



CARMEL SPECTRUM

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Dear Readers,

Greetings to you all!

Mahatma Gandhi once said: “The future depends on what you do in the present” and that’s what we strive to do at Carmel. We ignite the young minds by providing them a strong foundation and platform of academic and numerous co – curricular activities. The school strives to stand tall in providing education for a change and a better tomorrow, in one word preparing for the rest of the 21st century and beyond. The philosopher John Dewey wrote, “Education is not a preparation for life but is life itself.” Dewey reflected extensively on the role of education in a healthy, ever-evolving democratic society. As you glance through the pages of this News Letter you will understand that Carmel allows the students to explore their strengths and talents, to develop stronger time- management, organizational skills and building skills that are not necessarily taught in the classrooms.

The students spend time researching on various topics that will make them confident enough to take up the challenge and put their creative ideas into practice. We make sure that the education we impart at Carmel graduates the individual for the complex challenges of today’s classrooms.

I hope you enjoy flipping through the pages of the “SPECTRUM”.
Best wishes for a good read.

Mrs. Harpreet Kaur
(School Coordinator)

Editorial Board

- Harpreet Kour
- Anita Rampal
- Mamta Jamwal
- Priya Darshnee
- Shivali Bakshi
- Zeenat Khan
- Deeksha Dhar.

16TH JULY: NEWS LETTER INAUGURATION

A News Letter is the window to the activities of the school. July 16th was a Red Letter Day as it witnessed the inaugural ceremony of the maiden issue of Carmel's news letter "Carmel Spectrum" Vol-1, Issue 1.

The program started with a welcoming note by the Chief Guest Rev. Fr. Shaiju Chacko, who graced the occasion with his presence. He enlightened the gathering with the purpose and importance of the News Letter. He added that the news letter not only chronicles the events and



achievements of the school but also gives the platform to showcase the creative talent in the school.

18TH JULY- 25TH JULY: ORIENTATION SEMINAR



An interactive Orientation Programme was organised for the students of Classes V-XII consecutively for seven days. The programme comprised of different sessions regarding

'Self Awareness', Realisation of Dreams', Paradigm Shift', VAK (Visual, Auditory and Kinaesthetic) Skills and 'Multiple Intelligence'. Through the simple and lucid presentations, the sessions became appealing and students participated wholeheartedly.

The input sessions strengthened the belief of the students and widened the dimensions of their self consciousness. The programme encompassed all the aspects in such a manner that the students would be able to use them effectively and forge ahead in life successfully.

26TH JULY: DEBATE COMPETITION

Debate is one of the academic activities that give students a creative room to express their viewpoints in for and against a particular topic. It helps them to put forward their opinions logically and with factual accuracy. The knowledge that they gain through such a competition is simply unparalleled. With the same perspective in view, a Debate Competition on the topic "Are Beauty pageants way to Objectify Women?" was held for the students of classes XI & XII. The students strongly kept forward their arguments to justify, with right facial expressions speech and gestures. The Debate concluded with the "Question Hour Round" in which the moderators put forward questions to the forum to check how far they understood the topic.



27TH-28TH JULY: FANCY DRESS COMPETITION

It is said that play, activity and imitating comes naturally to the children. This was proved by the budding buds of Carmel in the Fancy Dress Competition where the children from Pre Primary to Class IV were dressed colourfully and vibrantly as flora and fauna on the theme "Environmental Awareness". They aptly conveyed the message of the protection of the environment and its preservation. It was a learning experience for the students and they participated wholeheartedly. The aim of the competition was to boost self confidence and bring out the hidden potentials of the little Carmelites.



30TH JULY: GROUP DANCE COMPETITION

An Inter & Intra Class Group Dance competition was organised in the school campus on July 30th. The students from classes V to VIII participated with full enthusiasm and showcased their talents. The stage came alive when the students staged spectacular dance performances and mesmerised the audience. The attractive costumes, rhythmic dance movements and fascinating props made it tough for the judges to decide the winner.

The school Principal Sr. Maria Swati A.C. appreciated the dance performances and encouraged the students to participate in co-curricular activities as it inculcates self confidence and helps in overcoming the stage fear.



31ST JULY: INTER HOUSE QUIZ COMPETITION

Believing strongly in our motto "Belief Enhances Life" a self enhancing Inter House Quiz Competition was held for the students of class IX and X on July 31st. The competition was based on their daily syllabus. This made their learning simpler and easier.

The final rapid round was the most thrilling one as it changed the course of the competition. The participants showed great enthusiasm and team spirit. The first position was bagged by Shanti House followed by Satya House, Sneha House and Shakti House.

The Principal announced the winners and congratulated the winning team. She also asked the students to inculcate reading habits and motivated them to read the newspaper daily.



10TH AUGUST: TABLEAU COMPETITION

Tableau Competition was organised for the first time on the Theme: "YOUTH- The Nation Builder" amongst the students of classes XI and XII to celebrate International Youth Day. The audience had an opportunity to witness the innovative and creative execution of the theme. The fusion of tableau with dance and music was an exuberant experience. It was a depiction of a scene created by the students through silent and motionless costumed participants. Std. XII A stood first and second position was shared by XII B & XI A.

The programme was an enriching experience. The Principal enlightened the students on the value of education and its imperative role in the empowerment of women, thus forming a strong nation.



15TH AUGUST: INDEPENDENCE DAY

The School celebrated Independence Day with unprecedented patriotic fervour to mark the 72nd year of freedom. It was heartening to see the youngsters put forth a concentrated effort with as much energy and zeal to the Independence Day as in other festivities. Their efforts in decorating their classrooms and their participation in various activities on this day revealed their love for the nation.

The programme began with a musical rendition of patriotic songs by the students of classes VI & VIII. This was followed by a skit on Shaheed Bhagat Singh and an energetic dance performance depicting different facets of our glorious freedom struggle. The students showcased a colourful spectacle of India's freedom through their delightful performances. On this patriotic occasion various competitions like poetry recitation,

drawing, slogan writing etc were also conducted for all the classes.

At the end, the School Principal addressed the gathering appealing to their nationalistic spirit and urged them take pride in being an Indian. She also emphasized the role of youth today as the true wealth of a country. The celebration ended with the national anthem the feeling of patriotism among all present.



25TH AUGUST: INTER SCHOOL QUIZ COMPETITION 'QUEST'

Carmel Convent Hr. Sec. School organised the 6th edition of the much awaited Inter School Quiz Competition 'Quest'. Ten reputed schools of the city participated and upheld the unique initiative of Carmel. The quiz coordinator Mrs. Anita Rampal welcomed the participants and briefed them the day's proceedings.

The contest comprised of ten rounds and every round was a mixed bag of questions from history, sports, books and authors, current affairs, languages and vocabulary, general knowledge,



science etc. which engaged the students for two hours. The students showcased their brilliance by rapidly answering all the questions and gave each other a tough competition. The concluding rapid fire round was the most fascinating one and was a decisive round involving all the schools. The participants went through a rage of emotions but managed to compete against each other in a sportive spirit. Although all the teams participated actively, Carmel Convent Hr. Sec. School emerged as the winner. The rolling trophy was taken by the winning school. The second and third prize was bagged by JK Public School, Kunjwani and Jodhamal Public School. All the participants were awarded with a participation certificate. Ms. Harsheen of Std. Xth and Ms. Latika of Std. IXth bought laurels to the school.

The Principal congratulated all the schools for their commendable efforts and presented trophies and certificates to the beaming winners and participants.

29TH AUGUST: NATIONAL SPORTS DAY

'National Sports Day' was celebrated on the eve of birth anniversary of the Hockey wizard, Major Dhyan Chand who won gold medals in Olympics for India in the years 1928, 1934 and 1936. A special assembly was conducted that highlighted the importance of sports in one's life.

On this occasion, all the students from Pre Primary to class XII participated in various sports activities with great enthusiasm and zeal. Different games were conducted that included Basket Ball, Kho-Kho, Kabaddi, Net ball, Hurdle Races etc. The students were seen playing with true sportsmanship and team spirit. A special event was also organised for the staff. Their whole hearted participation further induced the spirit of sportsmanship among the students. The school campus was abuzz with joy and cheers all day long and all the students thoroughly enjoyed the day.

Sr. Maria Swati A.C. spoke about the importance of the day and urged the students to participate in sports. She encouraged them to inculcate a spirit of healthy competition.

**05TH SEPTEMBER: TEACHERS' DAY**

Teachers' Day was celebrated with great pomp and gaiety in the school campus. The Members of the Student Council, who had been preparing for the grand day for more than a week organised a scintillating cultural show to denote their love, respect and recognition of the hard work put in by the teachers towards their development. The day's proceedings began with invocation to the almighty and remembering the philosopher-author and India's second president Dr. Sarvepalli Radhakrishnan on his birthday. This was followed by various vibrant and enjoyable performances dedicated to the teachers. The day had an emotional and recreational touch. The students did all the preparations with complete energy and enthusiasm. In a special award ceremony, Mrs. Anita Rampal and Mrs. Mamta Jamwal received awards for their significant contribution in organising Inter School Quiz Competition "Quest" for six consecutive years. Ms. Nayna, sports teacher, was also felicitated for her remarkable efforts in bringing laurels to the school in field of sports. The National Sports Day winners were presented with special prizes from the principal.





There were various games organised for the teachers. A wonderful video, made by students, showing a collage of teachers in their different roles and duties was an endearing gesture and was thoroughly enjoyed by all.

In the end, the Principal Sr. Maria Swati A.C. lauded

the contribution and devotion of the teachers towards the institution as well as to the cause of education. She also appreciated all the students for putting up a tremendous show and wished that the students would be great future builders of the nation.

08TH SEPTEMBER: NORTH EDUCATOR SUMMIT AWARD

Carmel Convent is proud of its history of valuable services in the field of education to the state since 1995. From the last twenty three years, it has always aimed for providing holistic education to the girl child. Having already been awarded as number one State Board School in Jammu, Carmel was once again conferred as the best State Board School under two categories i.e. "Value for Money" and "Parents Choice Award" by the leading education portal, Education Today during North Educator's Summit and Merit Awards, 2018 held at Taj City Centre, Gurugram on Sept, 8th. The survey included schools of Delhi, Haryana, Uttar Pradesh, Punjab, Himachal Pradesh, Uttarakhand and Jammu & Kashmir. The awards were based on votes from parents and jury.

It also included other parameters such as academics, holistic development, innovative teaching, school safety, infrastructure, co-curricular activities and other surveys done by Education Today team. The school coordinator Mrs. Harpreet Kour along with Mrs. Preetika Abrol received the awards on behalf of the school.

Expressing satisfaction and happiness on this occasion, the Principal Sr. Maria Swati A.C. congratulated the Management, Staff and Students for their remarkable contribution in the school's achievements. She also expressed her gratitude towards all the parents, well wishers and the alumni students for extending their support for all these years to Carmel and for making it what it is today.



12TH SEPTEMBER: GIRL GUIDE CAMP 'PRAVESH'

The school organised a two day awareness programme of Pravesh course for the Girl Guides of standard 6th at Bharat Scouts and Guides Headquarters, Gandhi Nagar Jammu. A group of 60 girls was accompanied by the Girl Guide Captain Mrs. Jyoti Wali. In the two day awareness programme, the students were enlightened about the history of the scouting movement and Law promises, knowledge of Patrol Signalling, First Aid, Health Rules, Tying of knots, Flag Song, BSG prayer, Sign language, Patrol corner, BP's 6 Exercises, Deaf and Dumb signalling and Wood Craft signs under the guidance of resource person Mrs. Manjot Kour, who highlighted the importance of the organisation and said the training such as self- reliance, development of leadership qualities, adventure training and discipline is taught to the student's right from the school days in the Scouts and Guides movement.

The whole programme was an enriching experience for

the young guides. The school Principal Sr. Maria Swati A.C. urged the young guides to avail maximum benefits out of the training. She added that the purpose of the camp is to contribute to the development of young girls in achieving their physical, intellectual, social and spiritual training so as to make them responsible citizens. Mrs. Jyoti Wali too underwent a week's training and obtained the title – The "Girl Guide Captain" by the association.



14TH SEPTEMBER : HINDI DIWAS

Hindi Diwas was celebrated on 14th September as a mark of acknowledgement of HINDI as the National Language. The day's proceedings began with invocation to the almighty through a prayer and a soulful song presented by the music choir. This was followed by an energetic dance performance by the little buds of Carmel. Various competitions like Calligraphy, Essay Writing, Poetry Writing, Doha Recitation were organised for all the students. A skit was also enacted depicting the importance of education. Hasya Kavi Sammelan, the main highlight of the day was performed by the senior students and grabbed the attention of the audience with its humour, song and dialogues.

On this auspicious ceremony, the Feast day of our esteemed Principal Sr. Maria Swati A.C. was also celebrated with great fervour and gaiety. The whole school was abuzz with joy and all the staff and students thanked her for her selfless service towards the institution and in making Carmel what it is today. She in her speech thanked the Management and students of Carmel for their sincere efforts. Speaking on the occasion, gave an insight and importance of Hindi in our daily life and urged everyone to feel proud of our National Language as it plays an important role in making people-to connect with one another thus making a strong nation. The programme was concluded with the prize distribution ceremony.

**20TH SEPTEMBER: PRIZE DISTRIBUTION CEREMONY TERM-I**

“An award is an honour and recognition to boost the morale of our winners of various competitions.”

The Prize Distribution ceremony for 2018-19, Term-I, was organised with great gusto and vehemence on 20th September. On this auspicious occasion Rev. Fr. T.S. Jacob, the newly appointed Chairman of DJSEB was welcomed with a grand reception by the newly formed Band of the school. The function started with traditional ceremony of lamp lighting by the dignitaries which was followed by soulful prayer dance. The programme was a bouquet of beautiful performances. Through their performances, the children spread the colours of success and achievement. This was followed by a prize distribution ceremony for the achievers of all the classes, in which excellence in academics, sports and co-curricular activities was duly acknowledged. The students who achieved 10 CGPA in Class 10th JKBOSE Examinations (2017-18) were also felicitated. The chief guest, Fr. T.S. Jacob motivated and inspired the students to participate in more and more activities and competitions.



He remembered late Rev. Bishop Hippolytus Kunnunkal and briefed about the history of the school and highlighted the services rendered by Carmel to the people of Jammu. He added that the soil of Carmel is composed of hardwork and dedication of everyone during the past 23 years. The school Principal Sr. Maria Swati A.C. presented the vote of thanks and expressed gratitude to the Guest of Honour for his presence and the inspiration that he gave to the students of the school. The ceremony was concluded by the School Anthem.

22ND SEPTEMBER: INTERNATIONAL PEACE DAY

To achieve the objective of spreading awareness about peace, Carmel Convent Hr. Sec. School observed International Peace Day on 22nd September on the theme “Peace for Social Change through Environment” to sensitize the children to the sufferings of war and its impact on humankind and how peace can be a stronger weapon than war. On this auspicious day, Sr. Nirmalini, the Provincial Superior of Western Province was welcomed as the Guest of Honour. The function started with traditional ceremony of lamp lighting followed by soulful prayer dance.



Vartika Jamwal, a member of peace club highlighted the need of the divine peace within one's self. Various competitions like Slogan Writing, Poster Making, Quote Writing etc. were conducted. The students presented a mime act to spread the message of peace. Peace Songs sung by the school choir deeply touched the hearts of the audience. Sr. Nirmalini A.C. motivated and inspired the students by her enthusiastic words. The programme was concluded by the school anthem and a vote of thanks by the Principal, who expressed her sincere gratitude to the chief guest for her presence and motivation.



25TH & 26TH SEPTEMBER : DEMO PRE PRIMARY

A Demonstration of teaching methods in Carmel Pre Primary School was held for two consecutive days i.e. 25th & 26th September. The teaching techniques were the innovative methods of Sr. Hysyntha A.C., an internationally recognised educator. Using play-way methods the kids were familiarised with the different concepts that they see around them i.e. audio-visual, rhymes, songs, outdoor learning etc. which provides the children an entire holistic development.

The parents participated in large number. They

appreciated the holistic education imparted by the Management and congratulated the teachers for their dedicated service towards their ward.



28TH SEPTEMBER: INTER SCHOOL RHYTHM COMPETITION

Beauty is the realm of poetry; children enjoy the beauty of expression, thoughts, feeling, rhyme, rhythm and music of words. Taking all these facts into consideration the children of Pre Primary got an opportunity to exhibit their talent in the first of its kind Inter School Rhyme Recitation Competition "RHYTHM". About 28 students from 14 prestigious schools of vicinity participated in the competition.

The children came up with different poems on the topic "NATURE" and recited them with great endeavour and enthusiasm. A special panel of jury was invited to the school to judge the competition. Students were judged on parameters like confidence, content theme, voice modulation and overall presentation. The children made all the characters of each rhyme come alive. They enthralled the audience with their articulation and memory skills while reciting rhymes. It was an excellent opportunity for them to gain confidence through stage exposure. The judges

of this event appreciated and applauded the performance of the children. The first position was secured by Aashvi Thapa of Carmel Convent School where as Devina Baogia of Heritage Public School and Aiza Fatima of R M Public School stood second and third respectively. In the overall winner category Carmel Convent School bagged the first position while Heritage School and DRS Kids School stood second and third.

The Principal thanked all the schools for their cooperation and appreciated all the participants for their enthralling performances.



29TH SEPTEMBER : EDUCATION WORLD AWARD

Carmel Convent is proud recipient of the 'Best Girls Day School in Jammu'-Rank 2 for its exemplary contributions in the field of Education to the girl child. The award was conferred upon the school in an extraordinary event, "India School Ranking Award 2018-19", conducted by Education World in New Delhi on 29th September. The school Principal Sr. Maria Swati A.C. and Mrs. Anita Rampal received the award on behalf of the Management & Staff. The award has been conferred by Education World on the basis of jury's survey considering various parameters such as academics, holistic development, innovative teaching, school safety, infrastructure, co-curricular activities and other surveys done by their team.

Expressing satisfaction and happiness on this occasion, the School Principal Sr. Maria Swati A.C. congratulated the Management, Staff and Students for their remarkable contribution in the school's achievements. She added that the answering effort and over-whelming response and cooperation that all have rendered time and again for all the school activities and programs is one of the biggest contributing factor in enabling us meet the standards of this very prestigious and coveted award.



CARMEL CONVENT SCHOOL

Kunjwani By-Pass Jammu - 180010,

Ph: 0191 2480717, Email: carmeljkkunjwani@gmail.com

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