



CARMEL  
JAMMU

# CARMEL SPECTRUM

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Dear Readers,

## Greetings!



### *A Silver Milestone of Dedication and Inspiration*

Twenty five years — a journey marked by devotion, perseverance and a heart that has shaped countless young minds. As I celebrate completion of 25 glorious years in Carmel Convent School, Jammu, I honour not just the passage of time, but the legacy of love and learning that has touched generations. From the very first day within these sacred walls, the presence has been a beacon of patience, wisdom, and grace. Through changing times and faces, I have remained constant — nurturing students with kindness, guiding them with care, and inspiring them to dream beyond boundaries. The classroom has always been more than a place of lessons; it has been a space where curiosity bloomed, values took root, and confidence grew strong. Each child who has walked through the door carries a part of dedication in their hearts. As I complete this silver jubilee of service, I offer my deepest gratitude and admiration. Twenty-five years of unwavering commitment is not just an achievement — it is a reflection of a teacher's soul, devoted to her calling and her Carmel family.

May my journey continue to inspire, the wisdom continue to guide, and the light continue to shine for many more years to come. "A teacher's impact is eternal — and has made Carmel brighter for twenty-five beautiful years."

Ms. Preetika Abrol  
Silver Jubilarian



# Where Minds Meet Magic – Carmel Quest 2025

Carmel Quest 2025, held on October 4th under the theme “Redefine the Possible” brought together six schools for an inspiring day of intellectual challenge and collaboration. Under the guidance of Sr. Maria Suzette, Carmel Quest continues its legacy of nurturing curiosity and healthy competition. Adding to the significance of the day was the presence of Mrs. Anita Rampal, the esteemed Chief Guest and a recently retired senior teacher of Carmel Convent School. Mrs. Rampal, who had been the driving force behind Carmel Quest for the past ten years as its quiz conductor, returned this year to grace the event in a new role — inspiring students with her words and presence. Each round of the competition was a display of sharp intellect, confidence, and collaboration, keeping the audience thoroughly engaged. The grand finale concluded with two schools emerging victorious:

**1st Prize: Shiksha Niketan Hr. Sec. School**  
**2nd Prize: St. Peter's School, Karan Bagh**

The event concluded on an inspiring note, celebrating not only the winners but every participant who dared to think beyond limits. As Mrs. Rampal beautifully remarked, “The limits of what can be achieved are simply the boundaries we choose to set for ourselves.”

Carmel Quest 2025 truly embodied the spirit of redefining the possible — a celebration of intellect, innovation, and inspiration.





# *Health and Wellness Club*

## Clean Surroundings, Healthy Living

13–16 October 2025: Cleanliness Week was celebrated with great enthusiasm and participation. The event commenced with a special morning assembly emphasizing the importance of hygiene, cleanliness, World Disaster Reduction Day and World Food Day. As part of the Cleanliness Week, the following activities were organized:

## Healthy Habits, Happy Lives!

An informative session on personal hygiene and healthy habits was conducted by Dr. Kritika Verma, encouraging students to adopt mindful practices for better health. Various creative activities such as Poster Making, Collage Making, and Drawing Healthy Food were organized, allowing students to express their ideas artistically.

The celebration beautifully instilled the values of cleanliness, health, and empathy among all participants, reinforcing the message that small actions can lead to a cleaner and more caring world.

## E-Waste and Dry Waste Collection Drive

An E-Waste Collection Drive was organized on 15th October 2025 to promote environmental sustainability. Led by the Student Council, students and teachers enthusiastically collected plastic and electronic waste such as bottles, wrappers, old wires, and non-working gadgets. All the collected items were handed over to the VRG Group for safe disposal and recycling, reflecting the school's continued commitment to a cleaner and greener environment.

## Visit to District Jail, Amphala

16th October 2025 — A team led by Sr. Suzette and accompanied by students Ashvika Singh, Avni and Aradhya visited the District Jail, Amphala under the guidance of Mr. Kotwal, Senior Superintendent of Police. The visit offered valuable insights into the lives of inmates and the rehabilitation programs within the jail. Students interacted with prisoners who shared personal experiences, helping them realize the importance of discipline, responsibility, and wise decision-making. Housing about 620 inmates, including 34 women and 3 minors, the jail provides education and engages inmates in weaving, stitching, painting, and meditation. The visit left students inspired and more appreciative of freedom and empathy.



# Health and Wellness Club celebrates ...



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## Newspaper Bag-Making Activity.

In a thoughtful effort to promote environmental awareness and reduce plastic usage, the Eco Club organized a creative Newspaper Bag-Making Activity. The initiative aimed to inspire students to choose eco-friendly alternatives and contribute to a cleaner, greener planet. Guided by our Principal, Sr. Maria Suzette, the enthusiastic Eco Club members collected old newspapers and transformed them into sturdy, reusable bags. Through hands-on learning, students discovered how simple actions like folding, cutting, and gluing paper could help minimize waste and promote sustainability. The handmade bags were later presented to Sr. Anie of Smailpur as replacements for plastic bags, extending the message of environmental care beyond the school. The activity not only nurtured creativity and teamwork but also instilled a sense of environmental responsibility among the participants. The event received much appreciation and served as a reminder that even small, mindful steps can make a meaningful difference to our planet. The Eco Club looks forward to continuing such initiatives to build a culture of sustainability among students.





# Diwali Celebration

On 16th October 2025, The Red House organized a vibrant Diwali Celebration that filled the school with festive cheer and joy. The celebration began with a soulful prayer and an expressive dance performance, followed by a skit and an inspiring speech that highlighted the true spirit of the festival.

The school choir uplifted the atmosphere with melodious devotional songs, adding grace to the occasion. Students from various classes and houses displayed their creativity through activities like edible diya making, lantern crafting, rangoli designs, and board decoration.

The celebration beautifully reflected the message of light triumphing over darkness and emphasized the values of love, unity, and positivity that Diwali stands for.



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# *Education Through Exploration*

## **The Senior Wing**

17th October 2025 — Students of Class 11 (Humanities & Commerce) visited Hotel Asia, Jammu, as part of their experiential learning program on the hospitality industry. The visit aimed to provide practical exposure to the service sector and its role in economic growth. The students were warmly received by the hotel management and taken on a guided tour of key departments such as front office, housekeeping, food and beverage and customer relations. They learned about teamwork, customer service, and the professionalism required in the industry. The experience helped students connect classroom concepts with real-world practices, enhancing their understanding of hospitality management and inspiring them to pursue future careers with confidence.





# Education Through Exploration

## The Middle Wing

17th October 2025 — The school picnic to Wonderland, Jalandhar, for students of Classes V to VIII was not just a day of recreation but also one of learning and discovery. The journey offered students valuable lessons in teamwork, discipline, and responsibility, as they travelled together, followed schedules, and cared for one another throughout the trip. From sharing meals to enjoying rides and water activities, the day encouraged cooperation, patience, and mutual respect. Students learned to appreciate the importance of bonding beyond classrooms, understanding that learning can happen through shared experiences and joyful moments. The visit also helped them recognize the need for balance between work and relaxation, fostering gratitude towards their teachers and peers who made the day memorable. The trip concluded with students returning home enriched — not just with memories, but with lessons in friendship, empathy, and the joy of togetherness.





# *Education Through Exploration*

## The Kinder Garten

The pre-primary students experienced an exciting day of learning during their picnic to Four A Resort on 17th October. The journey was filled with joy, laughter and the spirit of togetherness as students interacted with their peers and teachers outside the classroom setting. Upon arrival, the children enjoyed a hearty breakfast and participated in engaging games at the play zone, which helped develop their motor skills, teamwork and coordination. The DJ session provided an opportunity for free expression through dance and music, enhancing their confidence and creativity. The thrilling 10D movie became the highlight of the day, stimulating their curiosity and imagination through an immersive sensory experience. Sharing lunch and evening snacks together fostered values of sharing, gratitude, and social bonding. Overall, the picnic served as a meaningful hands-on learning experience, promoting social-emotional growth, cooperation, and joyful exploration beyond the classroom.





## Honouring Talent, Inspiring Futures

18th October 2025 — The Diocese of Jammu-Srinagar Education Society (DJSES) hosted its Annual Honour & Excellence Ceremony at Carmel Convent School, Kunjwani, celebrating academic brilliance and dedicated service within its network of schools. The event served as a tribute to scholastic excellence, commitment, and the enduring values upheld by DJSES institutions. The ceremony commenced with a band welcome followed by the Lighting of the Lamp, symbolizing the spread of knowledge and wisdom. Distinguished guests, including Dr. Devansh Yadav, IAS, and Dr. Sindhu Kapoor from SCERT, graced the occasion and delivered inspiring messages, appreciating DJSES for its unwavering dedication to nurturing character, values, and academic excellence. A total of 141 students from Classes X and XII were felicitated for their exceptional board examination results, while 10 dedicated staff members were honoured for completing 25 years of devoted service in the field of education. The event also featured vibrant cultural performances, including traditional folk dances and a Diwali-themed presentation, symbolizing the triumph of light, knowledge and learning. The ceremony concluded with heartfelt expressions of gratitude to the dignitaries, principals, teachers, and students whose efforts made the event a resounding success. The day stood as a proud celebration of achievement, dedication, and the spirit of excellence that defines DJSES.



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# CARMEL VISTAS 2025

On 29th October 2025, the school campus came alive with colour, rhythm, and creativity as it hosted CARMEL VISTAS 2025, a grand celebration of art, music, and cinema. Conceptualized and organized entirely by students under the banner of Carl Luminare, the event reflected the spirit of leadership, teamwork and imagination. The programme was graced by Miss Ritul Charak, Fr. Shaiju Chacko, and Sr. Maria Suzette, whose presence added warmth and inspiration to the occasion. The highlights of the day included two inter-school competitions — **Surtaal**: a musical extravaganza and **Cinephoria 2025**: a short film contest showcasing young filmmakers' creativity. Heritage School won Surtaal with a captivating performance, while Carmel Convent School bagged the first position in Cinephoria for their powerful short film. Led by student heads Arshdeep Kour and Priyal Rajput, along with their dedicated team, the event highlighted Carmel's vibrant cultural spirit and the power of expression, imagination, and collaboration. CARMEL VISTAS 2025 truly stood as a testament to the creativity and confidence of Carmelites, celebrating the fusion of art, innovation, and youthful energy.



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