



CARMEL
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CARMEL SPECTRUM

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Dear Readers,

Greetings!



The theme for the Independence Day 2023 'Nation First, Always First' calls us to reflect on the utmost concern for our fundamental rights. India has a rich heritage of historical significance, cultural richness and panoramic landscapes. The country truly believes in equality, liberty and justice for all, with freedom of speech and the right to vote. India has also emerged as a global leader with tremendous progress in space and information technology, entrepreneurship and innovation, and achieving milestones in

various fields from art to science. Let us pray for the unity of India and the people of India. Carmel celebrated the 77th Independence Day cultural activities on August 14, 2023, in the presence of chief guest SHO Ajay Singh Chib. Before the day, students in grades L.K.G. through 10 participated in a few activities like poem recitation, flower decorating, and poster creation. The students showcased their skills by performing dance routines, skits, and speeches that day. Awards were given to the contestants who won in various activities.

Mrs. Niti Gandotra

School Feast

On the day of the feast of "Our Lady of Mount Carmel," the patroness of the school, we observed the day to pay our homage to the Mother for her continual protection over us. The theme was SDG-17, "Peace, Justice, and Strong Institutions". The Principal, Sister Maria Swati, encouraged everyone to live a value-based life. Trophies were awarded to students who excelled in sports and academics for class tenth, eleventh, and twelfth board exams.



Kargil Diwas



On 26th July 2023, the students at Carmel Convent School paid homage to the soldiers who laid their lives in the Kargil War in defence of our country. To commemorate the day, short speeches highlighting this victory Day were delivered by the students. "Patriotic Poem Recitation competition" was organised for the students of grade 3, wherein they enlightened the audience by reciting mesmerizing poems on Kargil Victory Day in English and Hindi. Sr. Maria Swati and the judge for the event, Mrs. Jyoti Shallu Sharma, congratulated and thanked every participant.

STEM Exhibition:

The STEM Exhibition, held from August 3 to 5 featured a wide range of cutting-edge technological projects. As chief guest and honorary guests, Mr. Raj Kumar, Joint Registrar of Jammu University, and Dr. Pawan Kumar, Assistant Professor of Nano Sciences and Materials at Central University, graced the event and examined the entire exhibition along with the school Principal. It boasted an array of intriguing projects and demonstrated students' understanding of the concepts, creativity and dedication. The standout models showcased were Hydraulic Arm, Earthquake Alarm, Tesla Coil, vacuum cleaner, water purifier, and Newton's Cradle.

The Technology Wing featured robotics, artificial intelligence, electronics, and software development projects. In the robotics and AI section, projects demonstrating the adaptability of artificial intelligence were on display. Visitors viewed an AI-powered medical diagnosis system, Automatic Attendance Recorder, Obstacle Avoider and Robo's playing Football. In the electronics corner, projects highlighting the incorporation of gadgets and technologies for smart living were on display. The three-day event was open to all schoolchildren and their parents.



Capacity Building Programme:

The two-day seminar led by Drs. Suchita Gupta and Anita Sharma were attended by our staff members on July 14 and 15 at Cambridge International School in Purkhoo Camp, Domana on the topic "**Strengthening Assessment and Evaluation Practices**". During the session, the preparation of lesson plans, teaching and learning, assessment, distribution of marks by the board, structure of assessment, academic discipline as well as the co-curricular disciplines of health, physical education and discipline were the main agenda of discussion.

"**Career Guidance and Counselling**" on the 14th and 15 of July at the Air Force School Jammu. The resource person Mrs Rohini Amia Principal and vice chairperson of Jammu Sanskrit School; Mrs Rashmi Allowahlia Principal, of Cambridge School Pathankot, focused on several aspects and goals of career guidance and counselling. She emphasised helping students to make well-informed choices and equipping them with job search techniques to pursue ongoing learning opportunities to stay competitive in their careers.

On July 21 and 22, the CBSE held a two-day workshop at G.D. Goenka Public School. We learned about **Inclusive Education** from resource people Mr. Kunal Anand, the principal of Delhi Public School Udhampur, and Ms. Kiran Singh, a professor at Central University, who also outlined the differences between impairment, disability, and handicap.

HL Gupta Hall Model Academy and M.V. International School hosted the "**Capacity Building Programme**" sessions on August 18 and 19. Eight teachers participated. The resource person Ms. Sandeep Sethi, a former education officer for the CBSE and the director of academics at MSMSII in Jaipur, led the session intending to improve the students' "Graphic Knowledge" through theatre, exhibitions, and "PHAD SE PADH."



Independence Day Celebrations...



Patriotic Song Competition

Students demonstrated their command of voice modulation, pitch, and tone while performing with passion, confidence, and patriotism.



Interschool Quiz Competition

Quest 8

Under the direction of Principal Sr. Maria Swati, the 8th edition of the "Quest" Quiz Competition was held on August 19, 2023, giving students a chance to demonstrate their intellectual prowess and sportsmanship. The occasion encouraged learning and the pursuit of knowledge, supporting healthy competition. Neighbouring schools took part with enthusiasm. It covered general awareness, current events, well-known people, an audio-visual round, etc. Jodhamal Public School took first place, Carmel Convent School came in second, and St. Paul's Convent and St. Peter's Convent tied for third.

Intelligentsia 2023

St. Paul's Convent High School, Gangyal, organised an Interschool General Knowledge Quiz Contest-

Intelligentsia 2023 on August 26th, 2023. The contest questions covered different topics, including sports, current events, literature, social science, science and technology etc. It was a neck-and-neck race. Carmel bagged the second prize.



Awards and Accolades

Education Today honoured Carmel Convent School by ranking number 1 for Holistic Education in Jammu and Kashmir in the CBSE Category. Sister Maria Swati attended this illustrious Awards ceremony on August 31, 2023.



Talk Show



Cancer Awareness

August 11, 2023, Carmel Convent School hosted a breast and cervical cancer awareness talk in association with Shanku's Medical City Cancer Hospital -Jammu. Dr. Paras Khanna, MCh Surgical Oncology (AIIMS, New Delhi), also a consultant on the surgeon, led the session for the students in grades 10 through 12 and the entire staff of our school. It was a lively and educational discussion. He informed us about the Cancer Belts, the dangers of plastic and aluminium, the link between aflatoxin and liver cancer, and some ways to identify and treat early-stage breast and cervical cancer, two of the most prevalent cancers in women.

Girl Guides

Under the direction of Mrs. Jyoti Wali and Aashima Pathania, twenty Girl Guides in Grade 6 completed the three-day Pratham Sopan course from August 7 to August 9. The training session was given to the aspiring Girl Guides by the resource persons Mr. Kotwal and Mrs. Manjeet Kour so that they could learn about the Pratham course.



Future Oriented Students...

Silver Zone Olympiad

Students from different grades participated in Silver Zone Olympiad and brought laurels to the school. The competition witnessed the exemplary dedication and academic prowess of our young talents. Here are the remarkable achievements of our students in the Silver Zone Olympiad.

Smart Kid General Knowledge Olympiad

Class	Name	Achievement
06	Sianet Magotra	Gold (Class Topper)
08	Sejal Rajput	Silver (State Topper)
09	Niharika Bhushan	Gold (Class Topper)

International Olympiad of English Language

Class	Name	Achievement
02	Devhari	Bronze (Class topper)
02	Aaradhya Charak	Gold (Zonal topper)
02	Anvesha	Silver (Class topper)
03	Daksha Gupta	Bronze (State topper)
04	Pushti Sethi	Gold (Class topper)
06	Gagandeep Kour	Gold (Class topper)
09	Madeeha Ashraf	Silver (Class topper)
09	Niharika Bhushan	Gold (Class Topper)

International Olympiad of Mathematics

Class	Name	Achievement
02	Aadhya	Silver (Class topper)
02	Aaruhi	Bronze (Class topper)
02	Gumoor Kour	Gold (Class Topper)
04	Advik's Choudhary	Gold (Class Topper)
09	Niharika Bhushan	Gold (State Topper)

International Olympiad of Science

Class	Name	Achievement
05	Ayat Malik	Silver (State topper)
08	Mayila Javed	Silver (Class topper)
08	Anureet Kaur	Gold (Class Topper)
08	Sejal Rajput	Bronze (class topper)
09	Niharika Bhushan	Gold (Class Topper)
10	Prabhpreet Kour	Silver (Class topper)
10	Runzun Chajgotra	Gold (Class Topper)

International Social Studies Olympiad

Class	Name	Achievement
09	Niharika Bhushan	Silver (State Topper)

International Informatics Olympiad

Class	Name	Achievement
02	Chitrakshi Channa	Gold (Class Topper)
09	Niharika Bhushan	Gold (State Topper)

International Reasoning Aptitude Olympiad

Class	Name	Achievement
09	Niharika Bhushan	Gold (Class Topper)

Will MUN 2023

MUN, one of the great platforms where individuals can exercise the extreme form of competitiveness and explore their potentials was made available to the students from 18th August 2023 to 20th August 2023 at Army Public School Jammu Cantt. Agendas were diverse, covering topics such as Indian politics as well as those relating to Russia and the Ukraine. Everyone did very well in their respective committees and explored so much during these three days.



National Sports Day.

29th of August, Carmel Convent School immersed in the celebrations of National Sports Day with unmatched enthusiasm and energy. The chief guest was Mrs Nirmal Singh, a well-known professional in the field and a referee for the National Games. His presence was honoured by a vibrant demonstration of athleticism and friendliness. The campus came alive with varied activities demonstrating students' commitment and competitive spirit. A spectacular march-past that showed unity and discipline opened the occasion. The band show brought a melodic touch to the environment, while the mass drill gave the proceedings a coordinated flair. Exercises like the dumble highlighted the value of fitness in daily life. The programme came to a close with the National Anthem.



Sports Club

Date	Event	Venue	Sport	Category	Achievement	Selected for Next Level
20 th July 2023	5 th District level Jammu Kalaripayattu Championship	Kotli Bhawan, Rehari, Jammu	Kalaripayattu	U-14, U-17	GOLD Medal:- 1.Rimjhim Khajuria 2.Kangna Manchanda 3.Ridhima Tatyal 4.Sachi Chib SILVER Medal:- 1.Roshni Vaid 2.Navanya Sharma 3.Kavya 4.Sumaiya 5.Shivanya Sharma 6.Urvi Dabgotra 7.Kashvi Sharma Bronze Medal:- 1.Anshdeep Kour 2.Gungun Tikko 3.Anjali Charak 4. Devanyshi Basotra	All girls were selected for State Level.
28 July 2023	6 th J&K UT Kalarippayattu Championship	Indoor Sports Complex, Bhagwati Nagar, Jammu	Kalaripayattu	U-14, U-17	Gold Medal 1. Kashvi Gorka Silver Medal 1. Gauri Sharma 2. Sachi Chib Bronze Medal 1. Urvi Dabgotra 2. Shivanya Sharma	
1 st to 3 rd August 2023	District level softball championship	Science College, Jammu	Softball	U-14, U-17 and Senior category	Under 14 Team won Gold Under 17 Team won Gold Senior Team won Gold	All girls were selected for State Level.
11 th to 13 th August 2023.	Inter Zonal District Level Basketball Tournament	Dogra Ground, Shastri Nagar, Jammu	Basketball	U-17	Won Final match	Sanjvi Gupta & Samreen Kour were Selected for the State level.
11 th Aug to 13 th August 2023.	15 th National Kalaripayattu competition	LNCPE indoor sports complex, Thiruvananthapuram, Kerala	National Kalaripayattu	U-14, U-17	SILVER Medal: Gungun Tickoo	
24 th & 25 th August 2023.	13 th District Jammu Rope Skipping Championship	Kotli Bhawan Hall, Rehari, Jammu.	Rope Skipping	U-14, U-17	Ridhika Mehra – 4 Gold Kashish Saberwal – 3 Gold Myra Sharma – 2 Gold Lavanya Shree Lakhanpal – 1 Gold, 1 Bronze Harsheen Kour – 1 Gold, 1 Bronze Aayati Saini – 1 Gold, 1 Silver, 1 Bronze Medhavi Lakhanpal – 1 Gold, 2 Silver Akshra Sharma – 3 Silver, 1 Bronze Hamsa – 1 Silver, 1 Bronze Anaya Singh – 1 Silver, 1 Bronze Sanvi Slathia – 1 Silver Gurseerat Kour – 1 Bronze Avneet Kour – 1 Bronze Anaya Choudhary- 2 Bronze Ezen Gulzar – 1 Bronze Sophy Choudhary – 1 Bronze Akira Kour – 1 Silver, 1 Bronze Aapurti – 2 Gold, 1 Bronze Akashi – 2 Gold, 1 Silver Sumaiya – 1 Silver, 1 Bronze Kavya – 1 Gold, 3 Silver Jasmita – 1 Silver, 1 Bronze Adarishta – 1 Silver	