



Carmel Spectrum



CBSE AFF. NO.- 730203

From the Principal's desk...

Dear Parents and Students,

My joy has no end as I start to pen a few lines to this last issue of the Online Newsletter. The much-awaited aspiration to affiliate the school with CBSE has come true.

Carmel Convent is now CBSE affiliated up to the Secondary level. Thanks to each one of you for your love and kind support. Carmel Family has worked hard to achieve this milestone. I gratefully remember all those who rendered their selfless service to make this dream come true.

A word of appreciation to all the staff members and students for the productive school year 2020 - 2021. It has brought manifold blessings to the school and its community. I quote, "Dream is not that you see in sleep. The dream is something that does not let you sleep"- A.P.J. Adul Kalam.

I am thankful to the faculty members for their endless hours of volunteering, teaching, and doing no matter what was necessary to support the students. Each of them went above and beyond the call of duty to provide whatever is required to the online learning outcome.

Such an experience was not possible without the endless energy, skills, and devotion of the Admin staff. Kudos to an incredible group of professionals.

A final word to Carmelites: Appreciation for all your hard work throughout the school year. Once again a big thanks to everyone for your generous contribution in every possible way. I extend best wishes to our higher secondary students, who will be passing out of the portals of Carmel soon. And to the students a warm welcome for the next academic year.

VALUE EDUCATION DAY

CLASS I

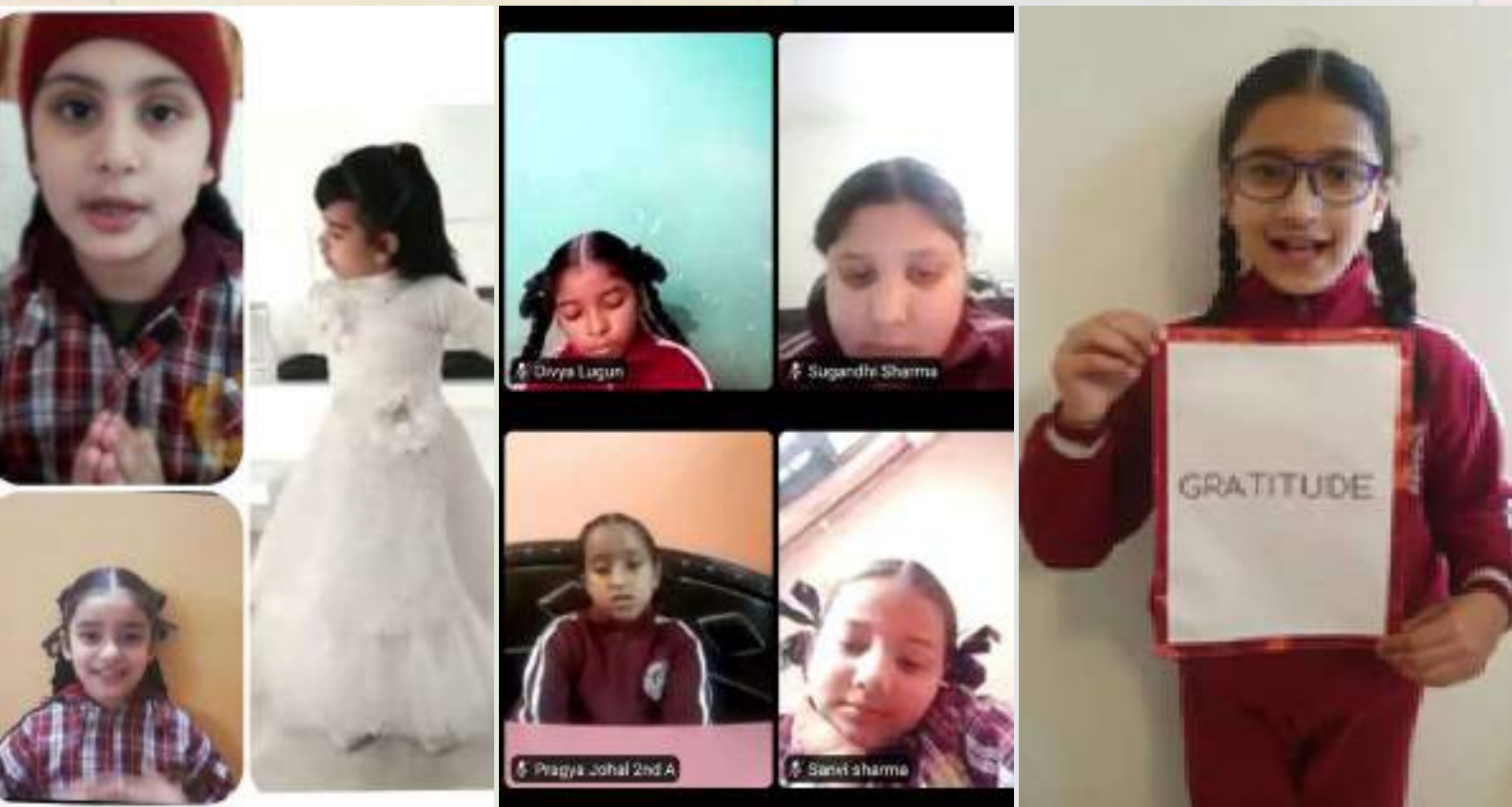
The Value education programme started with a prayer and a prayer dance by the students. Various videos of moral values and stories were shown, followed by a PowerPoint presentation. Through activities, the students depicted the importance of values.

CLASS II

To enhance awareness of Values and increase thinking power, teachers held an online Value Education day. "Love Grows When Kindness is planted". With this theme in mind, the programme started with a prayer service. The teachers spoke about the importance of Value Education in school. The students further illustrated the values they Learned in school through various fun-loving activities. Song sung by the students on kindness was an inspiring one. The programme concluded with words of gratitude.

CLASS III

An online Value Education Programme of class 3rd started with a prayer service. Class teachers welcomed the students. After the interaction, the teachers invited them to share their experiences and talk about the values they learnt in school.



CLASS IV

Class 4th celebrated Value Education day with great zeal and enthusiasm. The importance of value education day was narrated by one of the students. The day started with a prayer song. As a part of the celebration, various activities were organized. The kinaesthetic and musical skills were exhibited through songs and dance performances. Further, they shared how values learnt in school helps them to be a positive person. The programme ended with a thanksgiving note presented by the class teacher.

CLASS V

The students of Class 5th had an enriching experience. The programme helped them to understand how to be good citizens and kind people. The programme started with a prayer service. Some students shared their experiences and gave live performances.

CLASS VI

The Students of 6th celebrated the Value Education day online. The theme based on the values which they have learned during the value education classes. The programme began with a bhajan followed by the prayer service conducted by students. The students participated in various activities like storytelling, group dance, solo dance, poem recitation, songs, skit, etc. After the programme, the three students shared their experiences how they have benefited from the value education classes during this pandemic time. The students expressed their gratitude to Principal Sr. Maria Swati, and the staff, for teaching and conducting the various activities online. The programme ended with a vote of thanks. Mrs Param Preet Kour expressed her gratitude and appreciated the students.



CLASS VII

The programme began with a prayer, Reflection, and the importance of values were shared by a few students. After that, a beautiful message was given by two students on how they changed their behaviour by gaining values in their life. Value education imbued a sense of discipline and responsibility in them. Some students showcased their talent by dancing and by singing songs.

CLASS VIII

The programme began with a prayer, the importance of values was shared by students, highlighting the inculcation of a positive attitude towards life. An innovative skit on tolerance was presented followed by a Powerpoint presentation that was focussed on the development of a healthy mind. Some students showcase their talent by dancing.

CLASS IX

Students of Class IX celebrated Value Education Day virtually on the topic: GRATITUDE. The Prayer dance gave a start to activities like dance, songs, poems, and inspirational stories, etc. The students shared experiences of attending value education classes and online classes by expressing their sincere thanks to the school principal and the teachers. The programme concluded with a short prayer and a song.



SPORTS ACHIEVEMENTS

Be it Pandemic or Normal days, Carmelites rise to the occasion. Here below are some of the achievements of our students.

- **Athletics Shotput Championships- Under 19 Category**

1. Youth Games All India National Championship 2020- Sharon James won Gold medal. The competition was National level held at Mother Khazani, Convent School Mungeshpur, New Delhi.
2. Youth Games Jammu & Kashmir State Champion 2020- Sharon James won Gold medal in a State level (UT) competition held at Poonch Stadium, Jammu and Jammu Sanskriti School Ismailpur Kothey, Jammu.
3. Youth Games Jammu & Kashmir State Champion 2020- Sharon James won Gold medal. The competition was State level (UT) at Poonch Stadium, Jammu and Jammu Sanskriti School Ismailpur kothey, Jammu.
4. Department of Youth Services and Sports District Jammu- Inter school and district level competition, Sharon James won Silver medal in Under 19 Category at Women's College, Gandhi Nagar, Jammu.
5. Department of Youth Service and Sports- Sharon James won Gold in Inter District and State level (UT) held at University of Jammu between 13th to 15th February 2021.



• **Netball Championships:-**

1. **Netball Association of Jammu And Kashmir organised District Jammu Netball Championship at Indoor Stadium, Bhagwati Nagar, Jammu. Four girls from the school- Ritika, Chitreshi, Divya and Sharon James won Gold medal in Under-19 category.**
2. **Another District level Netball Competition was held at Indoor Stadium, Bhagwati Nagar, Jammu on 6th and 7th February 2021. Rishika, Suryanshi, Pavni and Akriti won the Silver medal.**
3. **Shiny James and Tejal won Gold medal in a District Level competition, Under 17 Category, held at Indoor Stadium, Bhagwati Nagar, Jammu on 6th and 7th February 2021.**
4. **Ikjot and Garima won Silver in Under 17 category, district level, held at Indoor Stadium, Bhagwati Nagar, Jammu.**



- **Kalaripayattu Championship:-**

1. Five students from Carmel Jammu participated on 5th February held at Bhagwati Nagar, Jammu, and Kashmir. Janvi Singh, Roshni Vaid, and Lavanya Sharma bagged the first position and got a gold medal. Ashwin Kour and Diya Charak bagged the second position and won silver medals.
2. At the district level, Ashwin Kour and Janvi Singh participated in a championship held at Rehari. Both won gold medals.



INTERNATIONAL WOMEN'S DAY

As an ode to the women, Carmel celebrated International Women Day on 8th March 2021 in the School Hall. The Principal Sister Maria Swati encouraged women to appreciate themselves and bolster the courage of women. The programme started with a prayer service followed by a poem, speech and Shayari as part of I.W.D celebrations. Various spot games were conducted by the teaching staff. The winners of the games were later felicitated by Sister Swati.

The theme of International Women Day 2021 #ChooseToChallenge encouraged us and motivated us throughout the day. It was a day to remember and appreciate the achievements of women in all the fields of life.





Activity: Make A Rainbow

1. Eega Bavouria, LKG B
2. Anahita Pandoh, UKG A
3. Curnoor Kour, UKG B
4. Rabnoor Kour, UKG A
5. Meghavini, LKG B

Activity: Handmade Clock

1. Amairah Thomas, I B
2. Jasbir Kour, I B
3. Arnidh Kour, I A
4. Devangana Jamwal, I A
5. Ayana Manhas, I A

Activity: Play Dough

1. Shrengini Singh, II B
2. Harshita Tack, II A
3. Prabhnoordeep Singh, II A
4. Advika Choudhary, II A
5. Aashvi Thapa, II A

Activity: Storytelling Competition

1. Naunidh Kour, III B
2. Ahana Gupta, III A
3. Divyanshi Gupta, III B

Activity: Create Your Own Robot

1. Gurleen Kour, IV A
2. Shanaya Jamwal, IV A
3. Hitakshi Hans, IV B
4. Ifra Imran, IV A
5. Nushika Mengi, IV B

Activity: Plant Your Own Veggie

1. Manyata Tack, V A

Activity: Colourful Pebbles

1. Vaishnavi Singh, VIA
2. Saman Fatima, VI B
3. Agrima Charak, VI B
4. Krishita Gupta, VI B
5. Navdeep Kour, VI B

Activity: Socks Puppet

1. Mannat Sharma, VII B
2. Vanshika Randhawa, VII B
3. Stuti Saigal, VII A

Activity: Create A Basic Shape Of Cell

1. Krishnika Choudhary, VIII B

Activity: Pebble Art

1. Rimjhim Khajuria, IX A
2. Aekamdeep Kour, IX B
3. Shreya Sharma, IX B

REPUBLIC DAY RESULTS**Activity: Prepare A Fan
Class: I**

1. Satleen Kour, I B
2. Ayushi Badyal, I B
3. Divyanshi Singh, I B
4. Pavika Gupta, I B
5. Edha Sharma, I A

Activity: Prepare A Bookmark

1. Hridya, II A
2. Japleen Kour, II B
3. Pushthi Sethi, II B
4. Mishthi Gupta, II A
5. Tanvi Mehra, II A

Activity: Card Making

1. Vanya Saini, III A
2. Anvi Agarwal, III B
3. Anvi Gupta, III B
4. Arushi Gupta, III A
5. Nishtha Sharma, III B

Activity: Decorate Indian Map

1. Prianjal Verma, IV A
2. Gantavya Sharma, IV A
3. Avni Sharma, IV A
4. Gursheen Kour, IV A
5. Devika Jasrotia, IV A

**Activity: Slogan Writing
Class: Vi**

1. Krishita Gupta, VI B
2. Supriya Kangotra, VI B
3. Saman Fatima, VI B
4. Kashvi Singh, VI B
5. Dhanak, VI B

Activity: Prepare A Paper Plate

1. Mannat Sharma, VII B
2. Ariana Sharma, VII B
3. Stuti Saigal, VII B

Activity: Collage Making

1. Shreya Sharma, IX B
2. Gursirat Kour, IX B
3. Siya Mahajan, IX B

