

# CARMEL RAYS



**BELIEF ENHANCES LIFE**





## **MOTHER OF CARMEL**

**The School is under your protection.  
Keep each one on this campus free from all harm and danger.  
Be with us, our teachers, and our dear ones.  
Look after us as your own loving children  
Amen**



# MESSAGE



**FR. SHAIJU CHACKO**  
**Manager**

The annual school magazine is a chronicle of the school's journey of events and achievements throughout the year. It captures the essence of life at Carmel Convent School and the little causes for celebration we share collectively. It is a joy to witness and participate in this journey of striving and progress at Carmel Convent Hr. Sec. School.

The seeds of an idea sown in 1995 have quickly come to fruition, and the school is now growing into strong sapling. It is the tireless striving of the Sisters of the Apostolic Carmel Congregation that continues to enable the institution to flourish. They have striven to make academic pursuit, a smooth journey full of joy and discovery for our students. This legacy of educational excellence and commitment towards the care of every student that it is a part of its family is one that Carmel Convent School continues to uphold. This is in spirit with the school's motto of 'Belief Enhances Life' and is further reinforced by the educational methodology that is unique to the Carmelites that emphasizes the development of the whole person and actualization of the self to the fullest extent possible. This vision is realized and made visible in the lives of those who have stepped out of this school to go on to make a tangible difference in society.

The school magazine is yet another offshoot of this budding sapling, a unique platform for the creative pursuits of our students which nurtures in them originality of thought and the ability to articulate clearly and with confidence. The content of the magazine reflects the boundless creativity and imagination that our students possess. This magazine "Carmel Rays" is also the embodiment of the Carmelite zeal for continuing to strive and pursue excellence. As you flip through these pages, I hope you will find in it this very spirit made manifest.

I extend my warm wishes and support to the Principal, staff and students of the School to continue this noble journey further onwards the road towards excellence.

"May the sapling grow into a sturdy tree and spread its branches..."

## EDITORIAL BOARD



**“FOCUS ON THE JOURNEY, NOT THE DESTINATION.  
JOY IS FOUND NOT IN FINISHING AN ACTIVITY, BUT IN DOING IT.”**

**T**wenty long years of my Carmel journey, seem too short to me, as walking through the portals of Carmel; teaching, learning, organising, and rejoicing has always been a bliss. It has been a privilege to witness Carmel grow from a sapling to a huge tree with its deep rooted value system.

I can imagine nothing more beautiful than that, when each and every student of our school becomes our very own in the process of imparting knowledge. It is with great delight that we witness the unfolding of inherent skills and contribute our little part in bringing the best of the potential on the canvas of life.

Our school endeavours to empower students to become productive members of an ever-changing global Society. Ample emphasis on the value of compassion, caring and understanding is paid to harness the pursuit of excellence holistically Each issue of this magazine is a milestone that marks our growth, unfolds our imaginations and gives life to our thoughts and aspirations. It unleashes a wide spectrum of creative skills ranging from writing to editing. This Carmel Rays is indeed an attempt to make our budding talents give shape to their creativity and learn the art of being aware because I believe that success depends upon our power to perceive, the power to observe and the power to explore. We are sure that the positive attitude, hard work, sustained efforts and innovative ideas exhibited by our young writers will surely stir the mind of the readers and take them to the surreal world of unalloyed joy and pleasure. We have put in relentless efforts to bring excellence to this treasure trove.

**Wishing you a Happy reading.**

**Anita Rampal**

# MESSAGE

Welcome to “Carmel Rays”, which we hope will be many things to those who read it. As you glance through the booklet you will understand that how Peace Education can be a tool for young people of all backgrounds. Having undertaken a number of projects and activities “Education for Peace”, Carmel Believes in imparting education beyond its four walls and tries to create a peaceful environment conducive to meeting emotional, social and intellectual need of diverse school community. We emphasise on peace based on the fact that peace and education are inseparable aspects of civilization. This role is well articulated in Sustainable Development Goal 4 (SDG 4), which seeks to ensure inclusive and equitable quality education for all and promote lifelong learning. Peace and non-violence are the two pillars of any peace process that upholds the human race’s very livelihood. These two are in-separable.

At Carmel, Education for Peace contextualises learning. We live in an age of unprecedented violence: locally, nationally and globally. Peace concretises the purpose of values and motivates their internalisation. Inner peace is the kernel of collective peace. The ability to respond justly and affirmatively to the needs and sufferings of the others is the hallmark of authentic inner peace - a commitment to effective citizenship and secularism. Our tradition teaches compassion; our philosophy preaches compassion and our constitution practices compassion. At Carmel, we are committed never to dilute it.

Through working in groups and as an individual the students are taught the rationale behind achieving peace, is in the positive understanding of “give and take”, humanity, forgiveness and nonviolence. To conclude, I quote by famous words of Mahatma Gandhi: “The best way to find yourself is to lose yourself in the service of others”.

**SR. MARIA SWATI A.C.**  
**Principal**

# OUR STAFF



## MESSAGE



### **“Leadership is not a position or title, it is action and example.”**

Being a leader is both a prestige and responsibility. If your actions inspire others to dream more, learn more, do more and become more, you are a LEADER. Leaders are made, they are not born. They are made by hard effort, which is the price all of us must pay to achieve any goal that is worthwhile.

My experience of being the Head Girl of Carmel has been an augmenting one. I not only got the Golden opportunity to grasp new things, but also the chance to discover myself more. It was a blessing in itself and its significance cannot be expressed in words. It helped me to overcome my shortcomings, share my ideas with others and above all, it changed my way of looking at things.

I express my gratitude towards all those who made my journey as a Carmel Head Girl a success. I commence by thanking the Almighty God who is omnipresent, omniscient and omnipotent and who helped me in all my undertakings. I thank the school authorities, especially our Principal, Sr. Maria Swati A.C. for believing in my capabilities and always guiding me towards the right path. I thank Cabinet in charge - Mrs. Anita Rampal and all the cabinet members Mrs. Harpreet Kour, Mrs. Rajkumari Vats, Mrs. Harpal Kour, Mr. Suresh Kumar Sharma, Miss. Zeenat Khan and Miss Nayna Bamotra, for always supporting and encouraging me. I also extend a hearty thanks to the whole Carmel family for its cooperation and belief in the Cabinet of 2018.

Now, as I am approaching towards the end of my school life, I feel it is my responsibility to share the ‘secret’ of a successful ‘school life’. It is - ‘hard work, discipline and optimism’. Work hard, develop your personality and become the leader of your life. Dedicate yourself in the pursuit of realizing your goals and ambitions, whilst still being sensitive and considerate to that of others. Attain single-minded focus, self-discipline and a strong desire to settle for nothing but the best for you. Love and respect your Alma Mater, do what gives you inner satisfaction and keep the name of CARMEL flying high always!

**AATIQA MALIK**

**HEAD GIRL**



## MESSAGE

At times our own light goes out and is rekindled by a spark from someone else. Each of us has a cause to think with deep gratitude of those who have lighted the flame within us” These words by Albert Schweitzer strike my mind as I sit down to pen down the letter of gratitude to my Alma Mater and the people who form the basis of its strong and viable existence. Being a part of Carmel is a huge privilege and I am grateful to the almighty for He bestowed me with this privilege. Carmel is not just a school but also a nurturing and warm place every student loves to be in. As for me, those six hours of every working day of my school life were the best moments of my life. Carmel not only gave me knowledge and morals but also the most indispensable part of my life- my friends and my teachers. I have met the best people of my life in Carmel and I am ever grateful to the institution for that. Ten years from now, I don't know where life will take me, but there is one thing I am very sure of, whenever I will reflect to the past, I will be immensely proud to say - THAT'S MY CARMEL!!

It was on 3<sup>rd</sup> August 2009 when I became a part of Carmel and since then every award and achievement of mine is credited to my teachers who ever taught me. Believe me or not, I am not the kind of person I was when I first stepped in this prestigious institution back in 2009. The attitude, the personality and the attributes I now possess were not even a percent in me back then. 'Instruction does much and encouragement everything'. Undoubtedly, the constant stimulation and guidance of the teachers in Carmel helped me groom into a person of firm convictions and personality. Whatever I am today and whatever I achieve in my life in future, I owe it all to Carmel and the teachers here. The teachers in Carmel are a great source of inspiration and outstanding support system for all the students out there. Being related to Carmel was one of my greatest privileges as already mentioned and leaving Carmel after class 10<sup>th</sup> like any other Carmelite was too hard for me. I cannot thank the Almighty and the school faculty enough for the blessing they have bestowed by making it possible for me to relish my journey in Carmel and continue to be a part of Carmel for two more years. The news of Carmel Jammu being upgraded to Higher Secondary came as a pleasant surprise to all of us and our extent of happiness was immeasurable. Being a student of the first batch of Carmel Convent Higher Secondary School was an amazing experience altogether. From being pampered by our lovely teachers to bragging about being the first batch of higher secondary schools, none of us realized how time flew leaving behind some clear reminiscences and some blur pictures but the love for Carmel will always have a huge place in our hearts.

I believe, the best gift for a student is her teachers trust and I am fortunate enough to have earned that. 'With trust come responsibilities' this statement was proven true when the faith my teachers had in me and my abilities gave me an exalted position in the School Cabinet as the Literary Captain and finally I was in the most pertinent place to show what I was good at. Having that badge, those extra-curricular activities especially the literary week to your name was a momentous pleasure. With the grace of God, I was successful in discharging my duties to the best of my ability. Every student remembers his/her school life for whatever reasons pleasant or unpleasant. Through my pen, I would love to grab a small moment of time for the people who mean the world to me. And who will always hold a special place in my heart. Thank you everyone. I am forever indebted to Carmel Teachers for their selfless service and their part in grooming me. For all the priceless moments, achievements and experiences Carmel gave me, I can't thank God enough. Carmel is probably the best thing ever happened to me. As we are at the threshold of the end of our school lives, I wish all the very best to the upcoming batches of Carmel and I hope everyone will work in coordination for the success of Carmel. I wish all the best to the entire Carmel family. Thank you Carmel!

You will be missed! **Forever in our hearts!**

**AARIFA AHMED**  
**LITERARY CAPTAIN**

# FANCY DRESS COMPETITION

Scholastic and co-scholastic activities have an equal importance for the development of the child. Keeping this in view, pre-primary wing of Carmel Convent Hr. Sec. School organized a Fancy Dress Competition for the little angels to celebrate 71<sup>st</sup> Independence Day. The purpose of conducting the competition was not only to blend learning with fun but also to develop confidence in the students by giving them an opportunity to face the audience and show casing their hidden talent. Parents of the children were the special invitees. They appreciated the performances of their little ones. They expressed their gratitude to the school management for the creative initiative taken and opportunities given to every child. This activity not only inculcated art of elocution but also helped them to overcome the fear of public speaking. Gratitude towards parents was expressed by our esteemed Principal Sr. Swati. for their participation as an audience and constant support.





**D**emonstration, a quite essential part of the school involves showing by reason or proof, explaining or making clear by use of examples or experiments. Parents of little buds are always inquisitive to know about the practice implication of teaching process involved to enlighten the little buds for their progress.

A demonstration of teaching for the

Pre-Primary students was held on 21<sup>st</sup> and 22<sup>nd</sup> September 2017 where the main motive was to give practical implication of different methodology of teaching used in Carmel. Different aids of teaching were used which consisted of Floor Disc, Flannel Board, PPT, Flash Card, Slates for teaching alphabets and numbers.

It also included general questions asked to the students

which were based on myself, fruits and vegetables, colours etc. The programme was initiated by an address given by our Principal Sr. Maria Swati. After a successful demonstration the programme was concluded with a prayer song, seeking blessings of God to apply the methodologies in day to day teaching for a better future of the students.

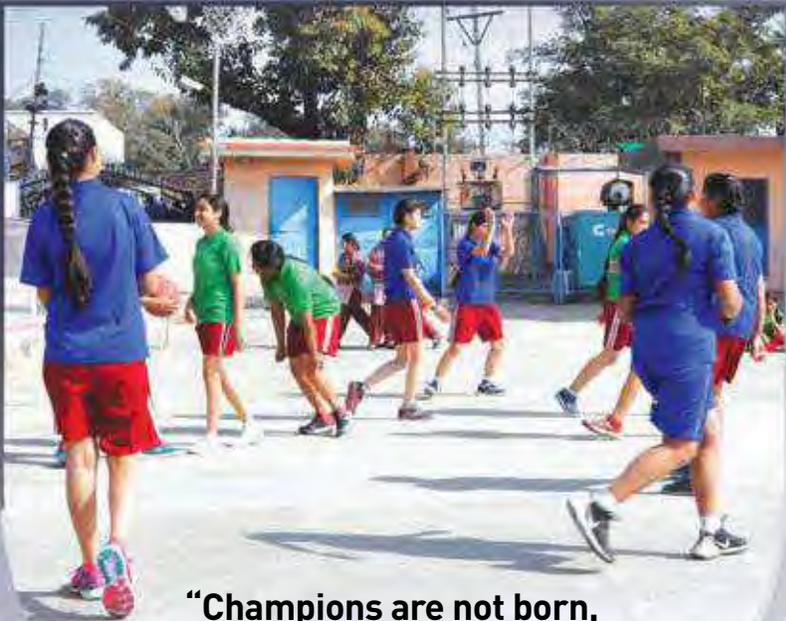


# POETRY RECITATION



Poem is meant for enjoyment. Children enjoy the beauty of expression, thoughts, feelings, rhythm and music of words. Taking all these facts into consideration and to instill love for poetry, a poetry recitation competition was organized on 19<sup>th</sup> May 2017, where the children got an opportunity to exhibit their talent and confidence. The performance of the children was judged on the basis of their pronunciation, memory and presentation.

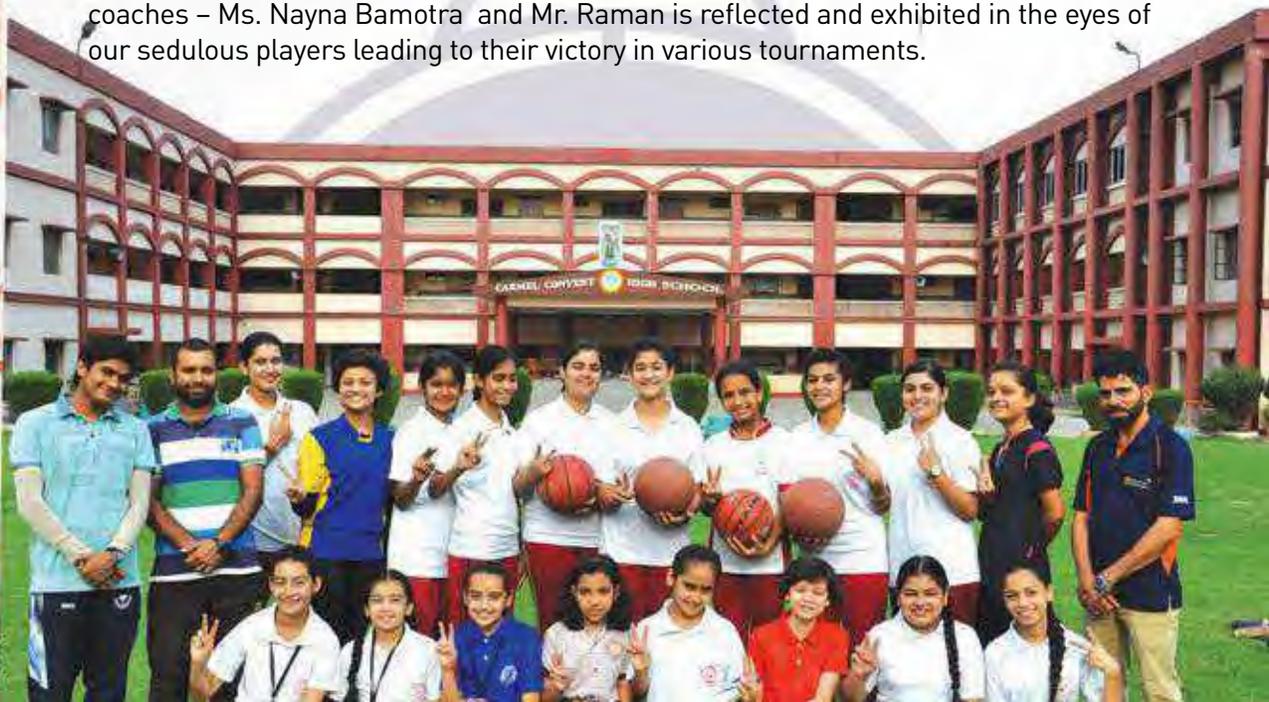
# SPORTS



**“Champions are not born, but they are made from something they have deep inside them – dream, desire, vision and passion.”**

Carmelites are known not only for their great results but also for their versatility. It will be appropriate to say that Carmelites are skilful and splendid. This has been proven righteous by their active participation in the field of dance, creative writing, quizzes and sports. The Principal and diverse faculty of the school has always been a guiding source for the students, to actively participate in various events.

In field of sports, variety of games including Softball, Basketball, Volleyball, Badminton, Cricket, Skating etc. are played at school level. Efforts have always been to give a higher platform to talented, hardworking and exemplary players at Zonal, District, Divisional, State and National level. The interminable zeal and dedication of our coaches – Ms. Nayna Bamotra and Mr. Raman is reflected and exhibited in the eyes of our sedulous players leading to their victory in various tournaments.





Harseerat Kour, Harshpreet Kour, Arshiya Gupta, Harvinder Kour, Navya Gupta, Pihu Sharma, Harshleen Kour, Zaiba Sartaj, Bhoomi, Zenab Sartaj, Riya Sharma, Japleen Kour, Gurekam Kour, Vanshika Balgotra and Satakshi Sharma participated in 35<sup>th</sup> Junior National Softball Championship held at Rohtak, Haryana from 25<sup>th</sup> May – 30<sup>th</sup> May 2017.

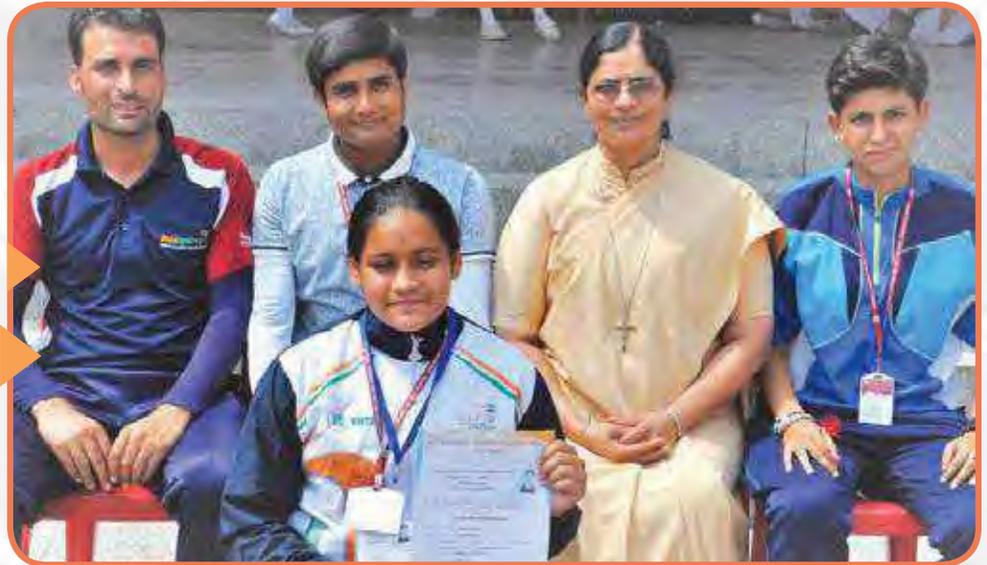
Ishani Sharma and Gunjan Pathania participated in 63<sup>rd</sup> National Cricket Championship held at M.P.Indore from 22<sup>nd</sup> December to 1<sup>st</sup> January 2018.





Rishika Khajuria, Ritika Singh, Anshita Sharma, Khushi Verma, Swati Sharma, Satakshi Sharma, Aakriti Khullar, Ojasvi and Riya Rajput won Gold medal in the Inter – state Diocese level Basketball competition held at Fatima Convent Bishnah on 8<sup>th</sup> December 2017.

Anshita Sharma participated in 63<sup>rd</sup> school National Basketball championship held at Delhi from 4<sup>th</sup> December – 12<sup>th</sup> December 2017

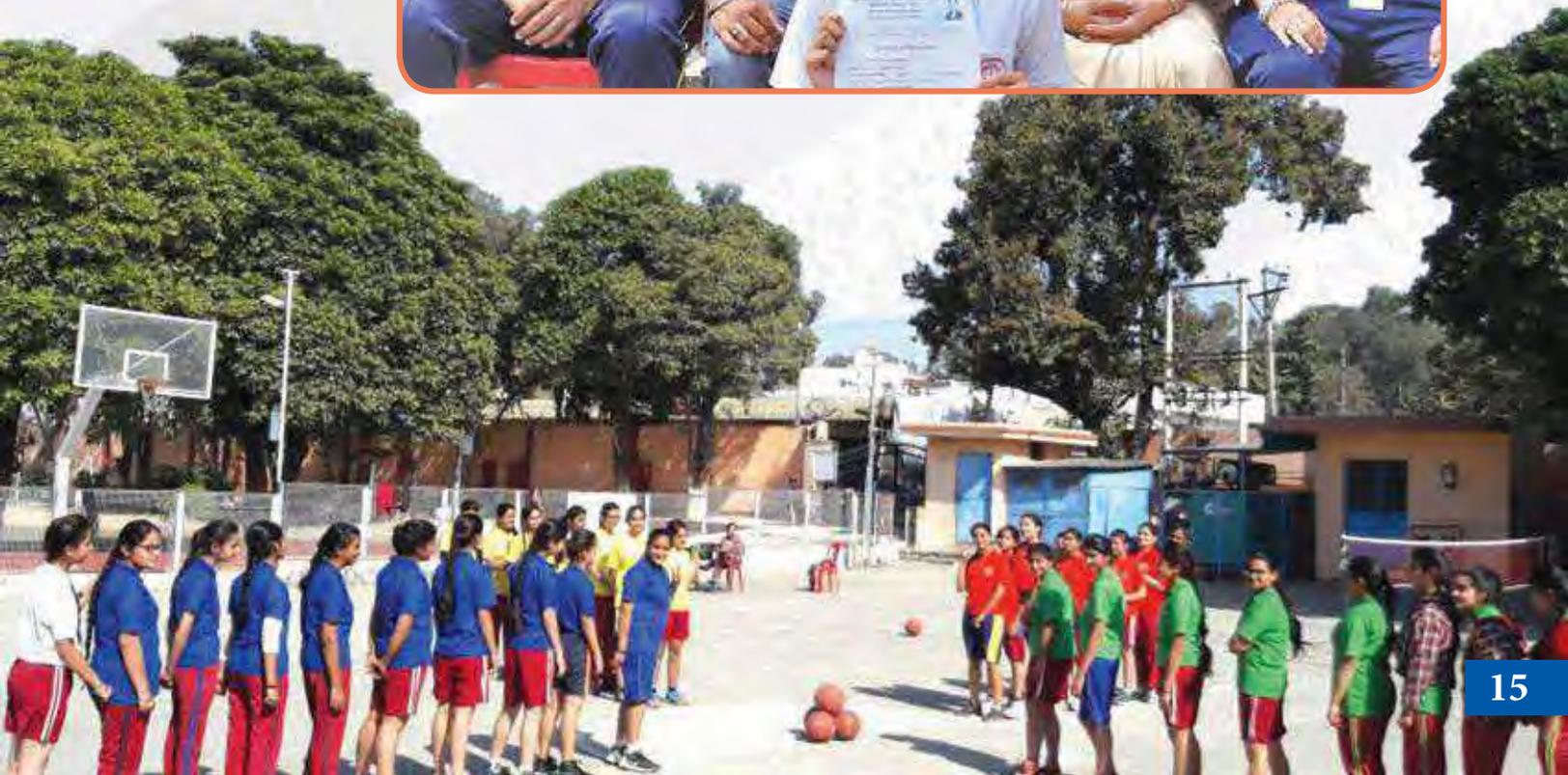


Anshita Sharma and Khushi Verma participated in 34<sup>th</sup> Youth Basketball championship held at Telangana from 28<sup>th</sup> June 2017 – 12<sup>th</sup> July 2017.



Rishika Khajuria participated in 44<sup>th</sup> Sub Junior Basketball National Championship held at Didwana, Rajasthan from 8<sup>th</sup> October -14<sup>th</sup> October 2017.

Priyanshi Raina participated in 63<sup>rd</sup> National school Games Skating Championship held at Belgaum, Karnataka from 9<sup>th</sup> -13<sup>th</sup> December 2017.



# SPORTS



Harseerat Kour, Arshiya Gupta, Harvinder Kour, Navya Gupta and Pihu Sharma participated in 63<sup>rd</sup> softball school National held at Rajnandgaon, Chhatisgarh from 12<sup>th</sup> – 16<sup>th</sup> February 2018.

Tanvi Attri, Sukhmani Kour and Harsha participated in 63<sup>rd</sup> National School Games Volleyball Championship held at Bangaluru, Karnatka from 1<sup>st</sup> December 2017 – 8<sup>th</sup> December 2017.



Ishani Sharma and Gunjan Pathania participated in 62<sup>nd</sup> Super Seven Cricket National held at Telangana from 11<sup>th</sup> January – 17<sup>th</sup> January 2018.



**Harshpreet Kour won silver medal in Long Jump Inter- state Diocese competition held at Fatima Convent Bishnah on 8<sup>th</sup> December 2017.**



**Sharon James won Gold and Japleen Kour won Silver medal in Shotput Inter- state Diocese competition held at Fatima Convent Bishnah on 8<sup>th</sup> December 2017.**



**Carmel Convent School participated in Inter – school Kabaddi competition held at Guru Harikrishan Public School and Softball competitions at G.G.M. Science College and won Gold medal. Also bagged Silver medal in Volleyball and Kho – Kho at Guru Harikrishan Public School and Basketball competition held at M.A. Stadium.**



# ANNUAL SPORTS DAY

The importance of sports and games in school encompasses more than just the benefit of physical activity. Increase in self-esteem and mental alertness which make school sports and games necessary for every child. Carmel Convent Hr. Sec. School organized Annual Sports Day, a day filled with fervour and excitement at Maulana Azaad stadium on 22<sup>nd</sup> November 2017 with an objective to develop stamina and sportsman spirit in our students. A well crafted theme **'One Team One Dream'** was chosen for the day.

The punctual arrival of the dignitaries added excellence to the day. Newly formed Bugal Band

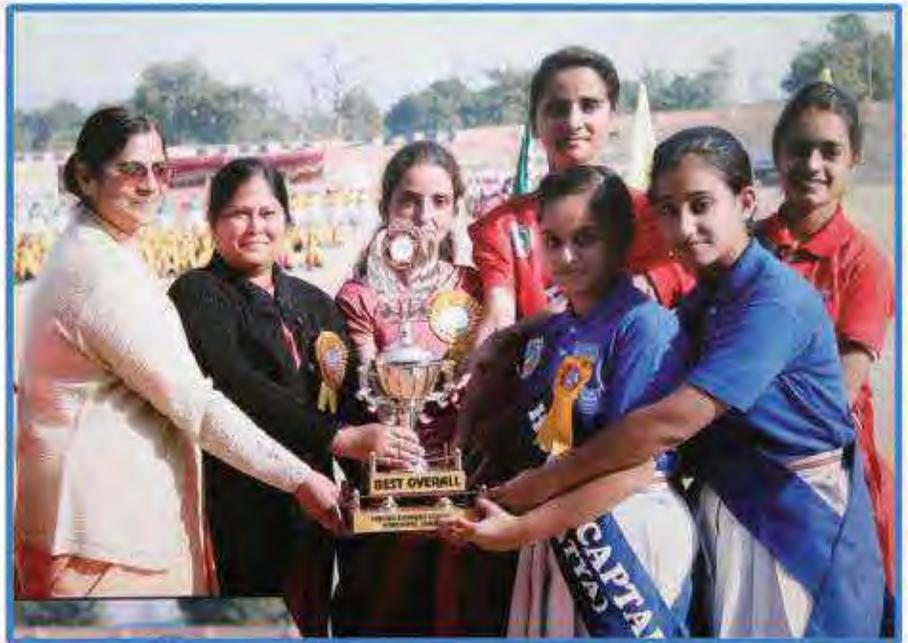
was an exuberant start of the day followed by receiving our Chief Guest Mr. Mandeep Kumar Bhandari IAS, Guest of Honour Bishop Ivan Pereira and special Guest Mr. Rajesh Gill with a warmest feeling. A Diya lighting ceremony was performed thereafter.

The Annual Sports Day was inaugurated by releasing balloons and beautifully decorated placard. The relay torch was carried by our national players which ignited the passion of the sporting and national spirit and thus declaring the sports meet open. A perfectly synchronized march past was led by the school pupil leader 'Ms. Harseerat

Kour' with complete alertness and coordination and the Sneha House was adjudged as best house squad.

The event witnessed a display of physical drills, Pomp - Pomp Dance and several Yoga asana and many races of its own kind which kept the spectators spellbound. Their splendid performance emulated the leadership quality of Carmelites and grand execution of team spirit. An agile and lively energetic Bhangra Dance filled the entire atmosphere with ecstasy. 'Bhartiyam' was a genuine example of coordination and team work turning into dream work.

The Chief Guest in his address complemented the endeavors of the school and also appreciated the initiatives taken to imbibe moral values in students. The Prize Distribution Function was indeed a moment of pride and honour for the winners of different races and 17 national players which encouraged and inspired the students to perform to their perfection.



# LEADERS ARE NOT BORN BUT MADE



To inculcate the leadership qualities in students and to give them a feel of functioning of the administrative body, a school cabinet was formed on 19<sup>th</sup> January, 2018. The dynamic Cabinet for the session 2017-18 laid down their office with utmost humility and respect, and the newly elected competent Cabinet formally took over their office. The occasion was graced by the presence of reverent FR. SHAIJU CHACKO as a chief guest. The ceremony began with a prayer service by students. Commencing with the handing over ceremony, the cabinet for the year 2017-18 marched ahead to lay down their office. After that the newly elected Cabinet marched ahead to take over the responsibility of serving the institution as leaders. It was a moment of great pride and honor for all of us. The names of elected cabinet members along with their portfolios were announced and they were conferred with badges and sashes by Fr. Shaiju Chacko and our school Principal, Sr. Maria Swati A.C. After assignment of portfolios to every member of the newly elected Cabinet Council, they took a pledge to fulfill their duty with devotion, determination, dedication, zeal and enthusiasm. Then Ms. Atiqua Malik as the newly elected Head Girl of Carmel delivered her speech followed by Fr. Shaiju Chacko's words of wisdom. Fr. Shaiju Chacko appreciated the former Cabinet for rendering their duties with great zeal and congratulated and encouraged the newly elected Cabinet. Miss Harseerat Kour proposed the Vote of thanks and the programme concluded with the singing of the School Song.

All in all, this day will hold a special place in our hearts and as it is said, "Life is like a book and memories are golden pages", 19<sup>th</sup> January 2018, will surely be a golden page in the book of student's life.



HANDING OVER  
&  
INVESTITURE CEREMONY



**A MILESTONE  
ACHIEVED**





## “Persistence leads to greater results”

**S**chool is a home away from home for the students. An institution providing learning spaces with the learning environment for the teaching of pupils under the supervision and direction of teachers is school.

Connectivity is created once we enter and become a part of a school and this bond gets stronger with each passing day. 1<sup>st</sup> May 2017, holds a great significance in the life of Carmelites. Another milestone was achieved with the introduction of Higher Secondary encompassing streams of Science, (Medical and Non – Medical), Arts and Commerce. It was the result of constant prayers, hardwork, determined efforts of the Sister and the School Management.

29<sup>th</sup> April 2017, a day blessed with the inauguration ceremony for the upgradation of our school was a memorable day. To grace this occasion Fr. Jose Vaddakal,

Fr. Shaiju Chacko and several members of the Apostolic Carmel Society were invited. Parents of the students entering class 11<sup>th</sup> were also a part of this unforgettable day.

The event was started with the expression of gratitude to the almighty for bestowing special blessings on our school. To celebrate this success a dance performance was also shown.

Sr. Maria Swati our esteemed Principal expressed her gratitude to the parents for their trust in the school management and assured them of all the possible assistance where and whenever required.

In addition to this Fr. Shaiju Chacko, the School Manager also gave words of appreciation and blessings for this new wing of the school which is a dream came true not only for the management, faculty, students & parents but for each individual associated with the school.

# FIELD TRIP

जमकाश ट्रकिंग  
JAMKASH TRUCKING

TATA MOTOR



“ Education is about gaining knowledge, learning and growing. The more we learn , more we grow. Learning can be through experiences that life gives us both on the academic front as well as non academic front.

Learning only while sitting in the classroom was an old concept. Now a days it is not confined to the four walls of the classroom. Field trips form an integral part of imparting education. To take a lead, class XI (Humanities) took an initiative by going for a field trip as a part of their academic learning, creating an in-depth study of the Principles of organisation. The trip was made to a 'SUNGRACE BEVERAGES' and 'TATA MOTORS' showroom Supwal, Vijaypur. This enriching and educative exposure helped the students to grasp the concepts of centralization, decentralization, Hierarchical structure, Delegation of Authority, Structure of an organization, unity of command and span of control. It was an experience gained by real life exposure.



# VISIT TO BOTANICAL GARDEN



The students of medical stream of class 11<sup>th</sup> visited the botanical garden in the month of November. It was a vast expanse of lush green garden packed with plethora of the most exclusive plants. The garden perfectly epitomizes mother nature in its best form with the serene surroundings and rare species of plants.

It was a perfect place for the students to make them come close to know the magic of nature. HOD of Botany department informed the students about various techniques and tools used to safeguard extinct and critically endangered species of plants. A professor who takes care of the garden briefed the students about exotic species of plants and their common and medicinal uses. A memory to cherish was to touch the miraculous "Mimosa pudica" that shrinks on being touched.

Students were also taken to the museum of botanical garden where different parts of the plants were preserved and exhibited. Moreover other plant products were also exhibited. Visiting this garden instilled within our students an instinct of protecting and preserving this natural heritage. This trip could take place just because of untiring efforts of our Principal Sr. Maria Swati and Biology teacher.

## TRIP TO FISHERIES DEPARTMENT



**F**ield trip, a visit to an area outside of the normal classroom where students try new things, share experience and life lessons is a great methodology of teaching. To ensure better learning and facilitating growth of students of EVS and Biology along with their teacher Ms. Alka Sandhu marched for a field trip to 'Animal Husbandry Department' and 'Fisheries Department' on 5<sup>th</sup> March 2018, heading towards Central Poultry Farm, Belicharana and Regional Fish Farmers Agency, Ghou manhasaan, Jammu. The first destination visited was Central Poultry Farm, Belicharana where the students were received by Dr. Sandeep



Kotwal (Asst. Poultry Prof. Officer) and Dr. Sunil Kumar (Junior Poultry Geneticist) where they gave a detailed description of various types of poultry animals enlightening on the Chabro breed of hens which included their feeding habits, life style, shelter, breeding, life cycle etc. Students were also involved in performing the process of 'Candling'.

Thereafter they proceeded for 'Regional Fish Farmers Agency, Ghou manhasaan', Jammu. The farm manager Mr. Zakir Khan held a seminar briefing the students about the meaning of agriculture and its relation with fisheries, its importance and various methods and techniques of fish farming. An anatomy of various species of live fish gave more educative facilitation to students. Students also had an opportunity to become familiar with various techniques of fish catching.

This trip encompassed practical knowledge with theoretical concepts, giving a clearer insight of the topic.



# SEMINAR ON EFFECTIVE TEACHERS



**M**otivation is a need for all, be it students or teachers. Motivation is a driving force which drives us all for better performance. Time to time motivation enhances the potentials, enlightens and updates the mind for improvisation and for having an edge for competitions. With this approach in mind, a motivational seminar for the teachers was organized by DIOCESE of Jammu-Srinagar Education Society, which was conducted by Rev. Fr. Joe Arimpore SDB. The theme of the seminar '7 Habits of Highly Effective teachers' emphasized on the fact that effective teachers are Principle Centered Teachers, who along with students can make a difference in creating a new society.

The resource person Fr. Joe Arimpore highlighted the paradigm shift where teaching needs to be student oriented teaching and learning. The technology influenced students need teachers who are well equipped with the changing technology.

The seminar updated the teachers in a way which enhance their self-esteem, improved their interpersonal relationships and above all a balancing attitude with students.

He notified that a revolution by teachers needs to be encouraged by inspiring the students to do 'DAAD' (Do An Ark Daily) and CARPE DIEM (Seize the day).



# ORIENTATION FOR PARENTS

To commence the session 2017-18, an orientation workshop was conducted in the month of March for consecutive four days starting from 27<sup>th</sup> March 2017. The emphasis was laid on not only speaking about the academic front but also all the issues relating to parents, student and teacher. As a student's life revolves around his/ her family, friends, teachers, parents and school, a platform thus was created where in the

parents – students – teachers could come together and develop greater potentialities towards success and progression in their life.

An active participation from the kindergarten to class tenth was observed. There was an enthusiastic and remarkable participation by all the teachers. Encompassing presentations focusing on the History of the Apostolic Carmel, The vision and mission portraying self belief which can be achieved by strongly believing in God thus inculcating self confidence to make the impossible – possible was highlighted. Rules, Regulations, Guidelines and traditions of the school were also reflected.

Parents were made aware of the new virtues and initiatives undertaken by the institute for the development of the students and instilling both academic and non academic skills in every child.

Counselor's session dealing with the personal, social, emotional issues was also an important part of the workshop.

Orientation session created a scope of interaction with the parents which lead to the betterment of students and creating an effective student – parent – teacher relationship, yielding to better results in terms of Social, Psychological, Educational well being of the students. This prove to be an enriching and exuberant session.



# INTERNATIONAL FAMILY DAY

**“Family is not an important thing. It’s everything”** -Micheal J. Fox



Family is not always the blood relations. Family is the people we meet, accept, want to care and believe in. Family plays an important role for promoting and overall well being of their members. International Family Day is observed every year on 15<sup>th</sup> May to promote awareness of issues relating to families and increase knowledge of the social, economic and demographic progression that affects families.

To give a real meaning to this event, Our Principal Sr. Maria Swati took an exemplary initiative in this direction, by celebrating family day in our school with each member of the Carmel Family. This celebration was one of its kind, was never ever witnessed in the history of Carmel Jammu.

Each member of the family rejoiced with one another. Family Day and its importance was highlighted through inspirational quotes, collages, paintings made by the students. Act of sharing was experienced when students were sharing their Tiffin. This created a sense of belongingness, love, sharing in all. Gratitude was expressed to the head of our Carmel Family Manager Fr. Shaiju Chacko and Principal Sr. Swati for the unconditional love, support and guidance to the staff.

To make this celebration more joyous a Cake was cut. Games were hosted for the staff and to tune with the melodious music exhibiting love for the family, students danced to the tune of DJ.



# COMMUNICATION SKILLS



Communication is a way of expression, It not only gives us an opportunity to know the mindset but act accordingly.

Communication encompasses both speaking and listening. It takes place between two or more individuals either through one to one person or publically.

To enhance and ensure the development of public speaking capacity and capability a workshop was conducted from

18<sup>th</sup> April 2017 to 21<sup>st</sup> April'17 for all the students who were segregated as per their classes. The workshop was conducted by Ms. Ekta Marwah, a journalist by profession focusing on the need and importance of public speaking.

She through various group activities involved all the students and projected on removing the fear for speaking. This not only instills confidence, self belief and motivational approach in every





individual for performing in their best manner.

Fear of speaking is a big hurdle in the path of success and progression. Intelligence complemented with a better way of talking raises one to height. The pinnacle of success could only be reached if excellence is exhibited in every sphere of education and behavior as well as through gestures.

Proper skills of speaking also enhance overall personality. This

workshop supported a complete skill development. It was initiated with the support of our esteemed principal Sr. Maria Swati, Our School Manager Fr. Shaiju Chacko.

The workshop was concluded with a gratitude and thanks giving gesture exhibited by the students for Ms. Ekta Marwah, who explicitly induced speaking qualities and removed the fear of speaking from the mindset of the students.



# WORLD HERITAGE DAY

World Heritage Day celebrated on 18<sup>th</sup> April aims at creating awareness about the wealth of mankind, its cultural heritage which reminds us about our rich history and is a remembrance of the past.

To make the world well verse with the wonderful heritage we inherit, this day is celebrated world over.

We too had the privilege of celebrating World Heritage Day which was collaborated with Prize Distribution Ceremony to honour the position holders of session 2016-17 for their excellent performance in



the academics. The celebration included various cultural performances exhibited by the students of Standard 5<sup>th</sup>, 6<sup>th</sup> and 7<sup>th</sup>.

The winners received trophies and certificates from honourable Chief Guest. Sr. Anes who is the

administrator at St. Joseph Hospital presided as a chief guest. The occasion was addressed by our worthy School Manager Fr. Shaijo Chacko where he stressed on the need of preserving our heritage site monuments





for the generations to come. Our esteemed Principal Sr. Maria Swati gave words of appreciation for all the participants of various competitions on this day and encouraged, inspired them to play a significant role in preserving the heritage we inherit.



# KARGIL DIVAS



Eighteen Years ago, on July 26, India emerged victorious in the Kargil conflict with Pakistan. In order to commemorate India's win in the war, the Kargil Vijay Divas is celebrated every year.

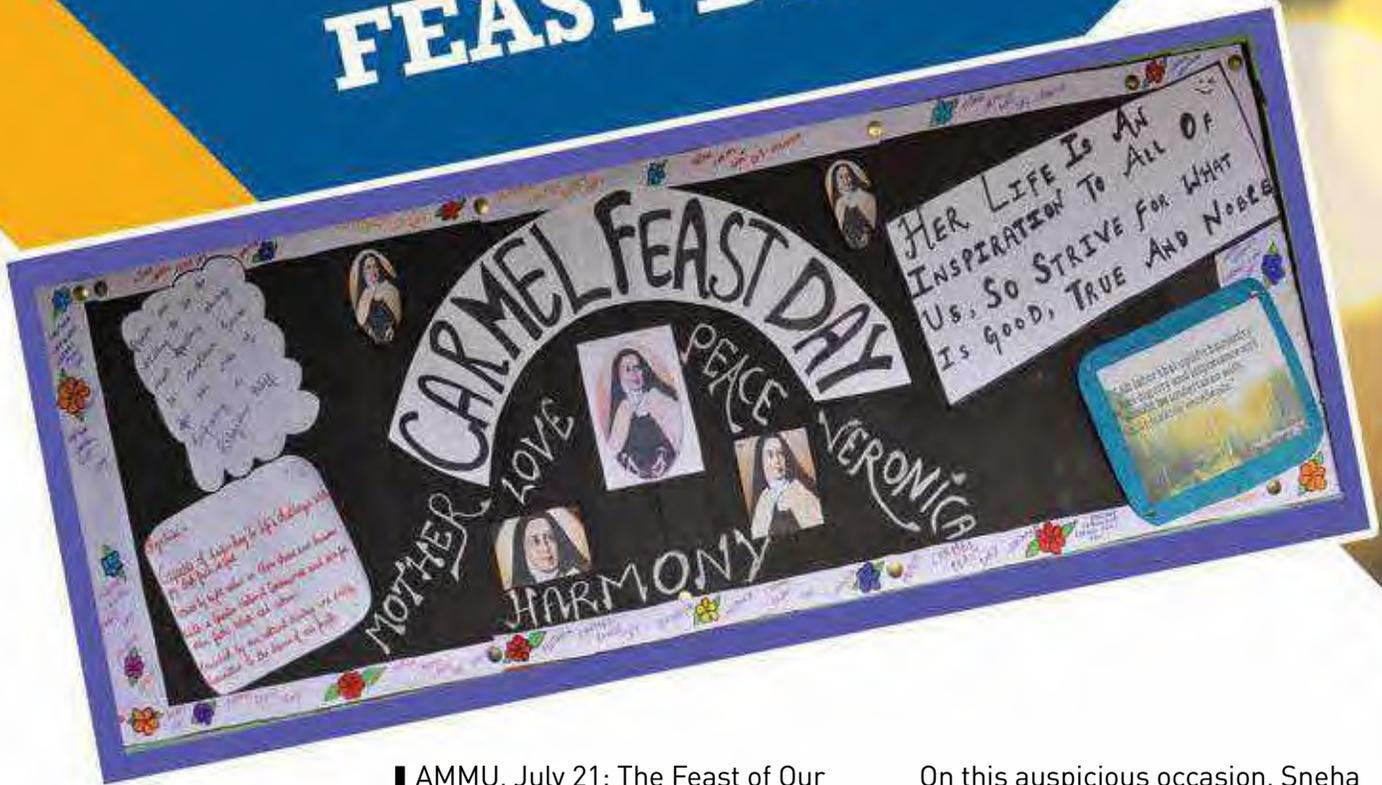
To pay tribute to the heroes of the war, Carmel Convent School celebrated the 18<sup>th</sup> anniversary of Kargil Vijay Divas with great patriotic fervor and zeal, the day was organized by the members of the Peace Club.

The celebration started with the Lord's praise in the form of bhajan, followed by a prayer service. Students shared their patriotic and immeasurable sentiments and forwarded their views.

To fill these moments with more memories of the sacrifices laid by our soldiers, our warriors, patriotic songs were sung by our young peace makers.

The event was concluded by motivational and inspirational words spoken by our worthy Principal Sr. Maria Swati.

# CARMEL FEAST DAY



JAMMU, July 21: The Feast of Our Lady of Mt. Carmel was celebrated with great devotion and fervor by the School Management, staff and students of Carmel Convent Higher Secondary School, Kunjwani. The celebrations began with the lighting of the traditional lamp and were followed by a solemn prayer service that highlighted the need to look at Mother Mary the Patroness of the school. During the Prayer service the history of the Carmelite Order and the origin of the Apostolic Carmel were highlighted. It is a significant event for the Sisters of the Apostolic Carmel as they usher in the sesquicentennial year of the birth of their Congregation "A Carmel for the mission".

On this auspicious occasion, Sneha House, a Squad of Carmel Convent Higher Secondary School, Kunjwani organized an Inter-House Folk Dance competition. Students from Std. V-VII [Junior group] and Std. VIII – X [Senior group] from all the squads of school participated in the competition with enthusiasm and zeal.

A variety of folk dance forms like Dollu Kunitha [Karnataka], Natti [Himachal Pradesh], Kunbi [Goa], Sambalpuri [Odisha] by the senior group and Haryanavi, Punjabi, Dogri, Lavni by the junior group were gracefully performed by the young and energetic Carmelites.

# INTERNATIONAL

# YOUTH DAY

## Celebration

*"Youth is the joy, the little bird that has broken out egg and is eagerly waiting to spread out wings in the open sky of freedom and hope".*

Youth is the spring of life. It's the age where discovery and dreams take the first place. It's the youth that has the power to take the developing nation to a developed nation. Their dreams that are woven by them. Their approach extends and takes them to stars and galaxies.

Their dreams and hopes desire of a world which is free from poverty, unemployment, inequality, exploitation and discrimination, a world, where creative challenges and opportunities brings out the best in the younger generation. With this thought in mind the International Youth Day is celebrated on 12<sup>th</sup> August every year with the theme 'Youth





Building Peace', which supports, encourages, and inspires the youth. Today's youth is tomorrow's future. The different programs that were included in its celebration were planned and organized in such a way that it gave a lesson of responsibility, development and unity which would in turn put their thoughts to action. The weeklong celebration included exhibiting morning assemblies, play, dance, symposium on the topic 'India towards New Era'. The students were enlightened and were made aware of their duties and responsibilities through inspiring speeches. The event concluded with inspirational words of our worthy Principal Sr. Maria Swati encouraging the students to be the power, the foundation stone of developing India.

"There is a foundation of youth. It is your mind your talents, the creativity you bring to your life and the lives of people you love, when you learn to tap this source you will truly defeat age"



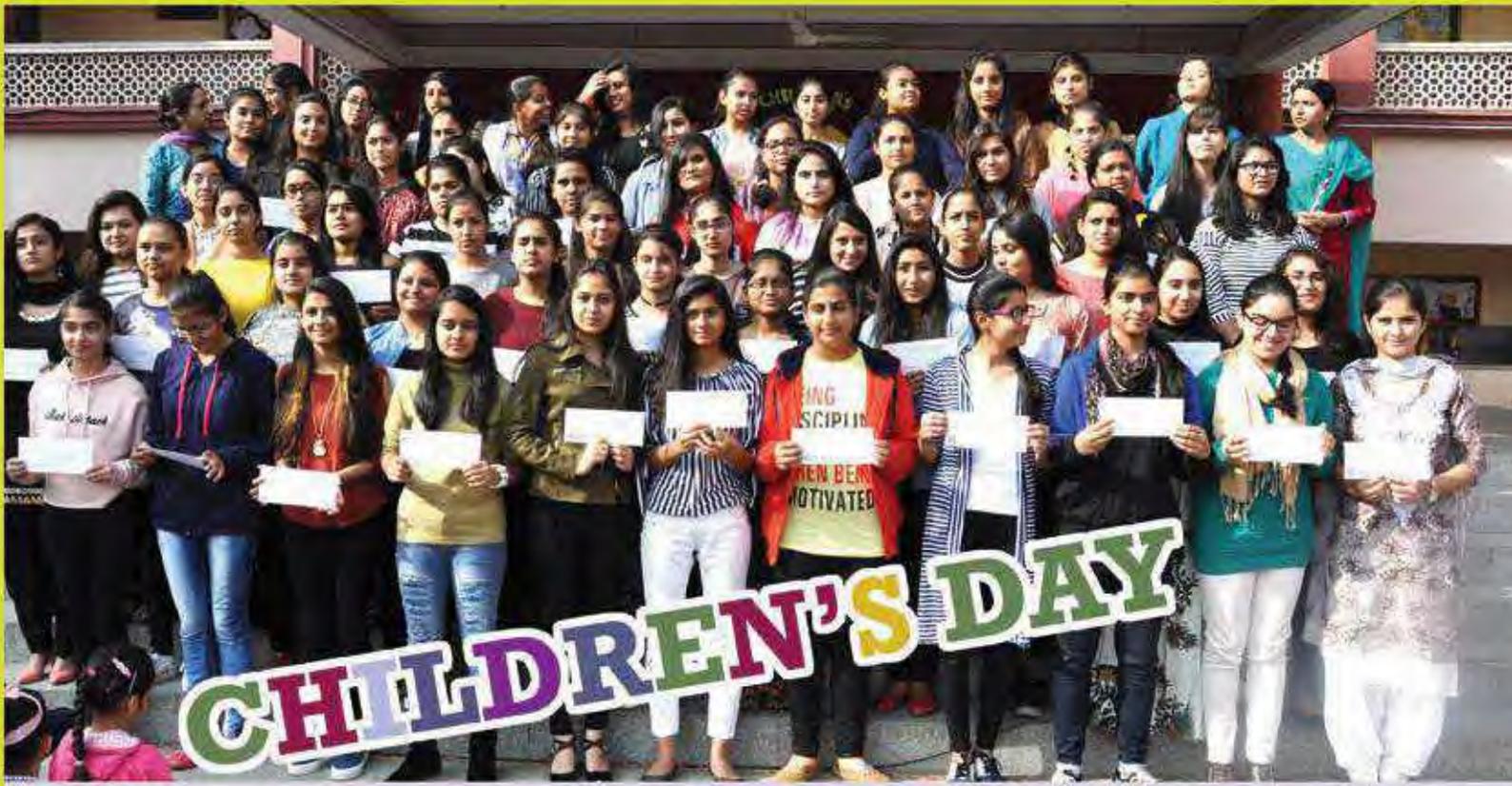


World Tourism Day is held annually on 27<sup>th</sup> September. Its main aim is to foster awareness among the International community of the importance of tourism and its social, cultural, political and economic value. This day is celebrated across the globe. Carmel Convent Higher Secondary School also took an

initiative in celebrating World Tourism Day and Dushera with great zeal, fervor and enthusiasm. The celebration emphasized on the significance of Tourism for the economy of a country and also an unforgettable lesson of victory of the good over evil.

Students participation could be viewed by their active performance in competitions like drawing, collage making and Slogan writing based on these two themes. Words of appreciation were expressed by Sr. Premini and her inspirational words inspired the students to always see good in all and at all times.





To highlight the importance of children day, Carmel Convent School celebrated it with great zest and enthusiasm. On this occasion, a special programme was organized by the teachers. They invoked the blessings of God through a bhajan which was followed by a prayer service. Then a group of teachers presented a dance. Students were also entertained by a skit. A song sung by the teachers deeply touched the hearts of the audience. To express the immeasurable sentiments, a teacher came up next with her poem. After that the programme was concluded by a Punjabi dance. Other than this, children danced to the tune of DJ played for them. It was a fun-filled day for students. At last our respected Principal Sr. Maria Swati wished the students a very happy children day and gave away the scholarships to the students





# TEACHERS

## THE TRUE SOURCE OF KNOWLEDGE



The Teachers' Day was celebrated on 5 September in the school with great zeal. The School Cabinet organized a great show dedicated to their teachers. The day buzzed with excitement and smiles all around. All the teachers looked splendid in their gorgeous outfits.

They also entertained teachers by arranging fun games for them. A value based skit depicting teachers vital role in making their pupil accountable citizens of tomorrow and wonderful human beings was also enacted on the stage.

For the first time in the history of Carmel the management startled the teachers by arranging "THE BACTERIAS", a band to entertain the dedicated teachers and students. The grand event culminated with an energetic Bhangra Dance. It was truly a proud day for all the teachers to bask in the love and attention from their students!





# CARMEL TREASURE RETREAT

The School organized a two-day 'Carmel Treasure Retreat' for each section of class IX to reflect upon the moral values that have been taught to them through their Carmel journey. The resource persons Mrs. Harpreet Kour, Mrs. Anita Rampal, Mrs. Neelam Chib, Mrs. Jyoti wali, Mrs. Preetika Abrol and SR. Miriam A.C. gave enriching sessions. The Retreat helped the students to relate with the Almighty. The empowering and persuasive sessions helped in building self confidence and self-belief.

The sessions concluded with prayers, the book marks were exchanged amongst the students which promoted fellowship and togetherness. The enlightening and influential Carmel retreat will always help them to strive towards the glorious future.



# THE BOND OF PROTECTION WITH OUR REAL HEROES

A bond that is meant to protect, care, nurture is a true Bond. Bond led by faith, carried with love and holds infinite care is a bond for life. A beautiful relation between a brother and a sister is celebrated on the festival of Raksha Bandhan where sisters tie a thread of faith on the wrist of her brother and takes a promise to be loved and protected from her brother till her last breath. For every Indian sister, there are brothers whose sacrifice sometimes gets unnoticed. To treasure the sacrifice they make for us, this year we tried to extend our gratitude towards these "Sons of the Soil", our soldiers by visiting the border area in order to tie Rakhi to our brothers at RS Pura border. We were accompanied by Sr. Rita and Sr. Premini, a team from Dainik Jagran also accompanied us. This initiative was a mark of solidarity and respect to the soldiers who are deployed far away from their families. This wonderful day was celebrated by an energetic dance performed by the students. This celebration is a true reflection of the positive mindset of the people of Jammu for the soldiers. The moment of tying Rakhi brought Smiles on their face. BSF soldiers showed happiness. Also, we had the privilege to visit the line of control and learn some shooting skills.





**F**reedom leads all beings to make their own way. If someone is deprived of this innate right, he/she will definitely feel not being respected. If a country, a nation is free, progress becomes the quite essential part of that nation. Historically, there has been an evident proof that freedom is innate to human and as long as he lives, he tries to restore his innate right to be a free man. We in our country India celebrate our freedom on 15<sup>th</sup> August when India attained freedom from the British rule and thus became a free country, giving the gift of freedom to all the citizens of our country. We as proud citizens of our country celebrate this historical day with a lot of fervor and enthusiasm. The celebration in our school commenced on 7<sup>th</sup> August and was carried forward till 14<sup>th</sup> August. During this week long celebration, assemblies were conducted focusing on the fight fought by freedom fighters to achieve freedom. Various competitions including drawing, Fancy dress, Poem writing, speeches and declamation were held. The weeklong celebration concluded on 14<sup>th</sup> August when a special assembly comprising of cultural items were also conducted filling the atmosphere with a sweet fragrance of freedom. Our worthy Principal spread her inspirational words which made the students aware of the duties towards their country.



“India is the cradle of the Human race, The Birth place of Human Speech, The mother of History, The grandmother of Legend, and the Great Grandmother of Tradition. Our most valuable and most artistic materials in the history of man are treasured up in India only!”

The love and respect for our motherland is a phenomenon that always stays with us and we feel absorbed in it. Republic Day, a day when we have an opportunity to celebrate the honour of our country was celebrated on 25<sup>th</sup> January 2017 with great enthusiasm. A cultural programme which started by invoking God's presence by a prayer hymn followed by a prayer service where students of std VI aroused the feeling of Patriotism was organized.

Any celebration without the music and song seems to be incomplete. The enthusiastic approach was reflected by the students. Vartika Jamwal gave an inspiring speech projecting the importance of this Day. Numerous competitions for all the classes were held comprising of Flag Making, Poetry Writing, Slogan Writing and Painting.

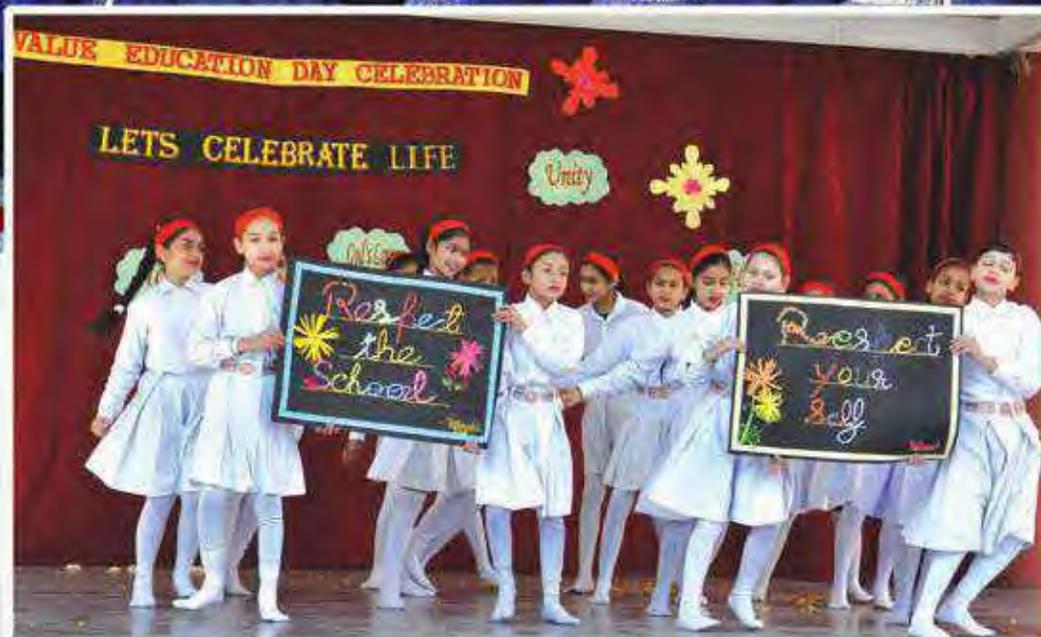
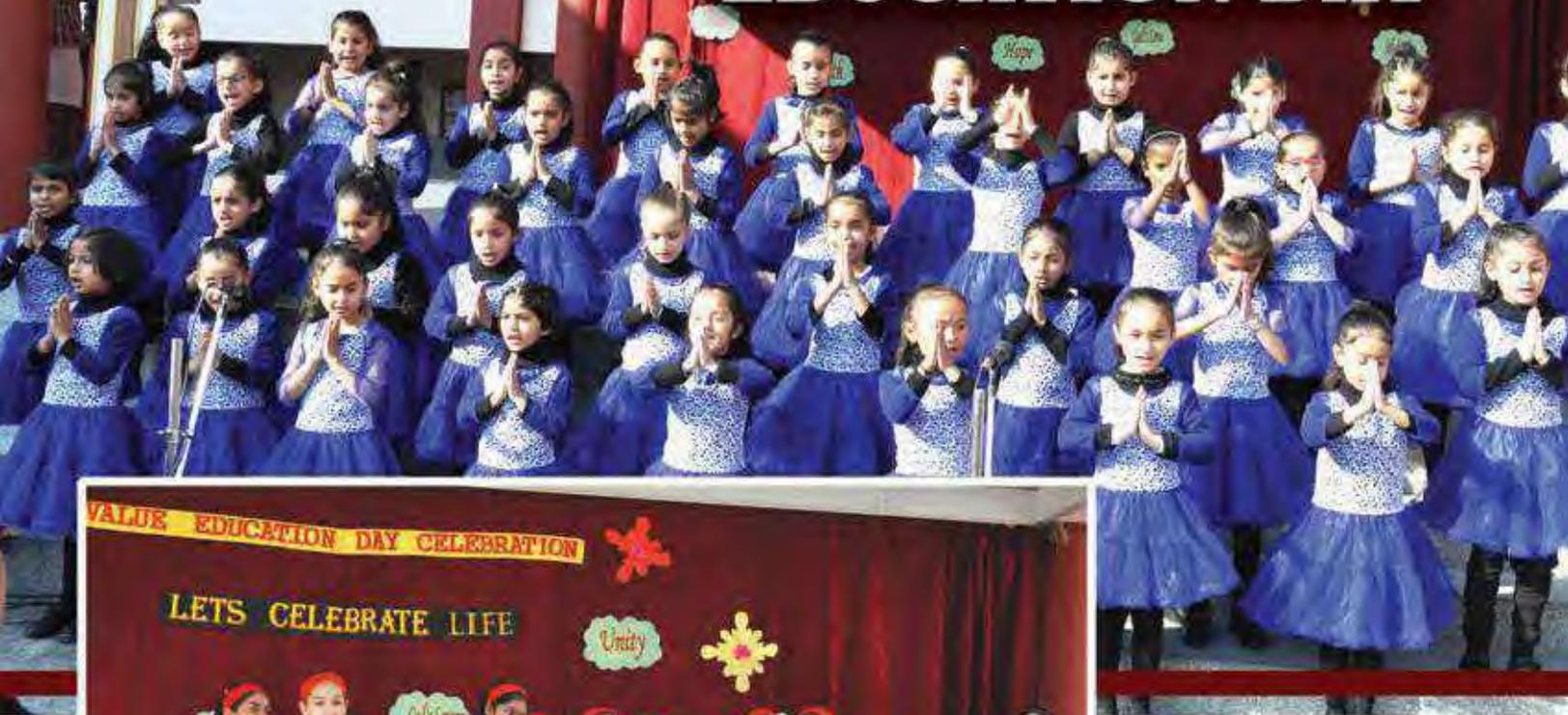




The School celebrated the triumph of good over evil in its campus. The students showcased the spirit of Diwali through a special prayer service followed by mesmerizing dance and speeches. A thematic play "Truth always wins" depicting the life of Lord Rama and his return to the kingdom of Ayodhya was also reproduced on the stage. A melodious song "Diwali Aayi Re" resonated in the building. Various competitions like Diya decoration, Candle decoration and Poster Making were held. High school students gave shape to their creative thoughts by using coloured rice, flower petals and sawdust for making rangoli designs. Our Principal Sr. Maria Swati concluded the programme by sensitizing the students about the ill effects of crackers and asked them to celebrate a pollution free and Green Diwali.



# VALUE EDUCATION DAY



**“The paramount ambition of education is not merely learning of facts. It is an enduring attempt of moulding the young spirits to bloom into integral human beings”**

Value Education is given sole prominence at Carmel. A day was celebrated as “Value Education Day”. Carmel believes that Value Education leads to the formation of young minds and makes them morally upright and ethically sound.

In order to aggregate the values learnt in various classes 14<sup>th</sup> Feb. 2018 was celebrated as Value Education Day by inculcating the attitude of sharing and caring amongst the students.

Carmel has surely fulfilled its duty of carving the self-reliant students who can reflect their abilities in the outer world. Value Education leads to the values, morals and ethics that pave every step in our life to reach the destination of success accompanied with compassion, gratitude and empathy.

“Don’t limit yourself to skies When you have thunder hidden inside you”





## CHRISTMAS CELEBRATION – JAMMU SRINAGAR DIOCESE

Christmas Celebration was organized in Carmel Convent Hr. Sec School by Jammu-Srinagar Diocese. The occasion was graced by the presence of the Chief Guest, Governor N.N. Vohra, First Lady Mrs. Usha Vohra, Prof. R. D. Sharma (Vice Chancellor, University of Jammu) along with other dignitaries. Fr. Shaiju Chacko, our School Manager anchored the event and a welcome note was presented by Rev. Fr. Jose Vadakkal, Vicar General followed by carols sung by the students of the School and Presentation Convent Hr. Sec. School. The Chief Guest appreciated the service of Catholic Christian Missions of providing value based education to children from various backgrounds and religions which helps in creating an atmosphere of love, peace and harmony. The celebration came to an end with the Christmas message and blessings of the Most Rev. Ivan Albert Pereira, Bishop of Jammu-Srinagar Education Society. A day of splendid moments was celebrated with the blessings of God.

Christmas was celebrated for the staff of Carmel too. The day was filled with games, a sumptuous lunch organized by the Management and our esteemed principal Sr. Maria Swati. 'Who's my Santa', a wonderful game was played in which the gifts were exchanged but without revealing the identity of the giver. The receiver had to guess. A day of splendid moments was celebrated with the blessings of God.



# 'BELIEF ENHANCES LIFE'



# MATHS QUIZ COMPETITION

Children are not limited in what they can do, when they have mathematical skills. To assess the mathematical skills, proficiency and aptitude of the students, our institute organized a Maths Quiz Competition on 27<sup>th</sup> May 2017 for the students of Std 7<sup>th</sup> to 10<sup>th</sup>.

With the concept 'Real learning comes about when the competitive spirit has ceased.', this turned out to be a Mega Event. Mr. K.K. Razdan, a senior secondary coordinator - Mathematics at Heritage School presided this event as a chief Guest. He was given a warm welcome and the event was started by a prayer song to invoke God's blessings and to illuminate the path of hard work and success.

The entire quiz was divided into four rounds. The rounds were named as 'The Basket Round', 'Miss Lucky', 'Identifying the Mathematicians', and 'The Rapid Fire'. All these rounds propelled interest and enthusiasm in the audience.

The participative approach of all the participants created an urge to know the key aspects of the subject. The Chief Guest recognized the reinvigorating efforts of the teams who participated and laid emphasis on the need of Mathematics in our day to day life and creating a passion for the subject. The overall efforts and diligence of the coordinating teachers were well appreciated by our esteemed Principal Sr. Maria Swati with the inspiring words of wisdom.



# QUEST 5, THE INTER SCHOOL QUIZ COMPETITION

# QUIZ!

“If you have knowledge, let others light their candles in it”, A well known verse means knowledge spreads if we want to spread it and share it. ‘QUEST’, an Inter School Quiz Competition, its 5<sup>th</sup> edition was organized by Carmel Convent Higher Secondary School. This mega event successfully completed its five years which was motivating, inspiring and enlightening for the upcoming generation to strive to carve a path for themselves in this competitive world.

‘Quest’ invokes the participation of 10 to 12 prestigious schools of Jammu with great enthusiasm. Knowledge is spread through a light of Diya which paves way to those who follow it. Prayer and lighting of Diya marked the beginning of the Quiz. The nine participants were given a choice to choose their sitting place by picking any slip from the bowl.

There were ten rounds consisting of General awareness, current affairs, Abbreviation, Audio - visual Rounds etc. The show stopper of the event was the Audio - Visual rounds , comprising of audio clips of voices of some well known personalities and the video round exhibiting the clips of recent current events.

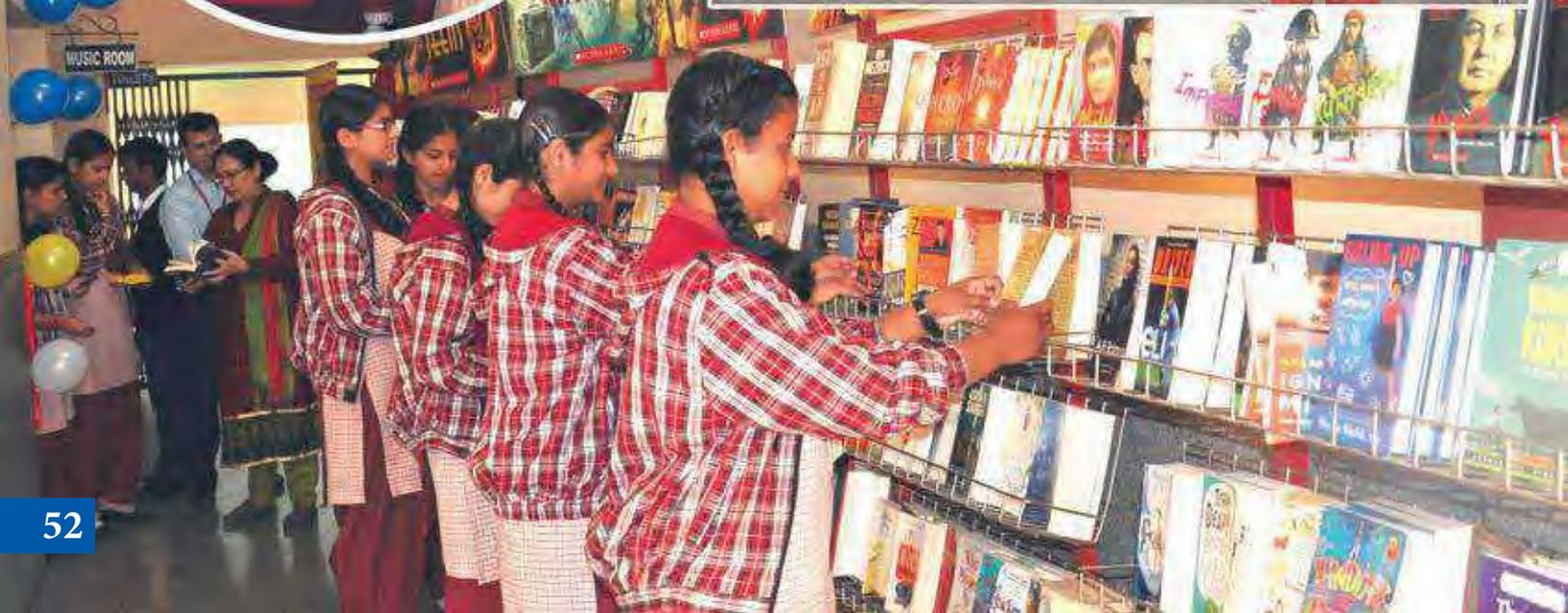
Each team tried to put its best foot forward and excelled in all the rounds. Exhibiting their caliber in the rapid fire round, the Quiz came to its closing. Our esteemed School Manager Fr. Shaiju Chacko, addressed the students, staff of the participating educational institutes by congratulating them for their enthusiastic approach for participating in the Quest and encouraging the team who won the first, second and third prize i.e. the heritage school, Jodhamal School, JK Public school. The Rolling Trophy was acquired by the Heritage School.



# LITERARY WEEK

The Literary Week commenced on with the inauguration of the Scholastic book fair. The Fair encouraged the students to develop the reading habit and increase their vocabulary. The book fair displayed interesting, inspirational, spiritual and fascinating books for the High school and even for the Pre-primary Class. The students had a wonderful experience of browsing and buying books. Throughout the week various competitions like poetry recitation, debate, declamation and extempore were held to develop students' aptitude and bring out their potential.

We ended up this noble initiative taken by our worthy Principal Sr. Swati and Literary Club in building students' interest in the field of literature.





# INTERNATIONAL PEACE DAY

International Day of Peace celebrates the power of global solidarity for building a peaceful and sustainable world. The objective of Peace Day is spreading awareness about peace. This objective can only be attained if we do our bit to make peace universal. Carmel Convent Higher Secondary School celebrated this day with passion, ardour and a keenness to follow the theme of the year stating “ Together for Peace, Respect, Safety and dignity for all.”

An event without activities leads to less participation so in order to invoke clear and active participation, activities like poem writing, speech, collage making, slogan writing were held.

A mime act portraying the theme ‘ Peace

cannot be achieved by force’ clearly portrayed its importance. Peace Club members also shared their views on the role and significance of peace club in the school. Music is a language which reaches our soul. This was proved by a soulful song sung by the peace makers of the school .The Programme was concluded by the words of wisdom by Sr. Maria Swati who inspired the students on the way of attaining peace first for themselves and then spreading peace in the society where we live.

Fr. Xavier who is a peace coordinator applauded the participants and congratulated them for the efforts they make to spread peace through peace club.





# SCIENCE AND ECO CLUB

“A small step to save the Earth is in your hands” To create environmental awareness among the students, members of Science and Eco Club held a weeklong celebration to spread awareness through different activities such as mime act, songs, powerpoint presentation, drawing and poster making.

Mr. Tongpang graced this event with his presence and shared a few thoughts on how Environment and Peace are interrelated. The event was concluded by planting a sapling by our worthy Principal Sr. Maria Swati, Sr. Premini, Fr. Xavier and Mr. Tongpang.



# SINGING COMPETITION

“Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything.” With this ideology, a Singing Competition was organized on 22 July 2017. Classes IV-VII actively participated as junior and senior groups.



# ANNUAL PRIZE DISTRIBUTION CEREMONY – 2017-2018



The Annual Prize Distribution Ceremony for the session 2017-2018 was held to felicitate the winners of various competitions held during the whole session on the occasion of the birthday of the School Manager, Fr. Shaiju Chacko. The programme was organized by Shanti House. Fr. Shaiju Chacko felicitated the prize winners of various competitions held during the year. The overall best house trophy for the session was bagged by Shanti House.



## AWARDS 2017

Awards and recognitions propels one to deliver their best. A proud moment for the School was on 22nd September 2017 when Education World India School Ranking 2017-18 recognised and awarded Carmel Convent Hr. Sec. school as the 2nd best school for girls in the state of J & K. Another great day for the school was on 17 August 2017 when the Life Empowerment Award Ceremony by Expressions India at India International Centre, New Delhi was held to felicitate all the dignitaries in the field of education in various award categories from all over India. Carmel Convent School was awarded in the category of Indian Art & Culture for the promotion and preservation of the heritage of India.



# GIRL GUIDES



The Girl Guides Week was celebrated with great enthusiasm. The week involved numerous activities like Drawing competition, Slogan-Writing, Poster-Making, Collage-Making and Video-Making on the theme- 'Role of Girl Child in Today's Society'. A two-day training programme was held for the budding Guides in the school premises which gave a clear description of the leadership attributes to the girl guides. The celebration came to a conclusion on 2<sup>nd</sup> December, i.e. the World Aids Day.



# PICNIC



The most awaited day of the year for students is a day of fun, frolic, laughter, giggles and happiness. Big or small, all the students love going for an enthralling picnic that rejuvenates their mind and body. To give this reinvigorating experience to the students, picnics are organized. The selected picnic spots were 17 Miles, Wonderland Jalandhar, Devi Grand Hotel and Amusement Park, Katra. The students were safely taken to these destinations in buses along with their teachers and support staff. Breakfast, lunch and evening snacks was provided to the students. Recreation facilities such as 3-D Movie, Rides and DJ was organized for a refreshing and wonderful experience.



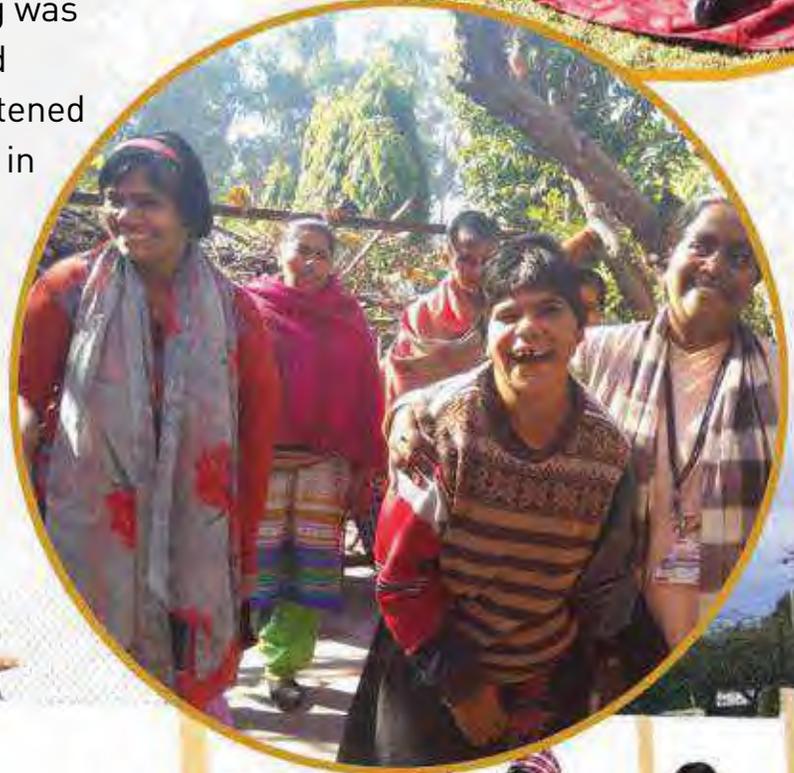
# SOCIAL SERVICE WEEK



“Never stop doing little things for others. Sometimes those little things occupy the biggest part of their hearts.” Social Service reflects the true meaning of happiness. It is therefore rightly said, ‘Service to mankind is service to God.’ With this belief Carmel celebrates the social service week which gets devoted for the service of underprivileged, differently abled and weaker section of our society. This year the week commenced on 11<sup>th</sup> December, 2017. The whole school participated in contributing their part of donation. All the students from classes 1<sup>st</sup> to 11<sup>th</sup> made their contributions in the form of clothing encompassing shawls, blankets, cardigans, socks etc.



Students from VI to IX visited Bal Bhawan Amphalla, MC Janipur, Chhoti Teresa Bhawan, Bakshi Nagar, Sahara Special School, Trikuta Nagar, Channi Rama- Balgram , Louis Braille Memorial Residential School for sightless girls, Roopnagar and Jeevandhara , an old age home, Mandal. Class V organized a special evening for the Christmas for the less privileged children of the locality. The evening was filled with peals of laughter, joy and happiness. This kind gesture brightened their faces and restored their hope in humanity.



LOUIS BRAILLE MEMORIAL (L.B.M) RESIDENTIAL SCHOOL FOR SIGHTLESS GIRLS  
ORGANISED BY EDUCATION DEPARTMENT J&K STATE  
11 NORTH / FOUR BUNGALOW LANE, JAMRU UNDER THE REGD OF NATIONAL FEDERATION OF THE BLIND  
STATE CHAPTER JAMRU HEAD OFFICE VEB BHADUR AMPHALLA, JAMRU  
CONTACT: 0191-2579388, 94192-80089, 941966417, 979596759





## SCHOOL INSPECTION

The board members of The Diocese of Jammu Srinagar Education Society under the leadership of Father Antony Peppin, Chairman of the society, visited the School on 27<sup>th</sup> November, 2017. The assembly for this day

was conducted by the Yellow House members along with the Girl Guides on the topic 'Kindness'.

After the assembly, Father Antony Peppin addressed the students with his motivating and encouraging

words. Mementos were given to the students who secured above 95% in Class X Board Exams and are continuing in Class XI. The team visited the classes and interacted with the students and staff members.



# THE TRIP TO RAJASTHAN AND DELHI

Travelling leaves one speechless and then turns one into a story teller. The idea behind travelling is to give refreshment to our soul and body after a hectic schedule; a travelling break replenishes the mind with fresh thoughts. A Trip to Rajasthan for the students of Class X and XI was organized and the main attractions of the trip were Camel rides, visit to the Golden Palace, Museum, Umed Bhawan etc The students of classes VIII-IX visited Delhi and were overwhelmed to see places like the Kingdom of Dreams, Kidzania, India Gate, Red Fort etc. Both the trips gave the students the much required relaxation and exposure.



# ALUMNAE MEET

The Annual Alumnae Meet 2018 was held at the school during the Diwali Break. It was heartening to see the overwhelming response of the students on visiting their alma Mater. The students registered themselves and showed keen interest to participate. The gala event glittered with speeches and nostalgic memories. The students came forward to thank their Alma mater for inculcating values which helped them to cope and excel in their later stages of life. They shared their memories of the school, reliving the nostalgia. The Hall was filled with gratitude, joy and laughter. Fr. Chacko made a difference by an inspirational speech. An Alumnae committee was formed. Ms. Alisha Luthra from the first batch was chosen as the President. Other members included Ms. Samarpreet Kour as the Vice-President, Ms. Chitrangini as Secretary, Ms. Sukhmani Kour as Joint Secretary and Ms. Aakriti Singh Sambyal as the Treasurer respectively.



# HEALTH EDGE CAMP

Health and well being are embedded at the heart of any organization as people are our greatest assets. The organizations that follow this principle connect to the soul of the people working there. With this caring thought a healthcare camp was organized for the school staff by 'Health edge'(a sub unit of Tata Class Edge) under the theme 'Healthy Teachers, Healthy School' on 9<sup>th</sup> February 2018.

The camp aimed at assessing the health details of the staff members and observing their health conditions, helping them to improve their health. All the dignitaries had arrived from Mumbai for this purpose.

All the staff members got themselves checked up. Our School Manager Fr.Shaiju Chacko and School Principal Sr. Maria Swati also participated in this health checkup. It helped them to know their minute health details. All this could take a concrete shape only because of the "We too care" attitude of the School Management and undoubtedly the persistent efforts and outlook of our worthy Principal Sr. Maria Swati A.C.



# STAFF PICNIC

A relaxed and refreshed mind brings out the best. A rejuvenating trip was organized for the staff members to 'Sadda Pind' Amritsar. Fun, frolic and laughter rang in the air. This trip left a life time memory in the hearts of every staff member.

It was an experience which can be considered more than a trip. Punjab and its heritage all at one stop. Be it with food, be it with culture all portrayed the beauty of Punjab.





# ART AND CRAFT

“Creativity gives rise to unlimited out of limited.” The work of students reflected their deep interest in their own innovative world. When the children are appreciated, it helps them to boost up their hidden talents. The main idea behind organising the exhibition is to give a boost to their creative thinking and to provide a platform, discover their potentials and capabilities.

Carmelites poured out their creativity and talents at the Art and Craft exhibition held in the school premises on 17<sup>th</sup> February 2018 .A vast spectrum of colours was created through collages, paintings, portraits and crafts. Each grade presented its own creativity and the parents were enthralled to see the exhibition.



# श्रमिक दिवस

“मेहनत श्रमिकों की जिम्मेदारी है।

उनको खुशी देने की अब हमारी बारी है।

हर वर्ष की तरह इस वर्ष 1 मई 2017-2018 दिन सोमवार को स्कूल में कक्षा दशम की छात्राओं द्वारा श्रमिक दिवस पूरे हर्ष और उल्लास के साथ मनाया गया।

कार्यक्रम का आरंभ स्कूल की परंपरा के अनुसार प्रार्थना सभा से किया गया।

श्रमिकों के मनोरंजन के लिए एक रंगारंग कार्यक्रम प्रस्तुत किया गया। नृत्य के साथ साथ श्रमिकों को कुछ मनोरंजक खेल भी खिलाए गए। सभी श्रमिक भाई बहनों ने कार्यक्रम में बढ़ चढ़कर हिस्सा लिया।

स्कूल की प्रधानाचार्य सिस्टर स्वाति ने श्रमिक भाइयों के सतकार में एक पार्टी का आयोजन किया और उपहार भी प्रदान किए।



## हिंदी सप्ताह समारोह

11 सितंबर से 16 सितंबर तक हिंदी सप्ताह मनाया गया। इसका आयोजन शक्ति सदन द्वारा किया गया। इसका उद्देश्य बच्चों को हिंदी भाषा के प्रति जागरूक कराना था। इस समारोह को सफल बनाने के लिए विभिन्न प्रतियोगिताएं रखी गईं। उदाहरणार्थ- दोहा प्रतियोगिता, भाषण प्रतियोगिता, सुलेख प्रतियोगिता, वाद विवाद प्रतियोगिता एवं हास्य कवि सम्मेलन। कवि सम्मेलन आकर्षण का केंद्र रहा। बच्चों ने बड़ चढ़कर कार्यक्रम में भाग लिया। सप्ताह भर हिंदी में विशेष प्रार्थना सभाएं रखी गईं। PPT द्वारा बच्चों को भाषा के प्रति जागरूक किया गया। हिंदी का विकास करने एवं भाषा के प्रति प्रेम जगाने हेतु हिंदी सप्ताह को बड़े पैमाने पर मनाया गया। अंत में प्रधानाचार्य द्वारा बच्चों का उत्साह वर्धन किया गया और संबंधित शिक्षकों की प्रशंसा की गई। शक्ति हाउस इंचार्ज द्वारा धन्यवाद भाषण दिया गया।

# हिंदी



## SUPPORT STAFF







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