



Mother Veronica

Foundress of the Apostolic Carmel

1823-1906

Prayer

Almighty God, We praise and thank you for our foundress, Mother Veronica. Her beautiful life is a constant inspiration to all of us; to strive for what is good, noble, true and lasting.

May the values she cherished, upheld and lived for, guide us in making right choices in our own lives. May we always experience her care and protection.

We earnestly ask you O God, to bestow on her the honour of sainthood so that through her powerful intercession we may obtain all that we need to make our lives sublime and fruitful in love and service.



‘Educating the mind without educating the heart, is no education at all’- Aristotle

In agreement with the above quote I believe that education is a life long and an unending process to evolve. Learning has to be based on fundamental principles of life, so as to be humans.

In keeping pace with the vision ‘Belief Enhances Life’ and to lay strong foundation of the vision - mission, we introduced “Education for peace through forgiveness, so as to invoke attitude of responsibility, care and sensitivity in Carmelites, who are committed to bring peace, equality and justice in the society and are competent enough to face any challenges making Education as the most powerful weapon for bringing a change in the world.

Each and every Issue of our School Magazine is a milestone marking our growth and is a promise to keep pace with the changing technology. This magazine serves as a platform for the students to express their capabilities, knowledge, talents and potentials in different ways.

I congratulate the entire editorial team for their collaborative efforts to bring out this edition of the school magazine. I also thank the esteemed parents for having bestowed their trust in us, which is a motivational driving force.

Wishing all our readers Happy Voyage through the magazine,

Harpreet Kaur

Impressive Thoughts by Our School Manager



Dear Carmelites,

It gives me immense joy and pleasure to be part of Carmel Convent High School in its journey of cementing its legacy in educational excellence that cares for the lives of every Carmelite, who steps into the portals of this Alma Mater. True to its motto, "Belief Enhances Life" the Carmel applies methodology of providing education which lays emphasis on the development of a person to its fullest self. This becomes evident from the lives of those who have passed out of the school and have achieved the unachievable in the professional as well as social structure of life.

The Theme for the year 2016 – 17 was Education for Peace through Forgiveness. It becomes quite essential to remember that the world today needs persons who are compassionate, loving and caring. We need persons who are courageous to stand up for those who are weak, to uphold human values, integrity and dignity. To this end the School, through various activities has driven home this message loud and clear. Thus our focus in Carmel is to mould and form persons who are intellectually, physically and emotionally sound. Academic excellence with character and personality development is our ultimate goal. The pages of this annual magazine that capture different facets of a student life at Carmel bear testimony to this mission of the School.

My heartiest congratulations to all the meritorious Carmelites, who stood out during the year in their curricular and co-curricular activities and brought laurels to the school. It gives me great satisfaction that the school is progressing in all its endeavours towards the overall development and personality of the students.

God bless you all!

Shaiju Chacko
Manager



From The Principal's Desk

It has been an absolute pleasure to be a part of a community as close-knit Carmel Convent, Jammu. It is with immense gratitude that I thank the Almighty for giving me this opportunity.

Here, as a school, we aspire to foster and showcase the awe-inspiring talent and potential lying latent in our students, whilst still laying strong emphasis on holistic growth and classical education. Each of our students demonstrate a strong sense of commitment and dedication to this ideal by devoting themselves to overcome and triumph over their everyday challenges, whether they be in academics or co-curricular activities.

The strength to face these challenges is drawn from bedrock of belief- the foundational vision of our school that proclaims 'Belief Enhances Life'. A strong faith in the Almighty underlies every endeavour that is undertaken in our school, whether it manifests as Prayer or Action.

Yet another driving force this year has been the theme of the academic year 'Education for peace through forgiveness'. We have strived hard to make this theme actionable and manifest in our lives by instilling the true meaning and value of co-operation and unity in our students.

This academic year has witnessed our school flourish through a plethora of events and activities, all woven together by this very theme. Clubs and school organizations such as the Peace Club, Girl Guides as well as the School Cabinet have tirelessly and seamlessly worked hard in collaboration with their fellow students and staff members to organize and conduct a long list of activities that fall under the umbrella of literary and sport activities, special assemblies, important occasions such as the Annual Day and Sports Day, innumerable Art exhibitions, Educational trips and so on. These events and activities have enriched our life in the school in uncountable ways.

It is a source of pride to all of us that the school has succeeded in beautifully synthesizing a strong value-driven philosophy with the latest pedagogical approaches to nurture yet another batch of balanced and knowledgeable young scholars. I am certain that with the love for life-long learning that is instilled in each one of our students, they will go on to make us proud. I sincerely hope that our school continues to instill in our students this passion for learning and this spirit of service and dedication cause to rise higher than themselves.

I would like to conclude by entreating my young students to continue to dedicate themselves in the pursuit of realizing their goals and ambitions, whilst still being sensitive and considerate to that of others. I wish that all attain the single-minded focus, the self-discipline and the strong desire to settle for nothing but the best from them that they will need on this journey towards excellence.

Message



“Success comes to those who work hard and stays with those who don’t rest on the laurels of the past”

The quote sets a true example for our esteemed Institute. We at Carmel Convent School have a sense of pride for the success attained and for the achievements we have been blessed with.

The aim of drawing out hidden potentials from every child makes us to have belief in every child and this leads us to strive for fulfilling the vision of our school which states, “Belief Enhances Life”

Confidence is the key to success and developing sense of self belief and confidence leads every child to give her best performance. Our Institute focuses on imparting value based education so that she can attain Success with the righteous efforts.

I feel honoured to be an integral part of the School Management Team. For the success of every Institution, a need for a great visionary, a great leader who mentors and facilitates becomes imperative. We are blessed to have a great visionary and committed leader, our Principal Sr. Maria Swati as a great mentor, facilitator, and motivator not only for the students but also for the staff members.

Her dedication, innovative capabilities of thought process, creativity not only makes her a visionary leader but also a great example for each one of us. It is due to her commitment, dedication and relentless efforts that the school is progressing immensely in every sphere.

Teachers, a pride of every institute. We too have a team of talented, creative, experienced, hardworking and committed teachers. I would like to appreciate the relentless efforts of our teachers due to which the best in every child comes out. They have been instrumental to achieve the success of our school.

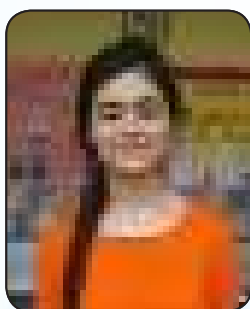
For a child’s growth, both school and an environment at home, plays an important role. A conducive environment at home and an appropriate ambience at school helps and encourages a child to put her best foot forward.

Students are an integral and an imperative part of every institute. It gives me a sense of contentment and pride to state that I have witnessed in our students the desire and interest to gain knowledge and do the best, not forgetting to appreciate their efforts and leading performance both on the academic and non-academic front.

Expressing my deep gratitude to the almighty God for showering His blessings, I pray to Him for empowering each one of us to strive for excellence and always continue to give our best.

Sr. Premini A.C.

Results 2015-16



1st - Shweta Rana



2nd - Vidushi Gupta



2nd Garima Badhan



3rd Shalini Rasgotra



6th Japleen kour



6th Shreya Gupta



7th Sarleen



8th Akshiti Sharma



8th Hitakshi Sharma



10th Chakshu Gupta



10th Tejasveen Kour



11th Dharishti
Thappa



11th Manta Sharma



11th Aakriti Gupta



12th Diya Badyal



13th Harshita Kour
Johar



13th Jannat Chargotra



13th Upasana Bhatti



14th Ishma Langeh



14th Hitakshi
Sharma



14th Jessica Kour
Soodan



15th - Ishana
Langeh



15th Navleen Kour



15th Ritika Salaria



16th Nikita Chib



17th Gurmehak
Kour



17th Prableen Kaur



17th Kajal Attar



18th Alina Ayub



18th Harsimran
Kour



18th Prafulita
Bandral



18th Ravleen Kour

Results 2016-17

STUDENTS APPEARED -99

A1	24
A2	42
B1	19
B2	05



Khushi Gupta
CGPA - 10

School Coordinator Speaks.....



The African Proverb, "It takes a village to raise a child!" has compelled me to ponder over it and has raised a question that, "Are today's schools and education system opening the young minds to be receptive to facts and reality?"

For the young people who are at the threshold to pave their way in a world is a big mirror, reflecting their feelings, thoughts and actions which they have around themselves. Are we in the schools making students confident enough to look at the positive attributes of life, embracing positivity to become capable enough to take a decision which gives the right meaning to the mission of a school, to imbibe and instill sense of clarity for the long term vision, the good and the righteousness in the minds of the pupils who enter its portal.

Yes, here at Carmel we develop in our students – love, interest for education which enables them to perceive the right values, parity, and openness to reality and fullness of life- which is the greatest gift of God. For them Carmel is a place of interaction with friends, teachers to undertake a journey where they enrich themselves with different dimensions of humanity, life and success.

Dear students never doubt yourself and don't let any negative thought cast a shadow over your achievements. Let the best and bright side be up and illuminate this big world through your positive vibes and rays and reflect your best attitude.

As rightly said by Zigziglar, "Your attitude not your aptitude will determine your altitude."

**"Dare to be the best, You can,
Dare to be the Rising Sun,
To Shine and Reflect "**

GOD BLESS YOU.

Mrs. Harpreet Kaur
School Co-ordinator

Express thanks to **Sr. Maria Suzette A.C.**



“KARMA is a wonderful thing when you are working hard to be kind and supportive to others. Like an emotional-spiritual annuity that pays you back daily. Never avoid the opportunity to Invest.”

—Steve Ellis

The above quote stands true for Sr. Maria Suzette who has rendered her selfless service with full dedication, making sacrifices and leading a life according to God's will. During her tenure as a Principal for consecutive four years she took a lead in taking many initiatives. She introduced plethora of co-curricular activities comprising of Band Group, Marathon and Quest – Interschool Quiz Competition, providing a base for the students to display their hidden potentials in different streams. Our Vision “Belief Enhances Life” was also crafted by her. She motivated the students to take life as a roller coaster ride and to grab every opportunity with extended hands which come in their way giving them a peep into their hidden and imbibed talents, thus making it possible to reach the pinnacle of success. She moulded and transformed the personality of her students by her values and principles thus making an impact that can never be erased from the memories. As a mentor and a role model, Sr. Suzette touched the lives of many students whom she encountered. We extend our gratitude and thank her for her timely guidance, help and inspiration which motivated us to look ahead and move forward.





LEADERS

Speak

With authority comes responsibility. For the development of these attributes we have the presence of 4 Houses in our school. Their contribution in enhancement of a child's potential is of great importance. Each house contributes in its own way for the development of every student. This year (2016-17) was also an amalgamation of various creative activities. Be it Inter – school Quiz, Choral Recitation, Rangoli, Rakhi making and many more. Competitions create a sense of responsibility, creativity gives an opportunity to exhibit the hidden potentials every child has. Activities pertaining to sports, led many students to represent the school at the National level.

The most awaited day “Annual Day” exhibited the diverse culture of J & K which was duly appreciated by the honorable and worthy dignitaries and parents.

Creativity reached its pinnacle when our students reflected their creative approach by exhibiting their talent in the Art and Craft Exhibition.

Our school had an opportunity and privilege to host prize distribution for 10th std students of all the Diocesan schools of J & K who had made a mark of excellence in their Academics. All the National Festivals like Independence Day, Republic Day and Gandhi Jayanti were also celebrated with great zest, zeal and enthusiasm.

The club groups comprising of Girl Guides, Literary Club, Peace Club, Social Service Group, Heritage Club performed activities exhibiting their skill, interest and passion. “A strong Leader not only leads but also takes the whole team along.” This proves true, as all these activities wouldn't have been possible without the leadership, guidance and support of our worthy and honorable Principal Sr. Maria Swati.

Carmel provides a right platform for the grooming of children so as to make them independent, confident and self reliant for developing a healthy, positive and progressive approach towards life.

Here we have the highlights of the contribution made by each House in various activities.



Blue House



Blue House represented by Blue colour, has a pictorial representation of a Flambeau which enlightens every mind with Trust, Loyalty, Wisdom, Confidence, Faith, Truth. Another name for Blue House is Satya.

Truth forms the basis of Trust, Loyalty, and Faith. With Truth we gain confidence to use our wisdom in the most righteous way.

Children are like Buds, nurturing them with great care, developing good thoughts and empowering them with quality education, as they have the potential to turn a barren land into a valley of flowers. A child reminds us of the purity, innocence, goodness, truthfulness in the world. Their smile is like a rainbow. They smile and the world smiles with them.

We aim at providing the best academic and non-academic facilitation to our students by giving new dimensions to the hidden potentials every child is gifted with. For making learning more interesting we organize different activities so that a student is not only academically sound but also has an "All rounder attribute".

Niti Gandotra

Satya House Coordinator

Here's a glance of all the activities undertaken by Blue House

Experience of Literary Week

7th Nov 2016 marked the opening of the “Literary Week”, a week long festival for the literature enthusiasts. Various competitions, class-wise as well as house-wise were held like Elocution, Extempore, Quiz, Symposium, Debate, Poetry Recitations etc. This helped in drawing out the potential in the children to compete and excel. Individual competitions like Book cover making, Slogan writing, Movie Review, On the spot paragraph writing brought forth the best in the children. Scholastic book fair added colour to the literary week. On the whole ,it turned out to be an enriching week in which students participated with great enthusiasm, zeal and zest.

“THE QUEST TO DISCOVER A DEFINITION FOR LITERATURE IS A ROAD THAT IS MUCH TRAVELLED, THOUGH THE POINT OF ARRIVAL IF EVER REACHED IS SELDOM SATISFACTORY.”





A Tribute to ...

Mother Veronica





**"Do not wait for leaders;
do it alone, person to person"**

~Mother Teresa

On September 4th, 2016; Pope Francis canonised Mother Teresa in Rome. On this occasion Pope said, "Let us carry her smile in our hearts and give it to those whom we meet along our journey, especially those who suffer." Mother Teresa was an icon of God's tender mercy; radiating the light of God's love. With her canonization, the church presents her as a model and intercession of those who like her, long to light the fire of love and peace throughout the world.

Truly a Saint of Gutters, she lived among the poorest of the poor. In order to honour such a great luminary, all the schools under DIOCESE conducted special assemblies for three days. The assemblies organized, marked a tribute to the compassionate, benevolent and charitable woman. The assemblies consisted of prayers and speeches highlighting the great deeds of Mother Teresa. Plays were enacted depicting the life of Mother Teresa, that led to the transformation in her towards humanity, to accentuate the selfless and devoted life and thus inculcating in the students, the priceless values that she had taught. Saint Mother Teresa will always be a mother for hundreds of thousands of fellowmen, expressing incalculable love, help and astonishing selflessness, that only a great Mother can possess. Her life makes a belief strong in life, "Make yourself such a person, when people think of loving, caring, sharing they think of you."

Ravleen Kour and Shivani Sharma

Mother Teresa – A True Saint



Red House



Symbolized with Red Colour, Red House is represented by a Rose which signifies Energy, Love, Strength, Power, Desire, Determination. The Red Colour of a Rose portrays love for all, desire to reach the heights, and determination to do the best.

The strength and power depicted by the colour imbues the culture in everyone to instill energy for doing the best and always moving forward, irrespective of the challenges we all face. The curiosity creates a desire to gain more knowledge and determination to excel in every task.

We aim to equip every student with energy, strength, desire and ambition to successfully accomplish all the tasks by taking risks and emerge triumphantly.

Here's a round up of all the activities for the session (2016-17)

Preetika Abrol
Sneha House Coordinator

Handwriting competition

Good handwriting creates a great impression. To motivate the students and make them realize the importance of neat and good handwriting, a Handwriting Competition for English as well as Hindi was held for Class I – VII on 12th April 2016. Neat handwriting accompanied with the art of Calligraphy is a cake with the cherry on the top. The aim behind this competition was to analyse the personality, enhance it and develop a habit of fair and neat work. Students were advised to present a neat and nicely written work.



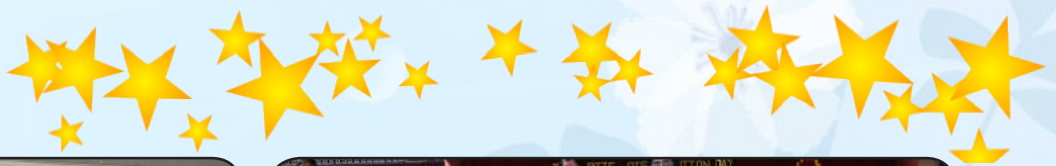
Report of Choral Recitation

On 6th August, 2016, Red House organized Choral Recitation Competition for Classes I –IV. By Choral recitation the students were made to read and recite a text along with the group. It inculcates a sense of Group Dynamics emphasizing on passion for poetry reading. A sense of reading in a rhythm also gets developed.





Prize Distribution



Green House



Green House reflects Green Colour portraying a bird flying with an olive stem. The house is also called the Shanti House, which means the House Peace.

The real meaning of Shanti stands for harmony, growth, freshness, and prosperity. Rightly observed Peace creates Harmony. With Harmony, Prosperity is derived. This prosperity creates an environment of growth which is quite essential in every sphere of life thus forging new alliances and new vistas that are created in our lives and the lives of all those we influence.

**“We don’t grow when things are easy;
we grow when we face new challenges”**

We aim to instill a peaceful composition in every student to create an attitude of hardwork, logical thinking, team work, harmony in all the academic and non-academic activities making them stimulated, invigorated, refreshed and rejuvenated to face each new day.

FOLK DANCE

Competition



An Inter House Folk Dance Competition for students was held on 30th May, 2016 in the school campus. The children dressed in colorful ethnic costumes swayed to the beats of folk music. Twirling toes, rhythmic feet work along with the beat of music kept the audience enthralled. The judges for the event were Mr. Raghu and Mr. Rohit Bains. Satya House won the first position, followed by Shanti House.







Children's Day Celebration

Children are God's best creation. To celebrate the presence of each child "Children's Day" was celebrated on 12th November 2016 in the Carmel school Campus with great enthusiasm. Celebrations began with a prayer service conducted by the teachers. Dances and skits were performed by the teachers. Our esteemed Principal Sr. Maria Swati also joined the teachers and made this occasion a great success. Children enjoyed a lot. They came in colourful dresses and were blooming like beautiful flowers in the garden. Different activities were conducted during the week and prizes were given on the day of celebration. Chocolates were distributed to students on this occasion making it the sweetest and memorable event.



Art & Craft exhibition

“Best Out Of Waste”

Avoid Wastage. We have always been hearing this. What would be the best if the waste be utilised to get best out of it. An Art and Craft exhibition was held on 28th of January 2017 in the school. Classes I – VII and IX displayed craftwork that they had made in their classes during the year. In order to display their creativity, emphasis was laid on the theme. Parents visited the exhibition and appreciated the efforts made by the students.



Yellow House



Yellow house, Pictorially represents the Sun. Sun has the power – Shakti, yes another name for Yellow House. It stands for power, energy, sunshine, intellect, joy, and happiness. Sun has the power to fight the darkness, Energy to come out and shine when the black clouds cast a shadow on it. A beautiful sunshine brings a ray of hope, fills our heart with joy and spreads happiness. Sunshine nurtures every being and leads with an example whatever be the circumstances the energetic and powerful disposition enthralls us to achieve the unachievable.

“The secret of Success is to put ones heart, mind and soul into even the smallest acts”.

Swami Sivananda

Maths Lab



A Maths lab is a place where mathematical activities are carried out and it is akin to any other lab. In our school the Maths lab was introduced in 2014 and since then, it has been very helpful for the students, thus making the teaching easier and quicker.

In the Maths lab students get firsthand experience to work with modern technological devices such as hands on activities, computers etc and feel the thrill. The Maths lab helps the students in understanding the mathematical concepts by co-relating them with real life and increasing the interest for the subject.

Maths Lab plays a vital role in developing interest in students for the subject by developing a sense of enjoyment rather than the fear for maths. It helps them to learn mathematics as a process of deriving new knowledge to be applied in real life situations, but not as mere formulae and perfunctory procedures. Above all the Maths lab creates a great scope for new innovations.

MATHS

QUIZ COMPETITION - 2016

In order to promote intellectual potentials of the students, our institution organised a Maths Quiz Competition on 30th April 2016 for students of 4th, 5th, and 6th standard which turned out to be a mega event.

Mr. K.K. Razdan, Senior Secondary Coordinator - Mathematics at Heritage School, was the Chief Guest. The function started with a prayer song and lighting of the lamp by the Chief Guest and by welcoming him with a bouquet.

The Quiz format constituted of five rounds in the competition. The first round – ‘Basket Round’, The second round – ‘Miss Lucky’, The third round ‘Mental Maths’. The event became interesting and absorbing during the fourth round - ‘Identifying the Mathematicians’ and was really enthralling. The final round The ‘Rapid Fire Round’ kept the participants as well as the audience on their tenterhooks.

The Chief Guest appreciated the efforts and performance of the participants of all the teams. He emphasized the need for mathematics in our lives and advised the students to develop an interest, and a passion for the subject.



Christmas celebrations



'God pitched His TENT among us'

The joyous festive mood of Christmas filled the air of the entire Carmel Convent High School vicinity, from the 19th to 22nd of December 2016.

The celebrations commenced with a 'Prayer Service' by the students of class four and five. The celebrations continued the next day with 'The Carol singing competition' by two groups, All the students from fourth and fifth standard actively participated and a 'Housewise' participation from higher classes was also witnessed. Honourable judges Mr Anish Mattoo and Mr Vijay Mattoo graced this occasion with their presence. The judges appreciated all the performances of the participants. As rightly said, "There is always a scope of improvement." They also gave some insights and suggestions for improvement. A melodious Christmas Carol with the accompaniment of musical instruments like guitar and keyboard was sung by the judges.

On 21st December class-wise competitions, from classes first to sixth were held. The themes for various competitions were Star decoration, Christmas tree decoration, Snowman, Crib making and Poster making based on the message 'Peace'. Children actively participated by getting colourful material for decoration. It was of great interest to watch them at their creative work and then there was the most awaited occasion of the 'Christmas Day Celebration'. We were delighted and happy to have our school manager- Rev. Fr. Shaijo Chacko as the Chief Guest. Father was warmly welcomed with a bouquet of flowers. The celebration started with a 'Prayer Service' followed by live Christmas Crib which included pertinent Christmas Carols. This was a beautiful view which gave us an insight of the story behind the festival of Christmas.

The Chief Guest in his inspiring talk said that Christmas is all about 'Giving of oneself to the needy' and appreciated the Social Awareness Programme undertaken. The prizes were given to all the winners of the various competitions organized on the occasion of Christmas. Prizes were also distributed amongst the achievers of various sports competitions, to the national players and winners of inter-School competitions.

The students left the premises with beautiful smiles on their faces accompanied with happiness after receiving chocolates which made the occasion as sweet as honey. All the teachers, office staff and helpers of the school gathered in the staff room to exchange their gifts with their Christmas friend, it was fun to see how each one was surprised on knowing the 'Christmas friend'. This wonderful celebration came to a close with all of us proceeding to 'Aroma hotel' for a sumptuous Christmas festive lunch.



Sports Activities 2016



"Shakti House" won the inter house kabbadi competition held on 20th Oct



Ishani Sharma bagged the silver medal in the 62nd Tennis Ball Cricket school National held at Faizabad - Uttar Pradesh from 18th Jan -22nd Jan 2017



Opening Ceremony of the Inter House Competitions.



U-14 Basketball Team won Silver Medal in the Interschool Competition organized by Youth Service and Sports Department.



"Satya House" won the Inter House Basketball Competition which was held on 18th Oct ,2016.



"Shanti House" won the Inter House Kho - Kho Competition held on 18th Oct, 2016.



U -17 Softball players Harshpreet Kour, Ishvilia Choudhary, Navya Gupta, Arshiya Gupta, Harvinder Kour and Harseerat Kour participated in the 62nd National School Games held at Chattisgarh from 19th Dec - 28th Dec 2016.



U -17 Skating player Priyanshi Raina participated in the 62nd National School Games held at Belgaum - Karnataka from 16th Dec - 29th Dec 2016.



"Shakti House" won the Inter house Kabbadi Competition held on 20th Oct, 2016.



Winners of the Inter House Basketball Competition held on 18th Oct, 2016.



Winners of the Inter House Badminton Competition held on 20th Oct 2016.



Participants of the Inter school Competition organized by the Diocese of Jammu Srinagar Education Society held on 3rd Dec 2016 at Karanbagh.



Winners of the Basketball Interschool Competition organized by the Diocese of Jammu Srinagar Education Society held on 3rd Dec, 2016 at Karanbagh.



Atifa Malik won the Gold medal in the Frog Race Competition organized by the Diocese of Jammu Srinagar Education Society held on 3rd Dec, 2016 at Karanbagh.



Vaishnavi Khajuria participated in the U-14 Chess National School Games held at Hyderabad.



Participants of the Interschool Competition held at Karanbagh 3rd Dec, 2016 organized by the Diocese of Jammu Srinagar Education Society.



U-19 Softball players Harvinder Kour, Navya Gupta, Harshpreet Kour, Harseerat Kour, Arshiya Gupta, Zenab Sartaj, Harshleen Kour, Pihu Sharma, Bhoomi, Ishvilia Choudhary and Zaiba Sartaj, participated in the Junior National Championship held at LPU from 5th Aug - 11th Aug 2016



Priyanshi Raina bagged 4 Gold medals in the Open State Championship held at M.A. Stadium.



Ishani Sharma and Gunjan Pathania participated in the 62nd Cricket school National held at M.A. Stadium Jammu.



Winners of the Inter House Kabbadi Competition held on 20th Oct, 2016.



U -14 Basketball players Anshita Sharma and Riya Rajput participated in the 62nd National School Games held at Chattisgarh from 6th Dec - 10th Dec 2016.



Ishani Sharma and Gunjan Pathania won the Gold Medal in the Cricket National School Games held at M.A. Stadium.



Winners of the Basketball Interschool Competition organized by the Diocese of Jammu Srinagar Education Society held on 3rd Dec 2016 at Karanbagh.



Winners of Inter House Kho - Kho Competition held on 18th Oct, 2016.

School Pipe Band



MAJOR EVENTS

INTERSCHOOL DANCE PERFORMANCE

Opportunities are mystery boxes. If left once, can never be opened up again. About fourteen girls of our school were selected to perform Bengali Dance in St. Peter's school Karanbagh. On October 27, 2016 this dance was performed under the supervision of our dance teacher Miss Esha Sharma. The song was really enthusiastic and mesmerizing "Elo je maa" fully based on the beauty and strength of Goddess Durga. We left for the destination at about 9:30 am and the event started at about 10:30 am. We offered prayers and gave our best performance. Other dance groups were also there to showcase their talent. Our hard work was recognized and we secured the first position. The moment was filled with pride and honour and this was made possible because of the efforts of our Dance teacher Miss Esha Sharma and our worthy Principal Sr. Maria Swati





Diocese of Jammu Srinagar organized a mega event to felicitate the position holders of 21 schools.



Congratulations to one and all!





International Peace Day

‘Peace is a gift of God’. Keeping this in mind, Peace Club conducted various activities to spread the importance of peace in the society.

On 21st September 2016, International Peace Day was celebrated. We were delighted to have Mr. Danesh Rana (IPS) as the Chief Guest and Mrs. Chandra Gupta (KAS) as the Guest of Honour.



QUEST (Interschool Quiz)



LIFE IS A CONTINUOUS CYCLE OF DECISIONS THAT DETERMINES OUR STAND IN A WORLD INFESTED WITH COMPETITION

Carmel Convent School, has always given emphasis for conducting competitions in every field in order to infuse the ability to handle success joyfully and failure gracefully in this young generation. 'Quest' the Inter School Quiz Competition has been one such step in this direction.

The 4th Edition of 'Quest' was held with much zest and zeal on Saturday 27th August 2016. About eleven schools participated in it with full enthusiasm. It was due to the guidance and support of our Principal, Sr. Maria Swati that helped us further improvise the 4th edition of the 'Quest'

The overwhelming response and competitive spirit of the participating schools, helps us to take forward the 'Quest' every year. The rolling trophy was bagged by the Heritage School, this year. Carmel Convent High School and Jodhamal School stood second and third respectively.

Quiz Co-ordinator Anita Rampal and her team of teachers from Sneha House worked whole heartedly, co-operating with one another to bring forth this fourth edition successfully.

BELIEF ENHANCES LIFE

Annual Day cum Exhibition





The Annual Day cum Exhibition was organised in the school premises of Carmel Convent High School, Kunjwani on 24th Nov. 2016. The function was inaugurated by the Chief Guest, Ms. Sheena Sahni, the Guest of Honour Rt. Rev. Bishop Ivan Pereira, the School Principal Sr. Maria Swati and the School Manager Fr. Shaiju Chacko. The programme started at 9:30 am with the lighting of the Diya which was followed by a prayer dance and other cultural folk dances of the state of J&K. The Dogri dance depicted the Duggar culture, showing culture mix of various castes and tribes, in different phases of time. The Kashmiri dance full of grace and elegance portrayed, the beauty and love of the people of Kashmir. Ladakhi dance was also performed with great vigour on the stage. Ladakh is famous for its remote mountain beauty and Buddhist culture along with its different festivals. Punjabi dance which was presented beautifully on the stage, was full of energy and vigour. Parents of the students also witnessed the programme with a sense of delight and great joy. The Chief Guest Ms. Sheena Sahni addressed the parents and students on this occasion.

Later, the Chief Guest, the Guest of Honour and many other dignitaries along with the school Principal Sr. Maria Swati inaugurated the exhibition. The three main regions of the state i.e. Jammu, Kashmir and Ladakh were exhibited, their souvenirs, cultural impact, heritage for which they are known. The highlights by the three regions in the exhibition were language, clothing, food, festivals, tourism, handicrafts, tourist-spots, marriage- customs, folk dances, vegetation, music, sports etc. The parents were also invited and they too got an opportunity to see the exhibition. The whole programme was properly organized. It was whole heartedly appreciated and liked by everyone.

Experience as M.C of Annual Day

2016



Confidence, hardwork and persistence are the keys to Success. This has proven of right in every aspect of our School. We intend to write this article to put forth the everlasting contribution of our School Management, Principal and Teachers for instilling confidence in every individual. Opportunities, responsibilities, proper guidance have made us what we are today. Today both of us can stand with our heads held high on any platform, participate and host any event because of the opportunities that Carmel gave us! Our involvement in any event made us feel privileged and trustworthy, giving us the confidence and enthusiasm for making that event a great success. Hosting the Annual Day Cum Exhibition 2016 "Exploring Jammu & Kashmir" was a big responsibility entrusted on us. We realized how important it was for the school. So, we had to put our best foot forward. No road is smooth and so we too had to go on a tough road facing challenges. Preparing for the Annual Day and managing our studies simultaneously was not an easy task. At times we faced issues with the script. Our vocabulary and speaking skills were testing our patience. But, a vision of commitment for not giving up and with visionaries and mentors like our teachers, we stood committed for the task assigned. With the support of our teachers Mrs. Rajkumari and Mrs Harpreet, we were able to accomplish the task amazingly. Both the teachers had put in a lot of hardwork with us. This made our Annual Day a complete success. The feelings were magnified when our names were published in the newspaper as skillful organizers. We owe our heartfelt gratitude to respected Principal, Sr. Maria Swati for giving us such an amazing experience and bestowing her blessings on us. Most importantly we thank God who has always been there with His hand on our head and pushing us to move forward and take a leap to succeed.

RITIKA CHOUDHARY & RIDDHIMA PARGAL

Student Development Programme

AN EDUCATIONAL TRIP TO DELHI

“Education is a never ending and everlasting process.” Life of a student is filled with numerous events, which keep them active, vibrant and in an ever learning mode.

Educational trips meant for gaining knowledge, experience, opening vistas, rejoicing and making memories are a wonderful part of our life.

Our school too organized an educational trip for Class IX. We too got an opportunity to visit some of the magnificent and mesmerizing architectural monuments filled with eloquence and artistry of Delhi namely “Kingdom of dreams”, “Akshardham”, etc. The journey to these wonders accompanied with friends and teachers added to fun and everlasting memories. This memorable trip to places of historical importance as Indira Gandhi museum, Jawaharlal Nehru museum, India Gate and Balidan Stambh were not only an inspiration for the students but also evoked the feelings of pride for the past, feeling of compassion and empathy for the struggle, the sacrifices made by the great people of India. Infrastructure and beauty of Akshardham caste spell and left children mesmerized. Kingdom of dreams showcased multi cuisines and cultures of different states of India. It was a marvellous piece of an architectural artistry. Folk dances from different states were another heart and soul capturing event. It was indeed an unforgettable experience to study along with the rejoicing moments for all of us.

Ramanpreet Kour & Neelakshi Singh



Unforgettable Memories



“Experience is the child of thought, and thought is the child of action. We cannot learn them from books”.

Educational tours inspire, give exposure and give us the time to break out of the rut and plough our own furrow.

With this objective, an educational tour for the students of 10th standard was planned. We left Jammu for McLeodganj with the thought ‘Leave off while the play is good’. At McLeodganj, a visit to DalaiLama Temple and Bhagsunath Temple, was an elevating experience and infused peace, solace, positivity and the surrounding ambience was enticing. The thrill did not stop here.

In Manali, our visit to Solang Valley, Hadimba Temple and Vashisth Bath filled our hearts and soul with new spirit and new verve. In Tea Gardens at Palampur we gained knowledge about the production of tea. We were at peace and our soul hummed gently. We were able to explore nature from a different perspective. This whole experience was refreshing and rejuvenating and gave us a wonderful lesson that ‘The value of travelling is to regulate imagination by reality, and instead of thinking how things may be, to see them how they are.’



AN EXPOSURE





Dental Checkup



Science Project



Rakhi Making Competition



Diwali Celebration



STUDENTS' DAY





Rejoicing in gratitude towards Teachers

“A TEACHER IS ONE, BUT FORMS THE DESTINIES OF MANY”

‘Teacher’ – the word stands for a thoughtful individual who on every single step is ready to guide, mentor, support and bring out the best potentials a student is gifted with. With teachers we capture a host of memories. The teachers form an integral and essential part of a student’s life. In their hands lies the foundation of our personality development and if a student is rightly channelled, awards and rewards are theirs.

Thus to honour the teachers of our school, Teachers’ Day was organised to express our gratitude and appreciation for their hard work, commitment and dedication. The programme was organized by the cabinet members. We were delighted to see all the teachers in elegant attires. The programme started with a ramp walk and proceeded with a prayer service.

A value based play was enacted by the students of the primary and middle school, highlighting the importance of a teacher in the life of a student. As a token of love, respect and gratitude, special gifts were given to the teachers. The alumni of the school also shared their memories on the momentous occasion. The programme came to an end with inspiring and encouraging words by our Principal Sr. Maria Swati.

To give a special and warm feeling to the teachers, all the classrooms were decorated and entertaining programmes were held by the students of every class for their teachers. The moment, in order to be filled with more thrills, a game of basket ball was organized for the teachers by the students. It’s rightly said, “A Teacher Takes a Hand, Opens a Mind, Touches a Heart “.

-Shivani Rasgotra
School Pupil Leader



Labour Day



SOCIAL SERVICE AWARENESS WEEK

“Not all of us can do
great things but we can
do small things with
great love”

In Carmel Convent School, the Social Service Awareness Week was organized from 7th December 2016 to 14th December 2016. Essential articles and material meant for day to day need were contributed by the students. Students of Std. 5th, 6th, 7th and Peace Club were fortunate enough to get an opportunity to visit places like Old age home, Balgran Charitable Home, Choti Terassa Home, Residential home of sightless girls, Jeevan Dhara, Nirmal Hriday and slum areas of Trikuta Nagar.

During the interaction with inmates, the students became aware of the plight of the destitutes who were abandoned by their loved ones. They learnt the lesson of humanity and serving the humans through the people who have sacrificed their lives to serve them and care for them.



THANKS GIVING

PRAYER & HANDING OVER CEREMONY



The Golden Day of My Life

“Leadership cannot be given, it must be earned.”

I, from my childhood, was deeply inspired by this quote. As rightly said we must always strive hard to earn the great quality- LEADERSHIP. I always wanted to reach the unreachable star and to be a great leader. I was blessed with this opportunity on 6th April, 2016. The School Investiture Ceremony of the cabinet members. As we gathered in the school campus along with all other cabinet members for the glorious moment of the day, we were excited and worried too. The programme commenced with a short prayer service by our class teachers, Mrs. Harpreet Kour and Mrs. Rajkumari Vats. With the drum beat, all the cabinet members were in attention and prepared to receive their responsive badges with a responsibility and an opportunity to serve the institution. Marching towards the stage, a delighted feeling engulfed my mind for this prestigious moment of my life. On reaching the stage the names of the members along with their portfolios were announced. I was entrusted with the responsibility of Discipline Captain and this gave a joyous feeling to me. Rejoicing within myself, I marched ahead to receive my badge and sashet. It was the most unimaginable, memorable moment of my life. After the assignment of portfolios to every member of the Cabinet Council, we took a pledge to fulfill our duties with zeal, enthusiasm, dedication, devotion and determination,

“Life is like a book and memories are the golden pages”

The investiture ceremony will always be truly a golden page of my life!

Deepakshi Singh
The Discipline Captain



An Introspection

Carmel Treasure Retreat

The Apostolic Carmel strongly feels the need for educating the girls not only in academics but also gives priority to their character building. Accordingly, every year class 9 is given two days of Retreat known as the “Carmel Treasure Retreat”.

The students are given life skills, values dear to Carmel culture and thus enabling them to have clear goals before they set out into the world after the completion of their studies. Each day is divided into several sessions with sufficient time for introspection. Silence and self control is emphasized and the students are accompanied by the resource persons. A conducive atmosphere is created to come in contact with the divinity in persons, situations and nature. At the end of these two days the students are not only enriched with the Treasure that is hidden in Carmel but also gain experiential knowledge to live a better life there after. The objective of these sessions is to make students more focused and disciplined.



ADIEU

It was an incredible morning hosted and organised by class IX students, to bid farewell to class X students. This was to wish them a great future. The programme started at 11 a.m. The school pipe band escorted Std X to the school hall. The programme began with a prayer followed by a few motivational and encouraging messages by the Principal Sr. Maria Swati, and their class teachers. Students of class IX left no stone unturned to make that day a special one. Phenomenal dances and comedy skits were performed. Each student was given an interesting task to perform. The highlight was a power point presentation which threw fun and added life to the occasion. To conclude, they were presented with a memento which included the Class photograph and activities.





Girl Guides Camp Organised at Carmel Convent High School

A two day camp of Pravesh & Pratham Sopan was conducted on 6th and 7th May 2016 in Carmel Convent High School. The girl guides instructors who came for the camp were Mrs. Bimala Handoo, Mrs. Manjeet Kour, Mr. K.L Sharma and Mr. Harcharan Singh. They gave a demo to the students related to girl guides, rules and regulations, objectives and aim of the girl guide movement. The whole programme was performed with the guidance of Girl Guide captain Mrs. Jyoti Wali. The programme was well appreciated by the school Principal.



Visit to the Governor's House

Few students of the girl guides of 8th standard, along with their girl guide captain, Mrs. Jyoti Wali, got a golden opportunity to visit the Governor's House in connection with the celebration of Foundation Day of the Bharat Scouts & Girl Guides on 13th Nov. Many leading schools were also invited along with their teachers to celebrate the function. Dignitaries from government departments and officials from Bharat Scouts and Guides had also come to grace the occasion. A cultural programme was also exhibited before the Governor, Mr. N. N Vohra and the first lady Mrs. Usha Vohra, by the scouts & guides of different schools. The Governor gave a very enlightening speech to the audience and appreciated the work done by the Scouts and guides of all the schools. All the participants got an opportunity to have lunch with the Governor. The whole experience of visiting the Governor's House was very enriching and a pleasant one.



EARTH-DAY

"Save our Mother Earth", we all have been hearing this slogan and to give some contribution to it Girl Guides of Carmel Convent High School, celebrated "Earth Day" on 22nd April 2016, under the guidance of the girl guide captain Mrs Jyoti Wali. The programme started with the lighting of the diya by the school Principal followed by a prayer dance and prayer service. An inspiring role-play was also presented on the occasion giving a message on how to save the natural resources of the mother earth. Few speeches by Girl-Guide, were also presented on the topic of "Earth-Day". The programme was concluded by a devotional song, sung by Girl-Guides of class 6th A. The whole programme was appreciated by everyone. The Girl-Guides club, whole-heartedly extended their thanks to the Principal for her unconditional support and encouragement.



WORLD AIDS DAY



Carmel Convent High school also took the initiative to celebrate World AIDS Day with great enthusiasm. The programme began with the lighting of the traditional lamp by the state Commissioner of Bharat Scouts and Guides Mr. I.D Soni, who also presided at the event as the Chief Guest and also by Mrs.Sakina Bano presently the Co-ordinator of Jammu region in the Ministry of Minority Communities Affairs, Govt. of India, as the Guest of Honour along with the School Principal Sr. Maria Swati. The programme started with a devotional prayer dance, followed by a group song conducted by the students of 5th and 6th standard. A very interesting role- play was conducted by the students of 7th standard on the topic AIDS. A guiding speech on the symptoms and precautions of AIDS was also delivered by the students of standard 8th. The Chief Guest Mr. I.D Soni and the Guest of Honour Mrs. Sakina Bano gave an inspirational and motivational speech on the occasion. The programme concluded with a Punjabi dance. The event was organized by the School Girl Guides under the mentorship of the Girl Guide captain, Mrs.Jyoti Wali.



Painting And Essay Competition

The Indian Oil & Gas Corporation Limited organised a painting & slogan writing competition on 3rd Feb. 2017, and an essay competition for the Scouts & Guides on 4th Feb on the theme - " Save Oil & Fuel " at Bharat Scouts & Guides Headquarters, Gandhi-Nagar. The students of 6th & 7th class from Carmel Convent School participated in the competition. Mr.I.D Soni, the State Comissioner of the Bharat Scouts & Guides gave an inspiring speech on how to save oil & fuel.



Rally Of Girl Guides

The Girl Guides of Carmel Convent High School took part in the rally on the theme "Save Oil & Fuel "on 7th Feb. 2017, under the supervision of the Girl Guide Captain Mrs. Jyoti Wali. The rally was organised by the Indian Oil & Gas Corporation Limited in collaboration with the Bharat Scouts & Guides Headquarters. Many leading schools participated in the rally. All the participants were holding the banners of their respective schools and were also holding Slogans of "Save Oil & Fuel ". The students who participated in the rally were provided with T-Shirts, caps and to satisfy their taste buds, eatables were given to them. The rally started from the Indian Oil Retail Outlet ,Police-line, and encircled the entire Gandhi-Nagar area and reached finally the Bharat Scouts & Guides Headquarters, which was the finishing destination of the rally. It was an enriching experience for the students.



INDEPENDENCE DAY

The Independence Day celebration started with the prayer dance and prayer service where students of VIII std arouse in us the feeling of patriotism. Our Principal Sr. Swati hoisted the National flag . March past was led by the School Pupil leader “ Shivani Rasgotra ” followed by the various houses .The event concluded with the Principal encouraging the students to work towards the betterment of the country and show their passion through their actions and to everyone’s delight sweets were distributed .

THE VARIOUS COMPETITIONS WERE HELD TO MARK THE IMPORTANCE OF THE INDEPENDENCE DAY

1. NATIONAL SYMBOL COMPETITION : I - IV
 2. COLLAGE MAKING COMPETITION : V – VII
 3. HEALTHY FOOD COMPETITION : VIII – X
 4. BULLETIN BOARD COMPETITION HOUSEWISE
- ARANSHI GUPTA (XB)



news

Bulletin Boards



National Symbol Competitions





पाठकगण !

विद्यालय की पत्रिका का अंक आपके सम्मुख लाने में हमें अपार हर्ष हो रहा है। पत्रिका के प्रस्तुत अंक में विद्यार्थियों के हृदय से निकले सुंदर एवं मधुर भावों को शब्द रूप में आपके सम्मुख प्रस्तुत किया गया है। भाषा भावों तथा विचारों की अभिव्यक्ति का सशक्त साधन है। शिक्षा का उद्देश्य छात्रों को सिर्फ पुस्तकीय ज्ञान उपलब्ध कराना ही नहीं बल्कि उनका सर्वांगीण विकास करना भी है। इसी उद्देश्य को ध्यान में रखते हुए हमारे छात्रों का विद्यालय पत्रिका रूपी सामूहिक प्रयास आपको समर्पित है। बुद्धि, भाव एवं ज्ञान की बहुरंगी कल्पना को मूर्तिमान करने में जिन छोटे बड़े कलाकारों ने सहयोग दिया, वे सब हमारे आभार के पात्र हैं। पाठकों से अनुरोध है कि हमारे बाल साहित्यकारों की मानसिक आयु को ध्यान में रखते हुए इनकी त्रुटियों को क्षमा करें एवं प्रोत्साहित करें।

विनीत

राजकुमारी वत्स
प्रशिक्षित स्नातकोत्तर शिक्षिका
हिन्दी-विभागाध्यक्ष

स्वावलम्बन

‘जो मुँह ताकते हैं और सोचते हैं कि खुदा देगा। खुदा ऐसे निकम्हों की हस्ती ही मिटा देगा। स्वावलम्बी (आत्मनिर्भर) बनोगे तो जीवन नैया पार है, नहीं तो यह जीना बेकार है।’

स्वावलम्बन का अर्थ है अपना सहारा खुद बनना किसी की सहायता लिए बिना अपना काम खुद कर लेना ही स्वावलम्बन कहलाता है, लेकिन स्वावलम्बन का यह अर्थ कदपि नहीं कि आप निरंकुश होकर अपनी मर्जी चलाएं। दूसरों के परामर्श का भी लाभ उठाना चाहिए। जिन व्यक्तियों में आत्म निर्भरता की कमी होती है, वह न तो अपना भला कर पाते हैं और न ही देश की उन्नति में सहायक होते हैं।

स्वावलम्बी (आत्मनिर्भर) व्यक्ति ही समाज को आगे ले जा सकता है। इतिहास ऐसे व्यक्तियों से भरा पड़ा है, जैसे शिवाजी, महाराजा रणजीत सिंह, हरि सिंह नलवा, मदर टेरेसा, गांधी जी आदि।

आत्मनिर्भरता का गुण साधना और परिश्रम से आता है। अपने बल से व्यक्ति समाज में बड़े से बड़ा काम कर सकता है। नैपोलियन के अनुसार “असम्भव शब्द तो केवल मूर्खों एवं कायरों के शब्दकोष में पाया जाता है। स्वावलम्बन (आत्मनिर्भरता) का गुण व्यक्ति का सच्चा मित्र होता है। जब सारे मित्र हमारा साथ छोड़ देते हैं तब स्वावलम्बन रूपी मित्र हमारा हाँसला बढ़ाता है।

दूसरों पर आधारित जीवन श्राप के समान होता है। आत्मनिर्भरता के अभाव में हम आँखों के होते हुए अंधे हैं। आत्मनिर्भरता पूर्णतः की निशानी है। परावलम्बी होने पर हमें कभी – कभी दूसरों की अनुचित बात भी माननी पड़ती है।

अंत में मैं यह कहना चाहूँगी कि यदि सम्मान का जीवन जीना चाहते हो तो आत्मनिर्भर बनो।

स्वावलम्बन केवल व्यक्ति को ही नहीं बल्कि समाज और राष्ट्र को भी प्रगति की ओर ले जाने वाला सर्वश्रेष्ठ गुण है। जिस पर उन्नति के भ्रमर मंडराते रहते हैं।

बच्चों हमेशा याद रखो कि
“स्वावलम्बन बिना जीवन भ्रम जाल है।
इसमें फंसे आदमी का जीवन बेहाल है।”

शिक्षिका : हरपाल कौर

चिरस्मरणीय यात्रा

प्रथम जून, बुधवार का दिवस, कक्षा दशम की छात्राओं के लिए वह स्वर्णिम अवसर लेकर आया जब प्रातःकाल साढ़े पाँच बजे विद्यालय में गुरुजनों का अभिवादन कर हम सभी छात्राएँ देवभूमि हिमाचल 'शैक्षिक भ्रमण' के लिए चल पड़े। मैं वैष्णवी अपने आप को भाग्यशाली समझती हूँ कि मुझे मेरी सहपाठिनों एवं शिक्षकों के साथ हिमाचल के पौराणिक, धार्मिक और ऐतिहासिक स्थलों को निहारने का सुअवसर मिला। हम कारमल की कक्षा दशम की छात्राएँ अपने शिक्षकों— श्रीमती राजकुमारी वत्स, श्रीमती हरप्रीत कौर, सर सुरेश और सिस्टर मिरियम के साथ इस अविस्मरणीय यात्रा पर निकल पड़े। इस यात्रा में हमारा मार्गदर्शन किया समरलैंड ट्रेवल्स की प्रभारी श्रीमती परविंदर कौर ने। सर्वप्रथम हमने 'कोरल-रेंस्टोरेंट' में नाश्ता किया। तत्पश्चात् मक्लोडगंज की ओर निकल पड़े।

मक्लोडगंज में हम 'आनंद-होटल' ठहरे। लंच के पश्चात् हम दलाई-लामा का हैड ऑफिस देखने निकल पड़े। तिबेत्तियन मार्केट से होते हुए हमने भागसुनाथ मंदिर में मत्था टेका। दूसरे दिन प्रातः हम मनाली की ओर अग्रसर हो गए। रास्ते में मंडी में स्थित गुरुद्वारा में भी मत्था टेका। मनाली में हमने 'हडिंबा देवी' मंदिर, कल्ब-हाउस और ऋषि वशिष्ठ मंदिर जाने का सौभाग्य प्राप्त हुआ। तीसरे दिन हम मणिकरण के लिए चल पड़े। वहाँ हमने वहाँ का प्रसिद्ध गुरुद्वारा, श्रीराम मंदिर, नैना देवी मंदिर और शिव-पार्वती मंदिर में मत्था टेका और आशीर्वाद प्राप्त किया। पाँचवे दिन हम मनाली से पालमपुर की ओर रवाना हुए। वहाँ हमें चाय के बागान निहारने का अवसर प्राप्त हुआ। अब यात्रा के अखिरी पड़ाव में हमें माँ चामुण्डा देवी के दर्शन करना था। माँ चामुण्डा देवी के दर्शन कर हम कृतार्थ हो गए।

—वैष्णवी खजुरिया;कक्षा-दशम'ब'

वार्षिकोत्सव एवं प्रदर्शनी 2016—17

22 नवंबर 2016 को कारमल कान्वेंट के प्रांगन में वार्षिकोत्सव मनाया गया। जिसका विषय था — 'जम्मू-कश्मीर...एक खोज'

'विषय' सुनने में जितना सरल है, व्यवहारिक रूप में उतना ही कठिन। यह एक बड़ी चुनौती थी और कार्यक्रम को भी सरल बनाना था। प्रत्येक टीचर व क्लास को कार्यभार सौंपा गया। सभी अपने-अपने हिस्से के कार्य को सफल बनाने में जुट गए।

सबसे कौतुहलपूर्ण बात यह थी कि वार्षिकोत्सव की मुख्य अतिथि अपने ही स्कूल की पूर्व छात्रा थी जो इस समय KAS ऑ. फिसर है। यह हमारे लिए बड़े गर्व की बात है। हमारा पढ़ाया बच्चा आज इस मुकाम पर है।

कार्यक्रम इस ढंग से प्रस्तुत किया गया कि दर्शकों ने अंतिम समय तक पलक तक नहीं झपकी। बिना समय गंवाए एक के बाद एक प्रस्तुतियाँ दी गईं। अंतिम अंश अर्थात् कार्यक्रम का समापन फिनाले प्रस्तुति द्वारा हुआ। जिसने तहलका मचा दिया। जम्मू-कश्मीर पर आधारित गीत होने के कारण उत्तेजनापूर्ण था। तीनों प्रदेशों जम्मू, कश्मीर, लद्दाख प्रदेशों को प्रदर्शित करने का पूर्ण प्रयास हुआ। स्टेज प्रोग्राम के पश्चात् मुख्य अतिथि शीना साहनी, विशप आइवन परेश और स्कूल मैनेजर फादर शायजू चाको ने प्रदर्शनी का उदघाटन किया। तीनों प्रदेशों की झलकियों का आनंद उठाया। मुख्य अतिथि और विशप बच्चों, शिक्षकों और प्रिंसिपल के परिश्रम की प्रशंसा किए बिना न रह सके।

— राजकुमारी वत्स ;हिन्दी शिक्षिका

वार्षिकोत्सव एवं प्रदर्शनी





हिन्दी-शिक्षण को सम्मान

कर्मण्येवाधिकारस्ते मा फलेषु कदाचन ।
मा कर्मफलहेतुर्भूमा ते संगोअस्त्व कर्मणि ॥

अर्थात् तुम्हें कर्म करने का अधिकार है किन्तु कर्म के फलों के तुम अधिकारी नहीं हो। इसलिए हे अर्जुन! कर्म किए जाओ, फल की इच्छा न करो।

भगवद्गीता के इस श्लोक से मैं हमेशा से ही प्रभावित रही हूँ। इसी से प्रेरित हो कर मैंने मन में गांठ बँध ली थी कि मुझे हर परिस्थिति में अपने हिस्से का कार्य मन से करना है। और फल की इच्छा नहीं रखनी है। दिन, महीने, साल बीतते गए और मैं उस प्रण पर अडिग रही।

हिन्दी-शिक्षण में कार्य करते मुझे 27 साल बीत चुके हैं। अपने इन सालों में मेरा अपने विषय के साथ और अपने स्कूली बच्चों के साथ विशेष नाता बन गया है। मैं अध्यापन को बोझ नहीं समझती अपितु इससे मुझे आनंद की अनुभूति होती है। भारतीय भाषा हिन्दी के विकास के लिए मैं निरंतर प्रयासरत रहती हूँ। बच्चों में भी अपनी भाषा के प्रति रुचि बढ़ाना अपना धर्म मानती हूँ। समय के साथ मैं हिन्दी-अध्यापन में समाती चली गई।

14 सितंबर 2016 को हिन्दी दिवस के अवसर पर हिन्दी शिक्षण में उत्कृष्ट योगदान के लिए 'मधुबन एजुकेशन सोसाइटी दिल्ली' ने हिन्दी शिक्षकों को सम्मानित करना था। राष्ट्रीय स्तर पर इस चुनाव के लिए प्रत्येक राज्य से एक शिक्षक को निमंत्रण था। जम्मू-कश्मीर राज्य के लिए डायोसीज़ ऑफ जम्मू श्रीनगर एजुकेशन सोसाइटी को कहा गया। इस सोसाइटी के कई स्कूलों में से कारमल कान्वेंट हाई स्कूल की हिन्दी शिक्षिका 'राजकुमारी वत्स' को चुना गया।

एक बार फिर मुझे गीता के उस श्लोक की याद आ गई— कार्य किए जाओ फल की इच्छा न करो। फल उपर वाला स्वयं देगा। तो क्या यह वही फल है? ईमानदारी, परिश्रम, लगन और प्रतिभा के बल पर हम सफलता की सीढ़ियाँ चढ़ते ही चले जाते हैं।

मैं 'डायोसीज़ ऑफ जम्मू श्रीनगर एजुकेशन सोसाइटी' का हृदय से आभार व्यक्त करती हूँ कि उन्होंने मुझे इस काबिल समझा और मुझे मेरे क्षेत्र में पहचान दिलाई। मुझ पर विश्वास दिखाने के लिए माननीय प्रिंसिपल सिस्टर स्वाति का हृदय से धन्यवाद करती हूँ। कारमल परिवार का धन्यवाद जिसके प्रांगण में पल-बढ़ कर इस काबिल बनीं। जिस-जिस से पथ पर स्नेह मिला, उस-उस राही को धन्यवाद।

— राजकुमारी वत्स ;हिन्दी शिक्षिका



कक्षा—अध्यापिका

कई सालों से कई कक्षाओं में पढ़ाया कई टीचरों ने,
परंतु इस साल हमें मिली कारमल की राजकुमारी,
जैसे हो सखी हमारी।
दिया हमें ढेर—सा प्यार तथा मॉ—सा दुलार,
हर क्षेत्र में प्रशंसा दिलाई, यहाँ आवश्यक फटकार लगाई।
पूरे साल बनकर रहे राजकुमारी के राजदुलारे,
जैसे ज़मीं पर हों आसमान के तारे।
सबको एक सूत्र में पिरोने वाली कड़ी हो आप,
जो सही, वहीं अड़ी हो आप।

आपके——

‘तू नहीं सुधरेगी’ की आदत तो कुछ इस प्रकार पड़ चुकी है कि
आपकी फटकार भी मीठी—सी लगती है।

छंद, अलंकार तो इस प्रकार पढ़ाए कि
कभी हम भूल न जाएं।

एक—एक विषय को एक—एक मास,
बढ़िया अंकों से होंगे हम पास।

आप हो मैम आलवेज़ राईट,
तभी तो है हमारा फ्यूचर बराईट।

— आरांशी कक्षा ;दशम ब



मीठी यादे

छोटी—छोटी खुशियों जीवन को खुशहाल बनाती हैं। छोटे—छोटे पल जीवन में बहार लाते हैं। छोटी—छोटी कहानियों से ही तो किताब बनती है। छोटे—छोटे सपने ही तो इंसान की मंज़िल तय कर जाते हैं। ऐसा ही है कुछ हमारे कारमल का सफर———
याद है स्कूल का पहला दिन! माता—पिता की उंगली पकड़, रोते—रोते स्कूल आए थे। स्कूल न जाने की जिद्द। मानो आज भी हम वहीं हैं। फर्क सिर्फ इतना है कि जिद्द तो है, गम तो है, आँखों में आँसू तो हैं, पर स्कूल से न जाने के लिए। पता ही नहीं चला कि जीवन के ये सबसे मज़ेदार पल कैसे बीत गए और कारमल सफर के हम अंत तक आ गए। यकीन ही नहीं होता कि जीवन की यादगार कहानी का अंत होने वाला है।

वो क्लास का साथ, टीचर का प्यार, उनका दुलार, उनकी फटकार ये सब याद बनकर रह जाएगा। ऐसी न जाने कितनी यादें संजो कर जा रहे हैं। आशा है कि सदा आपके दिल में रहेंगे, यादों में रहेंगे, बातों में रहेंगे।

इस स्कूल से तो जुदा हो रहें हैं पर अपने दिल से जुदा न करना। रब से बस यही दुआ है इस प्यार को हमेशा बरकरार रखना। आपने हमें जो दिया वो शायद कोई और न दे पाता और शायद न दे पाएगा। हमें संवारा, अपना नाम दिया Carmelite.

इस नाम को सदा बनाए रखेंगे हम, ये वादा है हमारा। जाते—जाते यही कहना चाहेंगे——दुआ में याद रखना, दुआ में याद रखना, दुआ में याद रखना।

— बंशिका शर्मा ;कक्षा दशम ब

बच्चे की कल्पना



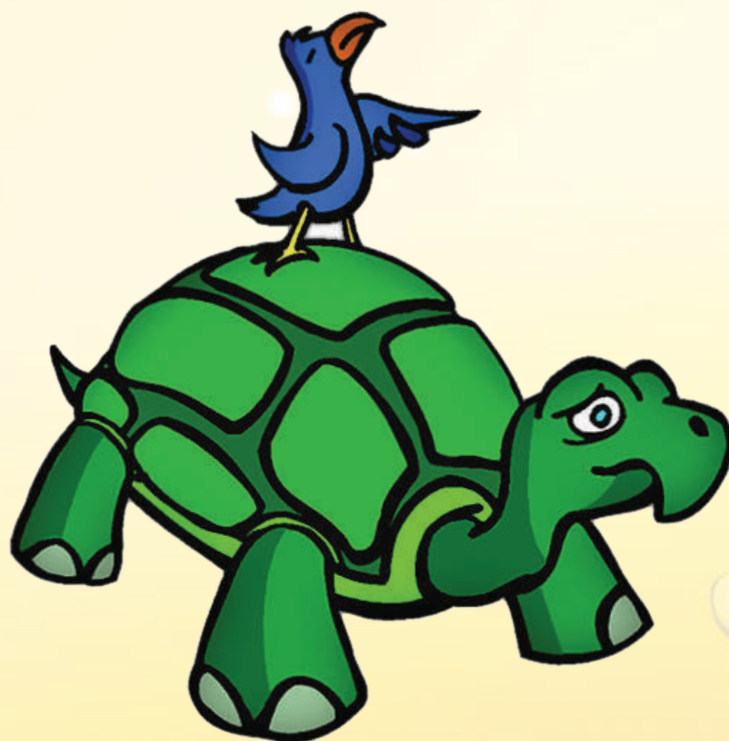
दादा कहते हैं बनो आई. ए . एस,
दादी कहती बनो आई. पी. एस,
माँ कहती बनो इंजीनियर।
पापा कहते इससे अच्छा, सीखो तुम कम्प्यूटर।
चाचा कहते बनो प्रोफेसर, चाची कहती बड़े अफसर।
सबकी अलग-अलग अभिलाषा, सबका अपना नाता।
लेकिन मेरे मन की उलझन, कोई समझ न पाता।
मेरी तुमसे यही प्रार्थना, कुछ भी कर दो ऐसा।
फूला बस्ता पिचक जाए, मेरे गुब्बारे जैसा।

—वंशिका जसरोटिया कक्षा— आठवीं अ

पशु और पक्षी

पशु-पक्षी हैं प्रकृति के अभिन्न अंग,
हैं सुनहरे इन सब के रंग।
अपने स्वर से लुभाते हैं मन को,
अपनी आबादी से संवारते हैं वन को।
पक्षियों के होते हैं मीठे स्वर,
किन्तु हम इन्सान उजाड़ देते हैं इनका घर।
अब घटती जा रही है इनकी आबादी,
इसका कारण है पेड़ों की बरबादी।
पेड़ होते हैं इनका प्राकृतिक घर,
इनके बिना पशु-पक्षी जाते हैं मर।
इसलिए दोस्तो यह है मेरी विनती,
मत कम होने दो पेड़ों की गिनती।
वरना एक ऐसा दिन आएगा,
जब सब खत्म हो जाएगा।
नहीं रहेगा कोई पशु-पक्षी या इन्सान,
रह जाएंगे यहीं सब गाड़ी बंगला और मकान।
कहीं करो पशु-पक्षियों से बुरा बर्ताव,
इन्हें बचाने का हमारा होना चाहिए भाव।

— अमानिया वैह्लम कक्षा— आठवीं अ





ग्लोबल वार्मिंग अर्थात सारभौमिक उष्णता

आखिर गर्मी के बढ़ने का कारण क्या है? महासागर, बर्फ की चोटी सहित पूरा पर्यावरण और धरती की सतह का नियमित गर्म होने की प्रक्रिया को 'ग्लोबल-वार्मिंग' कहते हैं। पिछले कुछ वर्षों में वातावरणीय तापमान में वृद्धि देखी गई है। सूरज की रोशनी को लगातार ग्रहण करते हुए हमारी पृथ्वी दिनों-दिन गर्म होती चली जा रही है जिससे वातावरण में कार्बनडाईआक्साईड का स्तर बढ़ रहा है। इसके लगातार बढ़ते दुष्प्रभावों से मनुष्य के लिए बड़ी समस्याएं उत्पन्न हो रही हैं।

ग्लोबल-वार्मिंग का सबसे मुख्य कारण ग्रीनहाउस गैस है। जो कुछ प्राकृतिक प्रक्रियाओं से तो कुछ मनुष्य की पैदा की हुई है। जनसंख्या विस्फोट, अर्थ-व्यवस्था और उर्जा के इस्तेमाल से 20वीं सदी में ग्रीनहाउस गैसों को बढ़ते देखा गया है। लगभग हर ज़रूरत को पूरा करने के लिए आधुनिक दुनिया में औद्योगिकीकरण की ज़रूरत है। ग्लोबल-वार्मिंग की वजह से बहुत सारे जलवायु परिवर्तन हुए हैं जैसे-गर्मी के मौसम में बढ़ोतरी, सर्दी के मौसम की कमी, तापमान में वृद्धि, वायु-चक्रण के रूप में बदलाव, जेट-स्ट्रीम, बिना मौसम बरसात, बर्फ चोटियों का पिघलना, ओजोन परत में क्षरण, भयंकर तूफान, चक्रवात, बाढ़, सूखा आदि।

सरकारी एजेंसियों, व्यापारिक नेतृत्व, निजी क्षेत्रों और एन.जी.ओ आदि के द्वारा कई जागरूकता अभियान और कार्यक्रम चलाए और लागू किए जा रहे हैं। ग्लोबल-वार्मिंग के द्वारा कुछ ऐसे नुकसान हैं जिसकी भरपाई असंभव है। हमें अब पीछे नहीं हटना चाहिए। ग्लोबल वार्मिंग के मानव-जनित कारणों को कम करने के द्वारा हर एक को इसके प्रभाव को घटाने के लिए अपना बेहतर प्रयास करना चाहिए। हमें वातावरण से ग्रीनहाउस गैसों का कम से कम उत्सर्जन करना चाहिए। बिजली की उर्जा के बजाए शुद्ध और साफ उर्जा के इस्तेमाल की कोशिश करनी चाहिए अथवा सौर, वायु और जियोथर्मल से उत्पन्न उर्जा का इस्तेमाल करना चाहिए। तेल जलाने और कोयले के इस्तेमाल, परिवहन के साधनों के स्तर को घटाने से ग्लोबल वार्मिंग को घटाया जा सकता है।

—इवरीन कौर कक्षा-दशम ब

हँसती खेलती दसवीं कक्षा

यह है हमारी कक्षा दसवीं,
इसमें पढ़ते हैं बच्चे छियालीस ।
अंशिया, अराधिता, की आवाज़ है उँची,
दिशा है लंबी छरहरी—सी ।
रीतिका, रीधिमा हैं थोड़ी शरारती बच्ची,
अमृता, दीपाक्षी हैं खेलों में अच्छी
राजकुमारी मैम हैं हमारी हैड,
हमारी शरारतों से हो जाती हैं सैड ।
कुछ और भी सुनिए हमारे विचार,
और भी है दसवीं का परिवार ।
सुप्रीत मैम पढ़ाती हैं विज्ञान,
उनमें है बहुत—सा ज्ञान ।
हिन्दी पढ़ाती हैं मैडम राजकुमारी,
और बोलती हैं कोयल से बोल ।
कम्प्यूटर पढ़ाती हैं ममता मैम,
हम खुश होते हैं करके प्रोग्राम ।
इतिहास पढ़ाती है मैडम अनीता,
उनकी कक्षा में समय अच्छा है बीतता ।
गणित में डाली सर सुरेश ने जान,
फिर भी पढ़कर हम हुए परेशान ।
सिस्टर स्वाति करती हैं हमसे प्यार,
इसलिए कारमल का हर बच्चा बनेगा होशियार ।

— अवंतिका गुप्ता कक्षा—;दशम ब

X

माँ



माँ तू दुनिया के लिए एक है, पर मेरे लिए अनेक है ।
अगर तुझे देख लूं तो लगता है, दुनिया देख ली ।
पर हकीकत में दुनिया तेरे सामने कुछ भी नहीं ।
तेरा दिल है गहरा समुद्र जितना, परंतु थकती नहीं तू काम करके भी इतना ।
माँ तू महान है, तू मेरे लिए भगवान है ।
हँसती है तू जब मैं हँसती हूँ, रोती है तू जब मैं रोती हूँ ।
मैं हूँ तेरे आँख का तारा, कहती है तू मुझे प्यारा, दुलारा ।
मैं गर्व से कहती हूँ कि मेरे पास माँ है ।
बाकी दुनिया कहे या न कहे, पर मैं कहती हूँ ।
माँ तू महान है मेरे लिए भगवान है ।

— हरसिमर कौर कक्षा — सप्तम ब

हिन्दी—सप्ताह समारोह

हिन्दी—सप्ताह समारोह 12 सितंबर से 17 सितंबर तक मनाया गया । 12 सितंबर 2016 को हिन्दी सप्ताह का शुभारंभ हुआ । कार्यक्रम की शुरुआत 'दीप—प्रज्ज्वलन' द्वारा हुई । संस्कृत का श्लोक 'असतो मा सद्गमय' गाया गया । विशेष प्रार्थना—सभा कक्षा दशम द्वारा की गई ।

गर्वनमेंट कॉलेज फॉर वुमन की हिन्दी प्रोफेसर 'श्रीमती हरविंदर कौर' मुख्य अतिथि थीं । स्वागत—भाषण और पुष्प—गुच्छ द्वारा अतिथि का स्वागत किया गया ।

हिन्दी को समृद्ध बनाने के लिए प्रतियोगिताएँ रखी गई । उदाहरणार्थ— दोहा—
प्रतियोगिता, भाषण प्रतियोगिता, वाद विवाद प्रतियोगिता, कवि सम्मेलन, कव्वाली,
और कविता प्रतियोगिता । एकांकी और पी0पी0टी0 द्वारा हिन्दी का महत्व दर्शाया
गया । अंत में प्रिंसिपल सिस्टर स्वाति ने बच्चों के कार्य की प्रशंसा की और अध्यापकों को हिन्दी शिक्षण में उत्कृष्ट योगदान देने के लिए कहा ।

— अमानिया वेहलम, तनवीर कौर, मनजोत कौर



हिन्दी—सप्ताह



मेरा स्कूल, मेरी जान



कारमल
इस जैसा स्कूल मुझे कान्वेंट स्कूल है मेरी सफलता की राह,
मिलेगा कहाँ?

स्कूल की प्रधानाचार्या का नहीं है कोई जवाब,
हर बच्चे का है इस स्कूल में पढ़ने का स्वाद।
अध्यापिकाएँ हैं मेरे स्कूल की बेमिसाल,
हर फील्ड में दिखाती हैं अपना कमाल।
बच्चे हैं मेरे स्कूल के हर कदम में आगे,

प्यार से जुड़े हैं हम सब के धागे।
मंजिल है अपनी छूना आसमान,

मुट्ठी में करना है पूरा जहान।
अपने स्कूल की बढ़ाएंगे शान,
करेंगे ऐसा काम महान।
अध्यापकों का है सच्चे मन से शुक्रिया,
जिन्होंने हमेशा आगे बढ़ने का ज्ञान दिया।
अपने स्कूल पर है हमें मान,
जिसमें बसती है हमारी जान।

— सुमित कौर कक्षा— नवम अ



नोटबंदी

जब दिल को कोई बात अच्छी लगती है,
तब शमा जलानी नहीं पड़ती,
तब कविता बनानी नहीं पड़ती,
कविता तो स्वयं बन जाती है।

नोट बंद क्या हुए देश में हाहाकार मचा गये,
जो उग्रवाद आए दिन काले धन की शह पर हमला करते थे,
नोटबंदी के कारण होश ठिकाने आ गए।

500 और 1000 के नोट बंद क्या हुए,
विपक्षी—दलो में उथल—पुथल मच गई।
नोटबंदी को रोकने के कई प्रयास किए गए,
पर मोदी जी अपनी बात पर डटे रहे।

वाले धन के खिलाफ अभी तो यह लड़ाई है,
मोदी जी कहते थे अच्छे दिन आने वाले हैं,
उन्हीं दिनों की यह एक अंगड़ाई है,
हम सबको मिलकर लड़नी यह लड़ाई है।

मेरे प्यारे देशवासियो! हमें ताकत जतानी है,
भूखे रहकर, सबकुछ सहकर, आज हमें दिखाना है,
अभी नहीं तो कभी नहीं, ऐसा दशकों में होता है,
मोदी जैसा नेता कभी—कभी ही मिलता है।

— पूर्वी गुप्ता कक्षा — नवम अ

मेरा डुग्गर

मेरे डुग्गर दी शन निराली
इत्थें शेर ते बकरी पींदे हे पानी
आपसी भाईचारे दी ऐ एह इक मसाल
इत्थें सारे धर्म दी ऐ इक्कै चाल।
राजा जाम्बुलोचन ने बसाया हा एह शैहर
रली मिली रौहदे सारे नेई कुसै कन्नै बैर
सुरगी शलैपे इत्थें लभदे न जहार
दिक्खी-दिक्खी मन भरमांदे सैलानी बार बार।
चप्पे चप्पे पर मंदर शिवाले
धर धर वसदे देवी दे देवालय
मंदरें आला शैहर ऐ महान
मेरे डुग्गर प्रदेश दी बखरी ऐ शान।

शिवरंजनी छेमी 'ब'

कहानी

इक बारी दी गल्ल ऐ जे इक हाथी हा । ओहदे चार दोस्त हे — डिङ्गू, खरगोश , घोड़ा ते हिरण । इक दिन हाथी बूहटें दे अगगें—पिच्छें फिरै करदा हा । अचानक हाथी गी अगग लग्गी गई । इन्ने चिर उत्थें शेर आई गेआ ते हाथी ने शेर गी आक्खेआ जे मिगी बचाई लै षेर ने आक्खेआ जे जिसलै में मसीबत च हा तां तूं मिगी नेई हा बचाया ते में की तुगी बचां । शेर उत्थुआं चली गेआ । हाथी तड़फन लगा ते इन्ने च उत्थें डिङ्गू आया । कुसै गल्लै उप्पर उं'दी तू —तू मैं—मैं होई गई ते हाथी ने गुस्से च ओहदी कोई गल्ल नेई सुनी ते अपने पैरें हेठ उं'सी मिंदी ओड़ेआ जदके डिङ्गू उसी आखदा रेहा जे ओह उसी बचान आए दा हा । इन्ने च जोरें दी बरखा लग्गी ते अगग बुज्झी गई । बरखा इन्नी तेज ब'री जे हाड़ आई गेआ । हाथी दे अलावा सारे हाड़ च रुढ़न लग्गी पे । हाथी ने सारे जानवरें दी मदद कीती । शेर ने ओहदा धन्नवाद करदे होई आक्खेआ जे में ते तेरी कोई मदद नेई कीती दी फही तूं मेरी मदद की कीती तां हाथी ने आक्खेआ जे में इनसानियत दे नाते गै तेरी मदद कीती ऐ पर मिगी कन्नै गै जिंदगी भर एह पछतावा रौहग जे जेहड़ा डिङ्गू ओहदी मदद करन आए दा हा ,में उसी गै मारी ओड़ेआ ।

आर्चिका महाजन छेमी 'अ'



बूहटे दी म्हत्ता

बूहटे मनुक्खै आस्तै बड़े गै जरूरी न । बूहटे सभनें दे घरें च लगगे
 दे होने चाहिदे न की जे एह माहनु दे जीवन दा इक अनत्रुट्ट
 हिस्सा न । बूहटे बगैर मनुक्खै दा जींदे रौहना मुमकन गै नेई
 ऐ । बूहटे असेंगी ठंडी छां , सब्जियां , फल बगैरा दिंदे न । इं'दे
 थमां केई चाल्ली दियां दोआइयां बी बनदियां न । असें गी मते
 कोला मते बूहटे लाने चाहिदे न । लोक अपने सुआर्थ आस्तै बूहटे
 बढदे जा करदे न पर असेंगी चाहिदा ऐ जे जेकर अस इक बूहटा
 बढचै तां ओहदे थाहर पंज होर लाचै । असेंगी चाहिदा जे अस एह
 सनेहा घर-घर पजाचै ते अपने पर्यावरण गी बचाचै की जे जेकर
 असें अपने पर्यावरण गी नेई बचाया तां जिन्नियां बी बमारियां बधै
 करदियां न , ओहदे जिम्मेवार अस आपूं बी होंगे ।
 अलीना एन नबी छेमी 'अ'



पढाई

में स्कूल च जदूं पैहली बारी आई
 इन्नी सारी कुडियें गी दिक्खी में घबराई
 में सोचेआ मे स्कूल च कैहली आई
 फही में सोचेआ में करनी ऐ पढाई ।

में चुपचाप बैठी दी ही
 इन्ने चिर इक कुड़ी मेरे कोल आई ।
 उसने मिगी पुच्छेआ तूं केहड़ी
 क्लास च एडमिशन करोआई ?

में आक्खेया में एल. के. जी. च एडमिशन
 करोआई

गल्ल बात करदे जान पछान निकली आई
 इन्ने चिरें हिन्दी दी मैडम आई
 मैडम ने मेरी जान पनछान बच्चे कन्ने कराई

में खुश होई ते में सोचेया किन्नी चंगी ऐ पढाई

रवदीप कौर छेमी 'अ'

पेपरें दी तेआरी

छोड़ो बच्चो गल्लां सारियां
करो पेपरें दियां तेआरियां ।
खेढना नच्चना बंद करो तुस
पढ़ने पासै ख्याल करो तुस ।

टी.वी –फिल्मां दिक्खनियां छोड़ो
छड़ा पढ़ाई कन्नै नाता जोड़ो ।
मेहनत करने आहलें अगै
सारी दुनिया हारी ।

जीवन भर तुस सुख पागेओ
जेकर पढ़ाई करना चाहगेओ ।
आओ छोड़ो गल्लां सारियां
करो पेपरें दियां तेआरियां ।

पाविनी गुप्ता सतमी 'अ'



मेरे माता—पिता

मेरा नां जानवी ऐ । में कारमल कॉन्वेंट हाई स्कूल कुंजवानी
च पढ़नी आं ।

मेरे माता—पिता ने मिगी हर चाल्ली दी सुख—सुवधा दिक्खि दी ऐ
। मिगी पढ़ाने —लखाने च उ'नें कोई कसर नेई छोड़ी दी ओह
अपने —अपने थाहर अपना पूरा फर्ज नभा करदे न । मेरे पिता
जी मिगी पढ़ाने च कोई कसर नेई छोड़दे ते माता जी घरे दे
कम्मै दे कन्नै मिगी बी पूरा समा दिंदियां न । उ'नें गी मेरी बड़ी
फिकर ऐ । ओह मिगी हर खेतर च अगगे बधदे दिक्खना चांहदे
न । में चाहन्नी आं जे में बड़डे होइयै उ'दा नां रोशन करां ।
मेरे माता—पिता ने कुड़ी ते मुड़े च कोई फर्क नेई समझे दा ते
ओह दौनें गी बधने फुल्लने दे इक्कै जनेह मौके दिंदे न । ओह
मेरी परवरिश बी उ'यां गै करदे न जि'यां के मेरे भ्रा दी । मेरी
एह चाह ऐ जे में पढ़ी—लिखियै कुसै उच्चे औहददे उप्पर पुज्जां
ते अपने माता—पिता दा नां रोषन करां । में परमात्मा अगें इयै
प्रार्थना करनी आं जे हर धी मेरे माता—पिता मेरे माता—पिता
आहला लेखा होन ।

जानवी मेनिया छेमी 'ब'



ਧਰਤੀ ਮਾਂ

ਧਰਤੀ ਮਾਂ ਤੂੰ ਸਮਨੇਂ ਦੀ ਮਾਂ
ਤੇਰੇ ਅਗੇਂ ਸੀਸ ਝੁਕਾਂ ।
ਰੂਪ ਤੇਰਾ ਏ ਬੜਾ ਨਿਆਰਾ
ਲਗਦਾ ਏ ਸਮਨੇਂ ਗੀ ਪ੍ਧਾਰਾ
ਬੈਰ-ਭਾਵ ਦਾ ਬਿੰਦ ਨਿੰ ਨਾਂ

ਧਰਤੀ ਮਾਂ ਤੂੰ ਸਮਨੇਂ ਦੀ ਮਾਂ ।
ਹਿੰਦੂ ਮੁਸਲਿਮ ਸਿਕਖ ਇਸਾਈ
ਪਾਲੇਂ ਮਾਂ ਤੂੰ ਛਾਤੀ ਲਾਈ ।
ਫਰਕ ਨੇਝੈਂ ਤੂੰ ਕਰੇਂ ਦਨਾਂ

ਧਰਤੀ ਮਾਂ ਤੂੰ ਸਮਨੇਂ ਦੀ ਮਾਂ ।
ਦਿੰਦੀ ਫਲ-ਫੁਲ ਰੁਟੀ ਟਲਾ

ਥੋਡ ਨਿੰ ਕੋਝੈਂ ਕੁਸੈਂ ਬੀ ਗਲਾ
ਗੁਣ ਤੇਰੇ ਮੇਂ ਨਿਤ-ਨਿਤ ਗਾਂ
ਧਰਤੀ ਮਾਂ ਤੂੰ ਸਮਨੇਂ ਦੀ ਮਾਂ ।

ਰੂਪ ਤੇਰਾ ਕੁਝੈਂ ਉਚੇਂ ਫਾਡੇਂ
ਹਿਰਨ ਦੋਡਦੇ ਜੰਗਲ-ਜਾਡੇਂ
ਗਾਂਦੇ ਤੋਤੇ ਚਿਡੀਆਂ ਕਾਂ
ਧਰਤੀ ਮਾਂ ਤੂੰ ਸਮਨੇਂ ਦੀ ਮਾਂ ।

ਅਨੂਸ਼ੀ ਗੁਪਤਾ ਸਤਰੀਂ 'ਅ'

ਹੋਝੈਂ ਇਕ ਜੁਟਟ ਤੇ ਬਨਾਝੈਂ ਲਾਓ ਏਕਤਾ

ਦੇਸੈਂ ਦੇ ਹਰ ਕੋਨੇ ਬਿਚਵ ਏ ਮਚੀ ਦੀ ਹਾਹਾਕਾਰ
ਕੇਝੈਂ ਬੇਗੁਨਾਹੇਂ ਪਰ ਨ ਹੋਆ ਦੇ ਅਤ੍ਯਾਚਾਰ ।
ਬੇਦੋਸ਼ ਮਰੀ ਜੰਦੇ ਦੋਸ਼ੀ ਲੋਕ ਬਚਦੇ ਜੰਦੇ
ਬਦੇਸ਼ੀ ਤਾਕਤੇਂ ਦੀ ਅੰਗਲੇਂ ਪਰ ਓਹ ਲੋਕ ਨਚੀ ਜੰਦੇ ।
ਦੁਨਿਆ ਚ ਬਨੀ ਜਾਓ ਏਕੇ ਦੀ ਮਸਾਲ
ਕੋਝੈਂ ਬੁਰੀ ਨਜਰੀ ਦਿਕਖੈਂ ਕੇਹ ਏ ਓਹਦੀ ਮਜਾਲ ।
ਸਾਰੇ ਰਲੀ-ਮਿਲੀ ਕਮਮ ਕਰੋ ਹੋਝੈਂ ਇਕ ਜੁਟਟ
ਏਕਤਾ ਦੇ ਨਾਂ ਪਰ ਨੇਝੈਂ ਪਾਓ ਤੁਸ ਫੁਟਟ ।
ਏਕਤਾ ਦੇ ਨਾਂ ਪਰ ਹੋਝੈਂ ਜਾਗੇ ਕੁਰਬਾਨ
ਬਖ਼ਕ ਅਸੇਂ ਗੀ ਦੇਨੀ ਪਵੈਂ ਅਪਨੀ ਜਿੰਦ ਜਾਨ ।
ਭਾਰਤ ਇਕ ਦੇਸ ਏ ਫੁਲੇਂ ਦਾ ਗੁਲਦਸਤਾ

ਇਸੀ ਤਰੀਕੇ ਨੇਝੈਂ ਬਨਾਓ ਤੁਸ ਤਬਾਹੀ ਦਾ ਰਸਤਾ ।
ਅਸੇਂ ਅਪਨੇ ਦੇਸੈਂ ਗੀ ਤਬਾਹੀ ਥਾ ਬਚਾਨਾ ਏ
ਛੋਡੀਏਂ ਅਨੇਕਤਾ ਭਾਝੈਂ ਲੇਓਨਾ ਏ ।
ਕਾਯਮ ਕਰੋ ਪ੍ਰੇਮ ਭਾਝੈਂ ਦੀ ਮਸਾਲ
ਦੁਸ਼ਮਨੇਂ ਗੀ ਹਰਾਓ ਬਨੀ ਏਕਤਾ ਦੀ ਫਾਲ ।
ਅਸੇਂ ਹਰ ਕੀਮਤਾ ਪਰ ਏਕਤਾ ਬਨਾਨੀ ਏ
ਜਾਤਾਂ ਭਾਝੈਂ ਬਕਖ਼ ਨ ਪਰ ਕੌਮ ਹਿੰਦੋਸਤਾਨੀ ਏ ।
ਏਕਤਾ ਬਗੈਰ ਰੌਹਦੀ ਕੌਮ ਕੋਝੈਂ ਅਜਾਦ ਨੇਝੈਂ
ਜਿਥੇਂ ਹੋਏ ਫੁਟਟ ਰੌਹਦਾ ਘਰ ਓਹ ਅਬਾਦ ਨੇਝੈਂ ।
ਆਪੂੰ ਚੇਂ ਕਾਯਮ ਰਕਖੋ ਭਾਝੈਂ ਦੀ ਪ੍ਧਾਰ
ਕੋਝੈਂ ਚਿੰਨਤਾ ਨੇਝੈਂ ਜੇ ਹੋਏ ਏਕਤਾ ਦਾ ਹਥਿਆਰ ।
ਦੇਸੈਂ ਦੀ ਬਡੀ ਕਮਜ਼ੋਰੀ ਏ ਅਨੇਕਤਾ
ਹੋਝੈਂ ਇਕ ਜੁਟਟ ਤੇ ਬਨਾਝੈਂ ਲਾਓ ਏਕਤਾ ।

ਡੌ0 ਸਨਤੋਸ਼ ਕੁਮਾਰੀ ਅਧਿਆਪਿਕਾ



Pre-Primary Section







Pre-Primary Prize Distribution



PRE-PRIMARY ANNUAL DAY





Pre-Primary DEMO



Pre-Primary Fancy Dress Competition





STAFF PHOTOGRAPH





LKG A



LKG B



UKG A



UKG B



IA



IB



II A



II B



III A



III B



IV A



IV B



V A



V B



VI A



VI B



VII A



VII B



VIII A



VIII B



IX A



IX B



X A



X B

