



SUPPORTING DOCUMENT

7.1.1

MEASURES INITIATED BY THE INSTITUTION FOR THE PROMOTION OF GENDER EQUITY: SPECIFIC FACILITIES FOR WOMEN



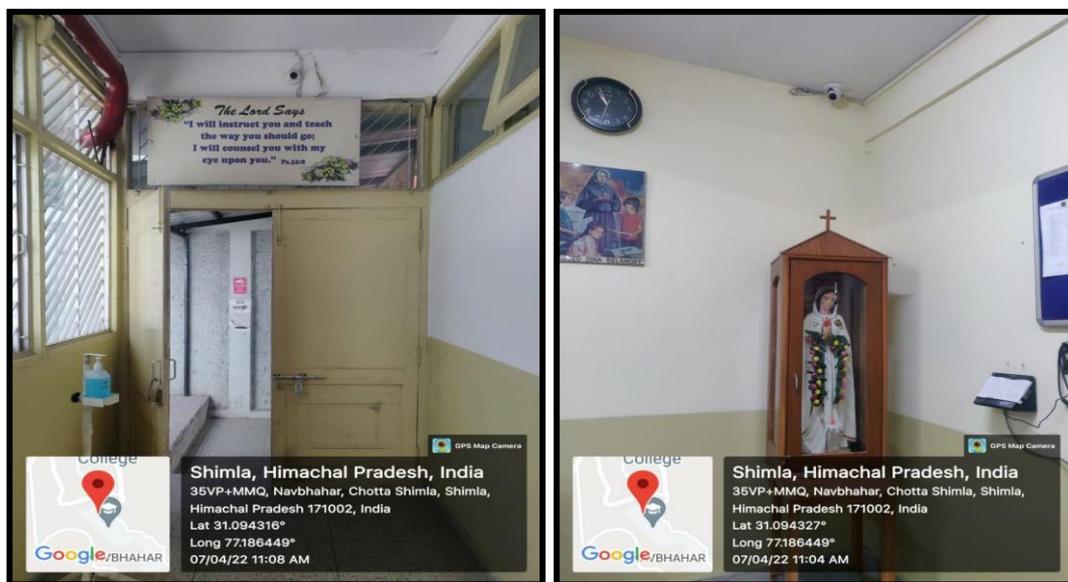
The document contains:

<p>MEASURES INITIATED BY THE INSTITUTION FOR THE PROMOTION OF GENDER EQUITY: SPECIFIC FACILITIES FOR WOMEN</p>	<p>Safety and security</p>
	<p>Counselling</p>
	<p>Common room</p>
	<p>Day care center for young children</p>
<p>ANY OTHER INFORMATION</p>	<p>International Yoga Day Celebration</p>
	<p>Fit India Campaign under Azadi ka Amrit Mahotsav</p>
	<p>Awareness on Tuberculosis and Importance of Personal Hygiene in Covid Pandemic</p>
	<p>Potion Mah Celebration</p>
	<p>International Day of The Girl Child</p>
	<p>NCC Rank Promotion Ceremony</p>
	<p><u>Panel Discussion “Women: The Pillars of Life”</u></p>
	<p>Sheroes</p>
	<p>Republic Day Parade</p>
	<p>Manzil – Doordarshan Talk</p>
	<p>“Program for Aspiring Women Scientists (PAWS)”</p>
	<p>National Parliament for Women</p>
	<p>Talk on Breast Cancer</p>
	<p>Role of Women in Higher Education</p>
	<p>International Women’s Day</p>
	<p>Role play on the theme “Pioneer Women In Indian History”</p>
	<p>Role of NSS in Women Empowerment</p>
<p>Fire Audit</p>	
<p>Washroom Facilities</p>	

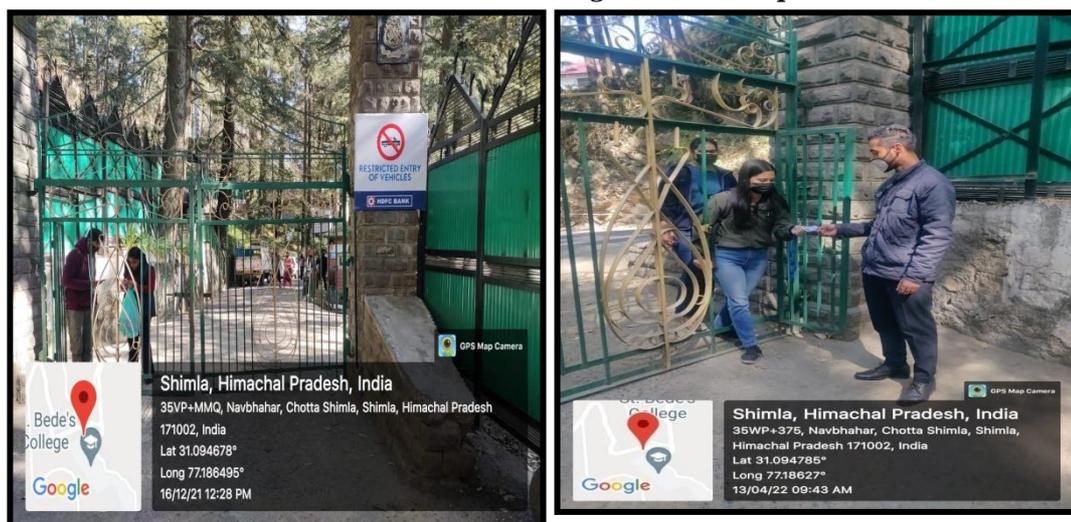


A. SAFETY AND SECURITY

St. Bede's College assures the safety and security of its students, faculty members, administrative staff and all its stakeholders. Well-trained security guards are stationed 24/7 to ensure that no unauthorized individual is allowed entry in the college and also keep a track of the movement of college students to ensure their security. Restricted entry of vehicles in the college is also ensured by the security guards. In order to provide continuous surveillance and security CCTV cameras have been strategically placed throughout the campus.



CCTV cameras installed throughout the campus



Restricted entry into the college

[Back](#)



B. COUNSELLING

To assist the students in their well-being and take care of the psychological challenges they face, the college provides counselling to the students. There is a counselling room in the college.



Counseling Cell

C. COMMON ROOM

The college has a bright and capacious common room for students with a few indoor games (carrom board, table tennis board). The common room is also facilitated with an LED television so that the students can watch news etc. during their free classes.



Common Room

[Back](#)



Common room

D. DAY CARE CENTER FOR YOUNG CHILDREN: not available

E. ANY OTHER RELEVANT INFORMATION:

The college has an Internal Complaint Committee, which is composed in accordance with the guidelines of the Ministry of Human Resource Development, Government of India. In addition, the college has a appropriately formed Anti-Ragging Committee, Discipline Committee, and Grievance Redressal Cell to ensure student safety and protect their interests. Self-defense training programmes are organized for female students, including (Firefighting and First Aid) programs.

Sr. no.	Name of Cell / Committee	Link
1)	Internal Complaint Committee	https://www.stbedescollege.in/internal-committee/
2)	Grievance Redressal Cell	https://www.stbedescollege.in/grievance-redressal-cell/
3)	Discipline Committee	https://www.stbedescollege.in/discipline-committee/

[Back](#)



The college provides medical assistance to students experiencing any health issues. Health awareness activities concerning women such as PCOD, cervical cancer, anaemia, breast cancer day, AIDS, mental health etc. are organized from time to time.

International Yoga Day Celebration

- A series of activities for the International Day of Yoga, 2021 was conducted by the cadets under 7HP (I) Coy, NCC Shimla to mark International Yoga week. The theme for the same was 'Be with Yoga, Be at Home'. The activities were as follows
- Pranayama- A video was compiled where a few cadets performed different types of Pranayamas discussing the benefits of the same.
- Pledge- The cadets pledged to practise meditation every day, to mark the day.
- Poster Making- Cadets presented handmade posters for the same marking the benefits of Yoga and meditation.
- Jingle Composition- Jingles were composed by the cadets to mark the occasion and importance of yoga in a human's life.
- Quiz- an open Virtual Quiz was conducted by the cadets. About 60 people participated.

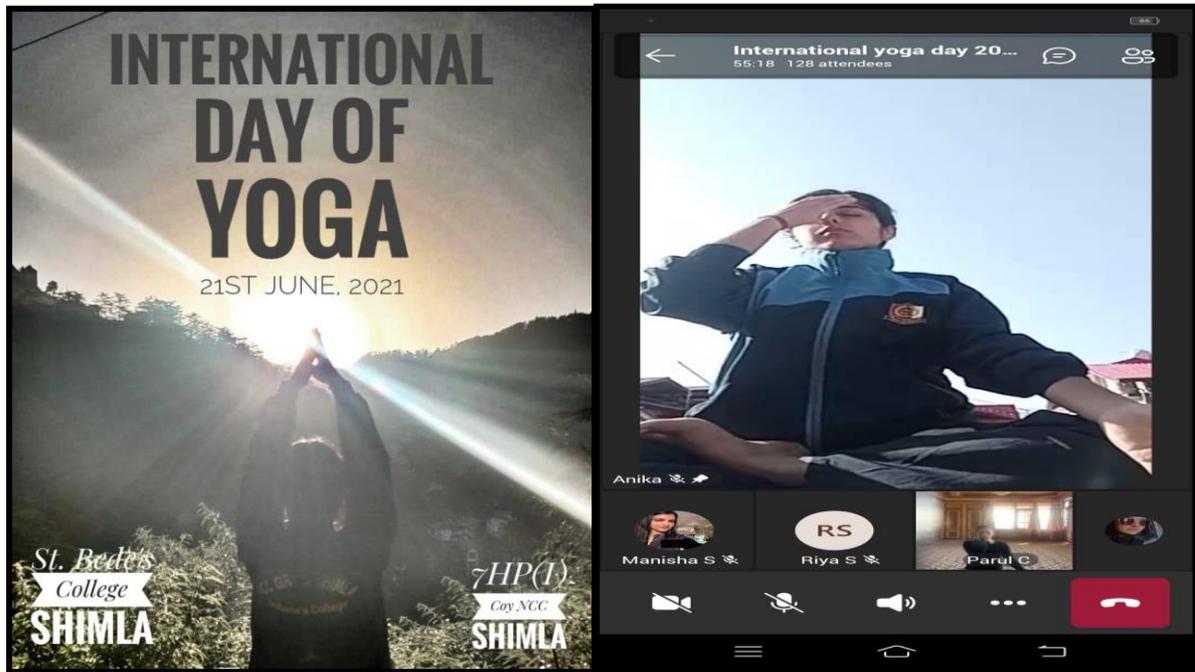


International Yoga Day Celebration; June 21, 2022

[Back](#)



On 21st June, 2021, a live virtual Yoga session was also conducted by Ms. Parul Chauhan, a certified yoga instructor for the students of St. Bede's College, Shimla. The event was organized by the cadets of the NCC unit St. Bede's College, Shimla.



Celebration of International Yoga Day; June 21, 2021

Fit India Campaign under Azadi ka Amrit Mahotsav

On August 12, 2021 7HP (I) Coy NCC Shimla urged the cadets to participate in the Fit India Campaign as the event was supposed to be held online. The unit urged maximum participation and the cadets performed various asanas and pranayamas along with the benefits of the same.



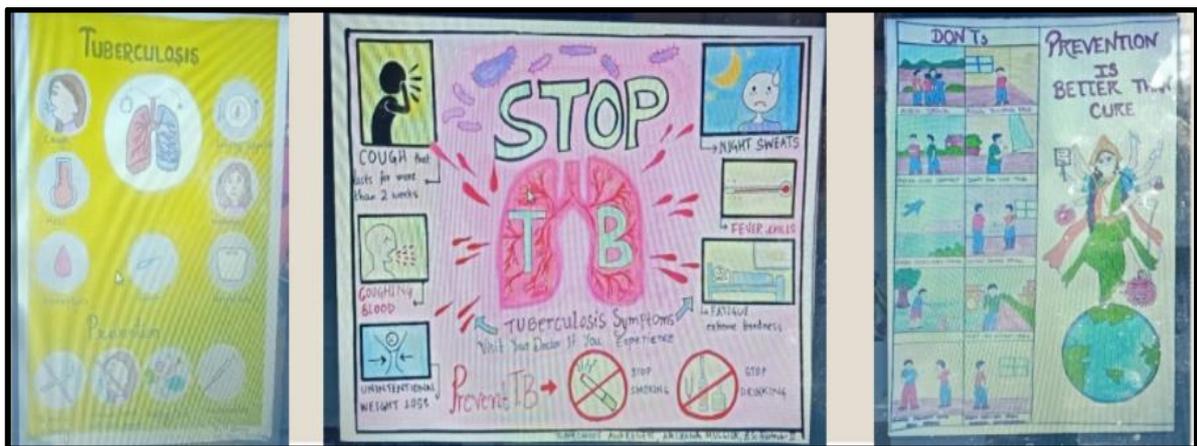
Fit India Campaign; August 12, 2021

[Back](#)



Awareness on Tuberculosis and Importance of Personal Hygiene in Covid Pandemic

On August 18, 2021 poster making competitions were organized by the NSS unit of the college on the topic “Awareness on Tuberculosis” and “Importance of personal hygiene during Covid pandemic”. So, aiming for the same goal the volunteers submitted their art where they raise awareness about tuberculosis, what it is, and how to prevent its spread. In addition to that posters on personal hygiene was also made by the volunteers.



Poster Competition on Awareness on Tuberculosis and Importance of Personal Hygiene; August 18, 2021

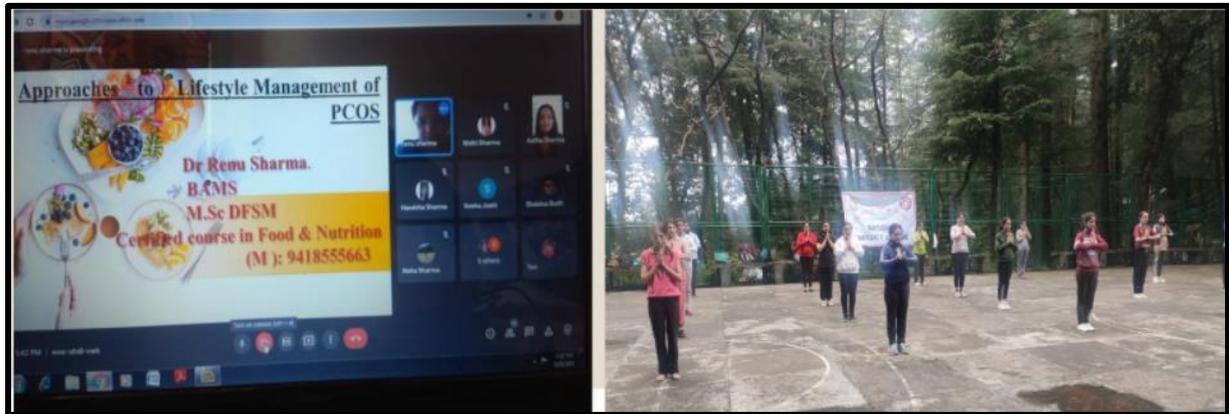
Potion Mah Celebration

The NSS unit of the college conducted the following under Potion Mah in the month of September-

The NSS unit conducted a yoga session throughout the week within the college campus to spread awareness regarding health and nutrition, it's importance that we should be fit and eat healthy and a general survey was also conducted in which the Body Mass Index (BMI) was calculated.

On 25th September, 2021 a session was also organized where the resource person Dr. Renu Sharma made the volunteers aware about “Approaches to Lifestyle Management of PCOS”. The main objective of this session was to assess the effectiveness of lifestyle in improving reproductive, weight and body composition, metabolic and quality of life factors in PCOS.

[Back](#)



Poshan Mah Celebration, September, 2021

International Day of The Girl Child

The NCC Unit of St. Bede's College under **7HP (I) Coy NCC, Shimla** as well as the cadets from **1HP Naval Unit NCC, Bilaspur** collaborated with the **Women Cell** at St. Bede's College on October 11, 2021 to organize a series of competitions to support the cause of International Day of the Girl Child. The theme chose for the day was '*Empowerment*'. A poster-making competition, poetry writing competition as well as a cultural representation competition was organized wherein many students showed enthusiastic participation.



Celebration of International Day of Girl Child, October 11, 2021

To celebrate 'International day of the Girl Child', the department of economics organized an Extempore Competition on 11th October, 2021, in partnership with the Political Science Department, where students had to speak for nearly a minute, on the topics, that were released on the spot. The judges for the event were Dr. Pankaj Ashish and Mr. Mohit. Praneeta Kamal of first year grabbed the first position and Palak Sharma stood second.

[Back](#)



Celebration of International Day of Girl Child, October 11, 2021

NCC Rank Promotion Ceremony

On November 1, 2021 the rank promotion ceremony for the NCC army wing was conducted wherein Col Suneet Shankta, OC 7HP (I) Coy, NCC Shimla was the chief guest.

Some of the cadets were promoted to higher ranks for their hard-work and dedication towards the organisation.

Sgt Rutuja Kulkarni was promoted to the rank of an UO.

Cadet Ananya Singh, Cadet Riya Verma and Cadet Maanika Sethi were promoted to the rank of Sergeant.

Cadet Devshree Hada, Cadet Anoushka Moses, Cadet Sakina Malik, Cadet Gati Singh and Cadet Nikita Chauhan were promoted to rank of Corporal.

Cadet Manisha Sharma, Cadet Ayushi Panwar, Cadet Priyangna Dhalta, Cadet Vidhi Sood and Cadet Chinmay Sharma were promoted to the rank of Lance Corporal.



NCC Rank Promotion Ceremony, November 1, 2021

[Back](#)



Panel discussion “Women: The Pillars of Life”

The Women Cell of St. Bede's College, Shimla organized an informative and engaging Panel Discussion on the topic "Women: The Pillars of Life" on November 23, 2021. Three eminent speakers were invited to enlighten the students on topics related to empowerment of women, laws related to rights of women and feminism. Dr. Daisy Thakur, Chairperson of H.P. State Commission for women, Mr. Navlesh Verma, a renowned advocate of High Court, Shimla and Dr. Priyanka Vaidya, Associate Professor, H.P.U were the guest speakers.



Panel Discussion on Women: The Pillars of Life; November 23, 2021

Sheroes

The Women Cell of St. Bede's College, organized “**Sheroes**” an online event for the college students, comprising of various competitions - Painting, Poetry and Essay Writing, which was held on December 20, 2021.



Painting Competition for Sheroes; December 29, 2021

[Back](#)



Republic Day Parade

UO Rutuja Kulkarni attended the Republic Day Parade on January 26, 2022 at Delhi where she represented PHHP&C Directorate in the Best Cadet (SW Army) Competition. She was a part of PM Rally and briefed the Defence Minister and the DGNCC at the Hall of Fame.

LCpl Ayushi Panwar was a part of the State Republic Day Parade and was a part of the contingent that marched on the Mall Road, Shimla on the Republic Day.



Participation of NCC Cadets in Republic Day Parade; January 26, 2022

Manzil – Doordarshan Talk

February 11, 2022 is celebrated every year as the **International Day of Women and Girls in Science**. To celebrate this occasion a team of three: two teachers and a student of St. Bede's College visited the **Himachal Doordarshan Studio** to host a talk show titled '**MANZIL - Employment Opportunities for Women in the Field of Science**'. The host of the show was Dr. Vandana Thakur, Assistant Professor from the department of English and the guest speakers were Dr. Sapna Sharma, Associate Professor, Department of Physics and Ms. Archana Malik, student of BSc. Honours Biotechnology (<https://youtu.be/IO2tyK1w6Kw>).

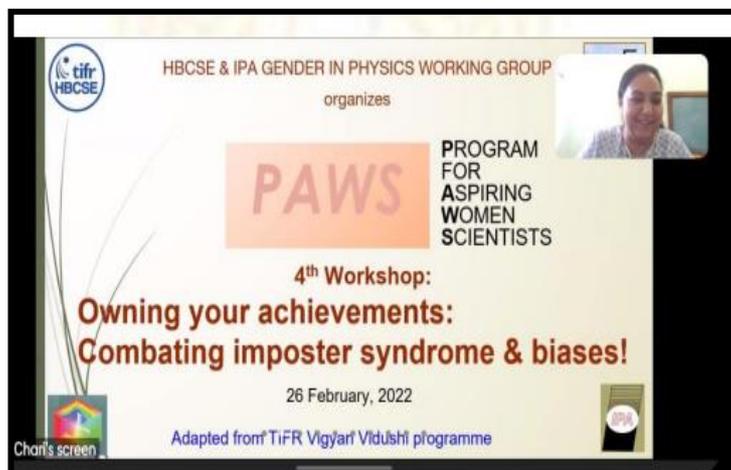
[Back](#)



International Day of Women and Girls in Science; February 11, 2022

“Program for Aspiring Women Scientists (PAWS)”

Program for Aspiring Women Scientists (PAWS)” was conducted by Homi Bhabha Centre for Science Education & IPA'S Gender in Physics Working Group on 'Combating Imposter Syndrome and biases on February 20, 2022.



Program for Aspiring Women Scientists (PAWS); February 20, 2022

[Back](#)



National Parliament for Women

Students of St. Bede's college participated in the 'Parliament for Women' organized by the HP State Commission for Women in association with National Commission for Women at Government Senior Secondary School, Portmore, Shimla on March 3, 2022, celebrating the upcoming International Women's Day on March 8. This event was a part of a nationwide celebration in the first 10 days of March, under the 75th Azadi ka Amrit Mahotsav. Accomplished women from the fields of politics, journalism, academics, judiciary, police and administration became the bearers of a fruitful evening.



National Parliament for Women; March 3, 2022

Talk on Breast Cancer

NSS Unit of St. Bede's college organized a lecture on "Breast Cancer, it's detection and preventions" on March 4, 2022. The lecture was given by Dr. Manish Gupta, one of the leading Radiation Oncologist and Consultant at IGMC, Shimla.



Talk on Breast Cancer ; March 4, 2022

[Back](#)



Role of Women in Higher Education

The department of geography organized a declamation competition on 'Role of Women in Higher Education' on March 5, 2022. Dr. Vikrant Bhardwaj (Physical Education), Sr. Santhi (Geography), Ms. Snigdha Bhatt (English) and Mr. Anoop Diltia were the judges for the competition.



Declamation Competition on Role of Women in Higher Education; March 5, 2022

International Women's Day

To commemorate the special occasion of Women's Day, the Women Cell of St. Bede's College organized an event in accordance with the theme for this year, as provided by UN Women : 'Gender Equality Today for a Sustainable Tomorrow'. Three eminent speakers had been invited to make the students aware on various topics that revolve in and around women: Dr. Monika Bhutunguru, S. P. Shimla, Dr. Puja Negi Rajta, Associate Professor, Department of Medical Physiology, IGMC, Shimla and Ms Vandana Misra, Advocate, High Court Shimla.

[Back](#)



International Women's Day Celebration; March 8, 2022

On 8th March, 2022, the 1st and 2nd year NCC cadets were invited to perform a Nukkad Natak on the event of International Women's Day at GDC, Kotshera. The cadets presented a Nukkad Natak under the title "Blood donation- DOs and DON'Ts" and were presented with a "Memento of Honour for Stage Performance".



International Women's Day Celebration; March 8, 2022

[Back](#)



Role play on the theme “Pioneer Women In Indian History”

On the occasion of International Women’s Day on March 8, 2022, the department of History and Economics organised a role play competition on the theme- “Pioneer Women in Indian History”.



Role play on the theme “Pioneer Women In Indian History”; March 8, 2022

Role of NSS in Women Empowerment

NSS organized an online webinar on ‘Role of NSS in Women Empowerment’ on March 8, 2022 with Dr. Mahima Verma, Assistant Professor, Department of Sociology, Jesus and Mary College, Delhi.

Fire Audit

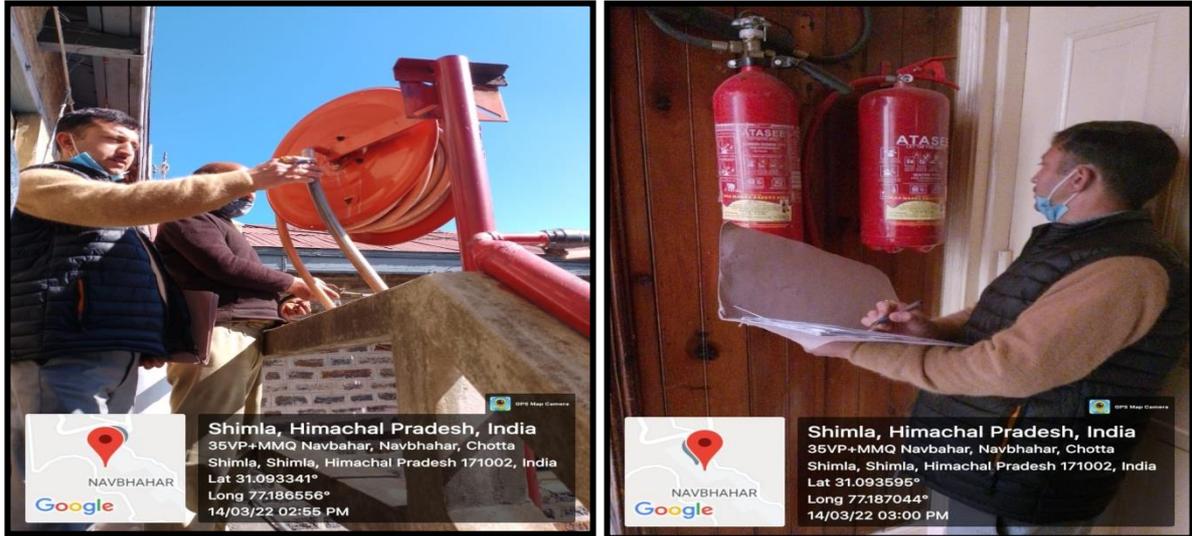


Role of NSS in Women Empowerment; March 8, 2022

[Back](#)



A fire safety audit was conducted to determine the assessing the fire safety standards of the college campus.



Fire Audit; March 13, 2022

- **Washroom Facilities**

Provision of clean washroom facilities in college is critical for good health and well- being of students.

Washroom facilities at St. Bede's College include:

- Washroom in all blocks of the college
- Safe toilets with inside door latch
- Light source available inside and outside of the toilets
- Trash bins with lids to dispose of menstrual materials
- All taps are working properly
- Liquid hand wash provided in all washrooms
- All washrooms are cleaned and sanitized properly
- Sanitary napkin vending machines are installed in the washrooms.

[Back](#)



Girls Washrooms



Sanitary Napkin Vending Machine



Trash Bins

[Back](#)