



CARMEL
JAMMU

CARMEL SPECTRUM

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Dear Readers,

Greetings!



The Rhythm of Life and the Call of Nature

The rhythm of life resonates in every cell of a living organism—more so in humans, often called the crown of creation. Yet, even this noble journey was brought to an abrupt and unprecedented halt during the natural calamity that struck Jammu & Kashmir in August–September 2025. Carmel, stand in solidarity with our dear friends who have endured loss and suffering, this moment also urges us to introspect deeply: Why such fury? Why did Nature seem revengeful?

For decades, stirring speeches have echoed through grand halls about the grave environmental crisis we face. But beyond the applause and the paperwork, few tangible actions have followed. These words, once vibrant with urgency, now lie dormant in forgotten files. How much longer will we delay? Why are we so callous? And more importantly—how do we treat this indifference? May the thunderbolt of August–September 2025 awaken within us a renewed sense of responsibility—a sacred urgency to nurture, not exploit, the natural world. Let us move beyond curated realities shaped for our greed and convenience, and confront the truth in its raw and urgent form. May the pain of the Earth disturb our complacency. Only then can we rise to take meaningful, proactive steps—towards harmony, balance, and sustainable living.

May true PEACE reign.

Sr. Maria Suzette
Principal

When the School Stands Still...



These days, as I walk through the school gates, an unusual silence greets me. The corridors that once echoed with laughter now stand still. Empty classrooms stare back, benches long for the touch of eager hands, the playground waits in longing, and the music and sports rooms lie in deep slumber. A school without its children feels incomplete—like a story without words.

As a counsellor, I see how teachers step into their classes with heavy hearts. Their eyes search for the spark of curiosity, for the chatter and warmth that give meaning to their work. The stillness reminds us how fragile and unpredictable life truly is. Just as sudden rains can halt our plans, life too can bring pauses when we least expect them.

Yet, within this silence lies a message. Pauses are not endings; they are reminders to cherish the ordinary moments we often take for granted. Soon, this quiet will give way to laughter, energy, and dreams. Until then, let us hold on with hope—knowing that even in stillness, the spirit of the school is alive, waiting patiently for its children to return and breathe life into its heart once again.

Ms. Parampreet Kour
School Counsellor

Where Innovation Meets Imagination -STEM Exhibition

On 2 August 2025, The spirit of innovation and curiosity filled the school auditorium when Science, Mathematics, Engineering and Technology joined hands to present the much-awaited STEM Exhibition. The event evolved into a dynamic platform where students showcased models—both static and dynamic—that seamlessly blended knowledge with creativity. These models reflected not only technical skill but also students' awareness of real-world challenges. The exhibition left the audience impressed with the ingenuity, teamwork and problem-solving spirit of our young innovators. It was truly a celebration of science, technology, and creativity, marking yet another milestone in nurturing the next generation of thinkers and creators.



Rakhis for the Real Heroes

7 August 2025: In a heartwarming celebration of Raksha Bandhan, a group of 13 students, accompanied by two teachers, visited the Suchetgarh BSF post to honor the brave soldiers guarding our borders. To show their appreciation, love, and respect for the country's guardians, the students tied rakhis around the wrists of BSF members. A soulful patriotic song presented by the students added to the emotional atmosphere, fostering a deep sense of unity and national pride. The soldiers, in turn, shared glimpses of border life, showing bullet-marked walls and shells from past skirmishes—powerful reminders of the sacrifices made in service to the country.

The visit was a profoundly moving experience, instilling in the students a stronger sense of patriotism and appreciation for the armed forces. It truly brought the spirit of Raksha Bandhan to life by honoring the real heroes of our nation. The heartfelt interactions with the soldiers left an indelible impression on the young minds, reminding them of the selfless service and sacrifices made for the country.



Voices of Youth, Echoes of Change

12 August 2025: An Extempore Competition was held on the theme “Youth Empowerment for a Sustainable Future.” The event encouraged students to share their views with clarity and confidence, highlighting the role of youth as changemakers. The program began with an inspiring quote by Kofi Annan and a soulful hymn by the school choir. The competition was judged by two esteemed former teachers, Mrs. Madhumati and Mrs. Rajkumari, whose experience and feedback added immense value. Students from Classes 10, 11, and 12 impressed with their spontaneous speeches, evaluated on content, clarity, confidence, and time management. The judges applauded their creativity, while Principal Sr. Maria Suzette, in her concluding address, praised their eloquence and emphasized the importance of such platforms in shaping future leaders. The event truly captured the spirit of International Youth Day, leaving students inspired to work towards a sustainable tomorrow.



Celebrating Viksit Bharat, Samriddh Bharat

13-15 August 2025: The Independence Day celebrations were marked with great enthusiasm, reflecting the patriotic spirit and the theme "Viksit Bharat, Samriddh Bharat." The festivities began...

Poem Recitation & Music in honor of the motherland

13 August 2025: Independence Day celebrations began with a Poem Recitation for LKG and UKG and a Patriotic Song Competition for Classes 6 and 7. The young voices recited with innocence, while house-wise song renditions filled the hall with emotion and pride. The events created a deeply moving atmosphere, fostering unity and love for the nation. The spirit of patriotism shone brightly through their performances.



Little Patriots on Stage

14 August 2025: A Fancy Dress Competition for Classes 1 and 2 showcased the themes "National Symbols" and "Freedom Fighters." Class 1 students represented India's national treasures, while Class 2 students portrayed heroes like Rani Lakshmibai and Bhagat Singh. Their confident speeches and creative costumes turned the event into a colorful tribute to India's heritage and heroes.



Celebrating Viksit Bharat, Samriddh Bharat

14 August 2025: The patriotic spirit continued with Flag Making for Class 3, Collage Making for Classes 4 and 5, Poster Making for Class 8, and a Declamation Contest for Classes 9 and 10. Each activity reflected the students' creativity and awareness, making the day both educational and inspiring.



Independence Day Celebration

15 August 2025: The main celebration began with a welcome speech, a graceful prayer dance, and the flag hoisting ceremony, followed by the National Anthem. Prize-winning performances and cultural dances, including Punjabi and Janmashtami added vibrancy to the occasion. The Chief Guest, Subedar Raghuvir Singh, delivered an inspiring address that filled every heart with pride. The day concluded with a vote of thanks and the sharing of sweets, leaving behind cherished memories of a spirited Independence Day.



Sports Day 2025: Spirit, Teamwork, and Triumph

23 August 2025: The much-awaited Sports Day was celebrated with immense enthusiasm and a vibrant display of school spirit. The event began with the School Anthem, followed by the Sports Oath, emphasizing teamwork, discipline, and fair play. The ceremonial raising of the School Sports Flag and House Flags added pride and unity to the occasion.

The day's excitement peaked with the inter-house matches. In a thrilling Basketball contest, Red House emerged victorious over Green House, while Green House clinched the Volleyball match against Yellow House with remarkable teamwork. The event was filled with energy, sportsmanship, and cheers, creating a vibrant atmosphere that left everyone inspired and proud.



Sadbhavana Diwas & Term One Prize Distribution

23 August 2025: The school celebrated Sadbhavana Diwas along with the Term One Prize Distribution Ceremony under the theme "Fostering Goodwill, Peace, and Unity." The event was graced by Chief Guest JKAS Janu Verma and Guest of Honour Dr. Japleen Kour, both distinguished alumnae of the school.

The program featured soulful prayers, a choir song on peace, and a captivating theme-based dance. Achievers were felicitated with prizes and certificates by the guests, recognizing their dedication and hard work. The celebration concluded with heartfelt blessings and inspiring words of wisdom from School Manager Fr. Senoj Thomas, leaving everyone motivated and uplifted.



A Day to Honour Our Guiding Lights

On 5th September 2025, the spirit of gratitude and celebration filled the air as Teacher's Day was marked with the theme "Darbaar-e-Rangrez: A Regal Tribute." The day began with a tribute to Dr. Sarvepalli Radhakrishnan, whose life and values continue to inspire generations. A touching speech by the Head Girl set the tone, overflowing with love and admiration for the teachers.

The stage soon came alive with joyful games, soulful music, and energetic dances, drawing laughter and even a few happy tears. Teachers joined in wholeheartedly making the celebration even more vibrant. With their colorful costumes, graceful performances, and the dazzling décor, the day became a true expression of the bond between teachers and students.

More than just a celebration, it was a heartfelt tribute to the mentors who shape lives and build futures — the real architects of society.



Building India through Words

12th September 2025, The School witnessed enthusiastic participation in the prestigious Tata Building India Essay Competition — an initiative aimed at nurturing the spirit of nation-building among students.

This year's theme, "Five Things I Will Do to Make a Self-Reliant India" encouraged students to think deeply about their individual roles in shaping the nation's future. The competition was open to students from Classes 6 to 12, who presented their thoughts with exceptional creativity, clarity, and vision.

Essays were reviewed by a panel of judges appointed by the school to ensure fairness and due recognition of talent. Winners were declared in two categories — Junior (Classes 6–8) and Senior (Classes 9–12) — with one winner and two runners-up in each group, making a total of six awardees.

The winners were felicitated with certificates and medals for their outstanding performances. The event not only celebrated literary excellence but also instilled a sense of purpose and patriotism, motivating every participant to contribute towards building a self-reliant India.

The competition proved to be a truly enriching experience, inspiring students to dream big and believe in their power to bring about meaningful change.



The Wonder World of Learning

At Carmel, we cherish the partnership between parents and educators in nurturing young minds. Our pre – primary programme blends academics, play, and creative activities to inspire curiosity, confidence, and a love for learning. The Pre – Primary Demonstration Session held on September 19 and September 26, 2025 offered parents a glimpse of our dynamic teaching methods. From warm welcome dances and prayers to engaging exercises like brain games, flash cards, floor disc, beads in string, coding decoding, balls in the basket, slate work, etc. Our little learners impressed everyone with their energy and skills. We commend our young stars for their lively performances and thank parents for their constant encouragement in making learning a joyful journey.



Redefining Classrooms: The Power of AI

A Capacity Building Workshop on the "Use of Artificial Intelligence in Classrooms" was held on 27th September 2025 at Army Public School, Jammu Cantt., organized by the CBSE Centre of Excellence.

Mamta Jamwal and Priya Darshanee Gupta attended the workshop, which aimed to equip teachers with theoretical knowledge and practical skills to integrate AI tools into classroom teaching, making the learning process more engaging, efficient, and personalized.

Led by expert educators Mr. Vikas Katal and Mr. Sunny Kumar, the workshop featured interactive sessions, hands-on activities, and live demonstrations of AI applications in lesson planning, assessment, and classroom management. The initiative promoted responsible AI use, improved teaching practices, and empowered teachers to prepare students for a future-ready education system.

