SPECTRUM

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From the Principal's Lectern

Fr. Sheejo Attupuram CMI

Live in the Present - A Call to Mindful Living

In the fast-paced world we live in, it is easy to get caught up in the regrets of the past and the anxieties of the future. We often find ourselves replaying old mistakes in our minds or worrying about what is yet to come. In doing so, we miss the only moment that truly belongs to us – the present.

Living in the present means embracing the here and now with full awareness. It is about appreciating the sights, sounds, and experiences that life is offering us in this very moment. When we focus too much on the past, we carry unnecessary burdens; when we obsess over the future, we fill our hearts with fear and doubt. But when we stay present, we experience life as it is, not as we wish it to be or fear it might become.

Mindfulness is one of the most effective ways to cultivate present-moment living. Simple practices like paying attention to your breath, being fully engaged in a conversation, or savouring your food without distraction can transform ordinary moments into meaningful experiences. This shift does not mean ignoring your responsibilities or future goals. Rather, it means meeting them with clarity and calmness instead of worry and haste.

Living in the present also nurtures gratitude. When we truly see what we have now – our health, relationships, opportunities, and even challenges – we find reasons to be thankful. Gratitude anchors us to the moment and reminds us that life is a gift, not a race.

Correspondent's Desk



Fr. Joseph Simon CMI

One of the wonderful books, inspiring and eye-opening, is "Into the Magic Shop" by Dr. James R. Doty. It is a true story about how learning to calm your mind, focus your thoughts, and open your heart can change your life.

Dr. Doty grew up with struggles — poverty, stress, and self-doubt — but he discovered something powerful: by training his mind and opening his heart, he could shape his future.

This book serves as a reminder that, regardless of your background or the challenges you face, you have the power to transform your life.

So let us check it out and see what kind of "magic" we can create in our own lives!

In short, "live in the present" is not just good advice; it is a way to find peace and purpose. Each day is a fresh canvas. Each moment offers a chance to love, learn, and grow. Yesterday is gone, tomorrow is not yet here–today is all we have. Make it count.

ROOM FOR LANGUAGE

To incite our pupil's linguistic skills, our instructors have brought up the room for language corner and it will undeniably instigate the folk to study up-to-date terms.

Onomatopoeia – Bringing Sounds to Life

Onomatopoeia is a figure of speech where the word itself imitates the sound it represents. Writers and poets use it to make their descriptions lively and realistic. For example, words like **buzz**, **hiss**, **crash**, **murmur**, **and clang** help us imagine the exact sound in our minds.

In stories, onomatopoeia can make scenes more dramatic and engaging. For instance, "The leaves **rustled** in the wind" or "The thunder **rumbled** across the sky." In poetry, it adds rhythm and musicality.

Thus, onomatopoeia is not just a sound word—it is a creative tool that brings language to life!



Editorial Desk Ms. Sampreetha



Dear students, in a quiet mountain town, there lived an old clockmaker named Elias, famous for crafting timepieces so precise they never needed adjusting. People traveled from far-off lands just to buy his clocks.

Elias had one apprentice, a shy young boy named Leo. Leo was fascinated by gears, springs, and the tick-tock of time, but his hands were clumsy and his confidence shaky. Every time he tried to build a clock, it ended up either too slow, too fast, or broken entirely.

One day, after his fourth failed attempt, Leo sighed, "Maybe I'm just not meant to be a clockmaker."

Elias looked at him kindly and said, "Let me tell you a secret. My first clock didn't tick. My second one exploded. And my third ran backward for a week."

Leo blinked. "But everyone says you're a genius."

Elias smiled. "They only see what's on the shelf, not what's in the drawer. Every master was once a mess."

Then Elias handed Leo a strange, broken clock. "Fix this," he said. "Take your time. No instructions."

Leo spent weeks on it. He made mistakes, disassembled and reassembled it countless times. He even invented a small tool to reach a spring tucked deep inside. Finally, one morning, the clock ticked... perfectly.

Elias checked the time and nodded with pride. "Now that is your first real clock — not because it works, but because you made it work."

Hence always keep in your mind that Success isn't about getting it right the first time. It's about staying long enough to learn from what went wrong. Mastery isn't talent — it's patience in disguise.





The first day of school for the Grade students was joyfully initiated on June 9. The classrooms were beautifully decorated to create a warm and welcoming atmosphere for the children. To make the day even more special, the teachers thoughtfully prepared and presented first-day gifts to the students.

The smiles, excitement, and enthusiasm of the children marked a wonderful beginning to the new academic year, filling the campus with happiness and hope.



NEW BUILDING BLESSING CEREMONY

The blessing ceremony of the new building was held on June 5,2025 at 3:00 p.m. The event was graced by the presence of **Rev. Fr. Saju Chakkalakal CMI**, Provincial of Presitha Province, Coimbatore, along with councillors, fathers, and the engineer, Mr. Tony.

The program began with a welcome address delivered by Ms. Rubia, followed by an entrance hymn presented by the brothers of Little Flower Minor Seminary, which filled the atmosphere with devotion. Ms. Angel read a passage from the Letter to the Ephesians, and the Gospel was proclaimed by Rev. Fr. Provincial. The teachers offered heartfelt intercessory prayers, after which the sprinkling of holy water took place, invoking God's blessings on the new structure. A special prayer was also offered to St. Kuriakose Elias Chavara, seeking his intercession.

During the ceremony, Rev. Fr. Saju Chakkalakal CMI honoured Rev. Fr. Joseph Kovathuparambil CMI, the Correspondent, and Rev. Fr. Sheejo Attupuram CMI, the Principal, and Engineer Mr. Tony for their leadership and guidance. The highlight of the day was the dedication plaque, which was solemnly unveiled by Rev. Fr. Saju Chakkalakal CMI, Provincial of Presitha Province, Coimbatore, symbolizing the official blessing and inauguration of the building.

The program concluded with a warm vote of thanks delivered by Ms. Vinithra, expressing

gratitude to all dignitaries, staff, and well-wishers who contributed to the success of the occasion.

The blessing ceremony was a joyous and memorable milestone, marking the beginning of a new chapter filled with hope, growth, and service.





CABINET MEMBERS ELECTION

"A leader is one who knows the way, goes the way, and shows the way."

With this spirit, Carmel Jyothi CMI Public School conducted its Student Council Elections on July 1 and 8. The primary election held on July 1 shortlisted candidates for various positions, while the general election on July 8 gave students of Grades V to VIII the chance to cast their votes. The posts contested included Head Boy, Head Girl, Sports Captain, Vice Sports Captain, Cultural Secretary, and Joint Cultural Secretary.

Candidates actively participated by campaigning and presenting their ideas to their peers. A total of three nominees contested for each position, and voting was carried out in a democratic and transparent manner. After the ballots were counted, the students with the highest votes were officially declared as the new members of the school cabinet, instilling in everyone the values of leadership, responsibility, and teamwork.



Head girl	Thaara vidyutha .K	Grade VIII
Head boy	Tejaas.D	Grade VII
Sports-Captain	Kavin.P	Grade VIII
Vice Sports-Captain	Kaavya.P	Grade VI
Cultural secretary	Diya.M.G	Grade VII
Joined Cultural secretary	Praneeth Niswan.S	Grade VI



































ACADEMIC INAUGURATION DAY 2025

The Academic Inauguration Day was celebrated the auspicious beginning of the academic with great joy and reverence on June 24, 2025. year. The occasion was graced by the presence of Rev. Fr. Davis Chackalamattath CMI, who was the chief guest of the day.

The programme commenced with a prayer and discipline, the Full Attendance Award service, during which the choir sang a melodious prayer song, followed by the kindling of the lamp, symbolizing wisdom and enlightenment. Rev. Fr. Davis CMI then addressed the gathering, inspiring the students and staff with his encouraging words.

A special highlight of the event was the portrayal of the Golden Jubilee celebration of Rev. Fr. Davis Chackalamattath CMI, honoring his dedicated years of service. The solemn ritual of Vidyarambham was also conducted, marking

During the ceremony, the chief guest warmly welcomed the new staff members into the institution. In recognition of their dedication winners of the academic year 2024-2025 were also honored on the occasion.

The programme further included a graceful offertory session presented by the Grade 6 students, which added depth and meaning to the celebration.

The day was indeed a memorable one, beautifully blending tradition, inspiration, and recognition, setting the right tone for the academic year ahead.





KAMARAJAR BIRTHDAY AND MOUNT CARMEL DAY CELEBRATION

The Kamarajar Birthday and Mount Carmel Day Celebration was conducted with great reverence and joy. The program began with an invocation prayer and choir performance, creating a spiritual and vibrant atmosphere. The event was formally opened with a welcome address delivered by a student, setting a cheerful tone for the day. This was followed by a profile reading of the chief guest, which introduced the dignitary to the audience.

To honor the presence of the chief guest, the school management—Rev. Fr. Davis CMI and Rev. Fr. Sheejo CMI—felicitated him with a bouquet, shawl, and gift. The chief guest Rev. Fr. Winson Moyalan CMI, then delivered an inspiring address, motivating the students with words of wisdom about leadership, education, and service.

The cultural segment of the program began with a dance performance by KG students, filling the stage with energy and innocence. A special presentation on Mount Carmel Day highlighted the spiritual significance of the feast and honored Mother Mary's values of compassion and love. This was followed by a dance performance from Grade II students, showcasing their talent and enthusiasm.

A major highlight of the celebration was the skit on the life and achievements of Karmaveerar Kamarajar, which brought history to life and reminded everyone of his remarkable contributions as a freedom fighter, people's leader, and visionary who championed education for all.

As the celebration drew to a close, a student proposed the vote of thanks, expressing gratitude to the dignitaries, teachers, parents, and students for their support and participation. Finally, the entire gathering stood together to sing the National Anthem, concluding the day with unity and patriotic spirit.



Overall, the program beautifully combined prayer, cultural activities, historical remembrance, and patriotic spirit, making it a memorable and meaningful celebration.































FORMATIVE ASSESSMENT-I EXAMS

Life presents challenges that are unique to everyone, and success comes when one learns to face them with courage.

Examinations, too, are an essential part of learning. They guide students in developing discipline, resilience, and sound judgment. The formative exam-I for the academic year were conducted at the end of July for both Kindergarten and Primary classes, enabling students to assess their knowledge and prepare for further growth.

AI SOFTWARE TRAINING PROGRAMME FOR TEACHERS

On August 2, a special training session on Artificial Intelligence was conducted for teachers. The session introduced modern Al tools such as Perplexity, chatgpt, and Canva. Teachers learned how these tools can be effectively used for classroom teaching, Creative presentations, and research support. The program encouraged educators to adopt technology to make learning more Innovative and engaging for students.

TEACHER TRAINING PROGRAMME

As part of the academic enrichment plan, Teacher Training Programmes were conducted in the month of June. On June 3, a session for the Grade teachers was organized by Macmillan, focusing on effective teaching methodologies and innovative classroom practices.

On June 6, a separate training session for the kindergarten teachers were conducted by Edusol, highlighting activity-based learning and creative approaches to early childhood education.

Both training programmes were highly interactive and insightful, equipping the teachers with new skills and strategies to make learning more engaging and effective for the students.

PARENTS-TEACHER MEETINGS

The PTA meetings for KG-II & Grade 1 (held on July 5) and Grade 2 & Grade 3 (held on August 2) were successfully conducted with active participation from both parents and staff.

The sessions began with a prayer, followed by a welcome address.

Correspondent Rev. Fr. Joesph CMI graced the occasion and felicitated the gathering, setting a positive and engaging tone.

Teachers gave detailed presentations showcasing student progress and classroom activities.

Principal Rev. Fr. Sheejo CMI addressed the parents, sharing insights on students' academic and personal growth, and opened the floor for discussion.

Parents offered valuable feedback, making the session more interactive and productive.

The meeting concluded with a sincere vote of thanks, appreciating everyone's presence and collaboration.



CBSE TRAINING PROGRAMME FOR TEACHERS

A CBSE training programe was organized on August 30 by Edusol, focusing on CBSE teaching methodology and personality development for teachers. The session provided valuable insights into modern teaching practices, innovative classroom strategies, and effective ways to make learning student-centered. In addition, the training highlighted the importance of personality development, communication, and confidence-building for educators. Such programs play a vital role in enhancing the professional growth of teachers and in creating a more dynamic learning environment in schools.

DCL COLORING COMPETITION

"Colours are brighter when the mind is open".

The benefits of coloring and painting for kids go way beyond fun. In this modern world, there is a huge demand for innovation and creativity, out-of-the-box thoughts, and extraordinary interpersonal and communication skills. Coloring and drawing both help kids mend fine motor skills. It builds concentration and trains the brain to focus.

To bring out the innovative and out of box thinking skills from the students of Carmel, All India coloring competitions were conducted for the students from grade 1 to 8 on 8th August 2025.



























EYE CAMP



Vision is one of the most important factors influencing academic achievement. Effective eye coordination requires smooth movement, accurate focusing, and proper teamwork between the



eyes. Healthy eyesight allows children to see clearly, shift focus, and learn without difficulty.

On August 22, 2025, the school management organized an eye camp for different grade levels. The initiative was carried out by Eye Foundation, Pollachi, whose optometrists conducted detailed examinations of the students' eye movement, focusing skills, and coordination. The eye camp aimed to promote healthy vision and enhance the overall learning experience.







Independence Day Celebration 2025

The 79th Independence Day was celebrated with great patriotic fervor and enthusiasm at Carmel Jyothi CMI Public School on August 15, 2025. The day began by invoking God's blessings with a soulful prayer song by the school choir, creating a serene and reverent atmosphere.

Following this, the gathering was warmly welcomed through a welcome address by Master Swithin Leofrank of Grade VIII. The highlight of the morning was the flag hoisting ceremony, where the National Flag was unfurled by Rev. Fr. Babu Thattil CMI. The entire school saluted the Tricolor, and the National Anthem was sung with pride and devotion.

The chief guest, Rev. Fr. Babu Thattil CMI, was honored with a bouquet, shawl, and memento by the dignitaries, including Rev. Fr. Davis CMI, Rev. Fr. Sheejo CMI (Principal), and Rev. Fr. Joseph CMI (Correspondent). He later delivered an inspiring Independence Day address, highlighting the values of patriotism, unity, and responsibility among the students.

The cultural events of the day were vibrant and diverse. The Investiture Ceremony marked the formal induction of the new student council. This was followed by fancy dress competitions for Grade 1 and 2 students, showcasing creativity and enthusiasm, with winners being felicitated by the chief guest. The school choir also presented a patriotic song, filling everyone with national pride.

Further, the programme included an energetic free-hand drill, a patriotic dance by Grade III & IV students, a mime performance,

and a pyramid formation that displayed strength, discipline, and teamwork. Students from Grade IV to VIII performed another colorful patriotic group dance, captivating the audience.

A special skit in Tamil was enacted, bringing to life the valor and sacrifice of Rani Lakshmi Bai of Jhansi, which left a lasting impression on the audience. The cultural segment concluded with the distribution of prizes for the Independence Day competitions as well as recognition of students who excelled in the CMI Generalate Scholarship Exams at the South India level.

The celebration drew to a close with a vote of thanks delivered by Thaara Vidyuthaa of Grade VIII, who expressed heartfelt gratitude to the dignitaries, teachers, parents, and students. Finally, sweets were distributed to the students, marking a joyous end to the memorable celebration.

The Independence Day programme was a perfect blend of solemnity and celebration, reminding everyone of the sacrifices of freedom fighters while also instilling in students a deep sense of national pride and unity.





INDEPENDENCE DAY WINNERS LIST -2025

(FANCY DRESS- NATIONAL LEADERS)			(FANCY DRESS-COMMUNITY HELPERS)		
GRADE - I	DHANVIK AADHAV	1	Ţ	AKSHITHAA	1
	HANNAH SUSHANA AND SARNITHA	II	ADE	JAMILA SANA	II
	AASRA JAYAPRAKASH	III	GR/	SATHVIKA	III

CARMEL SPECTRUM 10

(POP -UP CARD MAKING -MY INDIA, MY PRIDE)			CRAFT MAKING-NATIONAL SYMBOLS OF INDIA			
GRADE -III	SHANMITHA.T.P	I I	≥	THAMILINI.K	I	
	KANISHKA.M	II	GRADE-	JOE VALENTINA. J	II	
	ADRINNE LAVONNE.P.J	III	GR	INIKA.P.J	III	
WALL HANGING - OUR NATION			PHOTO COLLAGE - INDEPENDENCE DAY			
GRADE - V	JEMIMAH SUSANNA.S	1	 	SHRI NISHA.B	1	
	YADHARSHANA.C	II	GRADE -	HARSHAN.A	II	
	KAASNI.K	III		NITHELA.K.A	III	

Grade -VII &VIII [Rangoli - Patriotic Theme]

1st Place		2nd Place		3rd Place	
DIYA SARASWATHI.M	G8	VISMITA.S	G7	PRANISHA.M	G8
AKIL PRANESH.J	G7	TEJAAS.D	G7	THARUKASRI.S	G7
MOHITH.VJ	G8	KAVIN.P	G8	SWITHIN LEOFRANK.L	G8
HARSITHAA R.P	G8	THAARA VIDYUTHA.K	G8	RANI NACHIYAR.M	G8
JYOSHIKA.S	G7	HARSEN .V.U	G7	HARITH.N	G7
PRAJIN VARUN.S.M	G7	GUHAPRIYAN.K	G7	AKIL KRISHNAA.T	G7

SIP ARITHMETIC GENIUS CONTEST

On August 26, the SIP Arithmetic Genius Contest — First Level was conducted for students of Classes 1 to 5. The contest aimed to enhance students' calculation speed, logical thinking, and problem-solving skills. Young learners enthusiastically participated, showcasing their mathematical talent and competitive spirit.















SHORT FLIM

A short film session on Green Environment was telecasted on August 20 for students with the support of the Tamil Nadu Government. The program highlighted the importance of protecting nature, reducing pollution, and planting more trees to build a sustainable future.

CLASS DAY PERFORMANCES

WORLD POPULATION DAY

Grade 7 students of our school actively celebrated World Population Day on July 11. This special day is observed worldwide to spread awareness about population growth and its impact on resources, development, and the environment. The celebration aimed to help students understand the importance of maintaining a balance between people and resources for a sustainable future.

As part of the programme, the students prepared informative speeches, colorful posters, and creative skits to convey meaningful messages about population control, health, and resource management. The event not only enriched their knowledge but also encouraged them to become responsible citizens who care for the well-being of society









WOMEN'S EQUALITY DAY



Grade 8 students of our school proudly celebrated Women's Equality Day on August 25, a day that marks the importance of equal rights and opportunities for women in all walks of life. The programme highlighted the struggles and achievements of women through history and reminded everyone about the value of gender equality in building a better society.

As part of the celebration, students presented inspiring speeches, meaningful mime and dance showcasing the theme of women's empowerment. The event encouraged young minds to respect and support equality, while also recognizing the vital role women play in families, communities, and the nation.





On September 4, the students of Grade 5 organized a special programme on World Nutrition Day. The event aimed to create awareness among students about the importance of healthy food choices and the role of a balanced diet in maintaining good health.

And its included speech, colourful

charts, and creative skits, all focusing on the value of fruits, vegetables, and natural foods in daily life. Students also shared tips on reducing junk food and drinking enough water. The celebration encouraged everyone to adopt healthy eating habits for a strong body and active mind.

WORLD NUTRITION DAY



NEW INVENTIONS "TALK TO WRITE"



"Talk to Write" is an innovative Albased device developed by Ajay H, an engineering graduate from Kerala, India. The tool converts spoken words into handwritten text on paper using a CNC pen plotter. It integrates a Raspberry Pi,

Arduino, and Python-based speech-to-text Al, making it a low-cost and accessible solution.

The main purpose of this invention is to assist people with physical disabilities, learning challenges, or neurological conditions who are unable to write by hand. By simply speaking, users can produce neat, handwritten notes on A4 sheets—making it a valuable tool in education, healthcare, and accessibility.

The project gained attention after

being showcased at the Ente Keralam Expo 2025 and has been widely appreciated for its potential to create inclusive, assistive technology. It also highlights how low-budget, DIY systems can make a real-world impact without relying on large-scale corporate backing.

However, some ethical concerns have been raised, particularly about misuse by students for automating assignments. Despite this, "Talk to Write" stands out as a meaningful step toward using Al and robotics for human empowerment and accessibility.

KG's CORNER

On June 30, 2025 KG-II, observed ENVIRONMENTAL DAY in an educational manner, numerous events, including lively talks and dance performances were taken place on campus.

The children's bubbling energy and amazing green costumes gave off a peaceful, meditative, and energizing vibe. On the event of green day, leaves sticking competitions were conducted and saplings were planted to invoke the importance of trees for the sustainable environment among the kids.

ENVIRONMENTAL DAY - JUNE 30



FLOWERS DAY JULY 11

"Love is the honey for which life is the flower."

On July 11, 2025, our little infants in KG-I celebrated Flowers Day magnificently on the school grounds. The purpose of this day was to introduce youngsters to many types of flowers, as well as their colors and shapes. It was a very pleasing occasion, and our parents deserve kudos for their continuous involvement in their children's education. During Flower Day, the children performed beautiful dances and gave inspiring talks and coloring competitions were conducted for KGI children.



FOOD DAY -July 18



On 18.07.2025 KG-II Children celebrated Food Day. Food gives us energy, keeps us healthy, and makes us strong. Our children will learn the importance of eating healthy, colorful, and tasty food in a fun way. Through songs, games, and activities, we will understand that food is not only for filling our tummy but also for keeping us happy and active. Children enjoyed this special day and celebrate the joy of eating healthy together!"

On this day "Food without Fire" competition was conducted for KG II children.





















YELLOW DAY - July 25

Pre-Kg students celebrated Yellow Day on July 25, 2025. The color yellow is associated with happiness, optimism, splendor, and sunshine. It represents optimism, enthusiasm, intelligence, and freshness

Yellow Day was observed with the goal of educating pupils about the color yellow, its importance, and the development of their fine motor skills. The lively introduction on the color yellow kicked off the virtual session.

Every student had on an outfit that included various tones of yellow. Seeing the effect of the golden color on our little angels on the screen as truly a visual pleasure.

Paper Crumpling competition was conducted on behalf of yellow day.













"On 08.08.2025 students celebrated Blue Day in our Kindergarten! Blue is a beautiful color that we see all around us. The clear sky, the deep sea, and even some of our favorite things like blueberries and peacocks are blue in color. Blue stands for calmness, peace, and happiness.

On this special day, our little ones are dressed in blue and enjoyed fun activities, songs, and games to learn more about this lovely color. Celebrating Blue Day helps children recognize the color easily and connect it with the world around them.

"Water Filling" competition was conducted on behalf of BLUE DAY for KG I students.





CARMEL SPECTRUM 1



On 22.08.2025 students of Kinder Garden II celebrated Jungle Day! The jungle is a home for many animals, birds, and trees. Lions, tigers, elephants, monkeys, and colorful parrots all live happily in the jungle.

On this special day, our little ones dressed up, sing songs,

JUNGLE DAY CELEBRATION- AUGUST 22

and take part in fun activities to learn more about jungle animals and nature. Celebrating Jungle Day helps children understand the importance of animals and teaches them to love and care for nature.

"Frog Jump" competition was conducted on behalf of Jungle Day for KG II children.











In order to acquaint the little buds with the concept of pink color, Pink Day was organized for the students of Class Pre-kindergarten on August 29,2025. Dressed in different shades of pink, the young ones looked charismatic radiating love, beauty and kindness. The classrooms were beautifully decorated with an array of pink color objects like balloons, ribbons, soft toys etc. Providing the students opportunities to have a clear sense of the color and its importance.

Besides the formal celebrations touch and find the object - competitions were conducted for the students.



PINK DAY CELEBRA AUGUST 29







STUDENTS' CORNER

Resourcefulness is a habitual payment of our passion.

Our Carmelites are essentially blessed with delightful gifts; through students' corners, we are proud to showcase their endowments to the world.









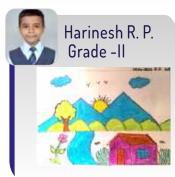


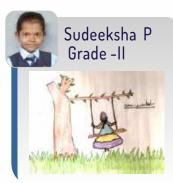














SOLVE THE CONUNDRUM

Puzzle 1 – Two-digit reversal

A two-digit number has digits that add up to 9. The number is 27 greater than the number formed by reversing its digits. What is the number?

Puzzle 2 – Number sequence

Find the next number in the sequence: 2, 3, 5, 9, 17, ___

Puzzle 3 – Ages (algebra)

Three years ago, John was three times as old as Tom. Four years from now John will be twice as old as Tom. What are their current ages?



PUZZLE 1 - 03

PUZZLE 2 - 33

PUZZLE 3 - John = 24 year