

Dear Readers,

Greetings!



Children's Day, observed annually on November 14th, is a joyous occasion honouring the legacy of Pandit Jawaharlal Nehru, a leader who held a special place for little children. Beyond the festivities and fun, this day serves as a touching reminder of the crucial role children play in shaping our future. Our little ones are not just the leaders of tomorrow but the change-makers of today. They possess boundless imagination, curiosity, and a unique

perspective that can inspire innovation and progress. Let us commit to nurturing these young minds and creating a world where every child feels loved, valued, and empowered. At Carmel Convent School, we believe in the power of education to transform lives. We strive to provide a supportive and stimulating environment where students can explore their passions, develop their talents, and grow into well-rounded individuals. By fostering a culture of creativity, critical thinking, and compassion, we empower our students to make a positive impact on the world. We pledge to protect, educate, and inspire the next generation. By working together, we can create a brighter future for our children.

Chetna Bhat
Teacher

A Joyful Children's Day Celebration

On November 14th, we celebrated Children's Day with a fun-filled program. Our talented teachers brought joy and laughter to our students through a series of captivating performances that ignited a wave of excitement among them. We believe in creating a positive learning environment where our young minds can thrive.



A Spiritual Celebration: Gurupurab

On the auspicious occasion of Gurupurab, commemorating the birth anniversary of Guru Nanak Dev Ji, Carmel Convent School hosted a vibrant and spiritual celebration on November 14th, 2024. The day began with a serene prayer service, honouring the Guru's core teachings of "Naam Japo, Kirat Karo, Vand Chakko" – meditate on God's name, earn honestly, and share with others. Students presented soulful Shabad Kirtan, filling the air with divine melodies and creating an atmosphere of devotion and peace. A captivating Kavita further celebrated the Guru's virtues and legacy. This special day was a reminder of the Guru's teachings and inspired us to lead a life of faith, compassion, and service.



Mindful Living: A Tranquil Retreat for Teachers

On November 18th, Carmel Convent School hosted a serene webinar titled "Mindful Living." Led by Ms. Arushi from CACA (Children Against Child Abuse), this session offered our dedicated teachers a much-needed respite. The webinar delved into the power of mindfulness, emphasizing the importance of living in the present moment, stress management, and cultivating emotional balance. Through practical techniques like deep breathing, body scanning, and guided meditation, teachers learned how to incorporate mindfulness into their daily routines. This interactive session left our educators feeling refreshed and inspired, ready to embrace mindfulness for personal well-being and professional growth.

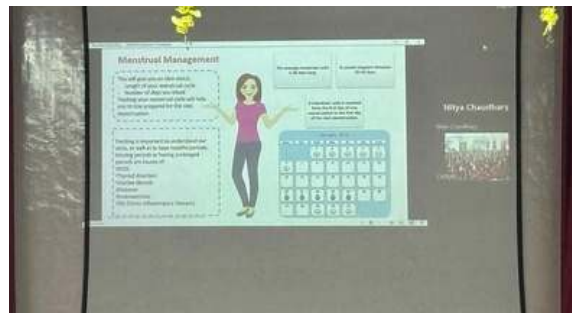
Managing Your Exam Anxiety

On November 21st, 2024, Carmel Convent School, Jammu, took a proactive step towards student well-being by hosting a workshop on "Managing Your Exam Anxiety." This insightful session, conducted by Lovely Professional University (LPU) and expertly facilitated by Mr. Chandrashekhar, was tailored for students of classes 9 to 12. The workshop delved into essential strategies for managing stress and building resilience. Key topics included effective time management, structured study routines, and the power of mindfulness practices. Students actively engaged in interactive activities and relaxation techniques like deep breathing exercises, fostering a calm and focused learning environment. The session culminated in an open forum where students had the opportunity to receive personalized guidance from the expert. This empowering experience equipped our young learners with practical tools to approach their exams with confidence and a clear mind.



Menstrual Hygiene by Global Hunt Foundation

On November 18th, the Global Hunt Foundation hosted a thought-provoking webinar on "Menstrual Hygiene" exclusively for Carmelites from grades 5 to 12. Led by Ms. Nitya Choudhary, the session aimed to dispel myths, promote awareness, and empower young girls to embrace their menstrual cycles with confidence. The webinar delved into crucial aspects of menstrual health, including understanding physical and emotional changes, maintaining proper hygiene, managing menstrual discomfort and breaking societal stigmas. By fostering open dialogue and providing accurate information, the session empowered young girls to make informed decisions about their health and well-being. The Global Hunt Foundation's initiative is a significant step towards creating a healthier and more inclusive society.



SEWA Activity: Reaching Out to the Less Privileged



On November 21st, our young Carmelites of grades 9 and 10 demonstrated the true spirit of giving. They organized a SEWA initiative to support underprivileged students at Government High School, Katwalta Purmandal. Through the funds raised from their successful Food Cart Festival, they shared warm sweaters and sturdy shoes with 100 students, ensuring they stay comfortable during the winter months. This heartwarming gesture not only provided much-needed relief but also fostered a sense of empathy and compassion among our students. This initiative aligns perfectly with our school's motto, "Belief Enhances Life," and our vision to "Enthuse, Empower, and Excel." By reaching out to the less fortunate, our students are not only making a difference in the lives of others but also enriching their own lives.

A Symphony of Talent: Musicians' Day Celebration

On November 22nd, Carmel Convent School, Kunjwani, resonated with the harmonious tunes of a vibrant celebration of Musicians' Day. The theme, "Music: The Universal Language of Humankind," set the stage for a day filled with soulful performances, creative expressions, and a deep appreciation for the power of music. From captivating dance performances to a soulful prayer service, the event showcased the immense talent and creativity of our students and staff. The school was adorned with beautifully decorated houses and bulletin boards, enhancing the festive atmosphere. Engaging in classroom activities like drawing musical instruments, musical chairs, and a talent show kept the young minds entertained and inspired. The musical instrument display provided a fascinating glimpse into the world of music. This memorable event fostered teamwork, creativity, and a deeper understanding of music's universal language. We're grateful for the opportunity to celebrate the magic of music and inspire our students to continue their musical journey.



A Boost for Effective Mathematics Teaching

On November 22nd and 23rd, Model Academy School, Jammu, hosted a transformative two-day capacity-building seminar. The focus was on addressing common mathematical errors and refining lesson planning strategies for effective teaching. Expert resource persons, Ms. Bandana and Ms. Reetu Gupta, led engaging sessions that provided valuable insights and practical tips. Mrs. Sanjeet Kour attended the seminar and benefited significantly from the knowledge shared. The seminar featured interactive activities and problem-solving sessions, encouraging collaboration and idea exchange among participants. Teachers gained valuable insights into identifying and rectifying mathematical errors, as well as crafting effective lesson plans to enhance student learning outcomes. This enriching experience inspired educators to deepen their understanding of mathematics and implement innovative teaching strategies.

Youth and the Constitution

On November 26th, 2024, the Humanities Wing of Classes 11 and 12 commemorated Constitution Day with the theme "Youth and the Constitution: Building the Future." The event began with a solemn prayer service conducted by Class 10 students, followed by insightful speeches that delved into the intricacies of the Indian Constitution. The highlight of the day was the "Youth Parliament," where students from Classes 11 and 12 took center stage to debate and pass the "Women Reservation in Lok Sabha" Bill. This engaging simulation showcased the power of youth engagement in shaping the nation's future. The program concluded with an inspiring talk by Sister Swati, leaving the audience motivated and empowered.



Career Day 2024-25: A Glimpse into the Future

On November 27th, The school hosted a successful Career Day 2024-25, offering students a unique platform to explore diverse educational and career paths. The event brought together renowned institutions like the World University of Design, Parul University, and many more, providing students with invaluable insights into various fields. To further empower our students, Dr. Sunil Kadyan conducted an enlightening session on Career Opportunities for Classes 11 and 12. Dr. Kadyan shared practical advice and motivational tips, helping students make informed decisions about their future endeavours. By organizing this enriching event, Carmel Convent School continues to inspire and empower its students to reach their full potential.



Nurturing Tomorrow's Innovators:

On November 29th, Carmel Convent School, Jammu, in collaboration with Shoolini University, organized a captivating session titled "Nurturing Innovators: The Road to Patents." This event, tailored for students from Classes 8 to 12, sparked curiosity and ignited a passion for innovation. The session was led by Mr. Akarsh Sharma, an expert in the field of intellectual property. Students gained valuable insights into transforming their ideas into tangible inventions and protecting their intellectual property rights. By fostering a culture of innovation, this event empowered young minds to explore their creative potential and contribute to a brighter future. It served as a catalyst, inspiring students to become the next generation of inventors and problem-solvers.



Special Session for Class 12: Start Your Global Tech Career

On November 29th, Carmel Convent School, Jammu, hosted an enlightening session for Class 12 students focused on launching a global career in technology. The session was led by Mr. Balvinder Singh, a representative from HCL Tech, India's third-largest IT company. Mr. Singh provided invaluable insights into the dynamic IT industry, outlining potential career paths for students, both post-Class 12 and during higher education. He emphasized the crucial role of skill development, adaptability, and a global mindset in today's tech-driven world. The interactive session inspired students to dream big and equip themselves with the necessary knowledge to make informed career choices. By sharing practical advice and highlighting the diverse opportunities within the tech industry, Mr. Singh empowered students to embark on their professional journeys.



A Visit to the Borders of Peace and Conflict

On November 27, 2024, students from Classes 11 and 12 embarked on a thought-provoking journey to the Suchetgarh International Border. This unique experience offered a firsthand glimpse into the complex dynamics of the Indo-Pak relationship. Students had an opportunity to interact with BSF personnel, viewing border infrastructure, and a briefing on the historical significance of the Indo-Pak boundary. Students gained insights into border management, the challenges of maintaining security, and efforts for peacebuilding. They developed an understanding of the complexities of India-Pakistan relations shaped by history and diplomacy. The visit fostered patriotism, respect for the armed forces, and an appreciation for peace initiatives. It was an enlightening and impactful experience for all.



Journey with Books: A Book Fair

From November 29th to 30th, Carmel Convent School hosted a captivating book fair organized by National Geographic Books. The event, themed "Journey with Books," aimed to inspire a love of reading in students and parents alike. The two-day extravaganza saw a bustling crowd of students from classes 1 to 12, teachers, and parents. The book fair showcased a diverse collection of books across genres, including fiction, non-fiction, biographies, art, and self-help. Students were eager to explore the vast titles, discovering new authors and captivating stories. Encouraged by recommendations from teachers and peers, many students and parents made book purchases, bringing home a treasure trove of literary delights.



Empowering Parents: A Guide to Better Parenting



30th Nov 2024, Carmel Convent School, in collaboration with CACA, hosted an enriching webinar for parents of Classes 8 and 9 on "Parenting Skills." Guided by Ms. Aakriti Gupta, a renowned Counselling Psychologist and Arts-Based Therapist from Fortis Healthcare, the session redefined modern parenting, blending empathy, creativity, and practical strategies for nurturing young minds.