

# CARMEL SPECTRUM



» VOL II » ISSUE 3 » JANUARY, 2020

Dear Reader,

Greetings of the season!

I hope you were able to enjoy some time with family and friends during the winter break. Welcome to 2020 which coincides with the Silver Jubilee Year of Carmel. Hearty congratulations to each one of you. It is an occasion, both for thanksgiving and commitment in all our future endeavours. Let's join our hands to celebrate this Silver Year with the zest of theme "DEEPER – STRONGER – HIGHER". Many of us have witnessed the unveiling of our new logo "Belief Enhances Life" during the Annual Day cum Inauguration of the Silver Jubilee. This logo symbolizes the tenets of change as we direct our energies to create a vibrant youth for the society.



"Education for Gender Equality" #SDG 30 being the theme of the year 2019 – 20, various activities like workshop on Gender Equality, Debates, Poster making, CCKMUN – 1 etc. were conducted to acquaint the students with the status of women in India and in different countries. They learnt about various measures and government policies taken to empower women. Our aim is to equip our students with real world so that they can stand as confident and independent individuals.

As the year 2019 has just gone by, we have much to celebrate and cherish. We would like to acknowledge the outstanding contribution made by parents and students to reach out to the under – privileged section of our society. By helping them during the outreach programs like Social Service Week, Parents proved to be a community of other centered and made the UN theme 2020 "I am Generation Equality: Realizing Women's Rights" come alive to make a fresh beginning in the New Year.

Pages of this Spectrum showcase the different events, activities and exuberant Silver Jubilee celebration with festive moods.

Happy reading!!

**Ms. Priya Darshanee Gupta**

## EDITORIAL BOARD

✍ HARPREET KOUR  
✍ PRIYA DARSHNEE  
✍ INDEEP KOUR BALI

✍ ANITA RAMPAL  
✍ SHIVALI BAKSHI

✍ MAMTA JAMWAL  
✍ ZEENAT KHAN



# EMPOWERING GIRLS FOR BETTER TOMORROW: BRITISH COUNCIL ISA ACTIVITY, GROUP 4

## GENDER SENSITIZATION WORKSHOP

A training programme for the staff and students on Gender Sensitization, as a part of British Council International School Award activity 4 on the theme of the year for Carmel, SDGs 2030 "Education for Gender Equality" and "Empowering Girls for Better Tomorrow" was conducted in the school.

The workshop opened with a short lively activity to help the Carmelites explore the basis of their individual perceptions on gender roles and stereotypes and how these perceptions shape an individual's behaviours. This was followed by a session in which videos of gender equality and women empowerment were shown to the students to make them feel equal and strong.

Fr. Chacko spoke about the W's (What, Where, When & Why) of Gender Sensitization and highlighted on certain code of behaviour and protocol to be followed for a sensitised society. He emphasised on the fact that gender sensitivity applies not just to girls or boys but to both the genders and one must learn to respect each other. The Do's and Don'ts, Female stereotypes like being compliant, caring, soft, relational, weak, hysterical/emotional, home oriented ways to prevention of gender based malpractices and the current judicial scenario were explained during the session. He insisted that the youth must make an effort to break stereotypical thinking and make ways for a newer order. The aim of the session was to make the girls aware of the laws of women safety and to make them feel as equal beings with decision making power and not as people who should be teased and humiliated. At the end of the workshop, participants gave their commitment to make changes in their attitude, feel confident and promote gender equality. Different activities were conducted in order to spread awareness about the topic. The staff and students not only enjoyed the fruitful sessions but also learnt a great deal from it.



## CCK MUN

The CCK MUN was organised for the very first time by Carmel as an ISA activity under the theme "Empowering women for better tomorrow".

It was altogether a new experience for the students and they managed it quite well. The students were grouped into two committees, namely UN WOMEN and INTERNATIONAL PRESS. The two committees coordinated with each other in making CCKMUN a great success. A sum total of 15 countries were represented and main focus was laid on INDIA, PAKISTAN, UAE, USA, and ENGLAND. The aura of the different countries coming up with their opinions made MUN more exuberant. The CCKMUN helped the students to learn and explore, thus making Carmelites knowledgeable and versatile.



## AN INTERACTIVE SESSION ON WOMEN DEVELOPMENT

Heena Bhat and Garima Bhat, Alumni, along with her team mates, organised an interactive session to the students of class 6, 7, 8, & 9 on Women Development, Gender Equality and Menstrual Hygiene. She is the President and the founder of woman and gender equality cell at the College Of Engineering, Kolhapur and Maharashtra. The sole reason of this session was to create awareness among the girls, to break the prevailing stereotypes. There by creating an empowered nation with empowered girls.



## JINGLE THE WORLD BY DANCE ISA Activity Group 2

### FOLK DANCE COMPETITION

The aura of Carmel, reverberated as young folks danced on the beats of Indian folk songs at Inter-House Folk Dance Competition - An ISA Activity on the theme "Jingle the World by Dance".

The cultural programme began with the lighting of the auspicious lamp followed by a prayer service. The fun filled extravaganza offered folk dance forms of J&K, Haryana, China and Singapore. The rhythm, choreography and presentation by all the students were par excellence. The excitement to highlight the cultures of different countries was evident in every single move of the dancers. Furthermore, the attractive and colourful costumes, and fluid dance moves complemented the performances. All the participants were appreciated with loud applause. The Yellow House bagged the first prize where as second and third prize were grabbed by Green House and Blue House respectively.

Lauding the performances, Sr. Maria Swati A.C, Principal, said that dancing is the most beautiful art as it is not mere translation or abstraction from life, it is life itself. She added that this ISA activity enabled the Carmelites to be well versed with the dance form of different countries around the world.





# WE CELEBRATE WITH THE WORLD

## GIRL CHILD DAY

In order to imbue sensitivity and remove prejudices against girl child, different competitions like drawing, painting, slogan writing and collage making were conducted on the occasion of "Girl Child Day", on 11th October. The theme of the competition was SDGs 2030 'Gender Equity and Empowerment of Girls'. On this occasion, the girl guides of classes VI-VIII who had completed the Pravesh and Pratham courses were felicitated with certificates.



## TOURISM DAY

Carmel celebrated Tourism Day on 27 September, in order to reflect on the importance of tourism around the globe, on the theme "Tourism – Linking Cultures". Through their performances, the students of V, VI & VII got the opportunity to express their view about how tourism can help build tolerance and understanding worldwide. Thus being a catalyst for communication and exchange between the different cultures of the world.



## NATIONAL EDUCATION DAY

Carmelites celebrated 'NATIONAL EDUCATION DAY' on 11th November 2019 with great zeal and fervour to pay homage to the first education Minister of Independent India – Maulana Abul Kalam Azad. According to him schools are the laboratories that produce future citizens of the country. To further reiterate the role of education, a special assembly was organised by the Peace club. Nukkad Natak staged by the students conveyed the message of right to education to all communities and societies and especially to girl child. Various competitions were organised to emphasise the role of education in one's life.



## INTERNATIONAL PEACE DAY

Carmel Convent Hr. Sec. School, Kunjwani celebrated International Peace Day on 21st September, the theme being "Peace for social change through gender equality". Mr. Baldev Singh Billowria the District President, BJP, Jammu graced the occasion as the chief Guest. He was accorded a warm welcome by the School Manager Rev. Fr. Shaiju Chacko and Principal Sr. Maria Swati A.C. The programme commenced with a prayer service, invoking the blessings of the Almighty for peace and harmony in our country, followed by lighting of the lamp by the dignitaries.

The significance of the day was well depicted by the Carmelites holding placards bearing symbols of peace and harmony. They expressed their heart out by singing songs of peace and euphony. A speech on the topic "Peace for all" presented by Vartika Jamwal of class VIII won everyone's heart. The colourful dances by the students fascinated the audience. The students performed their best in order to convey the message "let peace prevail" through a well enacted mime act.

In his riveting address the Chief Guest admired the spirit of participation exhibited by the students as it takes courage to fearlessly step out of one's comfort zone and showcase one's talents. He conveyed the message that "Peace cannot be begotten through worldly wealth, instead it comes from within". He also cited that if we are peaceful within, we will be peaceful with the whole universe. The Chief Guest also distributed certificates, medals and trophies for the students who excelled in academics, cultural and co-curricular activities. The Prize Distribution Ceremony indeed proved to be a culmination of hard work, dedication and commitment of students, teachers and parents in unison.



## CONSTITUTION DAY



26th November, is observed as a Constitution day in India. Importance of this day was brought to light at morning assembly by the school principal Sr. Swati. She gave a detailed piece of information as how and why this day and came into being. She said that the initially this day was known as a National Law Day and later it was renamed as the constitution Day, Ina Dhar had participated in the World Rope Skipping Cup and won a silver medal and girls Under 19 participated in Netball nationals held at Delhi, were felicitated.

## MOCK PARLIAMENT SESSION

Carmel Conducted a Mock Parliament session on the topic Cabrogation of article 370. Mock Parliament is basically a live model of parliament in which proceedings of parliament are enacted. The event was organised to check the debating skills of students and to make them aware about the current issues prevailing in the country. This event was important for the overall development of students, to make them politically aware as it is rightly said that, students are the future leaders.





## CHILD RIGHTS' DAY

Child Rights' Day was celebrated on 20th November 2019, by the Girl Guides on the theme "We can make a difference", to make students aware of their rights, security and dignity in accordance with the declaration of the rights of the child. The program included a special prayer service followed by an inspiring song by the school choir. A speech competition was organised for the students of class 5 on the topic "Know your Rights" and for class 6 "Let's stand up for Equality, Justice and Human Rights". The competition was adjudged on presentation, pronunciation, voice- modulation and expression. The students expressed their views regarding the rights on justice and equality. The School Principal Sr. Swati appreciated the participants and advised the students to be aware of their rights and stand for them. The program concluded with a motivational song.



## MUSICIANS' DAY

To commemorate Musicians' Day and to inculcate love for music and team spirit among students a special assembly was methodically organised by the school choir. The mega event began with a special prayer service. The members of school choir showcased a skit emphasizing on the role of music in a student's life and depicted how music is a way for expression of one's thoughts and ideas. The main highlight of the day was inter-house group song competition for Class I-IV. It was an endeavour aimed to help nurture and harness musical talent among young students as well as to give them an on-stage experience. "Motivational" was the genre of music

performed and theme of the occasion. The participants entertained the audiences by their harmonious performances of many classics along with certain variations of their own. They showcased a flawless routine which exhibited the amount of hard work and practice put up by the students and their teachers. The event was highly appreciated by the audience, which was evident by the rapturous applause each performance received.

Sr. Swati appreciated the students for their efforts and asked them to go beyond the boundaries of syllabus and explore their hidden potentials.



## HINDI DIWAS AND FEAST DAY

Hindi Diwas is annually observed on 14th September, in India to celebrate the adoption of Hindi as one its official languages. The special assemblies were organised to celebrate the literary week in which the students laid emphasis on languages like Hindi, Urdu, and Dogri. The Carmelites also participated in speech competition at Alexander Memorial School in which Ms. Palchi Dutta scored the third position. A remarkable concurrence occurred with the Feast day celebration of our esteemed Principal Sr. Maria Swati A.C. The whole campus became vibrant with much life and joy. The staff and students thanked Sr. Swati for her selfless services towards the growth of institution.



## ESTABLISHMENT DAY OF THE APOSTOLIC CARMEL CONGREGATION

"Celebrations are moments that strengthen our crown vision, unite our spirit and magnify our joys". To keep this in mind, Carmelites celebrated sesquicentennial (150 years) Jubilee of Apostolic Carmel congregation founded by Venerable Mother Veronica of the passion in Bayonne France on July 16th 1868 and established in India on November 19th, 1870. The program commenced with a befitting prayer service followed by a prayer dance. The dream of the Bishop Hippolytus for settling of a school in Jammu with the mission "Education for girls" was showcased flawlessly through a play. The dances and the songs were fused in the play, receiving an overwhelming applause from the audience. To culminate the event, a prize distribution ceremony was held to award the achievers of various competitions, conducted at the Diocese as well as school level by our worthy Principal Sr. Maria Swati A.C. She also briefed the students about the commitment and values of Ven. Mother Veronica.



## WORLD AIDS DAY



Girl Guides Club conducted various activities on 'World Aids Day', like card making, drawing competition, slogan writing, and essay writing for classes 3rd, 4th, 9th, and 10th respectively. The judging criterion for the various competitions was- Presentation, Creativity, Neatness and Originality. These activities were conducted to raise awareness on the deadly effects of HIV/AIDS that have taken unprecedented number of life.



# INTER SCHOOL COMPETITIONS

## RHYTHM II

As a mark of Silver Jubilee Celebrations, Carmel took the initiative to organise the 2nd edition of Interschool Rhyme Competition "RHYTHM". School became vibrant and bloomed with the vibes of the little star kids. Many prestigious institutions of the city like IDPS, JKP, Banyan International, and St. Peters were invited and received with a warm heart.

On the theme "GIRL POWER" the little ones recited the poems with great enthusiasm and were eloquent in their expression. This contemporary topic is apt to the present scenario. It sowed the seeds of fearlessness, confidence and independency in the tiny tots

"What mattered was not who won or lost but the involvement of every little kid" said Fr. Shaiju Chacko. He added that some stumbled, some performed well but all of this helped each one to grow". This was so true of each child who made it for the event. The event came to an end with Harnidh Kour of Carmel winning the first prize, Gavya Kumari and Gursheen Kour of St. Peter's Karan Bagh securing the second & third prize respectively.



## BASKET BALL MATCH

On the occasion of Silver Jubilee, Carmel Convent Higher Secondary School, took initiative to organise the very first of its kind - An Interschool Basket Ball Competition. The school invited various prestigious institutions of the city namely, Jodhamal Public School, Banyan International, GD Goenka, St. Mary's Convent. The host school gave a heart warming welcome to the companion guests. The Silver Jubilee theme, DEEPER! STRONGER! HIGHER!!! This motto motivated the tournament and the players. All the participants played well, spreading a word of good cheer and the spirit of sportsmanship. The teams exhibited sophisticated defences, setting up multiple offensive plays. The first and second semi-final matches were played between Banyan International and Carmel, Jodhamal and GD Goenka respectively. Carmel and Jodhamal were the finalists respectively. The final match was a neck to neck competition and Jodhamal won it by a single point. School Principal Sr. Swati A.C. distributed the prizes to the winners and thanked everyone for their support and kindness. This event was also incorporated under an ISA Activity (group 7), themed 'Circle of Peace'- highlighting the idea that peace can be spread through games, sports and thus the players can be the messengers of peace.



## DEBATE COMPETITION: 'POLEMIC' II



Wer Rostel, Der Rastet: Yar Snooze, yan loose' A debate is not only about the competition itself but an extended educational activity that includes familiarisation with issues of ethics and promotes co-operation among the participants. Keeping this view in mind, the school hosted the second edition of Inter School Debate Competition 'Polemic 2019-20' for the students of Higher Secondary wing on 15th Nov 2019.

Five prestigious schools of Jammu namely K.B Public Higher Secondary School, Shiksha Niketan Hr. Sec. School, Delhi Public Hr. Sec. School, Presentation Convent Hr. Sec. School and Carmel Convent Hr. Sec. School, participated in the competition.

The participants were highly enthusiastic and strongly kept forward their arguments for the motion and against the motion. Rebuttal round were even more defensive, where young minds really held everyone captive through their confutative ideas and healthy exchange of views.

Carmel earned another feather to its cap through the exuberant efforts made by the talented Carmelites namely Harsheen Kour (XI) bagged 1st prize and Ramanpreet Kour (XII) shared 3rd Prize with DPS, where as Presentation Convent won the 2nd Prize

## DEMONSTRATION OF TEACHING METHODS 1

Early childhood education is the foundation of every child. It is the beginning of human development, providing a strong base for lifelong learning and learning abilities. Carmel provides such a type of education and has unique methods of class room teaching. The teaching methods lay emphasis on educational, co-curricular and extracurricular initiatives which is an attempt to hone the intellectual, social, emotional, physical, spiritual and ethical development of the little ones.

These methods are not restricted to the class room alone but also followed by the parent community. They were called to witness the lesson demonstrations and get a firsthand experience of actual teaching process followed in the classroom. This will help them to motivate and appreciate their wards and enable them to create joy of learning. Parents thanked the management for the holistic development of their children.







## ELECTION OF STUDENTS COUNCIL

**E**lection for students' council was held at Carmel on 14th of November. Election commission was setup to organise the entire procedure to elect SPL and STUDENTS COUNCIL. The nominated candidates from 9th and 11th were given a chance to express their view in front of the school and judges. Three highest scoring candidates were chosen to compete for SPL/ASPL. Elections symbols were assigned and candidates canvassed. Students looked quite enthusiastic to cast their votes, around 750 students and faculty participated in the free and fair elections. Later, the ballot boxes were sealed and duly handed over to the head of institution. The election commission finally counted the votes and prepared the results. Ms. Harsheen Kour of class 11 and Aleena Ann Abey of class 9 were elected as the SPL and ASPL of the school respectively for the year 2020. They will resume their duty from 1st January, 2020.

Entire experience was an enlightening insight for the students, which will ultimately help them to be better and responsible citizens later in life.



## INVESTITURE CEREMONY

**T**he Investiture Ceremony' signifies the reliance and confidence that the school consigns in the newly invested office bearers.

3rd December 2019, became an auspicious day for Carmel, as they held the Investiture Ceremony with great pomp and show.

The event was presided over by Mr. Sukhdeep Singh, (KAS) working as an Accounts Officer in Jammu.

The program started with a well coordinated march past by the out going cabinet members. Investiture Ceremony was of great solemnity as the outgoing students' council welcomed

their counterparts. Thereafter the Chief Guest along with School Principal Sr. Maria Swati A.C. vested them with sashes and badges. Hersheen Kour, the new School Pupil Leader, took oath along with her entire team and pledged to bestow the best of their abilities. In their speeches, SPL ASPL promised to carry their duties with integrity, faith and excellence.

The Chief Guest, Mr. Singh congratulated the students and encouraged them to be impartial and honest in discharging their duties. Ms. Kohima Kour also added grace to the occasion by sharing her experience of being an ex- Carmelite.



## SOCIAL SERVICE WEEK INAUGURATION



**C**armel inaugurated its Social Service Week in the presence of Ms. Madhulika, who works at the Catholic Social Service Society under the guidance of school Manager Fr. Chacko. She is a power woman and believes in promoting the importance of human relations. While addressing the Carmelites, she highlighted the concept of Social Service and added that it starts with kindness, values and integrity towards the needy. She created a spark of empathy in Carmelites by focussing on 5 essential qualities - "**love, care, kindness, compassion and understanding**" and how their usage can make a difference in everyone's life.

Miss Madhulika said "No matter how rich, educated and cool we become, our behaviour towards others tells all". She encouraged the students to be examples of humility and humaneness. She also appreciated the students for contributing generously to help the underprivileged ones.



## SOCIAL SERVICE WEEK VISITS

**L**ife is lived only once, but the differences lies in the way it is lived! It is not about the variation in the lifestyles of the rich and the poor, but something that affects everyone equally. This realization hit the Carmelites during their recent visits to different old age homes and orphanages.

Students of all age groups visited many places like Amphala Bal Bhawan, Choti Teresa Bakshi Nagar, MC Janipur (Missionary Of Charity, Sahara Special school(Trikuta Nagar), Sunrise School, Old Age Home(RS Pura)etc. It was a life changing experience filling everyone with emotions and sentiments. At first, the students segregated and individually interacted with the inmates. The reality put before their eyes was hard to digest. Witnessing the elderly parents not taken care of and sent to centres like these, was not a pleasant experience to encounter. But uplifting the moods, students tried to have some fun by singing, dancing and distributing things of requirement to them. The residents bubbled with energy, as they hummed to





the tune of evergreen songs. The elderly were really happy to see the students and spent time with them.

Seeing the smile on their faces was worth the visit. It was a different kind of satisfaction altogether, to hear their joyous laughs, their toothless smiles and hushed giggles... Making the students feel that the very purpose of their visit had been achieved.



## TRIPS WORTH REMEMBERING

### SCHOOL PICNICS

Picnics are much needed break from regular schedule of school life. They are full of enthusiasm, excitement and fun. So, as a part of co-curricular activities Carmel organised a day out picnics for various classes. Starting from the little buds to the high class students each one of them was given a chance to explore like never before, to enjoy the beauty of nature at its best.

The little tots of class 3 were taken to Mansar Lake. They experienced the scenic beauty and got the chance to see various animals in a nearby zoo. Class 4 students visited Devi Grand Hotel, Katra. It was an adventurous tour where they indulged in various games like air balloon, water balloon, rock climbing etc having all together a different experience. Further class 5 students were taken to Sadda Pind Amritsar, So as to make them aware about different cultures and heritages. They were thrilled to see Punjabi culture and enjoyed the food, camel rides and the regional dances.

The High School students visited Nirvana Resort Hoshiarpur. The students enjoyed water rides, dry rides, roller coaster rides, played exciting games and danced to their fullest. All the students experienced thrill and enjoyment. Reaching the home safely they rejoiced in the values of togetherness, love and sharing.



### FIELD VISIT TO IIIM, JAMMU

Carmelites of Class XI & XII accompanied by Ms. Alka and Mrs. Angelina visited various faculties at Indian Institute of Integrative Medicine (CSIR-IIIM). The students got a chance to visit and interact with expert scientists and research scholars in different disciplines, where they witnessed various experiments in the areas of Plant Biotechnology, Cancer Pharmacology, Value Addition, QCQA and Instrumentation sections. They were introduced to the modern methods of conserving rare germplasm in the Plant Tissue Culture Repository and their preservation in the Herbarium in seed/plant parts/specimen forms. They also had the opportunity to see the various types of experimental mice on which high end experiments related to drug testing were in progress in the Animal House. The students came back armed with field knowledge.



### IN HOUSE PICNIC

School picnics are full of fun and amusement. It's a day eagerly awaited for. On 14th November an in-house picnic was organised for classes Pre-Primary to II to make their day memorable one and embellish a unique experience in our tiny-tots.

They were awestruck to see the school play ground turned out to be an amusement park with jumping rides, inflatable rides, slides, net climbing and balloon rides etc. They were overwhelmed, felt excited and energetic while dashing on the rides.

Children were all set to have their favourite day out with friends and teachers. The little angels enjoyed all the rides under the supervision of school Principal Sr. Swati and teachers. After a fun packed day children were served refreshment.



## SOCIAL AWARENESS PROGRAM

### SWACCH BHARAT ABHIYAN: Say No to Plastic

A programme on the topic "Swachh Bharat Abhyan" was organized on the directions of Hon'ble Mayor, JMC Sh. Chander Mohan Gupta in collaboration with Carmel Convent Higher Secondary School Jammu. During the programme, Hon'ble Mayor Sh. Chader Mohan Gupta was the Chief Guest and Sh. Suraj Prakash Padha, Chairman Swachh Bharat Mission Committee; JMC was the Guest of Honour. They helped the students to learn about segregation of material for the process of "Reduce, Reuse, Recycle, Recovery" etc. Hon'ble Mayor, JMC encouraged the students to convert the garbage into useful resources and persuaded them to work hard in order to complete the task of Swachh Bharat and raise Jammu to a level of cleanest city in India. He further thanked the school administration for cooperation and participation in the Mission. Continuing to create awareness, Hon'ble Mayor also briefed the Carmelites about the organic and inorganic waste. To conclude, all the students took a pledge to say no to plastic and to keep India more cleaner and greener.





# CELEBRATIONS GALORE...

## GRAND PARENT'S DAY

Pre-Primary wing, class 1&2 of Carmel celebrated Grandparents Day the very first of its kind, with abundance of respect and admiration. Mrs. Gurdeep Kour, Grandmother of Gurnoor Kour of Class II A graced the occasion as the Chief Guest. The event unfolded with the lighting of the auspicious lamp by the dignitaries followed by a soulful prayer dance. The little ones welcomed their grandparents by presenting them handmade card and specially prepared gifts. The power packed dance performances by the little ones left everyone spellbound and thoroughly mesmerized. The icing on the cake was the skit performed by students of class II which showcased the special bond shared by grandparents and grandchildren.

To make this day special and memorable for the grandparents, a series of fun games like Garland making, Balls in the basket, plaits making and straws in the bun were organised for them. The children were very excited to see their grandparents participate in the games and cheered them wholeheartedly. The little tots were the motivation factors for the grandparents to give their best. The whole campus was abuzz with joy to see the happiness ushering on the faces of all the grandparents.

Mrs Gurdeep Kour, appreciated the efforts of the staff and students and added that the grandparents provide unconditional love, patience and lessons of life to their grandchildren in abundance. Sr. Swati thanked the grandparents for their active participation on this occasion and wished them all along, healthy, comfortable and cheerful life and exhorted the children to respect and take care of their grandparents. The day ended with a vote of thanks by Mrs. Neera Jamwal.



## CHILDREN'S DAY CELEBRATION

Children are like buds in a garden and should be carefully and lovingly nurtured as they are the future of our nation and the citizens of tomorrow.

It was because of Pandit Jawahar Lal Nehru's immense love for children, 14th November is declared as the children's Day (Bal Diwas). He advocated that children are the torchbearers of the future, so the love and care that we give them today will make them bloom as better citizens of tomorrow. As a tribute to this thought, Children's Day was celebrated in school premises with great zeal and fervour. School is celebrating its "Silver Jubilee" with a tagline of DEEPER, STRONGER & HIGHER which reverberated with the children's day celebration upholding. This holds a special place for every Carmelites. Teachers went out of their comfort zone for their beloved children and organized a programme to entertain them. It kicked off with a "Prayer Dance followed by a musical skit, which was highly applauded by the students. Carmel teachers dressed in beautiful Punjabi attire turned the atmosphere vibrant and energetic with their Gidda performance. The teachers left no stone left unturned to give the students the best day of their life.



## ANNUAL DAY

"A silver year has a special significance in the history of any institution, as it signifies the amount of success, growth and the sense of maturity, it has attained in all the preceding years". Carmel Jammu thus ushered in Silver Year, a milestone of its vision and mission. This was clubbed with the Annual Day and celebrated on 8th November 2019.

Carmel was dream of Bishop Hippolytus and it turned into a reality by the hard work and collaborative work of the sisters and fathers who have rendered their selfless services to this prestigious institution. The theme of the Silver Jubilee, Deeper, Stronger, Higher, reflected the growth and development of everyone who has entered the portals of Carmel. The exuberant function commenced by the lighting of diya followed by a solemn prayer dance. The highlight of the mega event was the unveiling of our school's new logo "Belief Enhances Life" by Rev. Bishop Ivan Pereira. Fr. Shaiju Chacko gave a befitting explanation of the same and enlightened the gathering about the new school logo which represents new hopes and new beginnings, which unites all the Carmelites in mind, spirit and action along with the holy cross being a guide and a mentor always.

The spectacular event was sparkling with beautiful rendition of songs synchronized with flawless dances. The ushering of the Silver Jubilee celebration very aptly coincided with 150 years of A.C Establishment in India. The meritorious students of std.10th & 12th were felicitated by Sr. Nirmalini A.C. and Bishop Ivan Pereira respectively, for their achievements.

The entire programme was crowned by the in-house production "Aarambh hue hain Carmel k 25 varsh mahaan", and melodiously sung by the school choir. Eventually the event came to an end leaving the audience spellbound and mesmerised.



## DIWALI CELEBRATION

Diwali was celebrated with great devotion, ebullience and excitement on the subject "Lights and Eco Friendly Diwali". The school was decorated with diyas and lights, hoping that this festival of light brings bright sparkles of joy and happiness in everyone's life. To make it a joyful day, a cultural extravaganza was presented by the Carmelites. This activity was also incorporated as a part of British Council International School Award activity 'Festive Moods'. The program began by invoking the blessings of the Almighty followed by a prayer dance by Carmelites of class VI. A melodious song sung by the school choir deeply touched each heart present. A nukkad natak presented on the theme "Eco friendly Diwali", highlighted the need to create awareness and encourage people to participate in combating air pollution.

To mark Diwali celebrations various competitions such as diya decoration, diya painting, pot decoration, candle making, diwali symbol making, lantern making, PPT making, rangoli making, and diwali card making were organised from pre primary to class XII. Sr. Maria Swati A.C conveyed her warm wishes to the children and reiterated that children should celebrate Diwali in its purest form by lighting earthen lamps and sharing with the less fortunate. She discouraged the students from bursting crackers and urged them to buy environment-friendly products and observe a pollution free Diwali.





# CHRISTMAS CELEBRATION AT CARMEL

December is the month of joy and merry as the spirit of Christmas is everywhere. Against the well decorated school campus, Carmel celebrated the eve of Christmas with great zeal and vigor. A Carol Singing Competition for classes 1 to 12 was organized on 23rd December. The soft sounds of carols permeated the air, creating a heavenly ambience, spreading the radiance of Christmas everywhere. Similarly on 24th December, the whole of the campus became more adorned. Christmas celebrations began on the theme "A light is sparked". All the Carmelites participated enthusiastically in making this event a success. The little angles of Pre-Primary classes presented beautiful dances on the occasion.

To mark the birth of Prince of Peace, the students performed a Christmas play on the topic "Christmas To Believe In". The School Choir presented a melodious song. The programme has an ISA Activity also, which included songs and dances of the countries like India, Spain and Australia. The occasion was also graced by the School Principal Sr. Maria Swati A.C and the school Manager Fr. Chacko. Finally this big day came to a conclusion with the prayer service, staff get together and the cake cutting ceremony, followed by a lunch. With this the whole Carmel Family celebrated Christmas and prayed for the well being of the whole humanity.



*For private circulation only*



**CARMEL CONVENT SCHOOL**  
Kunjwani By-Pass Jammu - 180010.  
Ph: 0191-2480717, 6005053434  
Email: contact@carmeljammu.com

[www.carmeljammu.com](http://www.carmeljammu.com)