



## **SUPPORTING DOCUMENT**

### **7.1.1**

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



**The document contains:**

<p><b>MEASURES INITIATED BY THE INSTITUTION FOR THE PROMOTION OF GENDER EQUITY: SPECIFIC FACILITIES FOR WOMEN</b></p>	Safety and Security
	Counselling
	Common Room
	Day care centre for young children
<p><b>ANY OTHER RELEVANT INFORMATION</b></p>	Felicitation of Cadets Qualified to Appear for SSB Interview
	International Day of Yoga
	Umbrella Painting
	Awareness Talk On “Making A Difference as A Teacher”
	Basic Leadership Camp
	HIV Prevention and Awareness Campaign
	Issues of Domestic Violence Against Women
	Poshan Maah
	Nutrition Week
	Assessment of Pregnant and Lactating Women
	Advance Leadership Camp
	Beauty Pageants- A Gateway to Success And Glory!
	Presentation on Obesity Management
	Physical Fitness Test
	Health And Fitness Workshop
	Health Awareness Program on “Breast Cancer”
	International Day of Girl Child (Street Play)
	"Beyond Economics: Celebrating Festivals with Creativity and Joy"
	Women Attire- Expression or Repression
	Students Awareness Program
Exhibition	
Painting Competition on The Theme ‘Bharat Ki Veerangnaen’	
Project Work On ‘The Evolving Role of Women in Contemporary Soaps’	



	EBA Alumni Meet
	Silent March Against Eve Teasing
	Visit To Anganwadi to Evaluate the Nutritional Status of Preschoolers
	Inter Departmental Activity on The Topic of 'Calculation of BMI'
	Exchange Program- Presentation on Types of Nutrients Components
	A Virtual Session on Antimicrobial Resistance Awareness
	Himachal Pradesh University Inter College Basketball Women Championship
	Rank Ceremony
	Mass Awareness Rally Against Female Foeticide
	CATC-132 Pre RDC-3
	Republic Day Camp
	Felicitation of RDC Holders
	Presentation on Breast Cancer During the NSS Annual Camp
	An Interactive Session on Domestic Violence And Related Acts
	Shikshit Nari, Shikshit Samaj
	Pre- International Women's Day 2023
	Celebration Of International Women's Day 2023
	Inter-SHIP Poetry Writing Competition
	Book Cover Painting Competition on Women's Writing
	NCC Raising Day
	Awareness Talk on Cervical Cancer
	Walk For Health
	Fire Safety
	Washroom Facilities

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## A. SAFETY AND SECURITY

At St. Bede's College, the safety and security of everyone associated with the institution, including students, faculty members, administrative staff, and stakeholders, is of utmost importance. To ensure this, the college has implemented robust measures. Trained security guards are present round the clock, diligently monitoring access points and preventing unauthorized individuals from entering the premises. Additionally, they closely track the movement of college students, guaranteeing their well-being within the campus. Stringent regulations are in place to restrict vehicle entry, effectively maintaining a secure environment. To enhance surveillance and ensure continuous monitoring, CCTV cameras have been strategically positioned throughout the college campus. These measures collectively create a safe and secure environment that fosters a sense of comfort and peace of mind for everyone within the St. Bede's College community.

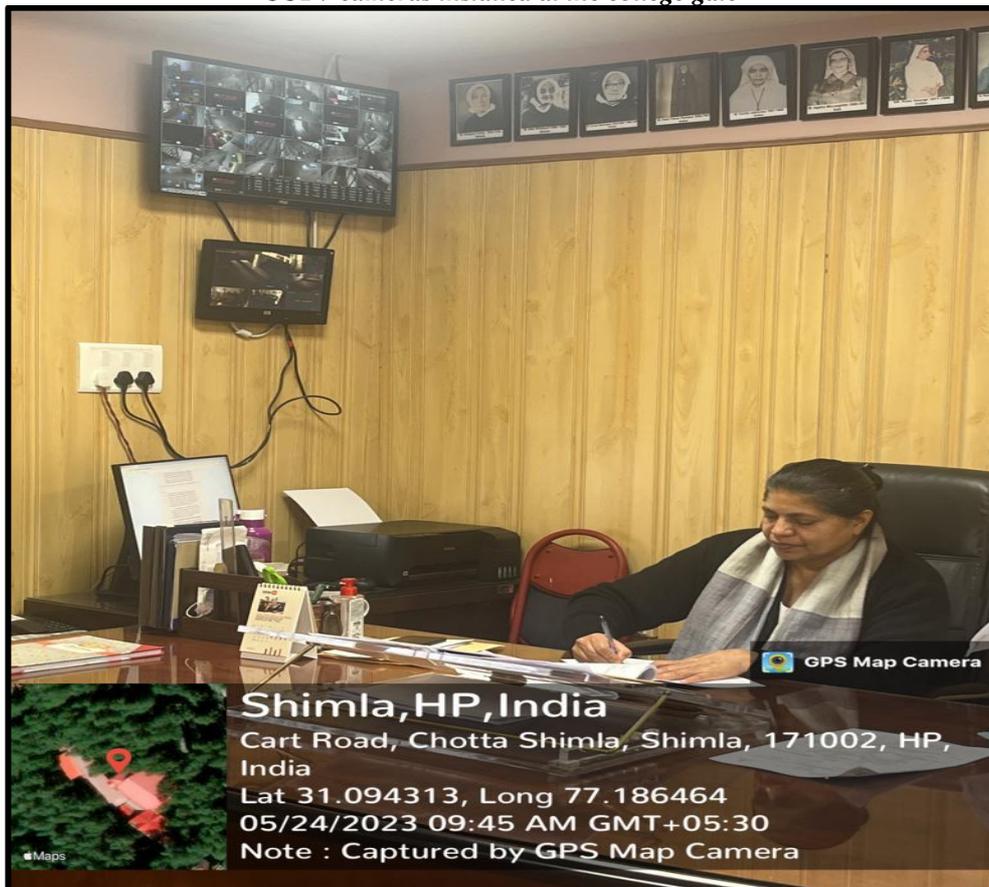


*CCTV cameras installed throughout the campus*

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*CCTV cameras installed at the college gate*



*CCTV Surveillance in Principal's Office*

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*Restricted entry into the college*

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*Regular Checking of ID Cards of the Students*

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## B. COUNSELLING

To support the well-being of its students and address the psychological challenges they may encounter, St. Bede's College offers counselling services. The college has dedicated a counselling room where students can seek professional guidance and support. This room serves as a safe and confidential space where students can openly express their concerns and receive assistance from trained counsellor. By providing access to counselling services, the college recognizes the importance of mental health and strives to nurture a supportive environment that promotes the overall well-being of its students.



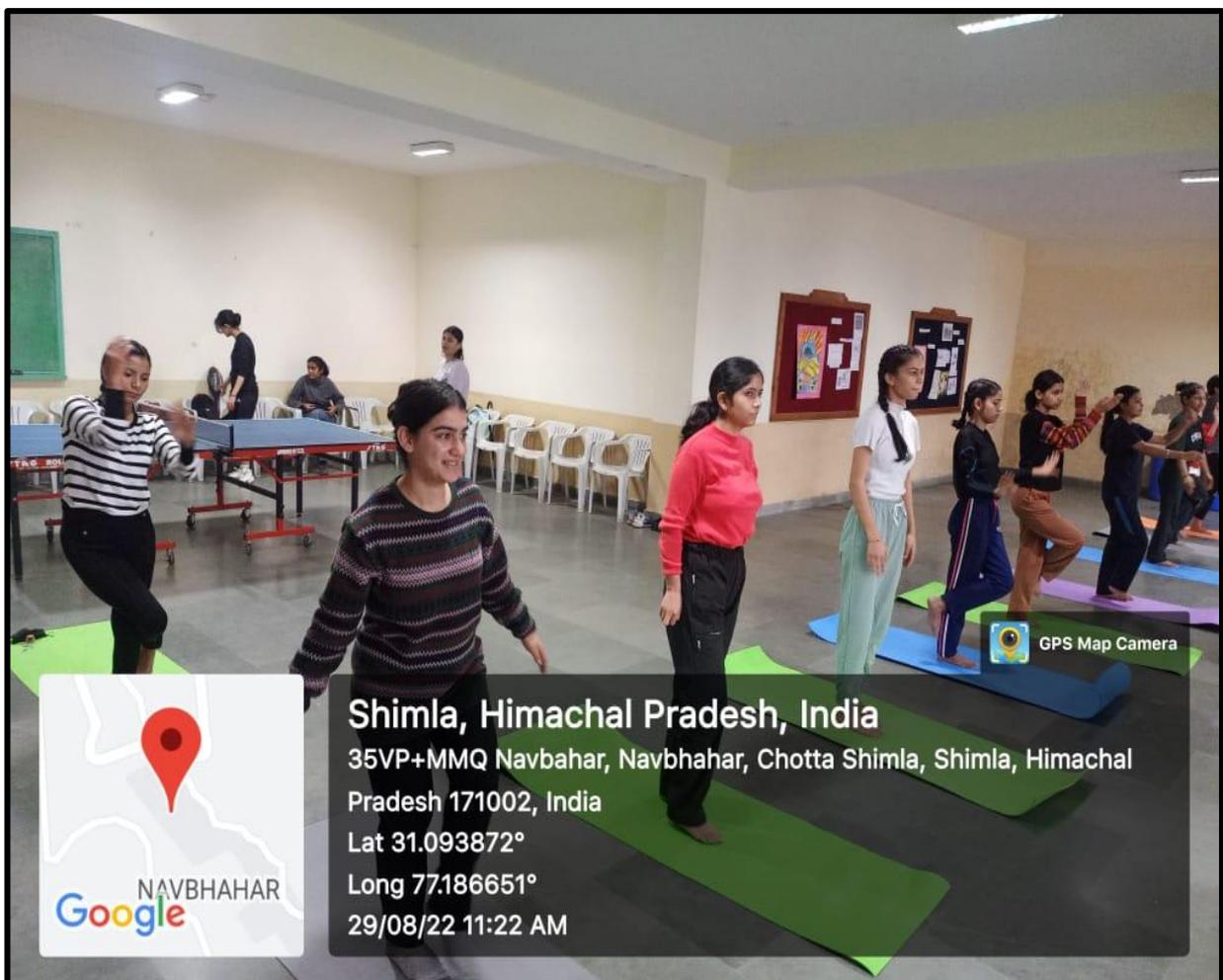
*Counseling Session*

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### C. COMMON ROOM

St. Bede's College boasts a spacious and well-lit common room, designed to accommodate many students. This vibrant space is equipped with various indoor games such as carrom and table tennis, providing recreational opportunities for students to engage in friendly competitions and unwind during their free time. Additionally, the common room is furnished with an LED television, allowing students to stay updated by watching news broadcasts or other informative programs during their free classes. This helps in fostering a sense of belongingness and also contributes to the students' holistic growth.



*Common Room*

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*Common Room*

**D. DAY CARE CENTER FOR YOUNG CHILDREN:** Facility not available

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#### **E. ANY OTHER RELEVANT INFORMATION:**

St. Bede's College adheres to the Ministry of HRD guidelines and has an Internal Complaint Committee for addressing grievances and ensuring student safety. The college also maintains an Anti-Ragging Committee, Discipline Committee, and Grievance Redressal Cell to protect student interests and maintain a conducive learning environment. Female students benefit from self-defence programs covering firefighting and first aid, promoting their safety and preparedness. These measures demonstrate the college's commitment to creating a secure and supportive environment that prioritizes student well-being and fosters a positive educational experience.

Sr. no.	Name of Cell / Committee
1)	<a href="#">Internal Complaint Committee</a>
2)	<a href="#">Grievance Redressal Cell</a>
3)	<a href="#">Discipline Committee</a>
4)	<a href="#">Self-defence, Firefighting and First Aid courses</a>

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St. Bede's College offers medical assistance to students in need of healthcare support. The college organizes health awareness activities on various topics specifically related to women's health, including PCOD, cervical cancer, anaemia, breast cancer, AIDS, and mental health. These activities are conducted periodically, providing valuable information and promoting awareness among the students. By providing medical assistance and organizing health awareness programs, St. Bede's College actively prioritizes the well-being of its students and aims to empower them with knowledge and resources for a healthy and balanced lifestyle.

### **Felicitation of Cadets Qualified to Appear for SSB Interview**

An event was organized by the NCC Unit of St. Bede's College Shimla on June 4, 2022, to acknowledge and appreciate the cadets who successfully qualified to appear for the SSB Interview. The selected cadets were SUO Rutuja Kulkarni and Cadet Anjali Kainthla from 7HP(I) Coy, NCC Shimla, along with Captain Cadet Chavi Tewari and PO Cadet Arundhati Chandel from 1HP Naval Unit NCC Bilaspur. The principal felicitated the cadets during the event.



*Felicitation of Cadets Qualified to Appear For SSB Interview on June 4, 2022*

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## International Day of Yoga

The NCC Unit of St. Bede's College celebrated the International Day of Yoga on June 21, 2022. As part of the celebration, 25 cadets visited St. Edward's School Shimla along with cadets from other institutions under 7HP(I)COY NCC Shimla. The cadets participated in a yoga session together with many other cadets. The cadets also raised awareness online by sharing their experience of the day, and the video has received over 1,200 views on Instagram.



*International Day of Yoga on June 21, 2022*

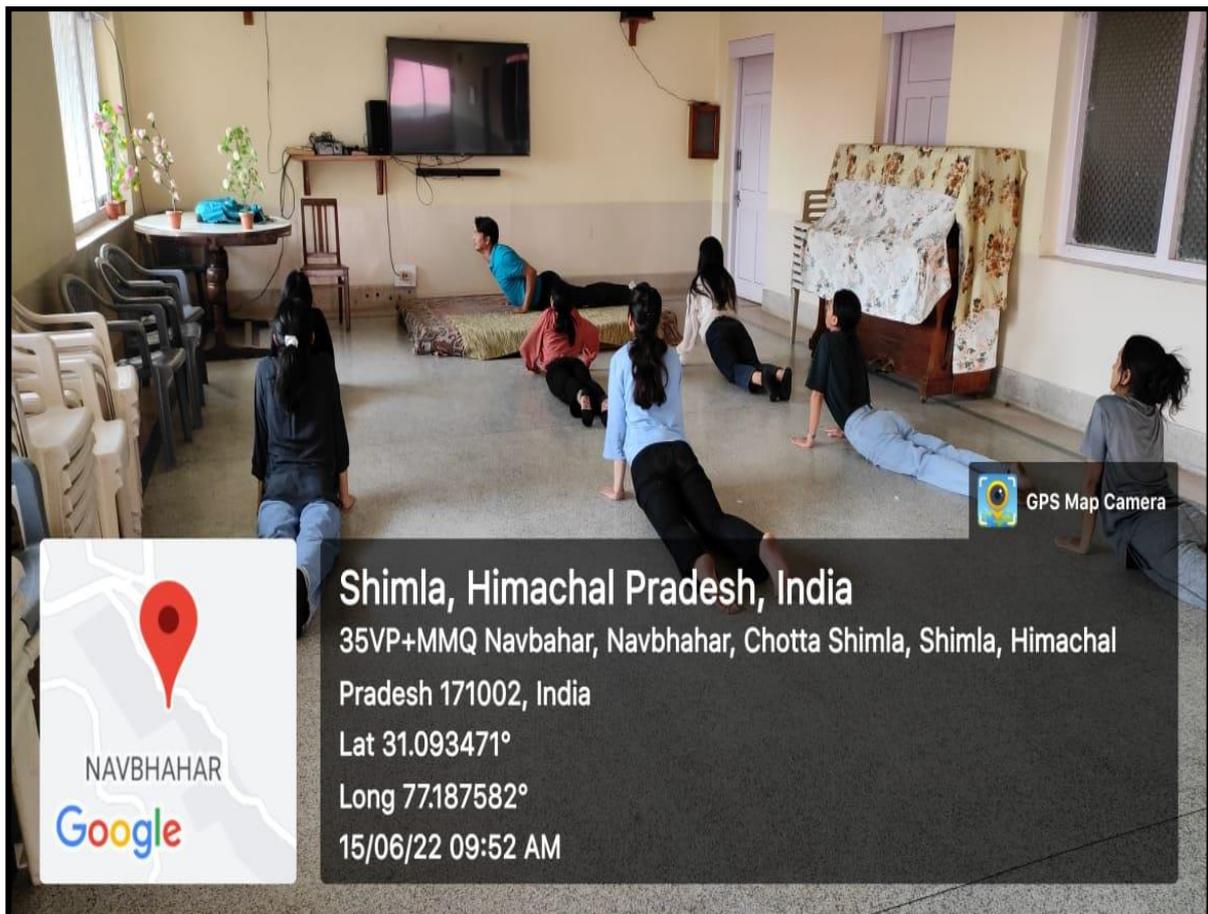
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Under the aegis of the Ministry of Aayush and Azadi ka Amrit Mahotsav, the Department of Physical Education and NSS Unit of St. Bede's College, Shimla celebrated International Yoga Day on June 21, 2022, with the theme "Yoga for Humanity." To further celebrate the 8th International Day of Yoga 2022, a week-long yoga camp was organized from June 15 to June 21, 2022, under the guidance of Dr. Ashwani Kumar from the Department of Physical Education.

Various online and offline activities were conducted in the college to mark the occasion, such as a poster making competition, slogan writing competition, essay writing competition on the topic "Importance of Yoga".

Finally, a rally was conducted to raise awareness about the Importance of Yoga, which was flagged off by the Principal, Prof. (Sr.) Molly Abraham. The overall objective was to encourage individuals to incorporate yoga into their daily lives and recognize its positive impact on physical, mental, and spiritual health.



*International Day of Yoga on June 21, 2022*

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*International Day of Yoga on June 21, 2022*

### **Umbrella painting**

A State Level Function was organized by the HP State AIDS Control Society and DTE, Health and Family Welfare, Shimla on August 10-12, 2022. On this occasion the Red Ribbon Club volunteers of St. Bede's College participated in Umbrella painting based on the topics – "Promoting HIV testing, Toll Free Number 1097, NACO App and Stigma and Discrimination", at JLN Fine Arts College Chaura Maidan. The volunteers also performed a skit on the topic - HIV Prevention Campaign at Hotel Holiday Home, Shimla. Honorable Health Minister Dr. Rajeev Saizal addressed the gathering and appreciated the efforts of students of the college for their performance.

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## Awareness Talk on “Making A Difference As A Teacher”

On August 18, 2022, the Department of Commerce and Management at St. Bede's College, under the auspices of IQAC, organized an awareness talk for the faculty members in the college auditorium. Dr. Michael S. David was the resource person for this discourse, and the topic of the discussion was "Making a Difference as a Teacher. The discourse aimed to inspire and empower the faculty members to enhance their teaching practices and make a positive impact on the lives of their students.



**St. Bede's College**  
NAAC Re-Accredited A+ Grade  
Department of Commerce and Management  
Under the aegis of  
IQAC  
organises  
*Awareness Talk*  
*Making A Difference as a*  
*Teacher*  
**For All Teachers**  
**August 18, 2022**  
**Time : 01 : 45 P.M.**  
**Venue : College Auditorium**  
**Resource Person : Dr. Michael S. David**  
Training Partner for Grovewell, USA,  
Synet Australia and Tata  
Management Training Centre, Pune.



*Awareness Talk on “Making A Difference As A Teacher” August 18, 2022*

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## **Basic Leadership Camp**

Cadet Ivy Bhattan, representing the Shimla group, attended the Basic Leadership Camp (BLC) held in Malout, Punjab from August 19, 2022 to August 26, 2022. She was the only SW cadet from 7HP (I) Coy, NCC Shimla, and was trained to develop her leadership skills through various activities such as debates and critical thinking. Cadet Ivy actively participated in the camp and won four medals. She secured first position in the Group Singing Competition and second position in the Skit Competition. Additionally, she bagged third position in Debates as well as the Dance Competition. Due to her exceptional performance, she qualified for the Advance Leadership Camp.



*Basic Leadership Camp August 19 - 26, 2022*

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### **HIV Prevention and Awareness Campaign**

Red Ribbon Club organized Intra-college activities for, “HIV Prevention and Awareness Campaign”, to celebrate the International Youth Day w.e.f. August 12-31, 2022 under the theme ‘Intergenerational Solidarity: Creating a World of All Ages’. The campaign’s Slogan was, “HIV Ke Saamne – Hum Jhukenge Nahi”. Volunteers participated in, Hat speech of one-minute, Digital poster and Instagram reel competition on various sub-themes. By involving volunteers and encouraging their active participation, the campaign aimed to create a sense of ownership and responsibility among the college community towards HIV prevention and promoting a supportive and inclusive environment for all ages.

### **Issues of Domestic Violence Against Women**

An interactive meeting on "Issues of Domestic Violence Against Women" and gender sensitization was organized by the HP State Commission for Women on September 3, 2022, at D C Office, Bachat Bhawan, Shimla. The event was graced by Dr. Daisy Thakur, Chairperson of HP State Commission for Women, as the chief guest. The meeting also saw the presence of other important guests, including Law Officer HPSCW Adv. Anuj Verma, Prof. Meenakshi F. Paul, and Prof. Shiv Nath Ghosh. During the meeting, an awareness questionnaire was introduced for college students regarding the issue of domestic violence against women.



*Issues of Domestic Violence Against Women on September 3, 2022*

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### **Poshan Maah**

The NSS Unit celebrated Poshan-Maah during the entire month of September. The volunteers took a Poshan Pledge to eat right and stay fit. Various activities were conducted throughout the month, including poster making, slogan writing, and essay writing competitions, as well as a presentation on "Obesity Management." A quiz competition was organized to test general awareness regarding Nutrition Awareness, and a survey was conducted to calculate the Body Mass Index (BMI). The activities conducted aimed to raise awareness about nutrition-related issues and encourage individuals to make informed choices for a healthy lifestyle.



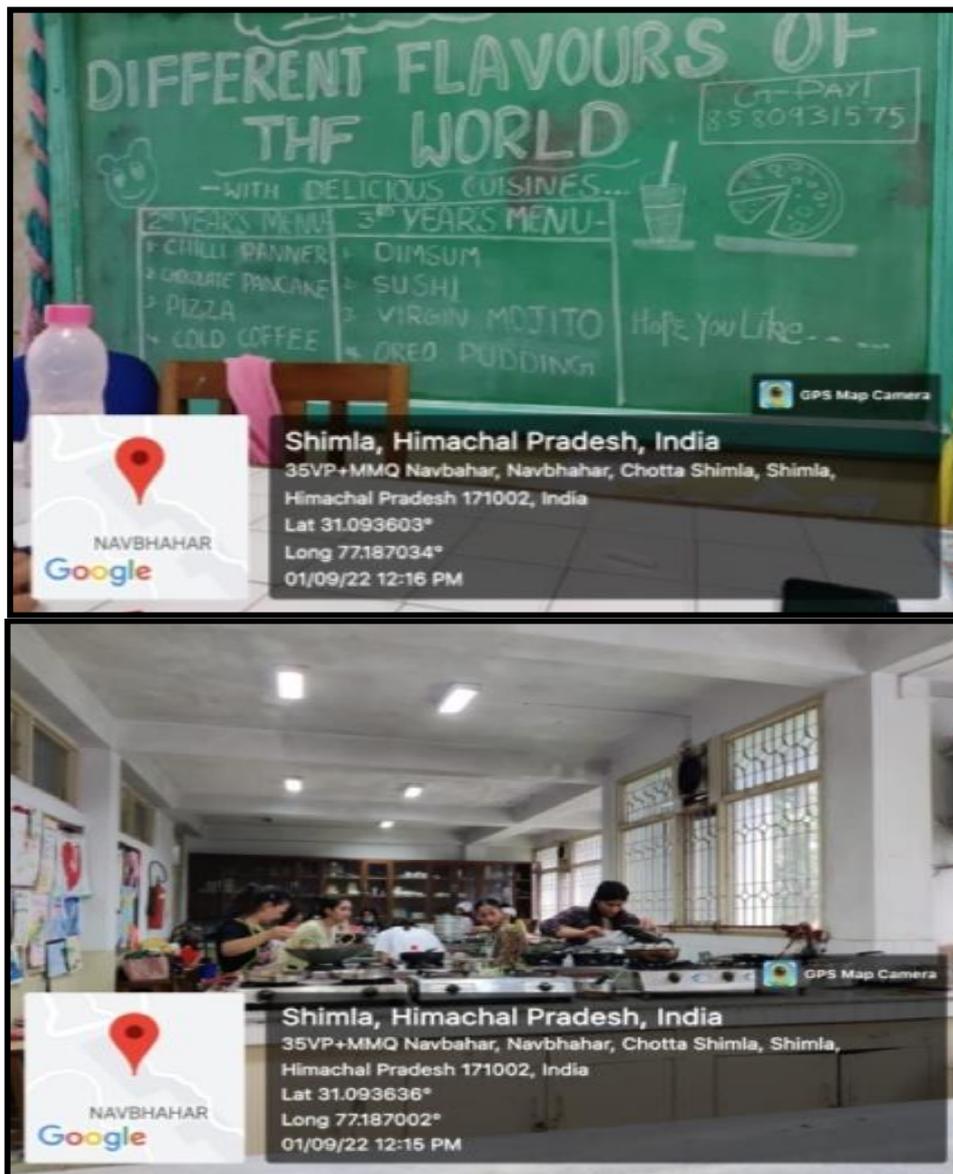
*Poshan Maah in September 2022*

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## Nutrition Week

On September 1st, 2022, a cafeteria themed "Flavours of the World" was arranged to commemorate Nutrition Week. The purpose of this event was to educate BA 2nd and 3rd year students on the fundamentals of food service management and entrepreneurship. The students enjoyed nutritious and diverse cuisine from various cultures and learned about food production control.



*Nutrition Week on September 1, 2022*

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### **Nutritional Assessment of Pregnant and Lactating Women**

On September 7th, 2022, a group of BA 3rd year students went on an educational trip to Kamala Nehru Hospital. The purpose of the trip was to educate pregnant and lactating women and to gain practical knowledge in the field of dietetics. During the visit, the students gave a presentation on the topic of nutritional needs during pregnancy and lactation.



*Nutritional Assessment of Pregnant and Lactating Women on September 7, 2022*

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### **Advance Leadership Camp**

Cadet Ivy Bhattan demonstrated her leadership skills as she attended the Advance Leadership Camp (ALC) held in Malout, Punjab from September 7 to September 18. Her outstanding performance earned her the title of overall SW Senior for the camp. Throughout the duration of the camp, she was trained in drill and equipped with the necessary skills to become an effective leader. In addition to shouldering her responsibilities as the SW Senior, Cadet Ivy Bhattan also actively participated in various activities including sports and the cultural programme. Her efforts paid off as she brought back three gold medals for standing first in the relay race and tug of war, as well as for her role as the SW Senior.



*Advance Leadership Camp on September 7- 18, 2022*

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### **Beauty Pageants- A Gateway To Success And Glory!**

On September 9, 2022, Amar Ujala and GOYAL Motors Pvt Ltd sponsored the registrations for the popular beauty pageant "Miss Himachal Princess" at St. Bede's College, Shimla. Over 60 students registered themselves for the pageant, which offers various career options and opportunities, and a cash prize of one lakh rupees and a one-year modeling contract for the winner.



*Beauty Pageants- A Gateway To Success And Glory! on September 9, 2022*

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### **Presentation on Obesity Management**

On 17th September 2022, a presentation on obesity management was given to the NSS students. The purpose of the presentation was to educate the students about the nutritional requirements and the importance of exercise during overweight and obesity.



*Presentation on Obesity Management on September 17, 2022*

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## Physical Fitness Test

On September 17, 2022, the NSO and Health Club conducted a Physical Fitness Test in the college campus. The test had 42 student participants and included various items such as Sit-ups, Standing Broad Jump, Shuttle Run, Medicine Ball Throw and 600 Meter Run. The test provided an opportunity for students to assess their fitness levels, set goals for improvement, and take steps towards leading a physically active lifestyle.



*Physical Fitness Test on September 17, 2022*

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### Health and Fitness Workshop

The Departmental Club of Zoology, "Zoo Quest" organized a workshop on health and fitness on September 23, 2022. The event was aimed at promoting awareness among the students and the local community about the importance of maintaining good health and fitness.



*Health and Fitness Workshop on September 23, 2022*

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## Health Awareness Program on “Breast Cancer”

On September 29, 2022, a Health Awareness Program on "Breast Cancer" was organized for the students of the college in the Auditorium. The program was conducted under the aegis of Ministry of Health and Family Welfare (H.P) and Health Club and was attended by more than 200 students.

Dr. Pratima Thakur, a Cancer Specialist from Indira Gandhi Medical College and Hospital Shimla, was invited as a guest speaker for the program. She shared various facts and information related to breast cancer with the students to make them aware of the disease.



*Health Awareness Program on “Breast Cancer” on September 29, 2022*

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## International Day of Girl Child (Street Play)

Economics Department celebrated International Day of Girl Child in a unique and impactful way by presenting a Street Play on 11th October at Navbahar Chowk, Shimla. The Street Play was a powerful representation of the struggles that women face in society, including domestic violence, eve teasing, gender inequality, and stereotypes against women.



*International Day of Girl Child (Street Play) on October 11, 2022*

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### **"Beyond Economics: Celebrating Festivals With Creativity And Joy"**

In addition to their regular economic activities, the Economics Department of the college also organized various cultural events to celebrate festivals. For instance, to celebrate Karwa Chauth, they organized a Mehndi competition in which students showcased their mehndi designing skills. The department also put-up hand-painted Diya stalls in the college courtyard during Diwali. The students, along with the teachers, came together and showcased their painting skills and creativity, which resulted in the sale of 220 hand painted Diyas on the campus itself. These events added a touch of diversity and fun to the usual academic activities of the department and helped to foster a sense of community among the students and faculty.



*"Beyond Economics: Celebrating Festivals With Creativity And Joy" on 19 October, 2022*



### Women Attire- Expression or Repression

The Internship Debate competition organized by the college witnessed enthusiastic participation from students and proved to be a resounding success.

The debate provided a platform for students to showcase their critical thinking, communication abilities, and persuasive skills. It encouraged them to articulate their thoughts effectively and engage in a respectful exchange of ideas. The competition not only enhanced the participants' public speaking capabilities but also fostered intellectual growth and encouraged healthy competition among students.



*Women Attire- Expression or Repression on October 14, 2022*

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## Students Awareness Program

An awareness program on October 15, 2022 was organised for the stitching lab and college students by the Financial Lab Cum Incubation Centre to impart knowledge about entrepreneurship and employability opportunities. Dr. Himesh Sharma, CEO SkillLabs, interacted with the students and made them aware of the financial assistance that his organization can provide them for innovative ideas and projects. He also bought some of the products made by the students and motivated them to become entrepreneurs.



*Students Awareness Program on October 15, 2022*

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### **Exhibition**

An exhibition was organised by the Financial Lab cum Incubation Centre on October 19, 2022 in the courtyard of the college. The students of the college showed extreme enthusiasm and came forward to show interest in the products displayed.

The exhibition showcased some of the things handmade by the students of the financial lab, which included creatively handmade bookmarks, crocheted keychains, scented candles, satin scrunchies, rings etc.



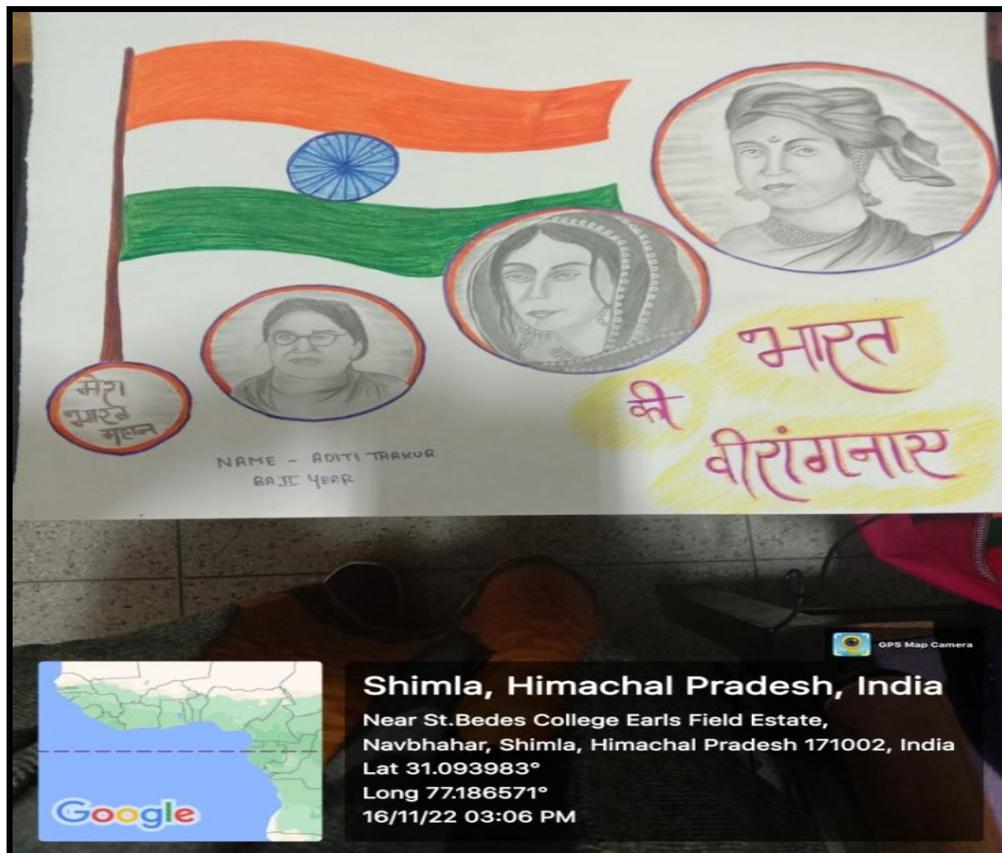
*Exhibition on October 19, 2022*

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### Painting Competition on the Theme ‘Bharat Ki Veerangnaen’

Under the ‘Azadi Ki Amrut Mahotsav’ initiative, the department of Hindi organized a painting competition on the theme ‘Bharat Ki Veerangnaen’. This activity was conducted to encourage the students to search on the relevant contributions of female freedom fighters (unsung heroines) during the freedom struggle of India.



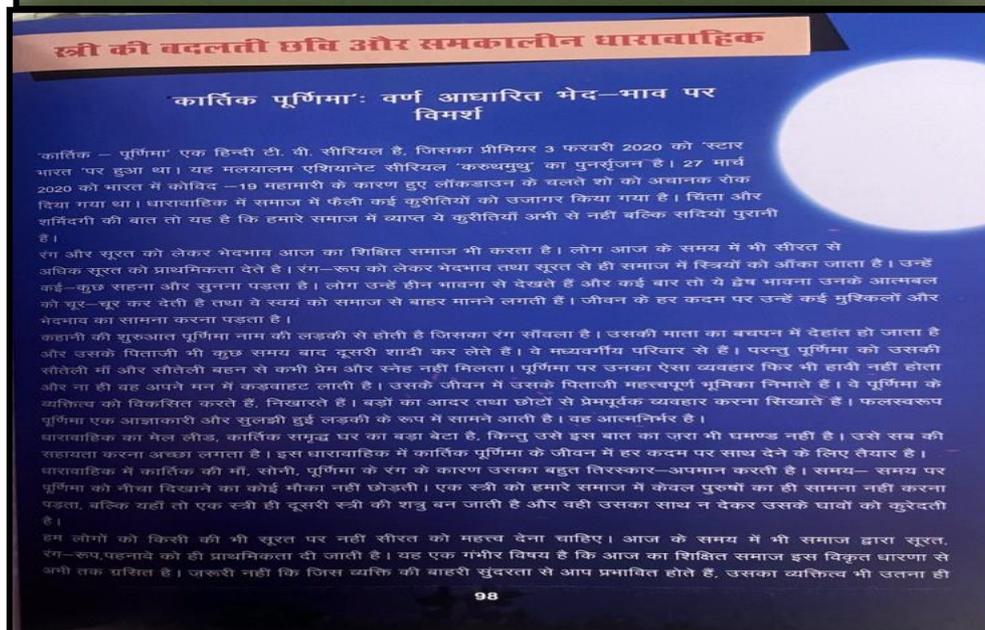
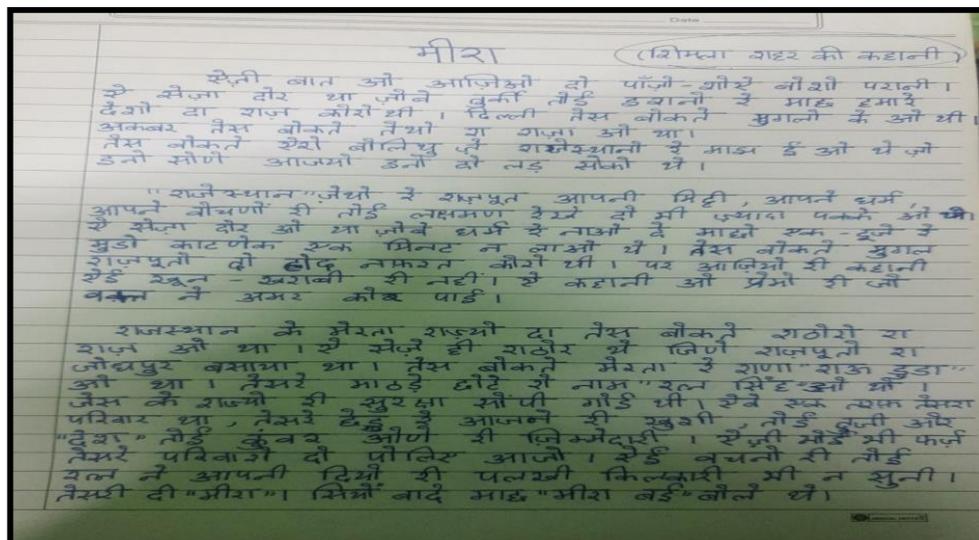
*Painting Competition on the Theme ‘Bharat Ki Veerangnaen’ on November 04, 2022*

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## Project Work on 'The Evolving Role of Women in Contemporary Soaps'

This project was given to B.A 3<sup>rd</sup> year GE students, studying Journalism under the course 'Srijanatmak Lekhan Ke Vividh Kshetra'. The motive behind this project was to encourage them to search on the evolving roles of women depicted in contemporary soaps and also to highlight their bravoure while tackling the social and patriarchal stereotypes in the Indian society.



## Project Work on 'The Evolving Role of Women in Contemporary Soaps'

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### **EBA Alumni Meet**

The college organized an Alumni meet “Mash Up Catch Up”. The aim of organizing the meet was to provide an opportunity for former students to reconnect, reminisce, and strengthen their bond with the college. The two-day event was designed to create a festive and enjoyable atmosphere where alumni could catch up with each other, share experiences, and celebrate their shared memories. The activities, including the get-together, walk on the Mall road, dance and dinner, cultural event, and carnival, aimed to create a vibrant platform for alumni to showcase their talents, creativity, and entrepreneurial skills.



*EBA Alumni Meet on November 20, 2022*

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*EBA Alumni walk on the Mall road on November 19, 2022*

The students of the Financial Lab cum Incubation Centre exhibited an array of items at the 'Alumni Meet' which was organized by the college on November 20, 2022. The stall was bursting with creativity, entrepreneurship, and innovation. This time the target audience were not only the college students but also the Ex-Bedeians. The bookmarks, candles, scrunchies and beautiful handmade rings were among the items that were displayed at the stall. These items were praised by the Ex-Bedeian family. The entrepreneurial spirit of the members was highlighted at the event. This event marked the second successful exhibition of the Financial Lab Cum Incubation Centre.



*Exhibition at EBA Alumni Meet by the students of Financial Lab cum Incubation Centre of St. Bede's College on November 20, 2022*

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### Silent March Against Eve Teasing

The Community Outreach Cell organized a silent march against eve teasing on 21st November 2022. The Deputy Commissioner Shimla granted the necessary permission for the event. The college took a strong stand against this social evil by silently marching from Navbahar to Chotta Shimla. The main objective of this march was to raise awareness against eve teasing and empower girls and women to speak up against such incidents.

During the march, students held placards with slogans such as "Street Harassment is a Crime", "Stop Staring", "My Space, My Right" and "Stop Eve Teasing". The students were accompanied by two lady constables and faculty members.

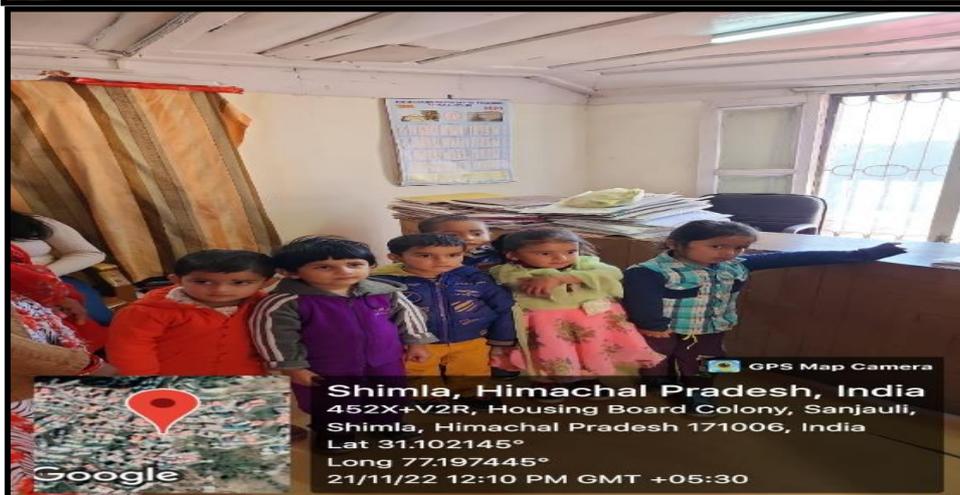


*Silent March Against Eve Teasing on November 21, 2022*



## Visit to Anganwadi to Evaluate the Nutritional Status of Pre-schoolers

On November 21, 2022, third-year BA students visited the Anganwadi Kendra Vihar Sanjauli Shimla to evaluate the nutritional status of pre-schoolers. The students measured the anthropometry of the children and calculated their BMI. They also took information about the dietary intake of the children from their mothers and provided them with counseling regarding their food intake. During the visit, the students were educated about the Mid-Day Meal and ICDS programmes that are being implemented in the country. The primary aim of the visit was to contribute to the understanding of nutrition-related issues in pre-schoolers and educate both the students and the mothers about the significance of proper nutrition.



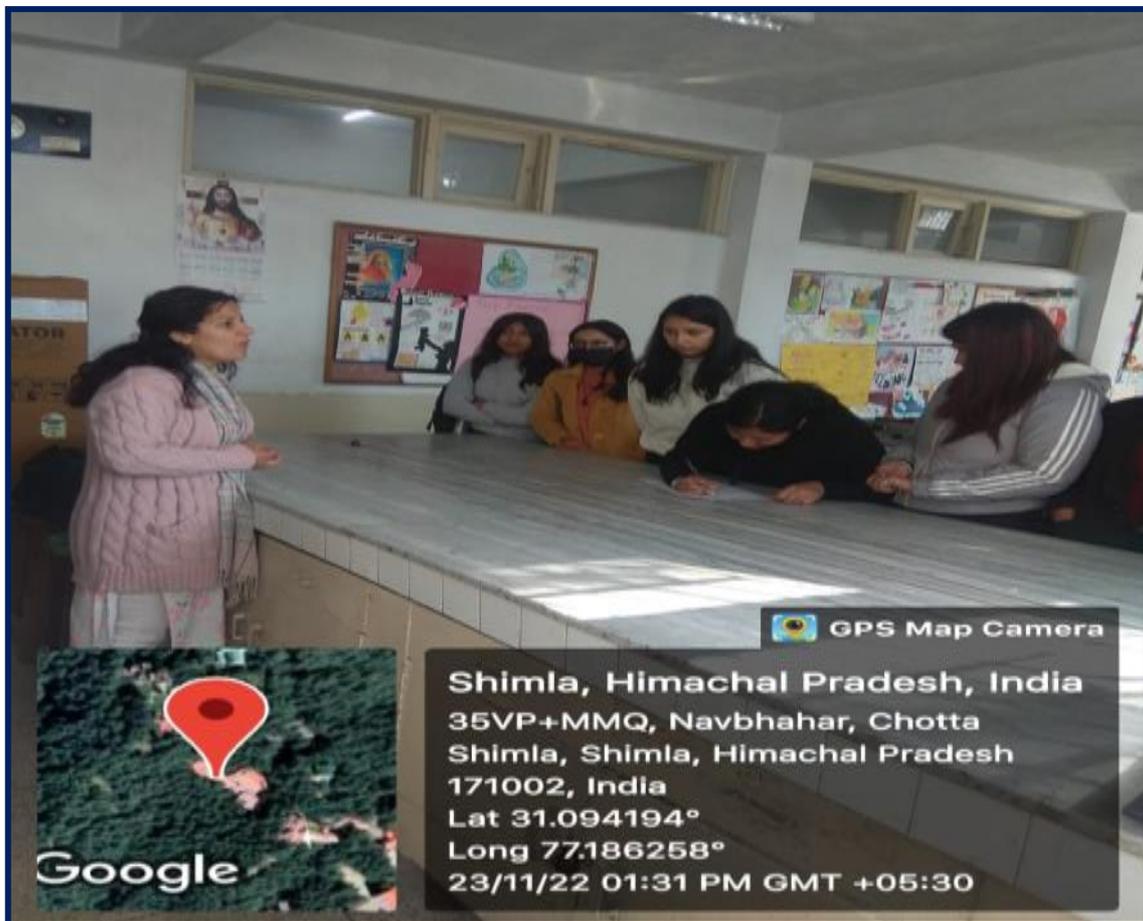
*Visit to Anganwadi to Evaluate the Nutritional Status of Preschoolers on November 21, 2022*

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### **Inter Departmental Activity on the Topic 'Calculation of BMI'**

On November 23, 2022, an interdepartmental activity was organized between the Department of Microbiology and the Department of Nutrition on the topic of 'Calculation of BMI'. Ms. Jaivanti from the Department of Nutrition gave a demonstration of the body mass index (BMI), its calculation, and importance. The objective was to enhance the participants' understanding of this important health indicator, encourage collaboration between different departments, and promote the adoption of healthy lifestyle practices.



*Inter Departmental Activity on the Topic 'Calculation of BMI' on November 23, 2022*

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### **Exchange Program- Presentation on Types of Nutrients Components**

On November 24, 2022, a group of interns and a professor from the Nutrition and Dietetics department at Seattle Pacific University visited the Nutrition Department. During their visit, Neha Thakur, a student in her second year of BA, gave a presentation on nutrient components which was highly appreciated. The visitors also had the opportunity to visit the library and were very grateful for the experience.



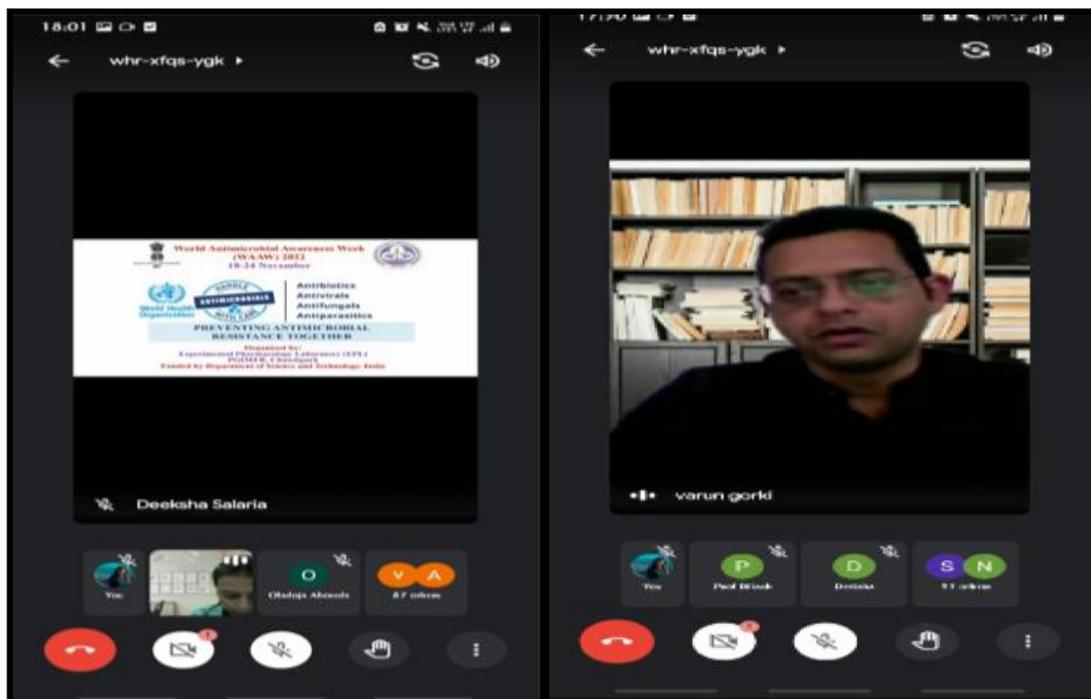
*Exchange Program- Presentation on Types of Nutrients Components on November 24, 2022*

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### **A Virtual Session on Antimicrobial Resistance Awareness**

A webinar was organized by the NSS Unit of the college in association with PGI, Chandigarh. The NSS Unit and the students of Microbiology participated in an online webinar on the last day of Antimicrobial Resistance Awareness week, which was held on 24th November 2022. The webinar was attended by students from India and Nigeria, and featured speakers from both countries who provided valuable insights on the topic. The session proved to be informative and interesting for all those who participated. By collaborating with PGI, Chandigarh, a renowned medical institution, the NSS Unit provided an opportunity for the students and faculty members to learn from experts in the field of antimicrobial resistance. The webinar facilitated the exchange of knowledge and information on the topic, ensuring that the participants gained valuable insights and updated their understanding of this global health concern.



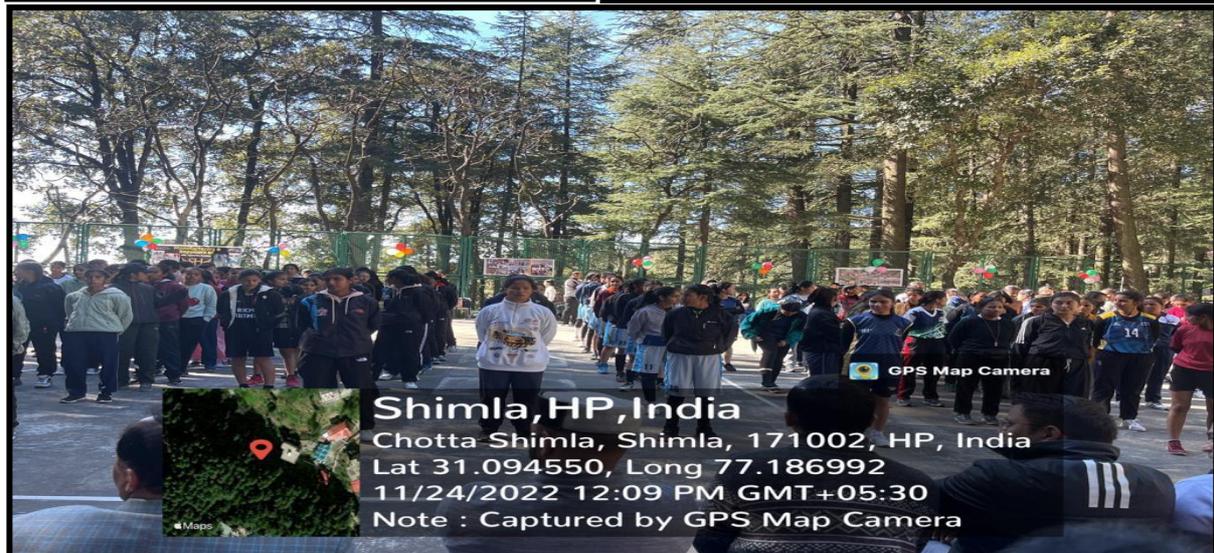
*A Virtual Session on Antimicrobial Resistance Awareness on November 24, 2022*

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## Himachal Pradesh University Inter College Basketball Women Championship

Under the banner of the Physical Education Department, the Himachal Pradesh University Basketball (W) Inter College Championship took place from the 24th to the 26th of November 2022. The Chief Guest at the Inaugural Function (24th Nov. 2022) was Prof. Kulbhushan Chandel, the Dean of Studies at Himachal Pradesh University, Shimla. 15 different colleges participated in this championship, along with contingent in-charges. The H.P University appointed 02 observers and 06 officials for the successful organization of the championship, and over 200 participants took part. The aim was to provide a platform for female basketball players from different colleges to showcase their skills and compete at a higher level.

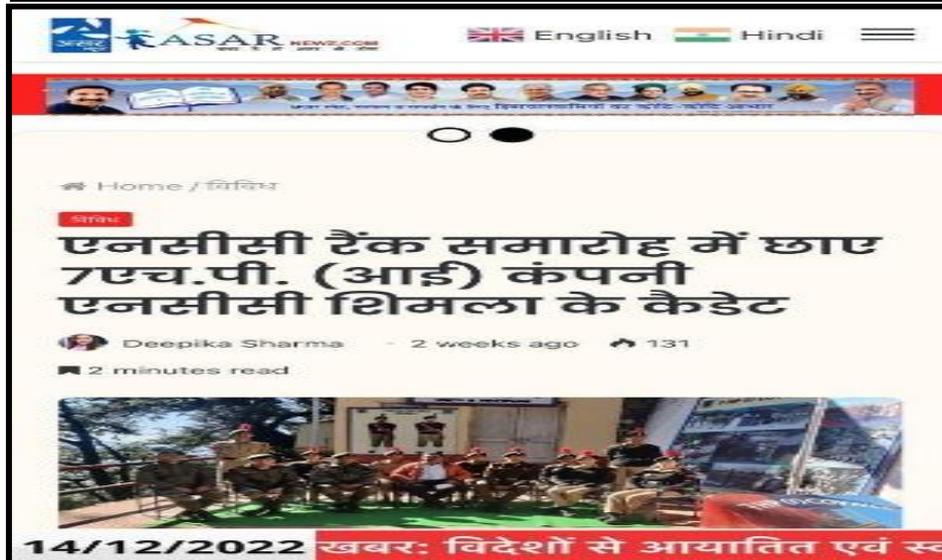
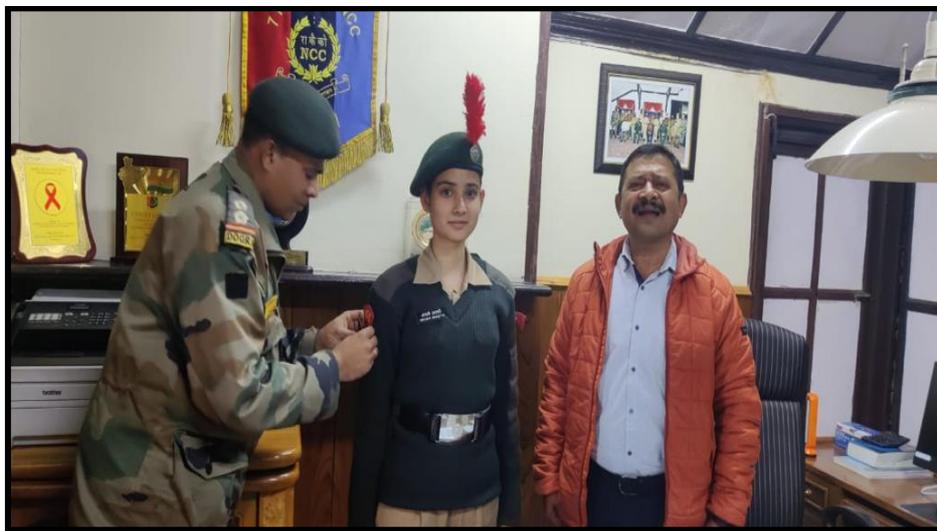


*Himachal Pradesh University Inter College Basketball Women Championship on November 24-26, 2022*



### Rank Ceremony

A rank ceremony was conducted by 7 HP (I) Coy, NCC Shimla to award deserving cadets of the second year on November 29, 2022. Cadet Arushi Awasthi was promoted to the rank of Corporal, while Cadet Angelina Tej and Cadet Ivy Bhattan were promoted to the rank of Lance Corporal. The Commanding Officer, Col Gargey, congratulated the cadets for their exceptional performance and commended their efforts in the academic year 2022-23. He motivated them to continue working hard and exhibit their leadership skills.



*Rank Ceremony on November 29, 2022*

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### **Mass Awareness Rally Against Female Foeticide**

On December 8, 2022, Zoo Quest, the Department of Zoology at St. Bede's College Shimla, organized a mass awareness program on the theme "Female Foeticide in India - A Bitter Truth of Society." A rally was conducted from Navbahar Chowk to Sanjauli Chowk to raise awareness against female foeticide.



*Mass Awareness Rally Against Female Foeticide on December 8, 2022*

### **CATC-132 PRE RDC-3**

During the period of 23rd December to 30th December, CATC-132 PRE RDC-3 camp was conducted at NCC Academy, Rupnagar, Punjab. Among the participating cadets, two cadets, SUO Maanika Sethi and LCpl Ivy Bhattan, were selected for the Republic Day camp 2023 in Delhi.



*CATC-132 PRE RDC-3 on December 23-30, 2022*

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### **Republic Day Camp**

During the Republic Day camp held at the DGNCC Campus, Delhi from 1st January 2023 to 30th January 2023, SUO Maanika Sethi of 7HP (I) Coy NCC Shimla was recognized as the All-India second-best Master of Ceremony and was awarded the DGNCC's Commendation Card. Her exceptional performance also earned her the title of Best SUO of 7HP (I) Coy NCC Shimla, for which she was felicitated by Col DR Gargey.



*Republic Day Camp on January 1-30, 2023*

LCpl Ivy Bhattan participated in various activities such as NIAP, group singing competition, and ballet during the Republic Day camp held at the DGNCC Campus, Delhi from 1st January 2023 to 30th January 2023. She was also a part of the All-India SW marching contingent at the Prime Minister's Rally.



*Republic Day Camp on January 1-30, 2023*

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### **Felicitation of RDC Holders**

On February 14, 2023, SUO Maanika Sethi and LCpl Ivy Bhattan were honoured in the college for their participation in the Republic Day Camp, Delhi. During the felicitation ceremony, they shared their experiences and the valuable lessons they learned during the camp.



*Felicitation of RDC Holders on February 14, 2023*

### **Presentation on Breast Cancer During the NSS Annual Camp**

The day began with a prayer followed by the Art of Living session. Dr. Manish Gupta, who is a Professor and the Head of the Department of Radiotherapy at IGMC Shimla, was the speaker for the day. He delivered a presentation on breast cancer to raise awareness among the volunteers. Once the session ended, all the volunteers went to the adopted village Dhanan for a cleanliness drive.



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*Presentation on Breast Cancer During NSS Annual Camp on February 21-27, 2023*

### **An Interactive Session on Domestic Violence and Related Acts**

On this day, the NSS camp started with a morning assembly, after which Mrs. Sheetal Vyas, a criminal lawyer and Ex-Bedeian, conducted an interactive session on domestic violence and related acts. Later, Mr. Sarbjeet Singh Bobby, who runs the NGO Almighty Blessings and works for the society, conducted another session.



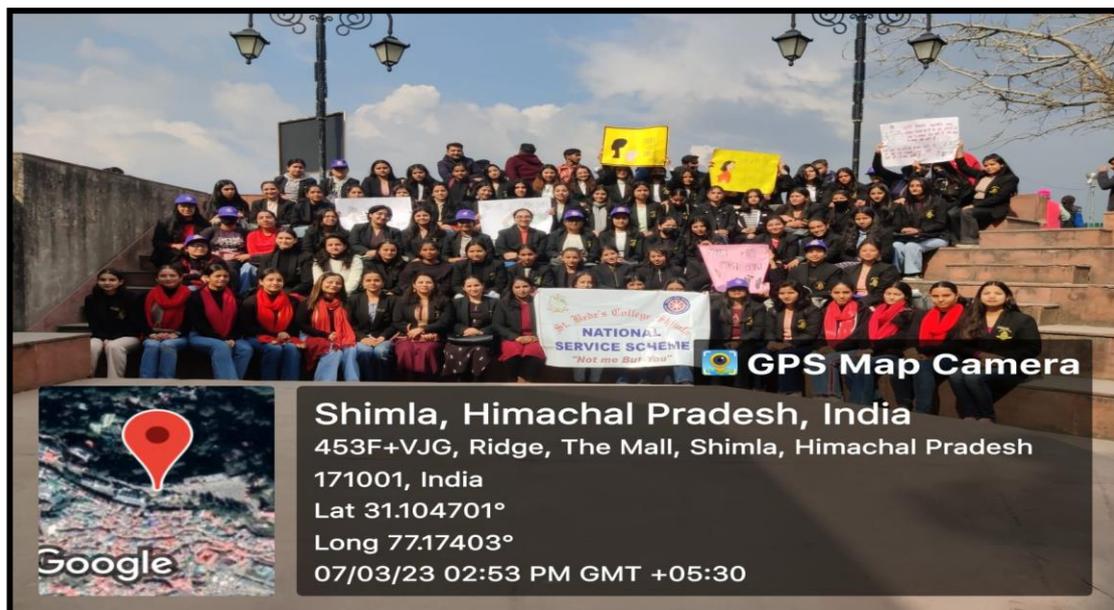
*An Interactive Session on Domestic Violence And Related Acts on February 21-27, 2023*

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### Shikshita Nari, Shikshita Samaj

In collaboration with the Department of Hindi, Debates and Dramatics society organized a Nukkad Natak on Women's Day, and a rally from Sher-e-Punjab to the amphitheatre. The main objective was to raise awareness about the discrimination that women face, not only at home but also when they are assaulted by the rest of the world. The play also highlighted the issue of delayed justice for rape victims, and the need for authorities to take action.



*Nukkad Natak Shikshita Nari, Shikshita Samaj on March 07, 2023*

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### Pre- International Women's Day Celebration

A group of sixty students from the college attended the International Women's Day celebration at Gaiety Theatre, organized by the Directorate of Women and Child Development, H.P on March 4, 2023. The event showcased two documentaries, "No Woman's Land" and "Breaking the Ice", which highlighted the challenges women face in their quest for equality. These documentaries were directed by Dr. Devkanya Thakur, who shared her experiences and creative inspirations with the students and guided them through the filmmaking process.



*Pre- International Women's Day Celebration on March 04, 2023*

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## Celebration of International Women's Day

On March 9, 2023, Women Cell commemorated International Women's Day. The United Nations theme for this year's Women's Day was DigitALL: Innovation and technology for Gender Equality, which emphasized the importance of technology in raising awareness of gender issues. The institute's students exhibited their talents and confidence through a Nukkad Natak, followed by an interactive session with the guest speaker, Professor Neelima Kanwar, the current Dean of the Faculty of Languages at Himachal Pradesh University. Dr. Kanwar engaged the students in a discussion on various issues faced by women in today's world, and the students shared their experiences and concerns. As a part of the celebration, a rally was organized to promote women's empowerment and raise awareness of gender issues, which was successful.



*Celebration of International Women's Day 2023 on March 09, 2023*

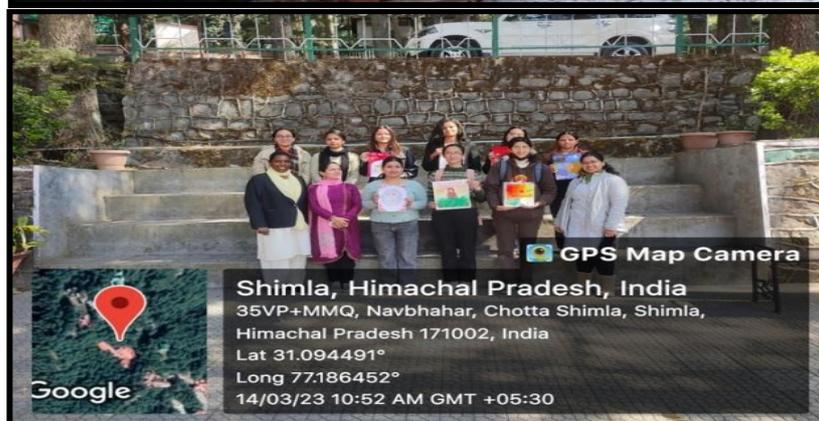
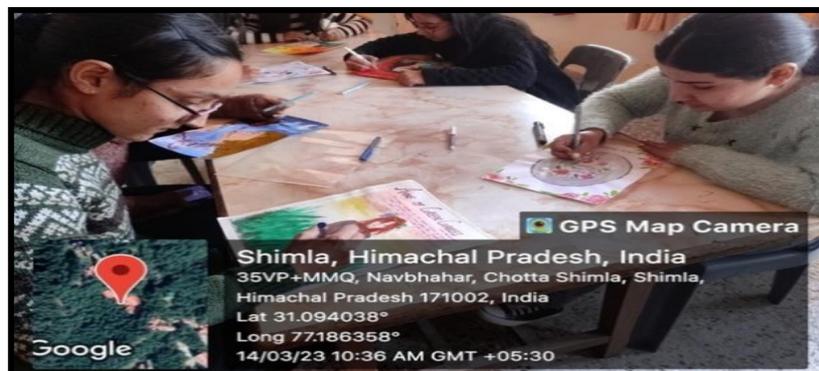


### **Inter-Ship Poetry Writing Competition**

On March 9, 2023 an inter-ship poetry writing competition was organized by the Poetry Society on the occasion of International Women’s Day. The theme for the competition was ‘Sisterhood and a Sustainable Society’. The competition aimed to provide a platform for individuals to express their thoughts, emotions, and perspectives through the art of poetry.

### **Book Cover Painting Competition on Women's Writing**

A Book Cover Painting Competition was organized by the Fine Arts Society in collaboration with the English Department on 9th of March 2023 on the occasion of International Women's Day. The competition was held in the college auditorium and the participants made paintings with great enthusiasm and creativity. Each painting depicted a Book Cover or a scene from an English novel/poem. The students made beautiful paintings which held a lot of meaning. The aim of the competition was to celebrate International Women's Day, promote the artistic expression of literature, and recognize the contributions of women writers. It aimed to inspire creativity, foster a love for literature, and provide a platform for students to showcase their talent and appreciation for English literature through visually captivating artwork.



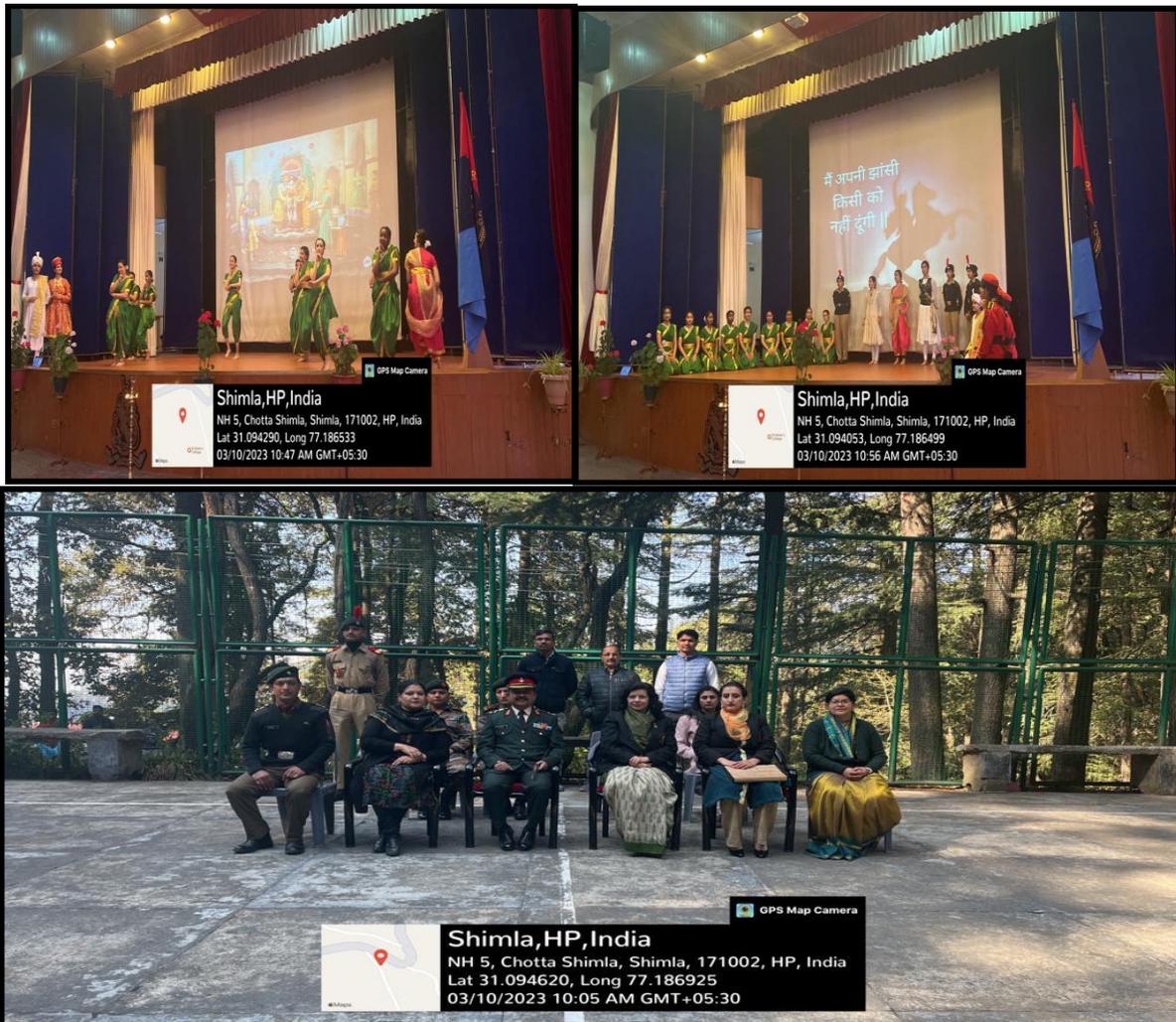
*Book Cover Painting Competition on Women's Writing on March 9, 2022*

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## NCC Raising Day

To celebrate its 3rd NCC Raising Day, the NCC Unit at St. Bede's College, under 7HP (I) Coy NCC Shimla, organized an event. The Commanding Officer, Col. Desh Raj Gargey, was the chief guest of the day. Cadets and ANO/CTO from St. Edward's School and APG Shimla University also attended the event. The event began with a drill by the cadets, followed by a role-play on Rani Lakshmi Bai, with the theme 'Main Apni Jhansi Kisi Ko Nahi Doongi.' Chief Guest Col. D.R. Gargey felicitated the cadets by presenting certificates and mementos to them for their achievements during the NCC session 2022-23. The aim of organizing the event was to celebrate the NCC Raising Day, showcase the skills and discipline of the cadets, educate and inspire through role-play, promote camaraderie among different NCC units, and recognize the achievements of the cadets.



*NCC Raising Day on March 10, 2023*

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### **Awareness Talk on Cervical Cancer**

On 14<sup>th</sup> March 2023, an awareness talk on cervical cancer was organised by the Department of Psychology, St. Bede's College, in collaboration with the Department of Psychology, H.P. University, Summerhill. Dr. (Prof.) S.N. Ghosh was the guest speaker for the occasion, who interacted with a group of teachers of the college and informed them about the transmission of Human Papiloma Virus (HPV) and the cause of Cervical Cancer.



*Awareness Talk on Cervical Cancer on March 14, 2023*

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## Walk for Health

On March 18, 2023, the Health Club of St. Bede's College Shimla organized a "Walk For Health" activity. The aim of the activity was to raise awareness about the health benefits of walking and staying active. The teachers mentioned that walking can help boost the immune system, making individuals more resilient against illnesses and infections. Furthermore, they pointed out that walking plays a role in building bone mass, which is essential for maintaining strong and healthy bones, especially in the long term.



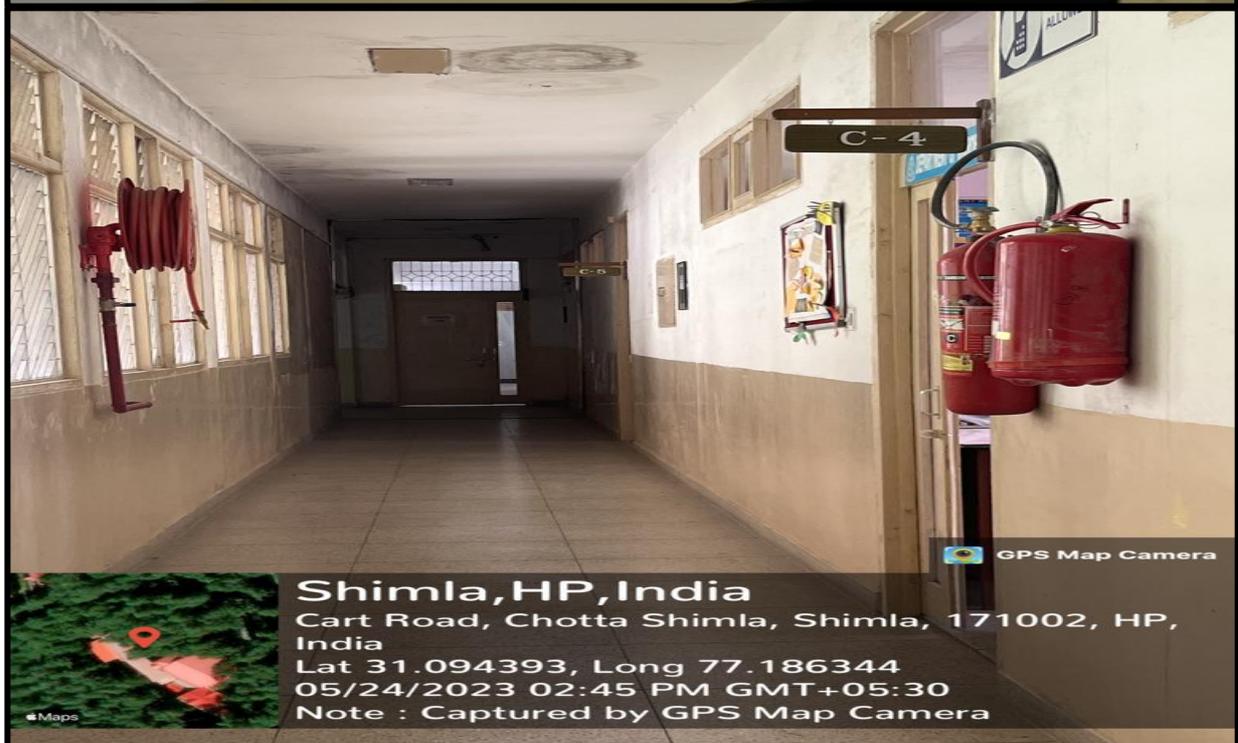
*Walk for Health on March 18, 2023*

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## Fire Safety

To ensure the safety of the students and the staff, the college has installed best fire safety equipment such as fire extinguishers, fire hydrants.



*Fire extinguishers and Fire Hydrants*

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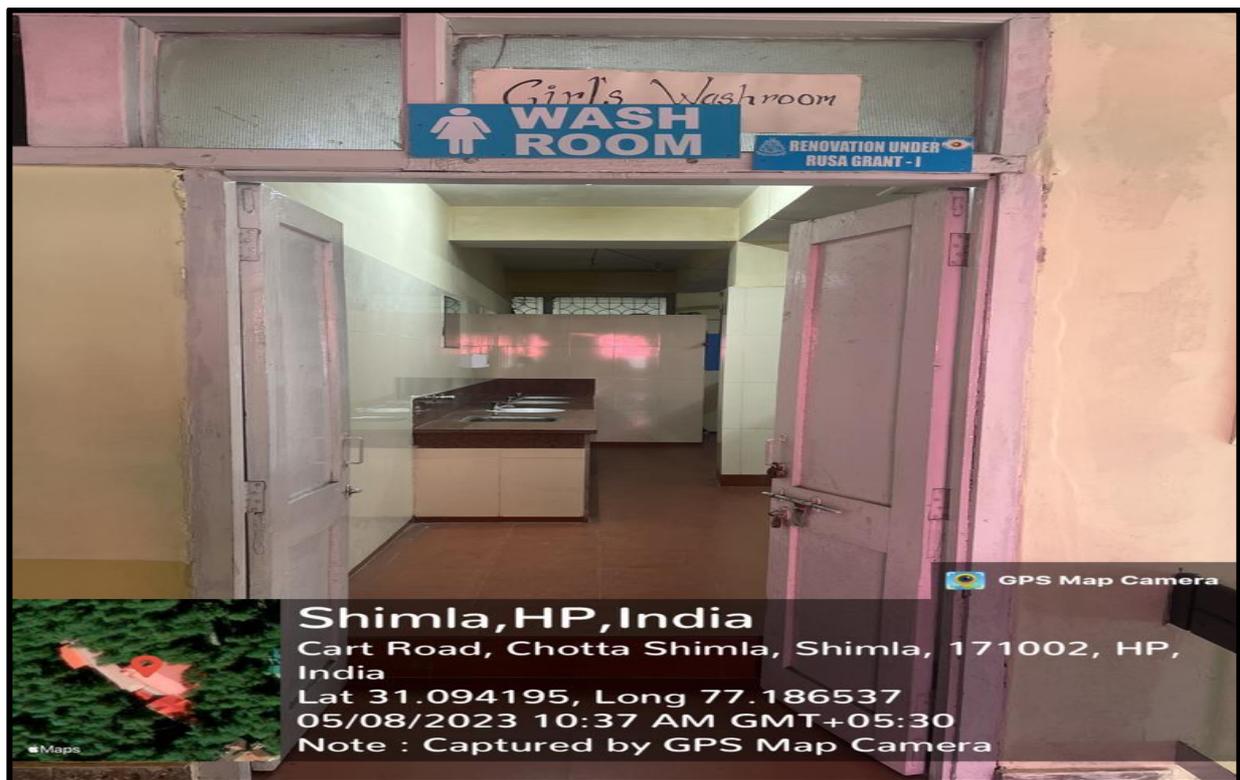


## Washroom Facilities

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.



*Girls Washrooms*

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*Sanitary Napkin Vending Machine*



*Trash Bins*

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