



SUPPORTING DOCUMENT

FOR

7.1.1

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



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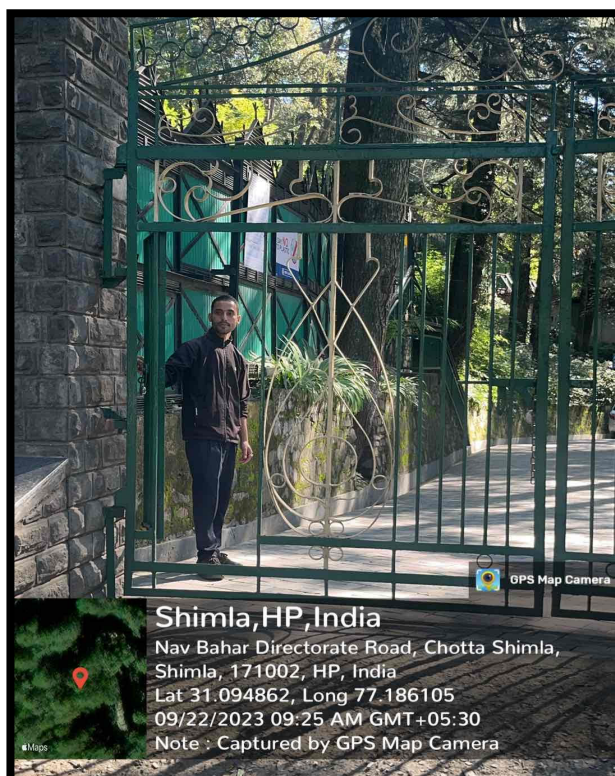


(A) SPECIFIC FACILITIES FOR WOMEN

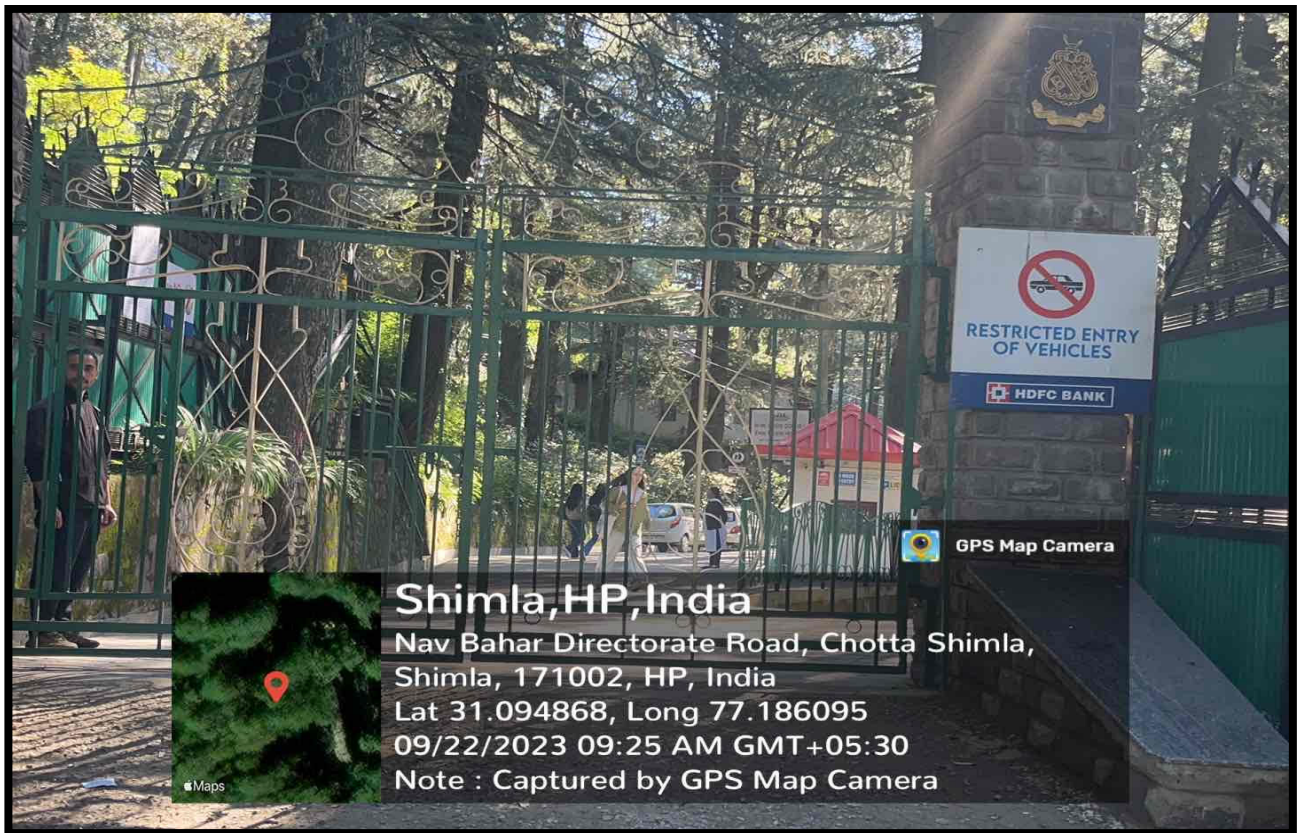
1) SAFETY AND SECURITY

At St. Bede's College, the safeguarding and welfare of all individuals affiliated with the institution—students, educators, administrative staff, and stakeholders—constitute a principal concern. The college has implemented various effective security measures in pursuit of this objective. Both male and female security personnel, expertly trained to handle different situations, are stationed around the clock to monitor access points and prevent unauthorised individuals from entering the campus. Additionally, they maintain vigilant oversight of student activities to promote a secure atmosphere.

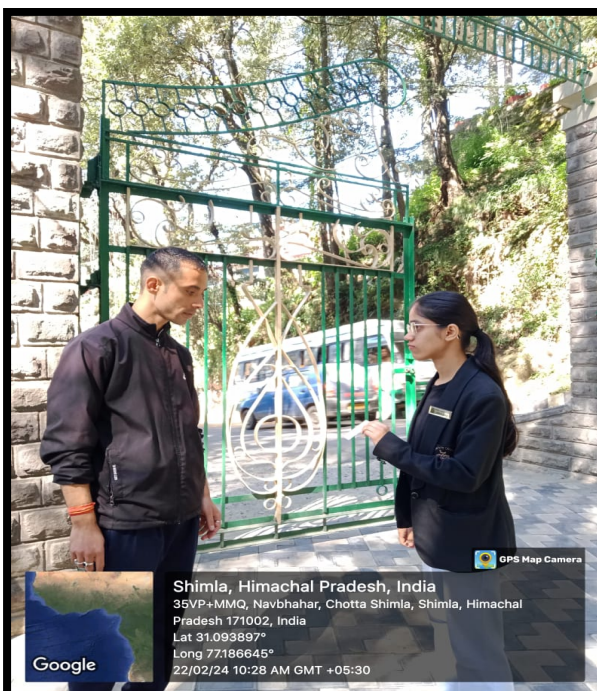
To enhance safety protocols, rigorous regulations are enforced regarding vehicular access, thereby contributing to preserving a secure environment. Furthermore, closed-circuit television (CCTV) cameras are strategically positioned throughout the campus to enable continuous surveillance. These initiatives collectively create a safe environment that promotes trust and peace for everyone in the St. Bede's College community.



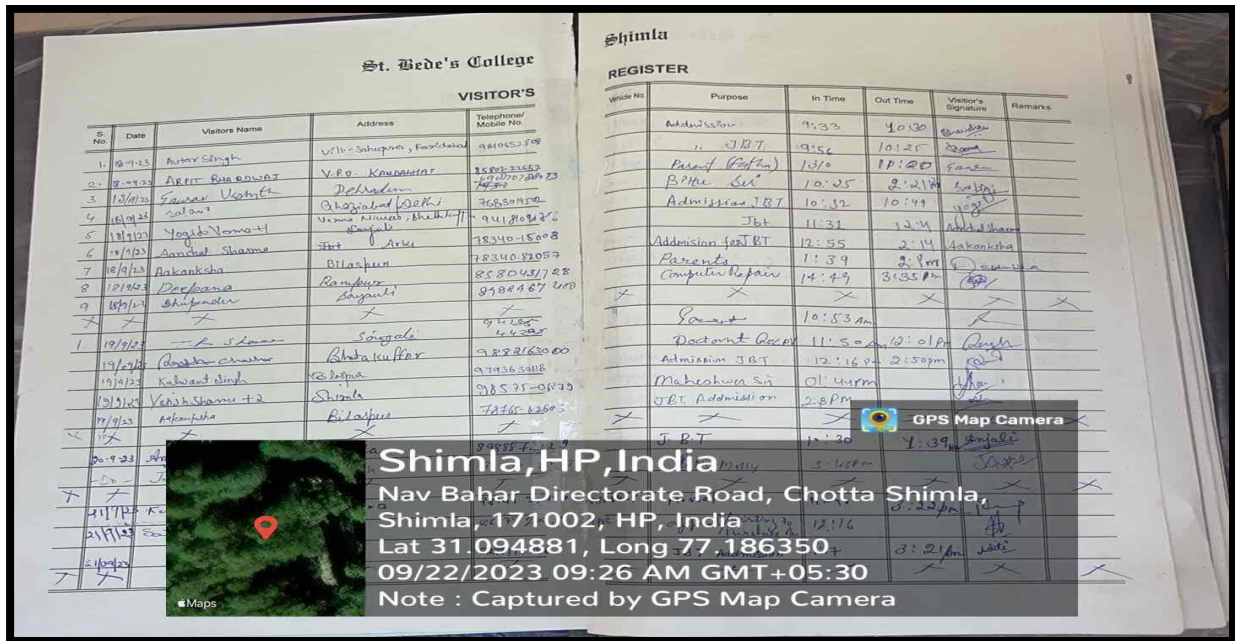
Security Guards are Stationed at the Main Gate of the College



Restricted Entry into the College

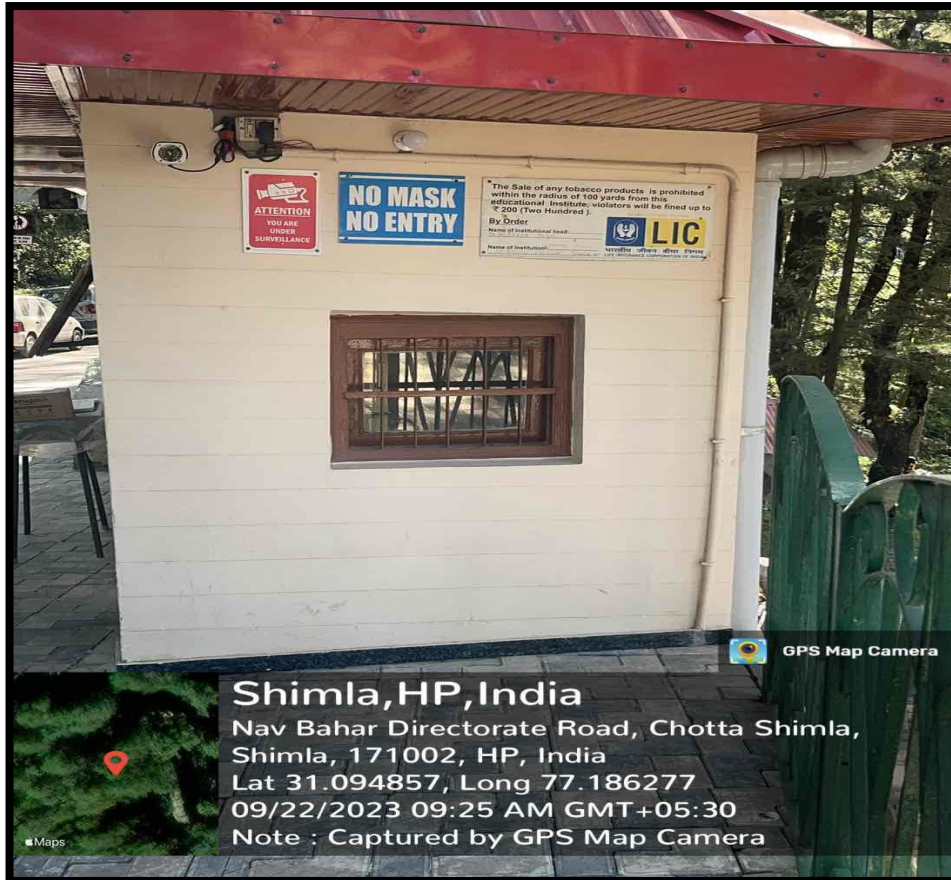


Regular Checking of ID Cards of the Students

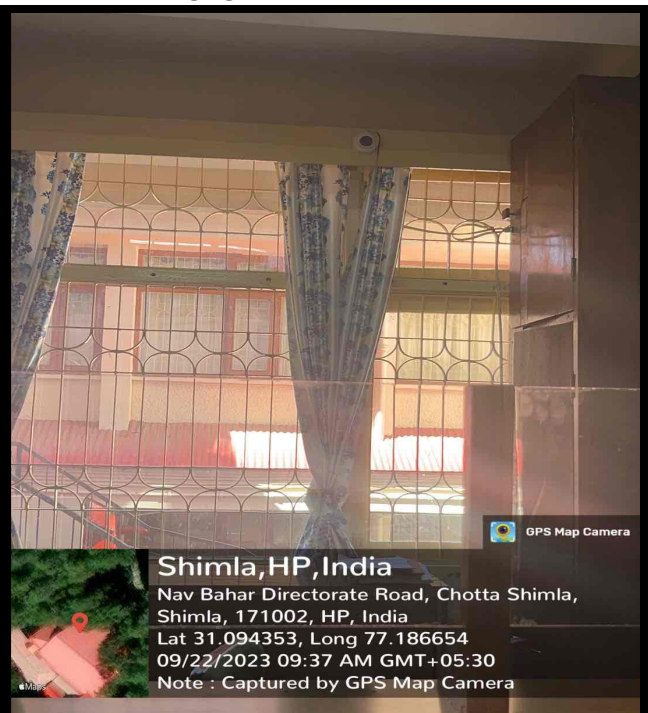


DATE	NAME	REASON	Ph. No.	VEHICLE No.	IN TIME	OUT TIME	Sign
12-07-2023	Bankish	Counselling	8219346263		10:37 AM	11:44 AM	Bankish
12-07-2023	Anushi	"	8230001569		10:39 am	11:39 am	Anushi
12-07-2023	Govinda	"	9418490975		10:45 am	11:45 am	Govinda
10-07-2023	Disha	"	9459176877		10:47 am	10:18:40 pm	Disha
12-07-2023	Salata	"	9708181925		10:48 am	2:10 pm	Salata
12-07-2023	Diga	"	7307262281		10:48 am	2:25	Diga
12-07-2023	Karish	Admission	630562077		10:56 am	11:14 am	Karish
12-07-2023	Saurabh	Counselling	9015374615		10:58 am	12:05 pm	Saurabh
12-07-2023	Saurabh	"	"		10:59 am	12:05 pm	Saurabh
12-07-2023	Rudhima	"	9726502647		11:00 am	2:26 PM	Rudhima
12-07-2023	Royal	Counselling	7018551147		11:00 am	2:26 PM	Royal
12-07-2023	Alstha	Admission	8219777420		11:01 am	11:26 am	Alstha
12-07-2023	Harsha	Admission	9015210087		11:01 am	11:26 am	Harsha
12-07-2023	Radhika	Admission	9015210087		11:02 am	11:26 am	Radhika
12-07-2023	Pooja	Counselling	7876525229		11:02 am	11:26 am	Pooja
12-07-2023	Uparva	Counselling	7876525229		11:02 am	11:26 am	Uparva
12-07-2023	Shivraj	Counselling	9736566566		11:02 am	11:26 am	Shivraj
12-07-2023	Kishor	Counselling	9418760517		11:02 am	11:26 am	Kishor
12-07-2023	Rajul	Counselling	9015210087		11:02 am	11:26 am	Rajul
12-07-2023	Samrat	Counselling	6020105233		11:02 am	11:26 am	Samrat
12-07-2023	Tanisha	Counselling	9911717447		11:02 am	11:26 am	Tanisha
12-07-2023	Teja	Counselling	9015210087		11:02 am	11:26 am	Teja
12-07-2023	Vansh	Counselling	9417131481		11:02 am	11:26 am	Vansh
12-07-2023	Arjun	Counselling	6234664613		11:02 am	11:26 am	Arjun

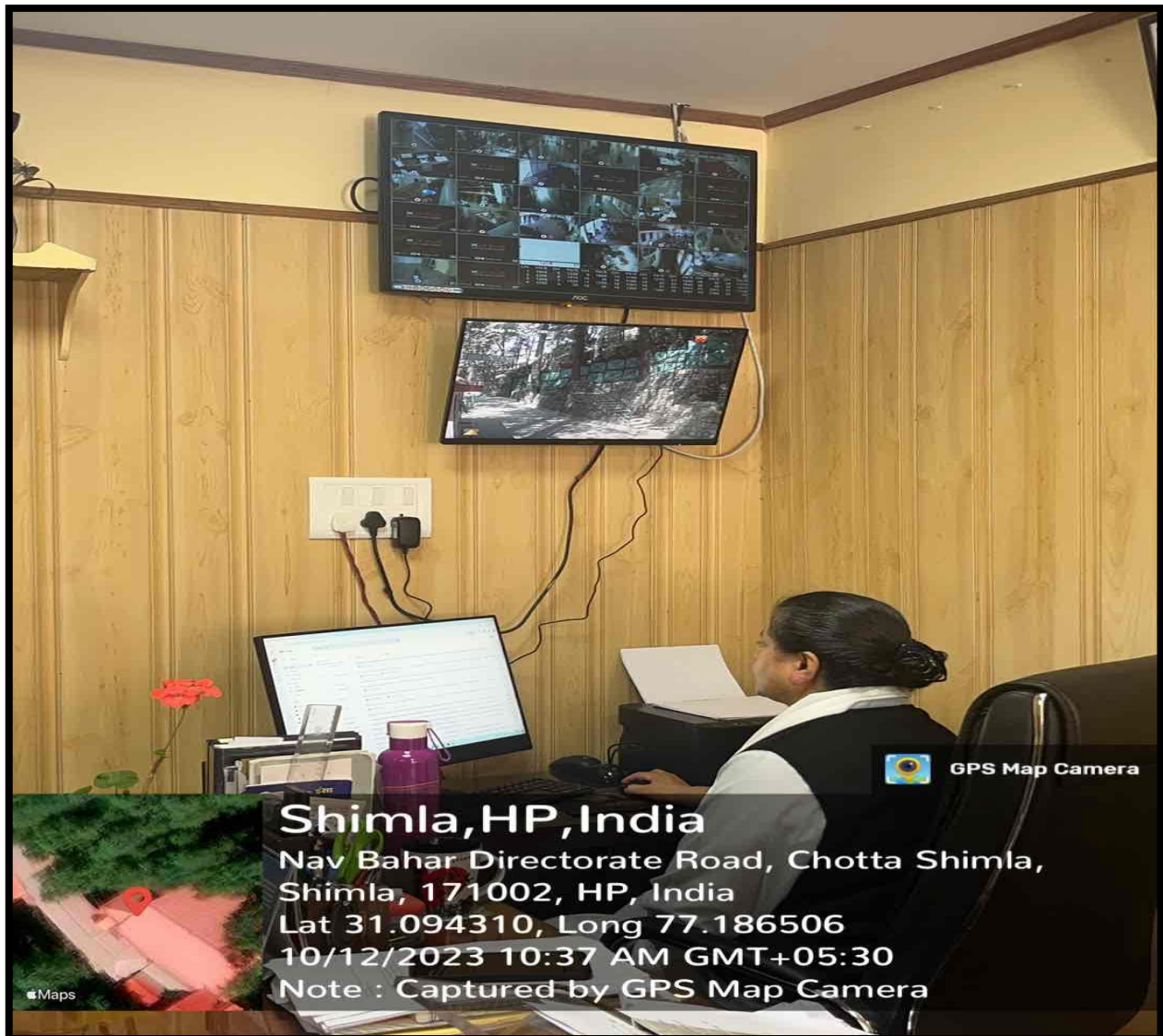
Visitors' Register at the College Entrance Gate



CCTV cameras installed at the college gate



CCTV cameras installed throughout the campus



CCTV Surveillance in the Principal's Office



2) COUNSELLING

St. Bede's College offers counselling services to help its students' well-being and address any psychological issues they may be experiencing. The institution has set up a separate counselling space where students may seek expert advice and assistance. This environment is intended to be secure and confidential, allowing students to voice their problems and get support from experienced counsellors openly. By providing access to these services, the college recognises the importance of mental health and seeks to provide a friendly atmosphere that improves its students' overall well-being.

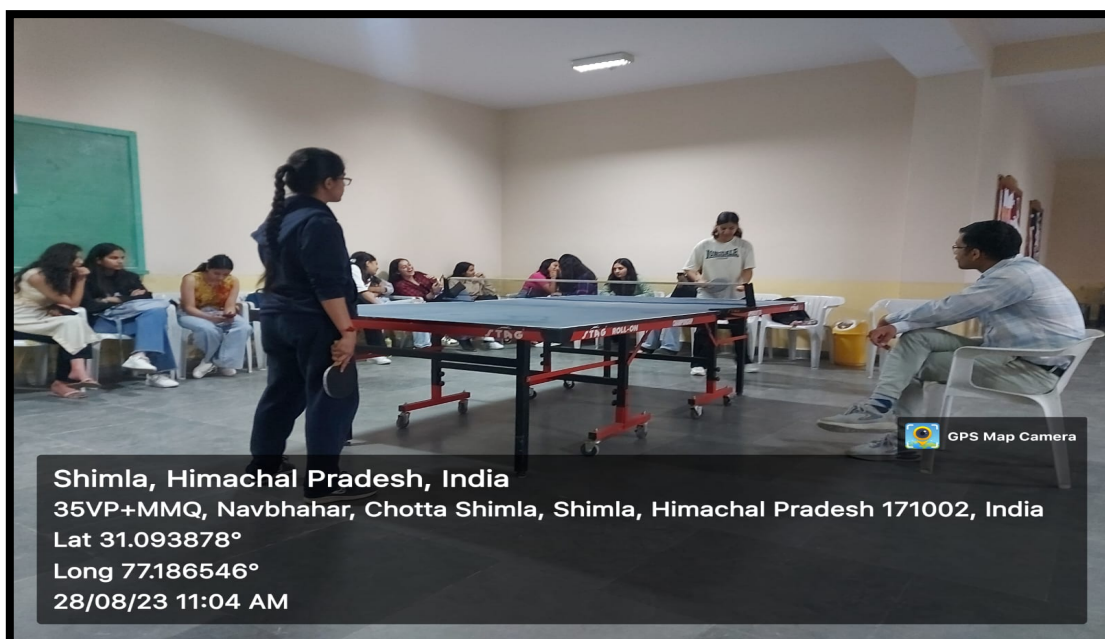


Counselling Services



3) COMMON ROOM

St. Bede's College offers a spacious, well-lit common room designed to accommodate a large number of students comfortably. This vibrant space has various indoor games like carrom and table tennis, encouraging friendly competition and relaxation. An LED television is also available, enabling students to stay updated with news and educational programs during their downtime. The welcoming environment promotes a strong sense of community, supporting students' overall growth and well-being.



Common Room

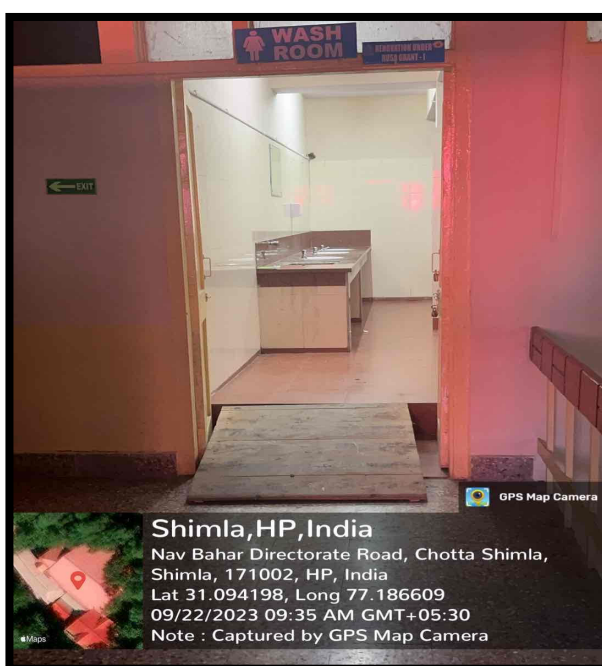


4) DAY CARE CENTER FOR YOUNG CHILDREN: Facility not available

5) WASHROOM FACILITIES

The availability of clean washroom facilities at St. Bede's College is essential for promoting the health and well-being of students. The college provides comprehensive washroom amenities, including:

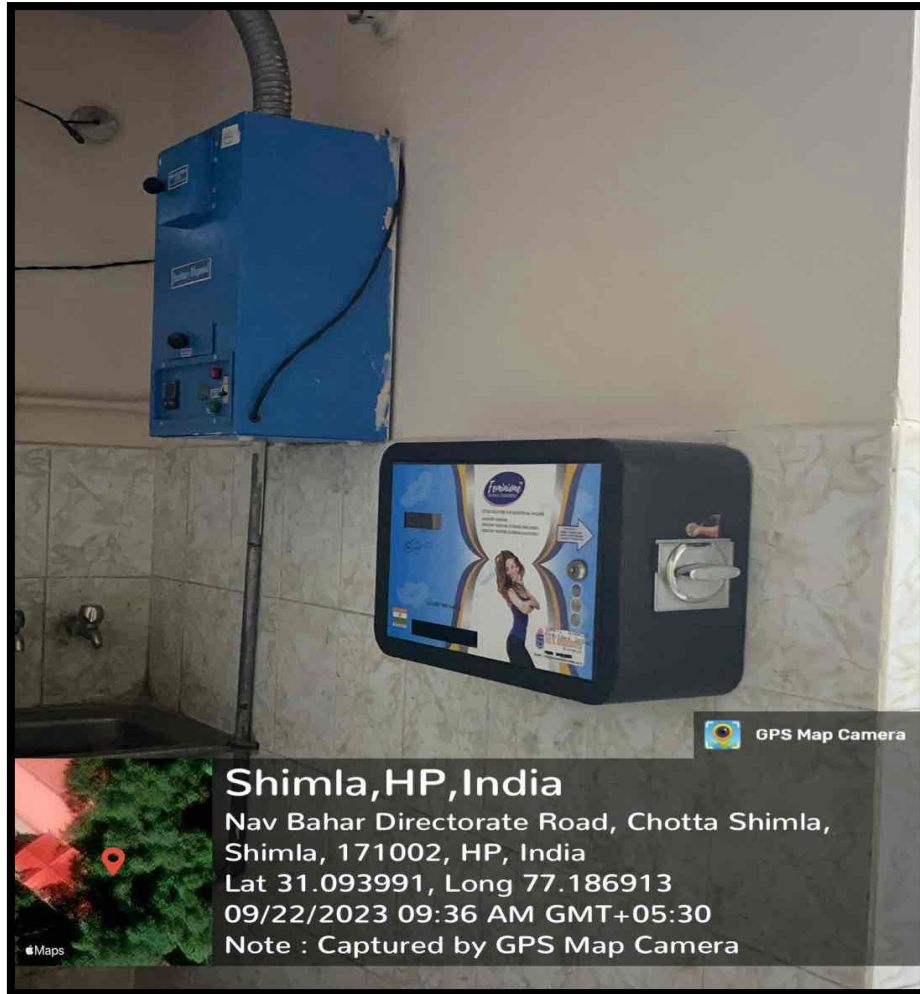
- Washrooms are located in every block of the college
- Safe toilets equipped with interior door latches
- Adequate lighting inside and outside of the toilets
- Covered trash bins for the disposal of menstrual products
- Fully functioning taps
- Liquid hand wash is available in all washrooms
- Regular cleaning and sanitisation of all facilities
- Sanitary napkin vending machines installed in the washrooms



Washroom Facility



Sanitary Napkin Vending Machine



Sanitary Napkin Vending Machine



(B) ANY OTHER RELEVANT INFORMATION:

St. Bede's College follows the Ministry of HRD guidelines and has established an Internal Complaint Committee to address grievances and ensure student safety. Additionally, the college upholds student welfare through its Anti-Ragging Committee, Discipline Committee, and Grievance Redressal Cell, fostering a supportive and positive learning environment. Female students benefit from specialized self-defense programs that include firefighting and first aid training, further promoting their safety and preparedness. These initiatives reflect the college's dedication to creating a secure, inclusive atmosphere that prioritizes student well-being and enhances the educational experience.

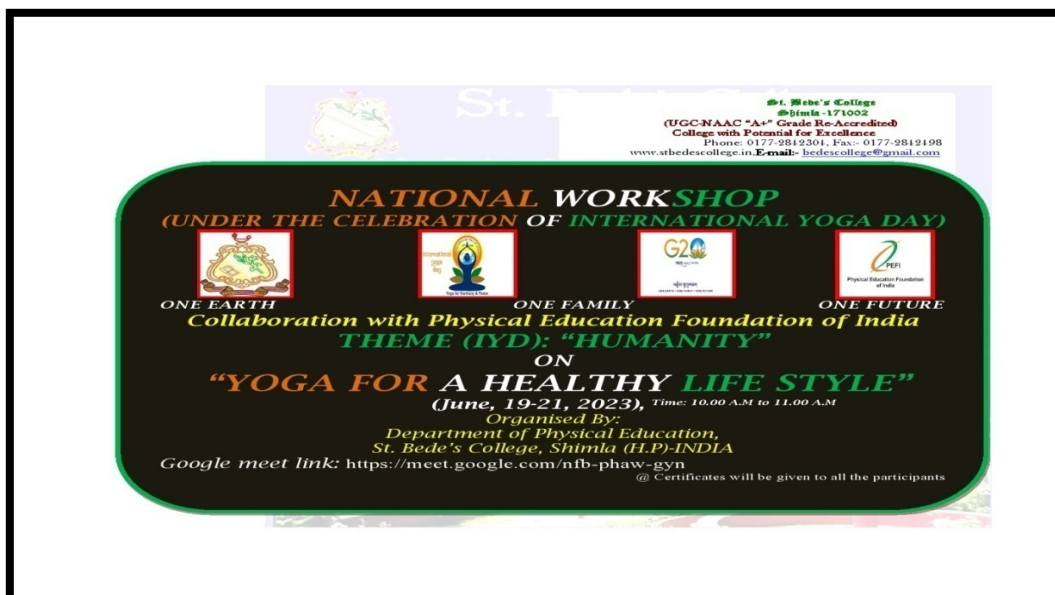
Sr. no.	Name of Cell / Committee	Links
1.	WOMEN CELL	VIEW FILE
2.	ANTI-RAGGING CELL	VIEW FILE
3.	INTERNAL COMPLAINT COMMITTEE	VIEW FILE
4.	STUDENT GRIEVANCE REDRESSAL COMMITTEE	VIEW FILE
5.	DISCIPLINE COMMITTEE	VIEW FILE



(C) GENDER EQUITY ACTIVITIES

- **THREE-DAY NATIONAL WORKSHOP ON THE CELEBRATION OF INTERNATIONAL YOGA DAY**

The Department of Physical Education and the Physical Education Foundation of India jointly organized a Three-day National Workshop on “Yoga for a Healthy Lifestyle” from June, 19 to 21, 2023. The workshop was organized under the aegis of G20 and Azadi ka Amrit Mahotsav to commemorate International Yoga Day. The theme of International Yoga Day this year was “Yoga for Humanity”. On this occasion, National Workshop & sessions were conducted by eminent speakers of the country who highlighted the importance of yoga and health to society. The main objective of the workshop was to explore the importance of yoga in the lives of common people and students.



Brochure



St. Bede's College
Shimla-171002
(UGC NAAC "A+" Grade Re-Accredited)
College with Potential for Excellence
 Phone: 0177-2842304, Fax:- 0177-2842498
 www.stbedescollege.in, Email- bedescollege@gmail.com

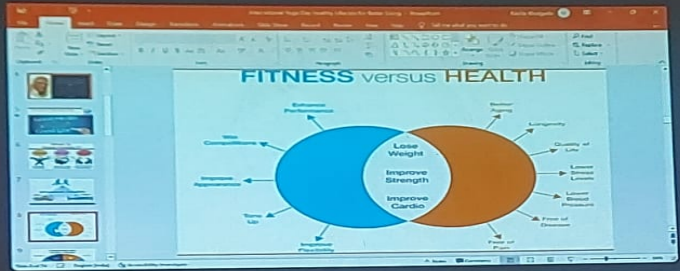
Eminent Speakers and Chief Guests:

 Dr. Kavita Kholgade ^{19/06/23} Director of Physical Education, SMRE, B.E.-A.K., Women College, Nashik, (M.S.)-INDIA	 Dr. Chander Shekhar ^{20/06/23} Department of Physical Education, Swami Premnand College, Mukerian, Haridwar (P.B.)-INDIA	 Yogacharya Raman Kumar ^{24/06/2016&20/06/23} Organising Secretary Asian Yoga Federation, Director Himalayan Yogis, H.P. Yoga, Association, Nalgah, (H.P.)-INDIA
 Dr. Laxmi Narayan Joshi ^{21/06/23} Head and Dean Student Welfare, Uttarakhand Sanskrit University, Haridwar, (U.K.)-INDIA	 Dr. Piyush Jais ^{Chief Guest 01/06/23} National Secretary, Physical Education Foundation of India, New Delhi-INDIA	 Dr. Vinod Kumar ^{24/06/23} Department of Physical Education, Govt. P.G. College, Jukhala, Bilaspur, (H.P.)-INDIA

Organiser's:

 Patron Prof. (Sr.) Molly Abraham Principal, St. Bede's College, Shimla (H.P.)	 Convener Dr. Ashwani Kumar Department of Physical Education, St. Bede's College, Shimla (H.P.)
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Kavita Kholgade is presenting



National Workshop on Yoga

People

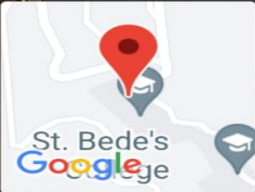
Add people

Search for people

IN MEETING

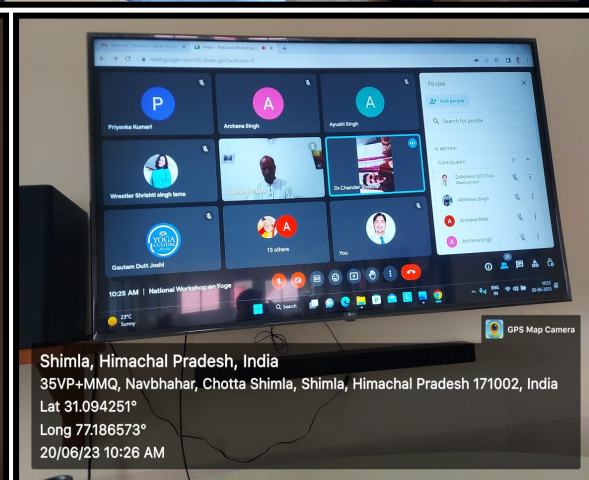
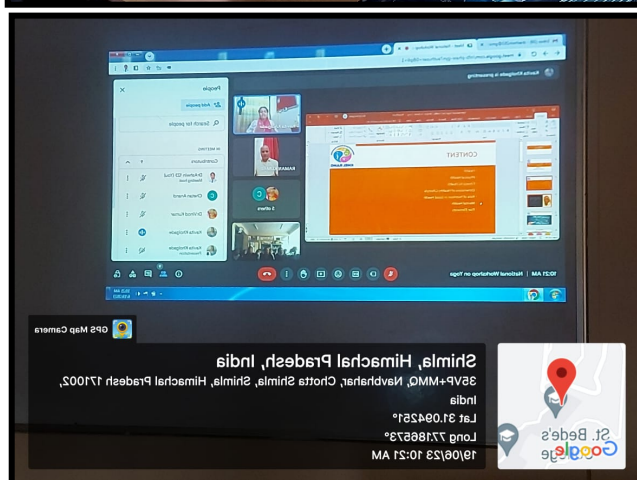
Contributors

Dr. Ashwin 123 (You)	Meeting host
CHANDRA KALA	
Chetan Anand	
Dr. Vinod Kumar	
Kavita Kholgade	
Kavita Kholgade	Presentation
Munna Singh yadav	



Shimla, Himachal Pradesh, India
 35VP+MMQ, Navbahar, Chotta Shimla, Shimla, Himachal Pradesh 171002,
 India
 Lat 31.094251°
 Long 77.186573°
 19/06/23 10:30 AM

Glimpses of National Workshop (June, 19 to 21, 2023)

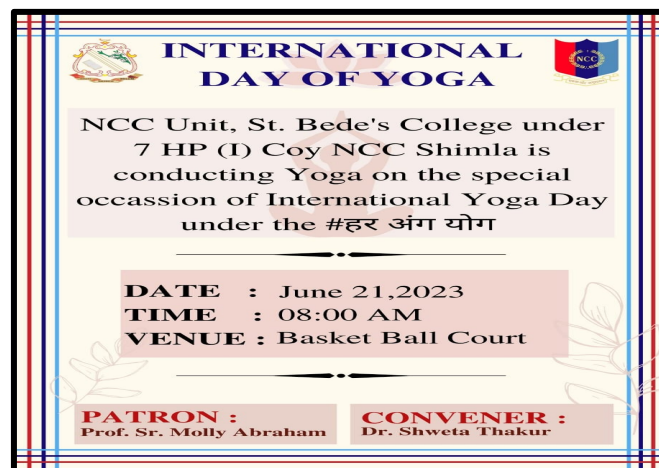


Glimpses of National Workshop (June, 19 to 21, 2023)



- **INTERNATIONAL DAY OF YOGA**

International Yoga Day is observed every year on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. On June 21, 2023, the NCC Unit at St. Bede's College under 7HP (I) Coy NCC Shimla celebrated International Yoga Day. The primary objective of International Yoga Day was to promote and raise awareness about the physical, mental, and spiritual benefits of practicing yoga.



International Yoga Day (June 21, 2023)

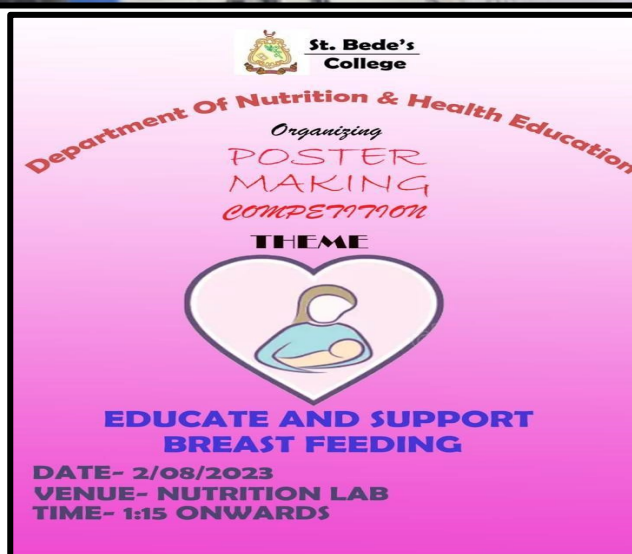


International Yoga Day (June 21, 2023)



- **CELEBRATION OF WORLD BREASTFEEDING WEEK**

The Department of Nutrition and Health Education celebrated 'World Breastfeeding Week' with various activities conducted from 1st to 7th August 2023. The activities included- poster making competition and an awareness program for pregnant and lactating women which was conducted in the Kamla Nehru Hospital, Shimla. The objectives were to raise awareness about breastfeeding, understanding the role of nutrition for pregnant and lactating women, assess the nutritional status of lactating women, and comprehend the role of a dietician in a hospital setting.



Celebration of World Breastfeeding Week 1st to 7th August 2023



Celebration of World Breastfeeding Week 1st to 7th August 2023



• FELICITATION CEREMONY

On August 12, 2023, the NCC Unit, St. Bede's College Shimla organized an event to recognize the exemplary performance and outstanding achievements of cadets during the CATC Camp. The primary objective of the felicitation ceremony was to acknowledge the hard work and dedication of the NCC cadets who participated in the camp. This ceremony aimed to appreciate their accomplishments, boost their morale and motivate them to continue their journey in the NCC with passion and determination.



Brochure



Felicitation Ceremony (August 12, 2023)



Shimla, Himachal Pradesh, India

35VP+MMQ, Navbahar, Chotta Shimla, Shimla, Himachal Pradesh

171002, India

Lat 31.094397°

Long 77.186574°

12/08/23 11:42 AM GMT +05:30

Felicitation Ceremony (August 12, 2023)

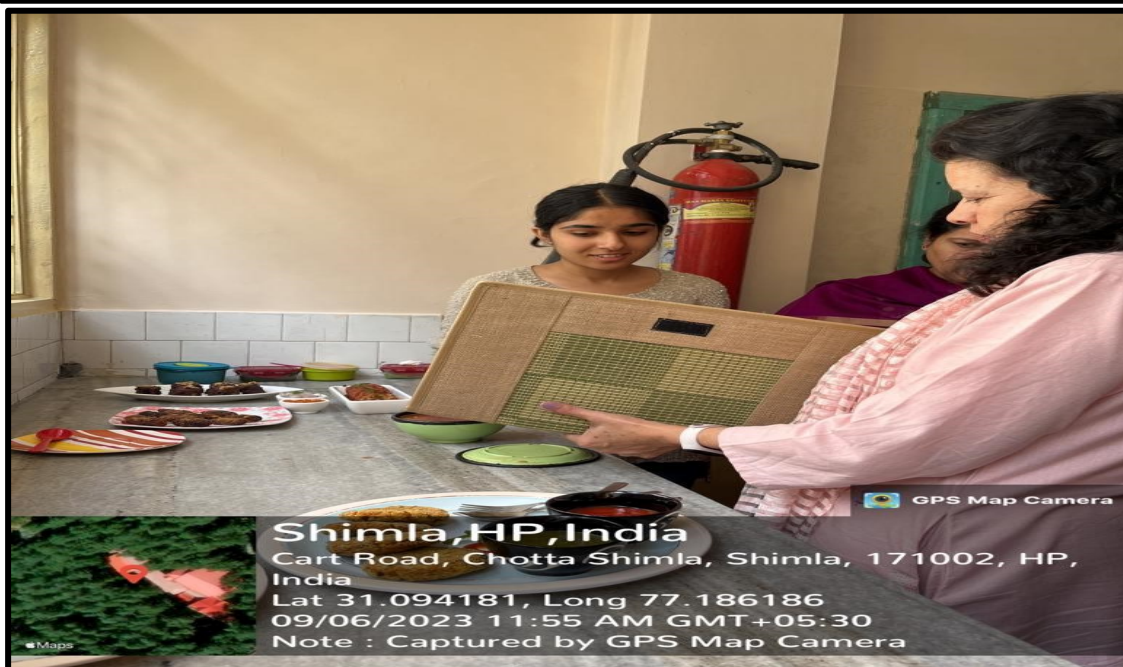


- **CELEBRATION OF NUTRITION WEEK**

A cooking competition was conducted on September 6, 2023, by the Department of Nutrition & Health Education in collaboration with the Department of Commerce and Management. Keeping in mind the theme 'Fuel for the Future' students executed it by cooking healthy and interesting recipes on millets. The objective of the event was to create awareness among students about the benefits of millet, promote healthy and hygienic eating habits, and foster creativity by promoting traditional art.



Brochure



Cooking Competition organised on September 6, 2023



- **INTER COLLEGE POSTER MAKING COMPETITION**

On the occasion of Rashtriya Poshan Maah, the Department of Zoology RKMV Shimla organised an online inter-college poster-making competition on September 27, 2023. The theme for the competition was 'Junk the Junk Food'. The students of the Department of Nutrition participated in the event and won First and Second prizes. The program allowed the participants to study, develop their skills, and share their talents with their peers, helping them to improve their abilities and become more skilled in their chosen fields of interest via preparation, practice, and competition.



Inter-College Poster-Making Competition on September 27, 2023



- **HEALTH AND PERSONALITY DEVELOPMENT CLASSES FOR SCHOOL CHILDREN**

The Department of Physical Education structured a development program on ‘Health and Personality Development’, for the students of Government Primary School, Sanjauli. The classes have been taken on every Tuesday and Friday of the week since September 29, 2023 to raise confidence, strength and to build an optimistic personality of young children. The interaction also eliminated negative behaviour that hinders the growth and success of the students. These classes also created general awareness about health amongst the students of the school.



Health and Personality Development Classes for School Children Since September 29, 2023



- **INTERNATIONAL DAY OF GIRL CHILD (Self-Defense Training)**

Women Cell of St. Bede's College organized a five-day Self Defense Training session from October 10th-14th, 2023. This Self Defence Training was given by UAC instructors of HP Police, Ct. Kamal and LC Rajni Sharma. Many self-defense techniques such as different types of punches, kicks, palm attacks, finger attacks, and attacks with daily use materials like hairpins were taught which boosted self-confidence among the girls, knowing they have the skills to protect themselves if needed. The self-defense session improved overall physical fitness, including strength, flexibility, and endurance. Also, participants became more aware of their surroundings and potential threats, which is a crucial aspect of personal safety.

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 for Self-Defense Training 10th - 14th October 2023



Self-Defense Training 10th - 14th October 2023



छात्राओं का आत्मरक्षा प्रशिक्षण शुरू

शिमला। राजधानी शिमला के सेंट वीडियस कॉलेज में बुधवार को अंतरराष्ट्रीय बालिका दिवस मनाया गया। कॉलेज प्राचार्य सिस्टर मोली अब्राहम 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 समझ बनने 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, अभिरामि बाईजू, समारिया शर्मा संभालेंगी। व्यूरो

किसानों को राहत रुपये सस्ता मिले

इस बार 88 रुपये के बजाय 58 रुपये

भारती शर्मा

शिमला। जिले के हजारों किसानों के लिए राहत भरी खबर है। इन्हें इस बार रबी के मौसम में होने वाली बिजुई 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 सप्लाई

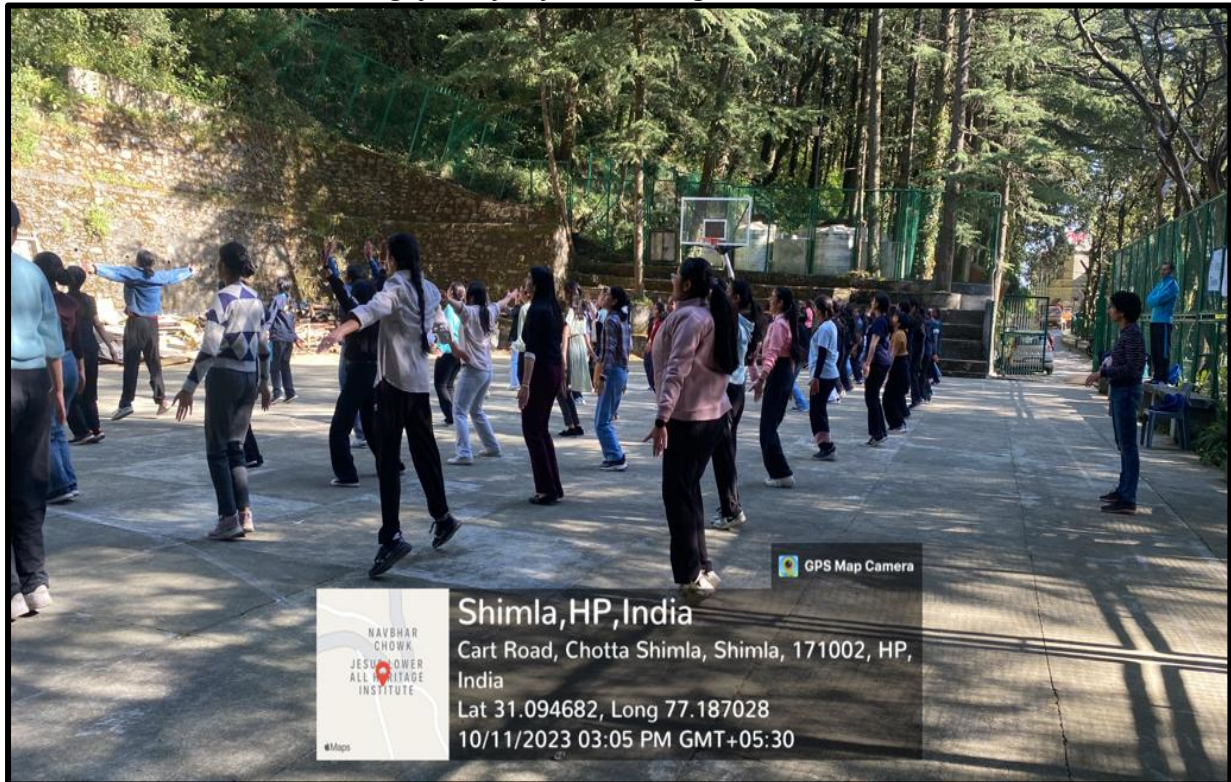
की यही किस्म किसानों को 58 रुपये प्रतिकिलो की दर से उपलब्ध करवाई जा रही है। यह बीज एक किलो की पैकिंग में किसानों को दिया जा रहा है।

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

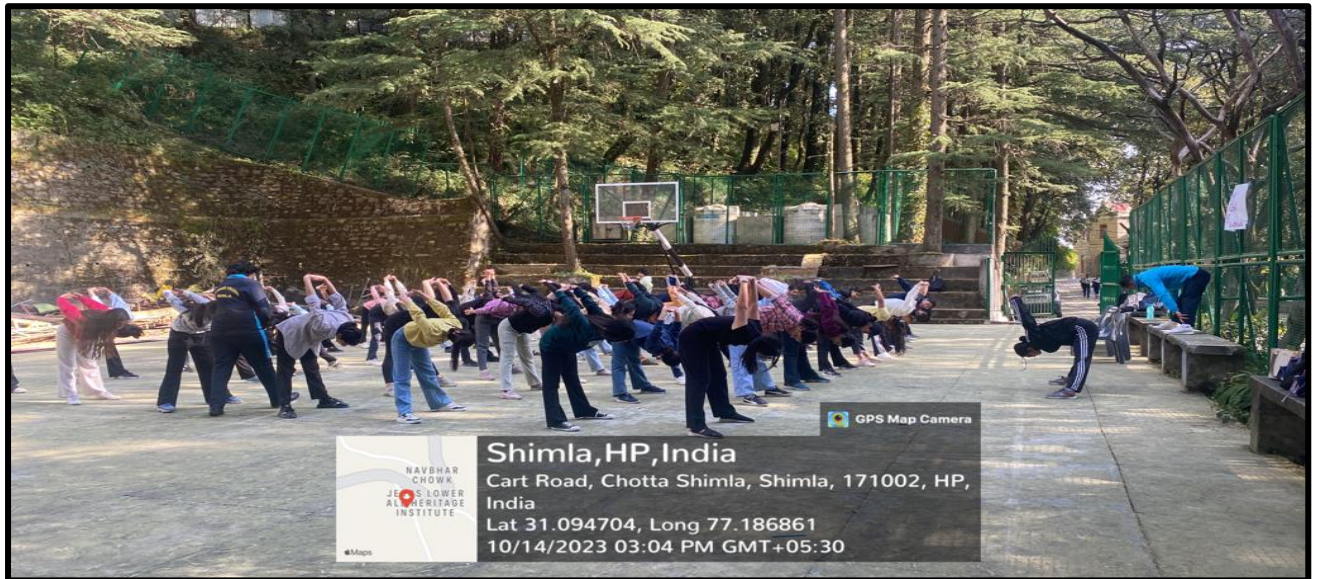


शिमला के सेंट वीडियस कॉलेज में विरय बालिका दिवस पर आत्मरक्षा के गुर सीखती छात्राएं। संवाद

Media Coverage for Self-Defense Training 10th - 14th October 2023



Self-Defense Training 10th - 14th October 2023



Self-Defense Training 10th - 14th October 2023



- **THOUGHT-PROVOKING SESSION ON 'INTERNATIONAL DAY OF GIRL CHILD'**

The Department of Biotechnology of St. Bede's College organized a thought-provoking session to celebrate 'International Day of Girl Child' on October 11, 2023. The theme for the session was 'Invest in Girls' Rights: Our Leadership, Our Well-being'. Students from B.Sc. (Hons.) Biotechnology shared their views on the range of movements and actions to curtail girls' and women's rights and roll back progress on gender equality. The sessions were organised with the predominant purpose of providing students with a platform for sharing and clarifying ideas, opinions, and information. The session instilled values and helped the students to become responsible human beings. It encouraged students to imbibe the qualities of self-acceptance as well as self-worth.



Brochure for Thought-Provoking Session on 'International Day of Girl Child' held on October 11, 2023



Thought-Provoking Session on 'International Day of Girl Child' held on October 11, 2023



- **"MEHNDI MAGIC: CELEBRATING CULTURAL ARTISTRY AT ST. BEDE'S COLLEGE"**

In celebration of the Karva Chauth festival, the Economics Department organized a vibrant Mehndi competition on October 31, 2023. This culturally enriching event brought together students and teachers to showcase their creativity and artistic talents through the beautiful art of mehndi application. The competition, held in the college's spacious auditorium, created an atmosphere filled with excitement and cultural enthusiasm. The primary objective was to celebrate the Karva Chauth festival, symbolizing the bond of love and trust between married couples, and to promote cultural awareness among the students through the art of Mehndi.



Brochure for Mehndi Magic: Celebrating Cultural Artistry at St. Bede's College, held on October 31, 2023





Mehndi Magic: Celebrating Cultural Artistry at St. Bede's College, held on October 31, 2023

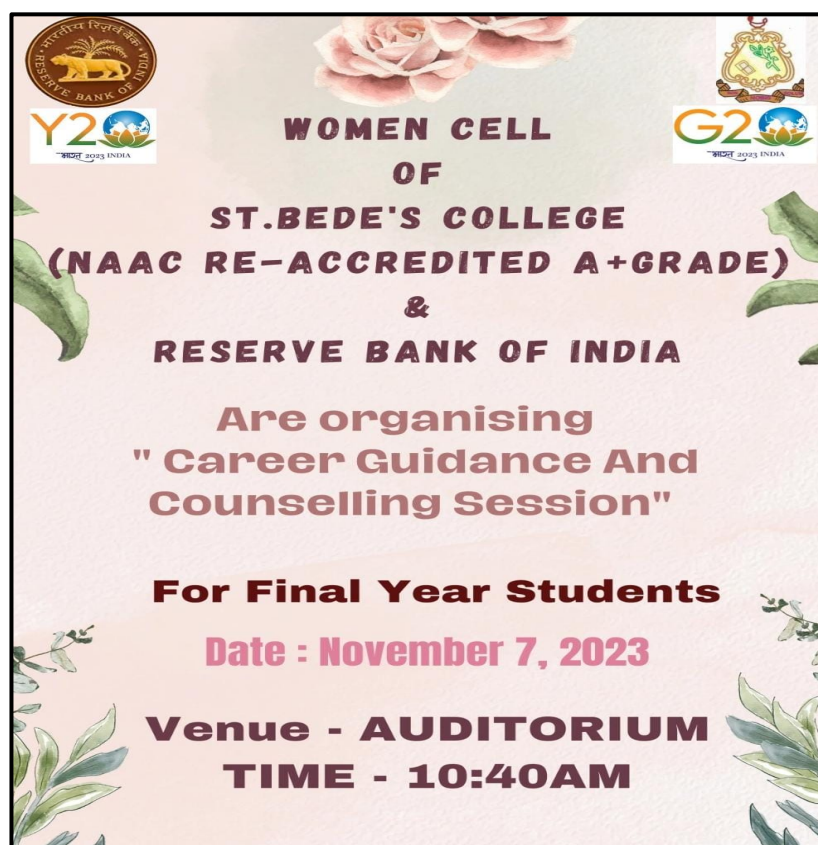


Mehndi Magic: Celebrating Cultural Artistry at St. Bede's College, held on October 31, 2023



- **CAREER GUIDANCE AND COUNSELING SESSION IN COLLABORATION WITH WOMEN CELL, ST. BEDE'S COLLEGE AND RESERVE BANK OF INDIA**

The Women Cell of St. Bede's College organized a Career Guidance and Counselling Session on November 7th, 2023 specifically tailored for final-year students. Regional director of RBI Shri R.S. Amar inaugurated the session. The event garnered significant participation from 200 students and representatives from the Reserve Bank of India. The session included a motivational talk by Shri R.S. Amar, and a well-structured presentation by Ms. Ritushri Meshram, AGM RBI, conveying the work culture, salary structure, age limits and women-centric policies in RBI. At the end, refreshments were distributed among the students. The objective was to inspire and prepare students, particularly women, to pursue fulfilling careers in banking and finance, contributing to the nation's economic growth and stability. Also, it aimed to increase women's enrollment in careers within the Reserve Bank of India (RBI) by introducing them to the various services and roles offered by the RBI.



Brochure for Career Guidance and Counselling Session in Collaboration with Women Cell of St. Bede's College and Reserve Bank of India held on November 7, 2023



Career Guidance and Counselling Session in Collaboration with Women Cell of St. Bede's College and Reserve Bank of India held on November 7, 2023



Media coverage for Career Guidance and Counselling Session in Collaboration with Women Cell of St. Bede's College and Reserve Bank of India held on November 7, 2023



- **REPUBLIC DAY CAMP**

The Republic Day Camp commenced on December 27, 2024, with the departure of selected cadets from NCC Academy Rupnagar, Punjab, en- route to Delhi. Cadet Charvee Kanwar from St. Bede's College, Shimla was selected for the Republic Day Camp. One of the most notable highlights of her experience was her selection for the Hall of Fame. The primary objective of participation in the Republic Day Camp (RDC) was to foster national pride, enhance cultural understanding, and develop leadership skills through a series of structured activities and interactions with high-ranking officials and peers from different backgrounds.



Cadet Charvee Kanwar Performing in a Cultural Event



Glimpses of Republic Day Camp from December 27- January 26, 2024



Glimpses of Republic Day Camp from December 27- January 26, 2024



- **STATE REPUBLIC DAY PARADE**

Cadet Manasvi Singh and Cadet Ayushi Thakur of St. Bede's College, Shimla received the prestigious opportunity to participate in the Republic Day Parade (RDP), held at The Ridge Shimla on January 26, 2024, showcasing their unwavering dedication and remarkable proficiency. Participation in the Republic Day Parade not only highlighted their achievements but also signified their contributions to holistic personal development. Throughout the camp, they enhanced essential skills such as leadership, teamwork, and cultural appreciation. The primary objective was to enhance essential skills such as leadership, teamwork and cultural appreciation through student's participation in the parade and related activities.

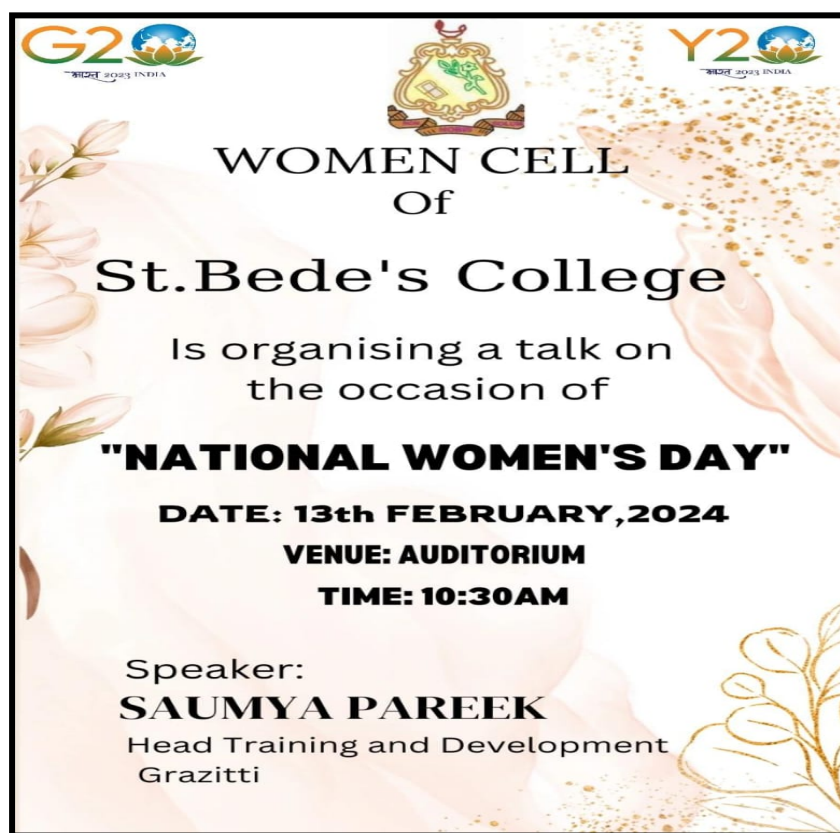


Cadets for State Republic Day Parade at The Ridge, Shimla on January 26, 2024



- **NATIONAL WOMEN'S DAY CELEBRATION**

The Women Cell of St. Bede's College under the guidance of Principal Prof. Sr. Molly Abraham celebrated National Women's Day on February 13, 2024. The celebration included a talk on "Women Empowerment and Skill Development" by Ms. Saumya Pareek, head of training and development at Grazitti Interactive, an IT-based company in Chandigarh. The talk aimed 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.



Brochure for Talk on "Women Empowerment and Skill Development held on February 13, 2024



Talk on “Women Empowerment and Skill Development held on February 13, 2024



Talk on “Women Empowerment and Skill Development held on February 13, 2024



- **CEE CERTIFICATE EXAM**

On March 3, 2024, the cadets appeared for the CEE Certificate examination. A total of 19 cadets participated in this important assessment, demonstrating their commitment to academic and personal development within the NCC.

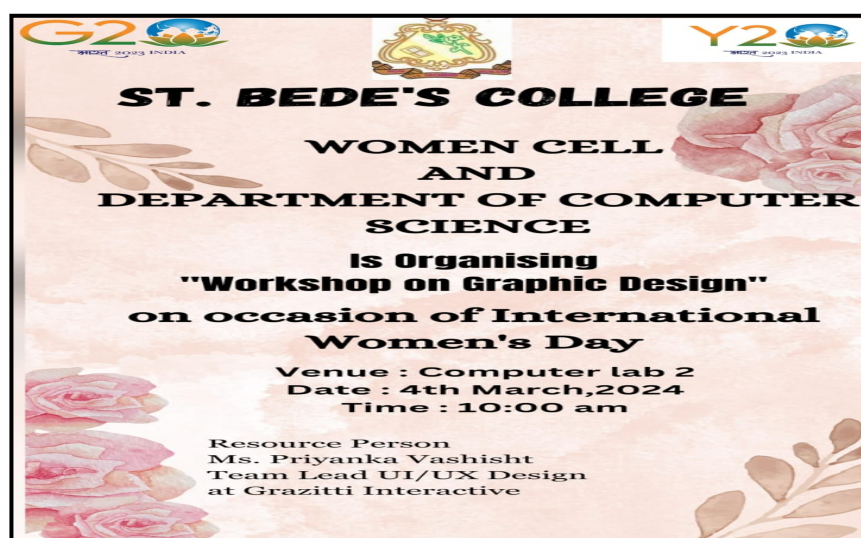


CEE Certificate Exam held on March 3, 2024



- **INTERNATIONAL WOMEN'S DAY**

To Commemorate International Women's Day, the Department of Computer Science in association with the Women Cell of St. Bede's College, organized a one-day workshop on the topic "Graphic Design" on March 4, 2024. Ms. Priyanka Vashisht, Team Lead UI/UX Design, Grazitti Interactive, Panchkula was the resource person who emphasized the importance of Graphic Design in the field of information technology. She also gave hands-on training in photoshop and illustrator software used for animations to the students. The workshop aimed to develop the skills and knowledge needed to create professional-quality digital designs and illustrations among the students.



Brochure for Workshop on the topic "Graphic Design" organised on March 4, 2024



Workshop on the topic "Graphic Design" organised on March 4, 2024



Workshop on the topic “Graphic Design” organised on March 4, 2024



- **BEE CERTIFICATE EXAM**

The BEE Certificate Exam took place on March 9 -10, 2024. On March 9, the cadets participated in the practical examination, which encompassed various components such as Drill test, Fieldcraft and Battle craft, Map reading, Weapon Training and Communication. The practical exam concluded with an interview session conducted by the Commanding Officer of 7 HP (I) COY NCC, Shimla. On March 10, 2024, the cadets sat for the written examination for the BEE certificate at Rajiv Gandhi Government College, Kotshera, further demonstrating their dedication to their NCC training and certification process.



BEE Certificate Exam held on March 10, 2024



- अंतरराष्ट्रीय महिला दिवस के अवसर पर नुक्कड़ नाटक : **"मुझे काटो मत मुझे रोको मत"**

11 मार्च, 2024 को सेंट बीड्स महाविद्यालय के हिंदी विभाग और डिबेट्स एंड ड्रामेटिक्स सोसाइटी की सहभागिता में अंतरराष्ट्रीय महिला दिवस 2024 के अवसर पर एक नुक्कड़ नाटक का आयोजन किया गया। नुक्कड़ नाटक का विषय था **"मुझे काटो मत, मुझे रोको मत"**। महाविद्यालय की बी.ए., बीकॉम और अर्थशास्त्र की छात्राओं ने नुक्कड़ नाटक का मंचन एम्फीथिएटर, रिज, शिमला में आम जनता के बीच उत्साहपूर्वक किया, जिसमें महिलाओं के सशक्तीकरण के साथ ही 'चिपको' और 'नर्मदा बचाओ' आंदोलनों के विशेष संदर्भ में प्रकृति संरक्षण में उनकी महत्वपूर्ण भूमिका को भी रेखांकित किया गया। यह नुक्कड़ नाटक मूलतः इकोफेमिनिज़्म की विचारधारा को प्रदर्शित करने के लिए मंचित किया गया। इस नुक्कड़ नाटक का उद्देश्य छात्राओं को प्रदर्शन कला (परफार्मिंग आर्ट्स) में अपनी प्रतिभा और कौशल बढ़ाने के लिए प्रेरित करना, साथ ही उन्हें सार्वजनिक मंच प्रदान करना, जहाँ वे परिवार, समाज और प्रकृति संरक्षण में महिलाओं की महत्वपूर्ण भूमिका को समझकर उसे आम जन के बीच रेखांकित कर सकें। इसके साथ ही, छात्राओं को लैंगिक समानता और अवसर पर अपने विचार व्यक्त करने के लिए प्रेरित करना और उनकी भावाभिव्यक्ति की स्वतंत्रता के महत्व के बारे में समझाना भी आवश्यक है।



ब्रोशर " मुझे काटो मत मुझे रोको मत"



एम्फीथियेटर रिज पर छात्राओं द्वारा नुक्कड़ नाटक का मंचन 11 मार्च, 2024



मीडिया की रिपोर्ट



• INTERNATIONAL WOMEN'S DAY CELEBRATION

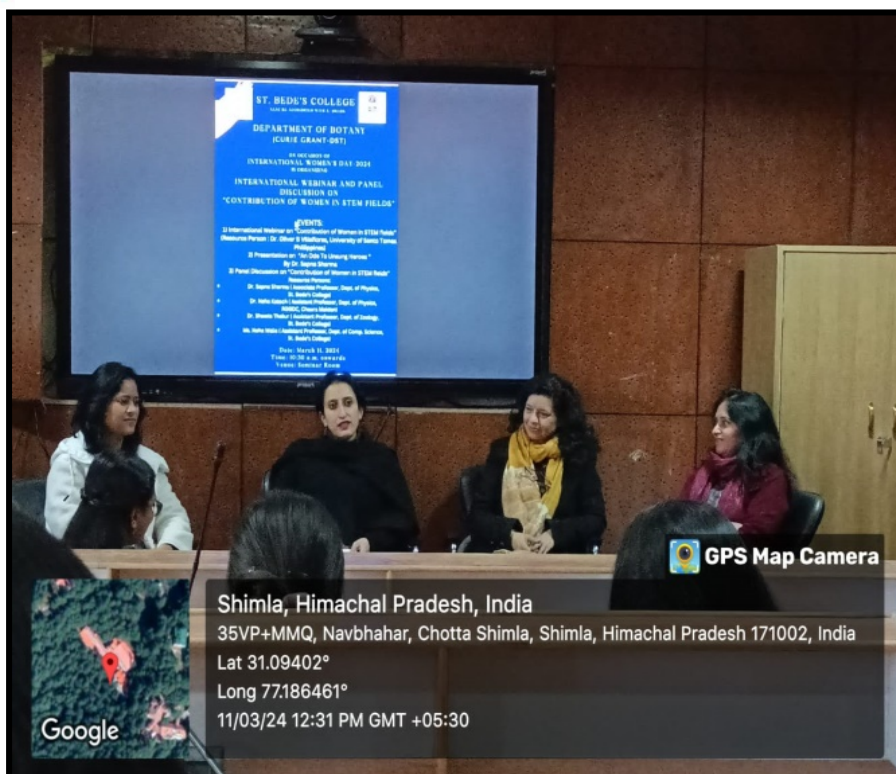
The International Webinar on “Contribution of Women in STEM Fields” was held on March 11, 2024, by the Department of Botany at St. Bede's College to celebrate women's achievements in Science, Technology, Engineering, and Mathematics. The event featured Dr. Oliver B. Villaflores and Dr. Satish Sharma, who discussed the contributions of women scientists and their technological advancements. A subsequent presentation by Dr. Sapna Sharma titled “An Ode to Unsung Heroes” highlighted the roles of notable women scientists in developing the periodic table, inspiring students to engage in research. Finally, a panel discussion with various experts addressed gender equality, teamwork, and the challenges women face in science, encouraging students to explore career options in the field. Overall, the sessions enriched students' knowledge and confidence regarding women's contributions to STEM.



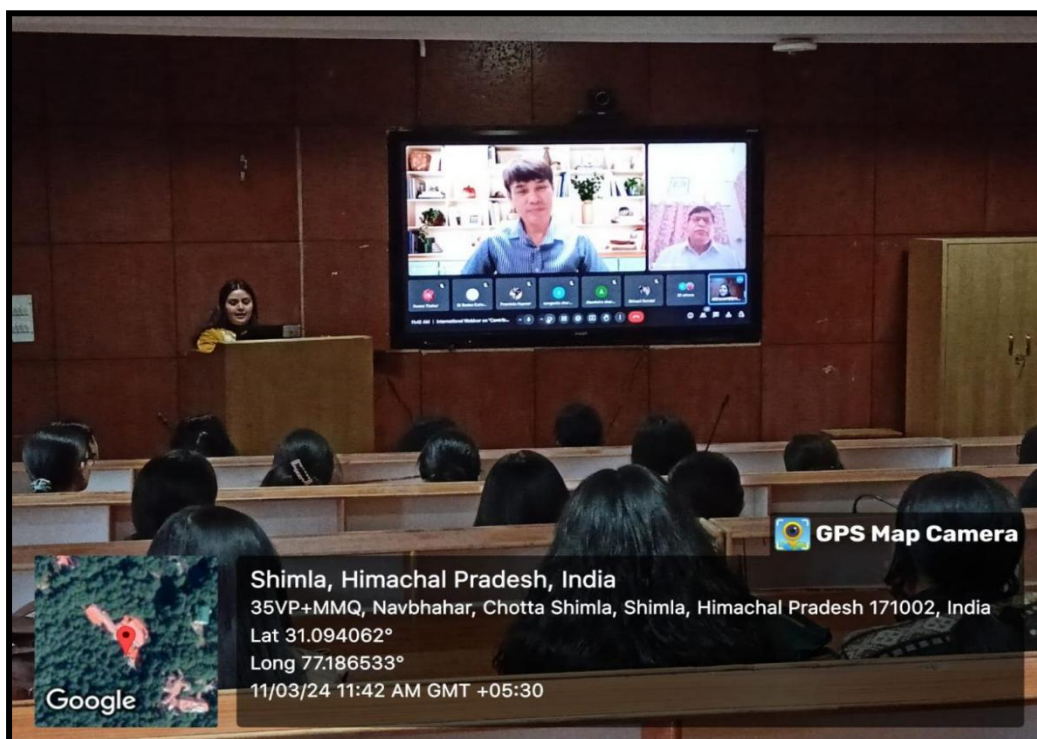
Brochure of Webinar



Presentation on an “An Ode to Unsung Heroes” held on 11, March 2024



Panel Discussion on "Contribution of Women in STEM Fields"



An International Webinar on "Contribution of Women in STEM Fields" was held on March 11, 2024



Dr. Vyoma Himachal 12.3.24

सेंट बीड्स कॉलेज में मनाया अंतरराष्ट्रीय महिला दिवस



सिटी रिपोर्टर-शिमला

सेंट बीड्स कॉलेज शिमला में अंतरराष्ट्रीय महिला दिवस मनाने के लिए कार्यक्रम का आयोजन किया गया। इस कार्यक्रम में सेंट थॉमस विश्वविद्यालय, फिलीपींस के डा. ओलिवर बी विलाफ्लोरेस और आरटीएम नागपुर के इलेक्ट्रॉनिक्स और कम्प्यूटर विज्ञान विभाग के प्रोफेसर और प्रमुख डा. सतीश शर्मा ने बतौर मुख्यातिथि शिरकत की। इस कार्यक्रम में

मुख्यातिथियों द्वारा एसटीईएम क्षेत्रों में महिलाओं का योगदान पर चर्चा की गई। इसमें उन्होंने महिला वैज्ञानिकों के आधुनिक विज्ञान और प्रौद्योगिकी में योगदान पर चर्चा की। इसके बाद महाविद्यालय की भौतिकी विज्ञान विभाग की डा. सपना शर्मा द्वारा एन ओडू अनसंग हीरोज पर एक प्रेजेंटेशन दी गई। इसके बाद कार्यक्रम में एक पैनल डिस्कशन का आयोजन किया गया, जिसमें डा. सपना शर्मा, आरजीजीडीसी, चौड़ा मैदान से डा. नेहा कटोच, डा. श्वेता ठाकुर और नेहा वालिया ने विज्ञान के क्षेत्र में अपनी यात्रा और महिलाओं के सामने आने वाली विभिन्न चुनौतियों पर चर्चा की। उन्होंने बताया कि महिलाएं कैसे अपना करियर बना सकती हैं। इसके बाद कॉलेज के प्राचार्य प्रो. सीनियर मौली अब्राहम ने छात्रों को वैज्ञानिक और अनुसंधान गतिविधियों में भाग लेने के लिए प्रोत्साहित किया। इसके बाद उन्होंने वैज्ञानिक और अनुसंधान गतिविधियों और विज्ञान में महिलाओं के योगदान पर भी प्रकाश डाला। इस पूरे कार्यक्रम का आयोजन वनस्पति विज्ञान विभाग के डा. कुसुम, डा. प्रीति कौंडल, तितिक्षा कमल और डा. संगीता शर्मा द्वारा किया गया था।

सेंट बीड्स कॉलेज में महिलाओं पर वेबिनार का आयोजन

शिमला। सेंट बीड्स कॉलेज शिमला में अंतरराष्ट्रीय महिला दिवस के उपलक्ष्य पर वेबिनार का आयोजन किया गया। वेबिनार में विलाफ्लोरेस यूनिवर्सिटी ऑफ सेंटो टोमस फिलीपींस के डा. ओलीवर और आरटीएम नागपुर यूनिवर्सिटी के प्रोफेसर डा. सतीश शर्मा ने भी हिस्सा लिया। इसका विषय साइंस, टेक्नोलॉजी, इंजीनियरिंग और मैथेमेटिक्स के क्षेत्र में महिलाओं का योगदान रहा। भौतिक विज्ञान पर डा. सपना शर्मा ने लेक्चर दिया। चर्चा में डा. नेहा कटोच, डा. श्वेता ठाकुर और नेहा वालिया ने शिरकत की। बताया कि उन्होंने विज्ञान के क्षेत्र में आगे बढ़ने में किस तरह की चुनौतियों का सामना किया। कॉलेज प्राचार्य सिस्टर मौली अब्राहम ने छात्राओं को विज्ञान के क्षेत्र में अपने लक्ष्य को निर्धारित कर निरंतर इसे प्राप्त करने के लिए मेहनत करने की सलाह दी। यह आयोजन सेंट बीड्स कॉलेज के बाउटनी विभाग ने किया। कार्यक्रम में शिक्षक डा. कुसुम, डा. प्रीति कौंडल, तितिक्षा कमल और डा. संगीता शर्मा ने भी शिरकत की। ब्यूरो

Amar Ujla 13.03.24

Media Reports on International Women's Day Celebration



- **RAISING DAY**

On March 13, 2024, a group of 13 cadets participated in a Drill session, which was meticulously inspected by the Principal of the institution. Following the Drill, a Felicitation Ceremony was held to acknowledge the cadets' efforts and achievements. The objective was to highlight the key achievements and progress made over the year, showcasing the NCC's growth and development.



Brochure of Raising Day Held on March 13, 2024



Drill held on March 13, 2024

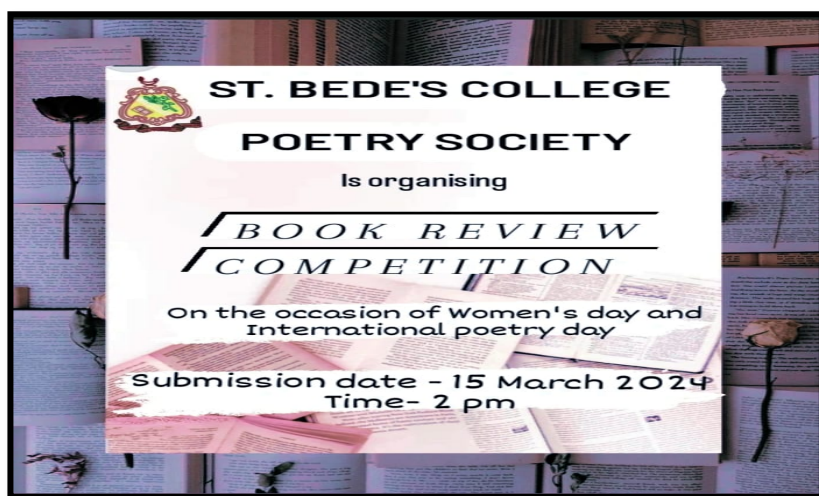


Group Photograph: Raising Day Held on March 13, 2024

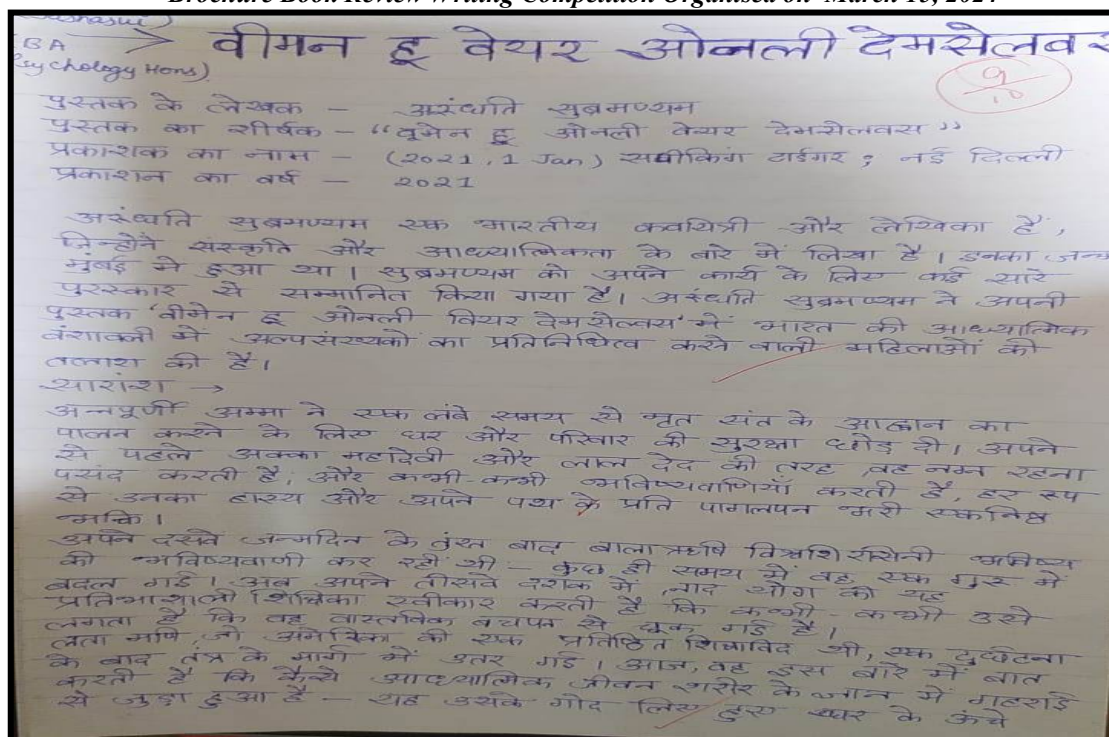


• BOOK REVIEW WRITING COMPETITION

On March 15, 2024, the Poetry Society of St. Bede's College organized a Book Review Competition on the occasion of International Women's Day and World Poetry Day 2024. The theme for the book review competition was "*Contemporary Women Poets Paint the World with Their Words*". The book review was based on an anthology written by a contemporary poetess, which explores various themes like compassion, freedom, social issues, identity and existence. The activity aimed to make students aware of contemporary women's writings and to develop their writing skills with a critical approach.



Brochure Book Review Writing Competition Organised on March 15, 2024



Book Review written by First Winner



- **NSS ANNUAL CAMP (March 23 to March 29, 2024)**

The inaugural day of the 7-day NSS Camp began with an assembly that included prayers, updates on current affairs, and a motivational thought for the day. On the third day, the assembly commenced with the usual prayer and a final session of 'heartfulness' meditation, focusing on themes of prayer and gratitude. This was followed by an enlightening talk from Ms. Sheetal Vyas, a distinguished criminal lawyer at the High Court in Himachal Pradesh and an Ex-Bedeian, who emphasized the crucial role of "Women in Nation-building." After lunch, volunteers visited underprivileged children, sharing hygiene tips and nurturing a sense of social responsibility among the participants.



Role of "Women in Nation-building" Organised on February 25, 2024