



# CARMEL SPECTRUM

VOL-1, ISSUE 1, JULY 2018



## Dear Parents

Greetings to you all!

I hope your summer was filled with exciting family activities and you enjoyed yourselves at a leisurely pace. Welcome back to another phase. Meanwhile we have come up with this exciting news letter '*Carmel Spectrum*' that will give you an overview of all that has happened during the first two months of the new academic year.

The theme for the year is 'Environmental Awareness through Education'. We are aware of the fact that how the world would look if there weren't any trees, plants, animals etc. We live in the environment and use its resources to meet our needs. While meeting the ever-growing needs, we tend to exploit the natural resources. When the pressure exceeds, the capacity of the environment to repair or replace itself fails which can lead to the serious problem of environmental degradation.

M.K. Gandhi said, "There's enough on this planet for every one's need but not for everyone's greed". Therefore, there is a need to understand Environmental Protection. While efforts are being made at the national and international level to protect our environment, it is also the responsibility of every citizen to use the resources with care and protect them from degradation. At school level, we strive hard to bring home this message through all our activities and it is our earnest plea to each of you to give heed to our invitation to create awareness and work towards preservation of the environment.

Hope you enjoy reading it  
**Sr. Maria Swati A.C.**

## Editorial Board:

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

## GET SET GO...

### TEAM BUILDING PROGRAMMES:

#### PARENT COMMUNITY

An inspiring and stimulating Orientation Session for the parents of all the classes on the theme 'Paradigm Shift' was organized by the School Management. Mr. Anish Mattoo, the resource person shared his views with the gathering.



#### TEACHING COMMUNITY

An in-service Training Programme was organized by Diocese of Jammu-Srinagar Education Society Based on the theme 'Emotionally Intelligent Educator' for the teachers of all the Diocesan Schools. The resource person 'Mrs. Saloni Priya', enlightened the teachers on various aspects to enable them to focus on the academic, emotional as well as the spiritual growth of the students.



#### Ushering in the New Academic Year:

"To embark on a new beginning with excitement, challenges and enthusiasm."

The school ushered in the new academic year on the theme 'Embark towards a New Journey' on 3 April, 2018, reaching out to new horizons and bringing home the significance of progress and learning.



#### Cabinet.... Swearing In

INVESTITURE CEREMONY: An Investiture Ceremony was held to swear in the Student Cabinet 2018 on 19 January, 2018 in the school campus.



# ACCOLADES... ACADEMICS EXCELLENCE

The Award Ceremony commenced with a special morning assembly on the theme 'Environmental Awareness through Education', on 12 April. Fr. Antony Peppin, Chairperson of Diocese of Jammu-Srinagar Education Society awarded trophies and certificates to the students excelling in studies. Class VIII students who appeared for the exam conducted by (DIET), Jammu were also felicitated.



## STARS OF CARMEL



**ANSHITA SHARMA**  
(488 MARKS)



**ISHIKA SINGH**  
(487 MARKS)



**SUMEE KOUR**  
(486 MARKS)



**SUVANSI SHARMA**  
(486 MARKS)



**NAVNEET KOUR**  
(485 MARKS)



**HARSEERAT KOUR**  
(483 MARKS)



**JUHI SHARMA**  
(480 MARKS)

## CLUB ACTIVITIES...

### HERITAGE CLUB:

Heritage Club: In order to help the students explore the treasures hidden in our heritage, the school celebrated the World Heritage Day on 18 April. The students of Grade VI visited the Amar Mahal Palace in Jammu for a deeper insight into the state's history.



### SCIENCE CLUB:

Earth Day was celebrated ecstatically on 23 April on the theme 'End Plastic Pollution'. It emphasized on the harmful effects of disposing off plastic in the environment. A 'Best Out of Waste' Competition was also organized for the students of Grades IX and X. The competition witnessed an enthusiastic participation by all the students.



**HEALTH & WELLNESS CLUB:**

The Club celebrated the World Health Day on 25 April on the theme 'Cleanliness is next to Godliness'. The students of Classes III and V stole the show by presenting their creative ideas through mouth-watering salads during the Salad Making Competition.

**RED CROSS CLUB:**

The Club held a week-long celebration on the occasion of Red Cross Day wherein different activities were organized including special morning assemblies and competitions for all the classes.

**ECO CLUB:**

International Bio Diversity Day was observed in the school on 22 May to increase understanding and awareness of biodiversity issues all over the world. Through a Mime Act Competition, the students portrayed the necessity of protecting the green cover and the urgency of its preservation.



## EDUTAINMENT...

To provide a platform to the budding musicians, a Solo Singing Competition was held on 21 April for the students of Std. V-VI. The Calligraphy Competition for Grade III and IV on 27 April encouraged good handwriting among students.



A Drawing & Colouring Competition was organized on 27 April for the Little Carmelites. They participated enthusiastically and diligently. Their creativity was commendable and eye catching.



To create confident and skillful orators, an Extempore Competition was conducted on 28 April for classes VII and VIII. The students spoke amazingly well.



A Rhyme Competition was organized on 18 May for the tiny tots of Carmel. The children chose a variety of topics for recitation. It was a delight to hear the little ones singing in rhyme and rhythm. The eye catching props added icing to the cake.



'Dance is the language of the soul'-based on this theme, junior as well as senior students participated in an Inter-house Group Folk Dance Competition in the school campus on 29 May. The vivacious dances by different houses set the floor on fire .



## SPECIAL EVENTS...

### NET BALL COURT INAUGURATION:

Mr. Rajiv Batra (General Secretary of J&K Net Ball Association), inaugurated a Net Ball Court in the school campus on 25 April. He was welcomed by the School Manager Rev. Fr. Shaiju Chacko. In their maiden attempt both the U-14 & U-17 teams won the Gold medals.



## LABOUR DAY

On 1st May to honour the painstaking efforts of the support staff and acknowledge their hard work. The staff and students set up various cultural activities and performed with enthusiasm.



## FAMILY DAY

The dawn of 15 May saw the entire Carmel family come together in a spirited manner.



## GIRL GUIDE

Under the able leadership of Mrs. Jyoti Wali, the Girl Guides have an active schedule throughout the year.

Std. VI Girl Guides went on an educational trip to Manda Zoo on 27 April to celebrate the 'Love for Animals'.

They also visited Amar Mahal Palace to view the historical library.



## SPORTS... ONE TEAM ONE DREAM

Sports play an important role in the life of a student at Carmel. We are pleased to display the talents of our girls in this discipline.



**CARMEL CONVENT SCHOOL**

Kunjwani By-Pass Jammu - 180010,

Ph: 0191 2480717, Email: [carmeljkkunjwani@gmail.com](mailto:carmeljkkunjwani@gmail.com)

*For private circulation only*