

Report of the Activities for the year 2017

The Activities from January, 2017 are as follows:

- Dr. Anjali Dewan attended the 3rd National Dietetics Day on 'Consult a Dietician – Get Fooducated' on January 11, 2017 at Government Home Science College, Chandigarh jointly organized by Foods & Nutrition Department, Government Home Science College, Chandigarh, Indian Dietetic Association, Chandigarh Chapter and Fortis Hospital, Mohali.
- Dr. Anjali Dewan attended a National Seminar cum workshop on 'Applied Indian Paradigms of Human Rights – Possibilities and Challenges' on January 13-14, 2017 at Sanatan Dharma College (Lahore) Ambala Cantt. in academic collaboration with Department of Sanskrit, Guru Nanak Dev University, Amritsar and Department of Sanskrit, Punjabi University, Patiala sponsored by ICSSR, New Delhi organized by Departments of Sanskrit, Mass Communication in Hindi, English, History, National Cadet Corps & Sanatan Dharma Human Development Training & Research Centre. She presented her paper on 'Human Rights: Reasons for their Violation.
- Dr. Anjali Dewan attended one day Inter-Disciplinary Basic Training Programme cum Workshop on Human Rights on January 28, 2017 at Sanatan Dharma College (Lahore) Ambala Cantt. in academic collaboration with National Cadet Corps, Group Head Quarter, Ambala organized by Department of Sanskrit, National Cadet Corps, S.D Human Development Research & Training Centre, Mass Communication, Hindi, Youth Red Cross & Legal Literacy Cell sponsored by National Human Rights Commission, New Delhi.
- Dr. Anjali Dewan attended National Seminar sponsored by Directorate of Higher Education, Haryana on 'Adolescence: A Stage of Creative Hands and Minds' on February 4, 2017. She was the Chairperson for the Technical session. She also gave an oral presentation on 'Stress Management in Adolescents: Interventions for Empowerment'.
- Dr. Sapna Sharma attended Preparatory School on Optics from February 6-10, 2017 at the International Centre for Theoretical Physics, Italy.
- Dr. Anjali Dewan attended a Conference on 'Whole Grains for Promoting Health' on February 10, 2017 organized by International Life Sciences Institute-India in

collaboration with ministry of Food Processing Industries, Government of India at Hotel Le - Meridien, New Delhi.

- The College reopened after a long winter break on 11th February, 2017.
- Dr. Anjali Dewan attended 8th SIOP – PODC Nutrition Workshop held at Advanced Pediatrics Centre, Postgraduate Institute of Medical Education & Research (PGIMER), Chandigarh on February 18-19, 2017.
- The Government of India Community Food & Nutrition Extension Unit, Ministry of Women and Child Development, C.G.O Complex, Shimla organized a Five day Training Workshop on 'Fruits & Vegetable Preservation and Nutrition Education in the Department of Home Science from February 20 – 25, 2017. About 36 students from different streams attended the workshop. The certificates and Recipe booklets were also given to the students.
- A condolence meeting was held on February 22, 2017 in the Staff room to mourn for the sad demise of Budhi Singh who worked as a laboratory attendant in the department of Home Science for a period of more than 30 years and Mrs. Anuja Sharma's father.
- The International Women's Day was celebrated in the College on March 8, 2017. Ms. Shalini Agnihotri, SP Narcotics was threw Resource person. She gave a power point presentation on 'Cyber Crime & Latest Trends with reference to the protection of women'. She discussed various poignant issues like hacking of accounts, stalking, cyber bullying, digital virtual foot print etc. She cautioned the students against sharing personal details on-line, ATM usage etc. This was followed by an interaction with the students. After this, Taru Mehta, student of B.Com IV Semester, recited her self-composed poem entitled 'Utho Draupdi'. The results of the competitions held earlier on the topic 'Women Empowerment: Upliftment as the change agent' were declared. Ms. Agnihotri then judged the poster in Room No: A-4. The organizing team comprised of Dr. Anjali Dewan, Dr. Sangeeta Sarswat, Ms. Madhu Pahwa Teacher-in-charges, Admiral Arushi, Vice President of the Women's Cell Bhanupriya Singh Thakur and Ms. Raksha Rathore as the Secretary of the Women's Cell.
- The result of the various competitions were as follows:

Essay Writing:

Ist : Simran Chauhan, B.Com, Semester IV

IInd : Saisha Verma, B.A, English Major, Semester IV

Hindi Writing:

Ist: Taru Mehta

Slogan Writing:

Ist : Himani Sharma, BSc., Zoology Major, Semester VI

IInd : Vaishali Kashyap. BSc, Physics Major, Semester IV

Poster making:

Ist : Shivani Thakur, B.Com, Semester IV

Pragya Singh, BSc. Microbiology, Semester IV

IInd: Deepika Rawat, B.Com, Semester IV

IIIrd: Kunika Kanwar, B.Com, Semester IV

The judges for the various competitions were Mrs. Anuja Sharma, Dr. Sangeeta Sarswat, Mrs. Anjali Wadhwan and Mrs. Ruchi Azad.

- Dr. Anjali Dewan and Dr. Sangeeta Sarswat were honoured by the Centre for Women's Studies & Development, Himachal Pradesh University, Shimla with Women Achiever's Award, 2017. They also recited their self-composed poems.
- Dr. Robin Endelman, Associate Professor in the subject of Mathematics from the University of Fraser Valley, Canada visited the College under the Faculty Exchange Programme from February 27 - March 7, 2017. She taught the students and interacted with them for a period of 10 days.
- Dr. Deepika Gautam and Ms. Upasana Thakur from the Department of Commerce jointly published a book 'Industrial Relations for BCom., Semester VI in collaboration with VK Publishers.
- The Minor tests for all the Semesters were held from March 15- March 28, 2017.
- Ms. Nandini Pathania was appointed as the Inspector for ISC and ICSE examinations. She visited different schools for inspection in the month of March-April, 2017.
- A Faculty Development Workshop on 'Revolutionary Potential of Scholarship (SOTL)' was organized on March 27, 2017. Dr. Eric Davis, Provost and Vice President, Academic University of Fraser Valley, Canada was the resource person. He was of the viewpoint

that a paradigm shift was taking place all over the world and that the teacher centric learning was changing into learner centric learning.

- Dr. Anjali Dewan was felicitated for her contribution in the field of Education, Culture, Environment and Disaster Management by the Czech Ambassador, His Excellency Mr. Milan Hovorka and was bestowed with the honour of becoming a member of the International Women's Club on March 30, 2017 at the International Guest House, Delhi University.
- The Computer Department of St. Bede's College organized presentations on 30th & 31st March, 2017 at Government Senior Secondary School, Sanjauli & at Government Senior Secondary School, Chotta Shimla. The students of the BCA 6th semester gave the presentation on 'Cyber Crime'. The presentation started at 11.30 a.m. for classes VIII - X. During the presentation, students were informed about the different problems that occur because of cyber crime. To make the presentation more interesting, questions about computers were asked. Chocolates were distributed among the students for every right answer. The students learned a lot during this interaction. It was overall a good experience for all the students.
- A Staff Council meeting was held on April 5, 2017. The Principal Dr. (Sr.) Beena John appreciated the hard work put in by both teaching and non-teaching staff and thanked them for their help and support. A number of issues pertaining to the short attendance of the students, minor tests were discussed.
- The 'Office Laying down ceremony' and 'Prize Distribution function' was held at St. Bede's College, Shimla on April 6, 2017. The function started with welcoming the Chief Guest Dr. Pankaj Lalit, Registrar, Himachal Pradesh University, Shimla by Dr. Gitanjali Mahendra. This was followed by the Office Laying Down ceremony which marks the successful completion of the tenure of the Student Council. A power point presentation of the annual report comprising of the activities of the academic session of the year 2016-2017 was presented. For the Prize distribution, the Chief guest and the Principal Dr. (Sr.) Beena John were invited on the stage to give away the prizes to the students who excelled in academics as well as co-curricular and extra-curricular activities

throughout the year. Prizes were given away for the subject toppers of every class.

Trophies for excellence in various subjects were given to the following students:

- R.S Pathania Memorial Award for Botany: Priyanka Sharma
- Special Award for Home Science constituted by Ms. Nandini Pathania: Ashima Gupta
- Dr. G. R Sud Memorial Award: Shivani Sharma
- For Excellence in Mathematics: Liza Thakur
- Dr. Rana Nayar trophy for Excellence in English: Nivedita P. Mishra
- Two awards sponsored by the President of Alumni Association: Nivedita P. Mishra

Rosalika Rawat

The Award for the best Ship was bagged by I.N.S Chirag. The Principal then gave away the Bedian pins to the students who excelled in every field and worked with sincerity throughout their term in collage.

The Bedian pins were given to the following students.

- Akanksha Kanwar
- Nivedita Mishra
- Rosalika Rawat
- Ayushi Thakur
- Aarushi Chauhan

In his address, the chief guest congratulated the prize winners and their parents. He gave them tips for achieving success in future consisting of time management, lack of procrastination, solitude and meditation. The vote of thanks was proposed by Mr. D.V Pathania. This was followed by lunch for the sixth semester students and the prize winners.

- The 'Grads' Nite' was organized for the outgoing students of the 2016-17 batch on April 8, 2017. Dr. Purnima Chauhan, Director Administrative Reforms, Government of Himachal Pradesh, was the chief guest. The event started with the lighting of the lamp by the Principal Dr. (Sr.) Beena John, the chief guest, Sr. Marie Rita and Dr. Anjali Dewan. It was a grand event involving non - competitive round in which students from all the streams participated. The first competitive round comprised of 64 students. This was followed by the second round in which 12 students were short listed for the ramp walk. Out of which 6 students were short listed for question- answer round. The judges asked the semi finalists questions

and judged them on the basis of content, confidence and relevance. Other than this, songs and dances were also presented by the first and second year students. Some outgoing students also showcased their talent. The Principal gave all the outgoing students medals on this occasion. The chief guest Dr. Purnima Chauhan praised and encouraged the students and said that they must always remain creative and energetic.

The winners of 2014-2017 Grads' Nite were

- Miss Bede's: Malika Thapa
- 1st Runner-up: Aarushi Chauhan
- 2nd Runner-up: Aayushi Thakur

The various sub- titles were:

- Best Personality: Aarushi Chauhan
- Best Hair do: Nabiha Siddique
- Miss Elegant: Sheetal Rajta
- Best Attire: Pankhuri Gupta
- Best Smile: Shristi Dharet

The organizers of the 'Grads' Nite' 2017 were Dr. Deepika Gautam, Ms. Upasana Thakur, Ms. Reena Thakur and Ms. Shivani Vaid.

- Dr, Anjali Dewan attended the Continuing Nutrition Education (CNE) on 'Depression – Let us Talk Nutrition' on April 8, 2017 organized jointly by the Indian Dietetic Association, Chandigarh Chapter and the Department of Home Science, MCM DAV College, Chandigarh.
- A demonstration of making articles out of waste material and paper cutting was held on April 10, 2017 in the department of Home Science. About 50 students of JBT and Home Science participated. Mr. Vicky Lall who works for the disabled children was the resource person.

- The Practicals of various subjects were held from April 10th onwards.
- A one day IT visit for BCA students was organized to Sebiz Furnishing School, Mohali and Netsmartz Infotech Pvt. Ltd. on April 12, 2017. Ms. Neha Walia, Mr. Sushil Kumar and Mr Vikesh Kumar accompanied the students.
- Dr. Anjali Dewan was awarded the degree of M.Ed in the 30th convocation of Indira Gandhi National Open University (IGNOU) on April 13, 2017.
- Mrs. Anuja Sharma adjudged the National debates at Bishop Cotton School in April 2017.
- Mr. Khyal Chand organized a Get together for the teaching and non-teaching staff on April 17, 2017 in the staff room.
- Our college was included in the list of the Tribune Guide to best colleges on April 14, 2017.
- All the departments were requested to submit their E-Periodicals for the year 2016-2017 by 24th April, 2017.
- The Department of Commerce arranged an industrial trip for 42 students of M.Com. first and second years on April 20, 2017 at Glenmark Pharmaceutical Company, Nalagarh. The students were shown the Production Unit of the Company. Mr. Ravinder Singh, Assistant Production Manager addressed the students and explained the process of manufacturing of cough syrup, lotions and ointments which the company exports to 25 countries. A team of four faculty members comprising of Mr. Manu Mahajan, Mr. Kuldeep Singh, Ms. Shivani Vaid and Ms. Pratibha Kumari accompanied the students.
- The teaching and non-teaching staff accompanied by the Principal Dr. (Sr.) Beena John went for a picnic to Theog and their get together at De Exotica Crest on April 21, 2017.
- Mrs. Shweta Thakur had her Viva Voce on 23rd April, 2017 and completed her Phd. in the subject of Zoology.
- The Semester Theory examinations started in the college on April 24th, 2017.

- A Staff Council meeting was held on April 25, 2017 to discuss about the combinations, and credits for various semesters to be added in the College Prospectus. The Principal Dr. (Sr.) Beena John asked for suggestions from the staff members.
- Mrs. Anuja Sharma, Mrs. Madhu Parmar and Dr. Gitanjali Mahendra were invited as judges for the All India Slater Memorial Debates organized at Bishop Cotton School, Shimla from April 25-29, 2017. About 16 High Schools participated.
- Dr. Anjali Dewan and Dr. Sangeeta Sarswat participated in the Kavi Sammelan & Sangoshti held at Rotary Municipal Hall, Shimla on April 28, 2017 on the occasion of Parshuram Jayanti organized by Parivartan, Samajik avam Sahityik Sanstha, Shimla and Himachal Pradesh Bhasha avam Sanskriti Academy. Both of them recited their self-composed poems.
- A team from the University visited the College on 29th April, 2017 to give affiliation for starting MSc. (Botany), MSc. (Geography) and inspected the Department of Microbiology & Biotechnology.
- Dr. Anjali Dewan attended the Kavya Path Avam Paricharcha and Kavi Sammelan at Gaiety Theatre on May 14, 2017 organized by the Himachal Art, Culture and Language Academy. She also read out her self-composed poem.
- A number of teachers comprising of Mrs. Unnati Chauhan Vashisht, Mrs. Punam Chauhan, Mrs. Minni Sharma, Mrs. Kalpana Sharma, Mr. Manu Mahajan, Dr. Meenakshi Sharma, Mrs. Alka Verma, Dr. Deepti Pajni, Dr. Anupama Tandon, Dr. Gitanjali Mahendra, Dr. Sangeeta Sarswat and Dr. Anjali Dewan attended the International Interdisciplinary Conference on 'Water Culture of India' at Government Degree College, Sanjauli jointly organized by Centre of Excellence, Government Degree College, Sanjauli, Shimla and Sadguru Education and Welfare Association (SEWA), Kalyan, Maharashtra on May 18 - 19, 2017. All of them presented their research papers.
- All the teachers teaching Semester VI evaluated the answer sheets of the students.

- Dr. Anjali Dewan attended a Symposium on Protein and Fibre: Its Role in Society organized by Indian Dietetic Association (IDA), Ludhiana Chapter on May 21, 2017. I was Chairperson for one of the sessions.
- The College closed for Summer Vacations from May 22- June 16, 2017.
- Dr. Anjali Dewan was invited as an External Examiner for conducting the Practicals of M.Sc (Dietetics & Nutrition), 2nd Semester on 9th June, 2017 in the subjects of Clinical & Therapeutic Nutrition - II and Human Nutrition – II at M.M.I.C.T & B.M (Hotel Management) Maharishi Markandeshwar University, Mullana, Ambala, Haryana.
- The College reopened after Summer Vacation on June 17, 2017.
- The counselling of the students for admission to various courses for the new academic session started on June 17, 2017.
- **Farewell Party to Our College Manager**
A Farewell get-together was organized by the Teaching and Non-teaching staff of the college to bid farewell to our College Manager Sr. Alma on 9th June, 2017 at Hotel Holiday Home. The Principal Dr. (Sr.) Beena John thanked her for her guidance and support.
- An article on the history, academic courses, Heritage status of our college was included in Region Scan: Himachal Pradesh, The Tribune, Jobs and Opportunities, June 21, 2017.
- The classes commenced on 26th June, 2017 for all the semesters.
- A Get –together was organized on June 30, 2017 at Hotel Holiday Home to welcome Sr. Marina as the new College Manager and Sister Superior of St. Bede’s College. All the teaching and non-teaching staff was present.
- The IGNOU Study Centre of the College organized Synopsis presentation, a prelude to Dissertation writing on June 30, 2017. Eight students gave power point presentations. The respective guides gave their suggestions.
- Three of our ex-students Shilpa Sood, Nivedita Mishra and Sakshi Mehta and Saisha Verma, a student of Semester II, English Major participated in Kavi Samelan held at Gaiety theatre for young poets organized by Himachal Art, Culture and Language Academy from 11 a.m to 2.30 p.m on July 2, 2018. They recited their self composed poems. The same day they recited their poems at Rotary Municipal Hall, Shimla from

4.30 p.m. to 7 p.m. organized by Parivartan, a Social Cultural organization. Dr. Anjali Dewan also presented her self composed poems in both the Kavi Samelans.

- A Staff Council Meeting was held on July 3, 2017 at 10.45 a.m. in the staff room. The calendar of activities was given to the staff members. It was decided to hold an Introductory Assembly and Orientation programme for the new students on July 4, 2017.
- An Introductory assembly in which the Principal and staff members introduced themselves to the students was held on July 4, 2017 in the College auditorium. This was followed by an Orientation programme for the new students organized under the guidance of Mrs. Anuja Sharma. They were apprised of the College history and the Mission and Vision of the College. The senior students then took the new students around the college.

- **Opening** **Mass**

An Opening Mass was held on July 12, 2017 at 10.30 a.m. in the College auditorium. Father Tharthius conducted the mass. Hymns, readings from the Holy bible created a soothing and a spiritual atmosphere in the auditorium.

- The inspection of all the Self-financed courses comprising of Microbiology & Biotechnology, BBA, BCA, B.Com, M.A English, M.Com. was done by a team of experts from the Himachal Pradesh University, Shimla on July 13, 2017.

- **Anti-ragging Workshop**

An Anti-ragging workshop was organized the college on July 13, 2017 to make the students aware about menace of ragging. The workshop started with a Documentary film on ragging and a power point presentation on its Do's and Dont's by Puneet Kaur, a student of B.A, fifth Semester. This was followed by a lecture on ragging by Mrs. Yogita Dutt Sharma, Advocate, High Court, Himachal Pradesh. She spoke at length about the Prohibition of Ragging Act, 2009. Ragging in and outside the college campus is prohibited. If any kind of such incidents take place, they should be reported to the college authorities immediately. It is a cognizable and a non-bailable offence. Within 24 hours, action has to be taken against the students who indulge into ragging. Otherwise,

FIR can be lodged by the student or her guardian in the nearest Police station. The accused student will be rusticated from the college and will not get admission in any other educational institution. Mrs. Anuja Sharma, Incharge of Anti-ragging Cell informed all that St. Bede's College has a record for zero tolerance for ragging.

- **Society Fair**

A Society Fair was held in the auditorium from 11 a.m.- 1 p.m. on July 14, 2017 to enrol the new students into various clubs and societies.

- An Electoral Awareness Program was held at St. Bede's College on July 18, 2017. The program began with an introductory speech by Mr. Sanjeev Sharma, Election Kanungo Shimla, and BLO (Booth level office) Supervisor. This was followed by a one act play by theatre artists Mr. Munish Sharma, Mr. Sanjay Sharma and Mr. Ishan Chauhan. Through their act, they suggested that all individuals of the age 18 years and above must register themselves as voters and vote for the good of the country. The programme came to an end with a oath taken by the students to be responsible voters which was conducted by Mr. Mohinder Thakur, NT Election.
- Dr. Ravi Bhushan, Department of Psychology was appointed as the External Examiner for MAPC Internship and Project evaluation by Indira Gandhi National Open University (IGNOU) for the year 2017-2018.
- A Staff Council meeting was held on July 24, 2017 in the staff room to discuss about the elections to the Student Council. A number of other important issues were also discussed.
- **College Elections**
The elections for various posts were held peacefully on July 24, 2017 in the College campus. The Principal Dr. (Sr.) Beena John announced the results amidst lot of cheering by the students.
- The Book Club of St. Bede's College 'Afterthoughts' showed the film 'Monsoon Wedding' to its student members on July 25, 2017. The various complexities of the film were discussed. It was appreciated by all.
- **Investiture Ceremony**

The College organized 'The Investiture Ceremony' of the newly elected Student Council on July 29, 2017 in the college auditorium. Ms. Unnati Chauhan introduced the chief guest and Ms. Shivani Vaid spoke about the relevance of the installation of the Student Council. Mr. S.R Mardi, Director General & Commandant General Home Guards Civil Defence and Director, Fire Services, Govt. of Himachal Pradesh was the Chief Guest for the event. The programme commenced with invoking the blessings of the Almighty with a lighting of the lamp and a classical dance. The Principal Dr. (Sr.) Beena John, the chief guest and Sr. Marie Rita sashed the Admiral, the Vice- Admiral and the Ship captains. After this, the Principal administered the oath of office to the student council members. The Chief guest addressed the students and congratulated the newly elected Student council and their parents. He appreciated the non-political elections, the discipline and the uniqueness of the oath taking ceremony. He laid emphasis on the importance of studies as well as extra-curricular activities. Physical fitness leads to mental alertness. The vote of thanks was proposed by Mrs. Anuja Sharma.

- **St. Claudine's Feast Day Celebration**

St. Bede's College, Shimla celebrated its Mother Foundress' Feast Day on July 31, 2017. St. Claudine Thevenet, a woman of strong personality, a true mother of both body and soul came into this world on March 30, 1774 and started the Congregation of the Religious of Jesus and Mary. The day started with a warm welcome by the Admiral followed by the lighting of the Panch deep by the Principal Dr. (Sr.) Beena John and a few teachers. This was followed by a power point presentation which included her life, sufferings, struggles and her deep faith in God. All the teaching, non-teaching staff and the students were present on this occasion.

- The meeting of the Board of Studies in the subject of Home Science was held at St. Bede's College, Shimla on July 31, 2017 at 3 p.m. in the Department of Home Science. The syllabi of Apparel Design & Construction and Nutrition & Health Education were discussed.
- The Department of Home Science, St. Bede's College organized a workshop on Breast

feeding awareness on August 2, 2017 in the Seminar room as August 1-7 is celebrated as Breast Feeding Awareness week. The resource person was Dr. Anjali Dewan. She spoke at length about the importance of breast feeding the infant. The students were also apprised of the comparison between mother's and cow's milk. The role of complementary foods was also emphasised. A Poster making competition was held the same day on 'Breast feeding – its various aspects'. About 35 students participated. Ms. Nandini Pathania, Department of Home Science and Dr. Shonali Sud, Department of Psychology were the judges. The posters were displayed for the students and teachers of the college in Room No. A-3 and A-4.

The winners of the Poster making competition were as follows:

Ist: Areeba Ikram (English Honours, Semester I)

IInd: Surmeet Kaur (Psychology Honours, Semester I)

IIIrd: Sanjana (BCom., Semester I)

- Educate India, a diversified organization based at Mumbai held a Campus Placement programme at St. Bede's College, Shimla on August 4, 2017. Mr. Vikas Maria from the organization interviewed the students. About 92 students gave the interview out of which 35 students were selected. Mr. Manu Mahajan, Department of Commerce helped in the smooth interaction of the students.
- The Book Club 'Afterthoughts' met on August 5, 2017 at 11.30 a.m. in the Archives section of the library. A discussion was held on a very pertinent social issue of child abuse in the families. Related to this, a film 'Monsoon Wedding' was shown earlier. It was further decided to read a story by Monto for the next meet on August 12, 2017.
- The Freshers' Social titled 'Metanoia 2017' was held on August 9, 2017 at St. Bede's College, Shimla. Dr. (Sr.) Marina John, Manager of the college was the Chief Guest. The programme started with the introductory speech by Mrs. Minnie Sharma. This was followed by lighting of the lamp by the chief guest, Principal Dr. (Sr.) Beena John and other dignitaries. The Admiral of the College Sehajdeep Kaur Vohra then welcomed the freshers. Raksha Rathore spoke on the importance and need for empowerment of

women. The cultural programme included kathak dance by the Dance teacher Mr. Vishal Thakur and his students, Natti, Hindi skit entitled 'Udaan', fusion dance and singing. There were a number of talent rounds which were held earlier in which 425 students had participated. Out of these, 42 girls participated in the Competitive round. The judges were Mrs. Neeloo Lakhanpal, Mrs. Gurleen Ahuja, Mrs. Guneet Duggal. The Chief guest Dr. (Sr.) Marina John motivated and blessed the freshers in her address. Dr. Purnima Chauhan, Secretary, Administrative Reforms shared her views on gender sensitization.

The results of various Preliminary rounds are as follows:

Dancing: Ist- Palak Bhardwaj, Aishna

IInd- Shabnam Chauhan

Singing: Ist- Aamna Tyagi

IInd- Monika Sharma

Just a Minute: Ist- Amisha Chauhan, Preksha Ahuja

IInd- Mahima Rathore, Sanya Khan

Rangoli: Ist- Vidula

IInd- Mridula Sisodia

Photography: Ist- Sulagna Banerjee

IInd- Urja Chawla

Painting: Surmeet Kaur

Sketching: Ist- Chitwan Jamwal

IInd- Shreya Patial

General Knowledge: Ist- Amisha Chauhan

IInd- Shivani Chauhan

Creative Writing: 1st- Anumita Roy Choudhry

2nd- Ananya Andrews, Anushka Tomar

The winners of the competitive round were:

- Refreshing Beauty: Cheryl Lal
- Ms. Ramp Walk: Mahima Rathore
- Ms. Popular: Ananya Jayani
- Ms. Best Attire: Sadhika Chauhan
- Ms. Fashion Icon: Anushka Tomar
- Ms. Vivacious: Anshula Chandel
- Ms. Glowing Skin: Monika Sharma
- Ms. Personality: Tammana Verma
- Ms. Stunning: Nancy Dutt
- Ms. Photogenic: Shabnam Chauhan
- Ms. Perfect Smile: Sadhika Chauhan
- Ms. Spectacular Eyes: Garima Ahuja
- Ms. Simplicity: Aishna Chauhan
- Ms. Beautiful Hair: Surmeet Kaur

The winners were sashed and given gifts by the Chief guest & the Principal. The vote of thanks was given by Dr. Gitanjali Mahendra. The programme was organized by Dr. Gitanjali Mahendra, Dr. Sangeeta Sarswat, Mrs. Minnie Sharma, Ms. Shruti Gupta, Mr. Manu Mahajan and Mr. Kuldeep. The programme was sponsored by Lal & Sons and Que Cafe.

- **National Workshop of Science**

The Science Faculty of St. Bede's College Shimla, in collaboration with Indian Association of Physics Teachers (IAPT) hosted a two days National Workshop entitled '**St. Bede's Science Theatre 2017: A Celebration of Science through Stage Shows, Lectures and Panel Discussions**' on 10-11, August 2017. Around 300 Science students of the college along with 150 students of various colleges and schools of Shimla attended it. These included Govt. Degree College, Sanjauli, R.K.M.V, Rajiv Gandhi Govt. Degree College, Chaura Maidan, Convent of Jesus and Mary, D.A.V School, New Shimla, D.A.V School, Lakkar bazaar, St. Edward's School, Loreto Convent, Tara Hall, Kendriya Vidyalaya, Jakhu, Kendriya Vidyalaya, Jatogh, Govt. School, Sanjauli, Monal Public School and Chapslee school.

The main objective of workshop was to enjoy the wonderful world of science, to satisfy the curiosity of young minds and to understand how or why certain things happen around us. Dr. (Sr.) Marina John, Manager St. Bede's College Shimla inaugurated the workshop. In her address she highlighted the importance of science in one's life. On 10th August, 2017 in the first technical session of the workshop, Prof. P.K.Ahluwalia delivered a lecture on the topic '**Graphene: The Queen of Flat Land of Crystals**'. He talked about the wonders of carbon and the properties of Graphene, its discovery and its application in the electronic industry. Second half of the day started with a stage show on Physics experiments by Prof. T.R. Ananthkrishnann, Head, Dept. of Physics & Research Centre, St. Pauls College Cochin and Visiting Faculty, International School of Photonics, Cochin, Kerala. He demonstrated the experiments of mechanics, optics and electricity and magnetism. The students showed a great enthusiasm and participated in the stage show and enjoyed it thoroughly.

On the second day, Prof. Nivedita Sharma delivered a lecture on the topic '**Wonder World of Science: Walk from Past to Future**'. She stated that Science is a search of truth and knowledge and the application of knowledge is called technology. Her lecture elucidated the transition of science from the past to the modern day scenario and how the work of several leading scientists contributed to this transition. She emphasized on the various existing and the upcoming branches of science such as nanotechnology, genetic engineering, biotechnology, IPR etc., their phenomenon and the importance of these in our lives such as creating artificial skin and the 5 dimensional glass discs. To stimulate the science experimentation in learning among students and teachers both at school and college level

and to share and discuss issues relating to teaching/learning science more effectively particularly for students enrolled in undergraduate classes, there was a panel discussion on the topic '**Latest trends and opportunities in science**'. The emphasis was to remove myth that doing science means no career. The panel responded to the queries of the audience convincingly.

This was followed by a live demonstration of engaging low cost physics experiments which can be easily used in the class room to unveil physical phenomenon of nature in a most interesting and engaging manner by Prof. M.S. Marwaha, a renowned physicist and former Principal, Sri Guru Gobind Singh College, Chandigarh. His demonstrations were on the phenomena of Resonance, Propagation of waves, Duality of matter and waves, Reflection, Refraction and Faraday's Laws etc. These leading scientists and educators, engaged the participants in interactive presentations and demonstrated significant experiments to help students understand basic science principles and concepts clearly. After seeing these demonstrations students must have changed their views that Physics is a lot more than just derivations.

- **Tree Plantation Campaign**

On 18th August 2017, N.S.S Unit of St. Bede's College Shimla in collaboration with Forest Department Himachal Pradesh Shimla organized a Tree Plantation Campaign at Five Benches, Jakhu Hills Shimla. The Principal of the college Dr. Sr. Beena John inaugurated the event and asked all the volunteers to take a pledge to protect the environment. Around 100 NSS volunteers along with Principal Dr. Sr. Beena John and NSS Programme Officers Dr. Sapna Sharma, Mr. D. V. Pathania, Sr. Marie Rita, Mr. V. K Sanoria, Mrs. Alaka Verma, and Dr. Shramja Munjal planted more than 100 saplings of Deodar and Ban in that area. The plantation was held at the same area as last year and it was noted that 65% of the trees planted earlier had survived. Each volunteer took the responsibility to take care of the plant allocated to her and decided to revisit the area after 6 months to see the growth of the plant.

- The students of BSc. (Hons) Microbiology and Biotechnology participated actively in an inter-disciplinary activity with the students of BSc. Botany on the demonstration of different types of thallus organization in Algae on August 18, 2017.

- The Department of Zoology in association with Environment Cell gave a presentation on Awareness about honey bees in the college auditorium on 21st August 2017.

- **World Honey Bee day Celebration**

On the occasion of World Honey Bee day, an Environment Awareness Programme was organized on August 22, 2017 by the Department of Zoology of the college. The theme of this awareness programme was 'Conservation of Honeybees and their Role in Pollination'. The students took an initiative to make the people aware about the silent threat emerging due to honey bees being endangered by visiting a number of schools and colleges in Shimla and Theog. They interacted and explained how honey bees are a boon to the society and why there is a need to conserve them. Dr. Shweta Thakur, Ms. Anuja Sharma and Mr. Ankush Sharma accompanied the students to respective schools and colleges.

- **Student Exchange Programme**

St. Bede's College arranged a student exchange programme from August 22-26, 2017 in collaboration with Skyline University and Amity College, Dubai. The students got exposure and an opportunity to enhance their knowledge in various issues like Aerospace technology, Nano technology, Fashion designing, Mass communication and various other interactive courses. The students from these two Universities will be visiting our college shortly.

- Ms Anuja Sharma was invited to judge Inter School Elocution competition at Chelsea on 24th August, 2017.

- An Essay Competition was held on August 25, 2017 by the NCC Unit of the college. Komal Chogyal was awarded the first prize.

- The officers from NCC Naval Unit, Bilaspur came for an interview on August 29, 2017 where 18 students of Semester I of all the streams appeared for an Entrance Test followed by an interview. Thereafter, seven cadets were selected.

- **Innovative recipes without cooking**

A competition of Innovative cooking without involving any cooking was organized in the Department of Home Science, St. Bede's College, Shimla on August 25, 2017. About 40 students participated in the competition. Mrs. Anuja Sharma and Mrs. Upasana Thakur were the judges. The winners were:

- 1st: Cheryl Lal (Semester I)
- 2nd: Pratishtha Thakur (Semester I)
- 3rd: Sakshi Luthra (Semester V)
- Consolation prize: Ritika Nanta (Semester III)

Ms. Nandini Pathania and Dr. Anjali Dewan organized the event.

- **Red Ribbon Club Activity**

On August 28, 2017 a State level event was organised on the ridge and the Gaiety Theatre by the Himachal Pradesh State Aids Control Society on the occasion of International Youth Day for spreading the awareness on HIV/AIDS and measures to prevent it. The Chief Guest for the event was our honourable Health Minister of Himachal Pradesh Shri Kaul Singh Thakur. Students from different colleges and schools participated in the event. The students of our college performed a Skit which was based on spreading awareness on AIDS. Different performances and activities held in this event helped in conveying a very informative and positive message to the society. The Red Ribbon Club and N.S.S unit of the college were involved in organizing the event. Dr. Sapna Sharma, Mr. D.V Pathania, N.S.S Programme officers and Mr. V.K Sanoria, President, Red Ribbon Club accompanied the students.

- **Web Designing and Development Seminar**

The Department of Computer Science organized a Seminar on Web Designing and Development on August 28, 2017 in the Computer laboratory at 12 p.m. for the BCA 1st, 2nd and 3rd year students. The seminar was conducted by the faculty of Frameboxx Animation Institute, Sanjauli, Shimla which comprised of Ms. Meenakshi Sharma (The Branch Head), Ms. Navita (The Counsellor), Mr. Aman and Mr. Yashwant Sharma. The seminar started with a short introduction regarding seminar through a presentation by Ms. Meenakshi Sharma, which was then followed by a presentation on Web designing by her. The design and processes involved in the designing of the web pages were discussed. The tools used in the development and designing of these web pages and sites were also discussed which included Photoshop, JAVA, html, CSS, jQuery etc. Mr. Aman spoke about the features of a good website, social marketing of one's business, need for a good website and the online marketing plan in this increasing worldwide competition. He also mentioned that the website has to be of good user-interface and easy to use. Mr. Yashwant talked about the basics of animation and the need of creativity for animation. He said that 'Animation is all about making your art live'. All that today's world needs is creativity. The courses offered by the institute were also shared with the students.

- An inter-disciplinary activity was initiated between the Departments of Psychology and Music on 'The Effectiveness of Music on Stress Management' for the year 2017-2018. A number of sessions with a group of Psychology students along with the students of the music department were conducted on 28th November, 29th November and 5th - 7th December 2017.

- A Synopsis presentation was organized by the IGNOU Study Centre of the College on August 30, 2017. Five students gave their power point presentations. The Counselors and guides gave their suggestions to the students regarding collection of data, statistical analysis and writing of thesis.

- **Blessed Dina Belanger's Feast Day Celebration**

The college celebrated the Feast Day of Blessed Dina Belanger on September 4, 2017. The day started with a warm welcome by the Admiral followed by the lighting of the Panch deep

by the Principal Dr. (Sr.) Beena John and a few teachers. An inspiring presentation on Dina Belanger's life was shown depicting her kind and helpful nature. All the teaching, non-teaching staff and the students were present on this occasion.

- A guest lecture by Professor S.S Kanwar on 'Xenobiotic compounds' was organized in the Department of Biotechnology on September 4, 2017.

- **Teacher's Day**

Teacher's Day was celebrated on September 5, 2017. The event began at 10 a.m in the college auditorium with the lighting of the lamp by the Principal Dr. (Sr.) Beena John, Sr. Marie Rita, Ms. Nandini Pathania and Dr. Anjali Dewan. This was followed with the cake-cutting ceremony by the Principal, the teaching and non-teaching staff. The students then performed various entertaining dances and dedicated poems and songs to the teachers. The teachers enjoyed the function and even danced on the stage. The teaching and non-teaching staff was given gifts.

- The Book Club 'Afterthoughts ' invited the well known journalist and writer Chander Suta Dogra, who writes for The Outlook and digital columns in The Wire and The Scroll on September 6, 2017 in the Archives section of the library. She has also authored Hate Stories based on Khap panchayats. The topic for discussion today was 'Dera culture in Indian Religiosity'. The students also put forward their views and interacted freely with her.

- Dr. Anjali Dewan, Department of Home Science participated in the Panel discussion on 'Optimal infant and young child feeding practices- Better Health' at Shimla Doordarshan which was telecast live on National television on September 7, 2017.

- On 8th September, six students of the final year participated in a student's seminar organized by Govt. Degree College, Theog, on '*Cultural Diversity: Defying Homogeneity*'. The students under the guidance of Mrs. Anuja Sharma presented papers on the different foods of India; the Devta culture of Himachal; the multi-linguistic society of India, the regional dresses, traditions, rituals etc.

- Dr. Anjali Dewan attended and participated in the CNE on 'Prevention and Management of Kidney Diseases on September 10, 2017 organized by the Department of Dietetics, PGIMER, Chandigarh in association with Nutrition Society of India, Chandigarh Chapter.
- Dr. Shonali Sud was invited to be the Editorial Board member for 'Insights in Psychology' an Open access and Open peer review Journal.
- The Vistara Company, joint collaboration of Tata Sons & Singapore Airlines visited our college on 11th Sept., 2017 for the cabin crew and ground level interviews in which 85 students from various streams appeared. The members from Vistara Airlines were Ms. Sonali Chaddha, Senior Executive HR and Ms. Pallave, Executive HR. The members of Placement cell of the college Ms. Anuja Sharma, Mr. Manu Mahajan, Mr. Susheel Gupta and Mr. Vikesh were also present along with students Ms. Riti Sharma, Vice President and Ms. Himangi Shukla, Secretary Placement cell.
- The minor tests for various semesters were held from September 10-14, 2017.
- Dr. Anjali Dewan presented her self-composed poem at the State Level Kavi Sammelan organized by the Department of Language and Culture, Himachal Pradesh at Gaiety theatre on September 12, 2017.
- Like every year this year also St. Bede's College celebrated Hindi divas on 14th September, 2017 with great enthusiasm. The programme commenced with the lighting of the panchdeep by the Principal Dr. (Sr.) Beena John and a few teachers. Several competitions were held by the Hindi department on this occasion. The students displayed their talents in various inter-ship competitions. They participated in poetry recitation, declamation, solo dance, solo singing, mono acting and skit competitions. The judges were selected from among the college staff. About 200 students participated in various activities organized in the previous week comprising of poster making, collage making, slogan writing, creative writing, dialogue delivery, poetry recitation, essay writing and handwriting competitions. Indeed, the Hindi department did a commendable job in creating awareness and respect amongst the students for their mother tongue.

The winners of the final day competitions were:

1. Poetry recitation: Ship
First- Priya Negi INS Vikas
Second- Aashna INS Himmat
2. Declamation:
First- Bhavana INS Vikrant
Second- Pratishtha Thakur INS Vikas
3. Solo Dancing:
First- Aishna INS Vikrant
Second- Drishti INS Chirag
4. Solo singing:
First- Aamna Tyagi INS Vikas
Second- Sunanda INS Vikrant
5. Mono-Acting:
First- Akshika INS Vikrant
Second- Varsha INS Vikas
6. Best Actors:
First- Kanishka INS Vikrant
Second- Varsha INS Vikas

The judges for the various competitions were Mrs. Anuja Sharma, Ms. Nandini Pathania, Mrs. Alka Verma, Dr. Shramja Munjal. Dr. Anupama Tandon, Dr. Deepti Pajni, Dr. Gitanjali Mahendra, Mrs. Anjali Wadhwan, Dr. Kalpana Sharma & Dr. Anjali Dewan. All the members of the teaching, non-teaching staff and students were present. Dr. Sangeeta Sarswat and Dr. Meenakshi Sharma from the department of Hindi organised the function.

- About 40 students participated in various cultural activities organized at Envision-2017, a Festival of University Institute of Legal Studies, Himachal Pradesh University, Shimla from September 13-15, 2017. They were adjudged Ist in Natti, IInd in Western Dance & Solo Dance, IInd in Group Song, Mono-acting & Debate competitions.

- The NSS unit of St. Bede's College organized a Blood Donation camp in collaboration with Almighty Blessing, a NGO on September 15, 2017 in the college auditorium. Prof. Dr. Ranjana Rao, Senior Medical Superintendent, Deen Dyal Upadhyay Zonal Hospital, Shimla was the Chief Guest for the event. The programme started with the lighting of the lamp by the Chief guest, Principal Dr. (Sr.) Beena John and other dignitaries. A Power Point presentation by NSS volunteers Pratibha Sharma and Ragyi Thakur was then shown to the audience in order to make them aware about the National Service Scheme (NSS) and the activities like blood donation camp, undertaken by it. The students were sensitized about the importance of blood donation and myths/facts related to it. Mr. Sarabjeet Singh Bobby, the President of Almighty Blessings then addressed the students and shared the various social community based activities in which his NGO was involved. He encouraged the students to serve humanity in all possible ways. The Chief Guest in her address to the audience appreciated the enthusiasm of the blood donors. She motivated the students to donate blood. Around 83 units of blood were collected. The NSS Programme officers, Dr. Sapna Sharma, Mr. D. V. Pathania along with other teachers Dr. Shramja Munjal, Mr. Kuldeep were also present.

- Dr. Anjali Dewan, department of Home Science was invited as the Guest of Honour and judge at the Farewell get-together of Shivalik Institute of Nursing, Kamlanagar, Shimla on September 15, 2017.

- The N.S.S Unit of St. Bede's College, Shimla organized a lecture by Mr. Sarabjeet Singh Bobby, President, All Mighty Blessings NGO on 'What is Real Happiness'. He shared his life long experiences about the activities undertaken by his organization which gave him real happiness and satisfaction. The objective of this presentation was to sensitize the students about how service to humanity led to inner joy and happiness. The Principal Dr. (Sr.) Beena

John, staff, students and the N.S.S Programme Officers Dr. Sapna Sharma and Mr. D.V Pathania were present. Ms. Puneet Chhatwal, a student of Semester V gave the vote of thanks.

- An orientation programme was organized by NEST, an organization nurturing educated skillful talent at St. Bede's College, Shimla on September 20, 2017. This organization is committed to provide job opportunities for students of Himachal Pradesh in hospitality sector like Airlines, hotels etc. It aims to provide training in soft skills, personality development, English language and IELTS. This programme was organized in collaboration with Jet Airways to recruit young girls for their cabin crew. About 1300 students were present for the Jet airways presentation programme. Out of which 100 students appeared for the interview round based on selection criteria. The students were judged on the basis of their self – confidence, communication skills and poise. Mr. Anupam Vohra, Co-ordinator (Jet Airways), Director, NEST conducted the programme. Mrs. Anuja Sharma, Mr. Manu Mahajan, Mr. Susheel Gupta and Mr. Vikesh Kumar, Ms. Riti Sharma and Ms. Himangi Shukla were among the Placement co-ordinators from St. Bede's College, Shimla.

- An Art and Craft Workshop was organized by Pidilite Company in the Department of Home Science from September 18-20, 2017. Mrs. Neha Grover, the resource person taught Shilpkar art, Fabric printing and jewellery designing to the students. About 70 students attended the workshop. On the last day, the Principal Dr. (Sr.) Beena John visited the exhibition of the articles made by the students and appreciated the hard work and their creativity. Certificates were distributed to the students. Ms. Nandini Pathania and Dr. Anjali Dewan co-ordinated in successfully organizing the workshop.

- About nine students and three teachers from Badri Narayan Barwale College, Jalna, Aurangabad visited St. Bede's College from September 16 – 20, 2017 as part of the Student Exchange programme between the two institutions. The students interacted with the Departments of Botany, Zoology and History. A heritage walk was undertaken by the Department of History. The students visited Indian Institute of Advanced Study (IIAS), Potter's Hill, Chail and Kufri as part of their Educational trip. A Student exchange programme

was held on 25 Sept, 2017 in which an interaction among the major students of Zoology department, St. Bede's College and students of Badrinarayan Barwale Mahavidyalaya, Jalna was held. Various topics were discussed and presented like Vermicomposting, Deoli fish farm, 'Honey Bee a selfless creature' and the biodiversity of Himachal Pradesh.

- The students of Biotechnology, Semester VI went for an educational tour to Panjab University, Chandigarh on September 20, 2017.

- A Staff Council meeting was held on 21st September, 2017 at 11 a.m. in the Staff room to discuss the Date sheet of the Semester exams and other related issues.

- **Faculty Development Programme was organized by ICFAI Business School**

A Faculty Development Programme was organized by ICFAI Business School (ICFAI Group), Shimla on Experiential Teaching Techniques on September 22, 2017 from 11 a.m. to 3 p.m. for the teaching and non-teaching staff of St. Bede's College in two technical sessions. The team comprised of Mr. Saurabh Shukla, Mr. Ankur Jaiswal, Mr. Sita Ram and the speaker, Dr. Reshmi Manna from IBS Group, Gurgaon. Dr. Gitanjali Mahendra started the day's proceedings by introducing the speaker. In the morning session, Dr. Reshmi spoke in detail about teaching styles. The magic formula for solving the difficult situations consisted of three steps comprising of analyzing the situation, accepting the worst and then trying to find a solution. She then made the teachers do role play. She discussed Co-operative learning style, Case-studies, dramatization and live projects to inculcate interest in students towards learning. She also spoke about Research methodology. Video films were also shown.

In the afternoon session, the resource person talked about emotion management strategies. She emphasised on Intelligence and Emotional quotient by narrating her own life experiences. The brain and heart should work together. She discussed the Iceberg Model. The best way is to stay happy always. People will perceive what we want to show them. At the end of the very interactive session, Dr. Anjali Dewan proposed the vote of thanks. The

Principal Dr. (Sr.) Beena John thanked the speaker and the entire team from ICFAI Business School, Shimla.

- The Himachal Pradesh Council for Science, Technology & Environment (HIMCOSTE)

in collaboration with National Council for Science and Technology Communication (NCSTC) and Disaster Management and Environment Cell of St. Bede's College, Shimla organized Popular Lecture Series on 'Biodiversity Conservation and Patent' by Dr. Vandana Shiva, world renowned environmentalist on 23rd September, 2017. Mrs. Anuja Sharma welcomed the Resource person, dignitaries from HIMCOSTE, Principal, Dr. (Sr.) Beena John, teaching and non teaching staff and students of the college. This was followed by lighting of the lamp and Saraswati Vandana. The Inaugural address was given by Kunal Satyarthi (IFS, Joint Member Secretary, HIMCOSTE) about the various activities undertaken by the Council like Science popularization, Centre on Climate Change, AGiSAC, Remote Sensing Cell, H.P State Biodiversity Board, Research Grant to colleges and institutes, taking up projects and research and partial travel grant to upcoming scientists for participation in National and International Seminars. This was followed by special address by Archana Sharma (Member Secretary, HIMCOSTE). She motivated the students to develop scientific temper and to bring accuracy, objectivity and rational thinking in their lives.

Dr. Vandana Shiva she spoke at length about Biodiversity and its various facets. She explained how the notion of Science in humans has changed over time. The disruption of our planet's ability to self regulate has created a climatic chaos. The human beings have fossilized minds responsible for various diseases. True Science was the Science of quality where system exists as a web of ecology. She shared her experience her of 11years on revoking the patents on Neem and Basmati Rice in USA and Europe. It is knowledge of biodiversity, commitment which helped her to win the case. She elaborated about how she continued her journey towards the opposition of patenting seeds and agriculture by following the Gandhi's teachings and scientific analysis. Food grain areas are getting reduced. Concretization is a result of globalization.

A Vote of thanks was proposed by Mrs. Shubra Banerjee, Senior Scientific Officer, HIMCOSTE and Mrs. Minni Sharma. All the teachers and about 900 students of St. Bede's

College actively participated in the function. Mrs. Alka Verma, Dr. Shweta Thakur, Mrs. Shivani, Mrs. Minni, Mrs. Madhu Pahwa, Dr. Neha Gautam along with Preeti Thakur (Vice President, Environment Cell), Priyanka Sharma (Secretary, Environment Cell), Jaskeen Kaur (Vice President, Disaster Management Cell) and Ankita Bansal (Secretary, Disaster Management Cell) helped in organizing the function.

- Dr. Anjali Dewan was invited as a judge for Declamation in Hindi at the 19th Annual Inter school competition on 'Environment and Population' under the aegis of the programme 'Manthan' organized by Rotary Shimla Midtown on September 24, 2017.

- A presentation was made by Jyoti Rana, Assistant Commissioner, Shimla at St. Bede's College, Shimla on 25th September 2017 to make the students aware about the importance of voting and how one vote can make a lot of difference. She informed the students about the upcoming Vidhan Sabha elections and the Go Blue Campaign. She inspired the students to build a dream and follow it. The program was organised by Mrs. Deepti Pajni.

- A Book Talk was held in the library of St. Bede's College, Shimla on September 26, 2017. The Chief guest for the programme was Professor Meenakshi F.Paul, Principal, Himachal Pradesh University Centre of Evening Studies. The librarian Mrs. Anjali Wadhawan welcomed the guests. About 14 students presented reviews of books written by different authors like Amitav Ghosh, Harper Lee, Paulo Coelho, Khalid Hosseni, Chetan Bhagat, J.K Rowling etc. The judges were Dr. Davinder Bindra and Dr. Sapna Sharma. The Principal Dr. (Sr.) Beena John, teachers and students of M.A English and B.A English Honors were present. At the end, Professor Meenakshi appreciated the effort of the students in first reading and then presenting their views about the books. She motivated the students to read as many books as possible and also start to put their thoughts on paper. The Vote of thanks was proposed by Mrs. Ruchi Azad. The winners of the Book Talk were:

Ist: Nivedita Mishra (M.A English, Ist Semester)

IInd: Puneet Chhatwal (B.A English Honors, Semester V)

- **Inter-College Judo Championship**

Shivani Ramnaik won Silver Medal at the Inter-College Judo Championship held at R.K.M.V, Shimla on September 26, 2017.

- A Sports week was organized at St. Bede's College from 21st September- 27th September, 2017. The NSO Incharge, Mr. V.K Sanoria, Vice President, Armin Inder Virk and Secretary, Amanat Chauhan organized the competitions like Badminton, Table tennis and Basketball among different ships. The event was inaugurated by the Principal Dr. (Sr.) Beena John. Sportsmen spirit was visible among the young and enthusiastic players.

The winners of the various competitions are as follows-

- ◆ Badminton: First- Akshita, Geetika , Ashima INS Vikas
Second- Dhruvika, Manveer, Bhuvneshwari INS Chirag
- ◆ Table tennis: First- Anupriya, Diksha, Joyce INS Vikrant
Second- Pragaya, Hitakshi INS Vikas
- ◆ Basketball: First- INS Himmat
Second- INS Vikas

- Dr. Anjali Dewan, Department of Home Science was invited at Government College, Sector-14, Panchkula to deliver two extension lectures on 'Job Prospects in Home Science and 'Stress Management' on September 28, 2017.
- The Term end Practical exams for various semesters were held from September 29- October 10, 2017.
- A meeting of the Heads of all the departments in the college was held in the Principal's office on September 29, 2017 at 1.45 pm. A number of issues pertaining to the next session, formulation of lesson plans and workload of teaching hours were discussed.

- A workshop on the working of the software 'Campus Whizz' was held on October 4, 2017 in the Department of Computer Science. Dr. Shweta Thakur and Mr. Vikesh Kumar gave instructions to the teachers regarding on-line filling of the attendance of the students.
- Mrs. Monika Bhatnagar, Department of English was invited as a Guest of Honour and as a judge for the Art & Craft exhibition held at Monal Public School, Shimla on October 6, 2017.

- **Participation in the Youth Festival**

Yashika Ghamta participated in Kathak (Group-3) of the Youth Festival organized at Government College, Hamirpur from October 4-7, 2017 under the guidance of Mr. Vishal Thakur, the College Dance teacher. She was adjudged second among the participants from 8 colleges.

- Rimple Kaul of 5th semester Zoology Major became the first runner-up in the mega event 'Dance Himachal Dance' organised by the newspaper Divya Himachal. Her dance group 'The Obstinado Squad' won the accolade in the senior group category. She also got selected for a dance performance in the upcoming bollywood film.
- A meeting of the Staff Council was held on October 9, 2017 in the Staff room. The Principal requested the teachers to start preparing their lesson plans for the next semester.
- Dr. Gitanjali Mahendra was invited as a Resource person for a one day workshop on Communication Skills and Creative writing at APG University on October 12, 2017.
- The Term end Examinations for Semesters I, III, V started on October 13, 2017.
- There was Diwali break from October 18-22. 2017.
- An Induction Meeting was organized at St. Bede's College, Shimla, IGNOU Study Centre, 1134P for first year students of MSc (DFSM), Masters in Dietetics and Food Service Management on October 22, 2017 from 11 a.m. to 1 p.m. About 10 students from different parts of Himachal Pradesh and even from Jammu & Kashmir attended the

meeting. Dr. Anjali Dewan, Programme Incharge of the course welcomed the learners. The details about the two year post graduate course were discussed. All the queries of the students were answered. They were given instructions regarding the assignments, counselling sessions and Term end examinations. Two Counselors, Ms. Neha Walia and Ms. Jaivanti Chauhan also gave their inputs. It was decided that Counseling schedule would be sent to them in the next week.

- Dr. Anjali Dewan attended the English Poetic Symposium organized by Parivartan Kavya Manch – a Unit of Parivartan, a Socio-Cultural Organization of Himachal Pradesh on October 22, 2017. She recited her two self-composed poems.
- A meeting of the Grievance Redressal Cell was held on October 23, 2017 at 11.30 a.m. in the Principal's office. All the members of the Cell attended the meeting.
- The Write up on the Popular Lecture Series on 'Biodiversity Conservation and Patent' organized by The Himachal Pradesh Council for Science, Technology & Environment (HIMCOSTE) in collaboration with National Council for Science and Technology Communication (NCSTC) and Disaster Management and Environment Cell of St. Bede's College, Shimla by Dr. Vandana Shiva, world renowned environmentalist was published in the University News, Volume 55, No. 43, October 23-29, 2017.
- The NAAC Criteria Committee meetings were organized in the Principal's office on October 25, 2017.
- A Staff Council meeting was held on October 30, 2017 at 10.30 a.m. in the Staff room to discuss various aspects of RUSA.
- Field visits and excursions of MSc. Semester I were organized to Jakhoo Hills, Camp Potter's Hill and Regional Horticultural Research Station, Mashobra in the month of September – October, 2017. The purpose of these visits was to make students acquainted with the flora of different areas of Shimla.
- Students of BSc. Botany Semester III did the project work related to different aspects of Biofertilizers viz. compost making, waste material recycling, potato/apple cultivation and the effects of biofertilizers on their yield in the month of October, 2017.

- Dr. Sapna Sharma, Department of Physics participated and gave an oral presentation in XXXII IAPT Annual Convention and National Symposium on 'Recent Trends in Physics at Different Scales' held at Gurukul Kangri Vishwavidyalaya, Haridwar, Uttarakhand from October 28-31, 2017.
- All the Heads of the Departments were instructed by the NAAC Co-ordinator, Dr. Ravi Bhushan on November 2, 2017 to formulate their Perspective Plan for the year 2017-2018.
- NCC cadet Manju Sharma attended Pre RDC-I camp held at Chail Chowk, Mandi from November 2-12, 2017.

- **Election Awareness Programme**

An Election Awareness programme was organized by Dr. Pankaj Lalit, ADM, Shimla on November 3, 2017 at 12.30 p.m. in the college auditorium. He spoke at length about the importance of casting one's vote. He made the students and teachers undertake oath that every person will exercise their right to vote. Telephone numbers and website address were given in case anybody faced any kind of problem.

- **Bicentenary Celebrations of Saint Claudine Thevenet**

St. Bede's College, Shimla began the celebrations to mark the Bicentenary of the Foundation of Jesus and Mary in 1818 in Lyon, France on 6th October, 2017. We had Eucharistic celebration and power point presentation on the life of our Foundress, St. Claudine Thevenet on November 13, 2017. To commemorate this day, the students were given specially designed T-shirts depicting 200 years of the journey of our congregation. A sumptuous lunch was served followed by gifts given by the Principal, Dr. (Sr.) Beena John to all the members of the teaching & non-teaching staff.

- Ms. Upasana Thakur, Department of Commerce published research paper entitled 'Social entrepreneurship: An emerging trend in business' in a refereed, UGC listed, International Journal of Advanced Research and Development, VOL 2 Issue 6, Nov 2017, Impact Factor: 5.24.

- Dr. Savita Rana, Department of Commerce published a research paper entitled 'Role of Micro Financing in Development of Rural areas of Shimla, Himachal Pradesh' in a refereed, UGC listed, International Journal of Advanced Research and Development, VOL. 2 Issue 6, Nov 2017, Impact Factor: 5.24.
- Ms. Shivani Vaid co-authored a book on 'Fundamentals of Management and Organisational Behaviour', for BBA 1st Semester, HP University, ISBN 978-93-272-7772-2 published by Kalyani Publishers.

- **IQAC Meeting**

An IQAC meeting was held on November 14, 2017 at 11 a.m. in the staff room to discuss the Action taken for the Perspective Plan of 2016-2017. All the members were present. The Academic Monitors were also invited to give their suggestions.

- **IQAC Meeting**

An IQAC meeting was held on November 16, 2017 at 11.30 a.m. in the Principal's office to discuss the Perspective Plan for 2017-2018. The Departmental plans were discussed. All the members were present. The Academic Monitors were also invited to give their suggestions.

- Dr. Anjali Dewan, Department of Home Science attended the Continuing Medical Education (CNE) on 'Practical Approach in the Management of Diabetes' organized jointly by the Indian Dietetic Association (IDA), Chandigarh Chapter and the Department of Foods & Nutrition, Government Home Science College, Chandigarh on November 18, 2017.
- Dr. Anjali Dewan attended the 32nd Foundation Day of IGNOU and the Co-Ordinators'/Programme Incharges' meeting organized by the Regional Centre, IGNOU on November 19, 2017. She was the only Programme Incharge who had documentation reports for the last five years and presented the consolidated report.
- Ms. Mudita Upmanyu Sharma was awarded PhD. degree by the University of Delhi on November 18, 2017.

- Dr. Madhavi Joshi, Ms. Preeti Kaundal and Mr. Ankush Sharma attended the Himachal Science Congress on November 20-21, 2017 organized by HIMCOSTE (The Himachal Pradesh Council for Science, Technology & Environment).
- On November 25, 2017 a workshop was organized by the Red Ribbon Club of the Deen Dayal Upadhyaya Hospital, Shimla. The members of Red Ribbon Club of our college which included three students and the Teacher Incharge of the club, Mr. Vijay Sanoria attended the workshop which was based on spreading awareness on the rapidly increasing issue of HIV/AIDS and its causes and prevention.
- Dr. Savita Rana, Department of Commerce was awarded PhD. on November 27, 2017 by Himachal Pradesh University, Shimla.
- Dr. Gitanjali Mahendra was invited as an External Examiner to conduct Practical Examination of English & Personality Development of MBA & B.Tech CSE/ME/EE/CE, 1st Semester students of AP Goyal Shimla University on November 28-29, 2017.
- An inter-disciplinary Seminar was organized on November 29, 2017 comprising of the students and teachers of Home Science, Biotechnology and Computer Science. About 60 students attended the power point presentation given by Dr. Anjali Dewan on 'Nutrition Literacy: the most Effective way of Maintaining Health'. About 8 NCC cadets were also present.
- The students of BSc. (Hons) Microbiology, Semester III did an in house project entitled 'Isolation of pathogenic fungus associated with pomegranate and verify Koch's postulates' from August – November, 2017.
- The students of BSc. (Hons) Biotechnology, Semester IV did an in house project entitled 'Isolation and partial purification of cellulase from bacterial sources' from October– December, 2017.
- The Red Ribbon Club of St. Bede's College celebrated World Aids Day on 1st December 2017. The theme of the day was 'My health, my right'. An Inter-ship poetry recitation, essay writing, Slogan writing and poster making competitions were held on the topic 'Hands up for HIV prevention'.

The winners of the various competitions were as follows:

Poetry Recitation

1st: Saisha Verma (INS CHIRAG)

2nd: Pratishtha Thakur (INS VIKAS)

Essay Writing

1st: Aishna Chauhan (INS VIKRANT)

2nd: Smriti (INS VIKAS)

Slogan Writing

1st: Divanshi Chauhan (INS VIKAS)

2nd: Angela Chandel (INS HIMMAT)

Poster Making

1st: Areeba Ikram (INS HIMMAT)

2nd: Muskan Kaithla (INS CHIRAG)

The judges of these events were Mrs. Anuja Sharma, Dr. Deepti Pajni, Dr. Gitanjali

Mahendra, Mrs. Monika Bhatnagar, Ms. Nandani Pathania, Dr. Shramja Munjal, Dr.

Sapna Sharma and Mrs. AlkaVerma.

- The Cadets of Naval NCC wing of St. Bede's College, Shimla cleaned the area outside the college on 2nd December 2017. They removed the posters, bills and pamphlets sticking on the fence outside the college and also picked up the litter lying around. Following the footsteps of the Honourable Prime Minister of India Narendra Modi ji, the Principal Dr. (Sr.) Beena John, NCC ANO Dr. Shweta Thakur organized this activity in which cadets took part with great zeal and enthusiasm.

- A campaign on 'Waste Management through vermicomposting' was organized for the NCC cadets on December 3, 2017. They were taught the methodology to decompose the organic waste with the help of earthworms under Swachh Bharat Abhiyan.
- The Principal Dr. (Sr.) Beena John accompanied by teachers, students, NCC cadets visited Government Primary school, Sanjauli on December 5, 2017 to celebrate Christmas with the students of the school. Sweaters, inners, socks, mufflers, registers and pens were distributed to them. They sang songs and interacted with the college students. The Principal and the teachers of the school thanked Sr. Beena for coming to the school with so many gifts for their students.
- The NCC cadets collected Rs. 16,000 for the Armed Forces Flag Day from the students and teachers of the college on December 7, 2017 which was deposited with the Sainik Welfare Office.
- On 8th December 2017, Anuja Sharma was invited as a Resource person by The Institute of Chartered Accountants of India, Shimla to conduct a workshop on Verbal and Writing Skills.
- Dr. Anjali Dewan, Department of Home Science attended an International Conference on 'Opportunities and Challenges of 21st century' from December 7-9, 2017 held at Rajiv Gandhi Government Degree College, Shimla in collaboration with Science and Management Society, Himachal Pradesh. She gave two oral presentations dealing with Gender Violence and Environment & Sustainable Development.
- A condolence meeting was held on December 9, 2017 to mourn the passing away of Michael, Shivani Vaid's father and Mrs. Alka Verma's husband.
- An Inter-disciplinary seminar was held on December 12, 2017 comprising of the Departments of Commerce and Home Science. Dr. Anjali Dewan gave an oral presentation on 'Nutrition Literacy - the Most Effective way of Maintaining Health'. About 50 students and teachers were present. There was a lot of interaction and all the queries of the students were answered.

- A Workshop comprising of Poster Competition and a presentation was held at St. Bede's College, Shimla on 'Swachh Bharat Abhiyan' on 12th & 13th December, 2017 by the NCC unit. The cadets made posters depicting the relevance of Swachh Bharat Abhiyan on 12th December which were judged by the college teachers. On 13th December, Dr. Anjali Dewan, Associate Professor, Department of Home Science gave a presentation for one hour on the different components of Swachh Abhiyan. She spoke about the eradication of open defecation, disposal of garbage, cleanliness of self and the environment. She asked the volunteers to come up with suggestions for cleaning our country. The workshop was organized by the ANO Dr. Shweta Thakur.
- An inspection team comprising of Prof. M.S Chauhan, Dean Planning, H.P University, Sh. Krishan Vaidya, State Project Director, RUSA and Dr. Gopal Sanghaik, State Project Officer, RUSA from the Directorate of Higher Education visited St. Bede's College, Shimla on December 15, 2017 for inspection and utilization of RUSA funds under different heads. The College RUSA team led by the Principal Dr. (Sr.) Beena John discussed the use of funds under different criteria. The team from the Directorate of Higher Education visited different departments. Their inputs and suggestions were noted down. The Inspection team congratulated the Principal and the RUSA team of the college for excellent utilization of funds given by RUSA for the quality education of the girl students.
- **Financial Education Workshop by Securities Exchange Board of India (SEBI)**

SEBI, a statutory body established by an Act of Government of India has conceptualised a PAN INDIA Mass Contact Programme consisting of tenets of financial literacy and awareness for which it organised an interactive workshop by SEBI certified financial education resource person Mr. Anil Kumar (Company Secretary at SJVNL) at St. Bede's College on 16th Dec., 2017 for duration of about two hours. The workshop imparted participants with a better understanding of financial products and management of their finances. The members of Placement Cell of the college along with various other teachers from the departments of Commerce, Management and Computer Science attended the workshop. He invited the students for a practical hand experience at local SEBI office in Kasumpti in the month of Feb. in a batch of 40 students. The workshop was

organised by Mr. Manu Mahajan, Mr. Susheel Gupta, Mr. Vikesh and Ms. Anuja Sharma. The placement cell students Ms. Riti Sharma and Ms. Himangi Shukla were also present.

- Dr. Shweta Thakur, Department of Zoology published a text book on 'Comparative Anatomy and Developmental Biology of Vertebrates' for BSc. Semester II, Himachal Pradesh University, ISBN: 978-93-5181-207-4, Sharma Publishers, Jalandhar.
- Mrs. Anuja Sharma was invited as a Resource person on December 16, 2017 to deliver a lecture on 'Practical/ Testing of Verbal Skills at the Himachal Pradesh branch of NIRC Institute of Chartered Accountants of India, ICAI Bhawan, Shimla.
- Dr. Anjali Dewan attended the International Conference on 'Latest Concepts in Science, Technology, Management and Humanities' (ICLCSTMH) at Gwalior Institute of Information Technology, Gwalior on December 17, 2017. She presented a paper entitled 'Stress in Working Women: Lifestyle and Coping Strategies'. The paper was published in the Journal IJEECs, Volume 6, Issue 12, December 2017, ISSN2348-117X, Impact Factor 2.52.
- A sumptuous tea was served to the teaching and non-teaching staff of the college by the Sisters of the community on 20th December, 2017 to start the celebrations of Christmas. Gifts were also given to the sisters on this occasion.
- The teachers started with evaluation of the answer scripts of the Term end examination of Semester I, III and V at different Evaluation Centres in Shimla from December 21st, 2017 onwards.
- Dr. Sanjeev Kumar presented a paper entitled ' Electronic and Optical Properties of MoSe₂ Monolayer in the Presence of Nb Impurity: A First Principle Study, in 62nd DAE-Solid State Physics Symposium on December 26 – 30, 2017 at DAE Convention Centre, Bhabha Atomic Research Centre, Anushaktinagar, Mumbai. The Paper will be published in American Institute of Physics (AIP) Proceedings 2018.
- Dr. Dhan Dev Sharma, Department of Geography attended National Conference on Management of Natural Resources and Environmental Issues at GC Kullu, Himachal

Pradesh topic entitled Population Growth and Environment Degradation in India on 28-29 December, 2017.

- Mr. Anupam Sharma, Department of Commerce presented a paper entitled 'Business Ethics: Issues and Approaches' at the National Conference on 'Ethics in Business & Economics' jointly organised by Government Degree College, Karsog, H.P. and Himachal Pradesh Commerce & Management Association sponsored by ICSSR on 30th December, 2017.
- Ms. Vanita Gautam, Department of Microbiology was awarded Commonwealth Fellowship for PhD. programme at Christchurch, New Zealand.
- The College closed for the Winter Break from January1 - February 4, 2018.