



CARMEL CONVENT SR, SEC. SCHOOL GWALIOR

CBSE AFFILIATION NO.: 1030004

CARMEL TIDINGS

ISSUE -1, MARCH - APRIL EDITION

SESSION 2023-24

A new School year means a new beginning and new challenges

"Nothing is predefined, the obstacles of your past can become the gateways that lead to new beginnings"

The Management and the staff of Carmel Convent Sr. Sec. School, Gwalior welcomed back its students to the new academic session 2023-2024 on 20th March 2023 with new opportunities to grow, learn, and excel.



WHAT 'S NEW:

- ❖ **NAMING OF THE BLOCKS:** - As a mark of respect and to recognise the achievements and efforts, the blocks are named after our honourable Principals, through the ages.
 - Fidelis Block
 - Depazzi Block
 - Reparata Block
 - Corrine Block
 - Renee Block
- ❖ **Activity Rooms for Singing and Dancing on each floor**
- ❖ **New Social Studies Lab, Maths Lab, Tinkering Lab, and A.V. Room**

❖ **Carmel Ideation, Innovation And Entrepreneur Cell (CIIEC): -**

A new cell is introduced to assist, adopt and promote a learning environment where creativity, ideation, innovation, problem solving and entrepreneurship skills of students will be nurtured, irrespective of their age and will enable young entrepreneurs to initiate start-up companies for commercial exploration of technologies developed by them.

The concepts of ideation, innovation & entrepreneurship will be integrated stage wise, to students in the Preparatory Stage (Grades 3-5), Middle Stage (Grades 6-8) and Secondary Stage (Grades 9-12).

The proud students at Carmel began the new session with great zeal and vigor to be well equipped with 21st Century Skills Critical Thinking, Creativity, Collaboration, Communication and much more. The students marched in to greet their new classes and curriculum.



FROM THE PRINCIPAL'S DESK:

Embracing Diversity



"Vasudhaiva Kutumbakam" or "One Earth One Family One Future"

- drawn from the Sanskrit phrase, means *"The World Is One Family"*.

The philosophy of Vasudhaiva Kutumbakam is a powerful and timeless message that is relevant today, more than ever. In a world that is increasingly divided and polarized, this philosophy provides a roadmap for creating a better future, where all individuals are valued, respected, and treated with dignity.

This philosophy recognizes the interdependence and unity of all living beings and Mother Earth. It promotes the idea of universal love, compassion, and respect for all human beings, regardless of their race, religion, culture, or socio-economic status.

We, as humans, should now establish the interconnectedness of all living beings and the importance of living in harmony with nature. The well-being of every individual is dependent on the well-being of the whole. We need to act with kindness, empathy, and generosity towards others, recognizing that our actions have a direct impact on the entire world, of which we are a part.

All individuals are unique and their differences should be celebrated and appreciated. This will surely create an inclusive and harmonious community, where all individuals can coexist and thrive.

Talking about global responsibility, all of us have a role to play in making the world a better place. This means that everyone should work towards creating a world that is free from poverty, injustice, and suffering. As responsible individuals, we need to take actions that benefit not just ourselves, but also the world as a whole.

At the personal level, we must treat others with kindness and respect, and act with generosity and compassion towards those in need. At the global level, we need to work towards creating a more peaceful, equitable, and sustainable world, where all individuals can live with dignity and security.

Let us contribute towards creating a better world for all, by following certain practices and principles:

- ❖ **Embracing Diversity:** Accepting and celebrating differences in culture, ethnicity, religion, and beliefs.
- ❖ **Practicing Compassion:** Cultivating kindness, empathy, and compassion towards all beings, both human and non-human.
- ❖ **Promoting Unity:** Working towards creating a harmonious and inclusive society, where everyone is treated with dignity and respect.
- ❖ **Contributing to the Common Good:** Engaging in actions and initiatives that benefit the larger community and contribute to the well-being of the world.

- ❖ Fostering Interconnectedness: Recognizing the interdependence of all beings and the impact of one's actions on the world.
- ❖ Adopting a Holistic Worldview: Seeing the world as a holistic system and working towards the balance and well-being of the entire planet and its inhabitants.

I would like to end up with a quote:

"We can change the world and make it a better place. It is in our hands to make a difference." - Nelson Mandela

**Sr. Ramya
Principal**

**SPECIAL ASSEMBLY BY STUDENTS OF CLASS XII-A:
(20th MARCH 2023)**

"Knowledge will give you power, but character respect"



The assembly began with seeking the blessings of the supreme Power, the almighty God. An act was presented encapsulating the values and ethics that all students should follow in this new academic session 2023 - 24. Through this act, the students were guided to inculcate good habits to bring fame to the school through their academic excellence. The assembly concluded by requesting the students to respect their principal, teachers, and seniors and to always be courteous towards everyone everywhere.



PARENTS' ORIENTATION PROGRAMME: (20th MARCH - 4th APRIL 2023)

"Education is a shared commitment between dedicated teachers, motivated students, and enthusiastic parents with high expectations"



Orientation sessions were organized for students of classes 1 to 12 along with their parents. The parents were briefed about the rules and regulations of the school. Our Principal Rev. Sr. Ramya and the respective teachers spoke in detail about different ways of nurturing a child with love and care to build a strong foundation for a glorious future through discipline, punctuality, hygiene and cleanliness, healthy eating habits, and also shared a few tips on good parenting. Parents were informed about the hobby classes to be conducted from 6:00 am to 7:00 am, which will give them a medium to fully utilize their creative talents and energies. An overview of the examination pattern was also presented to the parents. The orientation program proved to be a sincere effort made by the school in educating the parents to create a platform for the parents, where they could know about their child, in a better way.



"At the end of the day, the most overwhelming key to a child's success is the positive involvement of parents"

- James D. Hull

REV. SISTER GRACE ROSE VISITS CARMEL, GWALIOR: (1ST APRIL 2023)

Rev. Sister Grace Rose, the General Counsellor for education and the Principal of B.Ed. College, Kerala visited Carmel, Gwalior, on 1st April 2023. She met the teachers and discussed about Experience based Learning, taking care of the gifted and slow learners at the same time, commitment, dedication, determination for becoming an efficient teacher were some aspects highlighted by her. Emphasis was led on including 5 Es. i.e., **Engage, Explore, Explain, Elaborate, and Evaluate** in the lesson planning.



WORKSHOP ON MEDITATION: (1st APRIL 2023)

Learn to be calm and you will always be happy

A Workshop for teachers was conducted by Mrs. Seema Sachdeva, our Sports teacher on 1st April 2023. All the teachers along with the principal and sisters performed meditation with soft music in the background. Teachers performed different types of pranayama like Anulom Vilom Ujjayi, Bhastrika, Bhramri Shitli, Kapalbhati etc. few stretching exercises followed by laughter yoga.



After that Rev. Father Joseph Chipson, Parish Priest of St. John The Baptist Cathedral, Gwalior, conducted a rejuvenating session for teachers and spoke about the importance of prayer.



HANDWRITING COMPETITION: (15th APRIL 2023)

Good Handwriting is clear thinking

A Handwriting competition was held for primary and middle-school students, both in English and Hindi mainly to stress the significance of acquiring a neat legible and flawless handwriting. The students worked with dedication, casting out beautiful lines of words. The best three entries from each section were awarded.



WATER ROCKET DESIGNING

Every great advance in Science has issued from a new audacity of imagination

Working model of water rocket was created by the students of class IX on 15th April 2023, in the **Tinkering Lab**.

Mr. Falit Goyal demonstrated the principle of Water rocket propulsion in by Pressurized water filled in a PET (plastic) bottle using a simple cycle air pump and Students enthusiastically made working prototypes of Water Rocket.



CARMEL, GWALIOR WELCOMES REV. SR. DORETTE

(17th & 18th APRIL 2023)

Rev. Sr, Dorette, Educational Councillor for the Northern Province, Principal of C.C.S. Chhatarpur, Odisha, and a USM enthusiast visited our school. She had been a part of Carmel staff of Gwalior in the 90s and she served our institution as a Social Studies educator. She was welcomed by the staff and the students in the morning Assembly which was conducted by class 12-A.



She addressed the students and mentioned that Carmel is a garden and every child is a flower.



Further, a meeting with all staff members was held in the auditorium. Rev Sister Dorette motivated the teachers with her short speech. She told the teachers that in the present scenario, the teacher's main role is of a counsellor. She also said that Teamwork is Dream work. She emphasized learning from one another and keeping aside 'I know Virus'.



INVESTITURE CEREMONY: (21ST APRIL 2023)

The school cabinet came into being on a very solemn occasion. The programme was inaugurated with the lighting of the lamp by our Manager Rev. Sister Ancy, our Principal Rev. Sister Ramya, the former and the present coordinators, the Head girl and the Vice Head girl of the school. This was followed by the reading from the holy scriptures by our teachers. A prayer song was sung by the choir.



The school cabinet was awarded badges and sachets by the Manager Rev. Sr. Ancy and the Principal Rev. Sr. Ramya. Sports Captain administered the oath of the School Cabinet. The programme concluded with an inspirational speech by the Principal where she gave the principles of good leadership and inspired the in-charges to perform with enthusiasm and dedication.



OFFICE BEARERS: 2023-24

Co-ordinators:

*Senior Section

Mrs. Mridu Das Gupta

*Middle School

Mrs. Indrani Mukherjee

*Primary Section

Mrs. Mamta Tambat

*Head Girl:

Priyanshi Sharma XII-D

*Vice Head Girl:

Diya Roy Chowdhury XI-E

*Sports Captain:

Manvika Singh XII-A

*Sports Vice-Captain:

Tejasvi Tomar XI-B

House In-charge

Blue:

Mrs. Hemlata Sukhija

Mrs. Reeta Bohre

Green:

Mrs. Shailja Dixit

Mrs. Rachna Sharma

Red:

Mrs. Meenu Sanjay

Mrs. Shikha Batra

Yellow:

Mrs. Shaloo Saxena

Mrs. Rekha Jain

Captain (C) / Vice Captain (VC)

C - Gargi Agrawal XI-A

VC - Anvi Yadav IX-D

C - Yashasvi Rathod X-E

VC - Arti Saxena IX-F

C - Sakshi Singh X-E

VC - Nitya Sharma IX-C

C - Tanu Solanki X-E

VC - Disha Sapra IX-D

Association In-Charge

English

Mrs. Vimla William

Mrs. Liz Lawrence

Mrs. Tanuja Shrivastava

Hindi

Mrs. Iris Sunil

Mrs. Monica Johnson,

Mrs. Alka Tiwari

Sanskrit

Mrs. Vinita Shrivastava

Mrs. Meena Agarwal

Maths

Mrs. Jyoti Jain, Mrs. Punyo,

Mrs. Mariamma

Quiz

Mrs. Archana Dantre, Mr. Tomar

Science

Mrs. Suchitra, Mrs. Usha Singh

Social Science

Mrs. Sangeeta Dhingra,

Mr. Royal, Miss Samiksha

Commerce

Mrs. Lathika Nair

Computer

Mrs. Archana Shukla

Art And Craft

Mrs. Shruti Shrivastava

Students In-Charge

Lakshita Meghvanshi X-B

Bhumi Dubey X-C

Priyanshi Kanhere X-B

Roshi Kulshrestha X-D

Bhoomika Singh X-A

Akshara Nayak X-C

Adrika Mishra X-A

Soumya Shrivastava XII-C

Divya Sabarwal X-A

Akansha Rajawat X-B

Association In-Charge

Dance	Miss. Monica Dubey
Music	Mrs. Deepti Moghe
Sports	Mr. Avinash
Eco Club	Mrs. Usha Singh, Mrs. Sushma S.K
USM	Mrs. Mridu Das Gupta Mrs. Kavitha Shaji
Innovation & Entrepreneurship Value Education	Mr. Falit Goyal Mrs. Archana Dantre Mrs. Sujamani, Mrs. Usha Vyas, Mrs. Anuja, Mrs. Rashi Bhatia, Mrs. Nimisha, Mrs. Meeta Manohar
Discipline	Mrs. Seema

Students In-Charge

Anoopa Dar X-F
Anshika Arya X-F
Shrasti Gaur X-E
Rudrapriya Dandotiya X-E
Devangi Das X-F
Sakshi Singh X-E
Rashi Bahgele X-D
Tammana Sharma X-E

Committees

Discipline

Senior Wing	Mrs. Mansi, Mrs. Prashansa Sharma, Mrs. Seema
Middle Wing	Mrs. Usha Vyas, Mrs. Pragya Mrs. Sunita Shivhare
Primary Wing	Mrs. Anika, Mrs. Rashi Bhatia, Mrs. Rupa Sharma
Class I	Miss Meenakshi Mrs. Aruna Parmar

School Band	Mrs. Seema, Mrs. Deepti
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School Website	Mrs. Chetna Khurana Mrs. Simran
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School Gurus Site	Mrs. Manisha Thareja
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Prizes & Certificates	Mrs. Mamta Agarwal Mrs. Upma Rani Sharma Mrs. Eugene Extros Mrs. Mamta Tambat Mrs. Radha Singhal
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Class II	Miss. Josepha Mrs. Arti Sharma
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Exam Advisor	Mrs. Mamta Agarwal Mrs. Archana Shukla Mrs. Chetna Mrs. Upma Rani Sharma
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Ground	Mr. Avinash, Mr. Tomar, Mr. Royal, Mr. Falit
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Exam Advisor CBSE	Mrs. Suchitra Mr. E.A. John
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Guidance & Counselling Committee

Mrs. Sujamani Jaymohan	Mrs. Mamta Agarwal	Mrs. Eugene Extros
Mrs. Lathika Nair	Mrs. Liz Lawrence	Mrs. Shilpa Jain
Mrs. Jyothi Baijoo		

Class In-Charge

Class I	Miss Meenakshi	Class VII	Mrs. Rashmi Sabherwal
Class II	Miss Josepha	Class VIII	Mrs. Vandana
Class III	Mrs. Tanya Pamnani	Class IX	Mrs. Arpana
Class IV	Miss Meghana	Class X	Mrs. Rupinder
Class V	Mrs. Rambha	Class XI	Mrs. Lathika
Class VI	Mrs. Poonam Arora	Class XII	Mrs. Mansi

EDITORIAL:

- Advisor:
 - ❖ Sr, Ramya Vacco & Computer Department

- Editing, Compiling & Designing:
 - ❖ Mrs. Shilpa Jain
 - ❖ Mrs. Jyothi Baijoo
 - ❖ Mrs. Pratima

- Photography:
 - ❖ Mr. Alex

Alone we are smart. Together we are Brilliant.

- Steven Anderson

PANORAMA OF CELEBRATION

WORLD LIVER DAY: (19th APRIL 2023)

Assembly Conducted by 8-E

Be Vigilant,
Do Regular
Liver Check-Up,
Fatty Liver Can
Affect Anyone



EARTH DAY

Look deep into nature, and then you will understand everything better

Save Earth Save Yourself



WORLD MALARIA DAY



Class X E conducted an assembly on 25th April to highlight the need for continued investment and sustained political commitment for malaria prevention and control.



WORLD INTELLECTUAL PROPERTY DAY:

Assembly Conducted by VII- A



LABOUR'S DAY CELEBRATION

A Day for the Auxiliaries

A program was organised on 29th April by the USM team and the Social Studies department to honour the auxiliary staff of our school.

The program was hosted by our School Head Girl Priyanshi Sharma and Vice



Head Girl Diya Roy Chowdhury. They shared about the importance of the day and started the event with lighting of lamp.

Lamp lighting was done by Our Manager Rev. Sister Ancy, Our principal Rev. Sister Ramya, coordinators, auxiliary staff members Mrs. Maria, Mrs. Elizabeth, Mrs. Pushpa, Mr. Baloo, Mr. Robin, School Head Girl and Vice Head Girl.

A melodious song and a beautiful dance was put up for their honour. Gifts were distributed by the USM team and the cultural part was planned by the Social Studies department.



Auxiliary staff were also addressed by our principal Rev. Sister Ramya. On behalf of the auxiliary staff, Ms. Pushpa presented a gesture of thankfulness for the honour they received. It ended with a vote of thanks by our vice head girl.



COMPETITIONS

BEAT THE HEAT (SALAD ARRANGEMENT)

The Science (EVS) club had organised 'SALAD DECORATION COMPETITION' for the students of class II to V on 29th April 2023 under the theme 'BEAT THE HEAT'.

The main objective behind the competition was to inculcate healthy food habits among the students and to create awareness regarding the choice of food items, especially during summer season.



BUILD A BIRDHOUSE

Under the flagship of **ECO-CLUB**, the competition "**BUILD A BIRDHOUSE**" had been organised to create awareness amongst students about endangered and extinct bird species and encourage students to be a responsible birder. This competition acts as a small step for students to protect these feathery creatures. The competition aims to enhance students' knowledge about different species of birds and their creativity on using eco-friendly material to build the birdhouses and also help them learn teamwork throughout. Four houses Blue, Green, Red and yellow participated with each having 4 participants.

Following were the results of the competition; -

- First Position : - **BLUE HOUSE**
- Second Position : - **RED HOUSE**
- Third Position : - **GREEN HOUSE**
- Fourth Position : - **YELLOW HOUSE**

Glimpse of the competition: -



NUTRITION FOOD PLATE WITH SUMMER DRINK

On 29th April 2023, the science department of our school organized the "Nutrition Food Plate with Summer Drink" competition for classes IX to XI. The aim of this event was to raise awareness about the importance of a balanced diet, especially among young people who can become agents of change by adopting healthy eating habits. The competition also provided an opportunity for students to develop their culinary skills and learn new ones.



The competition was held in the school auditorium. Each team was required to prepare three meals - breakfast, lunch, and dinner - and a summer drink. The judges evaluated each team's dishes based on specific criteria related to taste, presentation, nutritional value, and creativity.

After a tough competition, the judges announced the winners.

- First Position : - RED HOUSE
- Second Position : - BLUE HOUSE
- Third Position : - GREEN HOUSE
- Fourth Position : - YELLOW HOUSE

Overall, the "Nutrition Food Plate with Summer Drink" competition was a great success, and all participants demonstrated their creativity, skills, and knowledge of nutrition.



