



CARMEL SPECTRUM

VOL-1, ISSUE 4, MARCH 2019



Dear Readers,

Welcome to the concluding edition of the Newsletter, CARMEL SPECTRUM, for the Academic year 2018-19. We are proud and exuberant to acclaim that we have successfully accomplished the initiative of bringing forth the four Editions of First Volume of CARMEL SPECTRUM.

The reflection of students' creativity and achievements has been the epitome of the Newsletter. We have tried to portrait their journey, displaying their performances and participation in various activities and events of the academic year. The relentless efforts which we have put in to bring out the excellence are commendable.

The Co – Curricular activities which go on in the school is a sign that Carmel teaches much more than mere subject matters. This humble initiative is a great way to keep parents up-to- date with what is happening in the school and they along with their children become part of their school journey. We are carrying in this issue, the events of the past three months. Hope you enjoy reading this issue as well.

A Happy Reading!

“Success is the result of perfection, hard work, learning from failures loyalty and persistence.”

Anita Rampal

Editorial Board:

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



CARMEL TREASURE RETREAT :

26.12.2018- 29.12.2018

The unique yearly feature of Carmel Convent is the Carmel Treasure Retreat for the students of Std. IX. Sr. Maria Swati A.C. inaugurated the ceremony along with the resource persons none other than our own dear teachers Mrs. Harpreet Kour, Mrs. Anita Rampal, Mrs. Preetika Abrol, Mrs.



Neelam Chib and Mrs. Jyoti Wali. The aim was to treasure the Carmel values learnt so far and also to lay a strong foundation to bring out the best from every Carmelite. The students were given sufficient inputs to develop right values in life, set goals to appreciate, preserve nature and to give importance to God in one's life. It was a period of self-realisation and enlightenment for the students.

ELECTIONS FOR SPL : 31.12.2018

To induce participatory leadership skills, Carmel conducted the elections for the School Pupil Leader for the session 2019-20. Three aspiring candidates came forward and stood for the elections. The elections were held in the most free and fair manner. The Election commissioner for election was Mrs. Anita Rampal. The students from class VI to XII



along with the Principal and staff members cast their vote. The main objective of the poll was to orient students on democratic practices. Ms. Gurekam Kour was democratically elected as the SPL with the highest votes in her favour.

PEACE EDUCATION SEMINAR: 08.01.2019

Carmelites actively participated in the consultation on school-based peace education seminar organised by Caritas India at Maitri Bhawan, Jammu. The purpose of the seminar was to create better understanding and openness towards socio-political and religious issues affecting youth, individual and communities.



SEMINAR FOR THE TEACHERS : 18.01.2019

To provide an opportunity to sharpen the techniques of teaching, Tata Class Edge hosted a seminar on the topic “Effective Classroom Management”. The Resource person was Dr. Jagdeep Singh Arora (General Manager – Academic Services, North India), Tata Class Edge. Through the seminar they learnt to adopt positive classroom management strategies and practices to develop and enhance classroom management skills as sound foundation of effective teaching and learning.



SEND-OFF TO MRS. RAJKUMARI VATS : 19.01.2019

Carmel bid a tearful and emotional farewell to its dear teacher Mrs. Raj Kumari Vats, who after 20 years of service bade farewell to her alma mater. The function began with students putting up dances, songs, skits and reciting poems appreciating the efforts of their beloved teacher. Honourable Principal Sr. Maria Swati A.C thanked her for her dedicated services and said that the institution will surely miss her professional expertise and cordial relationship with the Management, staff and students.



INVESTITURE CEREMONY: 22.01.2019

The Investiture Ceremony of Carmel Convent School, Kunjwani was held on 22nd January. The Chief Guest for the event was Mr. Ranjit Kalra, Advisor for Sports & Youth Affairs, Govt. of Lakshadweep, Co-Chairman Sports Council Central University Jammu, Member JKCA (BCCI) and Ex J&K Cricketer. The theme of this auspicious day was “Leader Lead the Others”.

The newly elected student leaders were conferred with their badges, sashes and insignia of their office by the Chief Guest and the Chairman of Diocese of Jammu-Srinagar Education Society along with other dignitaries present on the occasion. The oath administered by Ms. Gurekam Kour (SPL) filled the atmosphere with awe and dignity. The School Pupil Leader

and Asst. School Pupil Leader shared their experiences on being elected for the prestigious posts. The Investiture ceremony was clubbed with the school inspection headed by Rev. Fr. T.S Jacob, Chairman, DJSES, Rev Fr. S. Joseph, Principal St. Peters School,



Rev. Fr. Shaiju Chacko, School Manager thanked each and every one for making the event a grand success and thanked the chief guest for his motivational speech. He also congratulated the newly appointed school cabinet members for their preparedness to take up the responsibilities. Sr. Maria Swati A.C, Principal wished well to all the members of the school cabinet and gave a call to everyone to be exemplary to other students and serve them well. To conclude, Mrs. Harpreet Kour proposed the vote of thanks.



B.C Road, Jammu, Sr. Lucy Immanuel, Principal, St. Mary's Convent, Smailpur. The committee rendered high appreciation to the Management and staff for providing holistic education to the girls for their all-round development.

PRIZE DISTRIBUTION CEREMONY TERM-II : 25.01.2019

Carmel Convent held the Prize Distribution Ceremony wherein the Carmelites received trophies and certificates for various competitions organised during the Term II.



REPUBLIC DAY CELEBRATIONS : 25.01.2019

26th January holds an everlasting place in our hearts because it is the day when modern India was born. Carmel celebrated the Republic day with immense pride and grandeur in the school premises. The National Flag was hoisted and the tri coloured flag kept fluttering in the free spirited wind. Children performed a beautiful dance on "Desh Mera Rangeela". Finally a patriotic medley of songs like 'Saree Jahan se Achha' and 'Bharat Humko Jaan se pyara hai' was sung beautifully by the Carmelites. The programme concluded with the National National Anthem.



FAREWELL : 30.01.2019

30th January was a red letter day as Carmel bid a fond farewell to the first outgoing class XII batch of 2018-19. The 'D-day' was devoted to reminisce eventful moments of the years spent together with friends and teachers. The Carmelites along with their parents were welcomed and led to the hall accompanied by the school band.

82 promising Carmelites from class XII competed against each other. The winner of the coveted title was Aatiqia Malik and she was crowned as "Ms. Carmel". The outgoing students were filled with nostalgia as they recalled their happy memories of 14 long years in the school. The students received the Class Photograph and a book 'Tuesdays with Morrie' as a token of love from Carmel.

The students of Class XI put forth a mix of scintillating dance performances, entertaining skits, melodious songs and pulsating music that rocked the gathering. The prime attraction of the evening was MISS CARMEL PAGEANT 2019, in which all the

Principal, Sr. Maria Swati A.C. applauded the batch in unassuming ways for their leadership, adjustment and compassion. She appreciated their efforts for taking up every

challenge and participating in innovative competitions, raising the bar of perfection every single time. Highlighting the theme “You Are Sent Forth To Be The Light”, Sr. Swati encouraged the girls to follow their passion and pursue their dreams. The School Manager, Rev. Fr. Shaiju Chacko extended his good wishes to the girls for a bright, successful and prosperous future and gave valuable tips to students on how to fare the exams with confidence and self-assurance. He blessed the girls and asked them to make a difference in the world outside, carrying forth the school motto ‘Belief Enhances Life’. The programme concluded with the school song and this left lasting memories to be cherished forever.



MARTYRS DAY & CHANDIGARH PEACE FESTIVAL : 30.01.2019

Carmel participated in the first ever Children’s Peace Festival- CPF, 2019 organised by ‘Yuvsatta’ and its allies in Chandigarh on January 30th to celebrate the martyrdom day of Father of the Nation- ‘Mahatma Gandhi’. About seven students accompanied by teacher Dr. Santosh Kumari participated in this unique initiative. The event took place at Government Museum and Art Gallery, in sector 10 Chandigarh. 500 enthusiastic children from Chandigarh, J&K, Delhi, Himachal Pradesh and Rajasthan participated in this peace fest and become a catalyst for “Agents of Change”. The Carmelites participated in Short Skits, Poster Making, Peace Poems, Short Mobile Videos etc. Ms. Anshika Gandhi bought laurels to the school by securing the first position in Peace Poem where as Ms. Samudhani Sharma, Ms. Palshin Dutta, Ms. Nidhi Sharma and Ms. Palak Saini bagged the third position in Short Skit. A consolation prize in Peace Poem was received by Ms. Nidhi Sharma and Ms. Palak Saini.



Back in school, Carmel celebrated Martyr’s Day and special

emphasis was laid to instil among the students the respect for sacrifices and gallant efforts made by Indians for the pride and honour of Nation.

Expressing happiness on the occasion the school Principal Sr. Maria Swati A.C. congratulated the winners and added that the world has realized that it can survive only by establishing peace not only with humans but with the nature too.

ANNUAL ART & CRAFT EXHIBITION : 02.01.2019



‘Clean out a corner of your mind and creativity will fill in’. Carmelites showcased their creative skills in the Annual Art

and Craft exhibition. The exhibits included articles made from Best-out-of-Waste, Paintings using various medium, Paper Mache, Paper Lanterns and many more. A creative world of colours and craft material was displayed. The main motive of the exhibition was to provide a platform to the emerging artists of Carmel to vent their emotions and explore their hidden talents. Proud parents were pleased to see the hard work of their wards. Art speaks where words are unable to express was very well portrayed through this exhibition.

NATIONAL KALARIPPAYUTTU CHAMPIONSHIP : 03.02.2019

Carmelites participated in National Kalarippayuttu Championship organised by Indian Kalarippayuttu Federation at Koramangala Indoor Stadium, Bangalore. Seven students were accompanied by coaches Mr. Rajat Bhagat and Ms. Aashima Pathania. Ms. Ina Dhar of Std. VI bought laurels to the school and State and proved her mettle by bagging a Gold medal at the National level, defeating participants from Kerala (Semi Final) and Karnataka (Final).



VALUE EDUCATION DAY : 04.02.2019

As a part of Joyful Living (Life Skill and Value Education), Carmel celebrated togetherness by evaluating the values learnt for the academic year 2018-19. The emphasis was laid on appreciating each other's culture, caring, sharing etc. These values support the development of the child as a reflective learner within a calm, caring, happy and purposeful atmosphere. The week witnessed the students engaged in various group activities, thereby imbibing the universal and imperative values of respect, unity, compassion and discipline. The Carmelites were also taken to different religious places in the city and the concept of faith, prayers and belief was introduced to them and they basked in the glory of divinity and peace. Rendezvous with unity in diversity brought home the most basic understanding of secular cultural values of the Incredible India.



DEMO II : 07.02.2019-08.02.2019

A demonstration of teaching methods of pre-primary was held for two consecutive days. The sessions provide children with opportunities for expanding their creative expression and imagination as well as discovering aesthetic pleasure itself to brush their fine motor skills. The pedagogy followed is play-based and developmentally appropriate approach for the holistic development of the child. The proud parents were the enthusiastic audience and they congratulated the Management and staff for their untiring and unwavering efforts.

FR. CHACKO'S BIRTHDAY CELEBRATION : 12.02.2019

The staff and students greeted our admirable School Manager Rev. Fr. Shaiju Chacko on his birthday. They showered on him the choicest blessings by a meaningful prayer services. The music teachers sang beautiful birthday songs to wish him the best birthday in the most unique way. Sr. Maria Swati A.C. conveyed the birthday wishes on behalf of the teachers and students.

It was a delightful moment for all of us when he ushered in the new year by cutting the birthday cake with the entire Carmel family. A power point presentation on his memorable moments at Carmel for the last four years was presented as a gesture of a grateful heart. Fr. Chacko thanked the entire Carmel family for organising such a wonderful programme.



STAFF PICNIC: 15.02.2019-16.02.2019



Carmel organized a trip to Dharamshala and Mcleodganj for the staff. It was a great trip to the mesmerising mountains with a much needed break from the regular schedule. The bus journey started with dancing and rejoicing and the jubilation finally ended reaching Mcleodganj in the afternoon. The resort was a rich green wonderland encompassed by snow topped Dhauladhar ranges with a very calm and serene ambience. Everyone relished a stroll in Mcleodganj market which was a mix of Tibetan and Indian culture. The scenery on the hill tops and vistas were amazing throughout the area and to conclude the day everyone visited the Dalai Lama temple known as

Tsuglagkhang complex and Dharamshala Stadium. The staff came back with a renewed energy as the trip was a fascinating and memorable experience of team work jam-packed with fun

WOMENS' DAY : 08.03.2019

To encourage the students and inculcate reading habits, the Tribune news paper was subscribed by the students from class IV to VII. On the occasion of Womens' Day, the Tribune Team felicitated the Carmelites. Special gifts were distributed by Sr. Swati and she emphasised on the need to read newspaper and develop the habit of reading which is rapidly diminishing amongst the youth.



Message by Ms. Nayna Kashyap

“There may be people that have more talent than you, but there’s no excuse for anyone to work harder than you do” - ‘Derek Jeter’.

It was in August, 2013 when I joined Carmel as a Physical Education Teacher and it became an integral part of my life. Looking back at my six years here made me realize that I grew a lot in a short period of time. Many tears have also been shed while writing this because it didn’t hit me until now as I am saying goodbye to my second home CARMEL!

Carmel is a home for all who love sports. Outstanding sports facilities like Softball, Kho-Kho, Basket Ball, Football, Cricket, Kabaddi, Badminton Volleyball, Table Tennis and many more has made Carmel the top institution in Jammu. Introduction to EduSports, Net Ball and Taekwondo has rendered the girls with the best facilities under the dynamic leadership of Sr. Maria Swati A.C. I have seen the school reach greater heights

each passing day by winning various district and national championships. Someone has said that time flies and it truly does, Today I look back with gratitude and thank respected Sr. Maria Swati A.C. (Principal), Rev. Fr. Shaiju Chacko (School Manager) and Sr. Premini A.C. for their untiring support and guidance throughout my tenure in Carmel. A special thanks to the Carmel staff, I will forever cherish our memories and good times spent together. I entered a profession dedicated to assisting young girls achieve their potential, to revealing or finding their best selves. As I leave it, I am taking many of you with me. You will live on in my memories.



ADIOS CARMEL! REMEMBER ME IN YOUR PRAYERS!

Message by Mrs. Rajkumari Vats

AN ODE TO THE YEARS GONE BY

I joined the prestigious Carmel institution over 20 years ago after my 10 years of services at Fatima Convent School. At the end of a span of 30 years, I look back and see that I have not just been a teacher here but I have also been a student of Carmel. What I am today and where am I has largely been shaped by this school. I would not be lying when I say Carmel has been a major part of me and my family’s life in the past years and I am going to leave behind a part of my family. But life must go on – at this juncture I would like to remember Sr. Vilma Pinto- the pioneer of the school, when the school was just a single block. Growing from there under her leadership, to a sprawling campus today, under Sr. Swati – the school has come a really long way and so have all of us. We should all reflect back, think and feel proud of what we all have achieved together. Today I am a proud teacher of this school under the leadership of Sr. Swati, who guided me and helped me reach higher potentials. I also would extend a heartfelt thanks to Sr. Premini, for her help during my services here.

Our School Manager, Fr. Shaiju Chacko’s ever helping and jolly nature has been a major support to Carmel. I have looked upon him for help to solve all sorts of problems and thank him for always being there!

My fellow colleagues, you have been like my family and we have made some friendships that will last a life time. We have been each other’s support system and I have learnt immensely from all of you. My two cents of advice to the younger teachers –

there can be nothing more gratifying and honourable than shaping the girls to be strong, independent and intelligent ladies. Our students are already the best; we only need to be there to guide them to achieve their own true potential. Our support staff have been the oil that ensures this machine is running without any hassles. The genuine dedication they show towards their work is an example to all of us and I would like to thank them from all my heart.



Students, my whole life has been around you. You have all taught me how to be a better person and a better teacher. I cannot thank you enough. Class 10th B – my favourites, the last year has been amazing and I know you, along with 10th A will shine and break records this year.

Frankly, I am at loss of words as I write this. There will be a big void in my life where this school was. I will always be a Carmelite and am proud to have played my role here. You will be in my hearts and prayers forever and I hope I have been able to impact your life positively.

I can continue writing about my years here but memories are endless. Love, Luck and blessings as I sign-off.

Good bye Carmel!



2017-2019

CARMEL CONVENT HIGHER SECONDARY SCHOOL

Kunjwani By-pass, Jammu-180010

Hasta La Vista - Let Your Light Shine !

1st Batch of
Higher Secondary



CARMEL CONVENT

HR.SEC. SCHOOL



ROW-I (Left to Right) Nayna Bamotra, Suresh Kumar, Shivani Bakshi, Komal Sharma, Anita Rampal, Sr. Premini A.C, Fr. Shaiju Chacko, Sr. Maria Swati A.C, Harpreet Kour, Zeenat Khan, Preet Bhole, Alka Sandhu, Amardeep Singh, Prabhat Sharma. **ROW-II:** Arya Rama, Shevata Momen, Manya Mahajan, Shivani Sharma, Taranjeet Kour, Shifali Sharma, Sakshi Choudhary, Bhavna Gupta, Ishita Gupta, Ishani Sharma, Ravleen Kour, Lally Bhagat, Damanpreet Kour, Tavleen Kour, Rupali Rajput, Khushi Gupta, Vandana Kargotra, Avantika Gupta. **ROW-III:** Mandeep Kour, Riddhima Pargal, Harshita Bhat, Tanvi Sharma, Khushi Sharma, Aaliqa Malik, Akshita Randhawa, Somyiah Malik, Jigyasa Lakhotra, Archita Misri, Tannu Jamwal, Evneet Kour, Amrita Panth, Peehu Jain, Rachana Aggarwal, Anshika Koushal, Ritika Choudhary, Mitali Gupta, Mukti Sharma, Akanksha Sharma. **ROW-IV:** Sultana Fareed, Banshika Sharma, Ojiesvi Chandel, Siya Mahotra, Chanddeep Kour, Akanksha Bharti, Kasak Choudhary, Harjot Kour, Deepakshi Gupta, Gurinjan Pathania, Namika Thakur, Kareena Thakur, Ashima Gupta, Vanshika, Ananya Bhatti, Jaqriti Sharma, Pallavi Janjua, Muskan Heer, Chelsea Tikoo, Taniya Singh Pawar. **ROW-V:** Amoksha Rasotra, Khushboo Tour, Muskan Gupta, Vaishnavi Khajuria, Ivreen Kour, Gurleen Kour, Parisha Kesar, Ch. Aarifa Ahmed, Bhavya Bhardwaj, Sada Sajad Kizhoo, Tania Sohan, Fabyaan, Garima Attn, Bhagwan Kour, Hemika Manhas, Rohini Bharti, Tanishika Ratta, Palvi Sharma.

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