

Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge Him and He will make straight your paths." – Proverbs 3:5-6

# **MOUNT CARMEL SCHOOL, CHANDIGARH**

REPORT FOR ACHIEVEMENTS & ACTIVITIES FOR THE MONTH OF JUNE 2024.



# Congratulations!

To All the Winners of Inter-House HINDI POETRY RECITATION COMPETITION for classes III to V to pay Tribute to Sri Rabindranath Tagore.





Winners of Inter-House HINDI POETRY RECITATION COMPETITION for classes III to V to pay Tribute to SRI RABINDRANATH TAGORE.

SR.NO.	NAME	CLASS	POSITION	HOUSE
1.	PRATISHTHA SINGH	111	FIRST	MILTON
2.	ISHITA RAINA	٧	SECOND THIRD	MILTON WORDSWORTH
3. ANANYA VERMA	ANANYA VERMA	V		
4.	<ol> <li>KASHVI SHARMA</li> <li>DIPAK SAHOO</li> </ol>	٧	CONSOLATION	MILTON
5.		IV	CONSOLATION	WORDSWORTH
6.	DHRUV SHARMA	v	CONSOLATION	KEATS



Winners of Inter-House RANGOLI MAKING COMPETITION for classes IX to XII on the Theme - 'SCIENTIFIC RANGOLI'

SR. NO.	NAME	CLASS	POSITION	HOUSE
1.	SIYA SEHER KAUSHAL	IX	FIRST	KEATS
	VINAMR KAPOOR ADITI	IX	SECOND	WORDSWORTH
	ARADHYA SHARMA SRISHTI	IX	THIRD	SHAKESPEARE
	KAVYA GURLEEN KAUR	IX	CONSOLATION	WORDSWORTH
	MANYA KANWAR SONAL	IX	CONSOLATION	SHAKESPEARE





# Winners of Inter-House POSTER MAKING COMPETITION for classes III to V on the Theme – "NATIONAL TECHNOLOGY DAY"

NAME	CLASS	PRIZE	HOUSE
AARUSH SINGH	V	FIRST	KEATS
HARNIDH SINGH	v	SECOND	KEATS
DEEPAK SAHOO	IV	THIRD	WORDSWORTH
AYAN GARG	v	CONSOLATION	MILTON





# Winners of Inter-House MONO ACTING COMPETITION for classes III to V organised by English Dramatics Club

SR. NO.	NAME	CLASS	POSITION	HOUSE
1.	HARNIDH SINGH	v	FIRST	KEATS
2.	PRATISHTHA SINGH	Ш	SECOND	MILTON
3.	HRIDAAN KANWAR	IV	THIRD	KEATS
4.	PARNAM KAUR	v	CONSOLATION	MILTON
5.	ANANYA VERMA	v	CONSOLATION	WORDSWORTH



# Winners of Inter-House HEALTHY BREAKFAST COMPETITION for classes III to V.

Sr. No.	Name	Class	Position	House
1.	Parikshit	v	FIRST	Milton
2.	Myra Talwar	v	SECOND	Milton
3.	Varinda Bansal	IV	THIRD	Keats
4.	Kavya Gupta	IV	THIRD	Wordsworth
5.	Advitiya Ahuja	111	CONSOLATION	Keats
6.	Dherya Kashyap	III	CONSOLATION	Wordsworth
7.	Sharanya Goel	v	CONSOLATION	Shakespeare
8.	Hardika Singla	v	CONSOLATION	Shakespeare

# Mount Carmel School Chandigarh, organised an exciting 4-Days Trip to Mussoorie, Dehradunand Dhanaulti.

Mount Carmel School, Chandigarh, organized a thrilling 4-day educational and adventure trip to Mussoorie, Dehradun, and Dhanaulti under the guidance of Dr. Earnest Charles J. Samuel, Dr. Annie Charles Samüel, and Principal Dr. Parveena John Singh. Students explored the Regional Science Centre and Forest Research Institute in Dehradun, learning about scientific principles and forest conservation. In Mussoorie, they enjoyed a ropeway ride to Gun Hill and leisure time on Mall Road. The trip's highlight was a camp in Dhanaulti, featuring activities like the Mowgli Walk and Burma Bridge, fostering teamwork and endurance. The journey concluded with a visit to Dehradun Zoo, reinforcing lessons on wildlife conservation.















Bonding time: Group Photo



Getting Ready Warm Up Excercises



Exploring Science wonders at the Science Centre



Hands on Activities



## **Exploring the History**



## **HEARTENING WORDS FROM OUR DEAR PARENTS**

~ Minakshi M...

Thank you to give this wonderful opportunity to our kids to grab these lifetime memories they had spend with wonderful teachers and friends. We were getting all the updates on time. So there was no worry on our minds this time. We are looking forward for many such enthusiastic trips in future.

22:04

Jagdeep Art

Thankyou MCS team for organising such an amazing trip, Students really enjoyed a lot and the arrangements were safe and well managed. Timely got all the information very well done

d : A big thank you to Principal Ma'am and the staff Jagdeep kaur M/o Armaan Singh Malik

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Jaswinder Hello everyone

Trip was really amazing. Thanks a lot Principal mam and other organizers.

~ Kartikay

Trip was wonderful team MCSI Your arrangement was excellent and the variety of venues and places were great. Kids enjoyed a lot. Thanks a lot to all the teachers, learning feet members and all supporting staff for wonderful arrangement of trip for kids. Thanks and Regards

~ Megha Arora

Overall, the school trip was a resounding success. It provided valuable learning experiences and memorable moments for the kids. Thank you to all the staff and volunteers who made this trip possible...

Cheers to Mount Carmel management... 08:



~ Niti Shahi

My heartfelt gratitude to all the organisers of the trip for the excellent arrangements. All the efforts of the teachers are highly appreciated for the care and support provided to the kids and the parents during the 4 day trip. All the kids have a wonderful time together and made the memories they will cherish for the lifetime. Regards

~ Vandana Si

Thank you Mcs team for giving such a great experience to our kids. The arrangements were great

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~ \* Our S

Our Sincere gratitude to the entire team for impeccably coordinating an exceptional trip for the children.

~ Madhulica

Our heartfelt regards to the trip organizers, Principal Ma'am, and the staff members for organizing such a safe and enjoyable trip for the kids.... We are looking forward to more such memorable experiences.... thank you again...

M/O Sahera Thakur

aricia illanai

→ Divya Gupta

Thank you to team MCS for arranging and making these amazing trips for kids a safe and enjoyable experience everytime. Much appreciated

A, JA

20:06

~ Pushpa Ra...

Heartfelt thanks to the entire team for the wonderful trip. Students enjoyed it a lot. Regards

M/o Siddharth

20:16

~ Reena Baks...

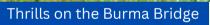
Thank you MCS team for such a wonderful experience to our kids we as parents feel totally safe with teachers like all of you we appreciate the efforts of school organisers, respected principal mam and teachers to give our kids this



# For Classes XI-XII









Adventures of the Mowgli Walk





Smiles & memories : Group Photos at Regional Science Centre



# For Classes XI-XII



Hands on Training



Wild Life Wonders



Starting the Adventure with a Group Photograph

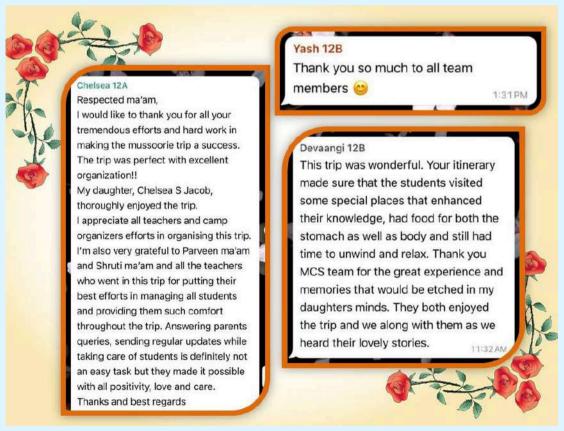




Learning about conservation

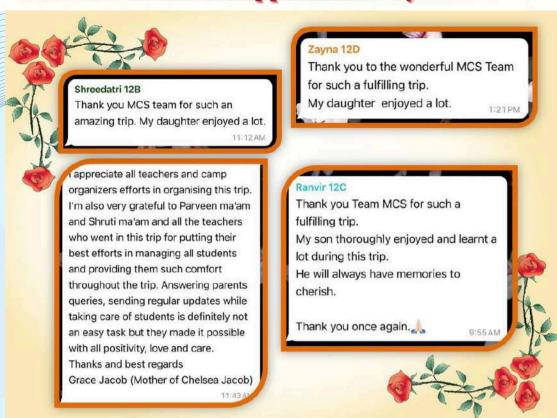
# **Beautiful words Appreciation by Parents**

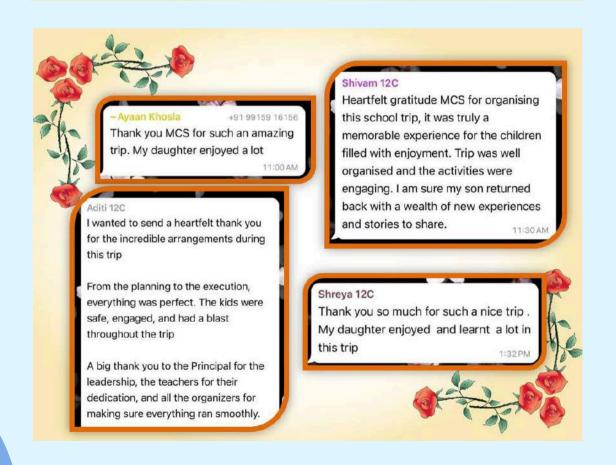






# **Beautiful words Appreciation by Parents**





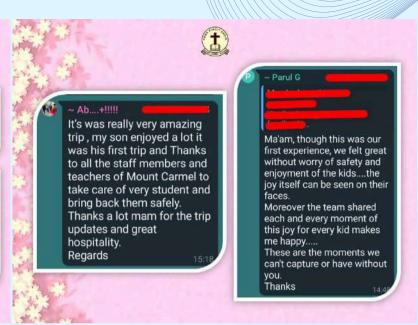


# **Beautiful words Appreciation by Parents**

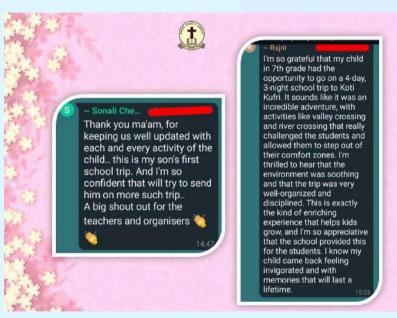


second time great

experience









another activity. Thanks and

Adolescence is the phase of life between childhood and adulthood, from ages 10 to 19. It is a unique stage of human development and an important time for laying the foundations of good health. Adolescents experience rapid physical, cognitive and psychosocial growth.

A presentation on adolescence was shown to the students of classes 9 to 12.





Empowerment through knowledge

On May 16, 2024, the School Counsellor, Ms. Bhawna Dhamlja, conducted a "Good Touch-Bad Touch" interaction session for Class IV. The session included the screening of the video "KOMAL" by CHILDLINE, followed by a discussion on identifying safe and unsafe touches. Students also participated in the "My Safety Circle" activity to recognize trusted individuals they can approach in case of any concerning incidents.



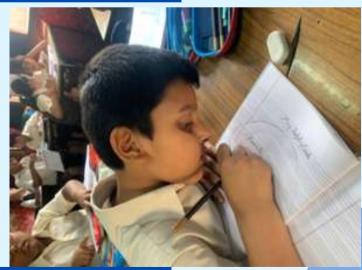


Interactive Session on 'Good Touch Bad Touch'.



Learning Safety with 'KOMAL' video





My safety Circle Activity



# COLADES





HANDIGARH | THURSDAY | 13 JUNE 2024

# Mount Carmel School, Chandigarh

The school organised a three-night, four-day trip to Kufri, Koti for students of

classes VI-VIII. Prior to their departure. a prayer was conducted by school Principal Dr Parveena John. Singh to seek divine blessings

for a safe

journey. On the first day, students participated in activities based on Leave No. Trace (LNT) principles and learnt to cook Maggi with their team members. The following day, they received

training in constructing improvised shelters and basic first-aid. To introduce

an element of adventure and

excitement to the education-

al trip, several activities were

conducted, including the

Burma bridge, bamboo bal-

ance, bamboo bridge, plank

bridge, and zip-lining. These activities provided students with valuable life skills and

> fostered a sense of adventure Living in the lap of nature for a few days and beginning each day with prayer, surrounded by teach-

ers and friends

instead of parents, was a novel experience for the students. They thoroughly enjoyed the trip, which created many cherished memories that will last for lifetime.

CHOOL REPORTS



Teachers' of Mount Carmel School during the seminar.

# Mount Carmel School holds motivation day

CHANDIGARH: Under the aegis of the Founders and Directors Earnest Charles J Samuel and Annie Charles Samuel along with principal Parveena John Singh, Indiannica Learning, a renowned provider of educational solutions, conducted an insightful workshop on "Classroom Motivation and Management" at Mount Carmel School.

The session was led by the esteemed educator, Indu Aggarwal, whose extensive experience in teaching and educational training made the event a notable success.

The workshop aimed at empowering teachers with innovative strategies to enhance student motivation and effectively manage classroom dynamics.

Indu Aggarwal, with her engaging presentation style, provided valuable insights into the psychological and practical aspects of fostering a positive learning environment.

She emphasised on the power of management, science of motivation, action planning and growth.

# Mount Carmel School, Chandigarh

Mount Carmel School, Chandigarh

A workshop on 'Competency-based lesson planning was
organised at the school. The event, which was led by Seena
Abrol from Ratna Sagar, focused on equipping educators
with the skills and knowledge are used to design and implement lessons that emphasise competency-based
vite learning. Abrol, an expert in educancy over traditional
vite learning. Abrol, an expert in educancy over traditional
vite learning. Abrol, an expert in educancy over traditional
vite learning. Abrol, an expert in educancy over traditional
education (CEB, which aims to ensure of competency-based
calcustion (CEB, which aims to ensure of competency-based
cife skills and abilities through practical applied learning
experiences. During the workshop, to the applied to a
full and applied learning controlled to the control of the control
plann that align with the CEB principies. They elearn bowd
as telestical in the control of the control of the control
set clear, measurable learning outcomes, assess student
progress effectively, and adapt their teaching strategies to
meet the diverse needs of their students. The interactive sessions included hands-on activities, collaborative planning,
and discussions on best practices in competency-based education. The workshop was well-received by attendees, who
appreciated the practical insights and the opportunity to
enhance their instructional approaches to force a more student-centred learning environment. Principal Dr Parvens
John Singh said the workshop would empower teachers to
create more engaging and effective lesson plans. By embracing CBE, the principal believed that the school could better
support students' individual learning needs, fostering a
more inclusive and dynamic educational experience.



# अमर उजाला 7 जुन 2014

# स्नेहालय में शास्त्रीय धुनों पर थिरके बच्चे

माई सिटी रिपोर्टर

चंडीगढ़। सेक्टर-15 और मलोया स्थित स्नेहालय में बच्चे शास्त्रीय धुनों पर थिरके। चंडीमद बाल अधिकार संरक्षण आयोग (सीमीगीसीआर) ने मलोया के स्नेडालय फॉर बॉयज और सेक्टर-15 के स्नेडालय फॉर गर्ल्स आशियाना में बच्चों के लिए चार दिवसीय ग्रीष्मकालीन कार्यशाला का अवरोजन किया। इस दौरान बच्चों ने शास्त्रीय नृत्य

इस दीगान बच्चों ने शास्त्रीय नृत्य सीखा। सेक्टर-47 स्थित माउंट कार्मेल स्कूल के नृत्य शिवकों ने संसाधन व्यक्ति के रूप में सेवाई प्रदान की दोनों बाल देखभाल संस्थानों के बच्चों ने सांक्रित भागित्री से शास्त्रीय नृत्य सीखा। बीरबार को कार्यशाला का समापन हुआ। सीसीधीआर सदस्य



सेक्टर-15 और मलोया के स्नेहालय में नृत्य कार्यशाला का आयोजन

को अधिक प्रभावी होंग से पेण करने हैं सक्षम होते हैं। सीसीपीसीआर अध्यक्ष शिप्रा बंसल ने बाल देखभाज संस्थाने सीसीआई) के बच्चों की गर्मियों की छुदिटयाँ को ध्यान में रखते हुए कलात्मक गतिविधि का आयोजन किया।

# MEDIA ACCOLADES

# MOUNT CARMEL HOLDS TECHNOLOGY WORKSHOP

CHANDIGARH: Under the aegis of the Founders and Directors Dr Earnest Charles J Samuel and Dr Annie Charles Samuel alongwith the Principal Dr Parveena John Singh. Mount Carmel School Chandigarh successfully conducted an enlightening workshop titled "Counseiling Techniques for Generation Z" in collaboration with Orange Education, a leading provider of educational training and resources. The workshop aimed to equip educators with the skills necessary to effectively support the unique mental health and developmental needs of Generation Z students.

The key speaker for the event was Dr Saurabh Maheshwari, a post graduate from IIT and renowned motivational speaker. Dr Maheshwari's insightful presentation covered various topics including the characteristics of generation Z, their distinct challenges, and the most effective counselling techniques tailored for this demographic. He provided an overview of the behavioural patterns, preferences, and technological adeptness of generation Z.

He emphasised the importance of recognising their values and communication styles to build trust and rapport. The session delved into the common mental health issues faced by Generation Z, such as anxiety, depression, and stress, particularly exacerbated by social media and academic pressures. Practical techniques were discussed to address these challenges, including cognitive-behavioral strategies, mindfulness practices, and the use of digital tools for mental health support.

The Principal Parveena John Singh expressed her gratitude towards Orange Education for organising such a pertinent and timely workshop. She remarked, "Understanding and addressing the mental health needs of our students is crucial. This workshop has empowered our educators with the necessary tools to better support our students."

# क्षीनम जागरण रजून २०२४.



बाल अधिकार संरक्षण आयोग ने स्नेहालय फार ब्वायज, मलीया और स्नेहालय फार गर्ल्स, आर्थियाना में बच्चों के लिए ग्रीष्मकालीन कार्यशाला का आयोजन «स्वतः

# बच्चों के लिए ग्रीष्मकालीन कार्यशाला आयोजित

जागरण संवाददाता, चंडीगद : बाल अधिकार संरक्षण आयोग ने स्नेहालय फार बायाग, मलीचा और रनेहालय फार बायाग, मलीचा और रनेहालय फार बायाग, मलीचा और रनेहालय फार बायाग, संवरर - 15 फार को के लिए ग्रीम्मकालीन कार्यशाला का आयोजन किया। इस दौरान शास्त्रीय नृत्य कार्यशालाए भी आयोजन किया। इस में गाउंट कमेंल स्कूल, संवर - 47 के संबंधित नृत्य शिक्षकों ने संवाप प्रदान की और इसमें दोनं सी ओह आइ के बच्चे ने संक्रिय भागीदोरी ने शास्त्रीय नृत्य सीखा। कार्यशाला के दौरान सीसीमीसीअर की संवर पूजा पुंछी ने बच्चे के साथ बातदीत की और नृत्य सीखने के कई

लाभी को सांझा किया। उन्होंने यह भी बताया कि युवा नर्तक अपनी भावनाओं को अधिक प्रभावी बंग से पेश करने में सक्षम होते हैं, जिससे वह अंदर और बाहर दोनों जगह खुश रहते हैं। सीसीप्रीसीआर की अध्यक्ष शिप्रा बंदल ने कहा कि बच्चे गभी की छुद्दियों का आनंद ले रहे हैं, इसलिए बाल अधिकार संरक्षण आयोग उनकी उन्नी के सकातमक रूप से प्रमार्शित करने के लिए विभिन्न गतिविधियों, कार्यशालाओं और गाईंग्य महत्त के दिनों के समारीब्रेंग का आयोग उनर रहा है। इसके एक भाग के रूप में नृत्य कार्यशालाएं आयोगित की गईं।

# School holds workshop to help educators address Gen Z issues



Under the negis of the founders and directors Dr Earnest Ch J Samuel and Dr Annie Charles Samuel along with principal Dr Parveena John Singh, Mount Carmel School, Chandigarh. successfully conducted an enlightening workshop titled "Counsel ling Techniques for Generation Z", in collaboration with a leading provider of educational training and resources. The workshop aimed to equip educators with the skills necessary to effectively support the unique mental health and developmental needs of generation Z students. The key speaker for the event was Dr Saurabh Maheshwari, a renowned motivational speaker. His insight ful presentation delved into the common mental health issues faced by generation Z such as anxiety, depression, and stress, exacerbated by social media and academic pressures. Practical techniques were discussed to address these challenges, including cognitive behavioural strategies, mindfulness practices, and the use of digital tools for mental health support. Principal Dr Parveena John Singh while expressing her gratitude for the session said, "Understanding and addressing the mental health needs of our students is crucial."

# दैनिक अस्कर रजून 20

# चाइल्ड केयर इंस्टीट्यूट्स के बच्चों के लिए डांस वर्कशॉप लगाई

चंडीगढ़। चाइल्ड केयर इंस्टीट्यूट्स के लिए समर वर्कशॉप प्रोग्राम्स-2024 के अंतर्गत सीसीपीसीआर ने स्नेहालय फॉर बॉयज मलोया और स्नेहालय फॉर गर्ल्स सेक्टर-15 में 3 जून से 6 जून तक डांस वर्कशॉप आयोजित की। माउंट कार्मल स्कूल-47 के डांस टीचर्स ने रिसोर्स पर्सन के तौर पर अपनी सेवाएं दीं। बच्चों ने इस दौरान क्लासिकल डांस सीखा। सीसीपीसीआर की चेयरपर्सन शिप्रा बंसल ने कहा कि बच्चों की हॉलिस्टिक बेलबीईंग का ध्यान स्खते हुए यह डांस वर्कशॉप्स आयोजित की थीं।

School organises 4-day trip to Uttarakhand



Under the aegis of the founders and directors Dr Earnest Charles Jr Samuel and Dr Annie Charles Samuel along with principal Dr Parveena John Singh, Mount Carmel School, Chandigarh, organised an exhilarating four day educational and adventure trip to Mussoorie, Dehradun, and Dhanaulti for its students. The trip provided students with both educational insights and adventure. The journey began in Dehradun, where students visited the Regional Science Centre and the Forest Research Institute (FRI). In Mussoorie, they enjoyed scenic ropeway ride, had a leisure time strolling along the Mall Road and exploring the local shops. The trip's highlight was the time spent in Dhanaulti, where the students took part in adventure

# CCPCR organises dance workshop

CHANDIGARH: Under its "Summer workshops programme" for the children of Child Care Institutes (CCIs) of Chandigarh, the Chandigarh Commission for Protection of Child Rights (CCPCR) organised dance workshops from Monday to Thursday at Snehalaya For Boys, Maloya, and Snehalaya For Girls, Sector 15. The dance teachers from Mount Carmel School, Sector 47-B. volunteered as resource persons. HTC