-24' organized by Presentation Convent School, Gandhi Nagar. This competition offered a platform of creative expression and exuberance for our students. Our students were awarded Consolation Prize. Overall, it was an enriching experience for them.



'3rd Language - Inter School Competition - 2023' was held on May 20 and our school took part. Jammu Sanksriti School hosted the event. Our students participated in Dogri Lok Geet, Urdu Nazam, Shabad Kirtan, and Shlok Recitation. Even though they only received participation certificates, the experience was beneficial to our students. All of the participants' spirits have been lifted and their verbal abilities have been improved by this competition.



13th May 2023 - Amaira Thomas of Std. IV participated enthusiastically in the Inter-School Poem Recitation Competition organized by Jodhamal Public School under the aegis of SAHODAYA SCHOOL COMPLEX, JAMMU CHAPTER on the theme "Emotions in Motions" – The event witnessed the participation of 39 schools across the region. She was awarded Participation Certificate.



Sports Club

Inter-House competition: Inter-Class competition:

The annual Inter-House Sports Meet was held on the 28th and 29th of April 2023. The events included Basketball, Badminton, Kabaddi, Kho-Kho, Volleyball and Chess. The top three positions were bagged by Satya, Sneha and Shanti houses respectively.

An Inter-class Sports Competition was held on 30th May 2023 for grades 11 and 12 which included events like Kho-Kho, Kabaddi, Tug of War and Basketball. The event progressed with enthusiastic participation and loud cheers.



Inter-School Competitions:

Date	Event	Venue	Sport	Category	Achievement	Selected for next level
15 th May 2023	Inter School Zonal Level Competition	Shastri Nagar Dogra Ground, Jammu.	Basketball and Handball	U/ 14 and U/17	Basketball- Gold	Basketball u/17 1. Sanjvi Gupta 2. Bhawana Chib 3. Samreen Kour 4. Piyushika Rajput Basketball u/14 1. Harwin Kour Handball u/14 1. Mittali Mehra 2. Rhythm Sharma
19 th & 20 th May 2023	Inter School District Level Competition	Khel Gaon Ground, Nagrota.	Volleyball, Kho-Kho, Kabaddi, Tug of war, Chess and Carrom	U/ 14 and U/17	U/14 Chess - Gold U/17 Volleyball - Silver U/17 Kho-Kho - Silver	Kho Kho 1. Kaashvi Singh 2. Bhumika Rajput Chess 1. Ashwina 2. Shrine Tug of war 1. Sanvi Volleyball 1. Gantavya 2. Vanshika Mahajan 3. Bhumika Thakur 4. Divyot Kour 5. Hargun Kour
17 th & 18 th May 2023	Taekwondo Championship 2023	Kotli Bhawan, Rehari Jammu	Taekwondo		Gold 1. Gungun Tikoo 2. Kanagna Manchanda 3. Ridhima Talyal 4. Mehreen Rouf, 5. Urvi Dabgotra Silver 1. Shivanya Sharma 2. Avni Sharma 3. Anjali Charak 4. Rimjhim Khajuria Bronze 1. Navania Sharma 2. Anshdeep Kour 3. Devanyshi Bastora 4. Sachi Chib	

Handball



Chess



Basketball



Tug of War



Volleyball



Taekwondo



Kho-Kho



Taekwondo

