

Report of the Activities for the year 2018

The Activities from January, 2018 are as follows:

- The students of BSc. (Hons) Microbiology and Biotechnology attended one month internship from January 1-31 January, 2018 at Central Research Institute, Kasauli and Orbit, Chandigarh.
- Dr. Sapna Sharma attended a National Workshop on 'Experimental Problem Solving in Physics' at Homi Bhabha Centre for Science education, TIFR, Mumbai from January 10-12, 2018.
- Mrs. Anuja Sharma attended the famous Kasauli LitFest and the Jaipur LitFest in January, 2018 and heard and interacted with well known writers like Devdutt Patnaik, Nayantara Sehgal, Shashi Tharoor, Shobha De, Vir Sanghvi.
- Dr. Anjali Dewan attended a National Seminar – 2018 on 'Gender Equality and Women Empowerment' on January 13, 2018 at Gobindgarh Public College, Alour, Khanna. She gave an oral presentation on 'Empowerment of Women - Need for a Paradigm Shift to deal with Gender Violence'.
- Dr. Anjali Dewan attended the International Conference on Legal Studies, Journalism, Political Science, Public Administration, Sociology & Social Work – 2018 on January 19-20, 2018 organized by IMRF Group of Industries at Mysore, Karnataka. At the same venue, she attended another International Conference on 'Corporate Social Responsibility, Demonetization, Globalization & Business Sciences – 2018 on January 19-20, 2018. She presented two research papers.
- Dr. Anjali Dewan attended the National Seminar on 'Teaching, Learning and Evaluation through Innovative Practices' on January 24-25, 2018 at Devki Devi Jain Memorial College for Women, Ludhiana. She gave an oral presentation on 'Perspectives in Higher Education – Challenges and Remedies'.
- Dr. Anjali Dewan attended the International Conference on 'The Soul in Symphony: Spiritual and Pragmatic Aspects of Happiness' at MCM DAV College for Women,

Chandigarh on January 29-30, 2018. She gave an oral presentation on 'Pursuit of Happiness – Need for a Paradigm Shift'.

- Dr. Anjali Dewan attended National Seminar on 'Fight against Lifestyle Diseases: Role of Home Scientists' on February 3, 2018 as a Resource person. She gave power point presentation on 'Stress and Lifestyle Diseases: Need for Appropriate Coping Patterns'. She was also the Chairperson for one of the technical sessions.
- The College reopened on February 5, 2018.
- A Staff Council Meeting was held on February 9, 2018 in the staff room at 11 a.m.
- The minor tests for various disciplines were held from February 20- March 1, 2018.
- Dr. Anjali Dewan attended the National Seminar on 'Contextual Scenario of Factors predicting Psychological Well being of Women & Girl Child' on February 24, 2018 organized by the Department of Home Science, Ch. Ishwar Singh Kanya MahaVidyalaya, Fatehpur – Pundri, District Kaithal sponsored by the Director General of Higher Education, Panchkula. I spoke on 'Paradigm Shift in Lifestyle and Coping Strategies to Manage Stress in Working Women' as a Resource person. I also chaired one Technical session.
- A workshop on 'Learning to learn' was organized on 26th February, 2018. Dr. (Sr.) Beena John, the Principal of the College welcomed Dr. Satwinder Bains, Director of University of The Fraser Valley South Asian Studies, Canada. She had an interactive session with students and teachers of St. Bede's College on Her thought provoking ideas stressed on going beyond curriculum and motivated the students to inculcate critical thinking as learning is multidimensional, participative and learner centered. One should have ability and desire for lifelong learning. The Vote of thanks was proposed by Dr. Anupama Tandon Tomar.
- The Science Faculty of St. Bede's College, Shimla, celebrated the National Science Day 2018 'Science & Technology for a Sustainable Future' on February 28, 2018. The Principal of the College Dr. (Sr.) Beena John inaugurated the event. On this occasion,

Essay writing, Poster making and Rangoli making competitions on scientific themes were held. About 60 Science students participated in these activities.

The winners were as Follows:

- **Rangoli Competition**

Sunanda – Ist

Harnoor – IInd

Anshula – IIIrd

- **Poster making Competition**

Supriya– Ist

Nikita Chakarborty – IInd

Dr. Anjali Dewan, Ms. Nandini Pathania, Ms. Madhu Parmar and Ms. Alka Verma judged these competitions.

- Dr. Gitanjali Mahendra was invited as a judge for the Declamation Competition on 'Science and Technology for Sustainable Future' organized by The State Council for Science, Technology and Environment held at Portmore School, Shimla on February 28, 2018. Saisha Verma of Semester IV of St. Bede's College won the second prize in the competition.
- The Department of Commerce (BBA and B.Com) organized a counselling session on career guidance for the students for joining MBA by the Director Mr. Ramanpreet from PIBM, Pune on March 1, 2018 from 1p.m till 2:30 pm in the college. He gave valuable guidance to the students about their prospective career options offered in the PIBM institute. It was an interactive and knowledgeable experience for the students in the session about specialization in finance, marketing, HR, Analytics etc.
- The 'Prize Distribution function' and 'Office Laying down ceremony' was held at St. Bede's College, Shimla on March 5, 2018. The Chief Guest for the function was Sh. Suresh Bhardwaj, Minister for Education, Law & Parliamentary Affairs, Government of Himachal Pradesh. The function started with the Office Laying Down ceremony which marks the successful completion of the tenure of the Student Council. The Chief guest and the Principal Dr. (Sr.) Beena John gave away the prizes to the about 180 students who excelled in academics as well as 100 prizes for co-curricular and

extra-curricular activities throughout the year. In his address, the chief guest congratulated the prize winners. He appreciated the hard work put in by the management, teachers and students for excelling not only in academics but also in co-curricular activities. Trophies for excellence in various subjects were given to the following students:

- R.S Pathania Memorial Award for Botany: Sakshi
- Special Award for Home Science constituted by Ms. Nandini Pathania: Yashika Sharma
- Dr. G. R Sud Memorial Award: Raksha Singh
- For Excellence in Mathematics: Shivangi Sharma
- Dr. Rana Nayar trophy for Excellence in English: Aditi Jandrotia
- Two awards sponsored by the President of Alumni Association: Puneet Chhatwal

Manmeet Chhatwal

- Special award of a sum of Rs. 5000 was given to Raksha Singh by Dr. Kalpana Sharma in the memory of her late son.
- Best Ship: INS Vikas
- IInd Best Ship: INS Vikrant

The Principal then gave special recognition awards to about 15 students who excelled in every field and worked with sincerity throughout their term in college. The annual college report was then presented by Dr. Anjali Dewan. The students then presented colourful Nati and a patriotic group song. The vote of thanks was proposed by Mr. V.K Sanoria. The function was successfully organized by Dr. Shramja Munjal, Dr. Sapna Sharma, Mr. D.V Pathania, Mr. Ankush Sharma, Mr. Manu Mahajan and Ms. Shruti Gupta.

- A students' trip was organized to Kerala from 7th March to 15th March 2018. About 35 students accompanied by teachers Mr. D.V. Pathania, Mr. Salil Sood, Mrs Shweta and Mrs Mudita Sharma went for the tour. The places covered in the tour included Cochin, Munnar, Kumarakam and Kovalam .
- A mock drill for disaster management was conducted at St. Bede's College on March 7,

2018 by Sh. D.C Sharma, Station Fire Officer, the Mall, Shimla. In his presentation, he spoke about evacuation during fire and earthquakes and extinguishing fire methods for 'A', 'B', 'C' and 'D' class fires. Case studies at A.G office, Shimla and Deepak Project building were showed highlighting the required fire standards and the lapses. A video of the earthquake and how to save oneself was shown. He also made the students aware about LPG emergencies, fire and explosion hazards. First aid bandages for skull, jaw, chest, knee, elbow, wrist injuries and various emergency methods of rescue were demonstrated.

- St. Bede's College on the occasion of International Women's Day celebrated the achievements of women. The Health Club, NCC Unit and Women Cell organized a talk with Ms. Kalpana, a social activist on March 8, 2018. The students were made aware about the symptoms of breast cancer and how self examination and regular tests can help its detection at an early stage. She motivated the students to spread awareness and encourage women to take their health seriously. This was followed by a group discussion among the cadets in which they discussed various ways to spread awareness regarding this issue. The cadets took up social media as a medium to spread awareness about the high incidence of breast cancer.

- Dr. Sangeeta Sarswat and Dr. Anjali Dewan were invited by the Department of Language, Art and Culture on the occasion of International Women's Day at the Rajya Stariya Sahityik Samaroh on March 8, 2018. Dr. Anjali Dewan recited her self - composed poem.

- Dr. Anjali Dewan was invited as a judge and Guest of Honour for the Farewell get together at the Shivalik Institute of Nursing, Kamlanagar on March 9, 2018.

- A seminar on E-waste was conducted for the BCA students on March 7, 2017 at 10:40 a.m in Lab 2 by Ms. Meghna Rana. The seminar was conducted to spread awareness about the E-waste being generated by the people which is a major cause of concern. The seminar covered the various causes, effects and the management of E-waste.

- An Inter departmental activity was conducted for the students of Home Science and Computer Science on March 9, 2018 at 10:40 a.m in the Computer lab. The seminar was on the topic 'E-Waste' and was presented by Meghna Rana, a student of BCA VI Semester. It

was organized to spread awareness about the E-waste being generated by the human beings which is a major cause of concern. The causes, effects and the management of E-waste were discussed. The faculty members of the Department of Home Science Ms. Nandini Pathania and Dr. Anjali Dewan and Ms. Neha Walia from the Department of Computer Science were present. Ms. Neha Walia also discussed about the harmful effects of E-waste.

- A seminar on E-waste was conducted for the college students on March 12, 2017 at 10:40

a.m in the college auditorium by Meghna Rana, a student of BCA VI Semester. The seminar was conducted to spread awareness about the E-waste being generated by the users which is a major cause of concern. The seminar covered the various causes, effects and the management of E-waste.

- The Department of Computer Science organized an awareness seminar for the students of

BCA on 'Future Trends in IT' for one week from March 10, 2018 to March 15, 2018 at 10:40 a.m. daily in the computer lab. The new technologies like cloud computing, Li-fi, Virtual Reality, Artificial Intelligence etc. were discussed.

- The Librarian Mrs. Anjali Wadhawan organized a workshop on Campus Whizz (E-Catalogue – OPAC) for all the students of the college from March 14-16, 2018 in the library. They were trained about looking for books in the E-catalogue.

- **IT Educational trip for BCA students**

The Department of Computer Science organized 2-days IT Educational trip from 16-17 March, 2018 comprising of a group of 26 students along with four faculty members Ms. Neha Walia, Mr. Bhupender Kumar from Department of Computer Science and Mr. Manu Mahajan and Ms. Minni Sharma from the Department of Commerce. The students visited three companies namely Debut Infotech Private limited, AA2IT Infotech Private Limited and Netsmartz Infotech Pvt Limited, Mohali. Mr. Gurpreet Singh , MD of the Debut InfoTech Pvt. Ltd, interacted with the students for one hour and discussed about the future prospects of BCA. Mr. Rajeev Kumar, Network Administrator, CCNA trainer, AA2IT Infotech Pvt. Limited,

took the session on Computer Networks for the students for one hour followed by one hour practical session

The interaction session was held for the students in Netsmartz Infotech Pvt. Limited, Mohali /Sebiz Finishing School. The value of learning different languages, their demands in today's IT market like Java, oops, C, C++, .Net, php, VB, Nuke, etc. were also talked about. The career options for IT students were also discussed which included networking, mastering the coding skills, digital marketing, mobile app developing, web developer, etc.

- Dr. Sangeeta Sarswat and Dr. Anjali Dewan attended the Kavi Samelan on the occasion of 'Basant' organized by Parivartan, Samajik avam Sahityik Sanstha at Rotary Club, Shimla in collaboration with the Department of Language, Art and Culture on March 18, 2018. They recited their self composed poems.

- A seminar for the students of BCA was organized by Mr. Vikesh Kumar on March 19, 2018 in the Computer lab on 'Formatting of the system'.

- A workshop on Portfolio development by Pearl Academy, New Delhi was organized by the Department of Home Science on 19th March, 2018. About 150 students participated. In first half of the workshop, Mr. Shashank Khandelwal and Mr Ankur Kaushik spoke about how to be happily successful in life and choose the career based on curiosity and interest which makes a person creative. There was an interesting interaction with the students. Prizes were also given. In the second session, the resource persons spoke about dealing with challenges in life, one has to overcome fear, obstacles and enhance level of motivation to achieve success. Both traditional and new age careers are equally important. They highlighted the role of playfulness and do what one likes the best. They discussed the important points to be included in the portfolio, which are based on technical skills and creative interrogation. The basics of Fashion Designing were explained to the students. Certificates were distributed to the participants of the workshop. The event was successfully organized by Ms. Nandini Pathania and Dr. Anjali Dewan.

- A Painting Competition was held on March 19, 2018 organized by the NCC unit of the college. The theme was 'Save Flora and fauna for better health' as given by the 'Society for Upliftment of Masses' (SUM), New Delhi. The winners were:

1st - Cadet Pooja Singh

2nd - Cadet Gargi Sud

- A 'Grads' Nite' was organized for the outgoing students of the 2017-18 batch on March 24, 2018. Dr. Kavita Mardi, Professor, Department of Pathology, IGMC, Shimla, was the chief guest. The event started with a fashion show. It was a grand event involving non-competitive round in which students from all the streams participated. The first competitive round comprised of 40 students. This was followed by the second round in which 15 students were short listed for the question answer round. The judges asked the semi finalists questions and judged them on the basis of content, confidence and relevance. Out of these, 5 finalists were chosen who were then asked a common question by the Principal Dr. (Sr.) Beena John. Other than this, songs and dances were also presented by the first and second year students. The chief guest Dr. Kavita Mardi praised and encouraged the students and said that they must always remain creative and energetic.

- The winners of Grads' Nite 2017-2018 were

Miss Bede's: Yashika Ghamta

Ist Runner-up: Raksha Singh

IInd Runner-up: Riti Sharma

The various sub- titles were:

Miss Eloquent: Merlin Barauha

Miss Popular: Raksha Singh

Miss Beautiful: Manvi Sherawat

Miss Elegant: Armin Inder Virk

Miss Confident: Manseerat Kaur

The organizers of the 'Grads' Nite' 2018 were Dr. Anupama Tomar, Dr. Deepti Pajni, Ms. Punam Chauhan Verma and Dr. Savita Rana Parashar.

- Dr. Anjali Dewan attended and presented her paper in the International Conference on 'Women's Work & Occupational Health – Emerging Issues, Challenges & Policy Measures in the Unorganized Sector (WWOH – 2018)' on March 24-25, 2018 organized by the Department of Home Science, B.Voc Textile & Fashion Designing, Interior Designing at Arya P.G College, Panipat, Haryana. She was also one of the judges for the Poster presentations by the delegates.
- The students of Semester IV, English Hons, were taken to the reserved forest in the Catchment area of Shimla on 27th March, 2018. This 'nature walk' of 10 kms was a way to learn and experience Romantic Poetry of Wordsworth, Keats and Shelley. Ms Anuja Sharma accompanied the students.
- The Practicals in various subjects were held from March 26 - April 6, 2018.
- Dr. Suneela Sharma, Asst. Professor in English at Govt. Fine Arts College, Shimla delivered a lecture on Phonology and Morphology on 28th March, to the Semester VI students of English.
- An Inter-disciplinary seminar was organized by the Department of Commerce & Management for the students of the Department of Home Science on March 28, 2018. Mr. Manu Mahajan, Mr. Kuldeep Singh and Mr. Anupam Sharma addressed the students on starting of a new enterprise, demonetisation and mutual funds. About 20 students and Ms. Nandini Pathania and Dr. Anjali Dewan were present.
 - 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 & Food Service Management and Diploma in Nutrition & Health Education (DNHE), Diploma in Early Childhood Education (DECE) on March 31, 2018 from 10 a.m. to 11 a.m. About 6 students from different parts of Himachal Pradesh attended the meeting. Dr. Anjali Dewan, Programme Incharge of the course welcomed the learners. The details about various courses were discussed. All the queries of the students were answered. They were given instructions regarding the assignments, counselling sessions and Term end examinations. The relevance of practicals, internship training and dissertation was also discussed in detail. The students visited the IGNOU room, library and various laboratories where their counseling sessions and practicals will be held. They were motivated to use e-resources for

writing their assignments. The Counselors, Ms. Neha Walia, Mrs. Reena Thakur and Dr. Neha Gautam also gave their inputs.

- Dr. Anjali Dewan attended the National Conference on 'Reaching the Unreached through Science and Technology' on March 30-31, 2018 organized by the Indian Science Congress Association, Shimla Chapter, Himachal Pradesh University, Shimla under the aegis of Indian Science Congress Association, Kolkata. She gave two oral presentations.
- The Teaching and Non-teaching staff members went for a picnic on March 7, 2018 to Tani Jubbar, Narkanda.
- The Term end theory examinations for Semester II, IV and VI of various streams started on April 11, 2018.
- The inspection of BCA, BBA, B.Com, M.Com and M.A English and was held by a panel of experts from Himachal Pradesh University on April 11, 2018.
- The IGNOU Study Centre of the College organized Synopsis presentation, a prelude to Dissertation writing on April 21, 2018. Ten students gave power point presentations. The respective guides gave their suggestions.
- The inspection of MSc. (Botany), MSc. (Geography), BSc. (Hons.) Biotechnology and BSc. (Hons.) Microbiology was held by a panel of experts from Himachal Pradesh University on April 21, 2018.
- The Department of Commerce organized a guest lecture on 'Effective Presentation' for the students of M.Com. on April 27, 2018. The resource person was Dr Kulwant Singh Pathania, Dean & Professor, Faculty of Commerce and Management Studies, Himachal Pradesh University. He spoke on the effective ways to give a presentation. In his lecture, he discussed the various key factors that should be taken care of before starting a presentation comprising of the objectives, overview of the topic, audience attention, time span etc. At the end, Mr. Anupam Sharma proposed the vote of thanks. The entire faculty of Commerce and Management was present.
- The teachers started with evaluation of the Term-end papers of Semester 6 from May 1, 2018.

- **St. Bede's Girls Shine in M.A English, MSc. Geography & MSc. Botany in Himachal Pradesh University**

Keeping up the tradition of excellence, the students of Post graduate Department of English, St. Bede's College, Shimla secured top results once again in Semester I & III examinations conducted by the H.P University in December 2017.

Semester I – Shiv Shakti Mehra, Nivedita Mishra & Shivika got Ist, IInd and IIIrd positions in the college respectively with each of them scoring 70 percent marks and above.

Semester III – Radhika Chauhan was declared Ist with 76%, Divya Thakur – IInd and Smarta Marks - IIIrd in the merit list of Himachal Pradesh University.

In MSc. (Geography) Semester I, our three students were placed Ist, IInd and IIIrd in the merit list of Himachal Pradesh University namely:

- Ist- Tanika Thakur - 81.7 %
- IInd - Nirjala Chauhan – 79 %
- IIIrd - Kritika Mokta – 76 %

In MSc. (Botany) Semester I, Kalpana Sharma bagged the 10th position in the merit list of Himachal Pradesh University.

- Dr. Anjali Dewan participated as a delegate in the Workshop on 'Diabetes: A Complete Care Up Date on May 6, 2018 at Ludhiana organized by Indian Dietetic Association, Ludhiana Chapter.
- A Staff Council Meeting was held on May 8, 2018 to discuss about the admission procedure for the new session commencing from June, 2018.
- A Farewell get together was held for Sister Superior Sr. Silvia and College Bursar Sr. Marie Rita on May 9, 2018.
- An IQAC meeting was held on May 11, 2018 to discuss the action taken on the Perspective Plan for the year 2017-2018 in the Principal's office at 12 p.m..

- Dr. Anjali Dewan attended the Kavi Samelan organized by Nawal Prayas in association with Himachal Art & Culture academy on May 12, 2018 at Dayanand Public school, Shimla. She was honoured on this occasion and recited her self-composed poem.
- The College extended its Community outreach programme to Spiti in Kaza, Himachal Pradesh. From May 13-17, 2018, three staff members comprising of Mrs. Anuja Sharma, Ms. Nandini Pathania and Dr. Anupama Tandon went as volunteers to Munselling school, Spiti. They interacted with the students of Senior section and the teachers there. They conducted classes on Communication skills, Personality development, Pidilite Creative Art, Data collection and Swot analysis. Gifts consisting of crayon sets, documentary films and games were given to the students.
- An IQAC meeting was held on May 14, 2018 at 11 a.m. to formulate on the Perspective Plan for the year 2018 – 2019. Various issues pertaining to innovation, best practices were discussed. All the IQAC members and the Heads of the various departments attended the meeting.
- Dr. Anjali Dewan attended the 3rd International Conference on Advancement in Engineering, Applied Science and Management (ICAEASM-2018) on May 27, 2018 at Indian Council of Social Sciences & Research (ICSSR), Panjab University, Chandigarh. She gave an oral presentation and was also the Chairperson for the technical session.
- Dr. Deepti Pajni, Department of English conducted End Term Practical Examinations of B.Tech (ME, EE), IInd semester, A.P Goyal Shimla University as the External Examiner on May 31, 2018 in the subject of Communication Skills.
- Dr. Anjali Dewan attended the National Conference on 'Environmental Challenges for New India' on June 2-3, 2018 at Dr. Bhim Rao Ambedkar College, Delhi organized by Environment and Social Development Association (ESDA) in collaboration with Dr. Bhim Rao Ambedkar College, CSIR-NEERI and NESAI, Delhi. She also gave an oral presentation.
- Dr. Sangeeta Sarswat was invited at AIR, Shimla to speak about the life and literary works of the well known writer Prem Chand on June 4, 2018.
- **AIGTE HIMTREK-2018**

Our N.C.C Cadet Niharika went to the All India Girls Trekking Expedition from 4th June to 11th June 2018 at Baijnath, H.P. She was also made the senior of the Shimla Group.

- The college reopened after summer holidays on June 18, 2018.
- The admission of the students for different streams for the new session started on June 18, 2018.
- Mrs. Anuja Sharma, Department of English was invited as a Resource person at ICAI, Shimla on June 21-22, 2018. She gave a presentation on 'Communication Skills – Verbal and written'.
- Dr. Sangeeta Sarswat and Dr. Anjali Dewan attended the Shimla International Literature Festival from June 23-24, 2018 at Gaiety Theatre, Shimla.
- A number of teachers attended the Board of Studies meeting of their subjects at Himachal Pradesh University, Shimla. The meeting of the Board of Studies in the subject of Home Science was held at St. Bede's College, Shimla on June 23, 2018.
- A Farewell Get-together on the retirement of our college worker of Mr. Devidas was held on June 30, 2018.
- Mr. Paul Xavier, who worked in the college office for more than 30 years passed away on 6th July, 2018.
- A Staff Council meeting was held on 9th July, 2018 to discuss the various combinations introduced by Himachal Pradesh University from session 2018-2019.
- There was a bulk purchase of the book entitled 'Sukh mein Sumiran' written by Dr. Sangeeta Sarswat, Department of Hindi by the Directorate of Education on July 12, 2018.
- The inspection of D.El.Ed. Course being run in the college was done by experts from DIET on July 16, 2018.
- Dr. Shweta Thakur published three books:
 - ◆ A Text book on Animal Diversity (DSC 1A) for BSc. Ist year by R.D. Publications.
 - ◆ A Text book on Comparative Anatomy and Developmental Biology of Vertebrates (DSC 1B) for BSc. Ist year by R.D. Publications.

- **Opening**

Mass

An Opening Mass was held on July 17, 2018 at 11 a.m. in the College auditorium. Father

Anil conducted the mass. Hymns, readings from the Holy bible created a soothing and a spiritual atmosphere in the auditorium. He also gave a presentation on 'Notes to Myself'.

- **Society Fair**

A Society Fair was held in from 11 a.m.- 1 p.m. on July 18, 2018 to enrol the new students into various clubs and societies.

- **Directorate Naval Training Camp-2(DNTC-2)**

A total of 12 cadets, 4 senior and 8 junior cadets went to attend DNTC-2, a compulsory training camp of 10 days from 12th July to 21st July at NCC Academy, Ropar. Besides the regular service subject classes, the cadets participated in activities like semaphore, boat pulling, firing, drill, rigging and swimming. Cadets Pallavi and Anushka participated in cultural programme and got selected for Pre RDC selection camps. The camp concluded with a prize distribution ceremony in which PO Cadet Niharika was made the Best Cadet of the Camp and won one gold (best cadet) and two silver medals (semaphore and service subject).

- Dr. Sangeeta Sarswat spoke in the 'Shakti' programme at Door Darshan, Shimla on July 21, 2018 for a period of 25 minutes. The programme was broadcast live.

- **College Elections**

The elections for various posts were held peacefully on July 26, 2018 in the College campus. The Principal Dr. (Sr.) Beena John announced the results amidst lot of cheering by the students.

- **Awareness regarding Tree Plantation**

The N.C.C cadets of our college took an initiative in spreading awareness regarding tree plantation on 28th July, 2018. The places covered were Navbahar, IGMC Road, Forest Road and Chotta Shimla. A total of 10 cadets participated in the awareness campaign. The cadets interacted with the people of different age groups. The cadets made placards to spread awareness. The people were made aware about the importance of tree plantation, bad effects of deforestation, ways to take care of plants and reduce the harmful effects of

deforestation. They were asked to gift a plant or a tree on their birthdays or of their friends and relatives. During the interaction, the people were also made aware about the most carbon dioxide absorbing and air purifying plants. Plants with maximum carbon dioxide sequestration and air purifiers captured the maximum attention as some people took pictures of the placards with this information. The cadets laid stress on planting teak trees as they absorb maximum CO₂ followed by Pine trees. A list of indoor plants was also displayed. Dr. Shweta Thakur, N.C.C Officer supervised the Awareness campaign.

- Dr. Sangeeta Sarswat presented her poems in a Poetic Symposium organized by the Department of Language, Art & Culture on July 31, 2018.
- St. Bede's College, Shimla celebrated its Mother Foundress' Feast Day on July 31, 2018. 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.
- **Breast Feeding Awareness week**
Breast feeding awareness week was celebrated at St. Bede's College, Shimla from August 1-7, 2018 by the Dept. of Home Science. A number of competitions consisting of cooking, presentations, poster making and quiz were organized. In the Cooking competition, the students made complementary foods for the infants. Dr. Amit Sachdev from the Department of Community Medicine, IGMC with his team gave a presentation on different aspects of mother's milk. In the Poster competition, there were 74 entries. On 7th August, Dr. Anjali Dewan conducted a quiz for the students of Nutrition and Health Education. The judges for the various competitions were Ms. Nandini Pathania, Dr. Anupama Tandon, Dr.Gitanjali Mahendra, Mrs. Mudita and Mrs. Minni Sharma.
- **Investiture Ceremony**

The College organized 'The Investiture Ceremony' of the newly elected Student Council on August 2, 2018 in the college auditorium. The chief guest on this occasion was the Hon'ble Chief Minister of Himachal Pradesh, Shri Jairam Thakur. He was accompanied by the Education Minister, Shri Suresh Bhardwaj and the member of the legislative assembly from Nurpur Sh. Rakesh Pathania. Ms. Nandini Pathania welcomed the esteemed guests. The programme commenced with invoking the blessings of the Almighty with a lighting of the lamp. This was followed by bharat natyam, fusion dance and the Natti. The Student Council marched with their flags in the Investiture ceremony. The Principal administered the oath of office to the student council members. The Chief minister and the Principal Dr. (Sr.) Beena John sashed the Admiral, the Vice- Admiral and the Ship captains and Vice captains. Shri Suresh Bhardwaj addressed the students and congratulated the newly elected Student council and their parents. He suggested ways and means for the bright future of the college and appreciated the management and the teachers for maintaining the good standard of the institution. Shri Jai Ram Thakur ji 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. He emphasised the need to collectively fight against drug abuse which is rampant in society. He requested the students to be active participants in the Cleanliness drive going on in the country. The Vote of thanks was proposed by Dr. Gitanjali Mahendra. The programme was successfully organized by Mrs. Anuja Sharma, Unnati Chauhan Vashisht and Ms. Shivani Vaid.

- The NSS Unit and Disaster Management Cell of St. Bede's College Shimla in collaboration with Forest Department of Govt. of Himachal Pradesh Shimla organized a Tree Plantation Drive at Five Benches, Jakhu Hills on 3rd August 2018. Dr. (Sr.) Beena John, Principal of the College inaugurated the tree plantation drive. Around 140 saplings of Horse Chestnut and Oak were planted. The NSS programme Officer Dr. Sapna Sharma, Mr. D. V. Pathania accompanied by the teachers Mrs. Alaka Verma, Mrs Minni Sharma, Dr. Shramja Munjal, Mr. V. K.Sanoria, Dr. Neha Gautam along with the students Muskan, Garima, Yashika Garg and Areeba Ikram. About 150 student volunteers planted the saplings. Refreshment was given to the students.

- Dr. Anjali Dewan, Programme Incharge of Study Centre of IGNOU organized Viva Voce of four students of MSc (DFSM) on August 4, 2018. The Counselors Dr. Neha Gautam, Neha Walia, Reena Thakur and Jaivanti Chauhan were also present. Dr. Mohan Sharma, Assistant Director, Regional Centre, IGNOU visited the Centre and interacted with the students and the counselors. The Principal, Dr. (Sr.) Beena John discussed the working of the centre with him.
- A Staff Council meeting was held on August 8, 2018.
- An Inter-disciplinary activity was organized between the Departments of Home Science and Computer Science on August 10, 2018. Dr. Anjali Dewan from the Department of Home Science addressed the students on the importance of environment conservation. She gave a power point presentation on 'Environment and Sustainable Development - resilient to change with a vision for future' at 11.30 am. in the Department of Computer Science. Dr. Neha Walia and Mr. Vikesh Kumar of the Department of Computer Science were also present. The students interacted with the resource person and asked a number of questions.
- Dr. Anjali Dewan was invited as the Guest of Honour and one of the judges for the Farewell Get-together at the Shivalik Nursing Institute, Kamlanagar, Shimla on August 14, 2018.
- **Independence Day Celebrations**
The College celebrated the 72nd Independence Day on August 15, 2018. The national flag was hoisted by the Principal Dr. (Sr.) Beena John accompanied by the national anthem sung by the students and staff members. The programme started with the recitation of a poem followed by inter-ship Debate competition. Dr. Anjali Dewan spoke about the sacrifices of our freedom fighters and how the new generation has to be aware about the evils in our society. Patriotic songs were sung. In the end sweets were distributed to the students.
- Dr. Anjali Dewan attended a Literary Meet in Baba Bhalku Smriti Srijan Rail Yatra on August 19, 2018 organized jointly by the Himalaya Literature, Culture and Environment

Forum and Nawal Prayas. This was the first time that a Poetic symposium was organized in the train.

- The Commanding Officer Commander Monika Sharma of 1 HP Naval Unit NCC, Bilaspur visited St. Bede's College, Shimla on 20th August, 2018. She had a meeting with the Principal Dr. (Sr.) Beena John and ANO/CT Dr. Shweta Thakur. She also interacted with the cadets. On 21st August, 2018 a NCC canteen was organised where the cadets made different food items like idli - sambar, fried rice, chowmein, cake and maggi cutlets. In addition to the food items, they also prepared hand made gift items for sale. The students, teaching and non-teaching staff visited the canteen. A total of Rs.13,000 was collected which shall be used for a noble cause. This was done in collaboration with the Department of Home Science. Mr. Reggie Pappy worked hard with the cadets of NCC and the students of Home Science in preparation of the dishes.
- A meeting of the Teacher's Association was held on August 30, 2018 in the Staff room.
- International Youth Day was celebrated in St. Bede's College on 30th of August, 2018. An Inter-ship Declamation contest was held on the topics 'Safe spaces for Youth' and 'Importance of HIV testing for Youth' by Red Ribbon Club. The chief guest for the occasion was the Principal of the college Dr. (Sr.) Beena John. The judges for the Declamation contest were Ms. Nandini Pathania, Dr. Anjali Dewan, Mrs. Anuja Sharma and Mr. Vijay Sanoria. The objective of the contest was to draw attention to the cultural and legal issues surrounding youth. Teachers and students were present for this activity. The program was organized by Mr. Vijay Sanoria, Incharge Red Ribbon Club, Parul Verma, Vice President and Tamanna Verma, Secretary Red Ribbon Club.
- **Introductory Assembly**

An Introductory Assembly was held on August 31, 2018 in the College auditorium in which the Principal and teachers of the college introduced themselves to the students.
- Dr. Anjali Dewan attended the CNE Workshop on 'Medical Nutrition Therapy in Burns' held on September 2, 2018 organized by the Department of Dietetics, PGIMER, Chandigarh in association with Nutrition Society of India, Chandigarh Chapter held at PGIMER, Chandigarh.

- Dr. Sangeeta Sarswat and Dr. Anjali Dewan attended 'Kavyanjali organized by the Department of Language & Culture and Shimla District Administration at Gaiety Theatre on September 3, 2018 to pay tributes to the former Prime Minister Shri Atal Bihari Vajpayee. Both of them recited their self-composed poems.

- **Teachers' Day Celebrations**

Teachers' Day was celebrated on September 5, 2018. The event began at 11 a.m in the college auditorium. The event started with the cake-cutting ceremony by the Principal, the teaching and the 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. This was followed by sumptuous lunch.

- **The Freshers' Social**

The Freshers' Social titled 'Miracle is you' was held on September 7, 2018 at St. Bede's College, Shimla. Dr. (Sr.) Beena John, the Principal of the college was the Chief Guest. The programme started with the lighting of the lamp by the Principal, Sister Susie and senior teachers. The judges for the contest were Dr. Anjali Dewan, Dr. Deepti Pajni and Dr. Sapna Sharma. There cultural programme on this occasion comprised vibrant folk dances, songs and a skit.

The winners of the competitive round were:

- Miss Elegant: Anima Dwivedi
- Miss Confident: Bhavya Pathania
- Miss Beautiful Smile: Aditi Chauhan
- Best Hair-do: Amisha Negi
- Best Attire: Hitakshi Sharma
- Miss Ethnic: Meenal Chauhan

- Miss Personality: Savi Sood
- Miss Gorgeous: Kunakshi Kanwar
- Miss Ravishing: Dharna Sharma
- Best Gait: Anaisha Rachel Paul

The winners were sashed and given gifts by the Principal and Sr. Susie. The vote of thanks was given by Saisha Verma. The programme was organized by Dr. Gitanjali Mahendra, Mr. Vijay Sanoria, Mrs. Minnie Sharma, Ms. Shruti Gupta and Mr. Manu Mahajan. The programme was sponsored by Head Quarters, Sanjauli.

- A campus recruitment drive by Tommy Hilfiger and Calvin Klein was held on 8th

September, 2018 at St. Bede's College. A team came from Bangalore comprising representatives Mr. Rohiet Singh (CEO), Ms. Neha Jaiswal (HR) and 3 Area Managers from Northern region- Gurpreet Cheema, Simerdeep Kaur and Talwinder Singh Sehgal. They gave a brief presentation about their companies, followed by question answer round. They started their selection process with rounds of group discussion wherein eleven students were shortlisted out of 102 students for the interview. This recruitment program was organized by Mr. Manu Mahajan, Mr. Vikesh Kumar, Mr. Anupam, Mr. Susheel Gupta and Vice President of Placement Cell Srishti Chauhan and Secretary Rupal Dhiman.

- A special Assembly was held on September 10, 2018 to celebrate the Feast Day of Blessed Dina Belanger. Inspiring presentations on her life were shown depicting her kind and helpful nature.
- A Blood Donation Camp was organized in St. Bede's College, Shimla on 12th September, 2018. The Chief Guest for the event was Mr. Sarabjeet Singh, a known social activist. He was accompanied by Dr. Victor and his team from Blood Bank, IGMC Shimla. The camp started with the lighting of the lamp by the Principal Dr. (Sr.) Beena John, Sr. Susie, Chief guest and N.S.S Programme officers. This was followed by a power point presentation by the N.S.S volunteers. Mr. Sarabjeet Singh shared his experiences inspiring the students to come forward

and donate blood. More than hundred units of blood were collected. Dr. Anjali Dewan counselled the students who were suffering from Anaemia and who were underweight. The Blood Donation camp was organized under the guidance of N.S.S Programme officers Dr. Sapna Sharma, Mr. D.V Pathania and Dr. Shramja Munjal, Mr. Vijay Sanoria, N.S.S Vice President Muskan Bragta and Secretary Garima Sharma.

- The Science Faculty of St. Bede's College Shimla, in collaboration with Indian Science Congress Association (ISCA), Shimla Chapter hosted a one day National Seminar entitled 'Celebrating Indian Science: From Past to Future' on 13th September, 2018. Around 350 Science students of the college along with 140 students of various colleges and schools of Shimla attended it. These included Centre of Excellence, Govt. Degree College, Sanjauli, R.K.M.V, Rajiv Gandhi Govt. Degree College, Chaura Maidan, Convent of Jesus and Mary, D.A.V School, Lakkar bazaar, St. Edward's School, Loreto Convent, Tara Hall, Kendriya Vidyalaya, Jakhu, Govt. School, Sanjauli, Monal Public School, Model School, Summerhill and Chapslee school.

The main objective of Seminar 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. Prof. Neeraj Sharma, President ISCA Shimla Chapter, inaugurated the seminar. In her address she highlighted the importance of science in one's life. In the first technical session of the seminar a movie on 'The Quantum Indians' was shown to students followed by On the Spot Quiz. In the second session, Prof. P.K. Ahluwalia delivered a lecture on the topic 'Impact of Innovation on Human Development through Science and Technology: From Past to Future. Second half of the day started with another lecture delivered by Prof. Subhash Gupta on 'Our Journey of Science - Future Ahead'. In the third session, Prof. Jaspreet Sambhi from Panjab University Chandigarh delivered talk on 'Indian Science Looking Back and into Future'. To stimulate the idea of controlling pollution and protecting our environment and to share and discuss issues relating to it, there was a Panel

discussion on the topic 'Can Scientific Interventions Help Overcome the Curse of Pollution'. The panel responded to the queries of the audience convincingly. This was followed by a live demonstration of experiments by Physics, Microbiology, Biotechnology departments. The Department of Botany and Zoology put up an exhibition on medicinal plants and insects.

- Like every year this year also St. Bede's College celebrated Hindi divas on 14th

September, 2018 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 judges for the various competitions were Ms. Nandini Pathania, Mrs. Alka Verma, Dr. Shramja Munjal. Dr. Anupama Tandon, Dr. Sapna Sharma, Dr. Deepti Pajni, Dr. Gitanjali Mahendra, Mrs. Anjali Wadhwan, Dr. Anjali Dewan and Dr. Shonali Sud. 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.

- **Visit To Bilaspur : Silk Seed Production Centre by the Zoology Department**

The students of third and fifth semesters of Zoology department of the College went for an educational trip to Bilaspur on the 15th of September, 2018. Dr. Baldev guided the various places of interest. The objective of the visit was for the students to experience the processing, organization and the culture of the sericulture industry. The students went to the village Naswal, where the farmers rear late age silkworm larva for cocoon production. They visited the house of Mrs. Sandesh Kumari, a beneficiary, who is provided with subsidy by the Government of Himachal Pradesh, Department of Industries, for silkworm rearing. This was followed by the visit to the Office of the Silk Seed Production in Ghumarwin,

District Bilaspur. There they saw various equipments and machinery involved in the early age silkworm rearing, and also different varieties of Mulberry trees. They then attended a lecture by Dr. Baldev on 'Entrepreneurship in Sericulture' at Swami Vivekananda Govt. Collge, Ghumarwin, Bilaspur. The next part of the visit was to see Reeling unit in Hirapur village, District Bilaspur. For the students, it was an extremely unique and informative experience to watch the Silk cocoons getting converted into Silk thread.

- A one day National Seminar on 'Let's Frolic with the Technoplenum' was held at St.

Bede's College, Shimla on September 17, 2018 organized by the Department of Computer Science. The objective of the seminar was to bring together the students of Classes XI and XII from various schools of Shimla and to make them aware about the trends in computing, their applications and the future perspectives of Computer Science after completion of Class XII. Ms. Neha Walia, the Organizing Secretary, welcomed the Chief Guest Dr. Arvind Kalia, Dean of Studies, Himachal Pradesh University, Shimla, guests and the students from various schools of Shimla. This was followed by lighting of the lamp by the Principal of the College, Dr. (Sr.) Beena John, Chief guest and other dignitaries. Ms. Nivedita Bhardwaj then introduced the theme of the seminar. The guests were then felicitated. The inaugural address was delivered by the chief guest, Dr. Arvind Kalia. The first session was taken up by Dr. Arvind Kalia on the topic 'Trends in Computing'.

The second session was held at 11.45 a.m on the theme 'Computer Science: Learning to program'. The Resource person for this session was Dr. Akash Deep, University institute of Information and Technology, Punjab University, Chandigarh. The third session was held at 1:30 p.m on the theme 'Career Lanes Post 12th Standard. The resource person for this session was Dr. Vikram Singh, Professor, Department of Computer Science and Applications, Chaudhary Devi Lal University, Sirsa, Haryana. After this session, the certificates of the seminar were distributed to the students of various schools. The Vote of thanks was proposed by Ms. Neha Walia. The team of the Department of Computer Science consisting of Ms. Neha Walia, Ms. Nivedita Bhardwaj Sharma, Ms. Priyanka Dhareula Rana, Ms. Madhu Pahwa, Mr. Vikesh Kumar and Mr. Bhupinder Sharma worked tirelessly in making this seminar a great success. The organizing team of the Department of Computer Science under

the able guidance of the Principal of the college, Dr. (Sr.) Beena John coordinated the efforts of the team members in making this seminar a memorable experience for all.

- A Staff Council Meeting was held on September 17, 2018 to discuss about the upcoming International Seminar on September 19-20, 2018.
- A Farewell Get-together by the Principal Dr. (Sr.) Beena John and Teaching staff was organized for outgoing teachers comprising Priyanka Rana, Kuldeep, Dr. D.D Sharma and Dr. Madhavi Joshi on September 18, 2018.

- **Group Discussion on Swachhta Abhiyan by NCC Cadets**

A group discussion was held on 18th September 2018. The topic for the discussion was Swachhta Abhiyan. 10 cadets were present for the group discussion. Cadet Zeenat Brar initiated the discussion by speaking about how the idea of Swachhta Abhiyan was inspired by Mahatma Gandhi. The cadets discussed the following points:

- (1) The problems faced by the government to implement the program as the funds allotted are not used properly.
- (2) There is need to construct toilets in rural areas.
- (3) It is important to clear the stigma about sweepers and workers.

The cadets came to a conclusion that awareness is required to change the scenario of the country and ground level implementation is required for this Abhiyan to work.

- An ICSSR sponsored International Seminar 'Partition Revisited' was organized at St.

Bede's College, Shimla on September 19-20, 2018. Eminent scholars such as Sucheta Mahajan, Ritu Menon, Dilip Simeon, Meghna Guha Thakurta and Debajani Sengupta came from different parts of India, Bangladesh and Tanzania. More than 200 delegates attending the conference presented their papers on the historical, political, social and literary aspects of the Divide of 1947. There were students from Loreto Convent, Tara Hall, Sacred Heart Convent, D.A.V School, New Shimla. Students from different colleges and Himachal Pradesh University also presented their research papers. A film 'The House on Gulmohar Avenue' was presented by Ms. Samina Mishra, a documentary film maker from New Delhi. The

seminar was organized by the Departments of Political Science and History under the able guidance of the Principal Dr. (Sr.) Beena John. The organising team of Mrs. Madhu Parmar, Mrs. Anuja Sharma and Mrs. Punam Chauhan Verma worked tirelessly to make this event a great success. A number of teachers of the host college also presented their papers.

- Dr. Shweta Thakur published a research paper on ' Evaluation of Awareness Campaign on the conservation of honeybees through statistical analysis in district Shimla (Himachal Pradesh, India) in International Journal of Entomology Research, ISSN: 2455-4758, Impact Factor: RJIF 5.24 in September 2018.
- The college students participated in Shimla Festival held on the ridge from September 20-

23, 2018. They bagged second position in the Inter-University Fusion Dance Competition. Hon'ble Chief Minister, Sh. Jai Ram Thakur gave away the prizes. Mr. Vijay Sanoria, Mrs. Alaka Verma and Ms. Neha Walia guided the students in their participation.

- **Participation in the Youth Festival**

Our students participated in the events like Quiz, Poster-Making, Cartooning, Clay modelling, Rangoli, Photography, Elocution, Debate, Painting and Collage making during the Youth Festival held at Rajiv Gandhi Govt. Degree College, Kotshera. Our students the third position in Rangoli and clay modelling.

Clay modelling - Savi Sood (BA Ist year)

Rangoli - Mitul Chauhan (BA IIIrd year)

- On 25th September, a few students participated in the Poetry Recitation Competition held

in the memory of our Former Prime Minister, Late Shri Atal Bihari Vajpayee organized by the Department of Language, Art and Culture, Govt. of Himachal Pradesh at the Rajiv Gandhi Degree College, Kotshera. Saisha Verma, student of B.A English Hons. (Semester 5) won the third prize.

- The Department of Zoology under its Department Club 'Zoo Quest' organized an Exhibition cum Competition on September 26th, 2018 on the 'Reuse of Non-biodegradable Wastes'. The students made attractive articles by using the waste materials like plastics, cans etc. The judges were Dr. Shramja Munjal and Dr. Anjali Dewan. The results are as follows:

Ist: Pallavi Kalta (BSc., Ist year)

IInd: Nikita Sharma (BSc., Semester V)

IIIrd: Gargi Sud (BSc., Semester III)

The activity was organized under the able guidance of Ms. Shivani Chauhan and Dr. Shweta Thakur.

- The NCC Unit of St. Bede's College, Shimla commemorated the heroic event of Surgical Strike conducted by the Indian Army on September 29, 2016 by showing a power point presentation together with a video film. This was followed by a patriotic song by Aamna Tyagi. The programme ended with singing of the National Anthem. The event was attended by all teachers and students. The Admiral of the College Kanishka Sharma, NCC cadets comprising Komal Choyal, Pallavi, Anushka, Garima Ahuja, Pooja and Rupal, Secretary Placement Cell helped in organizing the programme with Mr. Vijay Sanoria as the Teacher-in charge.

- The Slogan writing, Painting and Poster Competitions on the 'Ill Effects of Drug Abuse' were held at St. Bede's College, Shimla on September 29, 2018 as per directions from the Directorate of Higher Education, Govt. of Himachal Pradesh. A number of students participated.

The results of the competitions are as follows:

- **Slogan Writing:**

Ist: Kriti Verma, B.A IInd year (Economics Hons)

IInd: Chitwan Jamwal, B.A IInd year (English Hons)

IIIrd: Anmoldeep, B.A Ist year (English Hons)

- **Poster making/Painting:**

Ist: Muskan Chauhan, B.Com IInd year

IInd: Muskan Kainthala, B.A IInd year

IIIrd: Ashita Bhawta, B.Com IInd year

The event was organized under the able guidance of Mr. Vijay Sanoria and Dr. Gitanjali Mahendra. The judges were Dr. Shramja Munjal, Ms. Neha Walia and Mrs. Anjali Wadhawan for Poster-making/Painting competition and Dr. Deepti Pajni, Mrs. Unnati Chauhan Vashisht and Dr. Anjali Dewan for Slogan writing.

- A Poetic Symposium was held at Rotary hall, Shimla in the memory of our Former Prime Minister, Late Shri Atal Bihari Vajpayee on September 30, 2018 organized by Parivartan, Samajik avam Sahityik Sanstha, Shimla. A group of four students namely Ankita Sharma, Aayushi Sharma, Kriti Verma and Saisha Verma participated.

- ***Poshan Mah***

A number of activities were organized by the Department of Home Science keeping in mind that the month of September was announced as the **Poshan Mah** by the Hon'ble Prime Minister Sh. Narendra Modi ji.

- On 12th September, 2018 a Blood Donation camp was organized in the college. Dr. Anjali Dewan counseled the teachers and the students who were underweight and suffering from anaemia.
- On 13th September, 2018 a cookery competition comprising nutritious recipes for young children was held for the students of Nutrition and Health (NHE) Course. The judges were Mrs. Punam Chauhan Verma, Mrs. Anjali Wadhawan, Mrs. Monika Bhatnagar and Dr. Bharati Gandhi.

- A discussion regarding various nutrition related diseases was held with the students of MSc (DFSM), IGNOU during their counselling session on September 17, 2018.
- On September 18, 2018 a Poster making competition on different aspects was held. Areeba Ikram was declared the winner.
- On 19th September, 2018 a Quiz was held for the students of Nutrition and Health Education (NHE). Questions pertaining to their awareness about Nutrition were asked.
- Dr. Anjali Dewan was awarded with:

Global Indian Personality Award

Rising Women of India Award

Bharat Excellence Award

comprising of two gold medals, two trophies and three certificates for her outstanding and extraordinary achievements in her chosen field of activity and services rendered to promote greater friendship and India-International co-operation given by Retd. Lt. Gen. K.M. Seth, Hon'ble Former Governor of Tripura & Chhattisgarh organized by Friendship Forum, New Delhi on September 25, 2018.

- Dr. Anjali Dewan gave a presentation to the students and teachers of MCom., BCom. and BBA on 'Nutrition Literacy – the Most Effective Way of Maintaining Health' on September 26, 2018. It was an interactive session and she answered all the queries of the students. A counselling session on 'Nutrition & its relevance in our lives' was held with the students of the Department of Zoology on the same day.
- On September 28, 2018 Dr. Anjali Dewan was invited as a Resource person to the State Council of Educational Research and Training (SCERT), Solan to address the School Teachers as a part of their Induction Teacher Training Programme. She spoke on 'Nutrition Literacy – the most effective way of maintaining health', 'Health of children – Understanding the Indicators and Challenges of Malnutrition' and 'Stress and Lifestyle Diseases – Need for appropriate Coping Patterns'.

- An inter-disciplinary activity was organized by the Departments of Biotechnology and Botany on October 1, 2018 on 'Plant tissue Culture'. Tishya Rakshita Sharma, a student of BSc. Honours, Semester V gave a power point presentation and made the students aware about the various techniques and advancements in the field of plant tissue culture and micropropagation.
- Dr. Anjali Dewan attended the two day Paramhansa Yogananda National Conference on Interdisciplinary Approaches in Understanding Science, Arts and Spirituality held on October 1-2, 2018 at Himachal Pradesh University, Shimla organized by the Department of Visual Arts, H.P University, Pratibha Spandan Society, Shimla and Himachal Pradesh Commerce & Management Association. She presented her paper on 'Values in Higher education: Challenges and Solutions.

- **Gandhi Jayanti Celebrations**

Gandhi Jayanti Celebrations at St. Bede's College started with a Cleanliness drive on 1st Oct, 2018. The NSS students organised a cleaning drive in the college and Nav Bahar chowk on the occasion of Swachhta Abhiyan. Different teams were formed for different places and around 50 NSS volunteers along with college staff joined for this campaign. The main aim to of this campaign was to clean the streets, roads and campus of our college.

On 2nd October, 2018, the NSS volunteers and NCC Unit of the college took part in 'Drug free Himachal Rally'. The rally started from CTO office to the Ridge. Students of other schools and colleges were also present. The Hon'ble Minister of Education Shri Suresh Bhardhwaj was the chief guest for the day. He gave prizes to the winners of slogan writing, painting and poster making which were held before hand in the colleges.

On 3rd October, 2018 our college celebrated the 150th birth anniversary of Mahatma Gandhi by conducting several inter-ship competitions like poster making, slogan writing, essay writing and poetry recitation. This function started at 10:30 a.m. with the power point presentation which was on Gandhi's visit to Shimla.

The winners for various competitions were:

- **Poetry Recitation**

1st: Bhavya (Vikas)

2nd: Ayushi (Himmat)

- **Poster making**

1st: Muskan Chauhan (Vikas)

2nd: Harshita Jodha (Chirag)

3rd: Muskan Kainthla(Chirag)

- **Slogan writing**

1st: Simran Sharma(Himmat)

2nd: Anmol deep(Chirag)

3rd: Jigyasa (Chirag)

The judges for various competitions were Dr. Anupama Tandon, Dr. Ravi Bhushan, Mrs. Alaka Verma, Mrs. Priyanka Rana, Mrs. Unnati Chauhan Vashisht. Mr. Vijay Sanoria and Dr. Gitanjali Mahendra organized these activities in the College.

- Dr. Sapna Sharma attended and presented a research paper in an International Conference

on Physics Education ICPE – SAIP –WITS – 2018 from October 1-5, 2018 held at Johannesburg, South Africa.

- **Staff Council Meeting**

A Staff Council meeting was held on October 6, 2018 in the staff room. A number of issues pertaining to Practical and theory examinations were discussed. All the teachers were given mugs as a token of ending of the bicentenary celebrations of our college Foundress, St. Claudine Thevenet.

- The Practical examinations for Semesters III & V started on October 8, 2018 and will be conducted till October 16, 2018.

- **Book Talk**

A Book Talk was held on October 9, 2018 in The Archives section of the Library. Ms. Suneeta Peres Da Costa, an award winning Australian author and Playwright spoke about her recent novel Saudade and read out excerpts from her book. The English Honors and Post graduate students of English attended the talk and interacted with her.

- **World Mental Health Day**

On the occasion of world Mental Health Day on October 10, 2018, the NSS volunteers of our college attended an Awareness Workshop on National Health Mission at Himachal Hospital of Mental Health and Rehabilitation, Shimla. Our honourable Chief Minister, Shri Jai Ram Thakur was the Chief guest and the Minister for Education Shri Suresh Bhardwaj was the Guest of honour. A website of Himachal Hospital of Mental Health and Rehabilitation, Shimla was launched. The students of different schools and colleges were the part of this workshop. The main aim of this workshop was to address the mental issues of stress and anxiety, drug use amongst the college and school students keeping in mind the theme of this year's World Health Day 'Young people and Mental Health in the changing World'.

- Dr. Anjali Dewan was invited as a Resource Person to a Workshop on 'Promoting Gender Equality through Gender Champions' organized by the Centre for Women's Studies and Development, Himachal Pradesh University, Shimla on October 10, 2018. She gave a presentation on 'Nutrition Literacy – the most effective way of maintaining health' and interacted with the students.

- A Staff Council Meeting was held in the staff room on October 11, 2018 at 1 p.m. A number of issues pertaining to the examinations, attendance of the students and Time table were discussed.

- 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 & Food Service Management and October 14, 2018 from 11 a.m. to 2 p.m. About 4 students from different parts of Himachal Pradesh attended the meeting. Two Students of MSc. (DFSM), IInd Year interacted with the new entrants. Dr. Anjali Dewan, Programme Incharge of the course welcomed the learners. The students were informed about the details of one year Diploma in Nutrition & Health Education (DNHE), two year Post Graduate course Masters in Dietetics & Food Service Management MSc (DFSM). They gave their introduction and even shared their reasons for joining the course. All the queries of the students were answered. They were given instructions regarding the assignments, counselling sessions and Term end examinations. The relevance of practicals, internship training, dissertation and the job prospects after completion of the post graduate course were also discussed in detail. The counselling schedule was handed over to the students. The students were informed about the well equipped library and laboratories where they would be having their counseling sessions and practicals. They were motivated to use e-resources for writing their assignments. The Counselors, Ms. Neha Walia, Mrs. Jayanti Chauhan and Assistant Mr. Salil Sood also gave their inputs.

- The Term end Examinations started on October 20, 2018 for semesters III and V for all the streams of Humanities, Science and Commerce.
- An IQAC meeting was held in the Principal's office on October 22, 2018 at 10.45 am.
- A meeting of the RUSA Committee of the College was held on October 23, 2018 at 10.40 a.m.
- Dr. Anjali Dewan attended the Kafa Intercontinental's 12th International Writers Festival on October 23-24, 2018 at Indore Christian College, Indore organized by India Inter-Continental Cultural Association (Regd.), Chandigarh and Indore Christian College. She recited her two self-composed poems. Her book entitled 'Manzilein aur bhi hain' was released. She was honoured with 'Sahitya Shree' Award.
- A CA - Audit and inspection by the Directorate of Higher Education of the RUSA Committee records of the college was done on October 26, 2018.

- An Electoral Awareness programme was organized by a team from the Office of Election Commissioner, Govt. of Himachal Pradesh in collaboration with the Department of Political Science, St. Bede's College for the first year students in the Seminar room at 11 a.m. on 26th October, 2018. The students were made aware of the importance casting their vote in the forthcoming May, 2019 Lok Sabha elections. The students were first addressed by Dr Rajeev Tegta who informed them about the types of forms available for the citizens in order to make a voter's ID card or have some changes in the existing one. The most important and significant form was the 6th form which was for the first time voters i.e the youth (people above 18 years of age or anybody making their voter's ID card for the first time). Then the importance of 7th, 8th and 8A forms was discussed. Dr Dileep Gautam instructed the students as to how to fill the 6th form in order to make a voter ID card. All the students were provided with a free sample of the form. This was followed by an interaction session in which a poster was displayed consisting of Hindi varnamala in which the alphabets were related to democracy and voting. In the end, the winners of the poster making competition for rewarded.
- Dr. Anjali Dewan was conferred with Glory of India Gold Medal by Global India Friendship Society. Her profile was published in Biography published by Best Citizen Publishing House in the month of October.
- The Librarian, Mrs. Anjali Wadhawan conducted Information Literacy Programme for B.A/B.SC/B.Com/Hons./M.Sc./M.Com./M.A. from 9th Oct. to 17th Oct. 2018 in the library to provide guidance on accessing E-Catalogue & Inflibnet
- Dr. Anupama Tandon wrote a book entitled 'International Economics' published by Kalyani Publishers, ISBN No. 978-93-272-8721-9, October 2018.
- The minor tests for the first year students were held from November 12-15, 2018.
- Dr. Anjali Dewan, Department of Home Science was invited as a Resource person at the UGC – Human Resource Development Centre, Himachal Pradesh University, Shimla to address the participants of short term course on Gender sensitization. She spoke on 'Gender Sensitization and Nutrition – The Missing Link' on November 22, 2018.

- St. Bede's College celebrated NCC day on 24th November 2018. The programme started with the Parade by the cadets. The squad was inspected by the Principal Dr. (Sr.) Beena John and followed by Flag hoisting. The cadets sang a patriotic song. They also performed a play entitled 'Pooja ka Sangharsh'. The NCC Annual report was read by N.C.C Officer Dr. Shweta Thakur. PO Cadet Niharika was acknowledged by the college for her achievements as she was chosen the best cadet in Directorate Naval Training Camp held at Ropar, Punjab. PO Cadet Ikshita and Niharika were also acknowledged for their rank promotion. Some of the teachers who were ex-cadets during their college time like Ms. Nandini Pathania and Dr. Anjali Dewan shared their experiences and congratulated the N.C.C Unit for their hard work, dedication and always helping in the college activities. The teaching, non-teaching staff and students were all present for the N.C.C Day celebrations. The programme ended with the NCC song and the National Anthem.

- **Regional Seminar by SEBI**

A Regional Seminar by SEBI was organized in collaboration with the Placement Cell at St. Bede's College, Shimla on 29th Nov, 2018. The theme of the seminar was to create financial literacy among students. The speakers elaborated upon the processes of SEBI and NSDL and how they are protecting the interests of the investors. They talked about investment avenues which can be pursued by the young investors. Representatives from NSDL Mr. Ankit Mittal, Mr. Ankush Sharma, Mr. Arun Sharma were present in the seminar. They presented the audience with statistics related to the investment behavior of people in India particularly in Himachal Pradesh. Students and teachers of the Department of Commerce, Management, Economics, Computer Science and Mathematics participated in the seminar. Towards the end of the seminar, a question and answer round was conducted by the organizers followed by a quiz competition wherein the participants were given gifts as a token of appreciation. The students were given refreshment by the organizers. The Placement cell members present were Mrs. Anuja Sharma, Mr. Manu Mahajan, Mr. Vikesh Kumar, Mr. Susheel Kumar and the student representatives Srishti Chauhan and Rupal Dhiman.

- Dr. Shweta Thakur published a Text book on Reproductive Biology for B.Sc VI Semester published by Truemann Publications in November 2018.

- The World AIDS Day was celebrated at St. Bede's College on 1st December, 2018. A

short documentary for the awareness of AIDS was shown to the students. Some inter-ship activities like poetry recitation, Poster making and Slogan writing were also held to spread awareness among the college students. The chief guest for the occasion was the Principal of the college Dr. (Sr.) Beena John. Keerti from INS Vikrant stood first, Ankita Sharma from INS Chirag and Sharmishtha Joshi from INS Vikas stood second in Poetry. Aashita from INS Himmat secured first position, Mitul from INS Vikrant and Muskaan from INS Vikas secured second position in Poster making competition . In Slogan writing competition Anmol Deep Sidhu from INS Chirag secured first position, for second position there was a tie between Kriti Verma from INS Chirag and Chitvan from INS Vikas. At the end Dr. Anjali Dewan gave information and made the students aware about the various causes and symptoms of the disease. The judges for various events were Dr. Sangeeta Sarswat, Dr. Shramja Munjal, Mrs. Anuja Sharma, Ms. Nandini Pathania, Dr. Sanjeev Kumae, Mrs. Unnati Vashisht, Dr. Sapna Sharma, Dr. V.K Bhardwaj and Ms. Neha Walia. The main objective of the event was to encourage students to check their HIV status as per the theme 'Know Your Status' set by the World Health Organization in 2018. The event was organized by the President of Red Ribbon Club Mr. Vijay Sanoria, Vice President Parul Verma and Secretary Tammana Verma.

- A number of teachers comprising Dr. Anjali Dewan, Dr. Sangeeta Sarswat, Dr. Anupama Tandon, Dr. Deepti Pajni, Dr. Gitanjali Mahendra, Mrs. Alka Verma and Dr. Meenakshi Sharma attended the International Conference on 'Transforming Our World: Opportunities & Challenges' held at RKMV, Shimla in collaboration with Science and Management Society, Himachal Pradesh from 30th November – 2nd December, 2018. They all presented their papers.
- Dr. Anjali Dewan participated as a delegate in the Symposium 'Probiotics – Emerging Health Benefits' organized by Indian Dietetic Association, Chandigarh Chapter at Sunbeam Hotel, Chandigarh on December 2, 2018.
- **Drug Abuse Campaign**

A number of events to promote awareness about Drug Abuse were organised at St. Bede's College from 3rd December, 2018 onwards for a week. A short documentary film

was shown to the students which focused on bringing to light the truth about drugs. Some activities including Poetry recitation of self-composed poems, Poster making and Slogan writing competitions were also held to spread awareness among the college students. The judges for Poster making were Ms. Sangeeta Sarswat and Mr. Vijay Sanoria and for the Slogan writing were Ms. Nandini Pathania and Mrs. Alaka Verma. Harshita Jodha secured first position and Muskaan Kainthla secured second position in Poster making competition. In Slogan writing competition, Kriti Verma secured first position, for second position there was a tie between Bhanu Sharma and Simran Sharma. Aamna Tyagi gave a speech highlighting the psychological aspect of drug abuse. There was poetry recitation as well in which participants recited their self composed poems. The event was organized by the President of Health Club Dr. Anita Khanna, Dr. Bharti Gandhi and Secretary Amisha Chauhan.

- **Tech know How's Club Activity**

Various competitions was organized by the Department of Computer Science in the first week of December, 2018 under 'Tech Knows How's Club'. The competitions were held on the following topics:

- Collage Making : E-waste
- Essay writing : Emerging Trends of Technology In India in 21st Century
- Presentation : Digital India
- Poster Making : Technology: Boon/Bane

The main objective of the competition was to find out the hidden talent of the students.

These competitions were judged by the following faculty members of the college:

❖ Collage & Slogan - Dr. Neha Gautam

Mr.Susheel Gupta

Mr.Manu Mahajan

❖ Essay Writing- Mrs. Nivedita Bharadwaj

❖ Presentation –Ms. Neha Walia

- **Book Talk**

The library of St. Bede's College, Shimla organized a Book Talk activity on December 6, 2018 under which the students and teachers were given an opportunity to present their self-composed poems, stories, articles etc. The programme started with Mrs. Anjali Wadhwan, the librarian welcoming the Chief guest, Professor Vidya Nidhi, a well known writer, translator and a critic and the Principal, Dr. (Sr.) Beena John. About twenty one students and three teachers participated in the literary event. The chief guest in her address congratulated the students for their high and mature level of writings. Trophies were then given to all the participants by the Chief guest and the Principal of the college. At the end, Mrs. Ruchi Azad proposed the Vote of thanks.

- Professor Vidya Nidhi, a well known writer, translator and a critic was invited as a Resource person to address the students of Hindi on December 7, 2019. She spoke at length about 'Nari lekhan' and how it started. It was an interactive session with the students.

- **N.S.S Camp**

With the theme 'Empowering a woman empowers the next generation' the NSS unit of St. Bede's College, Shimla began the 7-day camp on the 4th of December, 2018 under the supervision of NSS Programme Officers Dr. Sapna Sharma and Mr. D.V Pathania with 80 volunteers. The camp started off with high spirits and enthusiasm. Mr. Sarabjeet Singh (Bobby), social worker and President of the NGO Almighty Blessings was the chief guest for the inaugural ceremony. He motivated the students to work for the betterment of the unprivileged section of the society. Dr. (Sr.) Beena John, Principal of the College gave her blessings to the volunteers and asked them to follow the motto of NSS 'Not me but you'. During the camp, various activities were undertaken. In and around campus Cleanliness drive was organized. A three day Yoga cum Meditation session was conducted by Ms. Sherry Saraswati and her team. Ms. Chanchal Sharma, Ms. Parul Sharma and Ms. Poonam Thakur, Assistant Professors, Shivalik Institute of Nursing gave presentations on First Aid and taught the students about various First Aid practices. An interactive session with Dr. Suneela Sharma was

held with a message to have courage to fight for oneself and the others in need. Her motto 'Success is one step ahead of giving up' was indeed worth remembering. The Armed Forces Flag Day was celebrated on 7th December. An interactive session with Miss Shilpa Sood, on the topic 'Women Empowerment' was held the same day. A presentation and an interactive session with Dr. Gitanjali Mahendra, Associate Prof., Department of English, St. Bede's College on the topic 'Communication skills and soft skills'. A talk on 'Importance of Nutrition and a Balanced Diet' was delivered by Dr. Anjali Dewan, Associate Prof., Department of Home Science, St. Bede's College on 8th December. The NSS volunteers along with Dr. Shramja Munjal, Dr. Sapna Sharma and Mr. D.V Pathania on December 9th visited the Cancer hospital and distributed chappatis and some snacks. They also interacted as well as performed a skit for the cancer patients. The camp concluded on 10th December with a cultural programme. It was indeed an immensely learning and overwhelming experience for all. The Valedictory function was attended by Ms. Nandini Pathania, Programme officers Dr. Sapna Sharma, Mr. D.V Pathania, Dr. Shramja Munjal, Mr. Vijay Sanoria and other teaching and non-teaching staff. The Vice President, NSS Muskan Bragta and Secretary Garima Sharma helped in the organization of the camp.

- **Textile Exhibition**

India has a rich heritage of traditional textiles and embroidery. This Exhibition is an effort to familiarise the students about the traditional crafts. A Gift shop 'Takhleequi' was also inaugurated to encourage entrepreneur skills of the students. A special corner was set up on Himachal showcasing the traditional skills of Chamba Thaal, Mohras, Chamba Rumal and the traditional weaves of Himachal Pradesh. This exhibition was set up by the students of History and the Department of Apparel & Design Construction, St. Bede's College from December 8-10, 2018.

- Dr. Anjali Dewan's two poems entitled 'Tum aa gayi' and Zindagi Ajab Paheli' were published in Himprasth, December 2018, ISSN 2454-972X, page 53.

- **Christmas Celebrations**

A Christmas Play was enacted by the students about the birth of Jesus Christ on December 11, 2018.

- **Placement cum Internship Drive**

A Company named UAS International arrived in St. Bede's College on 11th December, 2018 for a placement cum internship drive. The drive was lead by Miss Jharna Goyal, the Area Manager. She gave an overview of the company through a presentation which was followed by an interactive session. A group discussion was held of 25 final year students for the placement out of which 9 were shortlisted for a personal interview. The drive was conducted by the Placement Cell of the college organized by Mrs. Anuja Sharma, Mr. Manu Mahajan, Mr. Vikesh Kumar and Mr. Susheel Kumar. From the Student Council, Rupal Dhiman, Srishti Chauhan, Ishita Thakur, Neevia Thalyari, Niharika and Kanishka Sharma were present.

- A Book Exhibition was held in the library on December 12, 2018. The Principal Dr. (Sr.) Beena John inaugurated the exhibition in the presence of teachers and students. About 172 books of Science, Commerce and Humanities purchased from known booksellers worth Rs. 2 lakhs, 5 thousand were displayed.

- A three day workshop entitled 'Rehabilitation of Minefields and Barren Lands' was attended by Dr. Shramja Munjal and three students (Aayushi Verma, Sandhya Bhatt and Ankita Verma) of B.Sc 6th Semester from 12th -14th December, 2018 at HFRI Shimla. The purpose of the workshop was to bring together people of different fields and enlighten them about the wastelands in our state and how to rehabilitate those areas. The workshop also included a field trip to Ambuja Cement Factory Mines, Darlaghat and Western Himalayan Temparate Arboretum, Potter's Hill, Shimla on the 13th of December, 2018. The workshop was an extremely enlightening and informative experience.

- **Field Visit 2018**

The Department of Botany organized an excursion field visit to Indian Institute of Advanced Study. The purpose of the visit was to make students acquainted with the

flora of Shimla region. The emphasis was laid on the basics of plant identification and their economic uses. The students were also made aware of common ornamental plants of Shimla hills. This visit provided an important link of information by providing a platform for further interactions with nature and natural resources.

- A Career and Guidance Counseling programme was organized by the Department of Zoology on December 18, 2018 where Mr. Vimal Bhutani, Director Biotech sapiens, Chandigarh was the resource person. He guided the students of B.Sc. and M.Sc. about various competitive exams like CSIR-UGC NET, DBT, ARS, ICMR, ICAR, IIT-JAM. He discussed that a particular strategy has to be followed for preparing these exams. During his session, he also gave some formulas and tips to understand the aptitude portion in the exam in a better manner. It was a fruitful session for the Science students.
- A sumptuous lunch was served to the teaching and non-teaching staff of the college by the Sisters of the community on 19th December, 2018 to start the celebrations of Christmas. Gifts were also given to the sisters on this occasion.
- The teachers filled in the CCA of Semester V students on December 21, 2018.
- The Principal Dr. (Sr.) Beena John accompanied with teachers visited Lepers' Home. She distributed clothes, woollens, blankets to the inmates on the occasion of Christmas on December 21, 2018.
- The teachers started with evaluation of answer scripts of Term End Examinations held in the months of October-November of Semesters III and V from December 24th, 2018 onwards at various Evaluation Centres under Himachal Pradesh University, Shimla.
- The College closed for the Winter break from January 1 - February 4, 2019.

