



# CARMEL SPECTRUM

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## Dear Readers,

A warm and joyful new year greetings to you all! I hope you spent the winter vacations in the most fruitful manner by giving your time for your parents and family. As I welcome you into the 4<sup>th</sup> quarter of our academic life in 2018-19, which also coincides with the new year, I feel fortunate to be part of this learning community of parents, staff and students who work unitedly to provide the very best environment for each individual child.

The past quarter was full of excitement and celebrations. Religious festivals like Diwali and Christmas brought cheer to everyone. The annual day celebrations in November was a lavish treat for all. The well-synchronised programs that had dances, music and live performances were a testimony of the rich reservoir of talents among the Carmelites. Our students participated in numerous academic and co-curricular activities that have helped them in their learning. We also hosted the state level science congress at our campus. This past quarter also offered a platform for our Kindergarten teachers to excel on the big stage when they became the resource persons to facilitate a workshop for 120 teachers from other schools on effective teaching techniques in KG classes.

The cases above affirm that we are true to our motto - Belief Enhances Life. For, at Carmel we aspire to build a resourceful individual out of a naive human, rendering her the wisdom which will lead to broader perspectives of life. Emphasis, therefore, is on learning rather than teaching. Our endeavour is to equip our students with life-skills to face the real world - be it in planning, organizing, deciding, questioning, reasoning, analyzing, team-building and communicating effectively or dealing with challenges confidently. This is evident from the number of programs our students organise and execute regularly within and outside the school.

The final quarter of 2018-19 is going to be a historic one as the first batch of Carmelites will pass out of Class XII to embark on their onward journey. Higher Secondary is a big dream come true for all, particularly the parents who desired to continue the education of their girls until class XII. I offer my best wishes and prayers for their success as they prepare for the board examinations.

For over two decades, our kids are stepping forward and getting exposure to all kinds of activities related to academics, personality development, sports and other important life skills. We foster and deliver quality education and feel proud to augment a unique learning system in our school which enables our children to understand all concepts in an innovative manner. Final examinations are on the horizon for many of you and I wish you all the best for the upcoming assessments and for the adventures that await you in the months and years to come.

God bless you!

**Fr. Shaiju Chacko**  
Manager

## Editorial Board:

- Harpreet Kour
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## FATHERS' DAY : 13-10-2018

A father's selfless love is pivotal in nurturing the child and there could not be a more universal celebration than the one that celebrates the accomplishments and efforts of a father. Celebrating this precious bond and to express gratitude, a special event was held for the fathers of students from class 1 to 4 on 13<sup>th</sup> October. This mega event was graced by Col. Dr. Virender Kumar Sahi.



The Chief Guest applauded the efforts of the Management and emphasized the role of father in a daughter's life. The school Principal Sr. Maria Swati A.C. expressed her joy and happiness and thanked the gathering for making this day a memorable one. Fr. Shaiju Chacko further appreciated the creative idea and motivated the cabinet members who played an important role in organizing the event along with their Physical Education Teachers. The event concluded by a vote of thanks by Mrs. Harpreet Kaur.



The fathers enthusiastically took part in different competitions and games that included Frog Race, Eggs in the nest, Dodge Ball, Remove obstacles etc. Fathers, appreciated the efforts of school authorities for this unique idea of involving the fathers in such celebrations. They expressed their desires of having such events in future which help them to know their children better.

## GANDHI JAYANTI : 20-10-2018

"Be the change you want to see in the world" - MK Gandhi.

To celebrate 150<sup>th</sup> birth anniversary of The Mahatma, Carmel Convent School celebrated Gandhi Jayanti with great zeal and fervour. The theme "Peace for Social Change in Environment" was showcased by the students through various cultural programmes consisting of skits, patriotic songs, dance etc. exhibiting the teachings, values and life of the "Father of the Nation". The movie 'Gandhi' was also shown to all the classes showcasing the principles of M.K Gandhi. A silent Peace Rally highlighting the importance of peace and non-violence was also taken out in the premises by the students.



## DIOCESAN LEVEL PRIZE DISTRIBUTION : 30-10-2018

The Carmelites were felicitated in the DJSES Annual Academic Award Ceremony conducted by Diocese Jammu- Srinagar Education Society held at St. Peter's High School, B.C. Road, Jammu. About 220 students from 24 schools who scored 475 and above marks in JKBOSE & CBSE Board Examinations were honoured in this mega event.







## SCHOOL PICNICS:

*"Travelling leaves you speechless, then turns you into a storyteller".* Picnic is a time of fun, laughter and happiness. An academic session is incomplete without picnics as these outings refresh the mind and soul. Like each year, picnics for various classes

were organised in the month of October. An 'in-house picnic' for class Pre-Primary to 4<sup>th</sup> included jumping rides, swimming pools, merry go round, giant wheel, swings and refreshments. The tiny tots had a blast and gave vent to their feelings under the supervision of teachers. Parents appreciated the idea of having the in house picnics.



## INTER-SCHOOL DEBATE COMPETITION : 31-10-2018

The school hosted the first edition of Inter-School Debate Competition "POLEMIC" for the higher secondary wing on Wednesday, 31<sup>st</sup> October. About 14 students from 7 prestigious schools of Jammu supported the innovative idea of Carmel and participated in the competition.

The motivating topic for the day was 'Can Alternate Energy Effectively Replace Fossil Fuels'. The participating teams engaged in an impressive exchange of words and reasons where they not only defended but also argued against the motion. The debaters displayed confidence in presenting their arguments before audience and a panel of eminent jury members Dr. Atul Hans and Mr. R.D Sharma. Ms. Akshita Randhawa of Std. 12<sup>th</sup> from Carmel bagged the First Prize and Third Prize was secured by Japleen Kour from Carmel Convent of Std. 11<sup>th</sup>.



Fr. Shaiju Chacko, School Manager thanked all the schools for their cooperation and appreciated the endeavours of the staff for their guidance and support. He motivated the students to look for opportunity to use Alternate Energy Effectively and Creatively and awarded the winners and honoured eminent judges of the event.

## LITERARY WEEK : 29-10-2018 - 02-11-2018

Literary fervor engulfed Carmel Convent School as it celebrated Literary Week from 29<sup>th</sup> October to 2<sup>nd</sup> November on the theme "Wingardium Leviosa". An initiative started by Carmel to open and widen vistas of communication, it witnessed a plethora of

events in English, Hindi, Dogri and Urdu. The highlighting events were The Scholastic Book Fair, Workshops, Seminars and various competitions organised for different classes. The week brought the students closer to the magic of language & literature.





## CHILDREN'S DAY : 10-11-2018

Close on the heels of National Education Day celebrations, Children's day was celebrated with gaiety and fervour on the theme "LOVE". The teachers made their day by singing, dancing and performing on the stage. To their surprise, the teachers had put up collages and prepared greeting cards for their students and decorated their classrooms. It was a fun-filled day for the students. Children were dressed in their best bringing a festive look to the school. The campus was buzzing with excitement and joy. The school Principal Sr. Maria Swati A.C. distributed sweets to the children.



## ANNUAL DAY-2018 : 15-11-2018 - 17-11-2018

A rainbow of colours unfurled on the stage as Carmel celebrated its Annual Day for three consecutive days from 15<sup>th</sup> - 17<sup>th</sup> November in three groups amidst great zest, vibrancy and elation. The Cultural programme on the theme "SPLASH OF COLOURS" displayed a harmonious and captivating cultural fiesta on Saturday, 17<sup>th</sup> November, 2018. The whole show was an amalgamation of colours, beauty, rhythm and vibrancy- a perfect symphony in motion. Prof. Keshav Sharma, Dean, Academic Affair, University of Jammu graced the occasion as the Chief Guest and the Guest of Honour was Most Rev. Bp. Ivan Pereira. The event was also graced by luminaries, a bevy of special invitees and parents.

The event unfolded with the lighting of the auspicious lamp by the Chief Guest. Prof. Keshav Sharma, Guest of Honour Most. Rev. Bp. Ivan Pereira, Fr. Shaiju Chacko (School Manager) and Sr. Maria Swati A.C. (Principal) followed by a soulful welcome dance. True to the theme, 'SPLASH OF COLOURS', the stage lit up with a colourful line of impressive performances produced by different segments of the school.



A tableau on 'Save Water' conveyed the message to make water clean and pollution free and to make this planet colourful. Dance performances like Fan Dance, Jagger (Gidda), Thousand Hands, Indo Western Dance set the energy levels soaring with breath-taking performances. A skit on the life of 'Samrat Ashoka' was enacted beautifully spreading the message of peace and harmony. The other attractions of the evening were Nukkad Natak and Jammu Sanskriti Darshan. Proud parents thoroughly enjoyed the performances by their children who displayed confidence and self esteem in every performance.







The Chief Guest Prof. Keshav Sharma, in his speech highlighted the concept of Splash of Colours and compared the performances of the children to the rainbow that look miraculously beautiful and soothing to the eye. He also laid stress on the constant need to extend learning beyond the four walls of the classroom for all-round development of children.

The Guest of Honour praised the efforts of the Management & Staff and congratulated the school for being the top school of the State. Appreciating the dynamic leadership of Sr. Swati, the Bishop remarked that the numerous awards and accolades for the school in the past three years is a testimony of her hard work and singular focus for the welfare of the students.

### IN-SERVICE SEMINAR : 24-11-2018

The Diocese of Jammu-Srinagar Education Society organised an in-service training on Effective Teaching Methods for the Pre-Primary teachers of the schools under its management. Hosted by Carmel Convent School, Kunjwani under the guidance of teachers in the pre-primary, the workshop witnessed participation of 120 teachers.

Welcoming the delegates, Sr. Maria Swati credited Sr. Hysynthia A.C an internationally acclaimed educator for introducing the innovative methods of teaching at the Apostolic Carmel Schools across India. In his opening

address, Fr. Shaiju Chacko highlighted the purpose of the workshop and invited all the delegates to sharpen their skills in order to be effective in their domain. He added that the hands-on, action-oriented workshops provide participants with specific information, direct activities and effective resources so they are empowered to help their student acquire skills, enjoy and learn at the same time.

The Carmel Pre-Primary teachers demonstrated how teachers can integrate activities, games and group work in their classroom teaching for effective learning outcomes.



### CONSTITUTION DAY : 27-11-2018

“The Constitution Day” also known as Samvidhan Diwas was celebrated at Carmel to commemorate the adoption of Constitution of India. A special assembly was conducted that highlighted the significance of the Constitution Day and the importance of being a Sovereign, Socialist, Secular, Democratic and Republic country. On this occasion the students were enlightened about Indian constitution, its origin, how it was framed, fundamental rights, duties etc. through a skit enacted beautifully by the Humanities students of Std. 11<sup>th</sup> & 12<sup>th</sup>. All the participants did a detailed reference work and showcased the actual picture of the constituent assembly by performing on the stage.





## WORLD AIDS DAY : 30-11-2018

Carmel observed World AIDS Day to create awareness about the symptoms, causes and preventives of the pandemic disease HIV/AIDS that has taken unprecedented number of lives. The Girl Guide Club actively participated in different activities to spread the information of the precautionary measures and proper cure of this deadly disease.

Various competitions were conducted for all the classes on the theme "My Health, My Right". The Girl Guides of Std. 8<sup>th</sup> underwent a training of Diwitiya Course at Bharat Scouts and Guides headquarters, Gandhi Nagar, Jammu. Their captain Mrs. Jyoti Wali and Ms. Aashima Pathania accompanied them to the centre.



## NATIONAL SCIENCE CONGRESS : 01-12-2018

Carmel welcomed the delegates in the State Level 26<sup>th</sup> National Children Science Congress in its campus on 1<sup>st</sup> December. The students from various parts of the State participated and showcased their latent talent in the field of science and technology. Mr Shamsheer Singh Manhas, Member of Parliament, Rajya Sabha presided over the event and it was a delight to watch the amalgamation of budding scientist from all over the State. Ms. Suhani Sharma and Ms. Anshika Gandhi bought laurels to the school by qualifying for the National Level.



## INTER SCHOOL DIOCESAN COMPETITIONS : 05-12-2018

Carmel girls brought laurels in the Inter-school Diocesan Schools Competition held at Karan Bagh on 5<sup>th</sup> December.

**The winners of different categories were:**

1. Relay Race 4x100 metre (1<sup>st</sup> Prize): Harshpreet Kour, Harseerat Kour, Ishika Singh, Arshiya Gupta.
2. Fancy Dress (2<sup>nd</sup> Prize): Anisvi Kerni
3. Obstacle Race (3<sup>rd</sup> Prize): Harman Kour
4. Sack Race (3<sup>rd</sup> Prize): Niharika Ratten.



## CAREER COUNSELLING : 06-12-2018

An informative and interactive seminar that exposed the students to opportunities in a range of professional fields, career planning and its importance was organised in the school campus. It was an introductory programme that followed a broad overview of various career options available to students of Humanities & Commerce stream. Ms. Palak Arora, Mr. Omprakash of ICSI and Mr. Manish Bhalwal, an Eduworld spokesperson enlightened the students and inspired many minds to aim higher in life.



## HUMAN RIGHTS DAY : 10-12-2018

70<sup>th</sup> International Human Rights Day was celebrated with great zeal and enthusiasm by the Peace Club of the school. This event was an opportunity to make student aware of their rights along with the history of 'UN Human Rights Day'. A special morning assembly was held in which the students participated whole heartedly and imparted the message in a creative way.





## SOCIAL SERVICE WEEK : 14-12-2018 - 21-12-2018

“The only way to find your own self is to lose oneself in the service of others”, keeping this in mind, a social service week was organised in Carmel under the theme “Have a heart, lend a hand; stand out and make a difference”. Through this activity the school intended to sow the seed of love and compassion and to make a difference in the lives of the underprivileged.

A Fun fare was organised by the students to lend a helping hand to those in need. Various stalls of eatables and games were displayed. Students donated blankets, clothes and food items to child care, health care and old age centres in Jammu. The students were moved with empathy and shared their experience with the rest of the students.



## CHRISTMAS CELEBRATIONS : 22-12-2018

Carmel celebrated Christmas with great zest and pomp and splendour in the school campus on 22<sup>nd</sup> December. The elements of energy and momentum could be witnessed in the children as they came forward and presented their items. The students of class 3<sup>rd</sup> sang Jingle Bells while Santa Claus distributed sweets to the children. Students were very happy to celebrate Christmas at school with their friends and teachers. The whole campus was adorned with Christmas decorations- the Christmas tree, Santa Clause and Carmelites dressed at their best added to the merry spirit of Christmas. The spirit of giving and sharing was inculcated among the Carmelites as they exchanged exquisitely packed gifts with each other and played games.

Fr. Shaiju Chacko greeted everyone and congratulated the

students for putting up an incredible show. He stressed upon to follow the path of fraternity, universal brotherhood and humanity in order to maintain global peace, progress and prosperity. Sr. Maria Swati A.C threw light on the importance of the day and distributed gifts among staff and students.



## AWARDS RECEIVED BY CARMEL

*Carmel Jammu receives two National level awards in imparting holistic education to the girls.*

Carmel has added yet another milestone in its splendid journey by bagging two National level prestigious awards. The school has received the reputed “India School Merit Award” on 8<sup>th</sup> December held at The Chancery Pavilion, Bangalore

and is ranked No. 4 in India, No. 1 in J & K and No. 1 in Jammu for its exemplary service in education to the girl child.

The school is ranked among the top 500 schools in India by Brainfeed Magazine. Carmel was conferred with the title of Best State Board School in the field of Sports, Academics, Community & Collaboration and Techno Smart Institution.







# Christmas

