

# CARMEL CONVENT SR. SEC. SCHOOL

(AFFILIATED TO CBSE NEW DELHI)

## CARMEL TIDINGS

MARCH 2022 TO JUNE 2022

*"A Glance Into The Principal's Epistle...."*

*"Be Grateful!"*



Dear Students,

We often hear the word 'Gratitude' several times during our normal conversation or often while reading a book. This feeling or longing is nothing but Gratitude that reminds you of the kindness someone has done for you and urges you to return that favor. There is a beautiful quote –

**“GRATITUDE IS THE BEST ATTITUDE OF A NOBLE SOUL”**

Yes, my dear children, this is indeed the best attitude of a person or a person. Gratitude is the feeling that compels you to return a favor to God, society, nature, family, friends, relatives and thousands of good deeds.

Gratitude is a very important attribute of life that makes our existence even more visible. It establishes a social harmony and creates an environment where everyone encourages and helps each other. When you express or receive gratitude from someone, in both cases you are happy to have done something good or something good is done for you. Gratitude individuals are known to have less stress. It is the gratitude you express in your everyday interactions with others. Many people bestow upon us seated acts of kindness, for which we should be grateful.

We should be grateful to God for all the good things that happen in our life and whatever the Almighty has given us – food, water, air, soil, mountains, flowers, animals, waterfalls, clouds, etc. A beautiful planet with abundance of food and beauty. We can express our gratitude to God with folded hands before every meal that we will not try to harm this beautiful earth nor harm any creature. We need to understand that the more we are grateful to nature and God, the more He will provide us with things in abundance.

Being grateful to family and friends is an act that not only improves the quality of our personal lives but also strengthens our bonds with family and friends and thus, leads to a happy and contented life. It is not possible to get through the ups and downs of your life without the love and support of family or friends. We should always keep this thing in our mind, and always be grateful to our near and dear ones. Gratitude is a very wonderful and beautiful feeling which strengthens human psychology and society. A society that expresses gratitude for each other is the happiest and wisest society. To practice gratitude, one must follow these guidelines -

- ❖ Wake up every day and thank God for this beautiful day.
- ❖ Make a note of every good thing that has happened to you throughout the day and also note who is responsible for it.
- ❖ Accept all things - nature, animals, plants and understand the importance of all of them.
- ❖ Whenever possible, thank all the workers of the society.
- ❖ Keep a gratitude journal and regularly write down the things in your life for which you consider yourself lucky.
- ❖ Tell someone how much you appreciate their presence in your life.

- ❖ Value your good relationships, spend time with the people you love.
- ❖ Sometimes, our physical presence and guidance, suggestions, etc. are enough to return the favor.

So dear students, always remember that 'Gratitude' is the most important human expression which proves that human beings are intelligent and have feelings too. Not only humans, sometimes animals are also seen expressing gratitude and returning favors, which is not only a beautiful feeling but also amazing. I hope that you will always express gratitude whenever needed and in whatever way possible.

- Sr. Ramya Vacco

### **Commencement of New Session - 2022 - 23**

- **21st March ' 22 - Reopening of classes II to IV**
- **24th March ' 22 - Reopening of classes VI to VIII**
- **28th March ' 22 - Reopening of classes IX and X**
- **30th March ' 22 - Reopening of classes I & XII**

### **EVENT AT LARGE**

A special assembly was organized by the school to welcome the **New Batch ( 2022 - 23 )** for the **Offline classes** after a prolonged gap of two years. The students arrived with a mix of emotions. **Rev. Principal Sr. Ramya** addressed the students to be sincere and diligent from the very beginning of the session. A short cultural programme was also organised. Every student seemed excited to begin their studies with great zeal.



### **Investiture ceremony - 13th April 2022**

The program was inaugurated with the **lighting of the lamp** by our **Manager Rev. Sister Ancy** and our **Principal Rev. Sister Ramya**.

This was followed by recitation of various scriptures by our various teachers. Then the Principal announced the names of three coordinators for the session 2022-23. The program was presided over by senior coordinator Ms. Mamta Agarwal. She announced the names of Head Girl, Vice Head Girl, Sports Captain, House Mistresses, House Captains, Vice House Captains, Club incharges and their Secretaries. After this, the school manager Rev. Sister Ancy and Principal Rev. Sister Ramya handed over the flags and badges for the current session to various in-charges of the school cabinet. As per tradition, the members of the school cabinet took an oath to discharge their duties with utmost sincerity and diligence. It all ended with an inspirational message from Rev. Principal, who inspired the in-charges to perform with enthusiasm and dedication.

## Members of the Cabinet (2022-23)

<b>Co-ordinators:</b> Senior School : <b>Ms. Mamta Agarwal</b> Middle School : <b>Ms. Sujamani</b> Primary School : <b>Ms. Upma Sharma</b>	<b>Head Girl</b> : <b>Nihari Shrivastava</b> <b>Vice Head Girl</b> : <b>Priyanshi Sharma</b> <b>Sports Captain</b> : <b>Samiksha Kushwah</b> <b>Sports Vice Captain</b> : <b>Manvika Singh</b>
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### HOUSE INCHARGES

HOUSE	HOUSE MISTRESS	CAPTAIN	VICE CAPTAIN
BLUE HOUSE	Ms. Arpana Pendarkar Ms. Punya Yanumg MS. Shree Anand	Suhani Chaddha	Rudrapriya Dandotiya
Green House	Ms. Sushma Ms. Sunita Shrivastav Ms. Richa Sobti	Anandi Sharma	Pratha Rajsinghania
Red House	Ms. Iris Sunil Ms. Rashmi Sabarwal Ms. Ramneet	Ananya Goyal	Tanya Tomar
Yellow House	Ms. Prashansa Sharma Ms. Usha Vyas Ms. Shobha Thakur	Pehu Tomar	Anokhi Tiwari

### ASSOCIATION IN-CHARGE

ASSOCIATION	TEACHERS IN-CHARGE	SECRETARY
ENGLISH	Ms. Vimla William, Ms. Liz Lawrence, Ms Anika Vijjan	Rivah Qureshi
HINDI	Ms. Shailja Dixit, Ms. Rachna Sharma, Ms. Pratima Xalco	Prabhati Gupta
MATHS	Ms. Kavitha Shaji, Ms. Poonam Arora, Ms. Radha Singhal	Jaishree Pandey
SCIENCE	Ms. Usha Singh, Ms. Vandana Indiar, Ms. Rashi Bhatia	Shreyanshu Sikarwar
SOCIAL SCIENCE	Ms. Lathka Nair, Ms. Indrani Mukhharjee	Priyani Goyal
SANSKRIT	Ms. Vineeta Shrivastav, Ms Meena Agrawal	Anvesha Pal
COMMERCE	Ms. Mansi Werman	Avni Saxena

### Co-curricular Club

Club	Teacher In-charge	Secretary
Eco Club	Ms. Usha Singh, Ms. Hemlata	Diya Roy Chaudhary
Quiz	Mr. M.P.S. Tomar, Ms. Archana Dantre	Devyanshi Bansal
USM	Ms. Mridu Das, Ms. Kavitha Shaji, Ms. Shailja Dixit	Swastika Sengar
Computer	Ms. Chetna Khurana	Anisha Gupta
Dance	Ms. Monika Dubey	Alfiya Khan
Music	Ms. Deepti Moghe	Bhakti Sharma
Art	Ms. Shruti Shrivastav	Satakshi Gupta
Sports	Mr. Avinash Suryavanshi	Siddhima Mudgal
Theatre	Ms. Eugene Extros, Ms. Shilpa Jain	

### NEWSLETTER EDITORIAL BOARD :

Ms. Rupinder Sandhu  
Ms. Shaloo Saxena





On 12th March' 22, under the flagship of Eco-Club, the students of our school participated in the Cleanliness Rally organized by Gwalior Municipal Corporation. It was a strong awareness program towards making Gwalior - A Green City.

Our students along with some teachers in-charge reached Maharaj Bada where Hon'ble Minister Shri. Jyotiraditya Scindia (Union Civil Aviation Minister of India) addressed the gathering with a message to motivate people to cooperate and focus on cleanliness and the three R's - Reuse, Recycle and Reduce. The students participated enthusiastically and expressed themselves very strongly. The aim of the initiative was to make the students feel the importance of maintaining cleanliness around the school and society.





**World Water Day was celebrated on 22nd March '22.** It was initiated by the students of classes VI to VIII. A special assembly was conducted including the recitation of a poem and a speech relating the importance of water in our life. An interactive session was also held to emphasize the concept of **Water Resource Conservation**. Also students made some banners with slogans regarding the same.



**Pariksha Pe Charcha 2022 was broadcast live on 1st April 2022 -**

Hon'ble Prime Minister of India **Shri Narendra Modi** interacted with around one thousand students of class IX above for **Pariksha Pe Charcha 2022 at Talkatora Stadium, Delhi**. The program was also **telecast live by Doordarshan in schools** through **DD National, DD News and DD India**. It was also available on radio channels like **All India Radio Medium Wave, All India Radio FM Channel**. Live web streaming was also done on the websites of **PMO, Ministry of Education, mygov.in** and **YouTube channel of MoE, Facebook Live of MoE and Swayamprabha channels**.



**World Health Organization Day was celebrated on 7th April '22.** A special morning assembly was organized in the school to highlight the importance of **Health**. Class IX students took the responsibility and highlighted the importance of good health through a poem and speech. Students also took pledge to adopt healthy habits to stay fit. The aim was to make the students realize that **Health is Wealth**, if lost it is very difficult to get it again. It was associated with the **Eco-club**.



**World Earth Day was observed on 22nd April 2022.** A grand awareness campaign was organized to save our earth. **Principal Rev. Sr. Ramya inaugurated the creative model of Mother Earth, prepared by the students of class XII.** **Green Ambassadors** displayed beautiful messages on placards. Students took a pledge to nurture our planet by planting more and more trees. They actively participated in their classes **by creating a green corner with some pollutant absorbing plants**. Through an interactive session, class XII students and Green Ambassadors, **successfully created awareness among students and parents to address the environmental challenges**.





Every year we celebrate 1st May as **Labour's Day**. This year, the USM group celebrated it on **30th April 2022**. Our Principal Rev. Sr. Ramya along with the members of USM , teachers and students made the day special for our auxiliary staff. A short and beautiful programme as well as games organised for the auxiliary staff, created joy amidst all. They enjoyed it thoroughly and it was a memorable day for all of us.



**Book Fair** was organized in the School Auditorium from **30th April to 2nd May 2022**.

Students were overjoyed to view books of different subjects. There were many interesting story books as well. They also purchased the books of their interest. Students were happy to be a part of this wonderful **Book Fair** and made it a grand success.



### In School Competitions

An **English Handwriting Competition** was organized for classes II to VIII on **26th March '22**. It was organized to encourage the students to develop neat and legible handwriting. The students participated whole heartedly and three winners from each section were shortlisted.



**Hindi Calligraphy Competition** was conducted on **23rd April 2022** for the students of **class II to VIII**. All the students participated with great zeal. Certificates were distributed to the students who secured first, second and third positions from each class. Through this competition the talent of beautiful writing was made aware among the students. Overall this competition was beneficial for all the students.



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