

Dear Readers,

We are deeply influenced by Confucius words...

**“The will to win,
the desire to succeed,
the urge to reach your full potential...
these are the keys that will unlock the
door to personal excellence. “**



Perfection is not attainable, but if we chase perfection we can catch excellence. Join us on a journey through Confucian principle at Carmel...

Yoga: A Journey of Self-Discovery

In honor of International Yoga Day on June 21, 2024, a unique yoga class was held with the goal of enhancing both mental and physical health. The significance of the day and many advantages of yoga practice were explained to the participants after they were made to feel welcome. Warm-up exercises for the session started with gentle stretches and breathing techniques. A set of yoga positions, including Sukhasana, Naukasana, Dhanurasana, Vakrasana, and Kakasana, came next. A relaxation-focused guided meditation session wrapped out the event.



School Trivia Showdown

The Inter-House Quiz Competition on 'Know Your School' was conducted on July 23rd. The competition served as a platform for students to demonstrate their understanding of the institution's history and ethos. Yellow House emerged as the champion, followed by Red House. Green and Blue Houses tied for third place. The event promoted a sense of unity and academic achievement among the students.



School Feast

On July 20th, we celebrated the School Feast with the theme "Journey of Excellence" for the academic year 2024-25. The event began with a welcome to our new manager, Fr. Senoj Thomas, followed by a prayer service. The Assistant Pupil Leader highlighted the day's significance, and the solo dance and song competitions showcased our students' talents. Toppers of Class 10 and 12 were honoured and the school choir and dynamic dance performance enlivened the day. Fr. Senoj Thomas shared inspiring words, and the Principal announced the competition results.



Kargil Vijay Divas



On July 26, 2024, Kargil Vijay Divas was commemorated with a special event honoring the heroes of the Kargil War. Retired Colonel Shiv Chaudhary, a distinguished guest, presided over the ceremony, which included a prayer service, speeches, poetry, songs, and a skit highlighting the courage and sacrifice of Indian soldiers. Colonel Chaudhary and the school Principal concluded the event with motivating remarks, inspiring students to serve their nation with dedication and pride.

Week of Wonders

To mark the 4th anniversary of the National Education Policy (NEP 2020), our school observed a week-long celebration from July 23rd to 27th. The events highlighted the policy's innovative reforms and their positive impact on education. Through collaborations and engaging activities, we showcased our commitment to quality learning and the transformative power of NEP 2020. Highlights included FLN Day, Sports Day, Cultural Day, Skilling and Digital Initiatives Day, Eco Clubs for Mission Life Day and Community Involvement Day.



Empower Your Future

Expand Your Horizons



5th August – 10th August 2024, NDLI Club organized various activities in the school library for students in grades 1 through 8 as part of the CBSE Reading Mission 2024. These activities included storytelling for grades I and II, book swapping for grades IV and V, and book review writing for grades VI through VIII. The goal was to encourage a love for reading, develop critical thinking and writing skills, promote sharing and swapping of books, encourage sustainability, and improve literacy in our community. All classes participated enthusiastically, and the students' excitement was contagious.

Structured Assessment for Analyzing Learning

The SAFAL examination, a comprehensive assessment of students' academic progress, was successfully conducted from July 26th to August 6th, 2024. The examination aimed to evaluate students' understanding of various subjects and their ability to apply knowledge effectively. The examination process was carried out smoothly via the CBSE online platform, ensuring a standardized experience for all participants with strict adherence to CBSE guidelines. The smooth conduct of the online test also reflected the preparedness of our school in adapting to digital assessment platforms. Outcomes of these assessments will provide valuable insights into our students' learning progress and areas that need further attention.



A Musical Tribute to Our Nation

August 13th, 2024, the Satya Squad of the school organized a Patriotic Song Competition for students from grades 1 to 12. Mrs. Kiran Bhatia and Ms. Arushi Sharma judged the competition based on different criteria. The students were divided into age-based groups to ensure fair competition. Group 3 (ages 9 to 12) stood out with their exceptional talent and love for the country. The event provided a platform for students to express patriotism through music and fostered a deeper sense of patriotism within the school community.



Independence Day Extravaganza



The Satya Squad organized the 77th Independence Day program on August 14, 2024. Sh. R.K. Verma, Principal of DPS Nagbani, was the Chief Guest. The event began with a solemn service for the nation. The event showcased various performances including a skit highlighting the impact of social media on Indian youth. The accomplishments of a few Indian icons were vividly brought to life by an enthralling mime act. Most notably, Ms. Mawya Sudan, an alumna of our school, made history as the first female fighter pilot from Jammu. Sh. R.K. Verma motivated the students to contribute to the nation's development and advised them to limit mobile and social media use. The school held Independence Day-themed activities for each class throughout the day.

Experiential Learning

Field Trip

Carmelites from class 11 of the Commerce and Arts stream paid a visit to M/s Shivom Furniture & Fabricators and Creamy Bite Factory on August 5, 2024, at the Digiana industrial region. They studied labor regulations and the making of confections at the Creamy Bite Factory. At M/s Shivom Furniture & Fabricators, they explored entrepreneurship and furniture-making. The tour offered useful insights that connected classroom instruction with practical applications.



Crest Making



On 6th August, Students in classes 5 to 8 took part in a creative project to design their own classroom crests using the school's logo colours. The intention was to give the students a sense of identification and belonging. Each class worked together to convey their class spirit and beliefs. This project encouraged teamwork, creativity and helped students feel more connected to their school. The crests they created were displayed around the school to celebrate their work and make the school look more unified.

Voices of the Next Generation

On August 9, 2024, in honour of International Youth Day, the House-wise Symposium Competition for Classes XI and XII was organized. The theme was "From Clicks to Progress: Youth Digital Pathways for Sustainable Development." The event showcased intellectual curiosity and digital innovation. Each house shared their knowledge and demonstrated how digital channels can help solve various global issues. Students expressed their opinions and engaged in stimulating conversations on the lively stage provided by the symposium. Their talks highlighted how young people can create digital innovation to drive sustainable development.



Building Stronger Communities Together



On August 14th, our school community came together for a successful SEWA (Social Empowerment through Work and Action) initiative. Students from grades 11 and 12 took the lead in organizing this fundraiser to support a nearby government school. Each class managed their own food stall, showcasing their culinary skills and entrepreneurial spirit. The event was a huge success, raising a substantial amount of money to address the school's critical needs. By participating in this initiative, our students not only contributed to a worthy cause but also learned valuable lessons about community service and the importance of giving back. The success of this event reminds us of the positive impact we can make when we work together towards a common goal.

Girl Guides Club

On 29th July 2024, Girl Guides from grade 6 went on a field trip to Bag-e-Bahu Aquarium under the guidance of Girl Guides Captain Jyoti Wali and Ashima Pathania. The students were very excited to visit the aquarium and were amazed by the wide variety of beautiful and delicate fishes. They learned about fish behavior, food habits, different species living underwater, and fish breeding.

The fifth-grade Girl Guides visited "Amar Mahal Palace," now a museum, on July 31st, 2024. They saw famous paintings, books, family portraits of the rulers, the golden throne, and traditional dresses of the rulers, enriching their historical knowledge of Jammu city.

The Girl Guides in classes 7, 8, and 9 visited the Dogra Art Museum on August 5th, 2024. Formerly known as the Dogra Art Gallery, this museum displays the cultural heritage of the Dogra community. It is located in the Pink Hall of the Mubarak Mandi complex in Jammu. The students enjoyed the trip and learned about their rich cultural heritage.

Nine Girl Guide students along with the Guide had the honour of attending the Independence Day celebration at the Bharat Scouts and Guides Headquarters in Gandhi Nagar on 15 th August 2024. The event was a beautiful tribute to our nation's freedom and values. The experience was both educational and memorable, providing them all with a deeper appreciation of our nation's history and unity.



Sports Day: A Field of Dreams

29th August , National Sports Day was a day of celebration at Carmel School as we honored our talented student athletes. The event was graced by the presence of Dr. Iqbal, Director of Sports and Physical Education at the University of Jammu, ,Fr. Shaiju Chacko , Chairperson Jammu Srinagar DIOCESE and Fr. Senoj Thomas, our School manager .Our young athletes were recognized for their outstanding achievements in various sports. Their dedication, hard work, and perseverance were on full display as they accepted their awards.The event was a testament to the school's commitment to fostering a culture of sportsmanship and excellence.



Quest -Interschool Quiz Competition



An inter-school quiz competition was organized for Grade 9 and 10 on 31st August. Through such stimulating events, Carmel hopes to foster a culture of academic excellence.The event saw the participation of 11 prestigious schools wherein all teams showcased remarkable knowledge, enthusiasm, critical thinking and teamwork skills. After a series of challenging rounds covering various subjects, Jodhamal Public School emerged victorious, securing the first position. Second and third position was grabbed by JK Public and Shiksha Niketan schools. The competition was a great success, and all the participating schools performed exceptionally well, making it a memorable event for everyone involved.

