

" Trust in Him at all times, you people; pour out your hearts to Him, for God is our refuge.." Psalm 62:8



MOUNT CARMEL SCHOOL

(Recognised & Affiliated to the C.B.S.E., Delhi)

Sector 47-B, Chandigarh

website : www.mountcarmelchd.org

MCS 'ECLAT' 2020 - 21

From the **Founders & Directors**



In these unprecedented times, when this pandemic has sadly taken a toll on so many lives around the world, we praise God for His wonderful and mighty protection. The Bible says " I will say of the Lord, He is my refuge and my fortress, my God, in whom I trust. Surely He will save you from the fowler's snare and from the deadly pestilence. He will cover you with His feathers and under His wings you will find refuge; His faithfulness will be your shield and rampart". Psalm 91: 2-4.

This pandemic has reminded us once again that human life is very uncertain and fragile. The ultimate irony of life is that the tiniest microscopic form of a virus is now controlling the behaviour of the most arrogant, powerful and evolved life form on planet earth, the human race. It has brought chaos and fear among everyone in this world, whether they belong to developed or developing nation, rich or poor, irrespective of religion, caste, creed or colour. Everyone had to hide and some are still hiding in their homes, scared of this

tiny virus. What a powerful message for humanity to be humble and appreciate one another without any prejudice.

We are grateful to the Almighty for the amazing team that we have at Mount Carmel, headed by the Principal Dr. Parveena John Singh and our selfless faculty. Hats off to them that in spite of all the odds they started Virtual classes for students in April itself, moulded themselves and adapted quickly to this new dimension in the teaching-learning process. Our hardworking and devoted teachers have shown the world that teaching is in their blood, be it classroom or virtual teaching. We request you not to count the shortcomings of this mode of teaching as all must understand that it was an unexpected emergency.

Mount Carmelites we need to be the fittest for survival in this world full of unforeseen challenges. We need to understand that we are unable to reach for the highest peak because we are focussed on scaling

smaller ones. The reason for this is that we perhaps suffer from Premature Optimisation. Instead of surveying the landscape and climbing the highest mountain possible we are too busy scaling the first peak we happen to stumble upon. This strong human bias towards accumulating small wins is what is called progress. But paradoxically it seems to be inhibiting many individuals from reaching their true potential.

Children you should never limit your potential saying, at least I am better than my parents. Just think that your parents may not have had these facilities and opportunities when they were students like you. So try and educate yourself as much as you can when all this ever advancing technology is available to you at your doorstep. Education alone brings change. Though change is difficult but Mount Carmelites you can change the world by becoming the agents of this change. Also you need to be Ambassadors for a Clean and Safe environment.

Remember Covid- 19 has not gone anywhere, so continue to strictly follow the protocols.
God Bless You All!

Dr. Annie Charles Samuel

&

Dr. Earnest Charles J. Samuel

Psalm 91

He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty. I will say of the Lord, He is my refuge and my fortress my God in him will I trust. Surely he shall deliver thee from the snare of the fowler, and from the noisome pestilence. He shall cover thee with his feathers, and under his wings shalt thou trust his truth shall be thy shield and buckler. Thou shalt not be afraid for the terror by night nor for the arrow that flieth by day



Dear Parents, Staff & Students,

“ Education is about awakening to the power and beauty that lies within us all”.

COVID-19 with its sudden upheavals has changed our routines and lifestyles. Each one of us and the entire world has been affected by the corona virus pandemic. This pandemic has accelerated existential issues like acute individual loneliness in the wake of lockdowns and quarantine or isolation, disturbances of social life, contaminating the interpersonal space with distrust of each other; in short our entire way of life is adversely affected by the scare of COVID-19 and has created new psychological situation for people. It has shaken the economy of the country enormously and its consequences are experienced by families, communities and our entire way of life. Above all the anxiety aggravated by fear of death.

We understand the challenges faced by students, parents and teachers to catch to the academic needs due to the closure of the school and adapting to the virtual learning. However the importance of education remains committed. We need to be prepared to take life ahead with all normal activities accord-

ing to the new normal. We at Mount Carmel School did not want to miss this academic year at any cost as it is often said, “The show must go on”.

Our dedicated staff, both teaching and non-teaching have been showing their care and concern for the students by tirelessly working from home beyond days and hours preparing notes and enabling online classes for the benefit of students. This also led to imbibing of digital skills, one of the most important skills of the 21st Century.

We believe that this is the time to not just deal with the current emergency but also to build foundations of resilience to face such difficult events in the future. The COVID-19 pandemic should not lockdown the aspirations of young generation. Teachers and parents should help students to remain active and receptive and use this time to learn new skills. Optimistic & positive outlooks enabled us to see good things in life and keep going even in the hardest time.

Appreciate and acknowledge the accomplishment for I believe that those

sprouted in fire, do not wither away in the sun.

The fact that today billions are able to work from home is evident of indestructible human spirit.

Dear students, as much as you are missing school, we are missing your coming to the school but for us your safety is the priority. Our heart is full of gratitude to the Almighty for keeping our Mount Carmel family consisting of its management, staff and students safe during this pandemic and we pray for the safety of each one of you and your families in the future too. We pray for a quick control of the COVID-19 pandemic, for a healing of those affected by it and health care personnel.

Remember that positive hope and trust in the Lord are keys to any problem or the biggest of the challenges. And this very ray of positivity we bring unto to you with our first online edition of the Newsletter, MCS ‘ECLAT’ of Mount Carmel School, Chandigarh.

Hoping that it will be able to unleash the spark of life and progress by presenting a plethora of activities and achievements of our Mount Carmelites which kept spreading the vibrance throughout the year winning over the dark times of pandemic. I hope you will surely appreciate the efforts of team MCS under the worthy guidance, encouragement and inspiration of our beloved Founders & Directors Dr. Earnest Charles J. Samuel & Dr. Annie Charles Samuel.

Please Stay Safe
&
Blessings upon you All!

Dr. Parveena John Singh
Principal
Mount Carmel School, Chandigarh.

"Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time." 1 Peter 5:6

Excellent Performance during Classes X and XII CBSE Result 2019 - 20

MOUNT CARMEL SCHOOL, CHANDIGARH
CLASS X CBSE RESULT 2019-20
 Excellent Performance in Class X.

MOUNT CARMEL SCHOOL, CHANDIGARH
CLASS XII CBSE RESULT 2019-20
 Excellent Performance in Commerce, Medical & Non-medical

MOUNT CARMEL SCHOOL, CHANDIGARH
 Admissions Open for the Session 2020-21 (Classes Pre-Nursery onwards)

MOUNT CARMEL SCHOOL, CHANDIGARH
 Admissions Open for the Session 2020-21 (Classes Pre-Nursery onwards)

Congratulations to all the toppers of the Session 2019 – 20!

Webinars conducted during - 2020

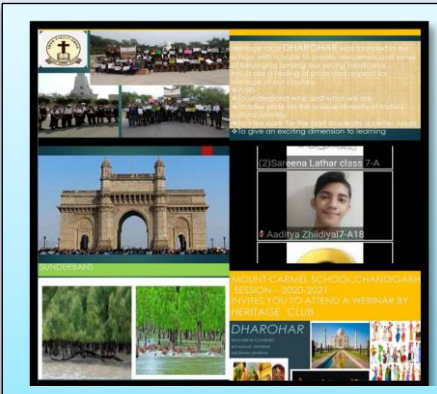
A WEBINAR CONDUCTED BY THE HERITAGE CLUB 'DHAROHAR'

"People without the knowledge of their past, culture and origin are like a tree without roots."

Under the mentorship of the Founders & Directors Dr. Earnest Charles J. Samuel & Dr. Annie Charles Samuel, a webinar was conducted by the Heritage Club, 'DHAROHAR' on August 05, 2020 at 4.00p.m., in which approximately 54 students participated with great enthusiasm. The aim of the session was to create an awareness and sense of belonging among Mount Carmelites and to inculcate a feeling of pride and

respect for the heritage of our country. After a brief introduction of the club, an interesting presentation was shown to the students on the famous geological places in India that have been enlisted in UNESCO world natural heritage sites like Kaziranga National Park, Keoladeo National Park etc. To make the session more interactive and interesting, a small quiz was also conducted on the

various historical monuments of India. Students participated in the quiz with great zeal and enthusiasm. The Principal of the School, Dr. Parveena John Singh appreciated the efforts of students saying that such activities keep children close to their roots and heritage. Overall, it was an interesting, informative and interactive session.



Webinar by Gardening Club

A WEBINAR WAS CONDUCTED by Mrs. Kavita Sharma and Ms. Bindu John for the students of Gardening Club on August 3, 2020 (MONDAY at 4.00pm) with approximately 55 students.

The aim and the objectives of the Gardening Club and benefits of gardening were discussed, in the Webinar.

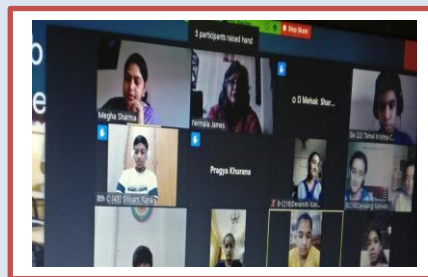
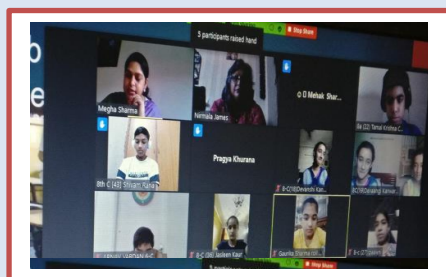
To make the session more interactive, a quiz was conducted for the students, wherein they participated actively.

Also, procedure for making planters from the waste material and compost at home was discussed and the students were motivated to do these activities at home. Previous year's activities of Gardening Club were shared with the students to encourage them to join club. The students were brimming with enthusiasm while attending the webinar.



Eco Club Webinar

Eco and Environment Club conducted a webinar in the month of August 2020 for senior students. They were made aware of their contribution in having a clean and habitable society. Students interacted by sharing their views and discussing certain problems like plastic pollution, dumping waste in the sea, release of pollutants in the air and water. Students enjoyed the webinar and contributed their best in this activity.



English Dramatics Club Webinar

A webinar was conducted for the students of classes 6 to 9 in the month of August 2020. Around 71 students participated with great interest. The aim of conducting the webinar was to encourage and motivate the students to develop self-confidence and improve their communication skills through dramatization.



Webinar by the NSS Unit 'My Country, My Pride'



Why We Celebrate Independence Day?

We celebrate Independence Day to relive the moment and to enjoy the spirit of freedom. Also, to remember the sacrifices of Indian soldiers who lost their lives during the struggle. Moreover, we celebrate to enjoy the freedom that is earned through hard work.

Indians celebrate Independence Day with a feeling of Nationalism and Patriotism across the country. On this day each citizen takes pride in uniting as one Nation.



Harnoor



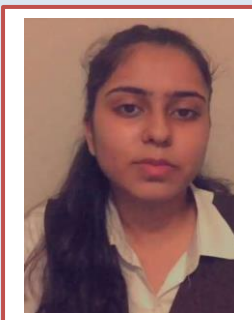
Gurleen



Aashmi Sharma



Khushi Aggarwal



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Speech by Rose Chugh, XII-D



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Poem by Nistha Chhatwal, XI-A

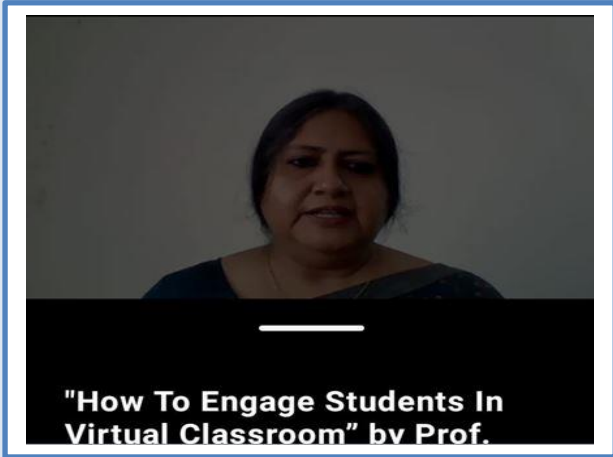
INFORMATION & TECHNOLOGY WEBINAR

Webinars & Workshops for Teachers' Reinforcement during the session



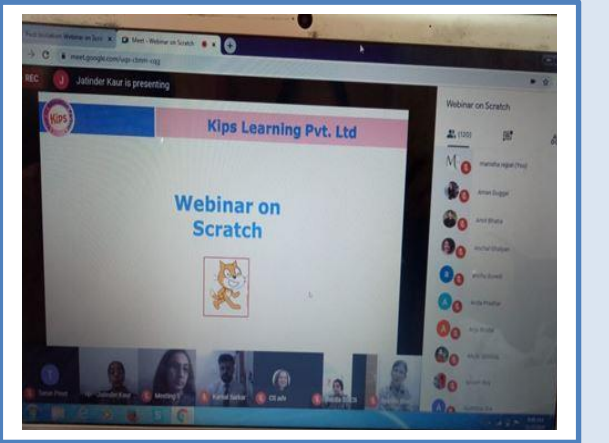
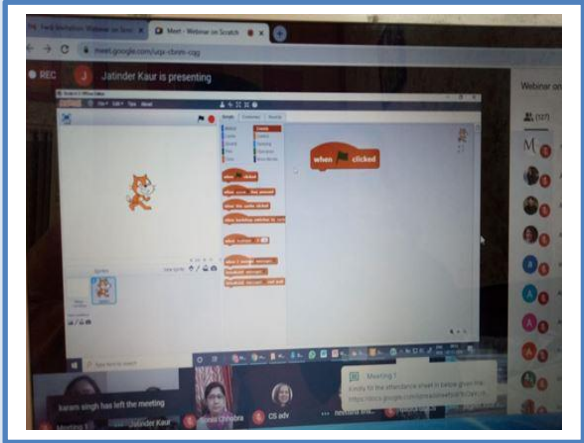
AGENDA

- What is the right age to start coding?
- Finding right software for coding
- Good Bye to Qbasic?
- How to teach control flows
- Newly mushroomed coding camps
- Introduction to Blockly
- Introduction to Dialogflow

A screenshot of a Zoom meeting interface showing the names of participants: Anshu Singh, Deepika Singh, and Teena Lakshmi.

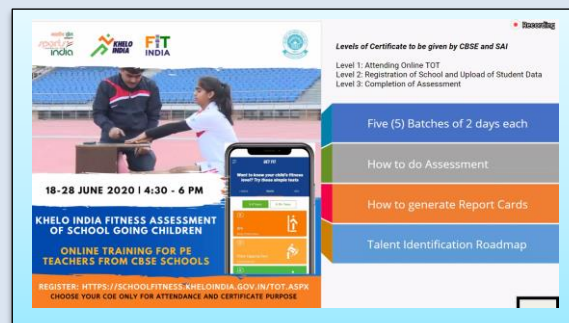
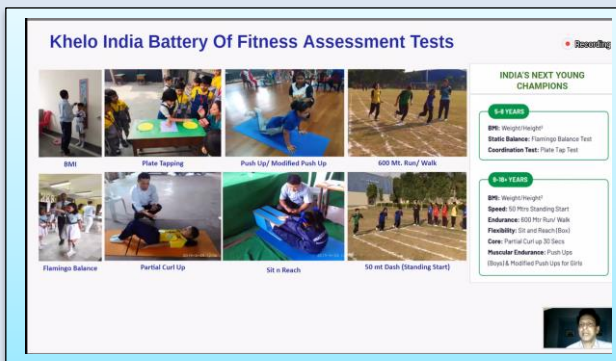
CHALLENGES FOR TEACHERS

- ❖ Disruption of teaching from home
- ❖ Missing face to face feedback in classes
- ❖ Limited understanding of technology
- ❖ Lack of teaching material
- ❖ Curriculum is not geared for online delivery
- ❖ Exams are not easy online

An illustration of a teacher standing at a desk with a whiteboard, interacting with two students. The teacher is pointing at the whiteboard, and the students are looking at it.

Physical Education Webinar

1. On 26th September 2020 an online Webinar was conducted by Professor Manisha Mohan on the topic “How to Engage Students in Virtual Classrooms”.
2. Online webinar of pledge Portal (certificate of commitment integrity pledge)
It was a pledge Portal, the main motive of this webinar was to protect our nation from covid-19 virus. It was conducted by :- Mr. Harpreet Singh (Phy. Ed) on 31st October 2020,
3. Fitness is not about being better than someone else... It’s about being better than you were. A Fit India Online Trainers Assessment Program was conducted on 20.06.2020 & 21.06.2020. It was mainly regarding the Introduction to **Khelo India Fitness** for school going children, fitness protocols for 5- 18 years of students and also about conducting various fitness tests. Mainly it focused on uploading of students’ School Registration data. Overall, it was an informative session.



The Physical Education Webinars were conducted virtually on 21st September, 2020 for Class III, 22nd September 2020 for class IV, and 23 September 2020 for class V by Mr Kamal Samuel and Mrs. Nazma.

The highlights of the webinar were:

- 1) Basic exercise for students as a key factor in attaining wellbeing. Students were demonstrated with basic exercises and encouraged to follow exercise routine to improve and build strong immune system, enhance body posture and improve joint improvements.
- 2) The importance of eating a balanced diet to help immune system function properly.
- 3) Strategies & importance of maintaining good discipline.



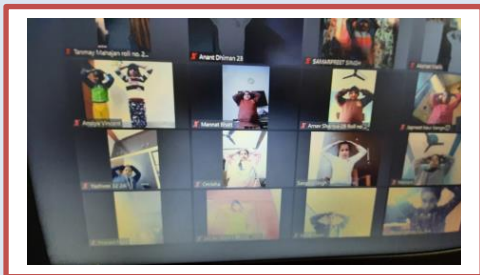
Dance Club Webinar

Dance Club organized a webinar to help the students learn different types of dance and the way to be truly happy in life. They were also taught the concept of rhymes, rhythm, movement, expressions, mudras and the benefits of dancing.



Theatre Club Webinar

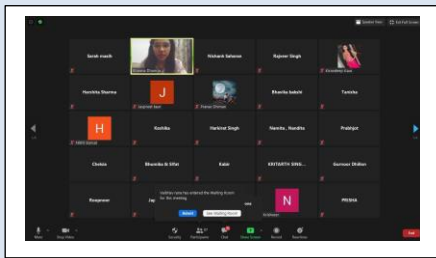
A webinar workshop on Theatre was conducted for the students of classes 3 to 10 in the month of June 2020. Around 300 students participated. Students were familiarised with the two main stream theatres: Classical and Folk. Students were also taught how to communicate, and become creative through the medium of theatre.



WEBINAR ON “MANAGING ANXIETY DURING UNCERTAIN TIMES”

A webinar was conducted for the students of class IX to XII about “Managing Anxiety During Uncertain Times”, on 15 June 2020, from 6 PM to 7 PM. The resource person was Ms. Bhawna Dhamija (School Counsellor) . There were 100 participants.

The students learnt how important it is to name their feelings, accept and acknowledge the same rather than bottling up their feelings and being dismissive about them. It focussed on Anxiety and its signs & symptoms like rapid heartbeat, headaches, constant worrying about the future, lack of patience, troubled breathing, stomach issues, sweating, trouble concentrating, sleep deprivation, over thinking, etc. It was noted that the number of hours consumed on social media were more than the number of hours of sleep. While talking about nutrition, most of them assured to be taking proper meals. They were advised to stay hydrated and take proper care of all the different essential nutrients and cutting the consumption of sweetened fizzy as studies have shown spikes in sugar and refined carbohydrates suppress the immune system. Even though we can't see them, we are surrounded by electromagnetic fields (EMFs). Our computers, microwaves, cell phones, power lines, cell phone towers, fitness tracking devices, smart meters, televisions, routers, X-ray machines, and radios all emit to varying degrees. It was suggested to keep a distance from such devices, putting the phone on airplane mode whenever not using it and using wired accessories like headphones and earphones and keeping a track of themselves by downloading applications which display number of hours consumed by social media applications and productive applications. Different tips were also discussed like following a routine, exercising and building connection with your loved ones.



Managing & Coping with Anxiety

Sensory Grounding

5, 4, 3, 2, 1 →

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 good thing about yourself

5 Finger Senses →

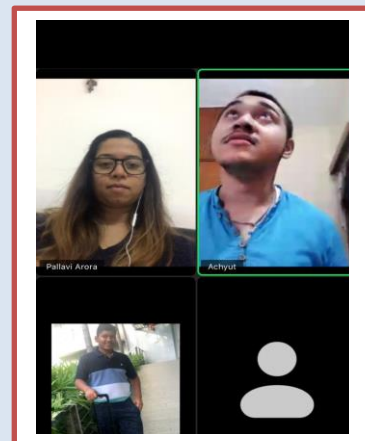
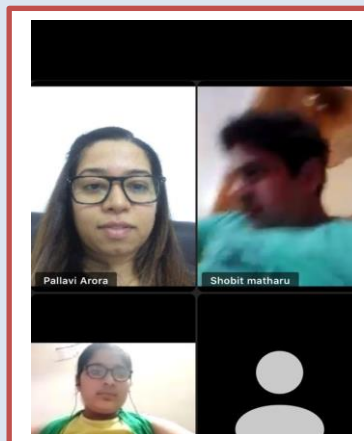
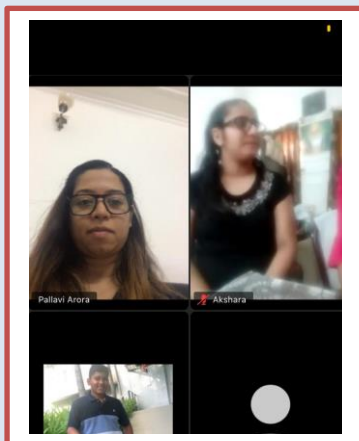
- Trace your hand on a piece of paper.
- Label each finger as one of the five senses and identify something special representing each of the senses (that is unique to you).
- Try and memorize these, so they can be recited to help ground in the future when the drawing isn't in front of you

Webinar by- Ms. Bhawna Dhamija
(school counsellor)

WEBINAR ON SPECIAL EDUCATION

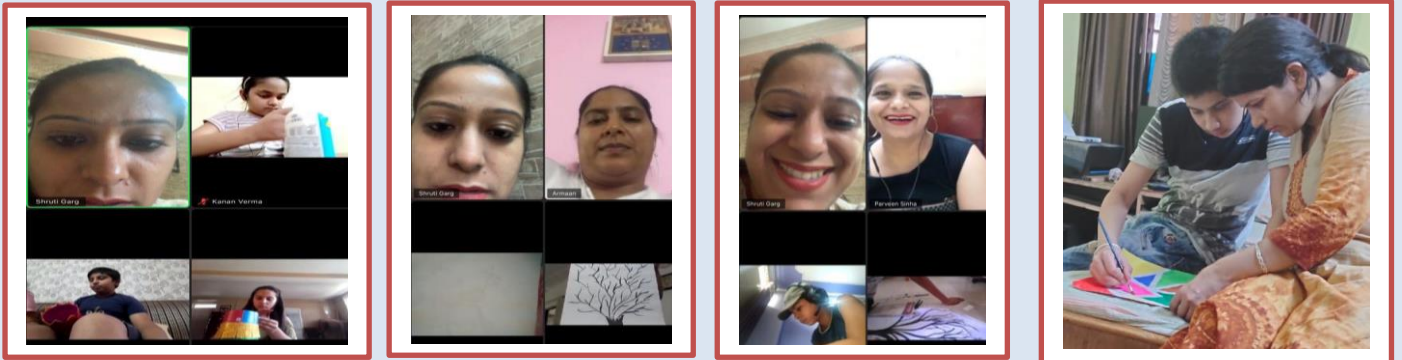
A webinar was conducted for special students of classes VII, VIII, IX & X on 20th June, 2020. The topic was **Memory Techniques** and **5WH Method** to frame sentences. Students actively participated in the webinar. Various memory techniques were shared such as **Word Attack Skills, Imagery learning, Chunking Method, Mnemonics Organized Learning etc.** It was overall a good learning experience for the students.

Pallavi Arora
(SPECIAL EDUCATOR)



ART & CRAFT WEBINAR

An art and craft webinar for classes 6 to 10 was held in the month of June. The students made videos expressing their thoughts and views about what they had done during the lockdown period. Students made penholders, mosaic wall paintings, aluminium foil painting and decorative mirrors with jute.



MUSIC WEBINAR

A Music Webinar was conducted for classes I to X in the month of June 2020. Around 300 students participated in this webinar. Students were taught the history of music and how music has evolved over the years.



Workshop on Professional Development

A webinar was conducted on 20th June, 2020 by Mr. Kilimangalam A. He has acquired the M. Phil degree in linguistics from the Central Institute of English and Foreign Languages Hyderabad and has more than 10 years of experience working with ACER.

The topics covered in the session were:

1. ACER introduction
2. IBT introduction
3. Reading and understanding of the reports
4. Identify findings from the assessment and strategies to improve on those.
5. How to read results and draw conclusions from the grade results.
6. Compare the performances of Indian school students with International, especially Asia-Pacific Level of students.

CONCLUSION

The workshop helped in report reading. Teachers learnt to compare, arrange, evaluate and decide on the information that comes to them. They will be able to process, monitor and identify the strength and weaknesses based on the reports and accordingly devise strategies to strengthen those with targeted teaching.

Mrs. Jhimly Dhar

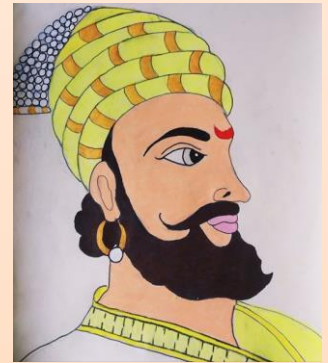
Mask Distribution Drive was conducted across the city by MCS Corona Warriors' on 20th May, 2020.



The Power of Colours & Creativity



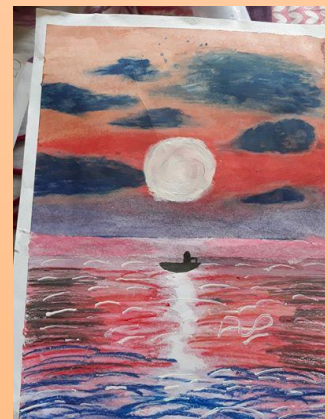
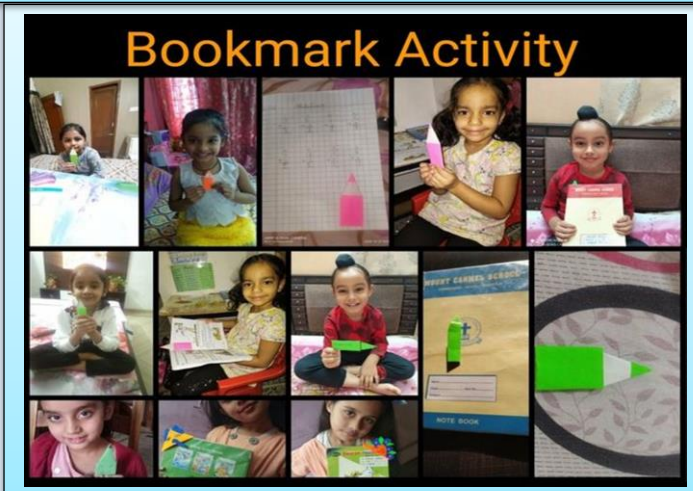
Artwork by Sharadha Shukla of class VII A.



Using oil pastels and acrylic colours Dhruv Kunal Kulkarni of Class III-A created these wall art paintings and motifs for the first time.



Kindergarten Activity : Bookmark Activity
To understand the concept of using a bookmark and not the dog - ear books.

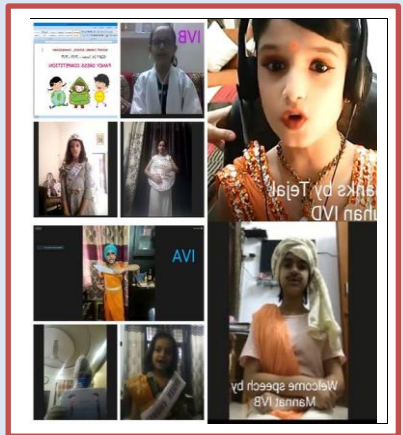


Be joyful in hope, patient in affliction, faithful in prayer. **Romans 12:12**

INTER-HOUSE ONLINE FANCY DRESS COMPETITION (PRIMARY)

Under the mentorship of the Founders and Directors Dr. Earnest Charles J. Samuel & Dr. Annie Charles Samuel and the guidance of our beloved Principal Ma'am Dr. Parveena John Singh, the Annual Fancy Dress Competition for classes 1&II were conducted virtually on 4 August and III, IV & V on 15 & 16 September 2020 respectively. One of the most awaited events of the year is the Fancy Dress Competition. The objectives were to help the students overcome their stage fear, bring out their inner talent, give them a platform to build their self-confidence and explore their inner strength. Even the pandemic could not dampen the spirits of our beloved students. The children dressed up in their best colorful costumes, made

appearances through online application and spoke confidently about the characters they portrayed. They dressed up as a Farmer, Popeye the Sailor Man, Corona Virus, Doctor, Nurse, Immunity Booster, Sanitizer, Teacher etc. The effort and hard work of children were highly commendable. The style of acting, presentation and dialogues was praiseworthy. The event was very entertaining and kept the audience enthralled throughout. The Principal of the School, Dr. Parveena John Singh appreciated the enthusiastic effort of students & parents saying that it was a beautiful way for children to defeat the monotony of Covid situation by presenting lively themes in attractive costumes.



Webinars for Teachers during Pandemic

S.No	Date	Organised by	Topic	Attended by	Resources Person
1	11.06.2020	Australian Council for Educational Research India and Samanvay Sahodaya (IBT)	Principles of item writing and about IBT	Mrs. Harmeet & Mrs Nishtha	Mr Ashamurthy killimangalam & Swarnima Luthra
2	17.06.2020 & 24.06.2020	Oxford University Press	What needs to change in Mathematics Education in the 21st Century	Maths Faculty	Mrs Ashalata Badami-Authore OUP's Mathematic Series
3	20.06.2020	Ratna Sagar	The Glamour and Gamut of Good Grammar	Mrs. Manvind Kaur & Mr. Willam	Ms. Samridhi Sagar
4	18.06.2020	Ratna Sagar	Spin A Tale	Mrs Depinder Dhamjia	Ms. Sangeeta Kanjilal
5	26.09.2020	Kips Publication Ltd.	How to engage Students in Virtual Classroom	IT Faculty	Professor Manisha Mohan
6	15.10.2020	Collins Learning	Use of dictionary to learn grammar	Mrs Shelly Bansal	Dr. Elaine
7	07.11.2020	Kips Publication Ltd.	SCRATCH	IT Faculty	Mrs Jatinder Kaur - IT Expert

SHOW AND TELL

Little kids of Class I - D presenting themselves enthusiastically in Show and Tell Activity. Every child gave his/her best and enjoyed every moment of the show. Activities are good as they break the monotony and keep the kids refreshed.



“But the Lord is faithful, and he will strengthen you and protect you from the evil one.” 2 Thessalonians 3:3



Virtual Yoga Day Celebration.

Sarve santu niramaya



Mount Carmelites

Virtual Independence Day Celebration.



The Tiny Tots of Pre-Primary Wing Celebrating Independence Day keeping the patriotic fervor alive against all odds! They celebrate with a feeling of Nationalism and Patriotism across the country.

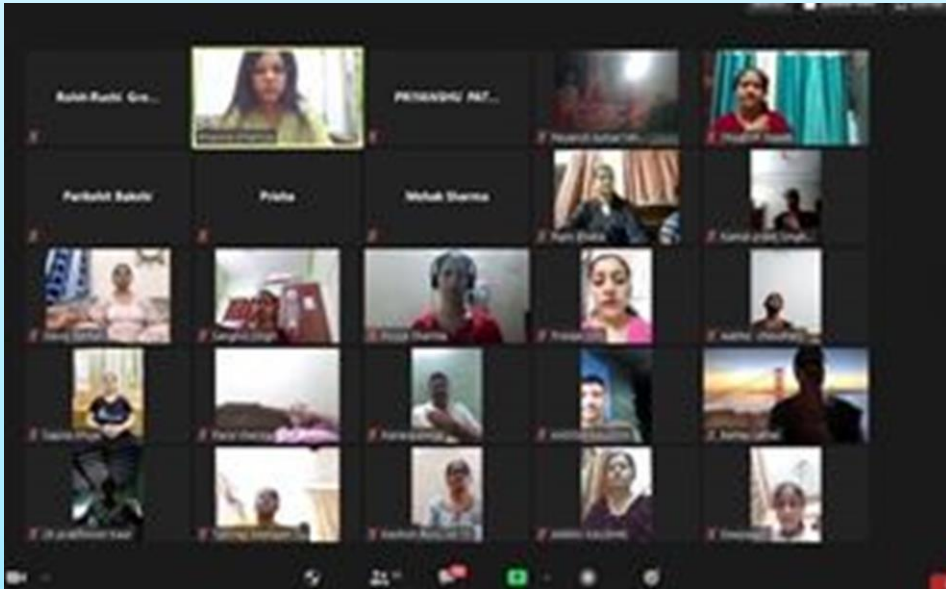


The Online Meditation Session

A Meditation Session was conducted for the parents by the School Counsellor (Ms. Bhawna Dhamija), dated 29/08/2020 with approximately 100 participants.

The session primarily aimed to teach Relaxation Techniques, heal the Heart Chakra and build Will Powers focusing on the Solar Plexus Chakra.

The parents practised gratitude, forgiveness and Mindfulness, feeling relaxed during the same.



Glimpses of Fun Filled Learning Activities



Our Little Hands at work 😊😊



Rain Rain !



Fun with Paint!



Caterpillar Race!





THE EDUCATIONIST

Time is elusive, use it wisely

This pandemic has once again opened our eyes to the fact that 'time is elusive' and each minute and breath counts. One has rightly said, "Lost yesterday, somewhere between sunrise and sunset, two golden hours, each set with sixty diamond minutes. No reward is offered for they are gone forever." Once hours are gone, they are gone forever. We wonder when someone prospers but we forget that we were busy wasting that golden time only dreaming or doing unproductive acts while others were adding worth to their life and making the best of each minute given to them.



Eternity itself cannot restore the lost minutes. There are many great people in the world who have struck fortune by working in those waiting hours or little time in between hours. Robert Burns wrote many of his beautiful poems while working on the farm while Sir Matthew Hale (for justice of England) wrote his 'Contemplations...' while discharging duties as a judge. As it is said lost wealth may be replaced by industry, lost knowledge by study, lost health by temperance or medicine, but lost time is gone forever, so spend your time in a worthwhile manner so that when you look back you don't regret the outcome.

3

Dr Parveena John Singh, principal, Mount Carmel School, Chandigarh

Media Accolades

Clarity of Goal even in hard times : Dr Parveena John Singh



Thus, a clearly defined goal is a beginning of any great accomplishment. By having a clear goal you know clearly in which direction to channel and focus all your energies till you finally succeed.

No wind blows in favour of a ship without a destination. Thus definite goals lead to definite destination." Clarity of goal gives power even in challenging situations. Clarity of goal clears mind of confusion making the way clear.

Clarity of goal saves us from dissipating our powers since we know exactly what it is that we want and can concentrate all our power for the achievement of the single goal.

A person who wanders aimlessly without clear definite goal is a confused person who may lead nowhere. Goalless person is like a rudderless ship, nobody knows where he will land up.

Thus, a clearly defined goal is a beginning of any great accomplishment. By having a clear goal you know clearly in which direction to channel and focus all your energies till you finally succeed.

When you don't have a clear target, your energy is squandered. If you have a goal clear with enough desire, there is nothing that can stop you.

One famous sculpture was asked how he carved a wonderful statue from a block of marble; the sculptor replied by saying, "Nothing". He said, "I did nothing, the statue was already there. I just chiselled away unnecessary marble." It is true that the statue was already there in the stone & the chiselling away revealed it. But chiselling away unnecessary marble first requires the knowledge and the picture of what you want to end up with. Whatever a man does, he must first do it in his mind. As Vincent Van Gogh, one of the most famous painter in modern art says, "First I dream my painting and then I paint my dream." "The tragedy in life doesn't lie in not reaching the goal. The tragedy lies in having no goal to reach."

Dr Parveena John Singh, Principal, Mount Carmel School

Media Accolade on 10.08.2020

School holds virtual inter-house fancy dress competition



Under the mentorship of the founder directors, Dr Earnest Charles J Samuel and Dr Annie Charles Samuel, annual fancy dress competition was conducted by **Mount Carmel School, Chandigarh** this time virtually for the students of class I, to blend learning with fun and to develop confidence in the students to speak in front of the audience. The children dressed up in their best colourful costumes, made appearances through online application and spoke confidently about the character they portrayed. The style of acting, presentation and dialogues was praiseworthy.

The competition proved to be a great learning experience for the students and gave them a platform to explore their inner strength and hidden talent. The event was very entertaining and kept the audience enthralled throughout. Principal Dr Parveena John Singh appreciated the efforts of students and parents saying that it was a beautiful way for children to defeat the monotony of Covid situation by presenting lively themes dressed up in attractive costumes.

Our Achievers: Mount Carmelites who made us proud even during Pandemic

Kudos!! Vihaan Gupta of Class II C for grabbing the First position in the online poetry Recitation and online Elocution Competition.

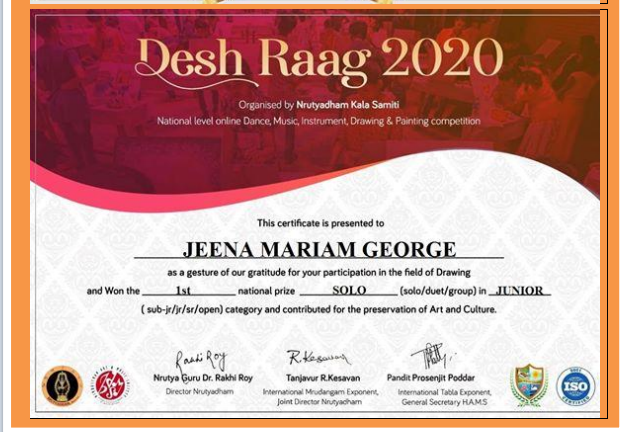


Vihaan Gupta of class IIC got the 1st Position in the National Level 'Recitation and Online Elocution Competition'

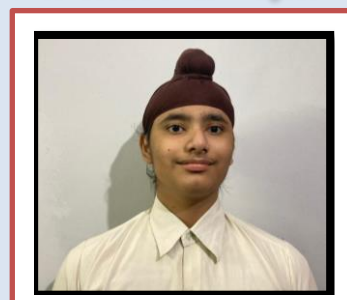
Congratulations! Jeena Mariyam George



Congratulations! Dhruv



Pratham Pal Singh of XI-B secured the 1st position in TALENTINA conducted on 23rd August..



OUR PROUD ACHIEVERS

Congratulations!

Eshawn Thapa, Class IV-A, participated in the 'Do It Yourself -Acts of Green' Short mobile video contest which was held on the eve of Earth Day, 2020. He received the merit certificate.

The description of the competition is as follows:-
Title: 'Do it Yourself-Acts of Green', Short Mobile Video Contest, Chandigarh.



Congratulations!

Participants from MCS, Chandigarh for being awarded with the Certificate of Excellence for participation in the Online Inter - School Poster /Poetry/Short Mobile Video/Re-purposed Art Contest on June 5, 2020 – The World Environment Day .



Kudos !

Vimarsh Kapoor of Class 2-D participated in the National level online essay and poetry competition. He won first prize and a Gold Medal in category under 12.



“Commit to the LORD whatever you do, and he will establish your plans.” Proverbs 16:3

Kudos!
Vihaan Gupta for all the achievements.



Congratulations!
 KUSHAGR MAHAJAN for securing **FIRST** position in video making category of 'VIDVATA 2020', a National Level Online Competition organized by the LIVE Foundation.
 Kushagr Mahajan of Class II-C for all the achievements.



"Gracious words are a honeycomb, sweet to the soul and healing to the bones." Proverbs 16:24

Congratulations! Rising Stars of MCS

Vinamr Kapoor



Congratulations!

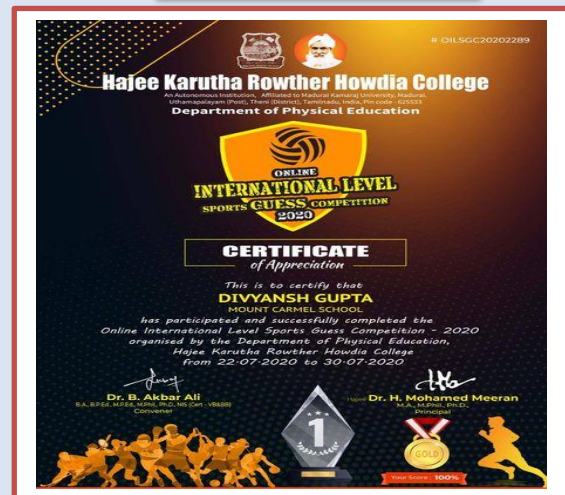
Japreet Kaur of class I-D secured 1st position in virtual Fancy Dress Competition at National level organized by Lotus Social Welfare Charitable Trust held on 15th August 2020.



Dhruv Kunal Kulkarni



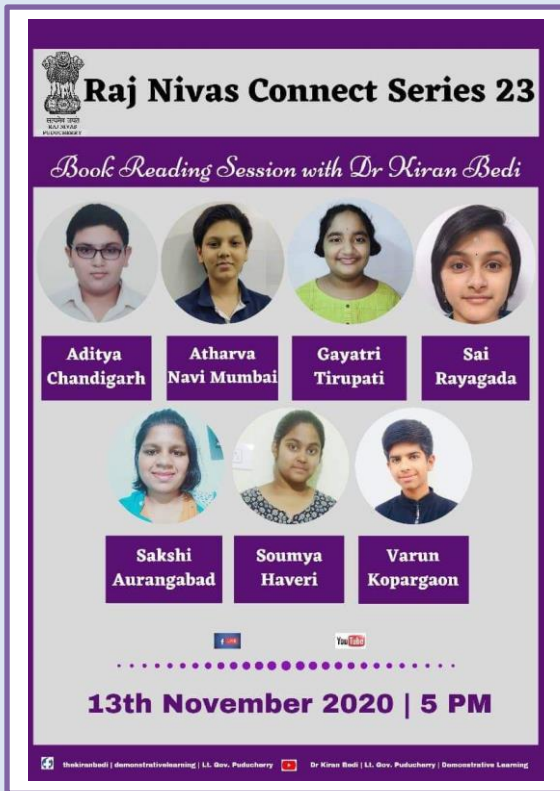
Divyansh Gupta



Pre-Nursery's Colouring Contest



Aditya Sharma of Cass IX-F, had been selected by Dr. Kiran Bedi for an exclusive interaction with her.



Shardha Shukla of class VII-A was awarded with participation certificate from Dessin Academy of Fine Arts.



Usha Kiran of class X-A won 1st prize in National Level Competition organized by NSS Council, DIT University, Dehradun.



Vansh Rajpal of class X-A bagged 1st prize in Poetry Recitation Competition organized by State Library, Chandigarh.



Ritisha Sinha Stood 3rd in the Zonal Level Art Competition



Aashrya Bansal of class IX-E received a certificate of excellence.



CREATED BY THE NSS UNIT (VIGILANCE AWARENESS)



Vigilance Awareness Week was celebrated by NSS Unit of Mount Carmel School, Chandigarh from 27-10-20 to 02-11-20 under the guidance of our Worthy Directors and Respected Principal Ma'am. On this occasion, an oath was taken by NSS Programme Officer and all NSS volunteers and received e-certificates. Besides this, they reflected their views by drawing Slogans and Posters on Vigilance Awareness. The main objective of organizing this event was to spread message to the society to be vigilant and to maintain integration. NSS volunteers actively participated in this event.

ANTI-CORRUPTION DAY

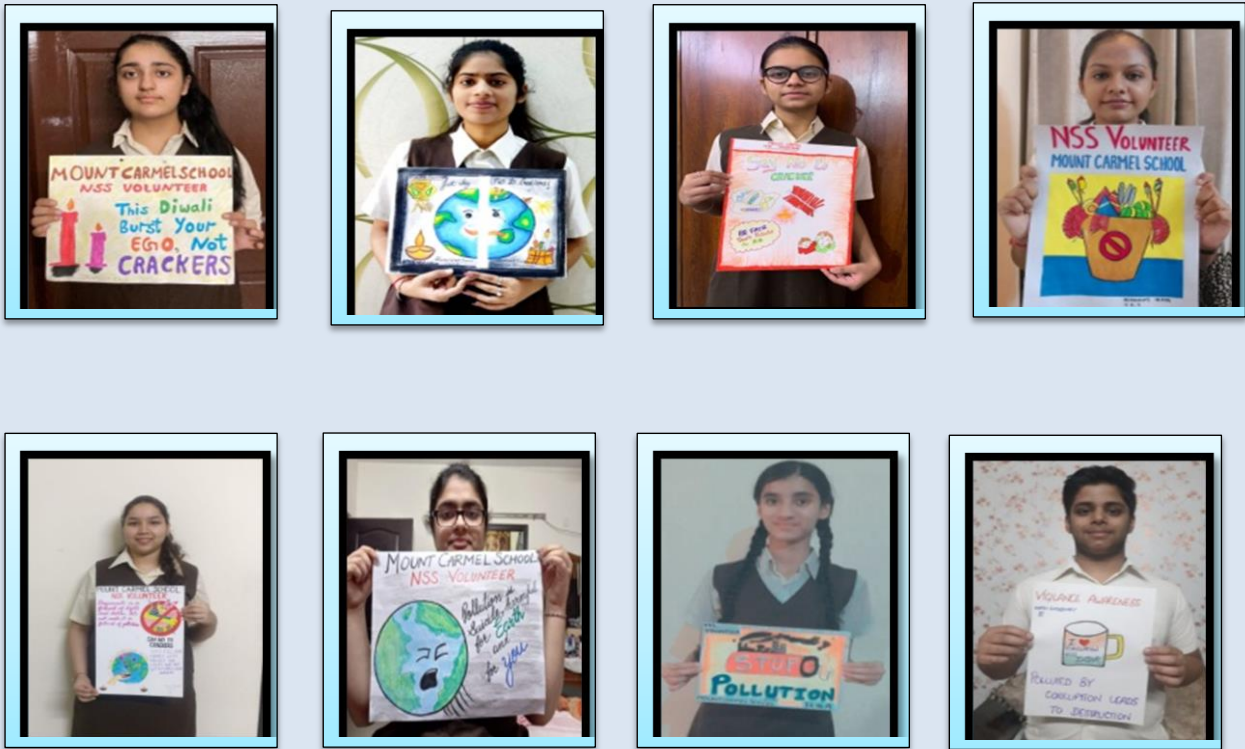


CONSTITUTION DAY



ANTI-CRACKER AND ANTI-POLLUTION

As per the notice issued on 26-10-20, NSS volunteers of our school participated in slogan writing on the topic "Cracker Free and Pollution Free Diwali" under the guidance of our respected Principal Ma'am. The main objective was to spread the message to the society to celebrate Clean and Green Diwali. Volunteers promised to celebrate this auspicious festival without burning of crackers.



"Give thanks to the LORD, for he is good; His love endures forever." Psalms 118:29

Teacher's Day Celebration

Pre Nursery Students made beautiful cards for their teachers using hand painting technique.

Nursery: The students made lovely cards for their teachers using finger painting technique.

Kindergarten students made cards for their teachers and spoke a few lines on 'MY TEACHER'. They also recited poems on "MY TEACHER".

Class I students made videos on 'Why I Feel Blessed To Have My Teacher'.

Class II Students celebrated Teachers Day by singing an action song on 'I Adore My Teacher.'

Class III Students wished their teachers by completing the sentence "I adore my Teacher because _____" with their own ideas.

Class IV Students made placards and collages to convey a loving message to their teachers.

Class V Students recited self composed poems for their teachers.

Class VI Students made decorative placards with a message for their teachers.

Class VII Students prepared digital photo frames for their favourite teachers.

Class VIII Students expressed their love for teachers by making paper gift cards.

Class IX Students made badges and wrote beautiful thoughts on their favourite teachers.

Class X Students made a photo collage of classroom memories and thanked their teachers for their efforts.

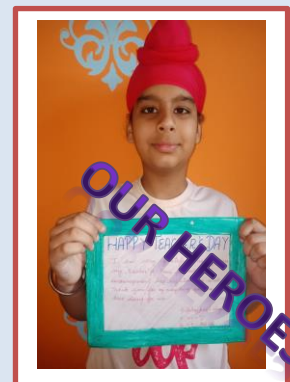
Class XI Students used their creative ideas to make paper flowers for their teachers.

Class XII The senior most class delivered speeches on the occasion of Teacher's Day and thanked all the teachers for their efforts in helping them cultivate their ability to communicate naturally, develop a sense of humour, build confidence in their personality and change them into beautiful humans with love and passion to achieve their goals in life.

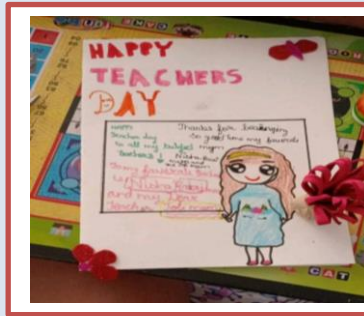


I adore my teachers
Because they are
sources of motivation,
inspiration & learning
for their students.
They not only contribute
to their academic
achievement but also to their
personal and social
development.
Respect and love
only

By: Nihaar Verma III-C



Teachers' Day Celebration



I keep my eyes always on the LORD. With him at my right hand, I will not be shaken. **Psalm 16:8**

A virtual competition, "Show and Tell" organized by Mount Carmel School, Chandigarh for Kindergarten. Even though the situation is tough, still the teachers and students of Mount Carmel School managed to present a successful, creative and interactive programme. Children showcased and spoke few lines on traffic lights, fruits, pencils etc and talked about them. This competition was held on 18th September, 2020.



"Never walk away from someone who deserves help; your hand is God's hand for that person." Proverbs 3:27

Hamley's Halloween Bash For Little Mount Carmelites

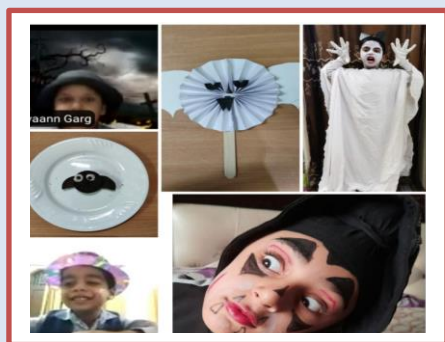
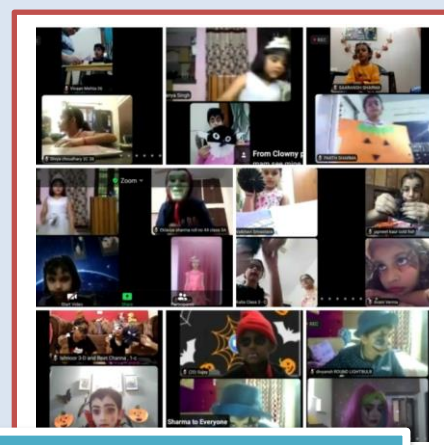
Fun and party are important for children's health and development. It helps them to plan, organize and think creatively. To develop social skills and to keep children away from monotony, Mount Carmel School, Chandigarh in collaboration with Hamley's, organized Virtual Halloween Event on October 29, 2020. The event was organised for classes 1-5 wherein more than three hundred students participated.

The event was introduced by Jessica Sharma who instructed children to change their backgrounds with the help of Halloween theme downloadable wall paper and were asked to give themselves spooky names. Participants named themselves as Bloody Mouth, Spooky, Skull Head, Loud Plant which showcased their party mood.

Students dressed in their best as little hallows and shook their leg with the instructor. In DIY

Gala event Ms. Jennifer gave a step by step tutorial to make a "Black bat mask" Afterwards the Programme coordinator, narrated them a haunting story which was followed by the questions and puzzles to escape the haunted mansion from the story. Participants flooded the chat box with their answers which displayed their listening skills

In the Beast Feast Activity children were instructed by Ms. Jennifer Maria to make Oreo Bat and Scary Bloody Mouth with Oreo biscuits and white chocolate. Little chefs tasted their self-made yummy treats and enjoyed it. Last but not the least The Most Scary Costume was chosen in the end. Four winners were invited to collect their surprise gift from the Hamley's Store at Elante, Chandigarh. It was a fun filled event wherein children unfolded their hidden talents. Parents and students fully enjoyed the one and half hour long session.



SCHOOL IS COOL

WEDNESDAY, NOVEMBER 04, 2020

It's not just a place where you get to learn. It's a place where you can also learn to be creative. Hence we say, **SCHOOL IS COOL!**

Kids dress up for virtual HALLOWEEN PARTY

Fun and parties are important for a child's health and development. It helps them to plan, organize and think creatively. Under the able guidance of founders and director, Dr. Anamika Chatterjee, Mount Carmel School is providing its child skills and to keep children away from monotony.

Mount Carmel School, Chandigarh, in collaboration with a renowned toy store organized a virtual Halloween event. The event was open for classes 1-5 wherein more than 300 students participated. The event was introduced by Jessica Sharma who instructed children to change their backgrounds with the help of Halloween theme downloadable wallpaper and were asked to give themselves spooky names like bloody mouth, spooky, skull heads, loud plant showcasing their party mood. Students dressed in their best as little hallows shook their leg with the instructor. In DIY

In the DIY gala event Jennifer gave a step by step tutorial on making "Black bat mask". Afterwards Jessica Sharma narrated a horror story which was followed by the questions, puzzles to escape the haunted mansion from the story. Participants flooded the chat box with the answers which displayed their listening skills.

Afterwards in the Beast Feast activity children were instructed by Jennifer Maria to make Oreo Bat and Scary Bloody Mouth with biscuits and white chocolate. Little chefs tasted their self-made yummy treats and enjoyed it.

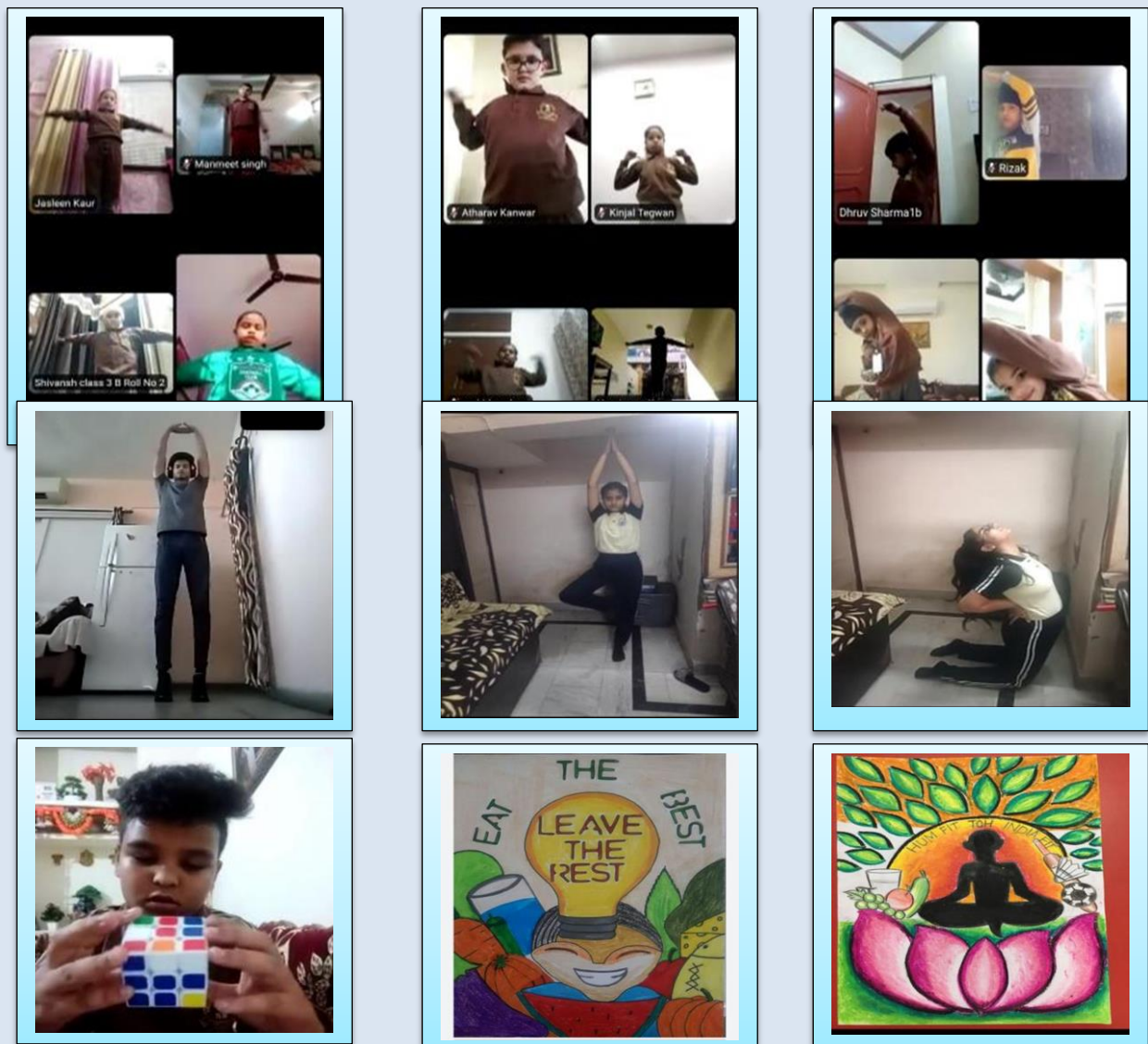
At the end of the event the most scary costumes were chosen in the end. Four winners were invited to collect their surprise gift from the toy store's city outlet. Principal Dr. Parvema John Singh stated that such innovative activities give vent to the students' creativity and imagination.

The name of the LORD is a fortified tower; the righteous run to it and are safe. Proverbs 18:10

FIT INDIA SCHOOL WEEK CELEBRATION

Investment on fitness is zero but the returns are infinite, you will soon be able to yield its fruits once you are fit.

Various activities for classes 1 to 12 were conducted virtually by the school under the programme Fit India Week from 10.12.2020 to 18.12.2020. Around 1200 students participated enthusiastically in these activities. The following activities were performed by the students Class -1(Virtual Assembly, Free hand exercise), Class -2(Free hand exercise spot jogging), Class-3(spot jogging free hand exercise), Class-4(ball dribbling), Class-5(Rope skipping, Rubik's cube), Class-6(Fun and fitness Brain game-chess, Rubik's cube), Class-7(Fun and fitness Brain game-Chess, Rubik's cube), Class-8(Fun and fitness Brain game-Chess, Rubik's cube), Poster making on Hum fit to India fit, Class-9(Step up challenge Squats Challenge), Preparing Advertisement on Hum fit to India fit, Class-10(Yoga Squats Challenge), Essay /Poem Writing on Fitness beats Pandemic, Class -11(Step up Challenge, Online quiz related to fitness/ sports), Class 12(Online quiz related to Fitness/Sports, Squats Challenge). They were also encouraged to perform these activities regularly at home so as to keep themselves fit and healthy.



"LORD, be gracious to us; we long for you. Be our strength every morning, our salvation in time of distress."

Isaiah 33:2

PHYSICAL EDUCATION CLUB REPORT

Intelligence and skill can only function at the peak of their capacity when the body is healthy & strong.

The COVID-19 pandemic has forced most of us to stay indoors, which means we are sitting down more than we usually do. But at a time like this, it is very important for everyone to be as active as possible. So to encourage our students to move more and sit less & to keep them active, healthy & happy in these difficult times, different (virtual) physical activities were conducted by the P.E Teachers.

1. For Pre – Primary Classes: Recreational Activities like Happy face blind fold, Sit & pop the balloon etc. were conducted.
2. Primary Classes – enjoyed Frog jump, Tape the shape, Shark Run etc.
3. Classes 6-7 – Different drills like Flag Drill, Dumb -bell drill etc. were taught to keep them active & healthy Classes -9&10 did Football Juggling and Wall Squat warriors
4. Classes-11& 12 displayed Yoga exercises, Roll the plank , Flamingo Challenge etc.

***Webinar** was Conducted for classes 3-5 by Mr. Kamal Samuel & Ms. Nazma

TOPIC – Free hand exercises and Importance of Balanced Diet

* National Sports Day was Celebrated on (29th Aug)

Speeches were delivered by students of classes 11&12 on the importance of Sports & Sports Day. They also prepared a PPT on the same.

*Speeches were also delivered on the International Athletics Day.

*The students enthusiastically participated in International Yoga Day

On this day PPT's were also shown to the students on the importance of yoga in our lives.

- Celebration of Virtual Sports Day.

Students from classes Pre – Nursery to Class 12 participated with whole heartedly in Virtual Sports Day. Different recreational and indoor activities were performed by the students.

*Webinars Attended by Teachers

1. Ms. Shammi Dhillon, Ms. Jaskamal and Mr. Harpreet Singh attended Online Beginner Course by Bharat Scouts & Guides.

1. Ms. Shammi Dhillon
2. Ms. Jaskamal
3. Mr. Harpreet Singh
4. Mr. Kamal Samuel
5. Ms. Nazma attended Online Training Programme ' Khelo India' (FIT INDIA) BY SAI).

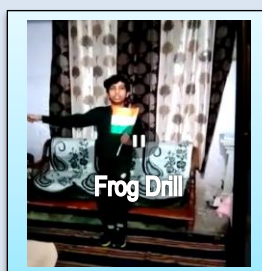
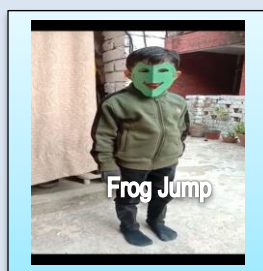
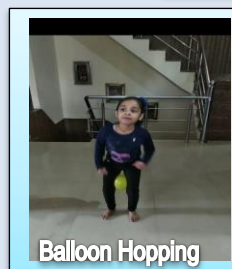
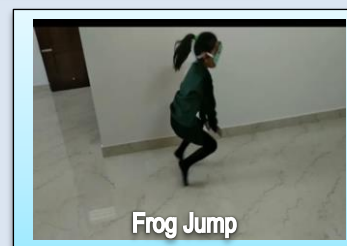
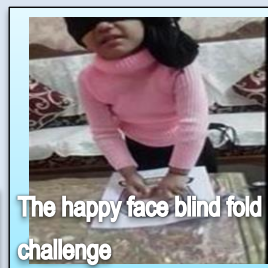
"Cast your cares on the LORD, and he will sustain you; He will never let the righteous be shaken." Psalm 55:22

Virtual Sports Day Celebration

‘It is not about winning and losing, it is about how you play the game;

25th Nov. is celebrated every year in our school as Annual Sports Day to spread awareness on the importance of sports & physical activities in every individual’s life. This year COVID 19 pandemic did not deter the zest of young Mount Carmelites as they participated in Virtual Sports Day with great zeal and showed the true sportsmanship spirit by taking part in various activities allotted to them. These events sensitized the students about sports & games which play a crucial role in their integrated development & help in making them responsible citizens.

1. PRE- PRIMARY ACTIVITIES
 PRE- NURSERY – THE HAPPY FACE BLIND FOLD CHALLENGE
 NURSERY- BALLOON GAME – SIT AND POP
 K.G – TARGET THE GLASS
2. CLASSES I- V
 CLASS- I- FROG JUMP
 CLASS-II- TAPE THE SHAPE
 CLASS – III- BALLOON HOPPING
 CLASS-IV- SHARK RUN
 CLASS- V – OBSTACLE
3. CLASSES- VI – X
 CLASS-VI – DUMBELL DRILL
 CLASS – VII- FLAG DRILL
 CLASS- VIII – FRAME DRILL
 CLASS- IX- WALL SQUAT WARRIOR
 CLASS-X- KEEP THE BALL UP
4. CLASSES -XI – XII
 CLASS- XI – THE PLANK /FLAMINGO CHALLENGE
 CLASS- XII- YOGA – BOTTLE FLIPPING



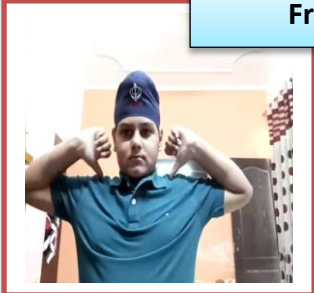
Overall, the celebrations saw wholehearted participations from all the students and was highly appreciated by the parents. It was a big success.

Glimpses of Annual Virtual Sports Day Activities

Pop the Balloon



Free Hand



Yoga Activities



Yoga Activities



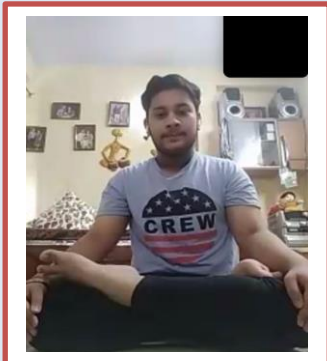
SCHOOL IS COOL
THURSDAY, DECEMBER 17, 2020

It's not just a place where you get to learn Einstein's Theory of Relativity. It's a place where you can think beyond the classroom. Hence we say, **SCHOOL IS COOL!**

GLIMPSES OF VIRTUAL SPORTS DAY
25TH NOVEMBER 2020
CLASS - V

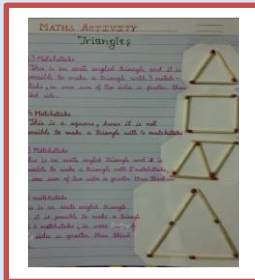
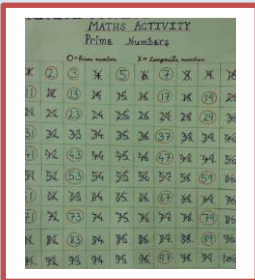
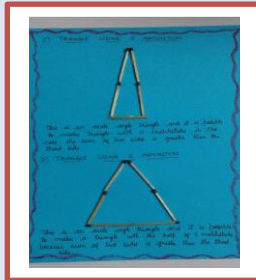
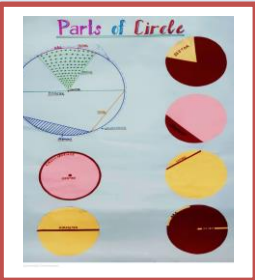
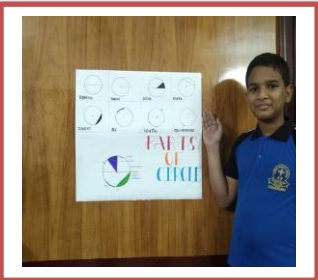
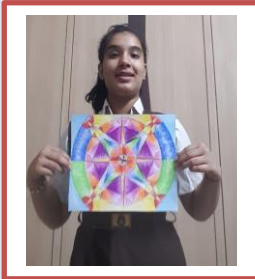
VIBRANT DISPLAY OF SPORTING SPIRIT

Most Covid-19 school, in considering the present time, the virtual platform has been a boon for students who cannot attend school with great ease. The day was very successful and enjoyable for all. The students and teachers participated in various sports activities, such as badminton, table tennis, and more. The students and teachers were very enthusiastic and participated in the activities with great interest. The students and teachers were very happy and enjoyed the virtual sports day. The students and teachers were very happy and enjoyed the virtual sports day. The students and teachers were very happy and enjoyed the virtual sports day.



MATHS CLUB ACTIVITIES

Glimpses of the Maths Activities by Students of Classes VI to X



"Is This The New Normal?"

I sometimes wished I could study from home.
 But never expected to see my lectures on windows chrome.
 Is this the new normal?
 I am sorry if I sound too formal;
 But all this feels a little paranormal.

If Zoom- in, zoom- out was a game
 I definitely deserve a stage name
 Because I am bored looking at everyone's surname.
 Is this the new normal?
 I am sorry if I sound too formal;
 But all this feels a little paranormal,
 All students' work to be put together.

Virtual friends kept the bond;
 by having our back in all forms.
 Online classes got us all back into the routine.
 Even though it's just me staring at a screen.
 Is this the new normal?
 I am sorry if I sound too formal;
 But all this feels a little paranormal.

I hope and pray that we all meet in person again.
 Because social distancing is difficult to maintain!

Nathan Mathew, Class XI -E

"Blessed are those who listen to me, watching daily at my doors, waiting at my doorway." Proverbs 8:34

ANNUAL REPORT 2020

Competitions Held

* Art and Craft Club organized a "Greeting Card Making" competition on Mother's Day.



* HDFC bank organized a 'Poster Making and Video Making competition' on the topic "Corona Virus-an Invisible Enemy". Armaan of class VI-D and Ritisha Sinha of class VIII-C participated in it.



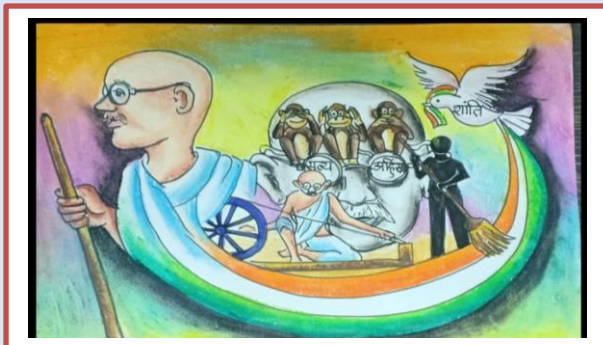
Painting by Ritisha



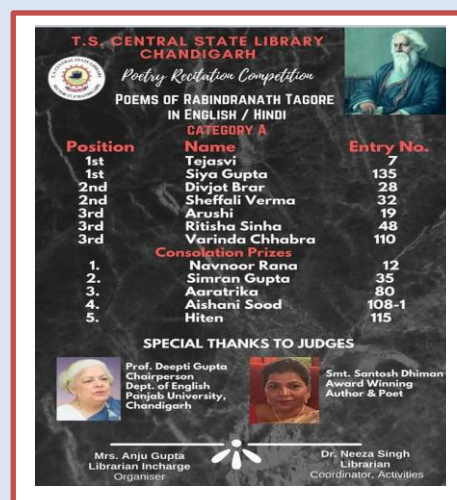
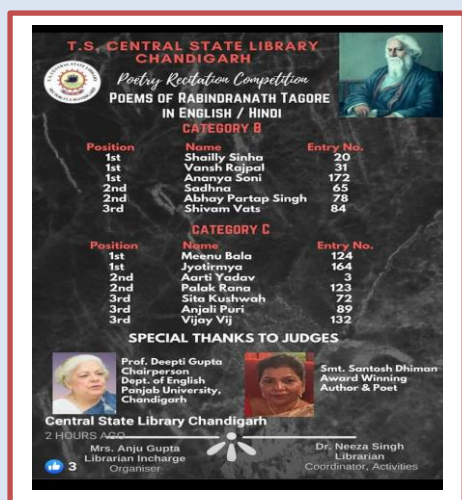
Painting by Armaan

*Students took part in the Poster making competition organized by Yuvsatta on the World Environment Day.

* More than 100 students took part in the drawing competition organized by Education Department U.T. on the Birth Anniversary of Mahatma Gandhi.



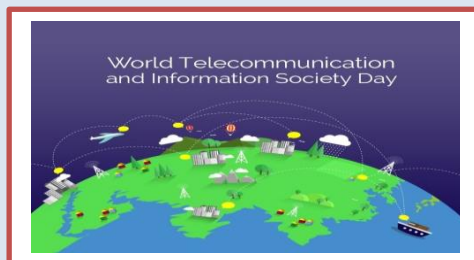
The State Library, Chandigarh organized an Online Hindi Poetry Recitation competition to mark the 159th Birth Anniversary of Rabindranath Tagore. Vansh Rajpal of class X-A got 1st prize in category B, Shifali Verma of class IX-E got 2nd prize in category B, Ritisha Sinha of class VIII-C and Vrinda Chhabra of class IX-D got 3rd prize in category B.



* An Inter-house online 'Geometrical Bookmark Making' competition was organized by Maths Club for classes VIII-X.



* World Telecommunication Day was celebrated by the IT dept. on 17th May, 2020. To mark the day, Students made PPT's and videos which were uploaded on Mount Carmel School FB page.

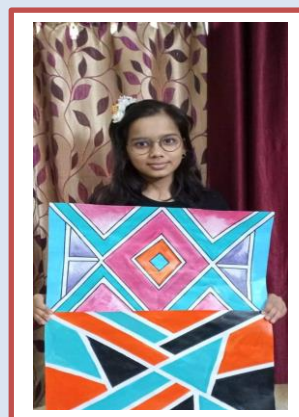


* I.T. Club (Juniors) conducted MS Word 'Poster Making' Competition on 13/11/2020 for classes IV and V on the topic "Diwali Celebration amid Covid-19".

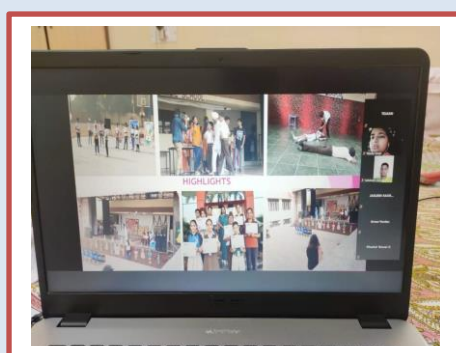
Webinars

1. To mark the celebration of Independence Day, a webinar was organized by, Social Science Department on the theme "Patriotism-My Country My Pride".
2. Heritage Club 'Dharohar' conducted a webinar for students to inculcate a feeling of pride and respect for the heritage of our country.

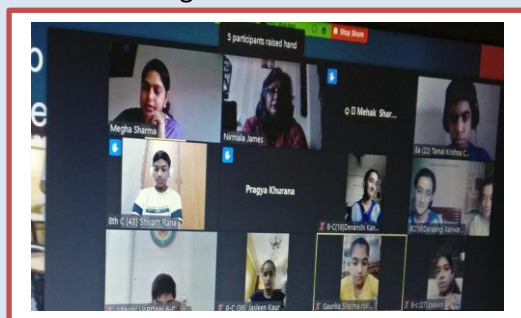
3. Art and Craft Club conducted a series of webinars for students of classes VI-X. Students participated in these webinars with great interest.



4. English Dramatics Club conducted a webinar on the topic- "Creativity is as Important now in Education as Literacy". More than 70 students took part in it with great interest.



5. Gardening Club conducted a webinar on the 'Benefits of Gardening'.
6. Eco Club organized a webinar on 'Safe and Clean Environment'.



7. A webinar for special students of classes VII-X, was successfully conducted by special educator Mrs. Pallavi.
8. School Counsellor Ms. Bhawana conducted a webinar on "Managing Anxiety During Uncertain Times" for the students of classes IX-XII.

Webinar for Teachers/Parents

1. Principles of item writing by Mr. A. Kilimangalam organized by the Australian Council for Educational Research and Samanvay Sahodaya.
2. IBT report reading was conducted by Mr. A Kilimangalam organized by ACER.
3. A webinar on Stress Management was conducted by Dr. Geetanjali.
4. How to engage students in online teaching by Professor Manisha Mohan.
5. Assessment and Blended learning and launch of Collins Evaluate by Dr. Vijayam Ravi of Collins Group.

6. Innovative Strategies for Social Science by Mrs. Archana Golcha of Collins group.
7. Teaching Methods of Vyakaran for Punjabi Teachers by SP Publications.
8. 'What needs to change in Mathematics in 21st Century' by Mrs. Ashalata Badami.
9. Glamour and Gamut of Good Grammar for English Teachers conducted by Ms. Samridhi Sagar organized by Ratna Sagar.
10. A webinar for I.T teachers was conducted by Mr. Kartik Sharma on 'Application of Artificial Intelligence in solving Real World Issues', organized by Sultan Chand and sons publications.
11. Our I.T Teachers attended a webinar on 'Coding resources and Techniques' conducted by Mr. Arun Soni.
12. Our I.T Teachers participated in the webinar on 'High Impact Teaching Skills' organized by Orange Education on May 26th.
13. Webinar conducted by the Education Department, Chandigarh Administration- "The Bharat Scouts and Guides", for the teachers and attended by Ms. Shammi Dhillon (HOD- Physical Education), Ms. Jaskamal and Mr. Harpreet Singh.
14. Theater in Accountancy and Economics webinar attended by Mrs. Preeti Sharma and Mrs. Nishtha Khaira on 23rd April 2020 and 5th April respectively.
15. Integration of Arts in Accountancy webinar by Neeraj Puri, attended by Mrs. Preeti Sharma and Mrs. Nishtha Khaira on 8th May 2020.
16. Webinar conducted by CBSE on the topic Gender Construct on 23rd April 2020, attended by Mrs. Pallavi Arora.
17. Webinar by FairGaze group on 'Global activities' for school education hosted by Mrs. Glenda Clark on 26th May 2020.
18. An online training program by CBSE for physical education teachers was conducted by SAI Powered by Khelo India Program.
19. Online Webinar by ACER for IBT was conducted on 20/06/20.
20. Online webinar was conducted by Prof. Manisha Mohan on the topic "How to engage students in virtual classrooms" on 26/09/20.

Star Achievers

1. Harpuneet Singh of class IX- C stood first in the Korea India Friendship Quiz held on October, 16, 2020, through zoom platform. He has been selected to go to Korea with the winners of Delhi, Mumbai and Manipur.
2. Jeena Mariyam George of class X-B, participated in a Solo Classical Dance competition organized by Sparsh foundation Singarauli.
In the solo semi-classical dance competition by Desh Raag 2020, she bagged the third prize. She received a 'Certificate of Appreciation' for participating in an online dance competition by STAARZ 24 ENTERTAINMENT.
Jeena M. George took part in an Online All India National Level July Art Contest by Art Chitrakala.
She bagged the consolation prize in 'One Minute Video Speech' Competition organized by Rayat Bahara University.
3. Ritisha Sinha of class VIII C bagged the second prize in Online National art challenge organized by INDSACK School of Excellence.
She stood 3rd in the Zonal Level art competition on 'Student life in Lockdown' by Mummy Papa ki Pathshala.
She bagged 2nd position in Poster making competition organized by Divisional Library Chandigarh on World Environment Day.

4. Usha Kiran of class X-A won 1st prize in National Level Competition organized by NSS council DIT University Dehradun.
5. Vansh Rajpal of class X-A bagged first prize in Poetry Recitation Competition organized by State Library Chandigarh. He also prepared PPT on World Telecommunication Day.
6. Aashriya Bansal of class IX-E received a 'Certificate of Excellence' in recognition of her exemplary performance in the Virtual Drawing competition organized by Skill Council for Green Jobs.
7. QURIOSITY 2020, India's Largest Inter-School Quiz Competition appreciated Arnab Jena of class XI for participating in the qualifying round of the quiz.
8. Our HOD-Hindi- Mrs. Sarita Pahuja received a National Award in a Virtual function 'Hindi Hai Hum' organized by Madhuban Publication on the occasion of Hindi Divas. Shri Venkaiah Naidu the Vice President, was invited as the Chief Guest.
9. Shardha Shukla of class VII-A was awarded with a participation certificate from Dessian academy of Fine Arts.
10. Fine Arts online drawing and painting competition was organized on the occasion of Ganesh Chaturthi festival.
11. Pratham Pal of XI-B participated in TELENTINA and Secured 1st position conducted on 23rd August.

Webinars for Parents:

1. A Meditation session for the parents was conducted on 3rd October by Ms. Bhawna Dhamija the School Counselor.

Fight Against Covid-19

Arogyasetu app was installed by teachers and students as per the guidelines of CBSE, which is really very helpful for students as well as parents.

Both students and teachers have taken the Jan Andolan for COVID-19 Appropriate Behavior Pledge committing to the responsibility of taking all precautions that will prevent the spread of this deadly virus.

Cultural Activities Report

- Mother's Day was celebrated on 15.05.2020. Students right from Classes 1 to XII expressed their love towards their mothers by making greeting cards.
- A virtual Fancy Dress Competition was held for the students of classes I and II on the 4th and 6th of August, 2020. Students participated with enthusiasm and spoke confidently about their character as they masqueraded one by one. Around 65 students participated in each group.
- Independence Day was celebrated virtually, students participated in art and craft activities. They made posters on the topic "Independence Day" and gave a speech. Teachers also presented a song and students performed on patriotic songs.
- Virtual Fancy Dress competitions were held for classes 3, 4 and 5.

Class III – 14th September

Class IV – 15th September

Class V – 16th September

Students participated with great zeal and enthusiasm and showcased their talent by dressing up as their dream characters and alerting people about certain things. Around 71 students participated in this competition.

- The little ones of Pre Primary also participated willingly. They participated in Virtual Fancy Dress.
- Show and Tell was conducted for the students of Kindergarden on 18th of Sep,2020.
- Teachers Day was celebrated in a different way. We had the virtual Teacher's Day celebration. Various activities were carried out by the students and teachers like- Pre-Nursery made beautiful cards in hand painting style.
- Nursery – made a beautiful card with finger painting.
- K.G- spoke lines on My Teacher.
- Class I and II posted videos of I Love My Teacher.
- Class III- spoke on I Adore My Teacher.
- Class IV- made placards with a message.
- Class V- wrote self-composed poems.
- Class VI- made Decorative placards.
- Class VII- made Digital Photo Frames.
- Class VIII- made proper gift card.
- Class IX- made badges with a message for their teachers.

Nov 14 – Children's Day was also celebrated virtually. Inspiring and motivating message was delivered to the students virtually by the Founders and Directors Dr. Earnest Charles J. Samuel and Dr. Annie Charles Samuel. The school principal, Dr. Parveena John Singh also delivered an inspiring message virtually to all the lovely students of M.C.S. Teachers put up different activities for the students. There was an Art presentation on virtual photo frames with quotes by the art teachers. A dance was performed by the dance teacher and Patriotic songs by music teachers. Creative Children's Day messages were sent by the teachers of Class-II. Inspiring poems in different languages like Hindi, Punjabi, German, English and French were recited by the teachers to enlighten the hearts of the tiny tots.

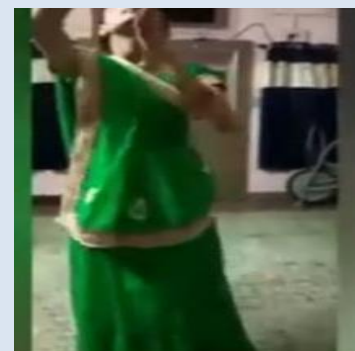


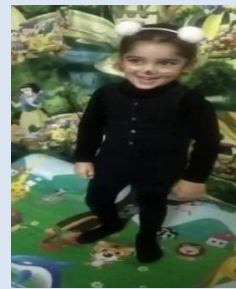
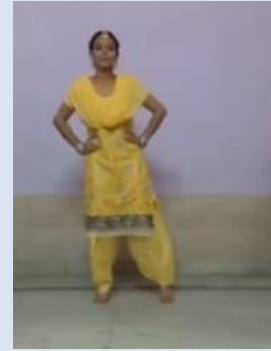
The Annual Sports Day was celebrated on 25th Nov 2020, by junior and senior students. All the participants performed well in different games and drills like Balloon Games, Blind Fold Challenge, Frog Jump, Obstacles, Flag Drill, Dumbbell Drill, Bottle Flipping and Wall Squat Warrior. It was fun watching them perform virtually; students watched their own videos along with their parents and enjoyed their performances.



The Annual Day Cum Founders Day was celebrated on the 3rd December, 2020 virtually. Students participated in each item and were dressed up in different costumes. Students put up a colorful cultural show even though it was celebrated virtually. The program began with a welcome note followed by Jungle Boogie, Flower Dance, Baby Shark, Aerobics, Colorful India, Cowboy Dance, Western Dance, Bhangra, Choir Orchestra and Finale. Apart from this Annual report and Prize winners were also announced.

Parents, students and staff enjoyed watching their students perform virtually.

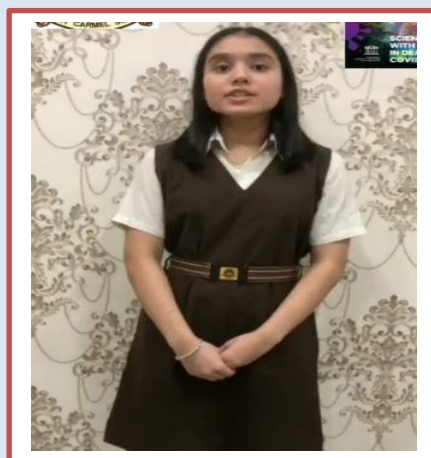




WORLD SCIENCE DAY FOR PEACE AND DEVELOPMENT

It is celebrated every 10th November and highlights the significant role of science in society and the need to engage wider public in debates on emerging scientific issues. Loveleen Kaur of class 10-D on behalf of Science Club 'Quanta' delivered a speech. Her main focus was on the theme "Science for and

with Society in dealing with the global pandemic." She also shed some light on UNESCO's response to COVID-19 which is structured around three major pillars: promoting international scientific cooperation, ensuring access to water and supporting ecological reconstruction.



SOCIAL SCIENCE CLUB

Nothing great was ever achieved without enthusiasm, every accomplishment starts with the decision to try.

COVID-19 pushed all the institutions to go online so schools also shifted their base to virtual platform to conduct classes online to support our students during these uncertain times and provide the best possible outcomes.

We Social Science teachers are also using different innovative methods to make the virtual learning interesting. Various activities were conducted like virtual presentations, webinars quizzes etc and webinars were also attended by teachers to learn and improvise their teaching techniques.

***WEBINARS ATTENDED BY SOCIAL SCIENCE TEACHERS (06/10/2020)**

Innovative strategies for Social Science
Topic-How to make History interesting
Resource person- Mrs. Archana Golcha

***To mark the celebration of Independence Day a webinar was conducted by our department on 12th August, 2020**

Topic-How can I make my country proud?

***ALL India Korea-India Friendship quiz competition 2020 was organized by Korean Cultural Centre India, Embassy of the Republic of Korea on 16th October, 2020.**

Harpuneet Singh of class 9 C won first position in the Tricity and also won a free trip to Korea.

***Celebration of United Nations Day on 24th October**

Speeches were delivered by the students of classes 9, 10 and 11.

***Celebration of Rashtriya Ekta Divas on 31st October to commemorate the birth anniversary of Sardar Vallabh bhai Patel**

A pledge taking ceremony was conducted. Different activities were also conducted by teachers teaching classes 6-10.

CLASS 6- Online presentation on the topic- Equal Rights

Project on Solar System, Map activity on Oceans and Continents

Video presentation on Hydrosphere Quiz on Harappan city

CLASS 7- Quiz on Mughal Empire

Video presentation on River Ganga

CLASS 8 -Online presentation on the topic- Types of clothes

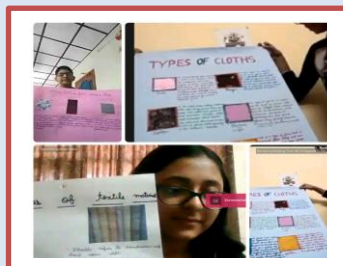
CLASS 9 – Video presentation on The Indian Monsoon

Mind Maps on various topics were prepared by students

CLASS 10 – PPTs were prepared by students on various topics such as Social Issues, Sustainable Development, Consumer Rights.

Mind maps were prepared on various topics namely:

Classification of Resources, Classification of Soils, Industries etc.



COLOURING COMPETITION



RANGOLI MAKING COMPETITION



DUSSHERA CELEBRATIONS ON THE TOPIC "COVID RAVANA"



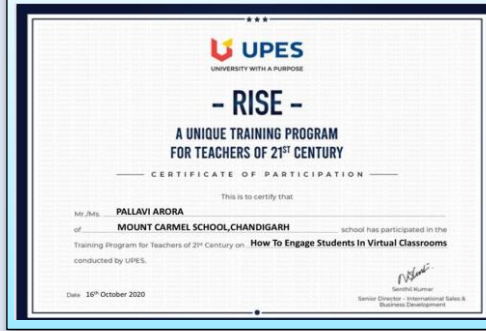
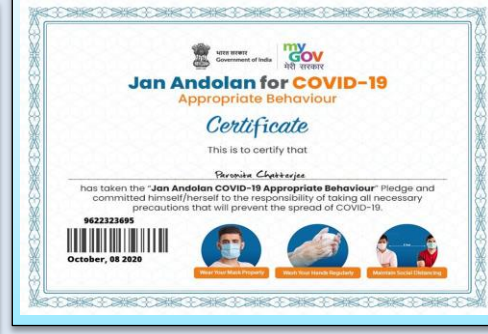
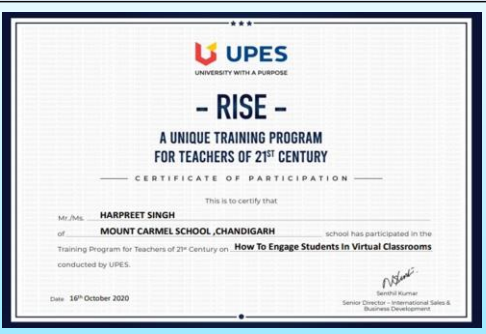
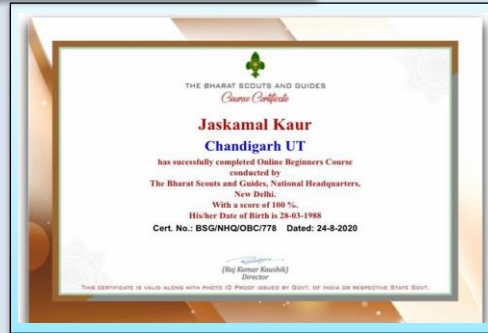
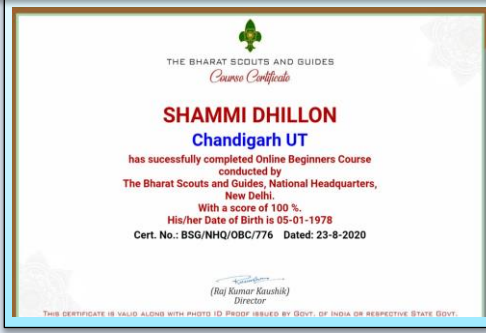
Activities conducted to celebrate Diwali



EARTHEN LAMP DECORATION



TEACHERS' ACCOLADES



“The name of the LORD is a fortified tower; the righteous run to it and are safe.” Proverbs 18:10





"He gives strength to the weary and increases the power of the weak." **Isaiah 40:29**

REPORT: - "ONLINE MOVIE SHOW".



Mount Carmel School
Amor Vincit Omnia

Inviting The Students of
Classes I, II & III For a
Life Skills & Value Based
Online Movie Show
With Our School
Counsellor on Zoom



Ms. Bhawna Dhamija
(School Counsellor)

Class	Date	Time
I A&B	7/10/2020	9 AM
I C&D	7/10/2020	10 Am
II A&B	8/10/2020	9 Am
II C&D	8/10/2020	10 AM
III A&B	9/10/2020	9 AM
III C&D	9/10/2020	10 AM



Happy Movies 🍿



An Online Movie Show was organized for the students of class I, II & III by the School Counsellor (Ms. Bhawna Dhamija) on 7, 8 & 9 October respectively, where they learnt good manners of using the 4 magical words; please, thank you, sorry and welcome, to respect everyone, how to be grateful for the nutritious food and the importance of fruits, to live in the present moment and enjoy it rather than playing video games and being on phone. In addition to this students were educated to help others and not make fun of them which makes us more empathetic towards them. Students had a great time learning emotional life skills and values.

VIRTUAL ANNUAL DAY CELEBRATIONS 2020

" Everything that is done in this world is done by hope"- Martin Luther

Mount Carmel School, Chandigarh celebrated its Annual Day on 3rd December to mark the birthday of our Founder & Director Dr. Earnest Charles J. Samuel with great zeal and enthusiasm. The event was celebrated on a virtual platform due to the pandemic restrictions. Annual day is a day which students look forward to, with utmost anticipation and excitement. It is an occasion that spreads joy and serves as a platform for students to showcase their talents despite the difficult times.

The program commenced with the welcome speech and welcome song and was followed by a spectacular display of performances by the students like Cowboy Dance, Western Dance, Bhangra, Flower Dance, Aerobics and Baby Shark Dance.

Success is the result of preparation, hard work and learning from failures. The Annual Report was presented for the Pre-Primary, Primary and Seniors which highlighted the schools achievement and milestones in academic, sports and co-curricular activities. The program concluded with the vote of thanks. The event was a success and was well appreciated by all.



VIRTUAL CHRISTMAS CELEBRATIONS 25th DECEMBER 2020

Christmas was celebrated virtually by the students of Mount Carmel School on the 25th of December 2020

The students of Pre-Nursery dressed up as little Angels and danced on the all Christmas Carol "Angel's we have heard on high."



The students of Nursery presented an action song "This little light of mine."

Students of Class 1 made Christmas crafts and students of Class II decorated their Christmas trees. 'Symbols of Christmas' was performed by the students of Class III Children dressed up as stars, candles, presents, bells and Christmas trees and spoke a few lines on each symbol.

Students of class IV presented a ballet on a Christmas Carol "O Holy Night" very gracefully.

Christmas goodies for needy friends were prepared by the students of Class V.

Students presented the goodies to their friends and shared the joy of Christmas with them.

Digital Christmas cards were made by the students of Class VI.

A Nativity skit was presented by the students of Class VII in which they showcased the true meaning of Christmas and the birth of Jesus Christ.

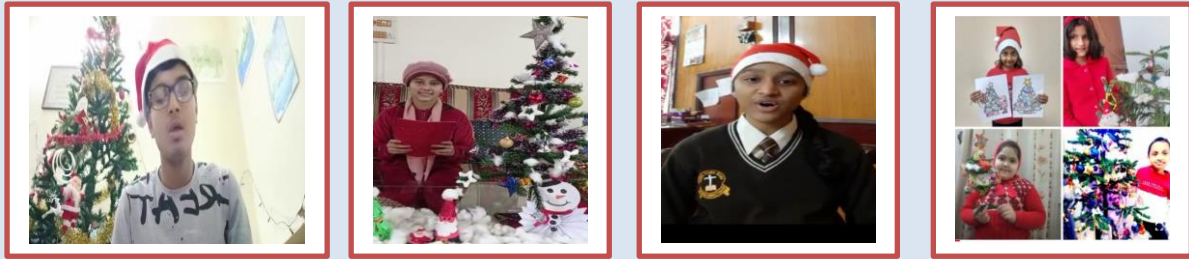


Christmas bottle lamps were made by the students of Class VIII and were decorated for the occasion.

Class IX students made paper lanterns for Christmas and decorated them well.

Students of Class X baked delicious yummy Christmas treats and taught the young ones how to make oreo cakes and chocolate treats.

Children also participated in Carol singing and presented a few Carols.



Students of Class XI made beautiful collage presentations on the theme "Christmas a festival of Benevolence" and the students of Class XII Science, Commerce and Humanities made PPT on the theme "Christmas of my Dream" and Christmas goodies. Students also performed dances on the traditional Christmas tunes. The students enjoyed celebrating Christmas virtually.

