

Dear Readers,

Greetings!



Belief, particularly self-belief, plays a crucial role in enhancing life by fostering resilience and a positive mindset. I feel overwhelmed by an incredibly powerful energy as I assume office once again as the leader of Carmel Convent School, Kunjwani, after a gap of nine years — with a unique blend of familiarity and the anticipation of new challenges and opportunities. It is both comforting and complex — offering a chance to build upon past successes while navigating potential

changes and new expectations. As we stand poised on the threshold of change at Carmel Convent School, Kunjwani, I express my deepest admiration and appreciation for my predecessor, **Sr. Maria Swati**, for her dynamic and unwavering dedication and invaluable contribution to the school. Carmel carries a **colossal legacy of three decades**, and I, along with our devoted community, am committed to honouring and advancing that legacy.

Dear teachers, parents, students, friends, and well-wishers, I count on your collaboration and cooperation to help us carry aloft the torch of knowledge and wisdom, interwoven with practical sense.

As we adjust our sails to face the winds of change, let us equip ourselves with confidence and competence. May the artistic expression of the Great Artist enable us to develop our skills and personality, ultimately carving our own unique path by living out the lofty ideals encapsulated in Carmel's vision: **'Belief Enhances Life.'**

Sr. Maria Suzette
Principal

Sr. Maria Suzette – Back to Nurture Dreams at Carmel

Carmel Convent School joyfully welcomed Sr. Maria Suzette as our new Principal on 2nd June 2025. A familiar and beloved face, she graced our corridors nine years ago and has now returned to lead us once again, carrying forward the vision and mission of Carmel School with renewed zeal.

The day began with a heartfelt prayer service led by the students, seeking blessings for her new journey with us. As a token of love and respect, a sapling was presented to her, symbolizing growth, hope, and a new chapter under her guidance.

In her inspiring address to the students, Sr. Maria Suzette quoted the words of Dr. A.P.J. Abdul Kalam: **"Dreams are not those you see during sleep, but dreams do not let you sleep."** She encouraged every Carmel student to nurture such dreams with dedication and passion. Emphasizing that academics and co-curricular activities hold equal importance, she motivated students to actively participate in all aspects of school life for their holistic growth.

Her return marks a beautiful continuation of Carmel's legacy, and the entire Carmel family looks forward to her dynamic leadership and vision for the years ahead.



Summer Sparks – A Season of Fun & Learning!

Kinder Garten

The little ones began their camp journey by learning essential table manners and sharing songs, followed by an engaging “helping hands” activity that nurtured empathy and teamwork. Creativity blossomed as they explored colors through a vibrant handprint activity and set out on a refreshing nature walk, sharpening their observation skills while connecting with the environment. Energy levels soared with lively Zumba sessions and fun-filled games that encouraged movement, laughter, and social bonding. The camp concluded on a sweet note with a delightful ice cream treat, leaving the children with wide smiles and warm memories.

Overall, the summer camp was a resounding success—blending learning with joy in a nurturing and cheerful atmosphere that the children will cherish for a long time.

Grade 1

The Bhartiya Bhasha Summer Camp, held from June 2–5, 2025, at Carmel Convent School for Class 1, introduced young learners to the beauty of the Dogri language and its cultural roots through fun, hands-on activities. Students practiced simple greetings, shared objects in a Show and Tell session to build confidence, learned a soulful Dogri folk song, and crafted paper bags to mark Environment Day. Blending language, culture, and eco-awareness, the camp nurtured creativity, confidence, and respect for heritage in an enjoyable and memorable way.



Grade 2

The four-day Summer Camp for Grade 2 was a delightful fusion of fun, creativity, and learning. From thrilling games like Tug of War and Lemon Race to artistic pursuits such as stone painting, eco-friendly jute crafts, and playful creations with paper plates and ice cream sticks, every activity sparked imagination and teamwork. The camp concluded with a lively Music and Dance session, filling the air with rhythm, joy, and confidence. Blending play with meaningful learning, the camp became a memorable experience, thanks to the dedication of the teachers, resource persons, and staff.

Grade 3

It was a delightful mix of learning and fun, sparking curiosity and creativity in young minds. Students began by exploring simple Urdu greetings like Assalamu Alaikum, Shukriya, and Khuda Hafiz, gaining confidence in basic conversations. They then delved into Traffic Rules and Real-Life Experiences through engaging talks, videos, and shared stories, building awareness and responsibility. Creative energy flowed with craft collage making and dance, boosting motor skills and self-expression, while a home-cooked dish showcase added a personal, flavorful touch. Blending language, safety, art, and culture, the camp offered a joyful and enriching experience for every child.



Grade 4

It was a colorful blend of creativity, learning, and meaningful experiences. Students engaged in art and craft, making wall hangings and paper toys that sparked their imagination and skills. Activities like real-life responsibility reflections encouraged them to help at home, fostering teamwork and time management, while pot painting added an artistic and cultural touch. They explored the cuisines of Punjab and Jammu & Kashmir. The excitement continued with energetic Zumba sessions that promoted fitness, along with pottery and pot painting that allowed hands-on exploration. The camp concluded on World Environment Day with sapling planting and creating useful items from waste, leaving students inspired with creativity, cultural pride, and a strong sense of environmental responsibility.



Grade 5

They celebrated India's cultural and linguistic heritage through four days of engaging activities. Students explored regional languages like Punjabi and Dogri, learning basic phrases and their cultural significance, and enjoyed a multilingual performance of traditional songs and dances that embodied unity in diversity. They practiced real-life conversations to build polite language, listening skills, and confidence, performed patriotic songs and connected with Jammu's culinary traditions by learning about and tasting dishes like Rajma Chawal, Kaladi Kulcha, and Dogri Saag. Blending language learning, cultural pride, and interactive sessions, the camp nurtured creativity, communication, and a deeper appreciation for India's rich heritage.

Grade 6

Students participated in a vibrant camp that blended learning, creativity, and cultural appreciation. They learned basic Urdu greetings through interactive activities like role plays and flashcards, explored Jammu's attractions through engaging performances, expressed themselves through dance and craft, and celebrated Dogri culture with traditional attire, regional cuisine, and lively presentations. The camp enriched their communication, confidence, and artistic abilities while fostering teamwork, creativity, and pride in their cultural heritage.



Grade 7

The Summer Camp was an enriching experience themed "Exploring Languages and Cultures of India." Over four days, students engaged in activities that celebrated India's linguistic diversity, enhanced their communication skills, and encouraged creativity. They explored regional languages, practiced real-life dialogues, crafted traditional items, enjoyed cultural performances, and shared local cuisines and attire. The camp fostered cultural appreciation, confidence, and teamwork, creating a joyful and holistic learning experience that deepened students' understanding of India's rich heritage.



A Journey Beyond Classrooms!

Grade 8

It was a vibrant blend of cultural understanding, creativity, and practical learning. Students celebrated diverse traditions through songs, dances, and performances, fostering inclusion and respect. They engaged in real-life activities to build confidence and communication skills, explored various dance forms to encourage self-expression, and participated in art and cuisine sessions that sparked imagination and independence. Overall, the camp offered a lively and meaningful experience that nurtured cultural appreciation and holistic growth.

Grade 9

This Summer Camp offered a lively and enriching experience focused on languages and cultures of India. Students participated in role-plays, group discussions, and real-life conversation activities that enhanced their communication skills and cultural awareness. Creative sessions in art, music, and dance encouraged them to express themselves through regional songs, traditional dances, and symbolic paintings. Hands-on activities like cooking demos, spice identification, and exploring local cuisines added a flavorful and educational touch.

Grade 10

The Summer Camp was a vibrant celebration of India's rich linguistic heritage. It began with lively peer-to-peer exchanges, where students learned greetings in Punjabi, Kashmiri, Dogri, Haryanvi, Hindi, and English—fostering curiosity and respect for diverse tongues. Storytelling sessions brought folk tales and legends to life, while creative spirits soared with colorful posters showcasing scripts and literature from across India. The finale—a spirited singing competition and Antakshari in Hindi and regional languages—filled the air with music and joy. More than just activities, the camp became a living lesson in cultural sensitivity, creativity, and the timeless spirit of “Unity in Diversity.”

Grade 11 & 12

The Summer Camp 2025 for Classes 11 and 12 unfolded as a vibrant blend of learning, creativity, and purpose. Beginning on June 2nd, students dived into the art of photography with expert Mr. Vishal Panotra, discovering the magic of lenses, light, and perspective. The following day turned the campus into their canvas as they roamed the grounds, capturing moments that reflected their newfound skills and creative eye. June 4th brought color and culture to the forefront with Mehndi and Nail Art sessions led by students, alongside soulful patriotic songs in Punjabi and Dogri that celebrated unity and heritage. The finale on June 5th, marked by World Environment Day, inspired responsibility and action through a plantation drive, powerful speeches on conservation, and spirited slogan writing. Seamlessly weaving together skill-building, artistic expression, cultural pride, and environmental awareness, the camp left students enriched and inspired.



A Journey of Learning, Exploration, and Fun.

The journey began in Shimla, where the crisp mountain air and scenic beauty set the perfect tone. A visit to Kufri and its zoo offered glimpses of Himalayan wildlife, while nature walks, photography, and lively evening activities at the hotel fostered fun and bonding. The majestic Chail Palace and bustling Mall Road added heritage and local flavor to the experience. In Chandigarh, the innovative Rock Garden amazed students with its artistry from recycled materials, followed by serene moments at Sukhna Lake and leisure at Elante Mall. Returning home, students carried memories of adventure, friendship, and learning—an experience that blended exploration with education beyond the classroom.



Awakening the Mind and Body – International Yoga Day

On 21st June, the world unites to honor Yoga – the ancient practice that heals the body, calms the mind, and uplifts the soul. Our school joyfully marked the 11th International Yoga Day with students and teachers coming together in harmony. The theme for 2025, “Yoga for Self and Society,” reminded us that when we nurture our own well-being, we contribute to a healthier, kinder world. The celebration began at 8:00 a.m. in the school hall, in collaboration with Bharat Vikas Parishad and Yog Shiksha. After a brief reflection on yoga's significance, a live demonstration of asanas filled the hall with energy and peace. More than an event, it was a heartfelt reminder that yoga is not just a practice — it is a way of life, inspiring mindfulness, balance, and inner calm.



Gateway to Growth: Two Days of Inspiration

A two-day orientation programme was conducted on 14th and 15th July 2025 on the theme "Awakening the Inner Teacher." The sessions were led by the esteemed resource person, Mrs. Nidhi, who skillfully guided the staff through an inspiring journey of self-awareness and personal growth.

The programme began with a warm welcome and a prayer, setting a reflective tone. Mrs. Nidhi's sessions focused on key themes such as "Who am I?", "Power lies within me", "Every step counts", and "Self-acceptance and growth." Through interactive discussions and meaningful activities, teachers were encouraged to explore their inner strengths and align their values with their teaching practice.

The programme concluded on a positive note, leaving the teachers motivated to educate with clarity, compassion, and purpose.



Back to School, Back to Shine!

On 17th July, the first day of school after the summer vacation, the students of Class 12th A conducted a meaningful and inspiring morning assembly focused on the life and values of Mother Veronica. The program began with a reflective introduction, followed by a scripture reading and a thoughtful reflection on humility and service. A special prayer was offered for the birthday girls, and the Universal Prayer was recited by all. The assembly included "Gems from Mother Veronica," sharing her timeless teachings, and a GK quiz to deepen understanding of her life. The Head Girl also delivered an encouraging speech, warmly welcoming everyone back and urging students to continue the ongoing academic session with renewed energy, commitment, and a spirit of gratitude. The assembly concluded with a call to live with compassion, humility, and purpose, inspired by Mother Veronica's legacy.



Anaphora

An engaging Anaphora Activity was conducted at Carmel from 23rd to 25th July 2025 for classes VI to IX, aiming to introduce the literary device anaphora, promote analysis, and spark creativity. Students prepared informative charts and explored the device through Walt Whitman's poem "I Have a Dream." They identified examples and enthusiastically composed their own short poems, showcasing deep understanding and imaginative expression. The activity enriched their literary appreciation meaningfully.

Spelling Bee competition

On 24th July 2025, the Spelling Bee Competition for Classes 1 to 5 filled the school with excitement and cheerful energy. Our young Carmelites took part in interesting rounds like Missing Letters, Identify the Picture and Spell, and an Audio-Visual round that made them listen carefully and spell smartly. The most thrilling part was the Rapid-Fire Round, where students had to spell ten words in a row – and they did it with confidence and speed!

The event was not just about spelling words; it helped students gain confidence, learn new vocabulary, and enjoy the fun of learning together.

Just A Minute

On 25th July 2025, a lively JAM (Just A Minute) activity was held for students of Classes 6 to 9. The event encouraged students to speak with confidence, fluency, and spontaneity, helping them express their thoughts clearly and creatively.

The session was graced by the Principal and judged by Dr. Santosh Kumari, Mrs. Renu Dutta, and school counselor Mrs. Parampreet Kour. With eager participation and vibrant ideas, the students brought great energy to the stage, making the activity both enriching and memorable.

Lirerary Club Activities



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National Parents' Day

On 26th July 2025, National Parents' Day was celebrated with heartfelt warmth and enthusiasm to honor the love, sacrifices, and unwavering support of parents. The program began with a warm welcome and a serene prayer service. Students beautifully shared the significance of the day and delivered an inspiring speech on the special bond between parents and children. A touching skit by Class 10 students, highlighting parental sacrifices, moved the audience, while the school choir added sweetness to the occasion with a melodious song. The Principal offered heartfelt tokens of love to the parents, and the event ended with a warm vote of thanks, filling everyone with gratitude for the invaluable role of parents.



Rakhi Radiance



The spirit of Raksha Bandhan came alive on 26th July 2025 with a vibrant Rakhi Making Competition held under the theme "Celebrating the Bond of Love & Protection." Students from Classes 1 to 10 participated with great enthusiasm, showcasing their creativity and festive spirit.

The event was thoughtfully divided into three groups – Classes 1 to 3 created Basic Rakhi Designs, Classes 4 to 7 crafted Decorative Rakhis, while Classes 8 to 10 designed beautiful Rakhi Greeting Cards. Each entry reflected imagination and artistry, and the best three creations from every group were selected for recognition. The competition went beyond creativity, celebrating students' artistic talents while enriching their understanding of the cultural and emotional essence of Raksha Bandhan.