

Vol 3 | Issue 3
Carmel Convent School Jammu



CARMEL SPECTRUM

CARMEL
JAMMU

June 2020

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CLASS XII



1st
Vedhika Salgotra, 97.8%



2nd
Navneet Kour, 97%



2nd
Harleen Kour, 97%



3rd
Neelakshi Singh, 96.8%

CLASS VIII



1st
Vartika Jamwal, 100%



2nd
Kashish Choudhary, 99.5%



3rd
Ayesha Iqbal, 99%



3rd
Harsheen Kour, 99%



3rd
Mannat Angral, 99%

CLASS X

81 students with A1 Grade



1st
Simarjot Kour, A1

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ONLINE ACTIVITIES JUNE 2020

From the Principal's Desk

The Carmelites who appeared for JKBOSE Exams have brought laurels to their Alma Mater. I congratulate our girls for achieving transcendent results. I am thankful to the teachers for their continuous and exemplary coaching. Congratulations to all the proud parents.

I express my gratitude to all the guests of "Carmel Connections" for spending some time with us and guiding our Carmel Family. The purpose of Carmel's connections is to enhance the life of the Carmel Family by setting beliefs, which is our motto, "Belief Enhances Life" and also to spread the message far and wide.



PATH BREAKERS



Turning Can'ts Into Cans And Dreams Into Plans

Carmel Convent School Jammu has once again endured good results in class XII, X and VIII state board examinations.



CLASS XII RESULTS

The Jammu and Kashmir State Board of School Education declared the much-awaited class XII result, and our students passed with distinctions and divisions that led to 100 per cent results. Among 86 students appeared for the Class 12 examination from the school. Vedhika Salgotra, a Science student, topped the school with 97.8%. The second position was shared by Harleen Kour, Science stream, and Navneet Kour, from Commerce Stream, with 97% both whereas, Neelakshi Singh, an Arts Stream student, held the third position with 96.8%. A total of 73 students passed with Distinction from all the streams, and 14 students secured first division. The students continued the legacy of excellent results and made us proud.



CLASS X RESULTS

129 students appeared in the Class X state board examinations from the school, in March 2020, in which, 84 students secured A1 grade, 26 students with an A2 grade, and 19 students passed with good grades. Simarjot Kour is the topper of the school, scored 493 out of 500 and 98.6%. In the second position, we have eight students, Sofia Chowdhary, Disha Gupta, Bhavneet Kour, Harleen Kour, Latika Sharma, Vanshika Gupta, Anshika Gandhi, and Sanchi Khajuria, with score 492 out of 500 and 98.4%. Five students secured third position, Disha Singh, Ruchira Verma, Sahiba Saini, Muskaan Jangral, and Tamana Gupta with 491 scores out of 500 and 98.2%.



CLASS VIII RESULTS

A total number of 108 students appeared in the class VIII state board examinations from the school, in March 2020, in which, 61 students bagged A1 grade, 31 students with an A2 grade and 16 students passed with good grades. The topper of the school is Vartika Jamwal with 200/200 scores, Kashish Choudhary got 2nd position with 199/200 and Harsheen Kour, Mannat Angral and Ayesha Iqbal were 3rd with 198/200.



**100% RESULTS
CONGRATULATIONS!**





CARMEL CONNECTIONS

CONNECTING WORLD DIGITALLY



ONE STEP AHEAD!

Carmel Convent School Jammu organized multiple online guest lectures amid lockdown. The sessions arranged were on various topics relevant to the contemporary situation. Importance of exercise, handling anxiety for staff & students, during the lockdown including a vibrant interaction with alumni. These sessions were carried, on Zoom, StreamYard, Instagram, Facebook, and Youtube Live respectively. The principal of the school, Sister Swati hosted all the sessions and Manager, Father Shaiju Chacko directed them gracefully. These online events are entitled as Carmel Connections, enabling an association with people from various fields around the globe, to provide overall benefits to our stakeholders.

Episode 1 of Carmel Connections commenced with Sherlin Seth, Carmelite, model, and an actor on 3 June via Instagram Live. With her encouraging words, she urged the students to exercise regularly and stressed on the importance of the same. Sherlin also shared about her life journey and days back at Carmel.

Episode 2 of Carmel Connections, held on 16 June 2020, focused on how to handle anxiety throughout the pandemic, bestowed by Dr. Manu Arora, a Psychiatrist in GMC Jammu. It was an interactive session for students of XI and XII along with their parents. After a 20 minutes lecture, Carmelites placed questions forward to which Dr. Manu responded quite effectively.



We went live with Sophia Sharma, Esq., on 17 June 2020, in episode 3 of Carmel Connections. She is a Carmelite, Attorney (USA), and an entrepreneur. Sophia enlightened the students on how to be a successful woman. It was an affectionate and interactive session as one of the senior staff members, Anita Rampal, joined in and shared yesteryears of Carmel. Few present Carmelites also accompanied the discussion to take guidance from Sophia.

In continuation, Episode 4 of Carmel Connections, held on 18 June 2020, was exclusively for the faculty members of Carmel Jammu. The staff is performing so well, yet the management felt the need to boost their confidence with this online session. Ashwin Kumar Patel, Social Worker, was brought in to heighten their mental and physical health.

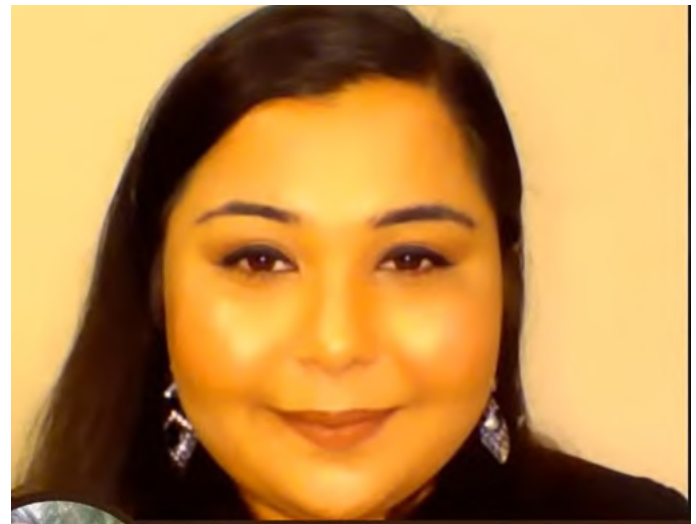
To this Sister, Swati added, *“Carmelites for us are not just students but they are beloved members of the family and we want to see them grow and prosper in every aspect.”* She also expressed her gratitude to all the guests of Carmel Connections for spending some time with us and guiding our Carmel family.

Palak Saini and Anshika Gandhi the students, of Class XI, *“Thank You Sister Swati and Father Shaiju for organizing such fruitful and beneficial sessions for the students.”*

Anita Rampal, the teacher, exclaimed, *“We are proud to be a part of the Carmel family as we focus on women empowerment for the society. Everyone who has entered the Carmel family has grown, since the beginning, in every aspect.”*



Episode-2



Ameek Kaur

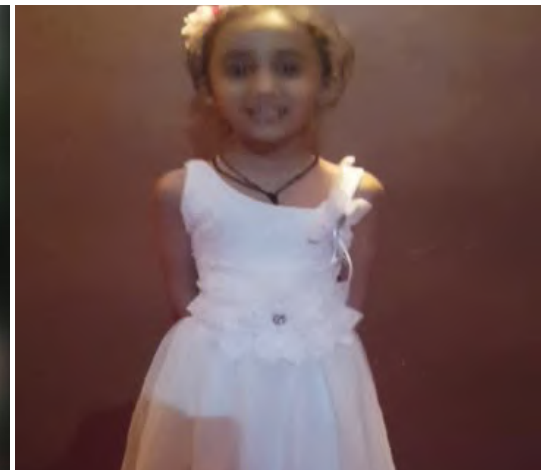
So so proud of you

Episode-3



Episode-4

BELIEF ENHANCES LIFE



NEW CHAPTERS, NEW CHANCES- ONLINE ACTIVITIES 3.0

Learning through virtual interactions and critical thinking is becoming a fundamental teaching approach, during the so-called Novel Normal days. This approach promotes a holistic and deeper understanding of the subject being learned. Online technologies are offering us new opportunities to create communities of inquiry that allow for more active learning and which enhances students' critical thinking. Having learned the importance of such learning Carmel uses multiple online activities to supplement and strengthen the students' learning environment. After three months of a continuous process of online classes and activities now, the staff and students have improved in their virtual teaching-learning skills. They are very positive about their interaction with online activities. The following are the activities conducted in June 2020.

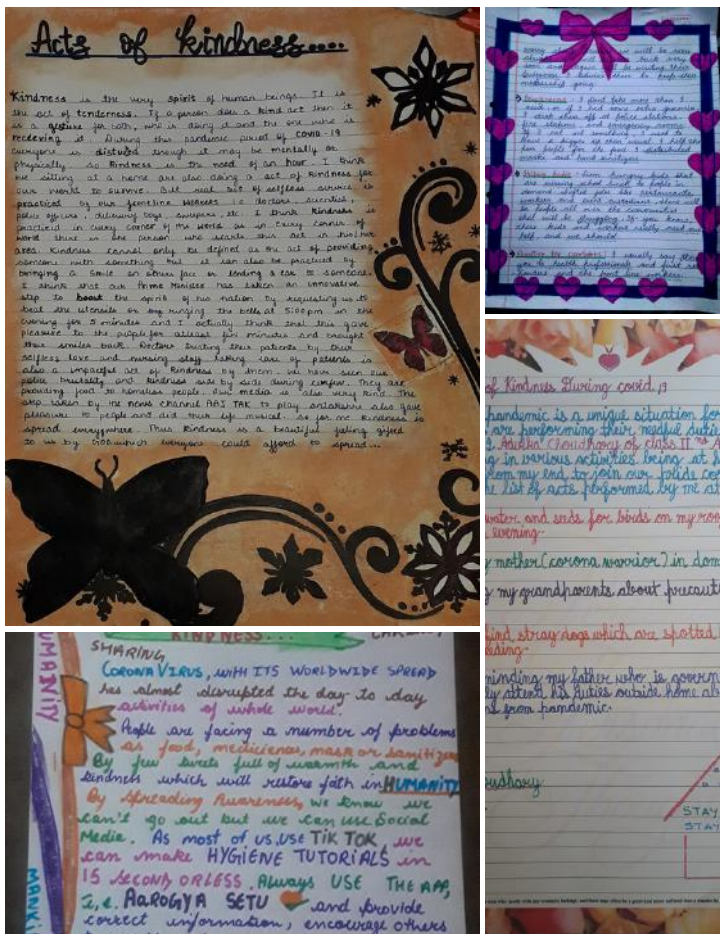
World Environment Day

Carmel is known for teaching a value-based education so it takes initiatives to respect and love our environment too. Pandemic has changed everything around us and taught us the prime lesson of preserving the environment at all cost. The damage that is done is to be healed. We need to think about the solution. Class VIII made posters on Environment Day bearing appropriate slogans. Class IX students collected waste materials and created beautiful things under the title 'Best Out of Waste'.



Acts of Kindness

For the last four months (approx.), Corona warriors are fighting for us. One word of kindness can do wonders, so the students wrote an essay on 'Acts of Kindness during COVID-19'. The activity was for students from classes I to XII. In this unprecedented time, we need unprecedented kindness. The students of all classes were made aware of acts of kindness that bring life to the people who work for us.





International Father's Day

Father's are the pillars of our family. To celebrate them, students performed different activities. Pre-primary to II class students narrated stories with their father using props, students from classes III to VI made rosette badges and wrote five lines about their father. Class VII to IX students made Father's Day coupons as a perfect gift for their fathers. Higher class students, i.e., students from class X to XII, made a paper flower bouquet and sent the pictures to the e-mail id assigned.

International Yoga Day

Exercise and Healthy food is the key to live a happy and disease-free life. And there is no doubt how yoga helps us stay fit. This International Yoga Day, students made videos while doing Yoga and told how Yoga has changed their lives.

World Music Day- Singing Competition

Music is a valid therapy to potentially reduce depression and anxiety, as well as to improve mood, self-esteem, and quality of life. The online singing competition was held where the students sang different songs and sent videos to concerned teachers.

Urdu Speech Quest

The more you will learn, the more you will grow. Urdu speech quest was held for classes VI to X and the students were divided into two categories. Category one included VI, VII, and VIII, these students spoke on 'Effects of Corona Virus on Environment'. The second category consisted of IX and X class students who spoke on 'Merits and Demerits of Mobile Phone or Effectiveness of Online Classes'.