



SUPPORTING DOCUMENT

1.3.1

INSTITUTION INTEGRATES CROSSCUTTING ISSUES RELEVANT TO PROFESSIONAL ETHICS, GENDER, HUMAN VALUES, ENVIRONMENT AND SUSTAINABILITY INTO THE CURRICULUM



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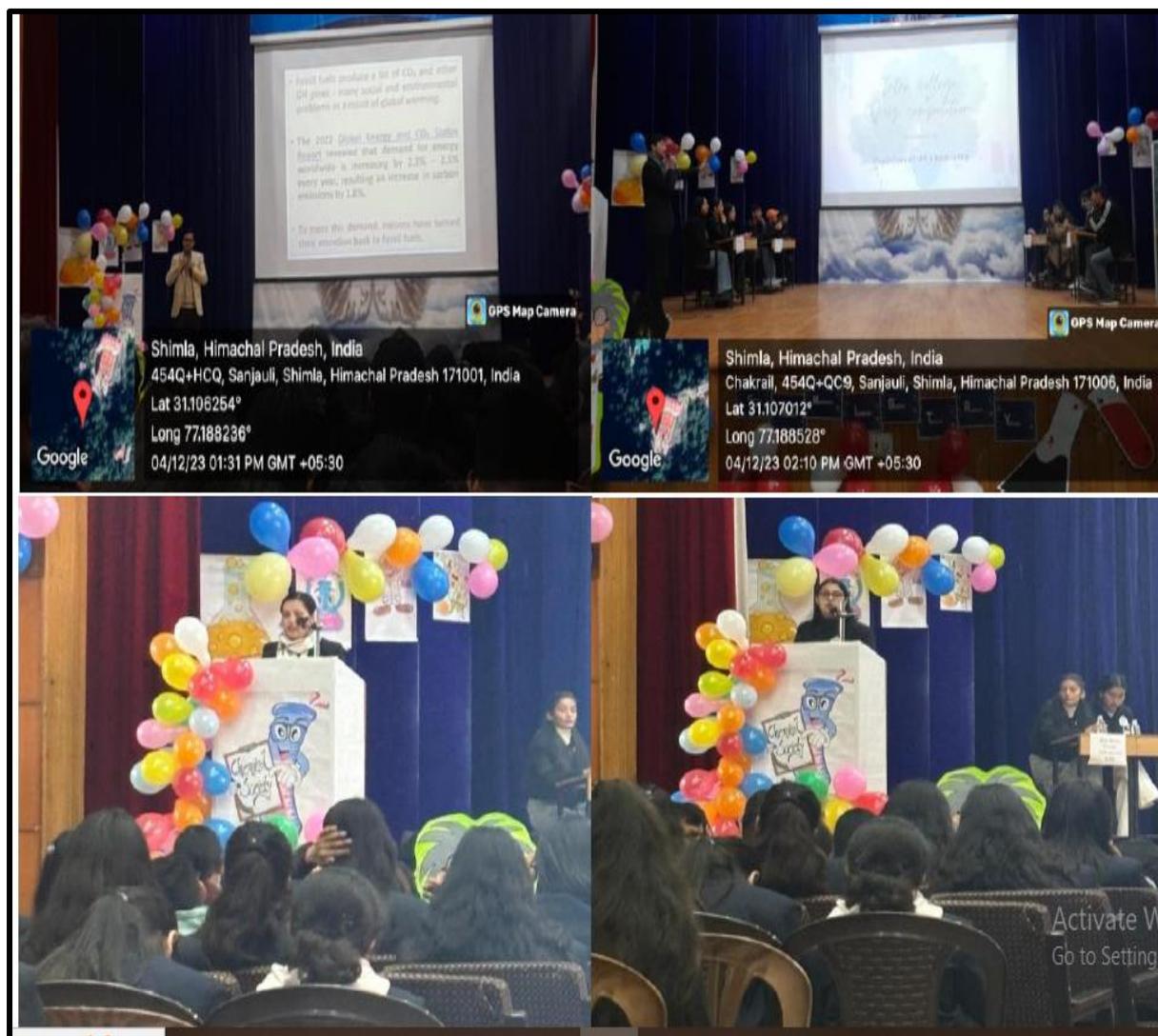
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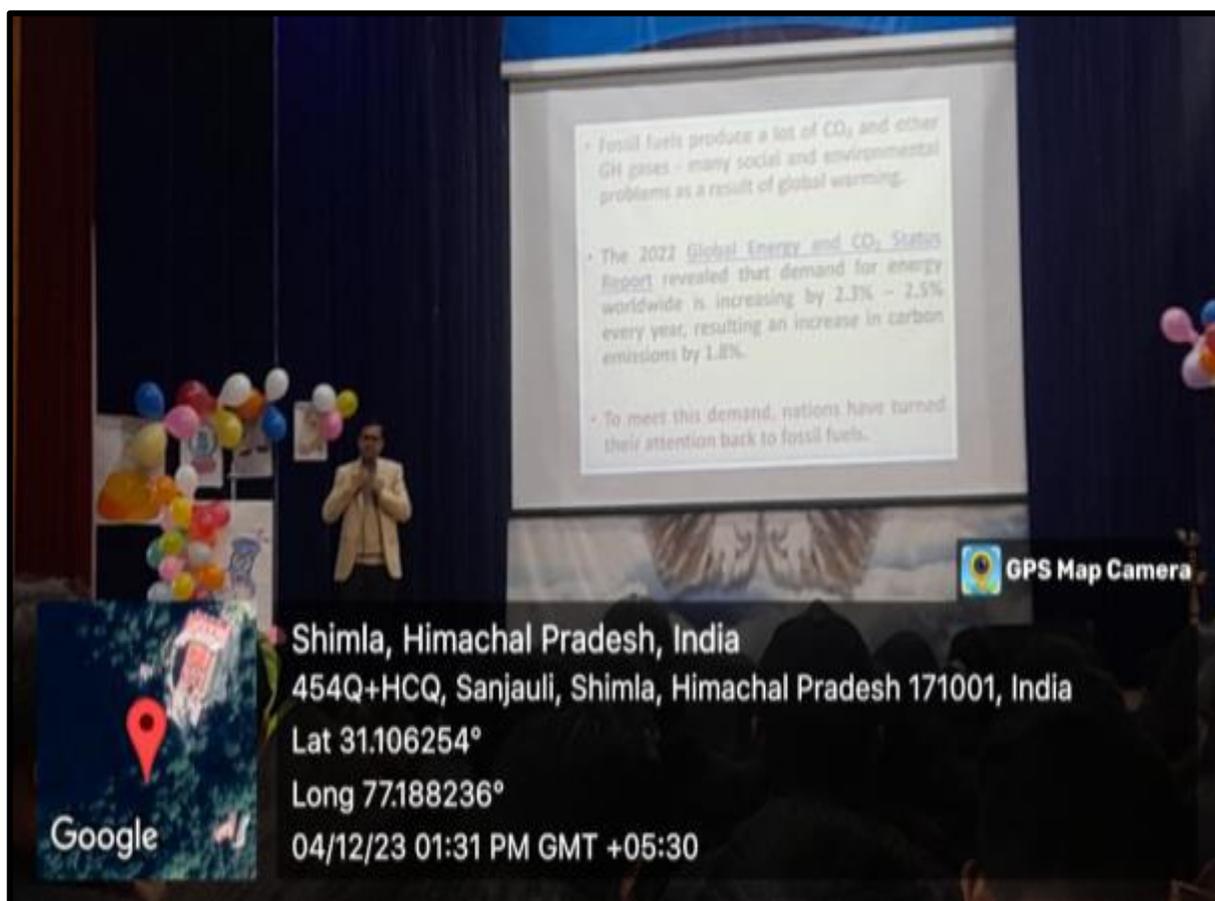
ACTIVITIES RELATED TO PROFESSIONAL ETHICS

INTER-COLLEGE LECTURE CUM WORKSHOP ON “DIVERSITY IN CHEMISTRY”

On December 4, 2023, five students from the Department of Chemistry of St. Bede's College (Shreya Sharma, Khusboo, Chanshal Chandel, Sanyogita and Riya Chauhan) attended an Inter-College Lecture Cum Workshop on "Diversity in Chemistry" organized by the Department of Chemistry, Govt. College Sanjauli, Shimla-6 Himachal Pradesh. The main aim of participating in this activity was to educate students about the diversity of chemistry in view of gaining experience for upcoming exams through quizzes, debates, and lectures.



Enhancing Knowledge of the Professional Ethics of Diversity in Chemistry through Quizzes, Debates, and Lectures



Enhancing Knowledge of the Professional Ethic of Diversity in Chemistry through Quizzes, Debates, and Lectures



WORKSHOP ON “HANDS - ON TRAINING IN MOLECULAR BIOLOGY AND BIOINFORMATICS”

On December 7, 2023, the Department of Biotechnology and Microbiology of St. Bede's College in collaboration with Jaypee University of Information Technology conducted a one day workshop on “Hands- On Training in Molecular Biology and Bioinformatics”. Professor Sudhir Sayal and his team from Jaypee University of Information Technology demonstrated several laboratory techniques of molecular biology and bioinformatics such as DNA isolation and sequence analysis to the undergraduate science students of St. Bede's College. Prof. Sudhir Sayal also counselled the students on learning techniques and various competitive exams students can take up in the future. The workshop enhanced both the wet lab and dry lab skills of the students in fields of molecular biology and bioinformatics.

**Department of Biotechnology and
Microbiology
of
St. Bede's College**
in collaboration with
Jaypee University of Information Technology
is organizing a
One –Day Workshop
on
**Hands on training in Molecular Biology
Techniques**

Date: December 7, 2023
Time: 10.00 AM onwards

Brochure



Professor Sudhir Sayal Demonstrating Various Strategies Implemented for Laboratory Techniques in Molecular Biology



Workshop on “Hands-On Training in Molecular Biology and Bioinformatics”-Techniques to Establish High Standards of Professional Behaviour in the Fields of Biotechnology and Microbiology



AWARENESS TALK ON “CYBER SECURITY AND AWARENESS”

On February 23, 2024, the Department of Computer Science of St. Bede’s College organised an awareness talk on “**Cyber Security and Awareness**” in the college auditorium. Mr.Mohit Chawla, DIG, Cyber Crime (CID), HP, Shimla was the esteemed speaker. He was accompanied by his team-Mr.Yashwant Thakur, Inspector, Ms. Manu Sharma, Ms.Diksha Sharma and Mr.Kamlesh. The talk emphasised on the new risks and vulnerabilities, particularly in the realm of cybersecurity. 369 students of the college attended the awareness talk.

This event was held to sensitize students about the fundamental concepts of cybersecurity, its relevance, different types of cyber threats such as phishing, malware, ransomware and social engineering, best practices for staying safe online such as creating strong passwords, using two-factor authentication and avoiding suspicious links and the importance of data privacy, including how personal and sensitive information can be protected online. These objectives aimed to provide a comprehensive understanding of cybersecurity, equipping participants with the knowledge and skills they need to protect them and others in an increasingly digital world.

The brochure is a rectangular poster with a light gray background and blue decorative lines. At the top left is the St. Bede's College logo with 'Heritage Status' below it. At the top center is the college name 'St. Bede's College' in a blue serif font, with 'NAAC Re-Accredited A+ Grade' underneath. At the top right is the 'Y20' logo. The main text is centered: 'DEPARTMENT OF COMPUTER SCIENCE' in red, 'Under the Aegis' in black, 'IQAC' in blue, and 'organises' in black. Below this is 'AWARENESS TALK ON' in blue, followed by 'CYBER SECURITY AND AWARENESS' in red. On the left, it says 'RESOURCE PERSON:' in black, 'Mohit Chawla' in blue, and 'DIG Cyber Crime' in blue. On the right is a photo of a man in a police uniform. At the bottom right, it lists 'DATE: February 23, 2024', 'TIME: 10:30 am - 11:30am', and 'VENUE: College auditorium' in red.

Brochure



Empowering Students with Essential Cyber Security Knowledge to Uphold Professional Ethics of Data Confidentiality and Ensure a Safe Digital Environment



NATIONAL SCIENCE DAY

The Department of Science of St. Bede's College jointly celebrated National Science Day on February 28, 2024 to mark the discovery of the 'Raman Effect' by Sir C.V. Raman on 28 February 1928. This year the theme for the Day was "Indigenous Technologies for Viksit Bharat". The Department of Biotechnology also celebrated National Science Day wherein the students prepared a Bulletin Board illustrating the Plausible Role of Biotechnology in Cancer Therapy. The students of B.Sc. (Hons.) Biotechnology also participated in a quiz competition organized by the Department of Science. They also displayed scientific models on the applications of Biotechnology. The students were enlightened about the extensive and influential part played by Biotechnology in the study, diagnosis and treatment of several human cancers.

St. Bede's College
(NAAC Re-Accredited 'A+' College)
under the aegis of IQAC
celebrates
National Science Day
on
"INDIGENOUS TECHNOLOGIES FOR VIKSIT BHARAT"

Date: 28th Feb. 2024
Venue: Seminar Room
Time: 10.00 am to 12.00 pm

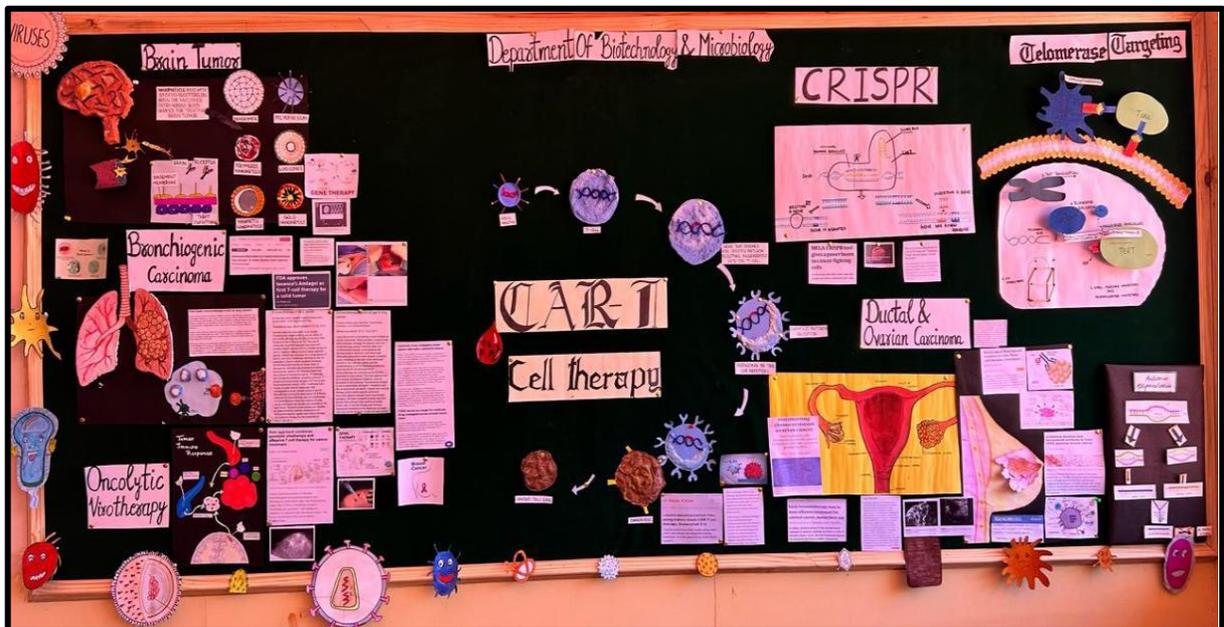
Activities
Interactive Session
Science Exhibition
Information Bulletin
Intra college Quiz Competition

Eminent Speaker
Dr. Ramesh Chand Thakur
Associate Professor
Department Of Chemistry
Himachal Pradesh University Shimla-05

Brochure



Participants in Quiz Competition



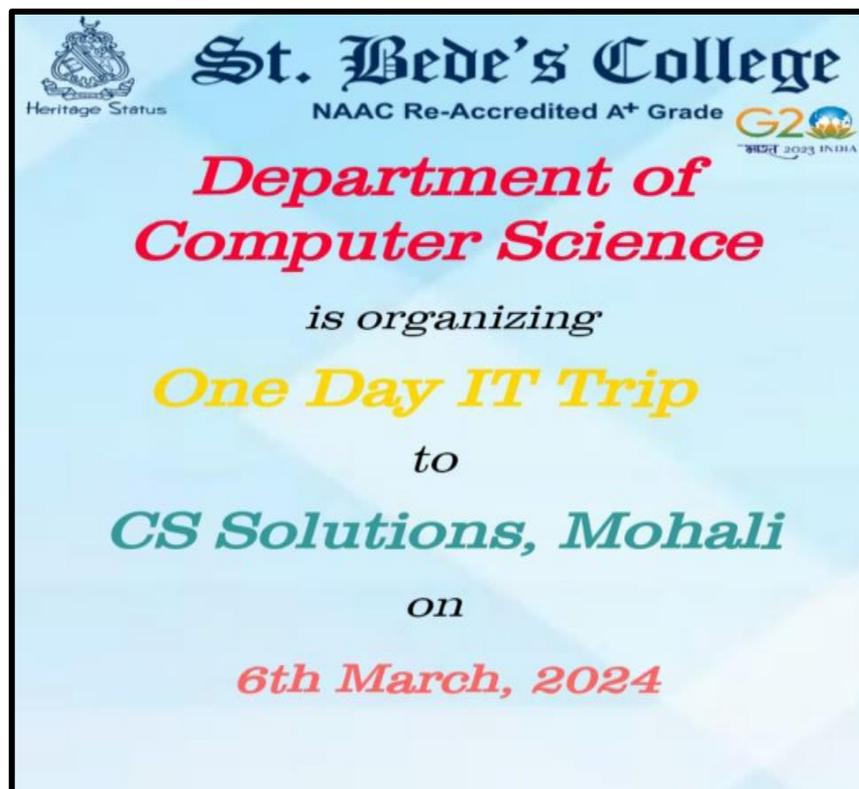
Celebrating National Science Day by Highlighting the Pivotal Role of Biotechnology in Cancer Therapy, Fostering Innovation and Professional Ethics of Integrity in Scientific Research



ONE DAY IT VISIT TO CS SOFT SOLUTIONS

On March 6, 2024, the Department of Computer Science organised one- day IT visit to CS Soft Solutions (I) Pvt. Ltd., Mohali (SAS Nagar), Punjab. 33 students of BCA and BA along with two faculty members, Ms.NehaWalia and Ms.Nivedita Bhardwaj visited the company. Students had interactive sessions on latest Full Stack, Android, Mobile ASP.net and PHP applications. They also visited various Departments of the company to get exposure of the IT company trends. This trip helped in familiarizing students with the tools, technologies and programming languages used in the software company and also helped students understand the work culture, team dynamics and project management practices in a software company.

Students learned about popular software development tools contemporarily in in demand. Students also learnt about professional collaborations, managing projects and handling challenges in a corporate setting.



Brochure



Empowering Students with Insights into the IT Industry through an Enriching Visit to CS Soft Solutions, Cultivating Professionalism, Teamwork and a Deeper Understanding of Software Development Practices



ACTIVITIES RELATED TO GENDER

CELEBRATION OF WORLD BREAST FEEDING WEEK

The Department of Nutrition and Health Education of St Bede's College celebrated World Breastfeeding Week by visiting the Kamla Nehru Hospital, Shmila on August 05, 2023 and presented their views on importance of exclusive breastfeeding and nutritional requirement of lactating women. The family members of the lactating and pregnant women were made aware about the importance of breastfeeding and its benefits. Also, nutritional assessment of women was done by the students. The students were also made aware of Care Companion Program(CCP). This visit enriched the students with a better understanding of the importance of breastfeeding and nutritional needs during pregnancy.



During World Breastfeeding Week, Students Highlighted the Critical Role of Exclusive Breastfeeding and Maternal Nutrition, Empowering Families to Support Women's Health and Promoting Gender Equality in Healthcare



INTERNATIONAL DAY OF GIRL CHILD

On occasion of International Day of Girl Child, the Women Cell of St. Bede's College organised a five-day Self Defence Training session from October 10th, 2023 to October 14th, 2023. This activity aimed at teaching self-defence skills to the students, fostering confidence and inner strength in them. By equipping students with practical techniques for personal safety, the program sought to empower them to handle challenging situations with assurance and resilience.

ST.BEDE'S COLLEGE
Self-Defence Training!!!

Women Cell is Organising a Self-Defence training from
10th October-14th October,2023
Venue: Basketball Court
Time: 2:50-3:50Pm

- * Certificates will be provided after the completion of the training.
- * All of you are requested to bring your mentor cards.
- * Training session is open to all college students.
- * Instructors will come to train.
- * Girls are requested to wear comfortable clothes/ tracksuits.
- * Attendance will be taken.
- * Mandatory for all the girls in the Women Cell.

Student Coordinator
President Abhiramy Biju
Secretary Samaira Sharma

Brochure



Self Defence Training -10/10/2023



छात्राओं का आत्मरक्षा प्रशिक्षण शुरू

किसानों को राहत रूपये सस्ता मिले

इस बार 88 रुपये के बजाय 58 रुपये

शिमला। राजधानी शिमला के सेंट वीडियस कॉलेज में बुधवार को अंतरराष्ट्रीय बालिका दिवस मनाया गया। कॉलेज प्राचार्य सिस्टर मोली अन्नाराम ने छात्राओं के लिए पांच दिवसीय आत्मरक्षा प्रशिक्षण कार्यक्रम का शुभारंभ किया।

उन्होंने छात्राओं को बालिका दिवस की बधाई देते हुए कहा कि आत्मरक्षा के लिए किसी पर निर्भर न रहें, वे स्वयं इतनी दक्ष और समर्थ बनें कि उन्हें अपनी रक्षा के लिए किसी की जरूरत ही न पड़े। इसी उद्देश्य से यह प्रशिक्षण कार्यक्रम संचालित किया जा रहा है। महिला आरक्षी रजनी शर्मा पांच दिन प्रशिक्षण देंगी। प्रशिक्षण कार्यक्रम के संचालन की जिम्मेदारी डॉ. कनु मेहता, निवेदिता, अभिरामो वाईजू, समारिया शर्मा संभालेंगी। व्यूरो

भारती शर्मा

शिमला। जिले के हजारों किसानों के लिए राहत भरी खबर है। इन्हें इस बार रबी के मौसम में होने वाली धिजाई के लिए मटर का बीज सस्ती दरों पर मिलने वाला है।

कृषि विभाग की ओर से दिया जा रहा मटर का बीज 30 रुपये प्रतिकिलो तक सस्ता हो गया है। हिम पालम किस्म का बीज बरसात से पहले 40 फीसदी अनुदान के साथ किसानों को 88 रुपये प्रति किलो में दिया गया था। अब मटर

एक किलो में 40 रुपये मिलेगा अनुदान, विभाग ने सभी केंद्रों को भेजी बीज की सफाई

की यही किस्म किसानों को 58 रुपये प्रति किलो की दर से उपलब्ध करवाई जा रही है। यह बीज एक किलो की पैकिंग में किसानों को दिया जा रहा है।

विभाग के अनुसार रबी सीजन के लिए 121 क्विंटल हिम पालम मटर का बीज खरीदा गया है। इसे सभी विक्रय केंद्रों में भी भेज दिया गया है। किसान इसे केंद्रों पर जाकर ले



शिमला के सेंट वीडियस कॉलेज में विरय बालिका दिवस पर आत्मरक्षा के गुरु सौख्यती छात्राएं। मंगल

Media Report on Self Defence Training, on 11/10/2023

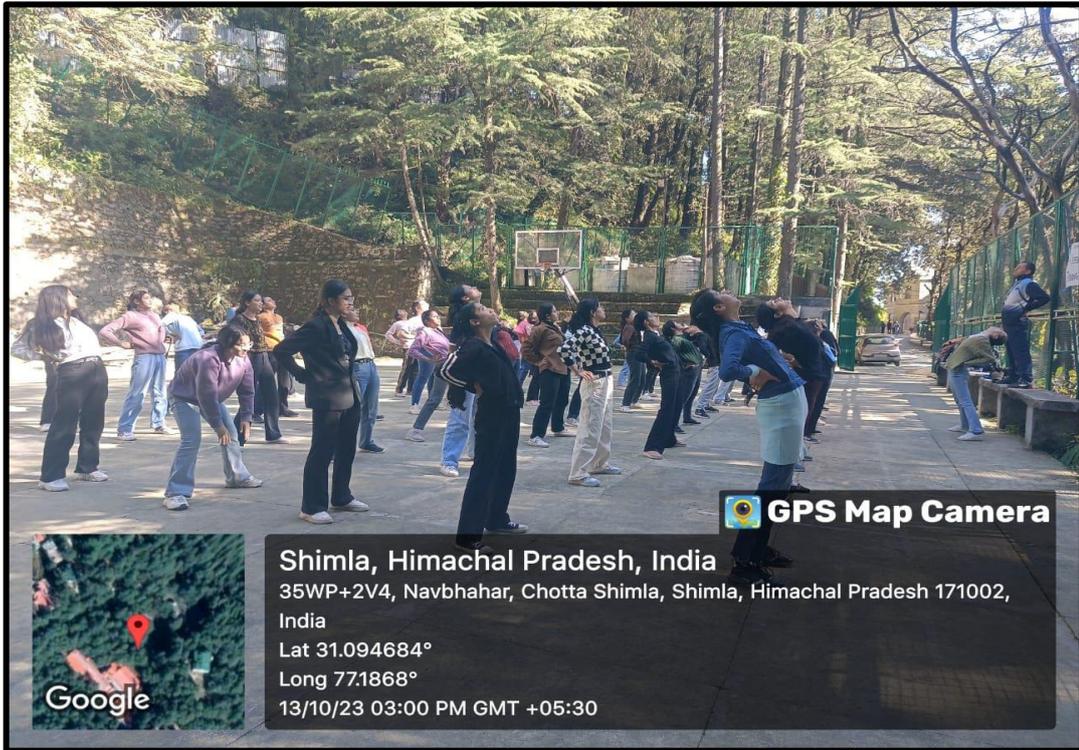


GPS Map Camera

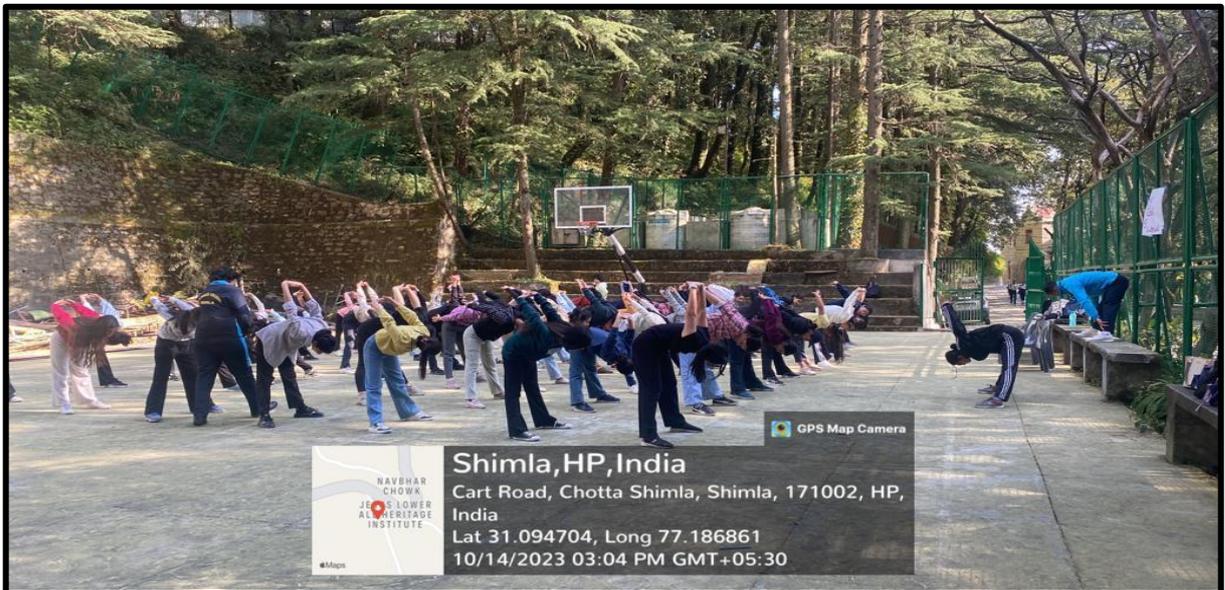
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Lat 31.094686°
Long 77.187001°
12/10/23 03:12 PM GMT +05:30

Google

Self Defence Training, on 12/10/2023



Self Defence Training, on 13/10/2023



Self Defence Training, on 14/10/2023

Empowering Students through a Five-Day Self-Defence Training Session by Promoting Gender Equality, Confidence and Resilience in Personal Safety



INTER-SHIP DANCE COMPETITION

On November 30, 2023 an Inter-ship Dance Competition was organised by the Dance Society of St. Bede's College on the theme "Women Empowerment". The competition was held under two categories- Solo Dance and Group Dance. The dances were adjudged by Mrs. Sangeeta Sharma (Department of Music) and Ms. Osheen Sharma (Department of English). All the students participated with great enthusiasm and were successful in putting their best foot forward. Through these dance performances, the audience was made aware of various social injustices against women, stories of acid attack survivors and rape victims. This activity sensitized the audience about gender equality and opportunity in all spheres.



Through Vibrant Dance Performances in the Inter-ship Dance Competition, St. Bede's College Raised Awareness about Women's Empowerment and the Urgent Need to Address Social Injustices Faced by Women



NATIONAL WOMEN'S DAY CELEBRATION

On February 13, 2024, under the guidance of Prof. Sr. Molly Abraham, the Women Cell of St. Bede's College celebrated National Women's Day by organising a talk on "Women Empowerment and Skill Development". The Resource Person for the talk was Ms. Saumya Pareek, Head - Training and Development, Grazitti Interactive, an IT based company in Chandigarh. The motive behind the talk was to provide students with valuable opportunities to enhance their learning experiences, develop relevant skills for the future and succeed in their academic and professional endeavours. Students got an insight of various courses that can be done simultaneously along with graduation and how skill development courses can strengthen the student's learning process.

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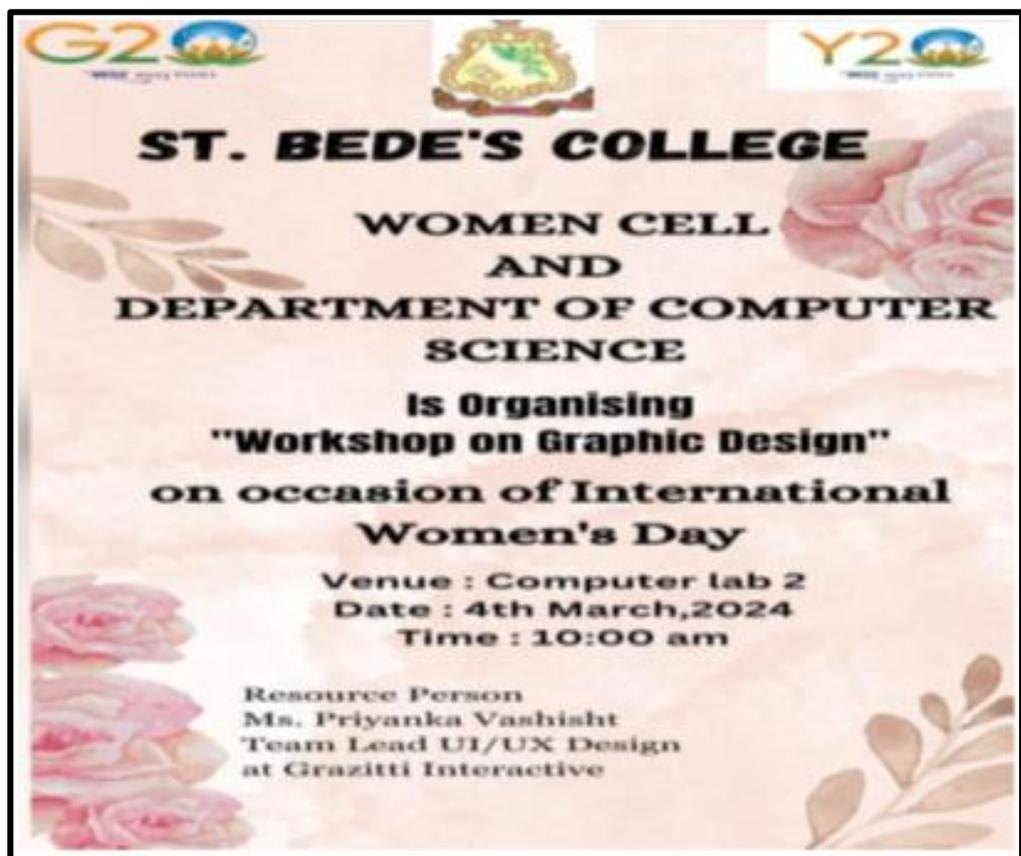


Elevating Women for a Brighter Future: St. Bede's College Celebrates National Women's Day with a Focus on Skill Development and Gender Equality

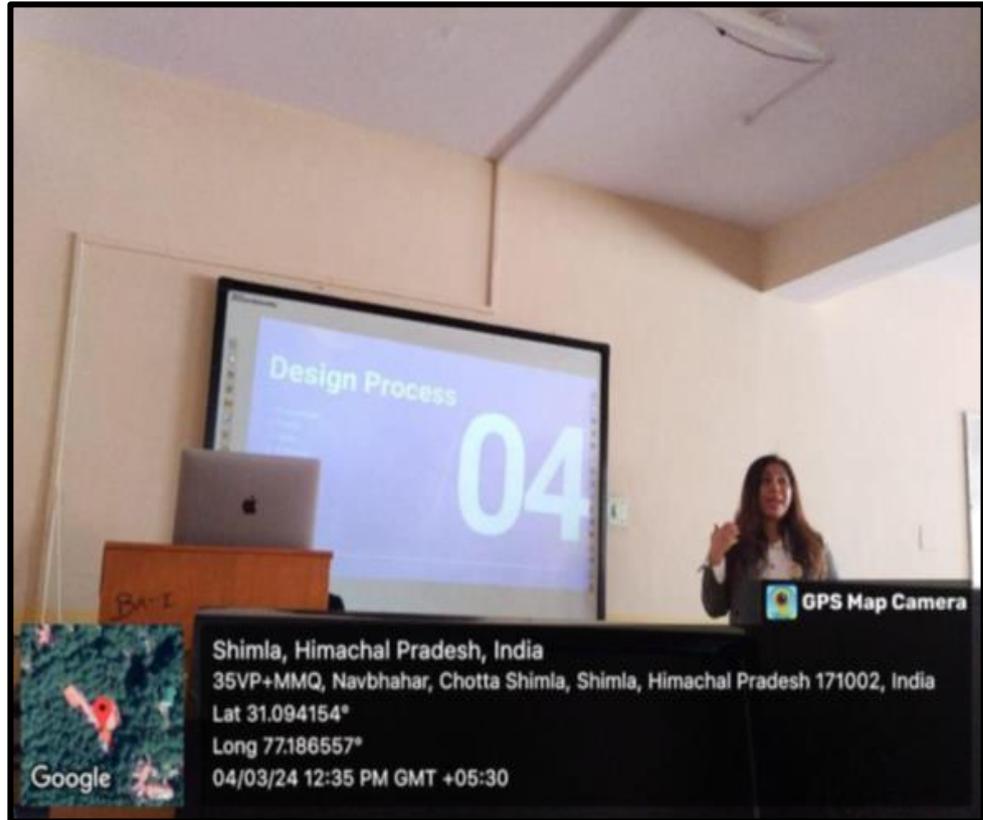


INTERNATIONAL WOMEN'S DAY

On March 04, 2024, the Women Cell and Department of Computer Science of St. Bede's College jointly organised a Workshop on the topic "Graphic Design". The aim behind this activity was to develop the skills and enhance the knowledge needed to create professional quality in the field of digital designs and illustrations among the students. Ms. Priyanka Vashisht, Team Lead UI/UX Design, Grazitti Interactive, Panchkula was the Resource Person for the day. She emphasized on the importance of Graphic Design in the field of Information and Technology. The students also benefitted from the hands- on training on Photoshop and Illustrator Software, used for animations. Around 30 students from BCA participated in this workshop. The participants were able to create digital designs and illustrations using Photoshop and Illustrator.



Brochure



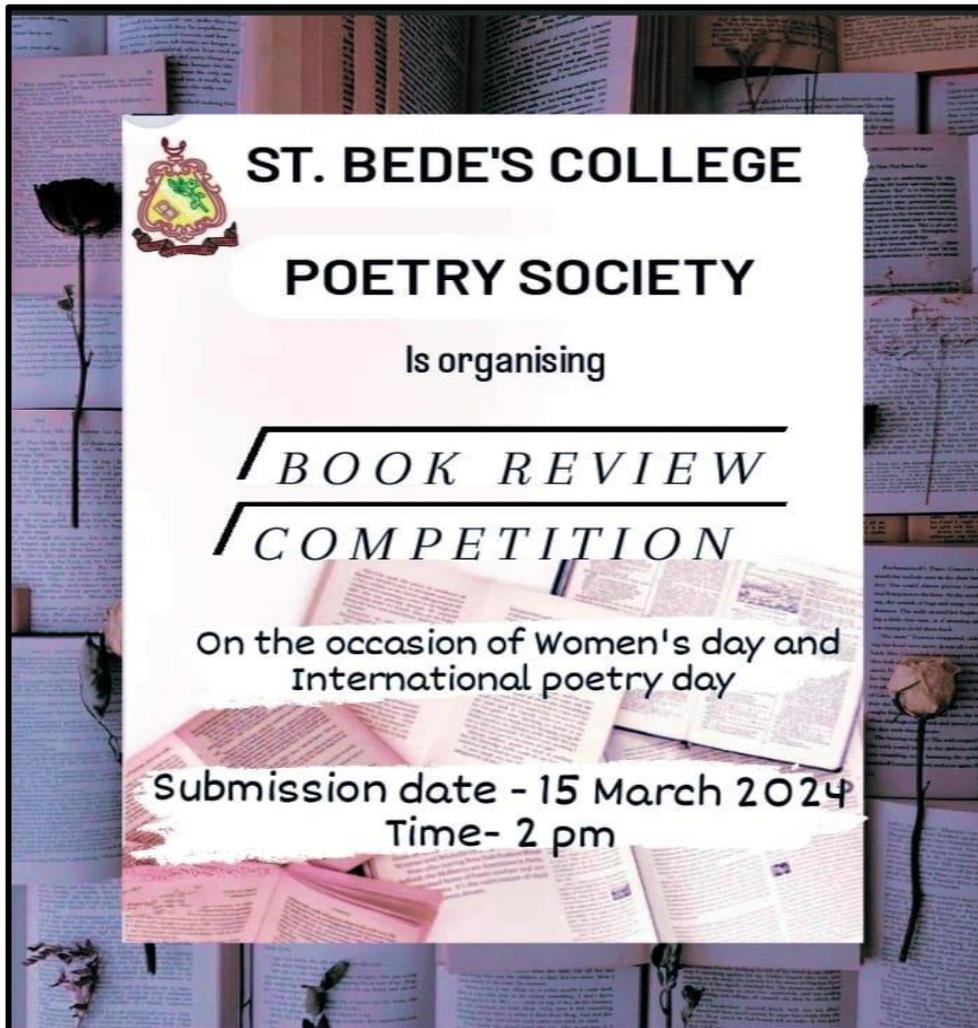
Fostering Creativity and Confidence: On March 04, 2024, the Women Cell and Department of Computer Science Empowered Female Students with Essential Graphic Design Skills, Bridging the Gender Gap in Technology



BOOK REVIEW WRITING COMPETITION

On March 15, 2024, the Poetry Society of St. Bede's College organized a Book Review Competition on occasion of International Women's Day and World Poetry Day 2024. The theme for the same was "*Contemporary Women Poets Paint the World with their Words.*" The book review was based on any anthology written by a contemporary poetess, which explores various themes like compassion, freedom, social issues, identity and existence. Students from B.A and BBA participated in the competition. Ms.Yashasvi Sharma of B.A Hons. Psychology won the first position.

Students learnt about anthologies written on gender issues by women writers. They got an opportunity to enhance their writing skills and develop their critical thinking vis a vis gender issues.



Brochure



BA
Psychology Honors)

→ **वीमन हू वेयर ओनली देमसेलवस**

पुस्तक के लेखक - अरंधति सुब्रमण्यम
पुस्तक का शीर्षक - "वोमैन हू ओनली वेयर देमसेलवस"
प्रकाशक का नाम - (2021, 1 Jan) स्युकीकिंग टाईगर; नई दिल्ली
प्रकाशन का वर्ष - 2021

अरंधति सुब्रमण्यम एक भारतीय कवयित्री और लेखिका हैं, जिन्होंने संस्कृति और आध्यात्मिकता के बारे में लिखा है। उनका जन्म मुंबई में हुआ था। सुब्रमण्यम को अपने कार्य के लिए कई श्रेष्ठ पुरस्कार से सम्मानित किया गया है। अरंधति सुब्रमण्यम ने अपनी पुस्तक 'वीमन हू ओनली वेयर देमसेलवस' में भारत की आध्यात्मिक तंत्रावस्था में अल्पसंख्यकों का प्रतिनिधित्व करने वाली महिलाओं की वक्ता की हैं।

शारंगरा →
अन्नपूर्णा अम्मा ने एक लंबे समय से मृत संत के आह्वान का पालन करने के लिए धर और परिवार की सुरक्षा छोड़ दी। अपने से पहले अम्मा महादेवी और लाल देव की तरह ब्रह्मचर्य रचना पसंद करती हैं, और कभी-कभी अविष्यवाणियाँ करती हैं, हर रूप से उनका हृदय और अपने पशु के प्रति पालनपन हमरी स्फुटिष्ठ नमस्ते।
अपने दसवें जन्मदिन के तुरंत बाद बालासुधी विमलेशिखिनी अविष्य की अविष्यवाणी कर रहीं थी - कुछ ही समय में वह एक गुरु में बदल गई। अब अपने तीसरे दशक में, गद योग की यह प्रतिभाशाली शिक्षिका स्वीकार करती है कि कभी-कभी उसी लंगता है कि वह वास्तविक ब्रह्म से दूर गई है।
लाल गाम्भी जो अमेरिका की एक प्रतिष्ठित शिक्षाविद थी, एक दुखदना के बाद तंत्र के मार्ग में अंतर गई। आज, वह इस बारे में बात करती है कि कैसे आध्यात्मिक जीवन शरीर के ज्ञान में गहराई से जुड़ा हुआ है - यह उसके गीत लिखे हुए धर के ऊंचे

Book Review written by First Winner

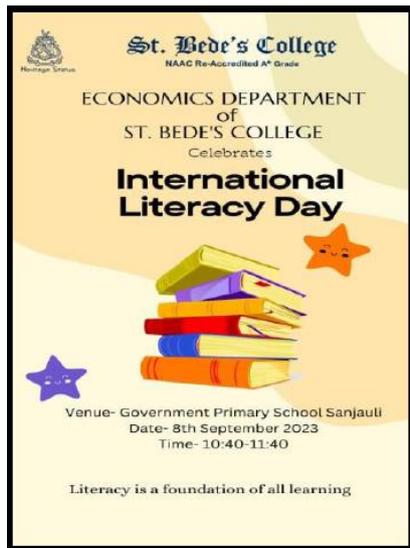
Exploring Gender Issues through the Words of Contemporary Women Poets in a Vibrant Book Review Competition



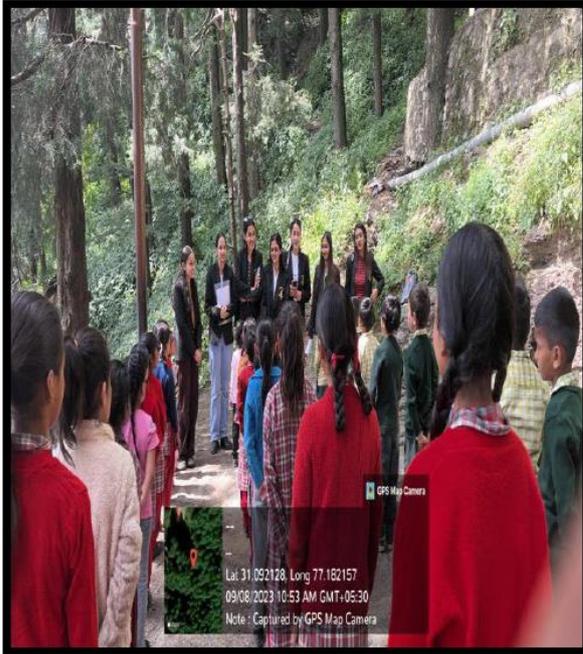
ACTIVITIES RELATED TO HUMAN VALUES

"ENLIGHTENING MINDS: ST. BEDE'S COLLEGE'S ECONOMICS DEPARTMENT SETS SAIL ON WORLD LITERACY DAY"

Celebrating the World Literacy Day on September 08, 2023, the Department of Economics of St. Bede's College orchestrated a meaningful excursion to kindle a passion for literacy and education among young learners. This collaborative initiative involved both faculty and students, converging at the Government School in Sanjauli, Shimla, to create a lasting impact on students from LKG to 5th class. The primary objectives of this excursion were to promote literacy and educational awareness and emphasize upon the importance of learning in personal and societal development. After the event, students, spanning from LKG to 5th class, not only gained insights into the significance of learning but also left with beaming smiles and newfound enthusiasm for education.



Brochure



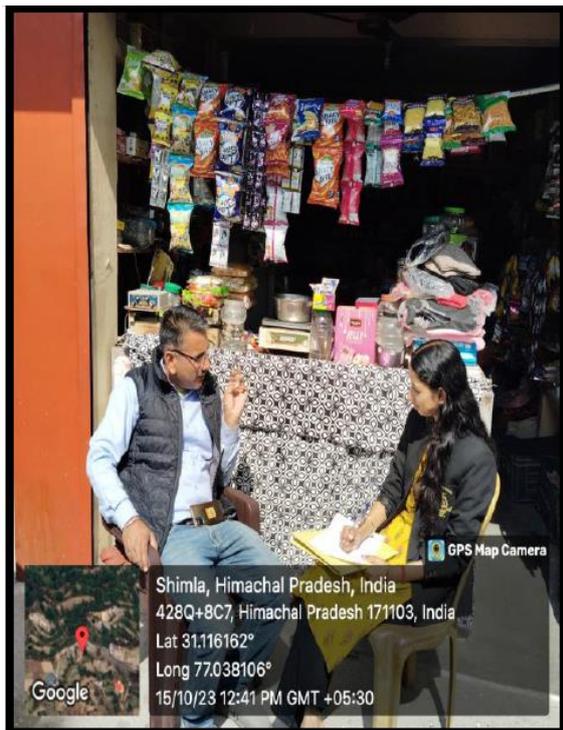
Igniting a Passion for Education among Young Learners at The Government School, Sanjauli, Fostering Hope and Human Values for A Brighter Future



"EMPOWERING MINDS: PUBLIC SENSITIZATION ON POVERTY ALLEVIATION INITIATIVES"

On October 15, 2023, in a proactive initiative, students of the Department of Economics of St. Bede's College undertook the responsibility of sensitizing the general public about the diverse poverty alleviation schemes launched by the Government of India. With the overarching objective of spreading awareness about the distressing state of our nation in terms of the percentage of the population living below the poverty line, this activity aimed to bridge the information gap and cultivate a collective understanding of poverty-related challenges, assess the public's knowledge about poverty and government alleviation programs, provide information in a comprehensible manner and instill empathy by elucidating the root causes and consequences of poverty.

Various poverty alleviation schemes were highlighted, including MGNREGA, Integrated Rural Development Program, Pradhan Mantri Jan Dhan Yojana, National Food for Work Programme, Pradhan Mantri Gramin Awas Yojana, etc.

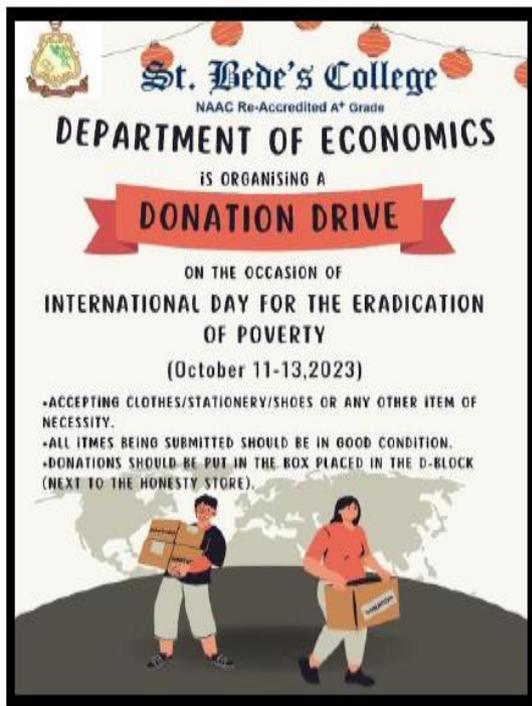


Educating the Public on Poverty Alleviation Schemes, Fostering Empathy and Understanding of the Challenges Faced by Those Living Below the Poverty Line

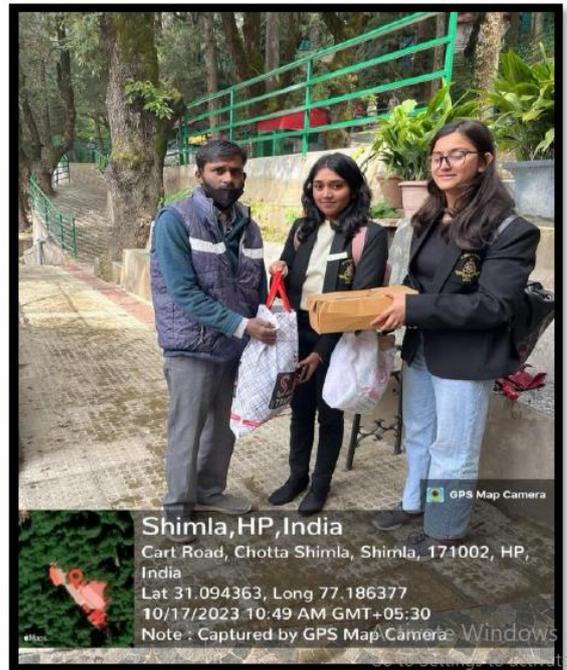
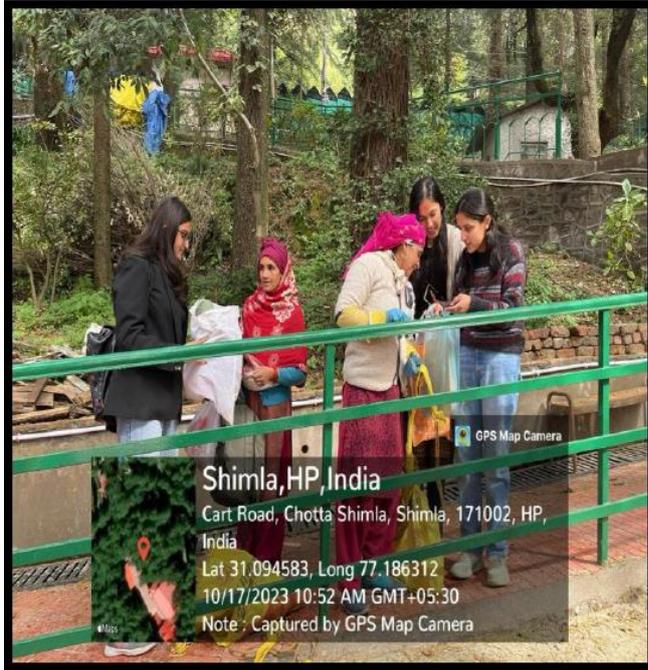


"GIFTS OF COMPASSION: ST. BEDE'S COLLEGE ECONOMICS DEPARTMENT DONATION DRIVE"

On October 16th, 2023, the Department of Economics embarked on a heart-warming journey through a donation drive. Students were encouraged to contribute essential items between October 11-13th for the benefit of the less fortunate. This extension activity aimed not only to provide support to those in need but also to instil in students the virtue of giving, fostering a sense of community and empathy for the underprivileged. After the collection, students put in meticulous efforts to organize and neatly pack the items for distribution. The distribution process began in a neighbourhood near Sanjauli area, Shimla, where clothing and food items were distributed to households, aiming to bridge the gap between the needs of the underprivileged and the resources available. As part of a commitment to promoting literacy and education, stationery items were specifically distributed among children, enhancing the impact of the drive beyond material support. This unique opportunity for students to volunteer and engage in community service left a lasting impact. It provided them with a renewed perspective on life, fostering gratitude for what they have received so far and reinforcing the value of compassion.



Brochure



Donation Drive to Support the Less Fortunate, Promoting Community Spirit, Empathy and the Transformative Power of Giving

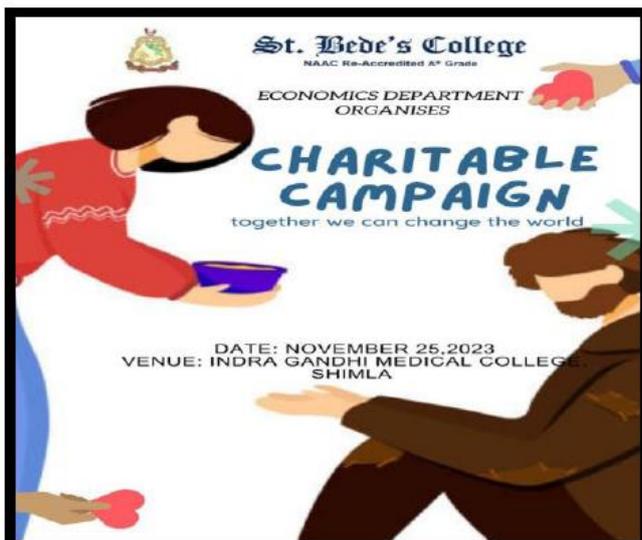


"SEEDS OF CHANGE: A CHARITABLE OUTREACH BY THE ECONOMICS DEPARTMENT"

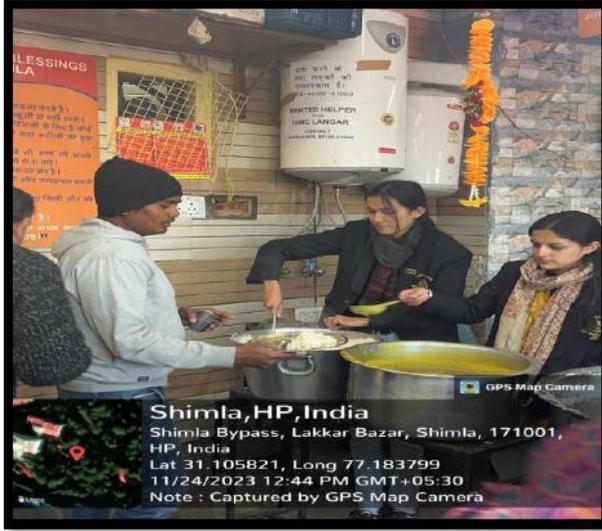
On November 24, 2023, the Department of Economics demonstrated its commitment to social responsibility by conducting a community outreach activity at Indira Gandhi Medical College, Shimla. This benevolent initiative, conducted under the banner of "Seeds of Change," aimed to make a meaningful impact on the lives of individuals at the Cancer hospital, IGMC.

The objective of this activity was to engage in social service by contributing essential grocery items and serving Langar at the Regional Cancer Center, IGMC, instilling empathy, compassion and a sense of gratitude among students through direct involvement in community service. It was also a gesture in support of the non-profit community service, 'GURU KA LANGAR', run by social activist Mr.Sarbjeeet Singh's NGO 'Almighty Blessings'.

The engagement fostered a sense of responsibility and ignited a fiery zeal among students to contribute towards humanitarian aid.



Brochure



Igniting Compassion and Community Spirit through a Successful Outreach Initiative, Providing Essential Support to Cancer Patients and Fostering a Sense of Social Responsibility among Students



HEALTH AND PERSONALITY DEVELOPMENT CLASSES FOR SCHOOL CHILDREN

St. Bede's College took an earnest initiative to conduct Personality Development classes for the students of Government Primary School, Sanjauli as from September 20, 2023. Dr. Ashwani Kumar from the Department of Physical Education conducted these classes which aimed at building confidence and strength among the children, thus helping them build their personality optimistically. The interaction also aimed at shaping the young minds to embrace growth and success. These classes also created general awareness about health amongst the students of the school. In each class a new topic was taught. The topics were based on health, physical, emotional, psychological, spiritual and professional aspects of the personality development. After the class students were evaluated randomly to observe the change in them.



Personality Development Classes at Government Primary School, Sanjauli, Empowering Young Students with Confidence, Health Awareness and the Tools for Personal Growth



ANECDOTE NARRATION & RALLY TO OBSERVE “INTERNATIONAL DAY OF PEACE”

On September 21, 2023, the Departments of Political Science and History of St. Bede's College organized a session on anecdote narration to observe 'International Day of Peace'. The theme of the activity was “End Racism and Build Peace”. It aimed at spreading awareness among the youth about the importance of peace and ways to avoid local, national and international conflicts. These participants were from B.A. 3rd Year who narrated the stories of racism which were prevalent in the societies of USA, Australia and South Africa. They also suggested the ways and means through which harmony is to be maintained in the world, highlighting important roles of international non-state actors. These anecdote narrations were followed by a lecture which emphasized on social cleavages created through racism, casteism, gender biasness and need to reduce them.

Also, on September 22, 2023 a rally was also organized by the Departments which started from Sanjauli Chowk to Navbahar, Shimla. The effort to sensitize and spread message of harmony and peace by the students was remarkable and the event ended on a successful note giving message of peace and non-violence.

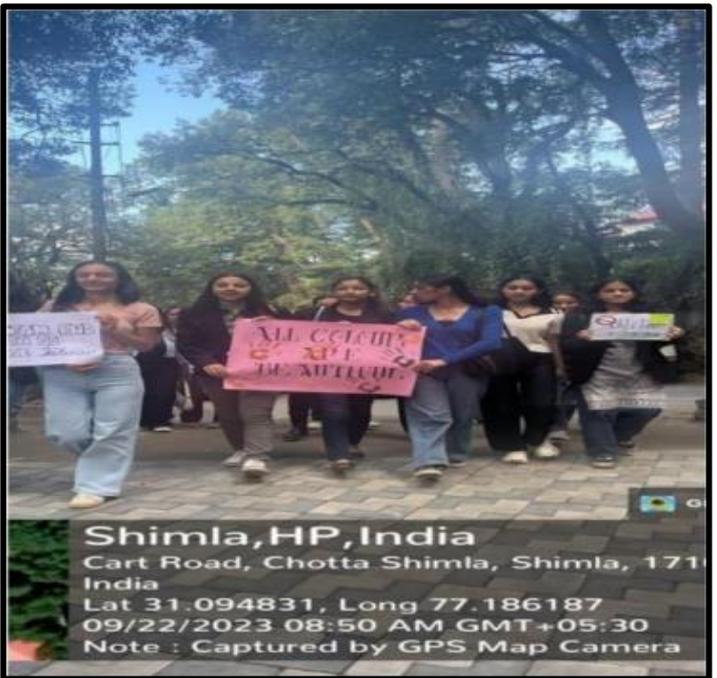
G20 भारत 2023 INDIA

St. Bede's College
DEPARTMENT OF POLITICAL SCIENCE AND HISTORY
are organizing
a session on anecdote narration
to observe
INTERNATIONAL DAY OF PEACE
**THEME - "END RACISM.
BUILD PEACE "**
Date: September 21, 2023
Venue: Seminar Room
Time: 02:50 P.M.
**INTERNATIONAL
PEACE DAY**
21 SEPTEMBER

Brochure



Activity on "End Racism and Build Peace"



Peace Rally from Sanjauli to Navbahar Chowk



“EXPRESSION OF EMOTIONS” SURVEY

On the occasion of World Mental Health Day, the Department of Psychology of St. Bede's College organized a survey on October 6, 2023. The students and teachers of the college were the subjects for this study. Six basic emotions given by Psychologist, Paul Ekman, i.e. fear, anger, happiness, sadness, disgust and surprise, were used as the base for the survey. Six empty boxes were prepared and labelled as per the above given emotions and all the students were asked to pick up a blank slip of paper and place it in the box labelled with the current emotion felt by them. After analysing the results of the survey it was concluded that the most common emotion among the population was happiness, while surprise was the least expressed emotion. Thus, it was found that the majority of the college has a stable emotional expression. The results of the survey were also presented to the entire college, during the Mental Health Day celebrations on October 10, 2023. Through this survey, the Department of Psychology spread awareness about the importance of understanding one's own as well as others' present emotions and how they are related to an individual's mental health.

Participants gained a deeper understanding of the range of emotions they experience, including joy, anger, sadness, fear, and surprise. This increased awareness helped individuals recognize and name their emotions accurately.



A Survey to Raise Awareness about Emotional Expression, Fostering Understanding and Compassion within the College Community on World Mental Health Day



A Survey to Raise Awareness about Emotional Expression, Fostering Understanding and Compassion within the College Community on World Mental Health Day



“NURTURING THE ABANDONED: SPREADING SMILES”

The Department of Political Science organized an extension activity on November 04, 2023, under which, the students visited Namgyal Monastery, Old Age Home situated at Sanjauli under the theme “*Nurturing the Abandoned: Spreading Smiles*”. The purpose of this activity was to instil social responsibility among students and create a sense of empathy towards the elderly members of our society who are abandoned and left vulnerable by their own children and families. The initiative also aimed at offering companionship to the elderly people and fosters an inter-generational understanding, thus creating a positive impact on the lives of elderly residents. *Students* organized numerous recreational activities such as games, skit, singing competition etc. in order to bring striking smiles on all faces. The students got an exceptional experience after interacting with the aged people and knowing about their real life stories. They also distributed fruits, sweets and promised to offer all kind of support whenever needed. The residents appreciated the company and efforts made by the students to make them feel valued and cherished.

G20 भारत 2023 INDIA

Y20 भारत 2023 INDIA

ST. BEDE'S COLLEGE

Department of Political Science
is organizing
an extension activity
on the theme :

**"NURTURING THE ABANDONED-
SPREADING SMILES"**

Date: November 4, 2023

Location: Namgyal Monastery
Old Age Home,
Sanjauli.



Brochure



Extension Activity on “Nurturing the Abandoned: Spreading Smiles”



SOCIAL RESPONSIBILITY

On December 24, 2023, the students of the Department of Computer Science along with its BCA 3rd Year students went to Indira Gandhi Medical College Langar Hall to serve langar to cancer patients and their attendants. Over 1000 people were served in the entire day.

This visit provided the students with a platform to work towards social responsibility. Students got a chance to interact with people from diverse cultures and learnt to work with people from diverse backgrounds. The students also experienced the importance of community welfare and the development of feelings like compassion and empathy.



Students of the College Serving Langar to Cancer Patients at IGMC, Shimla, Fostering the Human Values of Compassion and Empathy

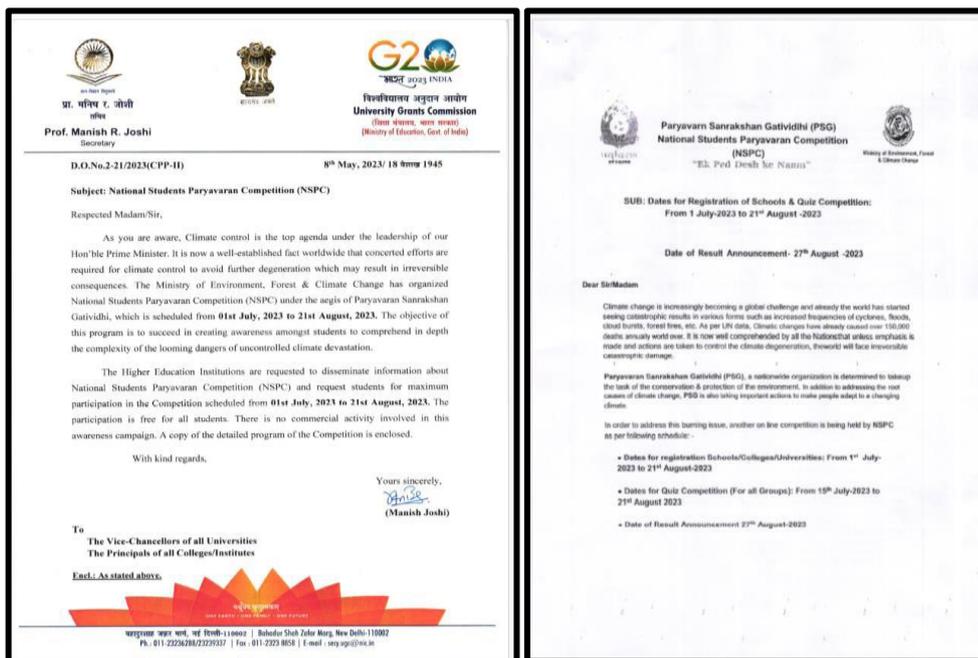


ACTIVITIES RELATED TO ENVIRONMENT AND SUSTAINABILITY

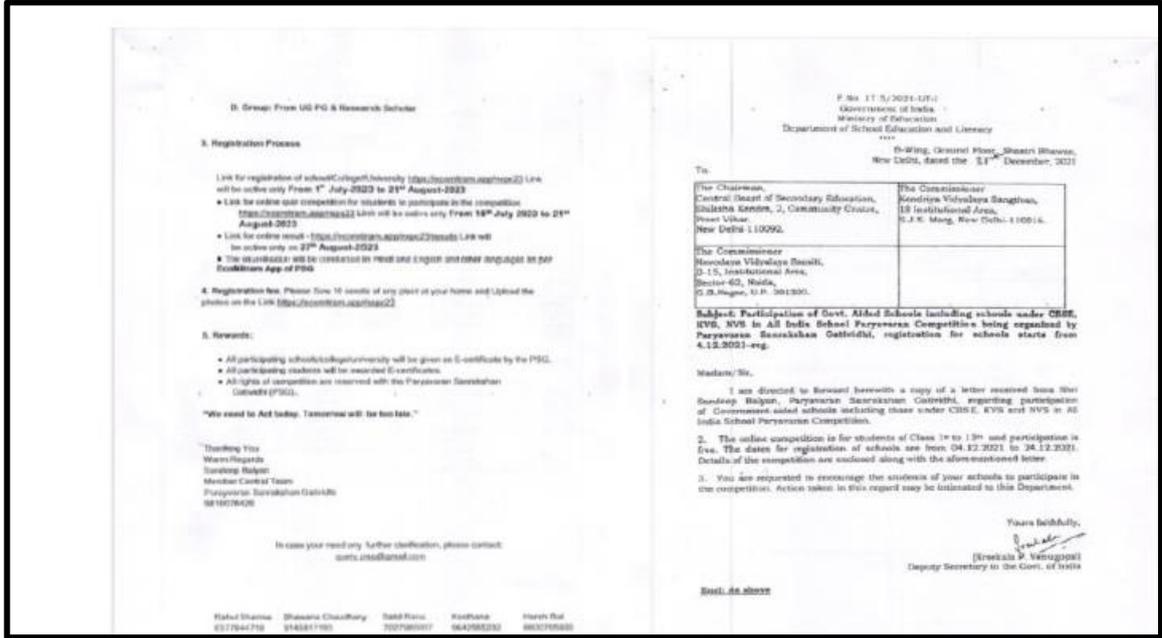
NATIONAL STUDENTS PARYAVARAN COMPETITION

St. Bede's College, Shimla took part in various activities mentioned under the Government of India initiative, among which the “**National Students Paryavaran Competition**” was organised on August 18, 2023, under *Ek Ped Desh Ke Naam*. The aim of the initiative was to sensitize the students about contemporary environmental problems and their remedial measures. Keeping in mind this sensitive issue, the students of the college took part in various activities such as:

The Quiz Competition: over twenty students registered themselves on the website (<https://ecomitram.app/nspc23>) and went through the quiz. The questions framed in the quiz involved questions like the renewable resources, carbon sinks, greenhouse gases, importance of rainwater harvesting, solid waste management etc. All these were important issues related to daily life and the students benefitted from the gained knowledge.



Screenshots of the Letter from the Central Government



Screenshots of the Letter from the Central Government



Certificate of the Participation

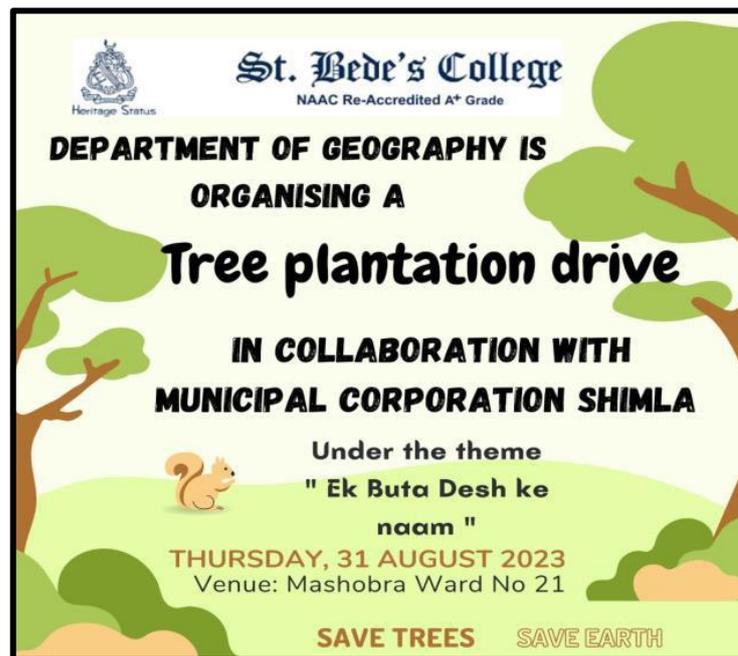


Certificate of the Participation (Tree Plantation)

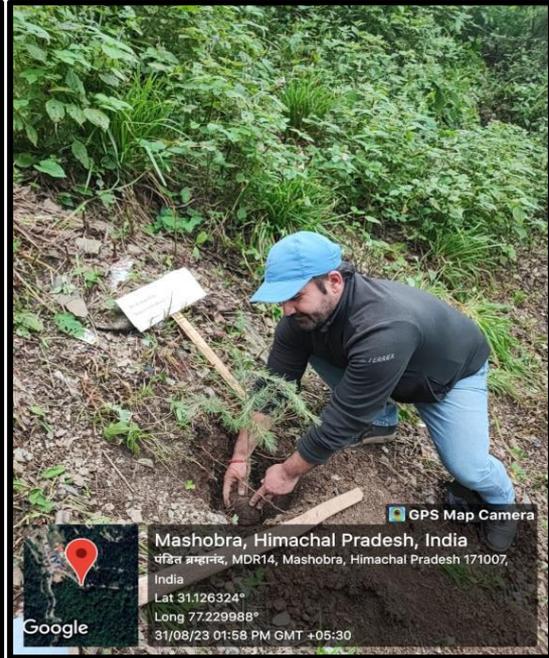


TREE PLANTATION DRIVE IN COLLABORATION WITH MUNICIPAL COOPERATION SHIMLA

On August 31, 2023, a tree plantation drive was held by students of St. Bede's College in the Municipal Ward 21, Dhalli, Mashobra. The initiative was jointly organized by the Geography Department of St. Bede's College Shimla and the Municipal Corporation Shimla. The event witnessed the active participation of esteemed dignitaries, including the mayor – Shri Surinder Chauhan, Deputy Mayor – Smt. Uma Kaushal, Commissioner – Shri Bhupendra Atri, BDO Mashobra, Dr Ankit Mankotiyaa, BDC Chairman, Block Mashobra, Chandrakanta Verma, Counselor, ward Dhalli, Mashobra, Vishakha Modi, Forest team Mashobra, along with enthusiastic college and school students. This event not only added 150 trees to the urban landscape but also raised awareness about the importance of trees and environmental stewardship among the citizens. It served as an example of how partnerships between educational institutions and local authorities can lead to a positive change.



Brochure



Tree Plantation Drive at Mashobra : “Ek Buta Desh Ke Naam”

मेयर ने शुरू की पौधारोपण मुहिम

शिमला, 31 अगस्त (वन्दना): शिमला में जगह-जगह हुए भूखलन वाले क्षेत्रों में भूमि कटाव को रोकने के लिए नगर निगम पौधे रोपेगा। वीरवार से नगर निगम मेयर सुरेंद्र चौहान ने इस अभियान को मशोबरा में भूखलन वाले क्षेत्रों से शुरू किया और एक सप्ताह तक शहर भर में यह जारी रहेगा। इस अभियान में एन.जी.ओ. और पार्षदों की मदद भी ली जाएगी।

इस दौरान इस तरह के पौधे लगाए जाएंगे, जो भूमि कटाव को रोकने में मददगार हों। इसके लिए वन विभाग के अधिकारियों को इस दिशा में काम करते हुए पौधों के चयन का काम सौंपा है। मेयर सुरेंद्र चौहान ने कहा कि शहर को बचाने के लिए ऐसे पौधे लगाए जाएंगे, जो जमीन में जल्द ही अपनी पकड़ बना सकें।

शिमला : मशोबरा वार्ड में नगर निगम द्वारा आयोजित पौधारोपण कार्यक्रम के दौरान महापौर सुरेंद्र चौहान व उपमहापौर उमा कोशल के साथ छात्र-छात्राएं सामूहिक चित्र में और (इनसैट) पौधारोपण करते महापौर व उपमहापौर। (चरस)

Tree Plantation Drive in Collaboration with MC Shimla



WORLD RIVER DAY

On September 25, 2023, an awareness program was organized by the Environment Awareness Cell of St. Bede's College under the theme "*NANHE SANRAKSHAK*". This event was held on the occasion of **World River's Day**. The students and conveners of Environment Cell had a visit to a nearby Government Primary School Sanjauli, Shimla and made the students aware about river and environment pollution through various activities. A PowerPoint Presentation was shown to the students highlighting river pollution and its impacts. The program started with a short discussion where the members of the cell made the children aware of the River Day and how the rivers are being polluted and what measures should be taken to prevent it. After the presentation, a short quiz was held where the cell members asked very simple questions and the students participated enthusiastically. The students were given small rewards for their active participation.

**ST. BEDE'S COLLEGE**
NAAC Re- Acceradited A+ Grade

ENVIRONMENT CELL
of
ST. BEDE'S COLLEGE, SHIMLA
is celebrating

WORLD RIVERS DAY
Date: 25th September, 2023

Theme - "Rights of Rivers"

Venue: Government Primary School, Sanjauli

"SAVE RIVER TO SAVE MANKIND, TO SAVE LIFE"

Brochure



Interactive Session with Students on the Occasion of World River's Day



AN ACTIVITY ON EXPLORATION OF AVIAN FAUNA

On September 27, 2023, the Department of Zoology of St. Bede's College organised an activity on "Exploration of Avian Fauna". The Resource Person for the event was Dr. Jyotika Brari, Assistant Professor, St. Bede's College. She educated the students about the avian fauna at St. Bede's College.

The presentation created curiosity, encouraged appreciation for local birdlife, stressed on the significance of bird conservation and provided practical bird watching tips. It emphasized upon the crucial role of biodiversity in sustaining life and highlighted the importance of preserving it for future generations. Additionally, the event helped students explore the educational and research opportunities related to biodiversity, teaching students about ecosystems, species interactions and the interconnectedness of life on Earth. It highlighted the ecological importance of birds, demonstrating their role in maintaining a balanced ecosystem within the college premises.

G20 Y20
INDIA 2023

75
Azadi Ka
Amrit Mahotsav

FAUNA

Department of Zoology,
St. Bede's College
is organising an
**Exploration To Avian
Fauna**

grey ibis

Blue bird

grey sparrow

Parrot

DATE: SEPTEMBER 27, 2023

TIME: 3:50 PM

VENUE: SEMINAR HALL

Brochure



Activity on “Exploration of Avian Fauna” at St. Bede’s College



E-WASTE COLLECTION DRIVE

The Environment Cell of St. Bede's College, Shimla organized an E- Waste Collection Drive from October 14th -18th, 2023. A card board box was placed on the college campus where students put in various old electronic items like old phones, wires, headphones, tabs, kettles etc. and any other electronic and electric device that is no longer in use. On October 18, 2023, the collated E-Waste was deposited with the e-waste van at Chotta Shimla. The drive succeeded in spreading the message of proper management of electronic waste among the students.

The brochure is a vertical rectangular poster with a pink-to-white gradient background. At the top left is the St. Bede's College logo. To its right, the text reads "ST. BEDE'S COLLEGE" and "NAAC Re- Accredited A+ Grade". Below this, the "ENVIRONMENT CELL" is highlighted in green. The main text, centered, reads: "on the occasion of INTERNATIONAL E-WASTE DAY is organising a E-WASTE COLLECTION CUM AWARENESS DRIVE From: 14th-18th OCTOBER, 2023". A large recycling symbol is faintly visible in the background. At the bottom, it states "THEME-'YOU CAN RECYCLE ANYTHING WITH A PLUG, BATTERY OR A CABEL'" and "Venue: COURTYARD". The bottom left corner features icons of a computer monitor, a smartphone, and a recycling bin. The bottom right corner shows a cluster of white flowers.

Brochure

The receipt is a blue document from Shivalik Solid Waste Management Limited Unit-II. It includes the following details:
- **Company Info:** Regd. Office: Village Majra, P.O. Dabbota, Tehsil Nalagarh Distt. Solan Himachal Pradesh - 174 101. Works at: Village Uppera Nangal, P.O. & Tehsil Nalagarh, Distt. Solan Himachal Pradesh - 174 101. Telephone: 91785-292891, E-mail: rakesh@sswml.com, rakesh@shivalik.co.in, GSTIN: 02AAK57647072, CIN: U73130HP2005PLC028004, Mob. 9829 71255, 7849 2831.
- **Sl. No.:** 062
- **Dated:** 18/10/23
- **Title:** E WASTE RECEIPT/ACKNOWLEDGEMENT SLIP
- **Item/E-Waste Received From:** St. Bede's College - Shimla - HP.
- **Address:** Nav Bex - Shimla.
- **Mobile No.:** 98166-26025
- **Type of E-Waste:** Mixed Components Qty. _____ Nos. _____ Kg _____
- **Payment:** This Material is received on FOC Basis/Payment Basis. Amount if any: 100/- Mode of Payment: Online/ Other (UPI ID: 929192509112)
- **Signatures:** Signature of Sender, Signature of receiver, and Authorised signatory.
- **Footer:** Shivalik Solid Waste Management Limited, Providing solution for Clean Environment, Website: http://www.sswml.com

Certificate for E-waste Disposal



E-Waste Material

PCB/J01/5/2022-NGT SECTION-STATE POLLUTION CONTROL BOARD-Part(1)

1/25/8679/2023

بھارت

LIFE
Sustainable Living

HP State Pollution Control Board
NIM Park Road, Bhatinda, Phase III, New Shimla-09
Phone No. 0177-2474746, 2474020 FAX: 0177-2474938

No. HPSPCB E-Waste (Management) Rules, 2016/22 16/166-29

Dated: 11-10-2023

To: Head of the School/ College
As per list attached

Subject: Organizing an E-Waste Collection cum Awareness drive from 16th to 21st October, 2023.

Sr. Ma'am,

As you are aware, E-waste is one of the fastest-growing waste streams in the world. As our reliance on electronic devices continues to increase, so does the amount of e-waste generated. E-waste includes any electronic and electric device that is no longer in use or has reached the end of its life cycle. The increase in e-waste poses a significant threat to the environment, mainly due to the toxic materials used in the devices such as lead, cadmium, mercury and brominated flame retardants, which can cause significant damage to the environment and human health if not disposed of properly.

In order to ensure scientific management of E-Waste, the Ministry of Environment, Forests, and Climate Change notified the E-Waste Management Rules, 2022 on 2nd November, 2022 in supersession of the E-waste (Management) Rules, 2016.

Further, in order to raise awareness and facilitate actions to improve management of E-Waste, "International Electronic (E) -Waste Day" (IEWD) is commemorated on 14th October every year. The slogan for the occasion for this year is "You can recycle anything with a plug, battery or cable".

Thus, in order to celebrate this IEWD, State Board has scheduled E-waste Week from 16th to 21st October, 2023 in order to address the problem and to make people more aware about E-waste management. In the week-long campaign, an awareness cum collection drive shall be conducted wherein a mobile van shall be deployed in Shimla City in collaboration with M/s Shivalk Solid Waste Management Ltd (a CPCB authorized Recycling facility in Himachal Pradesh) and Inner Wheel Club Ltd (a CPCB authorized Recycling facility in Himachal Pradesh) and In-house Waste of Shimla Midtown and initiatives shall be given on disposal of the E-Waste. The proposed schedule of the collection drive shall be as follows:-

Date	Route/ Area covered
16 th Oct, 23	Phase III HPSPCB HD, DCS, New Shimla, Khasi, D.C. Office, Shimla (collection Kiosk shall be set up at D.C. Office Shimla)
17 th Oct, 23	D.C. Office, Shimla (collection Kiosk shall be set up)
18 th Oct, 23	H.P. Secretariat, Shimla (collection Kiosk shall be set up)
19 th Oct, 23	Kareeg, Khasi, Chotta Shimla, Sarjuki Bhal, Bhantakur

PCB/J01/5/2022-NGT SECTION-STATE POLLUTION CONTROL BOARD-Part(1)

1/25/8679/2023

21st Oct, 23 Faigl, Tuli Kandi, Chakkar, Tula - Tara Devi

In view of above State Board is delighted to invite you to actively participate in the E-Waste Collection Drive as per the schedule mentioned above. Further it is requested to encourage the students in studying in your school/ college to bring and deposit the E-Waste during the event. Further updates/ information of the event can be reviewed on our official website - <https://hpspcb.in/>

Looking forward for support and active participation in this important initiative of State Board.

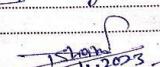
Yours faithfully
Signed by
Anil Joshi
Joint Director, HP
Member Secretariat
HPSPCB, Shimla

Screenshot of the Letter from the Government



NUKKAD NATAK: TRANSITION TO SUSTAINABLE LIVING

On November 22, 2023, the Environment Cell of St. Bede's College organized a Nukkad Natak on the theme, **"Transition to Sustainable Living"** to raise awareness among the people about the importance of sustainability and its advantages to the future generations. The Nukkad Natak emphasized upon the concept of 3R's of Sustainable Development that is Reduce, Reuse and Recycle. Environment Protection is the need of the hour and this is only possible when everyone follows a lifestyle that is eco-friendly, a life style that reduces its ecological footprint to minimum. Through the Nukkad Natak, the students tried to spread the message of environment protection through proper treatment of the household garbage, use of public transport and by saving other natural resources. Students understood the idea that we have one earth, one future and it's our responsibility to save it.

RECEIPT		
GAIETY DRAMATIC SOCIETY GAIETY HERITAGE CULTURAL COMPLEX, THE MALL, SHIMLA-1 (H.P.)		
R.NO.GDS-	2422	DATED. 22.11.2023
Received with Thanks Total sum of ₹. 300/- from Sh. St. Bede's College, Shimla, H.P. on account of Hiring charges/Maintenance charges of Old Theatre/ Multipurpose Hall/Seminar (Conference Hall) / Tavern Hall / Amphitheatre/ Rehearsal Area with detail as under:-		
No.	Charges	Amount
1.	Hiring Charges/Maintenance Charges	300/-
2.	Retention Charges	
3.	Stage Rehearsal Charges	
4.	Rehearsal Area Charges	
5.	Damage Charges	
6.	Penal Charges/Security Charges	
7.	Other Charges	
For the period Dated. 22.11.2023 to Dated. 22.11.2023		
Amount ₹. Three Hundred Rupees Only.		
VIDE-CASH/CHEQUE NO. Cash		
 22.11.2023 Secretary, Gaiety Dramatic Society, Gaiety Heritage Cultural Complex, The Mall, Shimla-1 (H.P.)		

  
ENVIRONMENT CELL OF ST. BEDE'S COLLEGE IS ORGANISING A NUKKAD NATAK ON THE THEME "TRANSITION TO SUSTAINABLE LIVING" DATE: 22 NOVEMBER, 2023 VENUE- THE MALL, SHIMLA

Brochure Fee Receipt from the Gaiety Theatre

Brochure



Nukkad Natak on Sustainable Living