



SUPPORTING DOCUMENT

1.3.1

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



TABLE OF THE CONTENT

| Sr. No. | NAME OF THE ACTIVITY | LINK/PAGE NUMBER |
|----------------|---|-----------------------------|
| 1. | Activities Related to Professional Ethics | 1-21 |
| 2. | Activities Related to Gender | 22-50 |
| 3. | Activities Related to Human Values | 51-86 |
| 4. | Activities Related to Environment and Sustainability | 87-113 |



ACTIVITIES RELATED TO PROFESSIONAL ETHICS


JOURNEY TO AUTONOMY: ENHANCING INSTITUTIONAL FREEDOM

On June 14, 2024 IQAC Organised a Session on Institutional Autonomy and the title is Journey to Autonomy: Enhancing Institutional Freedom. Resource Person of the session is Dr. Alex Joseph, Director IQAC, Christ University, Bangalore. Objective is To equip faculty members with insights for navigating the transition toward autonomy effectively. Clarified the concept and benefits of autonomy in higher education, including academic freedom, curriculum flexibility, and enhanced governance. Detailed eligibility criteria such as NAAC accreditation, academic performance, and governance structures. Discussed challenges like administrative restructuring and academic standards. Faculty Journey to Autonomy: Enhancing Institutional Freedom members gained a clear understanding of autonomy, its benefits, procedural requirements, and were encouraged to adopt a proactive approach toward institutional self-governance.

St. Bede's College, Shimla
NAAC Re-Accredited A Grade
IS ORGANISING
A LECTURE ON
JOURNEY TO AUTONOMY: ENHANCING
INSTITUTIONAL FREEDOM (HYBRID MODE)

KEY TOPICS

- Understanding Autonomy
- Benefits of Autonomy
- Eligibility Criteria
- Application Process
- Challenges and Solution


RESOURCE PERSON
DR. ALEX JOSEPH
Director, IQAC, Christ University
Bangalore

DATE: JUNE 14, 2024
TIME: 10:00 am- 11:00 am
PLATFORM: MS TEAMS
Meeting ID: 421150423097
Passcode: TJCzEX

ORGANISED BY
INTERNAL QUALITY ASSURANCE CELL
ST. BEDE'S COLLEGE, SHIMLA



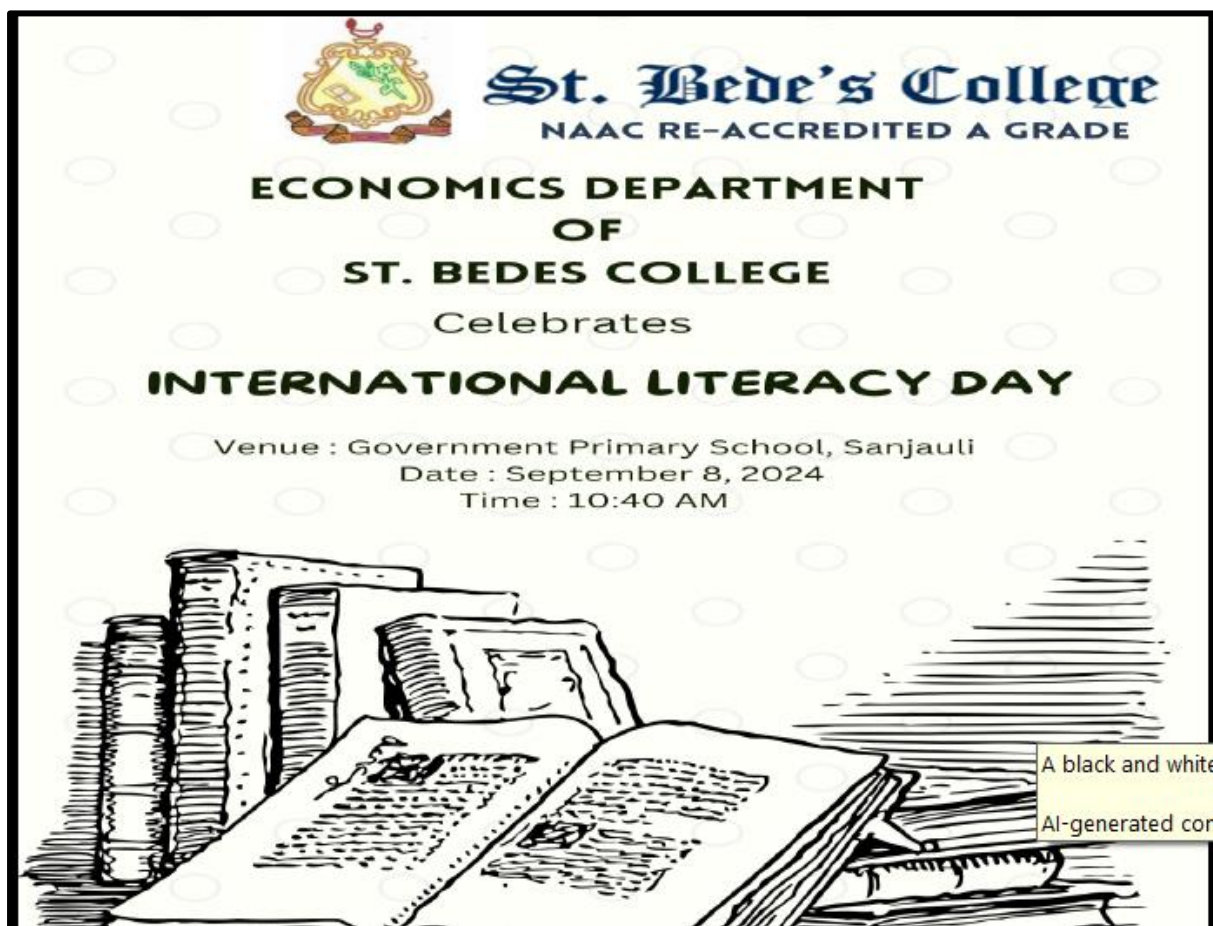
Building Institutional Freedom: Insights and Pathways toward Autonomy



BUILDING BRIDGES TO LITERACY: INSPIRING CREATIVITY AND LEARNING YOUNG LEARNERS

To mark the occasion of World Literacy Day on September 8, 2024, the Department of Economics of St. Bede's College organized an excursion to celebrate the transformative power of literacy. This collaborative initiative involved both faculty and students, who visited the Government School, Sanjauli, Himachal Pradesh, to create a lasting impact on students from LKG to Class 5. The primary objective of the excursion was to cultivate a love for reading and learning, inspire creativity and self-expression, and promote literacy among young minds.

The Literacy Day celebration at Government School, Sanjauli, was a resounding success. It demonstrated how educational institutions can play a vital role in raising awareness about literacy and supporting students in their educational journey.





The Literacy Day Celebration at Government School, Sanjauli



WEBINAR ON PROFESSIONAL ETHICS

On October 26, 2024, IQAC organized a webinar on Professional Ethics titled “Building a Culture of Responsibility and Professional Ethics in the Workplace.” The resource persons were Prof. N. K. Goyal, Chairman Emeritus, TEMA; Sh. Vijayant Gaur, Director, Cyber Security Association of India; and Ms. Anjali Verma, Director, Cyber Security Association of India.

The objective of the webinar was to deepen participants’ understanding of professional ethics and promote a responsible and secure workplace environment. The session emphasized the importance of ethical behavior, accountability, and gratitude. It also highlighted cyber security concerns in academic settings, shared real-world ethical dilemmas, and illustrated the consequences of ethical breaches. The speakers recommended continuous training and the implementation of institutional policies to strengthen ethical standards.

Participants were sensitized to the significance of professional ethics, ethical leadership, and cyber security, enabling them to uphold integrity and trust in the workplace.



St. Bede's College
NAAC Re-Accredited A Grade

WEBINAR

on

**Building a Culture of Responsibility: Professional Ethics in the Workplace
for Teaching and Non-Teaching Staff**

Organised by

Internal Quality Assurance Cell

Resource Persons :



Prof. N.K. Goyal
Chairman Emeritus,
TEMA, President
CMAI/CSAI



Ms. Anjali Verma
Director
Cyber Security Association of India



Sh. Vijayant Gaur
Director, Cyber Security Association of India,
Certified Information Security Manager(CISM),
Certified Information Systems Auditor (CISA)
& ISMS

Patron:
Prof. Sr. Molly Abraham
Principal

Convener:
Ms. Neha Walia (IQAC Member)
Assistant Professor

Organising Secretary:
Dr. Jyotika Brari
Assistant Professor

Date : October 26, 2024 **Venue : Seminar Hall** **Time : 10:30 A.M. – 11:30 A.M.** **Platform: MS-Teams**

Brochure



Fostering a Culture of Ethics: Guiding Professionals toward Integrity and Responsibility





SEMINAR ON WORK ETHICS AND CULTURE

On November 18, 2024, IQAC organized a seminar on Work Ethics and Culture titled “Building Excellence in Life and Career through Work Ethics and Culture.” The resource person for the session was Prof. N. K. Goyal.




The objective of the seminar was to inspire participants to adopt a culture of excellence through strong work ethics and a holistic mindset. The session covered essential life skills such as goal setting, stress management, and emotional well-being. It emphasized intellectual, emotional, and spiritual development as key components of personal excellence. Students were encouraged to discover their purpose, nurture their talents, and commit to lifelong growth. The seminar engaged students from various colleges, promoting interactive learning and motivation.

Students were motivated to pursue excellence in life and career through ethical conduct, emotional resilience, and a growth-oriented mind-set.





St. Bede's College
NAAC Re-Accredited A Grade



Seminar on
“Building Excellence in Life and Career Through
Work Ethics and Culture!”
Organised by
Internal Quality Assurance Cell


Patron:
Prof. Sr. Molly Abraham
(IQAC Chairperson)

Convener:
Dr. Shweta Thakur
(IQAC Coordinator)


Co-Convener:
Ms. Neha Wallia
(IQAC Member)

Organising Secretaries:
Ms. Snigdha Bhatt
Ms. Komal Sharma
(IQAC, Deputy Coordinator)


Resource Persons



Prof. N.K. Goyal
Chairman Emeritus,
TBMA, President
OMARCIN



Ms. Anjali Verma
Director
Cyber Security Association of
India



Ms. Meena Gupta
Treasury Officer
Dist. Treasury
Shimla

Target Audience

- Faculty members
- College & School Students

Registration

- No Registration fee. Though, prior registration is necessary for the participants.
- Register before November 15, 2024 5:00 PM.
- For registration, click on the following link: <https://forms.gle/7Bz2MK3g2UAlsfhWAB>

Date:
NOVEMBER
18

Time:
12:15 onwards

Venue:
Auditorium

Brochure



Empowering Young Minds with Work Ethics, Purpose, and Holistic Growth



NATIONAL WEBINAR ON PSYCHOLOGICAL FACTORS AFFECTING PERSONALITY DEVELOPMENT

The Department of Physical Education, in collaboration with the UGC Cell, organized a National Webinar on “Psychological Factors Affecting Personality Development” on November 22, 2024. The webinar was conducted on the Google Meet platform, and Prof. George Abraham from Chennai, Tamil Nadu, was the resource person. Dr. Yogamaya Panda from the PG Department of Psychology, Shailabala Women’s Autonomous College, Cuttack, Odisha, served as the moderator. The resource person provided valuable insights to the delegates about personality traits. Dr. Ashwani Kumar was the convener of the webinar. After the session, the moderator concluded the proceedings and discussed in detail the various personality traits of individuals. Personality development involves all the factors that influence how our personalities form and change over time.

Social Media Link: <https://www.instagram.com/p/DEJ0EytSlab/?igsh=MW95aHFsaJBraXI4eQ>

St. Bede's College, Shimla, (H.P.)
NAAC RE-ACCREDITED 'A' GRADE
Department of Physical Education
(In collaboration with UGC Cell)
is organising a

NATIONAL WEBINAR ON PSYCHOLOGICAL FACTORS AFFECTING PERSONALITY DEVELOPMENT
Date: November 22, 2024 (10.30 to 12.00 pm IST)

| | |
|--|--|
| <p>Resource Person</p> <p>Prof. George Abraham Chennai, (T.N), India Orcid Id:0000-0002-9763-555X,</p> | <p>Moderator</p> <p>Dr. Yogamaya Panda Department of Psychology, Shailabala Women's Autonomous College, Cuttack, Odisha, India, Google Scholar:https://scholar.google.com/citations?user</p> |
| <p>Patron Prof. (Sr.) Molly Abraham (Principal)</p> | <p>Convener Dr. Ashwani Kumar (Deptt. Phy. Edu.)</p> |

Google Meet Link: <https://calendar.app.google/njNw7YnZxgFs1vNr8>

Brochure



George Abraham (Presenting)

Personality Development Tips

- Identify Your Current Traits
- Identify Your Values
- Set a Daily Personal Development Goal
- Keep a Positive Mindset
- Be Confident

George Abraham

Sumit rana Rana

PREM CHAND

44 others

DrAshwin 123

People

Add people

Search for people

IN MEETING

Raised hands 2

(first to last) Lower all

PREM CHAND

Sumit rana Rana

Contributors 48

DrAshwin 123 (You) Meeting host

Anukul kaith 876

dharam negi

11:40 AM NATIONAL WEBINAR ON PSYCHOLOGICAL F...

National Webinar on Psychological Factors Affecting Personality Development



WORKSHOP ON "PROMOTING INTERGENERATIONAL BONDING WITH COLLEGE STUDENTS"

On November 27, 2024, the Women Cell and Gender Champion Club of St. Bede's College organised a workshop titled “Promoting Intergenerational Bonding with College Students”, sponsored by the National Institute of Social Defense. The distinguished resource persons for the occasion included Prof. Sr. Molly Abraham, the Principal of St. Bede's College, and Mr. Mohit Kumar, Assistant Professor in the Department of Psychology at St. Bede's College.

The objective of the workshop was to foster meaningful connections between generations by encouraging college students to engage. On the other hand, Mr. Mohit Kumar, Assistant Professor in the Department of Psychology at St. Bede's College, delivered an engaging lecture on intergenerational bonding. The lecture emphasized the importance of fostering these connections for mutual respect, trust, and a harmonious society.

St. Bede's College
NAAC RE-ACCREDITED 'A' GRADE

WOMEN CELL & GENDER CHAMPION CLUB
(UNDER THE AEGIS OF IQAC)


Organises Workshop on


PROMOTING INTERGENERATIONAL BONDING WITH COLLEGE STUDENTS

sponsored by

NATIONAL INSTITUTE OF SOCIAL DEFENCE
(MINISTRY OF SOCIAL JUSTICE & EMPOWERMENT, GOVERNMENT OF INDIA)

RESOURCE PERSONS


Prof. Sr. Molly Abraham
Principal
St. Bede's College


Mr. Mohit Kumar
Assistant Professor
Department of Psychology
St. Bede's College

DATE: NOVEMBER 27, 2024
TIME: 9:30 AM ONWARDS
VENUE : AUDITORIUM

Brochure



A Workshop on “Promoting Intergenerational Bonding with College Students”











SEMINAR ON MIND MASTERY: ACHIEVING EXCELLENCE AND PERSONAL GROWTH THROUGH PSYCHOLOGY

On December 9, 2024, the Department of Psychology at St. Bede's College, Shimla, hosted a one-day seminar titled *"Mind Mastery: Achieving Excellence and Personal Growth through Psychology."* The event featured distinguished resource persons, including Prof. N.K. Goyal, Chairman Emeritus of TEMA; Ms. Anjali Verma, Director of CSAI; Ms. Seema Goel, Advisor to CSAI; and Mr. Navdesh, CEO of CSAI and CMAI.

The seminar explored techniques for mastering the mind to promote personal and professional growth. Prof. Goyal shared valuable insights on managing mental health issues such as depression, while Ms. Goel discussed the negative applications of mind mastery, emphasizing how cybercriminals manipulate emotions in cybercrimes.

Overall, the seminar empowered participants to adopt healthier mental practices and gain a deeper understanding of psychological perspectives.

| | |
|---|---|
| <p>Date: December 09, 2024 Timings : 10.30 A.M. to 12.30 P.M. Venue: Auditorium</p> <p>Target Audience: College & School Students</p> <p>Registration link: https://forms.gle/SuXWfhQ8JgTWYeSg8</p> | <div style="text-align: center;">  St. Bede's College NAAC Re-Accredited A Grade </div> <div style="display: flex; justify-content: center; gap: 10px;">     </div> <h3 style="text-align: center;">DEPARTMENT OF PSYCHOLOGY</h3> <p style="text-align: center;">Under the Aegis of IQAC is organizing a seminar on</p> <h2 style="text-align: center;">MIND MASTERY:</h2> <h2 style="text-align: center;">ACHIEVING EXCELLENCE AND PERSONAL GROWTH THROUGH PSYCHOLOGY</h2> <div style="text-align: center;">  </div> <p style="text-align: center;">Resource Persons</p> <div style="display: flex; justify-content: space-around; align-items: flex-end;"> <div style="text-align: center;"> <p>Patron: Prof. Sr. Molly Abraham</p> </div> <div style="text-align: center;">  <p>Prof. N.K. Goyal Chairman Emeritus, TEMA, President CMAI/CSAI</p> </div> <div style="text-align: center;">  <p>Ms. Anjali Verma Director, Cyber Security Association of India</p> </div> <div style="text-align: center;"> <p>Convener: Mr. Mohit Kumar</p> <p>Co-Conveners: Ms. Jagriti & Ms. Pratiksha Tomar</p> </div> </div> |
|---|---|

Brochure



Celebrating one-day Seminar on 'Mind Mastery: Achieving Excellence and Personal Growth through Psychology,' Featuring Expert Insights on Mental Health, Personal Development, and the Impact of Psychological Techniques in Cyber Security



" हिन्दी भाषा, साहित्य एवं मानव मूल्य " विषय पर भाषण प्रतियोगिता

- तिथि : 10 सितम्बर, 2024
- छात्राओं को हिंदी भाषा में शुद्ध रूप से भाषण देने का कौशल विकसित करने का अवसर देना । छात्राओं को हिंदी साहित्य में मानव मूल्यों की शिक्षा पर विचार करने का अवसर देना । बीकॉम द्वितीय वर्ष की छात्रा, सुश्री आभारिका बधवार ने प्रथम स्थान प्राप्त किया और बी.ए. द्वितीय वर्ष की छात्रा, सुश्री सेज़ल द्वितीय स्थान पर रही ।
- छात्राओं ने शुद्ध हिंदी में बोलने का अभ्यास किया और उसमें सफल रहीं ।
- छात्राओं ने हिंदी साहित्य के बारे में जानकारी प्राप्त की । मानव मूल्य की शिक्षा समाज के उन्नयन के लिए क्यों ज़रूरी है , इस पर भी उन्हें विचार करने का मौका मिला ।



भाषण प्रतियोगिता में भाग लेती छात्राएँ

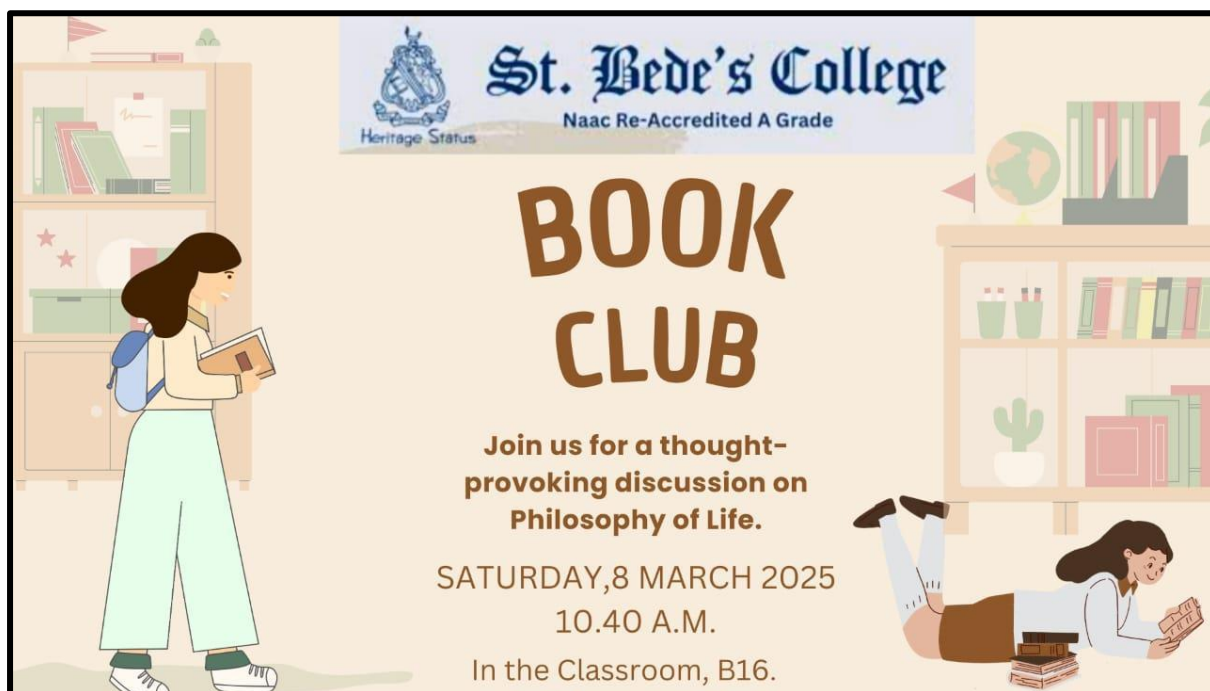


DISCUSSION ON "PHILOSOPHY OF LIFE"

The Book Club of St. Bede's College, Shimla, organized a thought-provoking discussion on the *philosophy of life* on March 8, 2025, at the college premises. The event, guided by Ms. Pratiksha Tomar, Ms. Asmita Sharma, and Mr. Nalin Sharma, brought together students from both the undergraduate and M.A. English programs.

The discussion delved into profound philosophical themes such as existentialism, the meaning of life, nihilism, absurdity, and key texts like *The Myth of Sisyphus*. Some of the major takeaways from the session included recognizing the inevitability of suffering in life and the importance of choosing optimism in the face of challenges.

The outcome of this activity was reflected in several positive impacts, as the discussion allowed students to engage deeply with philosophical concepts such as existentialism, nihilism, absurdity, and free will.



Brochure



Exploring the Essence of Existence: - A Panel Discussion on the Philosophy of Life



INTERNATIONAL SEMINAR (ONLINE) ON “PEACE BUILDING THROUGH SPORTS”

On March 29, 2025, the College NSO Unit organized an online International Seminar on “Peace Building through Sports” in collaboration with the Physical Education Foundation of India, under the Ministry of Youth Affairs and Sports. The seminar was conducted via Google Meet.

The resource person for the session was Dr. S. Sbanath from the University of Jaffna, Sri Lanka, while Prof. Jomae B. Esto from the University of Mindanao, Philippines, served as the moderator. Dr. Piyush Jain, National Secretary of the Physical Education Foundation of India, graced the event as the Chief Guest.

A total of 138 participants from various national and international organizations attended the online event. The Principal, Prof. (Sr.) Molly Abraham, also addressed the gathering.

The aim of the program was to promote social integration and build bridges between communities. The seminar highlighted how sports can teach valuable life skills such as teamwork, respect, discipline, and fair play—qualities that are essential for building a peaceful society.

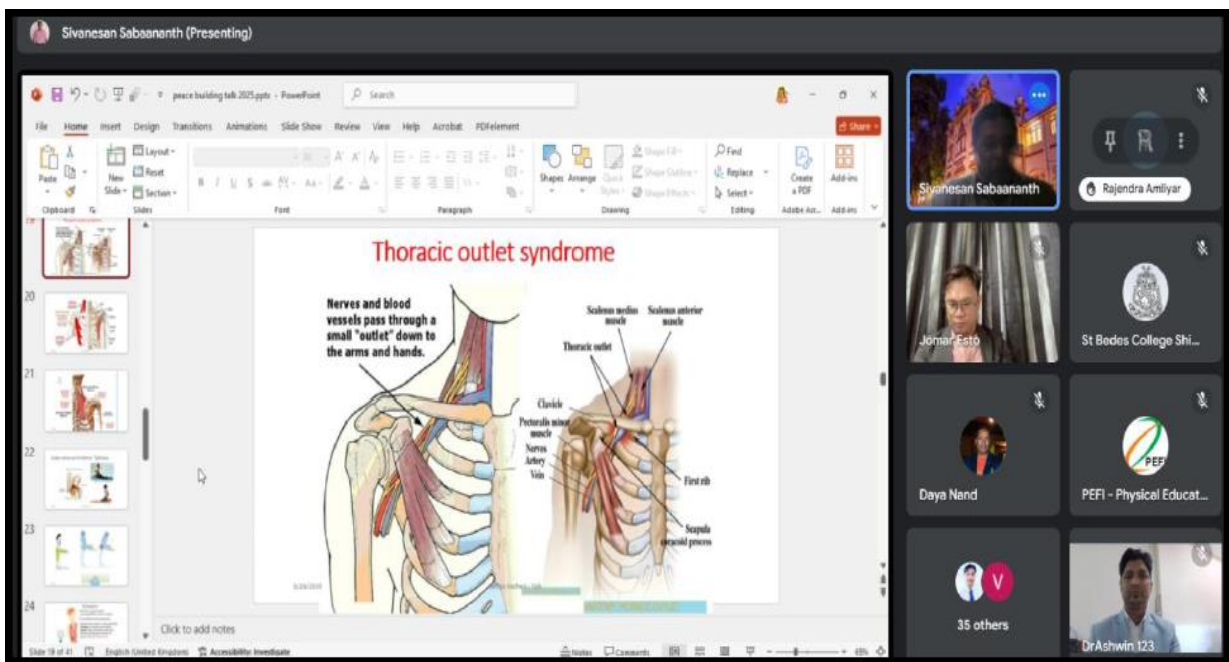
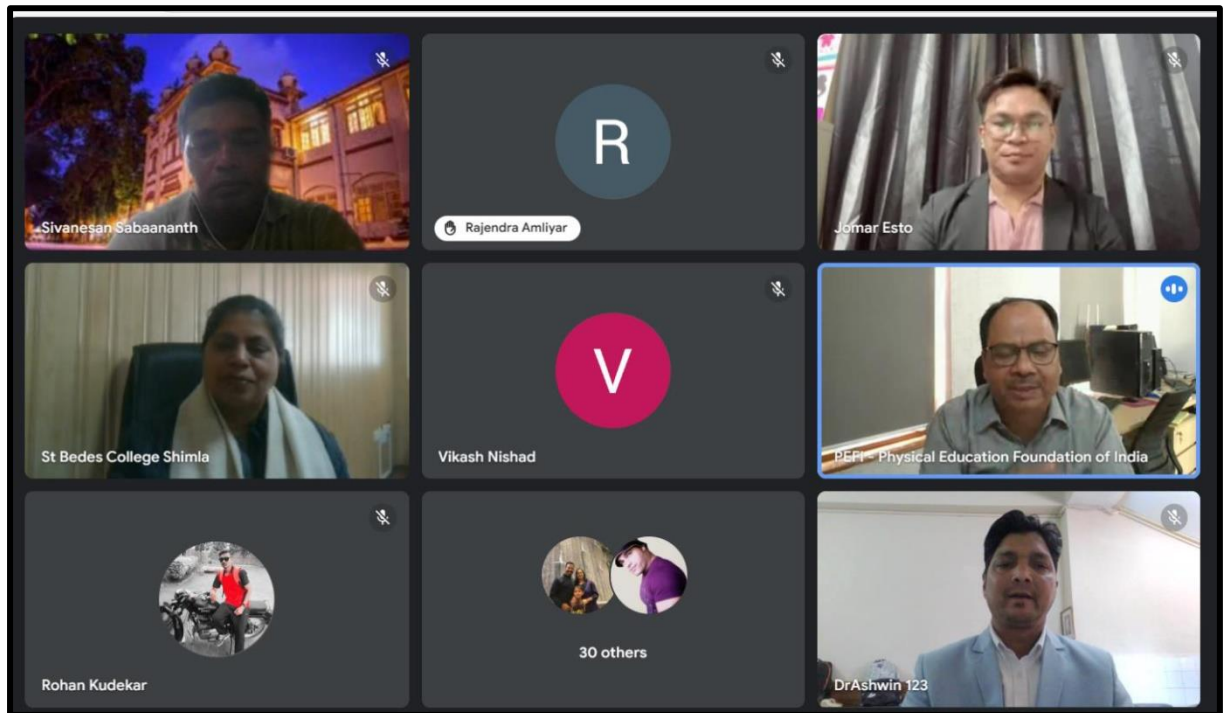
St. Bede's College, Shimla, (H.P), India
NAAC RE-ACCREDITED 'A' GRADE
National Sports Organisation (NSO)

In collaboration with
Physical Education Foundation of India: Ministry of Youth Affairs & Sports
is organising a
INTERNATIONAL SEMINAR (ONLINE)
ON
-PEACE BUILDING THROUGH SPORTS-
Date: March 29, 2025 (10.30 to 11.30 am IST)

| | | |
|--|---|---|
| Resource Person  Dr. S. Sabaananth Faculty of Allied Health Sciences, University of Jaffna, SRI LANKA | Chief Guest  Dr. Piyush Jain National Secretary: PEFI, NDLS, INDIA | Moderator  Prof. Jomar B. ESTO University of Southern Mindanao, PHILLIPPINES |
| Patron  Prof. (Sr.) Molly Abraham (Principal) | | Convener  Dr. Ashwani Kumar (NSO) |

Google Meet link: International link: <https://meet.google.com/gmv-cnbb-gjy>

Brochure



Glimpses of the International Seminar on Peace Building through Sports

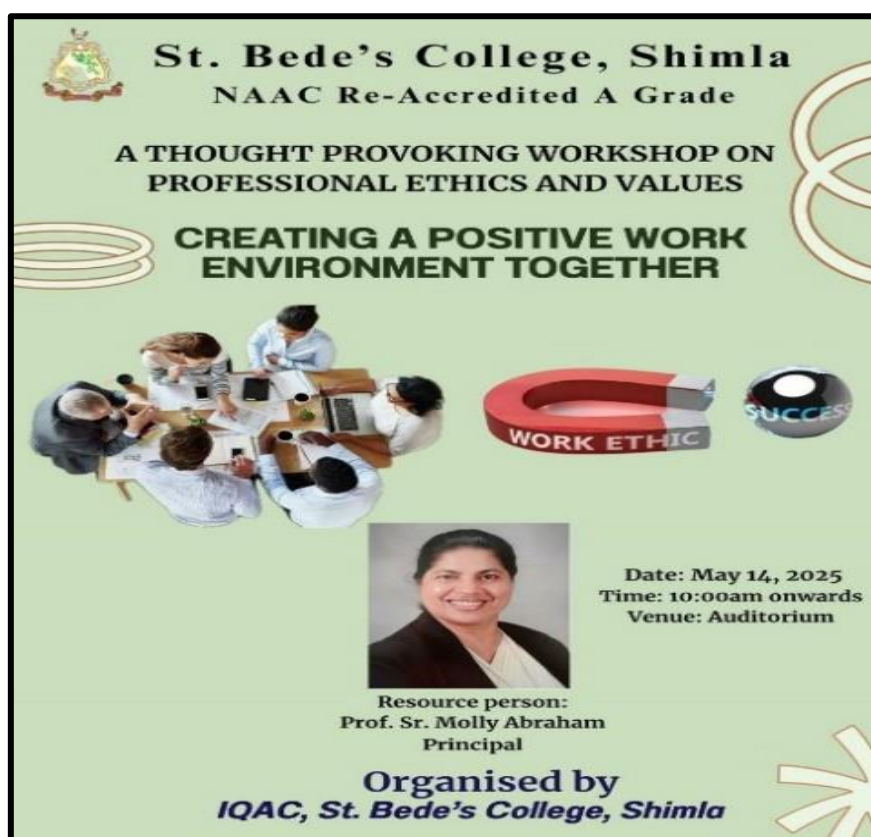


WORKSHOP ON PROFESSIONAL ETHICS AND EMOTIONAL INTELLIGENCE

On May 14, 2025, IQAC organized a workshop on Professional Ethics and Emotional Intelligence titled “Creating a Positive Work Environment Together.” The resource person for the workshop was Prof. (Sr.) Molly Abraham.

The objective of the workshop was to foster emotional intelligence, ethical behavior, and collaboration among faculty members. The session explored ethical communication, empathy, and value-based interactions. Group discussions and skits highlighted themes such as respect, fairness, and loyalty. The workshop also addressed emotional intelligence and the consequences of unmanaged emotions, while identifying key barriers such as trust deficits, poor communication, and hierarchical constraints.

Faculty members developed a deeper awareness of interpersonal dynamics and committed to cultivating a respectful, empathetic, and positive work culture.



Brochure



Thought-provoking Workshop on Professional Ethics and Values





ACTIVITIES RELATED TO GENDER

NATIONAL WEBINAR ON “YOGA FOR WOMEN EMPOWERMENT”

On the occasion of International Day of Yoga, the Department of Physical Education and Health Club of St. Bede's College, Shimla, jointly organized a National Webinar on “Yoga for Women Empowerment” on 21st June 2024. Objectives of Activity is To raise awareness about the importance and benefits of yoga in daily life .The event was held under the aegis of the Ministry of AYUSH, in line with the official theme of International Yoga Day 2024 — “Yoga for Women Empowerment”.

The keynote address was delivered by Dr. Jothi K. Dayanandan, Associate Professor at YMCA, Chennai .Dr. Chander Shekhar, Assistant Professor at SPN College, Mukerian, Punjab, served as the moderator. He concluded the session with words of appreciation for both the speaker and the organizing team. Prof. (Sr.) Molly Abraham, Principal of St. Bede's College, also addressed the participants. Participants gained enhanced awareness of their inner strengths, capabilities, and emotional well-being.

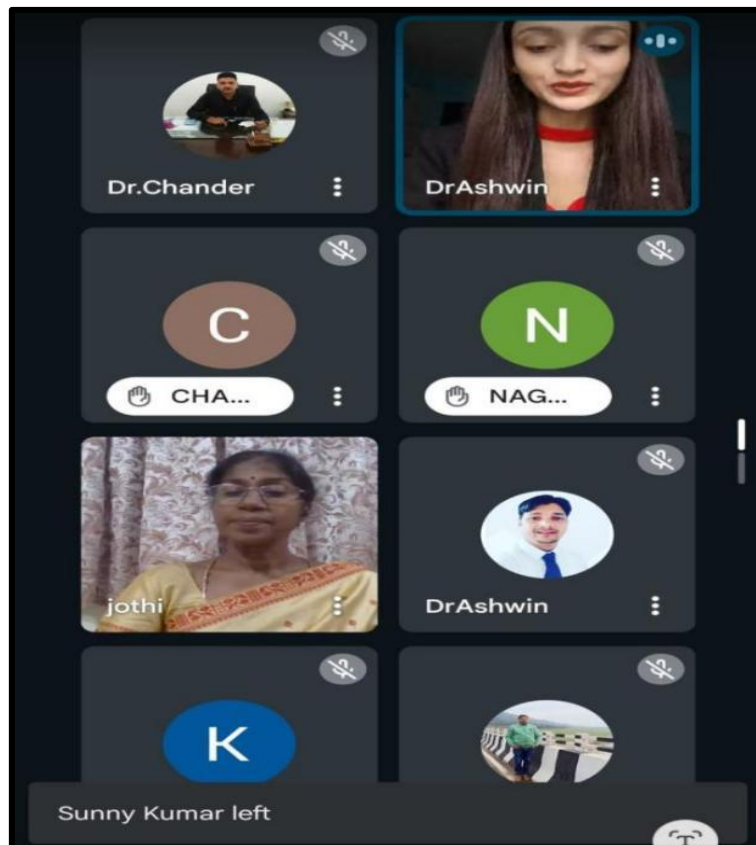
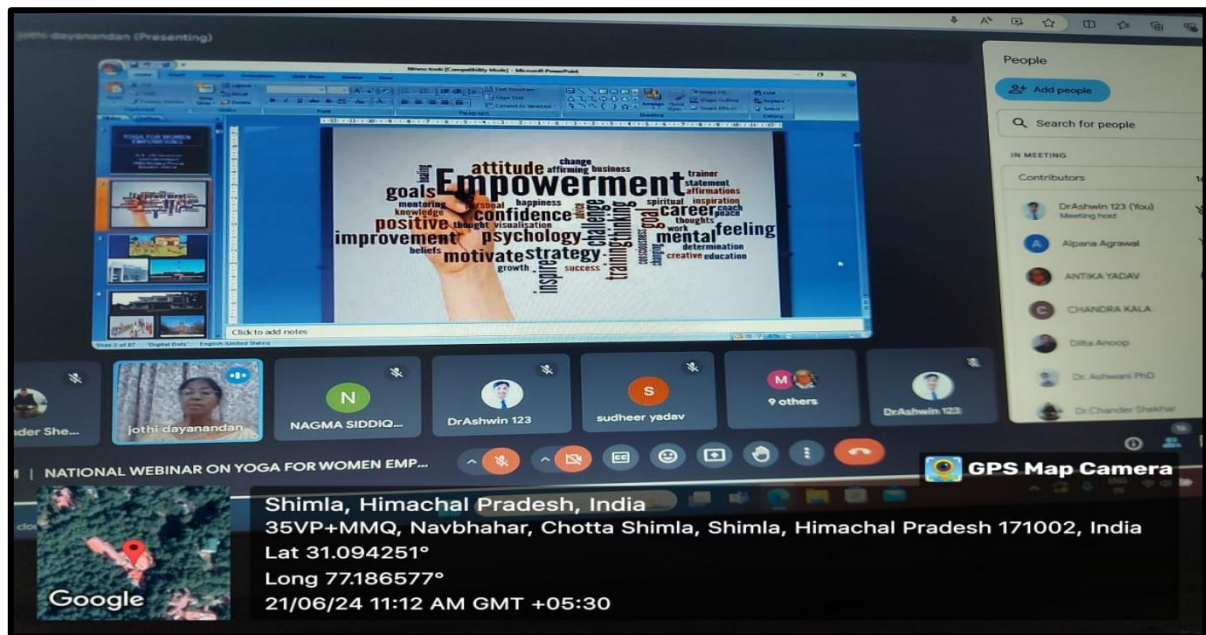
**MINISTRY OF
AYUSH**
सत्यमेव जयते

Celebration of...
“INTERNATIONAL YOGA DAY”
under the aegis of.....
MINISTRY OF AYUSH
(June 13th to 15th & 21st, 2024)
Theme 2024: “Yoga for Women Empowerment”
Highlights are:

@ Yoga Camp (June 13th- 14th, 2024) and,
@ National Webinar: Yoga for Women Empowerment (June 21, 2024)

Org. by:
Department of Physical Education & Health Club,
St. Bede's College, Shimla, (H.P), India

Brochure



National Webinar on “Yoga for Women Empowerment”



SELF DEFENSE SESSION

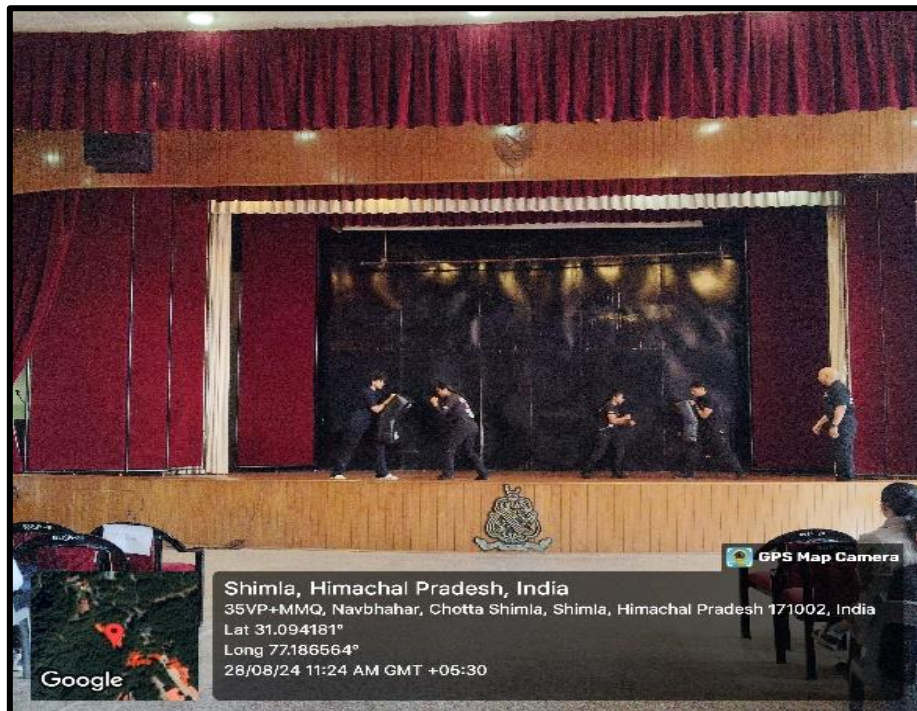
The Department of Computer Science organized a self-defense session on August 28, 2024, from 10:30 AM to 11:30 AM in the college auditorium for all students. The session aimed to raise awareness about personal safety, teach basic self-defense techniques, and boost confidence and mental preparedness.

Mr. Anuj Panwar, Co-founder and Director, along with Mr. Gaurav Jain and their team from A:iConfida Services Pvt. Ltd., Noida, interacted with the students and demonstrated practical techniques to handle self-defense situations. Mr. Panwar emphasized the importance of self-defense, especially for girls. The session witnessed enthusiastic participation, with students actively engaging in practical demonstrations.

By the end of the session, students were able to demonstrate basic self-defense techniques, recognize potentially dangerous situations, apply strategies to avoid physical confrontation, and improve personal confidence and mental readiness.



Brochure



Self Defense Session on Nutrition and Health Education



CELEBRATION OF WORLD BREAST FEEDING WEEK

The Department of Nutrition and Health Education celebrated World Breastfeeding Week by organizing a painting competition in the Nutrition Laboratory on August 07, 2024. The objectives of the activity were to raise awareness about breastfeeding, highlight the role of nutrition for lactating mothers, and provide a creative platform for participants to showcase their artistic talents through fabric painting. The theme of the fabric painting competition was “Breastfeeding: Support for All.”

The outcome of the event was that students not only expressed their artistic abilities and creativity but also gained a deeper understanding of the importance of breastfeeding.



Brochure



World Breastfeeding Week' by Organizing the Painting Competition

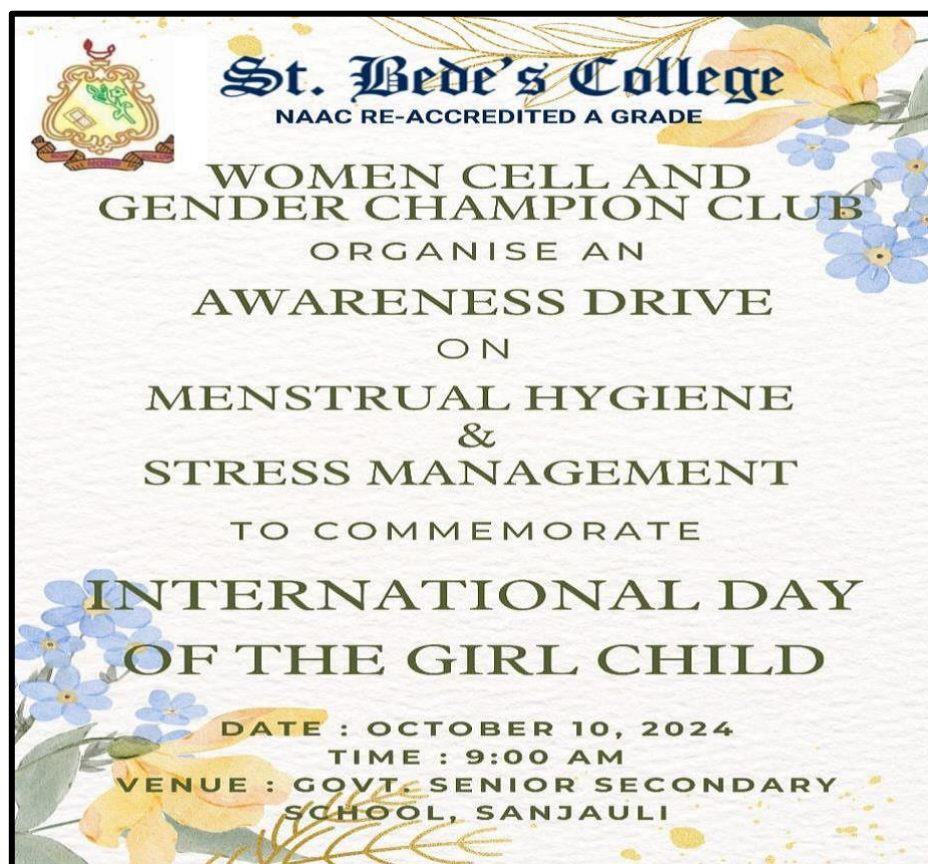


INTERNATIONAL DAY OF THE GIRL CHILD

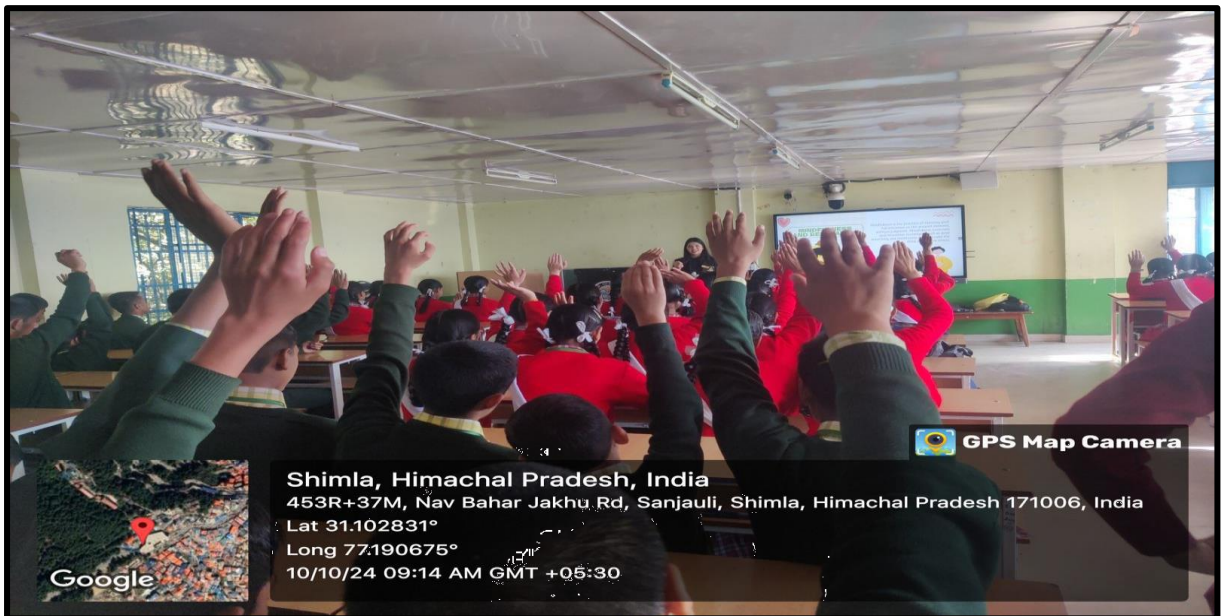
On October 10, 2024, to mark the International Day of the Girl Child, the Women Cell and Gender Champion Club of St. Bede's College organized a vital session on Menstrual Hygiene and Stress Management for students at Government Senior Secondary School, Sanjauli.

The primary aim of the session was to create awareness about menstrual hygiene among the students and also make them learn about stress management. Before the session started the students were segregated into two groups. Group-A included girls from classes 5-8 and Group-B included students from classes 9-10. The groups were taken to different classes with different Women Cell and Gender Club members. For both groups, the session started with a friendly interaction with the students and a bit of introduction.

The workshop had a significant impact on students by increasing awareness about menstrual health, promoting better hygiene practices, and reducing the stigma associated with menstruation.



Brochure

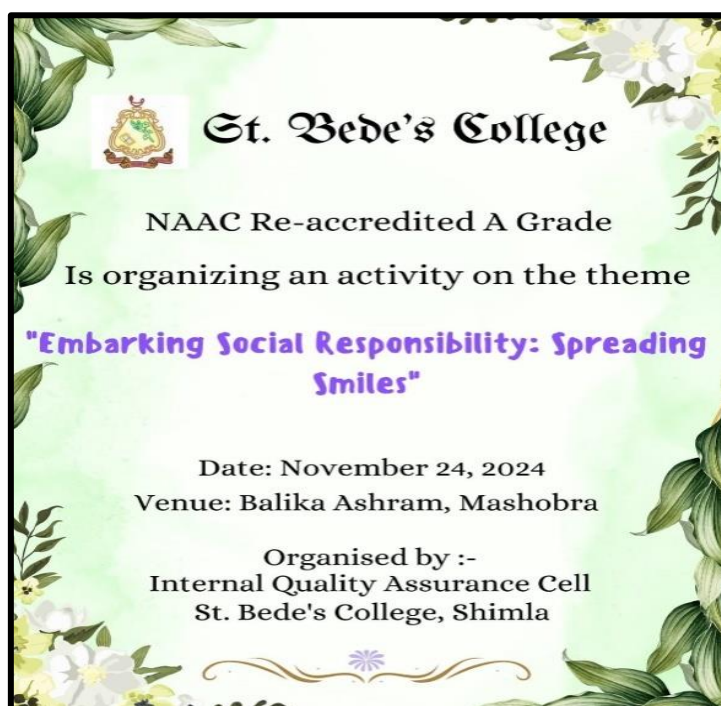


Celebration of International Day of the Girl Child on October 10, 2024, at Government Senior Secondary School, Sanjauli, Shimla



COLLABORATIVE SKILL DEVELOPMENT INITIATIVE AT BALIKA ASHRAM, MASHOBRA

On November 24, 2024, a team from the college, including Principal Prof. Sr. Molly Abraham, Dr. Shweta Thakur Assistant Professor, and the students Ms. Dianoor and Ms. Niharika visited Balika Ashram, Mashobra, to initiate a collaborative skill development program to make the girls of Balika Ashram empowered. During the visit, they identified the girls' interests in sports, creative arts, music, English communication, painting and dancing. Going forward, college students and faculty will volunteer to train the girls in these areas, fostering self-reliance and enhancing their talents. Activities will be conducted every Sunday, starting in December, following a structured schedule with the necessary resources provided by the college. This initiative not only enhanced the artistic, linguistic and athletic abilities of the ashram girls but also instilled a sense of social responsibility and gratitude in the participating college students.



Brochure



Collaborative Skill Development Programme at Balika Ashram



INTERNATIONAL DAY FOR THE ELIMINATION OF VIOLENCE AGAINST WOMEN

The Women Cell at St. Bede's College commemorated the "International Day for the Elimination of Violence against Women" on November 25, 2024, with an engaging session to raise awareness about women's rights and empower young girls. The esteemed resource person for the event was Dr. Seema Kashyap, Associate Professor of Law, University Institute of Legal Studies, Shimla. The primary aim of this session was to educate the students about the various rights they are entitled to and make them aware of the use of it. The focus was on raising awareness about the prevalence and impact of gender-based violence.

The session was a significant step towards empowering students with knowledge about their rights and the importance of gender equality. Students gained a deeper understanding of their rights under various laws designed to protect them from violence and discrimination.

St. Bede's College
NAAC RE-ACCREDITED 'A' GRADE
WOMEN CELL & GENDER CHAMPION CLUB
ORGANISES
SESSION
ON
**"INTERNATIONAL DAY FOR
ELIMINATION OF VIOLENCE AGAINST WOMEN"**
RESOURCE PERSON

Dr. Seema Kashyap
ASSOCIATE PROFESSOR OF LAW,
UNIVERSITY INSTITUTE OF LEGAL STUDIES, SHIMLA
DATE: NOVEMBER 25, 2024
TIME: 10:15 AM
VENUE: SEMINAR ROOM

Brochure



*Commemoration of “International Day for the Elimination of Violence against Women”
on November 25, 2024*



Media Coverage

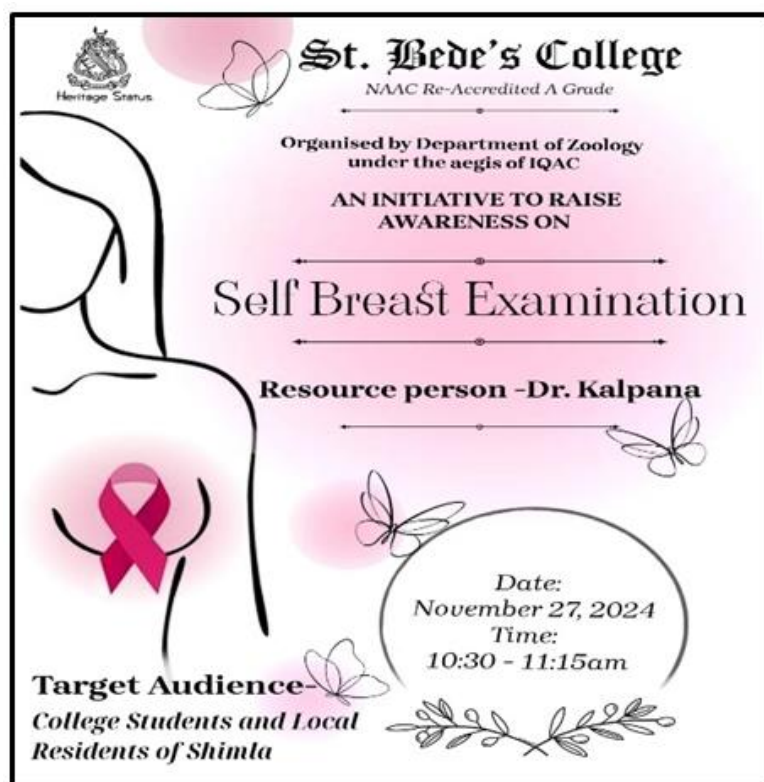


RAISING AWARENESS ON SELF-BREAST EXAMINATION

On November 27, 2024, the Department of Zoology, under the aegis of the IQAC, organized an impactful awareness session on Self-Breast Examination to promote early detection and prevention of breast cancer. The program saw active participation from students of Shimla Nursing College, Bhattakuffar, and local residents from the Shimla region, ensuring broad community outreach.

The primary objective of the initiative was to educate and inform the community about breast cancer, empowering individuals to take charge of their health through awareness and proactive practices. Dr. Kalpana, a renowned social worker and advocate for breast cancer awareness, graced the occasion as the resource person.

The awareness program marked a significant step toward fostering a proactive approach to women's health. It provided participants with vital knowledge and practical skills, emphasizing the importance of early detection and prevention.



Brochure



Raising Awareness on Self-Breast Examination

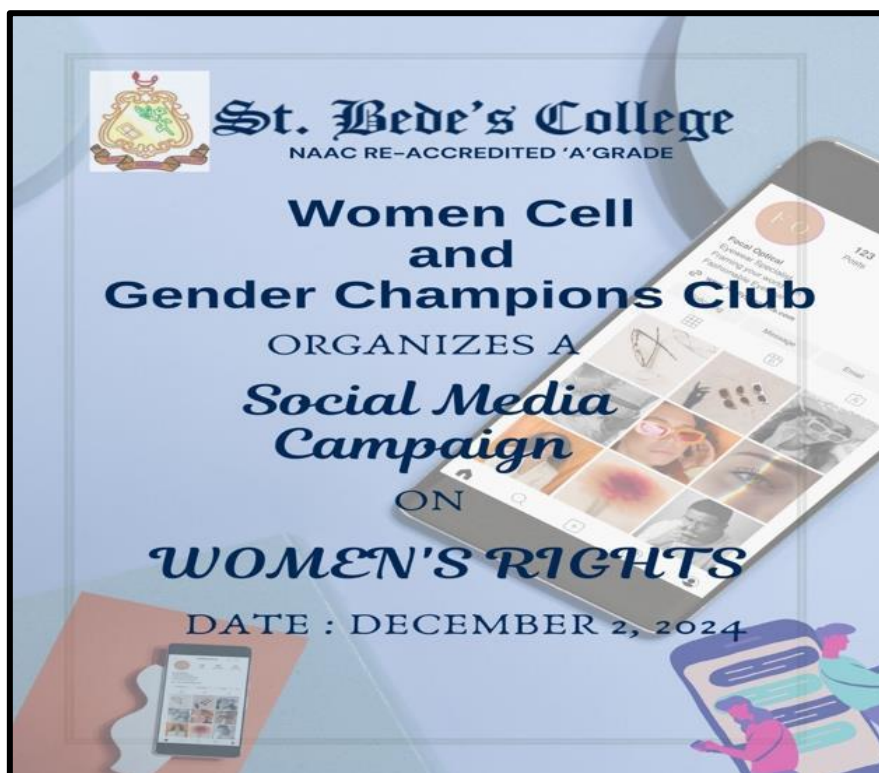


IGNITING CHANGE FOR WOMEN'S RIGHTS ON CAMPUS: A SOCIAL MEDIA CAMPAIGN BY THE WOMEN CELL AND GENDER CHAMPION CLUB

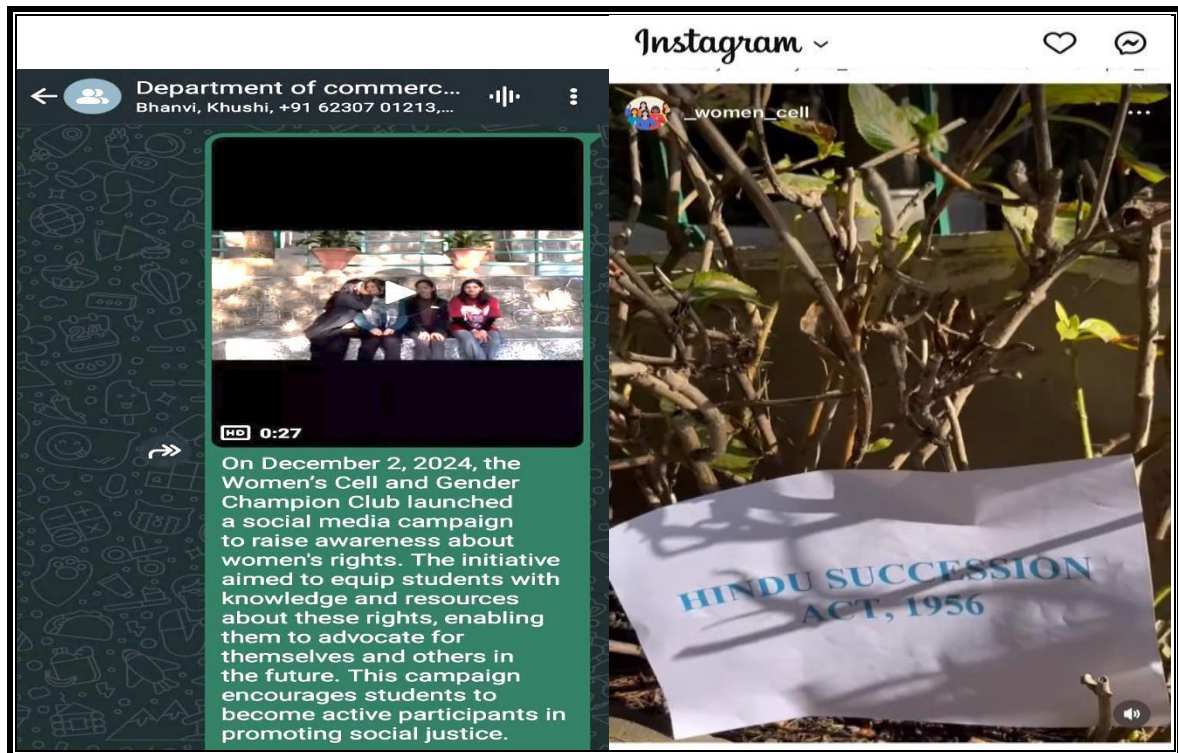
On December 2, 2024, the Women's Cell and Gender Champion Club launched a social media campaign to raise awareness about women's rights. The aim was to empower students with knowledge and resources related to women's rights, enabling them to advocate for themselves and others in the future, while encouraging active participation in promoting social justice and equality.

The campaign highlighted the state of women's rights on the college campus, focusing on gender equality, prevention of sexual harassment, mental health, and academic opportunities. An Instagram reel showcased a diverse group of students walking through the campus, holding placards displaying various laws related to women, such as the Dowry Prohibition Act (1961), the Medical Termination of Pregnancy Act (1971), the Prohibition of Child Marriage Act (2006), and the Protection of Women from Domestic Violence Act (2005).

Overall, the campaign not only created awareness but also inspired students to become advocates of gender equality, reinforcing the college's commitment to building a safe, inclusive, and empowering environment for all.



Brochure



Igniting Change for Women's Rights on Campus: A Social Media Campaign Organised on December 2, 2024




AWARENESS SESSION ON “BREAST AND CERVICAL CANCER” IN COLLABORATION WITH THE TYACAN FOUNDATION

On December 6, 2024, the Health Club and Women Cell of St. Bede's College organized an awareness session on ‘Breast and Cervical Cancer’ in collaboration with the TYACAN Foundation. The resource person for the event was Ms. Minnie Singh, a member of the TYACAN Foundation, accompanied by Ms. Simran Jagga, a counseling psychologist and Ms. Shivali, a volunteer and social worker with TYACAN.

The session aimed to educate students about the importance of early detection, prevention, and treatment. It focused on raising awareness about the risk factors, symptoms, and preventive measures for both types of cancer. The session concluded with a greater sense of awareness among students regarding the importance of breast and cervical cancer prevention. Attendees gained valuable knowledge on early detection methods, including self-examinations, and dispelled common myths related to the diseases.

St. Bede's College
NAAC RE-ACCREDITED 'A' GRADE

HEALTH CLUB & WOMEN CELL
ORGANISES
AN AWARENESS SESSION
ON
BREAST & CERVICAL CANCER
IN COLLABORATION
WITH
TYACAN FOUNDATION

RESOURCE PERSON

MS. MINNIE SINGH
MEMBER
TYACAN FOUNDATION

DATE: DECEMBER 6, 2024
TIME: 10:30 AM ONWARDS
VENUE: SEMINAR ROOM

FIGHT CANCER!

Brochure



Awareness Session on “Breast and Cervical Cancer”



बी.ए प्रथम वर्ष की छात्राओं को हिंदी टंकण पर प्रशिक्षण

तिथि : 14 दिसंबर, 2024

उद्देश्य :

- छात्राओं को आईसीटी टूल्स का प्रयोग करने की प्रेरणा देना।
- हिंदी भाषा में टंकण करने में सक्षम बनाना।

महाविद्यालय के हिंदी विभाग द्वारा 14 दिसंबर, 2024 को बी.ए की छात्राओं के निमित्त एक कार्यशाला आयोजित की गयी, जिसके दौरान छात्राओं को आईसीटी टूल्स के प्रयोग के साथ हिंदी में टंकण पर प्रशिक्षण दिया गया। इसके माध्यम से छात्राओं को अपने परियोजना कार्य और कॉलेज पत्रिका के हिंदी अनुभाग में अपनी प्रविष्टियाँ टंकित करके प्रस्तुत करने के लिए प्रोत्साहित किया गया।

परिणाम :

- छात्राओं ने आईसीटी टूल्स के कई उपयोगों में से हिंदी टंकण के बारे में जानकारी हासिल की।
- स्वयं हिंदी में टंकण कार्य करते हुए उन्होंने हिंदी में लिखने के प्रति रुचि दिखाई।

इस गतिविधि से छात्राएँ लाभान्वित हुईं।



हिंदी में टंकण पर कार्यशाला

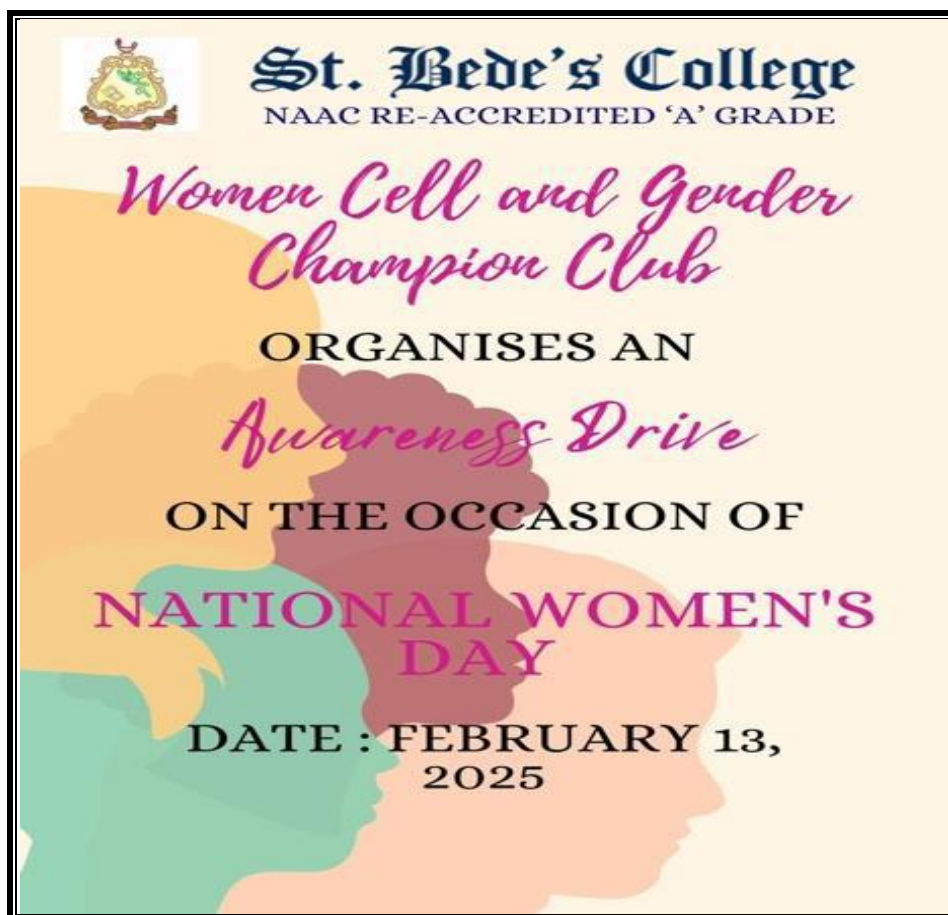


NATIONAL WOMEN'S DAY CELEBRATION

On February 13, 2025, the Women's Cell at St. Bede's College commemorated National Women's Day with an awareness drive that celebrated Sarojini Naidu's legacy and emphasized the importance of gender equality. The event featured interactive discussions, poster exhibitions, and pamphlets showcasing women's contributions to society.

The awareness drive was organized to educate students about the significance and history of National Women's Day, foster discussions on women's empowerment and gender equality, highlight the barriers that women continue to face in society, and raise awareness about women's rights among students.

The initiative successfully enhanced students' understanding of National Women's Day and its relevance. It also sparked meaningful conversations on gender equality and the importance of women's rights.



Brochure



Awareness Drive to Celebrate National Women's Day on February 13, 2025



अंतरराष्ट्रीय महिला दिवस 2025

तिथि : 21 फ़रवरी 2025

उद्देश्य:

- छात्राओं को महिला दिवस मनाने के पीछे उद्देश्य के बारे में अवगत कराना और महिला अधिकारों के प्रति जागरूक करना।
- स्त्री समाज का हिस्सा होने के नाते छात्राएँ उन सामाजिक कुरीतियों को पहचान कर उनको निर्मूल करने में अपना योगदान दे सकें जो स्त्री के विकास में बाधा सिद्ध होती हैं।
- छात्राओं की वैचारिकता और सृजन कौशल में वृद्धिलाना।

अंतरराष्ट्रीय महिला दिवस 2025 के उपलक्ष्य में सेंट बीड्स महाविद्यालय के हिंदी विभाग द्वारा महिला सशक्तीकरण और समाज में शिक्षा के समान अवसर के प्रश्न पर एक फ़िल्म का प्रदर्शन किया गया, जिसकी समीक्षा लेखन प्रतियोगिता भी आयोजित की गयी। इस गतिविधि में बीकॉम द्वितीय वर्ष की छात्राओं ने रुचि ली। संगोष्ठी कक्ष में 'लापता लेडीज़' फ़िल्म को दर्शाने के बाद छात्राओं ने उसकी समीक्षा लिखी।



ब्रॉशर



छात्राओं द्वारा फ़िल्म प्रदर्शन एवं समीक्षा लेखन



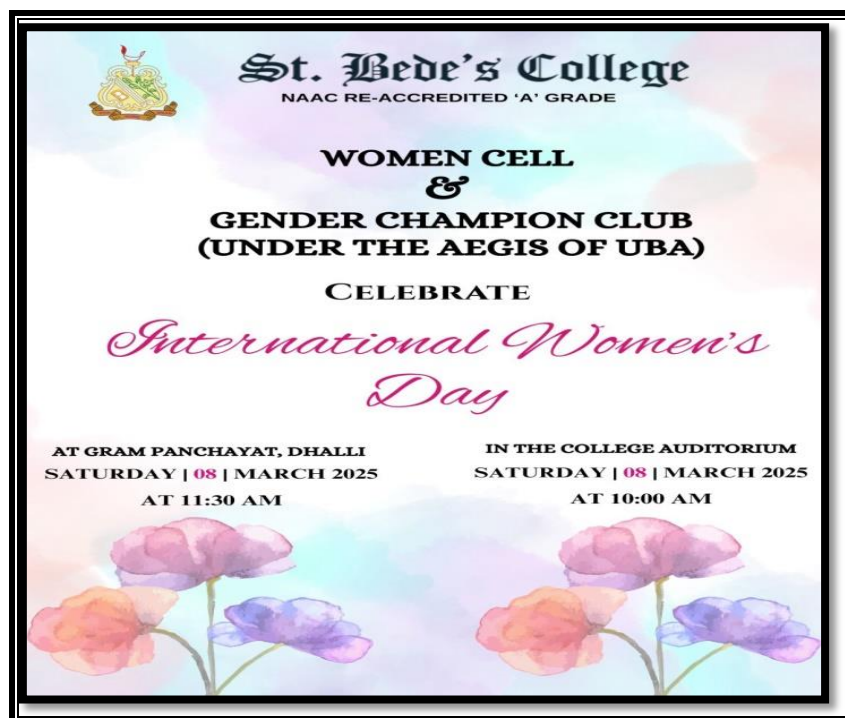
CELEBRATION OF INTERNATIONAL WOMEN'S DAY

On March 8, 2025, the Women Cell and Gender Champion Club, in collaboration with the Computer Science Department of St. Bede's College, celebrated International Women's Day under the aegis of Unnat Bharat Abhiyan (UBA). The celebration took place on the college campus and extended to Gram Panchayat Dhalli through an outreach program, emphasizing both institutional and community-level engagement.

The primary aim of the celebration was to highlight the achievements and progress made by women across various fields, while acknowledging the challenges they continue to face in the modern world. Another integral component of the program was a digital literacy and cybersecurity awareness session, conducted by students from the Computer Science Department.

The International Women's Day celebration was a meaningful and impactful initiative that fostered inclusivity, awareness, and community engagement.

Social Media Link: [Bedes Shimla HP - On March 8, 2025, the Women Cell and... | Facebook](#)



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Celebration of International Women's Day



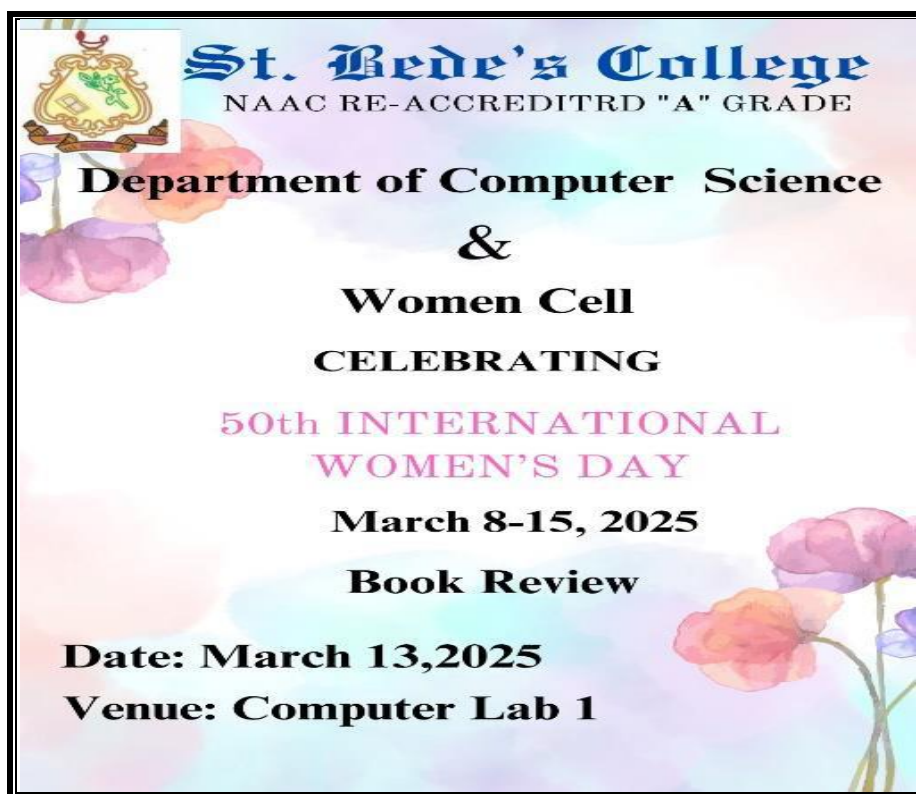
Media Coverage



BOOK REVIEW ON INTERNATIONAL WOMEN'S DAY

To mark the 50th International Women's Day from March 8–15, 2025, the Department of Computer Science, in collaboration with the Women's Cell of St. Bede's College, hosted a book review on March 13, 2025, to celebrate women's accomplishments and advocate gender equality.

The activity aimed to eliminate gender-based discrimination and violence while fostering an environment that enabled women to thrive as agents of social and economic change. The review highlighted the essential elements of the book's exploration of Women's Day, outlining its strengths as well as potential areas for growth. This insight helped students appreciate the book's importance in fostering meaningful discussions about women's rights and advocating for global equality.



Brochure



Book Review to commemorate the 50th International Women's Day on March 13, 2025



MOVIE SCREENING OF “HIDDEN FIGURES”

To commemorate the 50th International Women's Day from March 8-15, 2025, the Women Cell and Gender Champion Club organised the screening of the movie “**Hidden Figures**” on March 15, 2025, aimed at acknowledging the significant contributions of women in science, technology, engineering, and mathematics (STEM). To honour and recognize the vital contributions of women throughout history, especially in STEM fields, and to celebrate their significant achievements by showcasing inspiring stories, empowering young women and girls to pursue careers in these areas, and promoting gender equality by raising awareness of barriers and encouraging dialogue on inclusivity strategies.

The event successfully highlighted women's vital contributions to STEM, inspiring attendees to explore careers in these fields. Hidden Figures was praised for its educational and inspirational impact, making it a fitting choice for the celebration.



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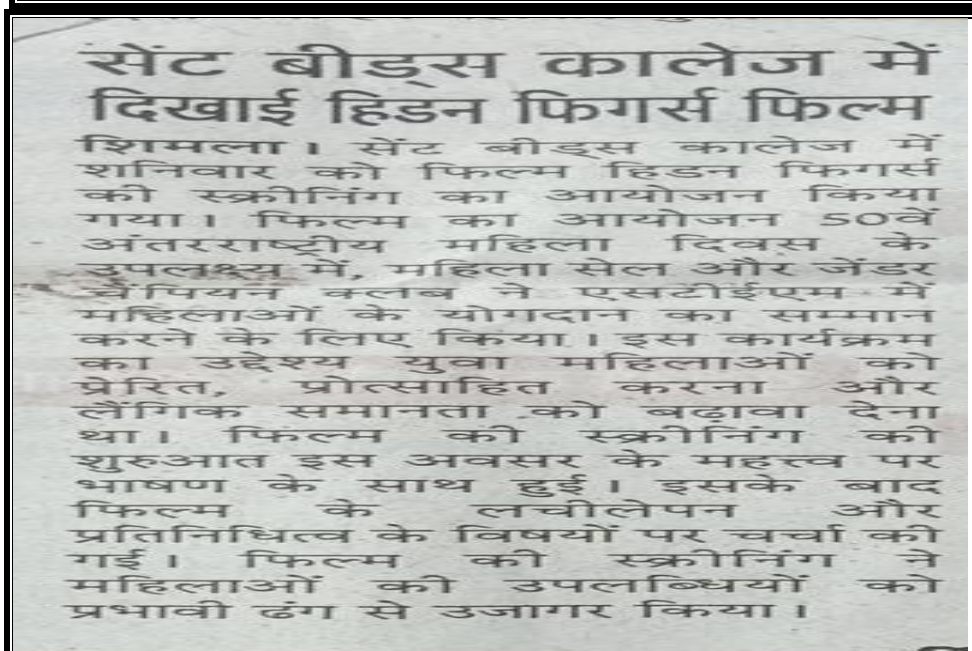
Shimla, Himachal Pradesh, India

Nav Bahar Directorate Road, Chotta Shimla,
Shimla, Himachal Pradesh 171002, India

Lat 31.094042, Long 77.186532

03/15/2025 11:03 AM GMT+05:30

Note : Captured by GPS Map Camera



Screening of the Movie “Hidden Figures” to commemorate the 50th International Women's Day on March 15, 2025



ACTIVITIES RELATED TO HUMAN VALUES

HIROSHIMA DAY

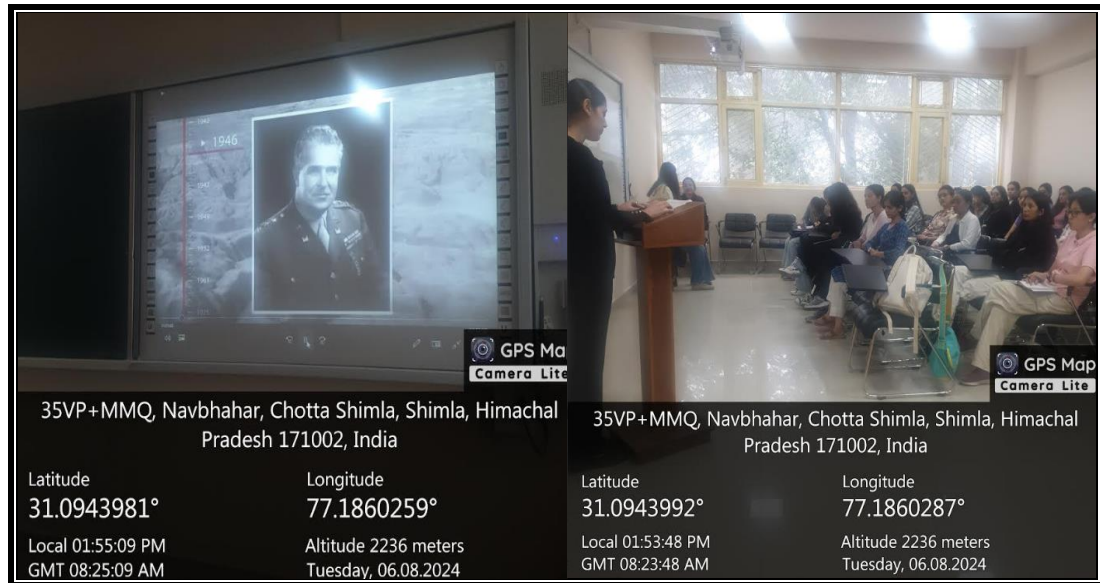
On August 6, 2024, the Heritage Club Miraasa of St. Bede's College, Shimla, organized an awareness program to commemorate Hiroshima Day. The event aimed to educate students and faculty about the historical significance of the Hiroshima bombing and its lasting impact on global peace and disarmament efforts. The objective was to create awareness about the Hiroshima bombing and its devastating consequences, promote peace and non-violence, highlight the importance of nuclear disarmament, and encourage critical thinking on war and its impact on humanity.

Students were engaged through a documentary screening, providing a deep insight into the events of August 6, 1945. The Hiroshima Day awareness program successfully educated and inspired participants, emphasizing the need for a peaceful world and the dangers posed by nuclear weapons.





Brochure



Screening of a Documentary



A TALK ON 'PREVENTION OF RAGGING IN HIGHER INSTITUTIONS' TO OBSERVE ANTI-RAGGING WEEK

On August 13, 2024, the Anti-Ragging Cell of St. Bede's College organized a talk on "Prevention of Ragging in Higher Institutions" to observe Anti-Ragging Week. Sh. Anup Kumar Rattan Ji, Advocate General of Himachal Pradesh, was invited as the guest speaker, accompanied by Sh. Sushant Keprate Ji, Additional Advocate General, Himachal Pradesh.

The Principal of St. Bede's College, Prof. (Sr.) Molly Abraham, was the chief patron of the event, which was convened by Dr. Vishal Chauhan (Department of Economics), along with members Dr. Jyotika Brari (Zoology) and Ms. Komal Sharma (Political Science Department).

The lecture enhanced the students' knowledge about ragging and made them aware of various laws and the authorities they can approach in case of an incident.



Brochure



Talk on 'Prevention of Ragging in Higher Institutions'



INDEPENDENCE DAY CELEBRATION AT DHALLI

The Independence Day celebration at Dhalli Gram Panchayat was held on August 15, 2024, with great patriotic fervor. The cadets were warmly welcomed by the Panchayat members and the local community. The objective of the event was to foster unity, patriotism, and national pride among the local community and the NCC Cadets of St. Bede's College through participation in the Flag Hoisting Ceremony.

The program commenced at 10:00 a.m., with cadets, accompanied by CTO Dr. Ashwani Kumar, faculty, and staff, gathering on the premises. The Panchayat members, along with the cadets, unfurled the National Flag, followed by the singing of the National Anthem. A brief address was delivered, highlighting the sacrifices of freedom fighters and emphasizing the importance of upholding national unity and integrity.

The event successfully underscored the significance of unity and patriotism, fostering a sense of togetherness and national pride among participants.



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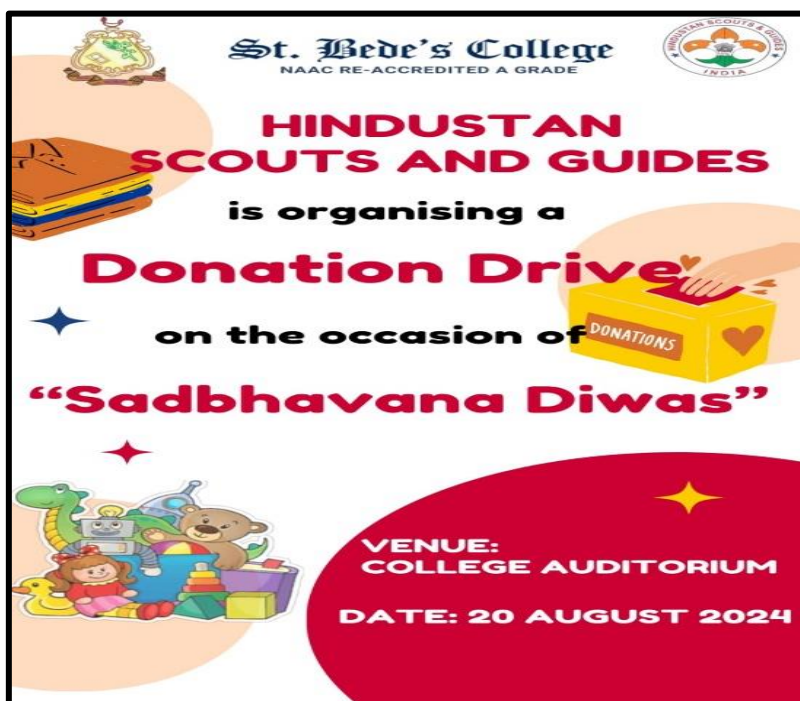


Independence Day Celebration (August 15, 2024)



DONATION DRIVE ON THE OCCASION OF “SADBHAVANA DIWAS”

On August 20, 2024, a charitable event called "Sadbhavana Diwas" was organized to gather clothing and monetary contributions for local families in need. College students participated by donating garments, with every student making a contribution to assist others. This initiative was highly successful and aimed to provide support for individuals experiencing financial hardship while also enriching the educational experience. The event's purpose extended beyond offering practical assistance to those facing economic challenges; it also sought to enhance students' learning by encouraging their involvement in meaningful community service activities. Outcome of the event the campaign was exceptionally successful, with all students contributing to support others.



Brochure



Donation Drive on the occasion of “Sadbhavana Diwas” (August 20, 2024)



NCC ENROLLMENT

On August 24, 2024, 19 first-year students underwent a comprehensive ground test, which included physical evaluations such as push-ups and other activities to assess their fitness and skills. The primary objective of the event was to enroll first-year students into the National Cadet Corps (NCC) under 7 HP (I) COY, NCC Shimla, promoting unity, discipline, and a spirit of service among young individuals.

The NCC Officer explained the benefits of joining the NCC. The event concluded with a motivational address by CTO Dr. Ashwani Kumar, encouraging cadets to embrace the NCC motto, "Unity and Discipline." The event was meticulously organized by CTO Dr. Ashwani Kumar, supervised by the Permanent Instructors (PI) staff, and overseen by the Commanding Officer (CO).

The enrolment procedure successfully inducted enthusiastic cadets, fostering discipline, leadership, and a spirit of service among students.

STAND UP, STAND OUT
Enroll in NCC!

Step into the future with the National Cadet Corps!
Experience thrilling adventures, cultivate leadership skills, and serve the nation with pride.

Join The NCC Unit, St. Bede's College, Shimla under 7 HP (I) Coy, NCC Shimla and be a part of something extraordinary! for the session 2024-2025

Ready to embark on an exciting journey? Kickstart it by completing this PIQ form:
[Click Here](#)

PRINCIPAL
Prof. Sr. Molly Abraham

CTO
Dr. Ashwani

Questions lingering?
Connect with us!

- SUO Charvee Kanwar : +91 9015 439266
- UO Shrishti Gupta : +91 7876577285
- SGT Aisha Kataria : +91 8627017505
- SGT Ayushi Thakur : +91 9317138581
- SGT Samriti : +91 7807869033

Link up with us on social media!

@STBEDSNCC

Brochure



NCC I Year Enrolment (August 24, 2024)



INTERACTIVE SESSION (MASTERING THE CDS EXAM)

On September 19, 2024, the NCC Unit of St. Bede's College under 7 HP (I) Coy NCC Shimla, in collaboration with the Zoology Department and under the aegis of IQAC, organized an Interactive Session on 'Mastering the CDS Exam: A Comprehensive Guide for Students'. The objective was to provide strategic guidance, motivation, and practical insights to students aspiring to crack the CDS exam and join the armed forces. The session featured Ms. Kirti Sharma, an Ex-Bedeian (Batch 2018-2021), who secured an All-India Rank of 15 in the CDS OTA Entry. She was invited as the Guest Speaker to inspire and guide students aspiring to join the armed forces.

The students gained a clear understanding of the CDS exam pattern, SSB interview process, and effective preparation strategies, leaving them motivated and better prepared for their defense career aspirations.

St. Bede's College
NAAC Re-Accredited A Grade

NCC Unit in collaboration with
Zoology Department
under the aegis of IQAC is organising
an Interactive Session on
"MASTERING THE CDS EXAM"

✦

Date : September 19, 2024
Time : 11:30 am
Venue : Seminar Room

✦

GUEST SPEAKER

Ms. Kirti Sharma
Alumna (2018-21)

Brochure



Interactive Session “Mastering the CDS Exam” (September 19, 2024)

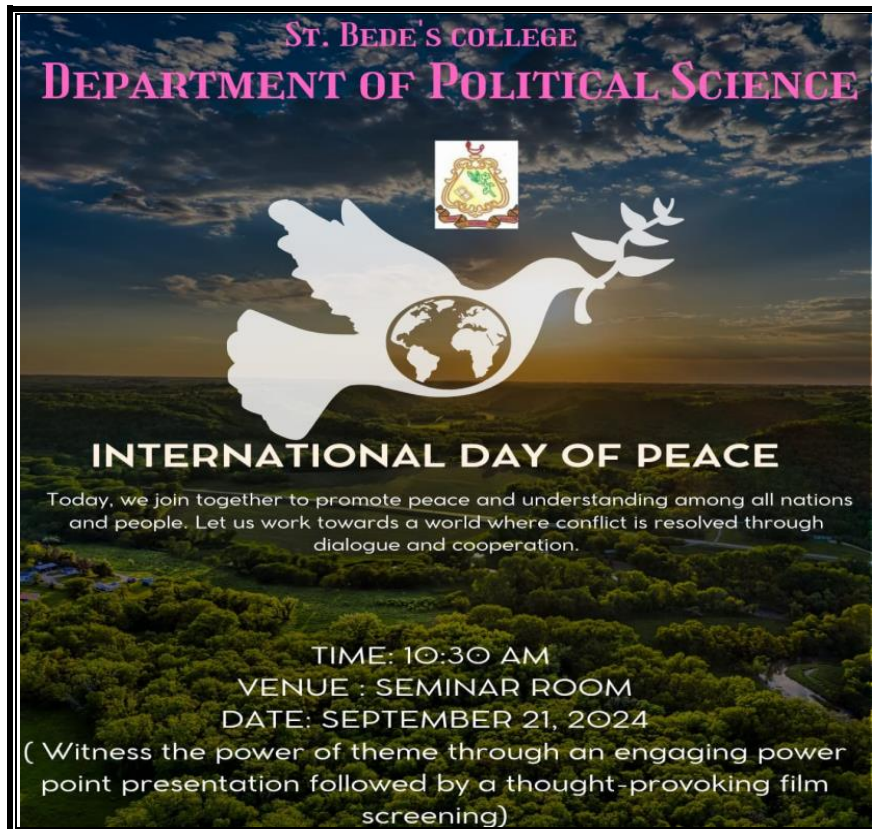


COMMEMORATING 'INTERNATIONAL DAY OF PEACE' : OUR GLOBAL AMBITION

On September 21, 2024, the Department of Political Science organized an engaging PowerPoint presentation followed by a thought-provoking film screening to observe the International Day of Peace. The event aimed to promote peace and understanding among students and to create awareness about the impact of conflict on innocent civilians.

The insightful PowerPoint presentation was followed by the screening of the film "Revolution 1917," set against the backdrop of the Russian Revolution of 1917. It conveyed the message of working towards a world where conflicts are resolved through dialogue and cooperation.

The event concluded successfully by raising awareness about on-going conflicts in contemporary times, the importance of conflict resolution, and their impact on civilian lives. It effectively imparted the message of the role that the general masses can play in creating a harmonious and peaceful world.



Brochure



Film screening to observe International Day of Peace

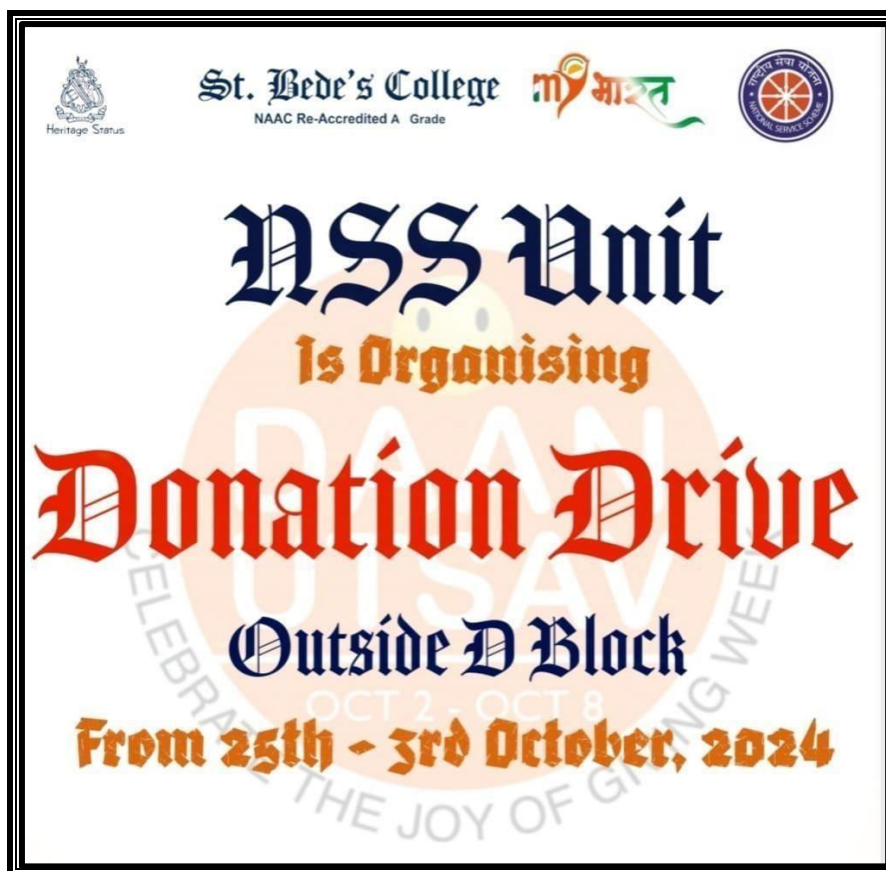


DONATION DRIVE

From September 25 to October 3, 2024, the NSS Unit of St. Bede's College organized a donation drive to collect and distribute clothes in support of underprivileged communities and to promote social responsibility among students. Clothes were collected from both students and staff within the college.

A significant portion of the collected clothes was donated to the NGO Goonj through a drop-off at DAV New Shimla, their partnering organization. Additionally, some clothes were distributed to college workers as a token of appreciation.

The drive successfully provided clothes to those in need, benefiting both NGO Goonj and the college workers. It also fostered a sense of community service and empathy among participants, aligning with the NSS mission of social upliftment.



Brochure



Small Acts, Big Impact – NSS Unit Empowers Communities through Clothes Donation



HALF-MARATHON AGAINST DRUG –ABUSE ORGANISED BY -HIMACHAL PRADESH POLICE

A Half-Marathon against Drug Abuse was organized by the Himachal Pradesh Police on September 29, 2024, to raise awareness about the harmful effects of drugs, encourage a healthy lifestyle, and work towards creating a drug-free state. The event, held at the Ridge, Shimla, aimed to unite people against drug addiction while promoting awareness, supporting rehabilitation, and reducing drug-related crimes.

The Anti-Drug Squad of the college encouraged students to participate in the marathon and spread awareness about the menace of drugs. The marathon highlighted fitness and mental well-being as positive alternatives to substance abuse. It also strengthened community ties, supported rehabilitation initiatives, and encouraged on-going dialogue on drug prevention and awareness—contributing to the vision of a drug-free state.

**YOUR FUTURE IS BRIGHT – DON'T LET
DRUGS DIM THE LIGHT!**



**MARATHON AGAINST
DRUG ABUSE**

**THIS IS TO INFORM YOU ALL THAT A HALF-MARATHON
IS BEING ORGANISED BY HIMACHAL PRADESH POLICE
AGAINST DRUG ABUSE. THE DETAILS OF THE EVENT ARE AS FOLLOWS:**

DATE: 29TH SEPTEMBER, 2024
VENUE: THE RIDGE, SHIMLA
TIME: 7:00 A.M.

**MARATHON CATEGORIES: HALF-MARATHON (21.5 K.M.),
MINI -MARATHON (10 K.M.), DREAM-RUN (3 K.M.)**
REGISTRATION FEE- ₹50/ONLY

THE LAST DATE FOR REGISTRATION: 25TH SEPTEMBER, 2024

Brochure



Running for a cause! Students joined the Himachal Pradesh Police Half-Marathon at Ridge, Shimla, promoting a healthy, drug-free lifestyle and spreading awareness against substance abuse.



GRAM SABHA MEETING UNDER UBA

On October 2, 2024 a Gram Sabha Meeting was held under Unnat Bharat Abhiyan (UBA) to understand the developmental needs of the village, identify potential solutions, and engage the local community in participatory planning and implementation of UBA activities.

The UBA Cell of St. Bede's College, Shimla, along with ten community outreach students, represented the college in the meeting.

The meeting was attended by several dignitaries, including the Additional Deputy Commissioner (ADC), Shimla; Development Officer (DO), Mashobra; Pradhan and Up-Pradhan of Dhalli Gram Panchayat; ward members; and residents from the surrounding villages.

The following key agenda items were discussed during the meeting:

1. Cleanliness drive in the Dhalli urban area
2. Awareness and implementation of schemes under the Panchayati Raj system
3. Challenges faced by MGNREGA workers
4. Women's awareness and related social issues

Such meetings play a vital role in spreading awareness about UBA, conducting rural appraisals, and facilitating the discussion and prioritization of intervention areas. A significant outcome of the meeting was the formation of a *Village Development Committee (VDC)* to lead and coordinate initiatives aimed at the holistic development of rural areas.

Social Media Link: <https://www.facebook.com/share/p/1ACQxSFghN/?mibextid=qi2Omg>



Gram Sabha Meeting under UBA, October 2, 2024



Gandhi Jayanti Celebration

The Hindustan Scouts and Guides branch at St. Bede's College in Shimla held a virtual Gandhi Jayanti celebration on October 2, 2024, using Google Meet. The event's focus, "Unity in Simplicity: Celebrating Mahatma Gandhi's Legacy Through His Attire and Movements for Freedom," emphasized Gandhi's significant impact on India's independence struggle and his lasting message of simplicity. The purpose of observing Gandhi Jayanti is to commemorate Mahatma Gandhi's contributions, uphold his principles, and disseminate knowledge about his philosophies. Attendees donned clothing reminiscent of Gandhi's style, particularly his signature khaki garments, and shared meaningful quotes that captured his philosophy of non-violence and unity. The online gathering featured a compelling portrait of Gandhi, representing his dedication to peace and justice. Outcome: The commemoration of Gandhi Jayanti proved to be a significant and influential occasion, effectively embodying the core values championed by Mahatma Gandhi.

St. BEDE'S College
NAAC Re- Accredited A Grade

Hindustan Scouts and Guides
Is organising an activity on the occasion of

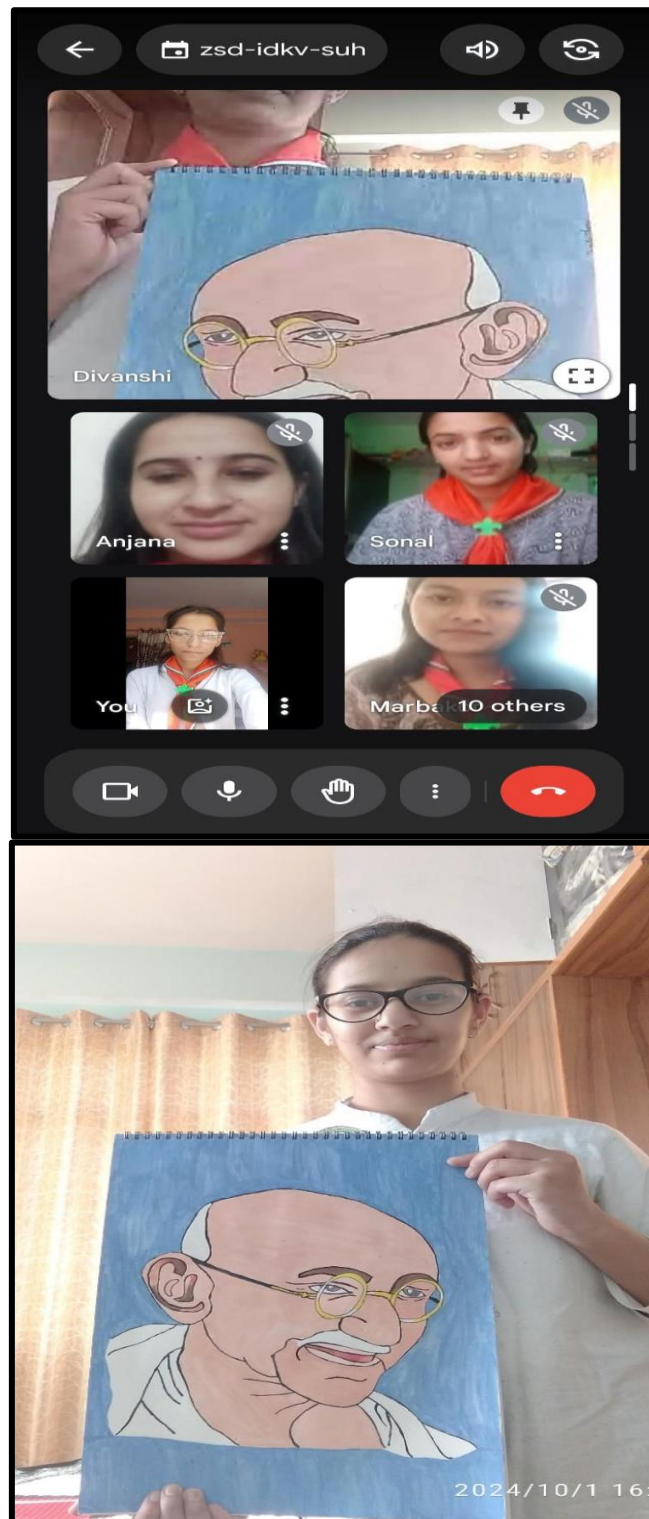
"Gandhi Jayanti"
Under the Theme
**"Unity in Simplicity:
Celebrating Mahatma
Gandhi's Legacy Through His
Attire and Movements for
Freedom."**

Be the change
that you want to
see in the world. ”

– Mahatma Gandhi

Date:- 2 October 2024
Time:- 11:00 AM
On Google Meet

Brochure



Gandhi Jayanti Celebration (October 2, 2024)

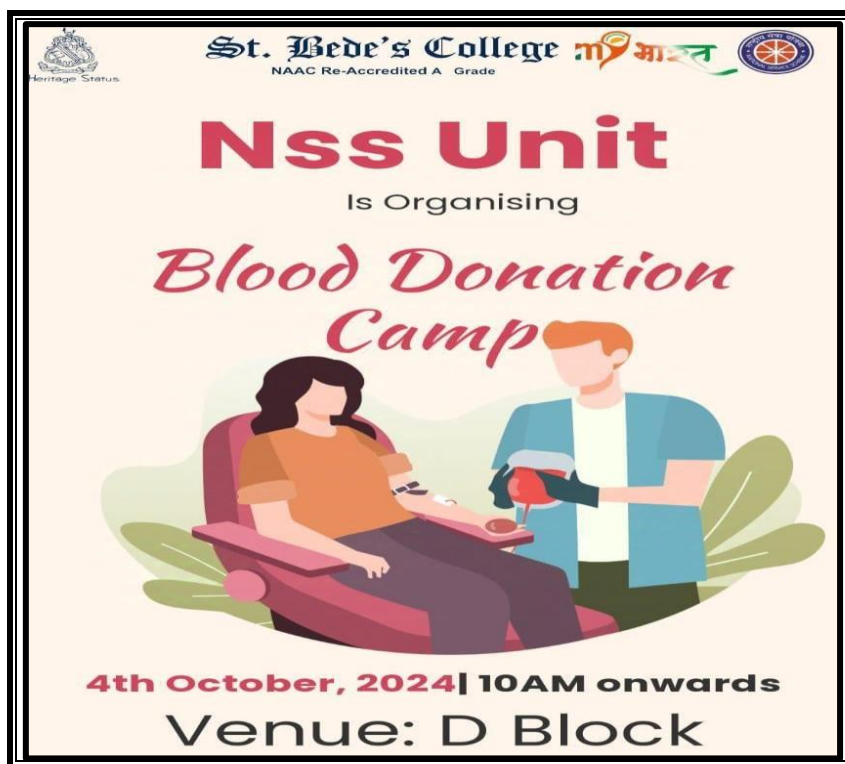


BLOOD DONATION DRIVE

On October 4, 2024, the NSS Unit of St. Bede's College organized a Blood Donation Drive under the guidance of Principal Professor Sister Molly Abraham and Program Officers Dr. Kanu Mehta and Mr. Anoop Dilta. Supported by Dr. Siddharth's team from IGMCI, the event successfully collected over 60 units of blood from students, faculty, and staff.

The Principal felicitated Dr. Siddharth for his valuable contribution, and NSS volunteers efficiently coordinated the drive. Donors received refreshments and certificates as tokens of appreciation.

The drive not only raised awareness about the importance of blood donation but also reinforced the spirit of community service within the college.



Brochure



Blood Donation Drive



NATIONAL UNITY DAY

As part of the National Unity Day (Rashtriya Ekta Diwas) celebrations, the Department of History of St. Bede's College organized a poster-making competition on October 31, 2024, to promote the spirit of national integration and unity among students. The event was inspired by the vision and legacy of Sardar Vallabhbhai Patel, whose birth anniversary is celebrated as National Unity Day.

The competition aimed to encourage creativity among students while instilling the values of unity, diversity, and patriotism. Students showcased their artistic talents by creating visually captivating posters. The event was a great success, fostering a strong sense of unity and patriotism among the participants.

It also served as a platform for creative expression, inspiring students to reflect on the importance of staying united as a nation and helping them develop a deeper understanding of the significance of unity in diversity.





Poster Making Activity



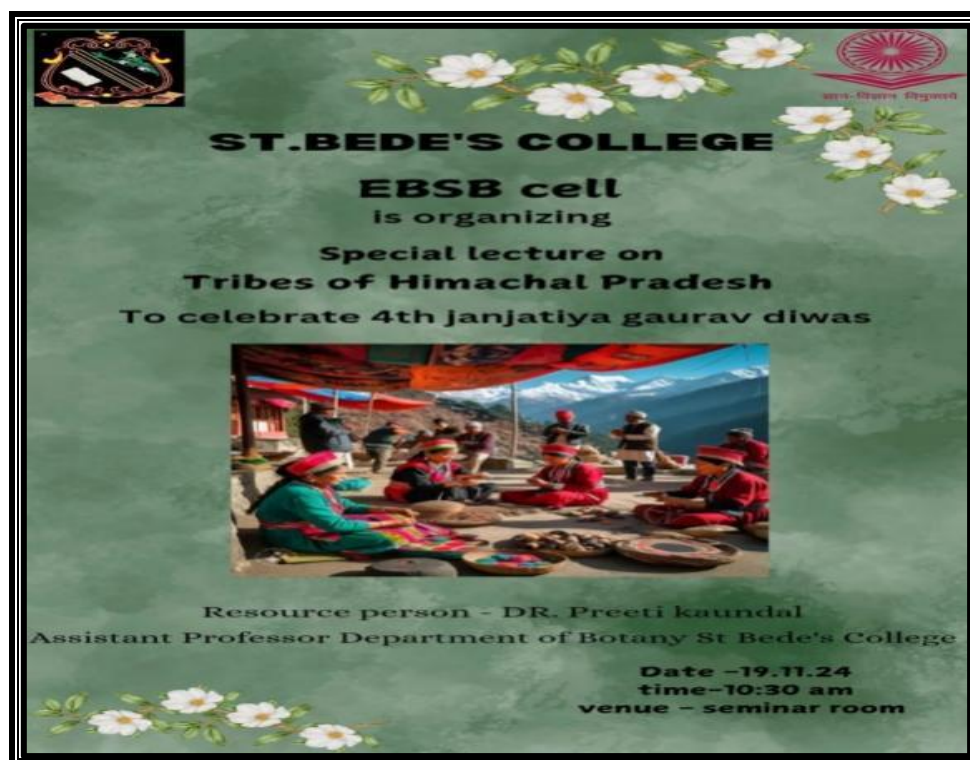
SPECIAL LECTURE ON “TRIBES OF HIMACHAL PRADESH

The Ek Bharat Shreshtha Bharat Cell of St. Bede's College organized a special lecture on November 19, 2024, to commemorate the 4th Janjatiya Gaurav Diwas. The lecture focused on the theme “*Tribes of Himachal Pradesh*,” highlighting the state's diverse tribal heritage.

Himachal Pradesh is home to a vibrant tribal community, characterized by its rich cultural traditions, distinctive lifestyles, music, dance, attire, and strong ethnic identity. Prominent tribes in the region include the Kinnauris, Gaddis, Gujjars, and Lahaulies.

The main aim of the lecture was to identify the social, cultural, ecological, and environmental aspects of tribal life and to promote brotherhood and cultural interaction with tribal communities.

The session was led by Dr. Preeti Kaundal, who inspired students to engage in initiatives that support tribal welfare and rights.





Special Lecture on “Tribes of Himachal Pradesh”



REPUBLIC DAY CELEBRATION

On January 26, 2025, the NCC Cadets of St. Bede's College marked Republic Day with a creative virtual tribute by producing an engaging Instagram reel. The reel featured snippets of cadets delivering speeches, reciting patriotic messages, and emphasizing the values of unity and democracy.

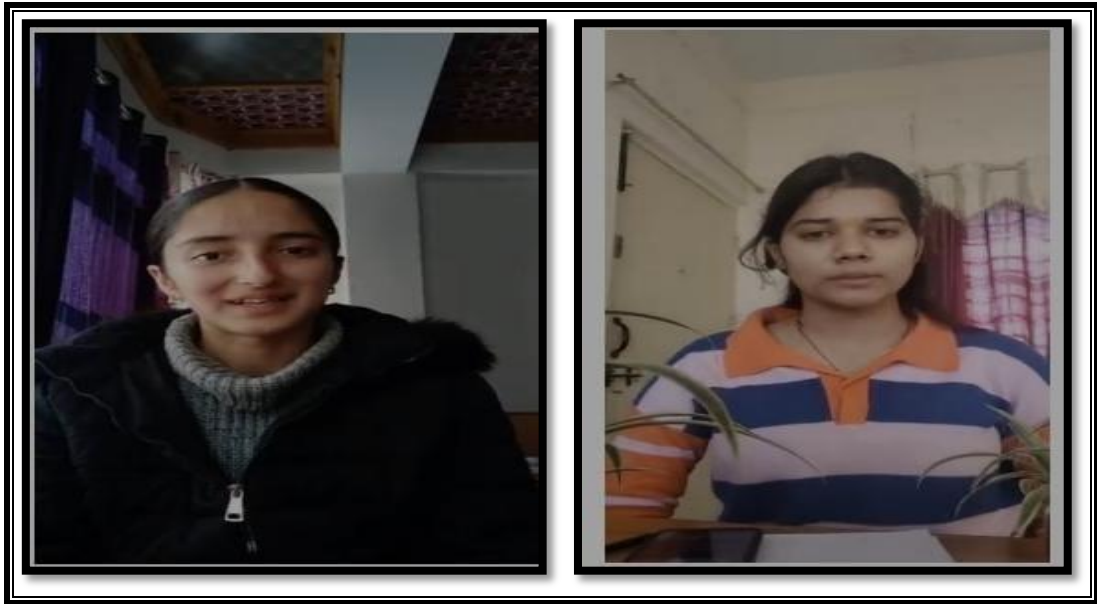
The initiative aimed to spread awareness about the significance of Republic Day, reminding the audience of India's constitutional values and the sacrifices of its freedom fighters. The cadets expressed their pride and respect for the nation, encouraging viewers to reflect on their roles as responsible citizens.

By leveraging a digital platform, the cadets effectively connected with a wider audience, making the celebration more inclusive and impactful. The event concluded with the cadets reaffirming their dedication to the values of unity, discipline, and service to the nation, making the Republic Day tribute a meaningful and memorable success.

Video Link: <https://www.instagram.com/share/reel/BAE636njA0>



Brochure



Celebration of Republic Day, Virtual (January 26, 2025)

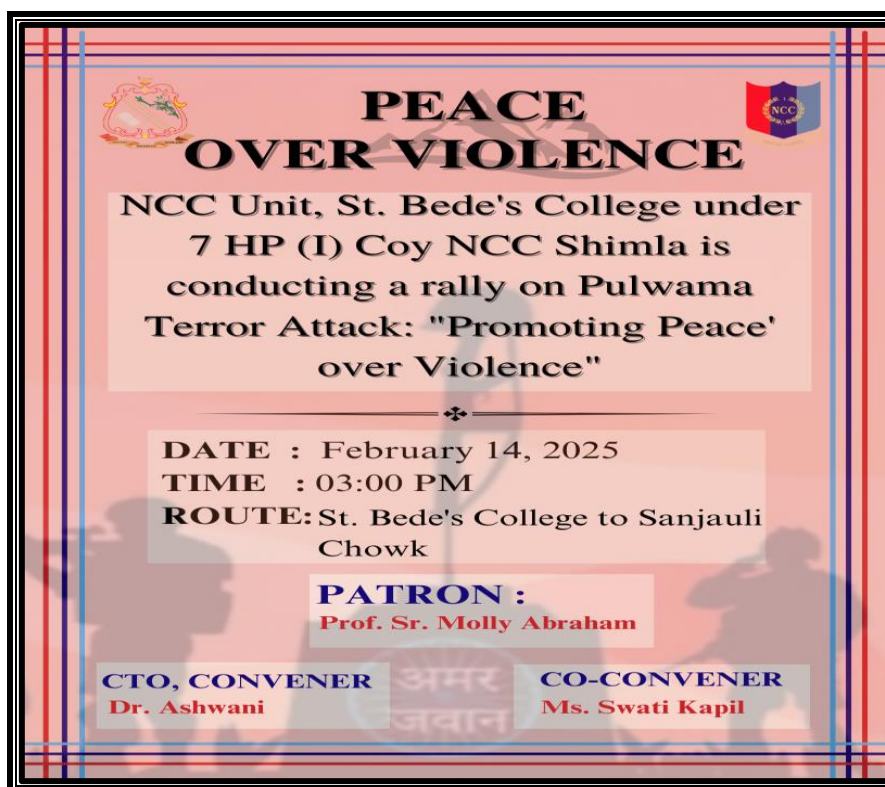


RALLY ON PEACE OVER VIOLENCE

On February 14, 2025, the NCC Cadets of St. Bede's College organized a peace rally titled "Peace over Violence: Building a Safer Future," commemorating the Pulwama Attack and advocating for global harmony and non-violence. The rally was held to promote peace, solidarity, and awareness about non-violence, while honouring the sacrifices made during the Pulwama Attack.

The event aimed to spread awareness about the significance of peace, condemn terrorism, and emphasize the importance of unity and collective strength. The cadets carried placards with powerful messages, urging society to stand together against violence and to build a safer, more peaceful world.

As they marched through St. Bede's College, their slogans and banners captured the attention of local residents. The rally successfully inspired collective action for a safer world, spreading strong messages of peace, unity, and resilience against terrorism and violence.



Brochure



Rally on Peace over Violence (February 14, 2025)



WORKSHOP ON “PROMOTING INTERGENERATIONAL BONDING WITH COLLEGE STUDENTS”

On February 19, 2025, St. Bede's College, Shimla, hosted a workshop on intergenerational bonding, organized by the Women Cell and Gender Champion Club. The resource persons for the day were Dr. Shonali Sud, Retired Associate Professor and Head, Department of Psychology, St. Bede's College, Shimla, and Ms. Pankhuri Bhatnagar, Assistant Professor at the University of Legal Studies, Chaura Maidan, Shimla.

The workshop aimed to foster understanding and appreciation between generations by exploring intergenerational relationship dynamics, psychological insights, and the evolution of values and communication. Its primary goal was to inspire lifelong learning, self-reflection, and personal growth through interactive and engaging methods such as discussions, storytelling, and games.

The second resource person, Ms. Pankhuri Bhatnagar, commenced her session on a positive note, creating an engaging and encouraging atmosphere for the students.

St. Bede's College
NAAC RE-ACCREDITED 'A' GRADE

WOMEN CELL & GENDER CHAMPION CLUB
(UNDER THE AEGIS OF IQAC)


Organises Workshop on


PROMOTING INTERGENERATIONAL BONDING WITH COLLEGE STUDENTS

sponsored by

NATIONAL INSTITUTE OF SOCIAL DEFENCE
(MINISTRY OF SOCIAL JUSTICE & EMPOWERMENT, GOVERNMENT OF INDIA)

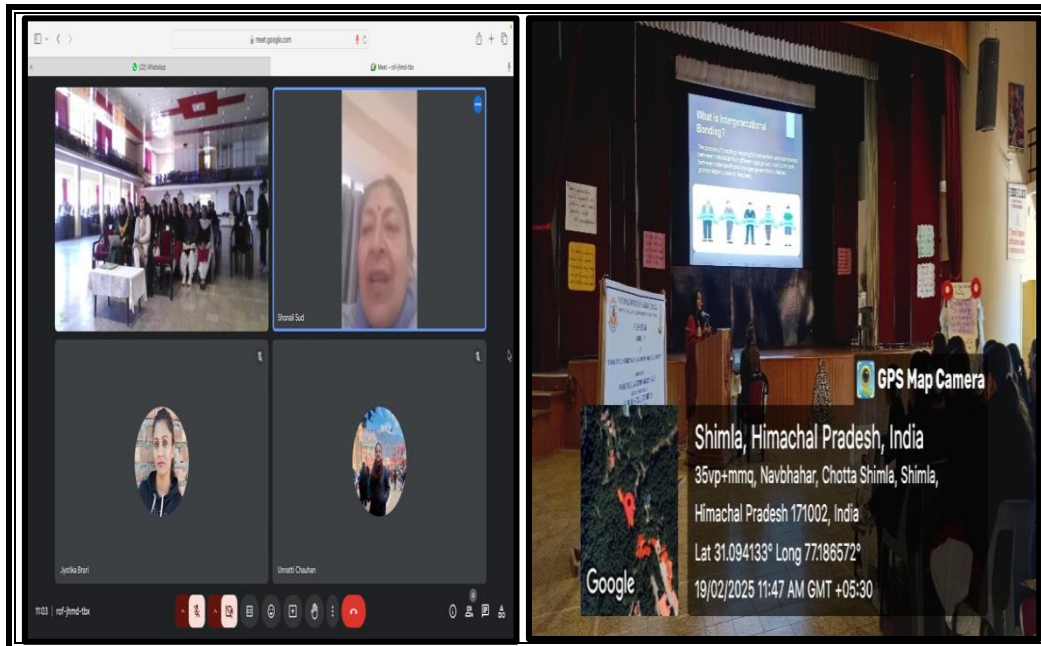
RESOURCE PERSONS


Dr. Shonali Sud
Associate Professor & Head (Retd.)
Department of Psychology
St. Bede's College, Shimla


Ms. Pankhuri Bhatnagar
Assistant Professor (Guest)
University Institute of Legal Studies
Chaura Maidan, Shimla

DATE: FEBRUARY 19, 2025
TIME: 9:30 AM ONWARDS
VENUE : AUDITORIUM

Brochure



Workshop on "Promoting Intergenerational Bonding with College Students"



Media coverage



NCC RAISING DAY

On March 8, 2025, the NCC Cadets of St. Bede's College, under 7 HP (I) Coy NCC Shimla, celebrated NCC Raising Day with great enthusiasm and patriotic fervour. The event was graced by JCO Shyam Lal as the Chief Guest, whose words of wisdom and leadership deeply inspired the cadets and attendees.

The celebration aimed to honour the spirit of service, discipline, and unity while recognizing the achievements of the cadets. It commenced with a Formal Drill, where cadets displayed remarkable precision, coordination, and discipline, reflecting their commitment to NCC values. This was followed by cultural dance performances, showcasing the cadets' talent and team spirit.

A highlight of the event was the Felicitation Ceremony, where outstanding cadets were honoured for their exceptional contributions and achievements. This recognition served as motivation for all cadets to strive for excellence in their NCC journey.

The celebration successfully showcased the cadets' discipline and talent, inspired attendees through valuable leadership insights, and reinforced the core values of the NCC.



Brochure



NCC Raising Day (March 8, 2025)



ACTIVITIES RELATED TO ENVIRONMENT AND SUSTAINABILITY

WORLD ENVIRONMENT DAY

On June 5, 2024, the NCC Unit of St. Bede's College enthusiastically celebrated World Environment Day to raise awareness about environmental conservation. Students actively participated in discussions on climate change, pollution control, and biodiversity conservation. The event concluded with a pledge to adopt sustainable habits and protect the environment. The celebration served as a reminder that small efforts can collectively lead to a greener and healthier planet.

The NCC cadets also took part in a slogan-writing competition based on the theme of land restoration, desertification, and drought resilience. Cadets showcased their creativity through impactful slogans on "*Our Land, Our Future*" and engaged in thought-provoking debates on prioritizing endangered species versus overall biodiversity.



Brochure



Celebrated World Environment Day

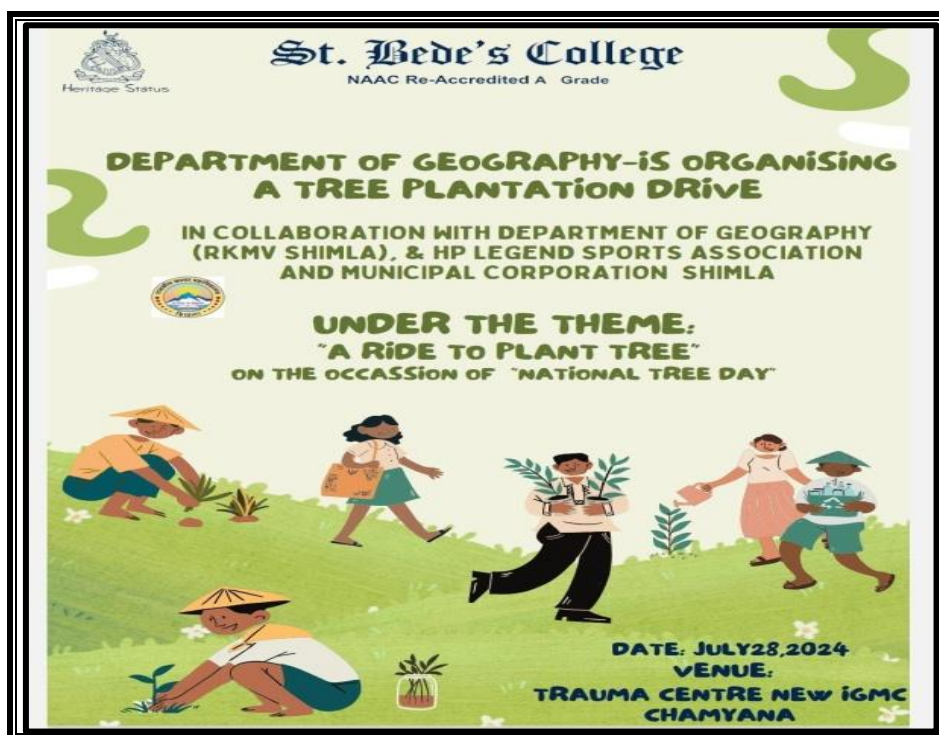


TREE PLANTATION DRIVE

On July 28, 2024, to celebrate National Tree Day, the Eco Club, Department of Geography, and NSS Unit of RKMV College, in collaboration with Healing Himalaya and St. Bede's College, organized a tree plantation drive at Chamiyana Hospital. The event aimed to enhance the greenery around the hospital premises, promote environmental awareness, and foster a sense of community involvement in conservation efforts.

The drive commenced with a cycling rally from the Mall Road, Shimla, to Chamiyana Hospital. The rally was flagged off by Shri Kehar Singh Khachi, Chairman, Forest Cooperation, Himachal Pradesh. The Hon'ble Mayor, Surinder Chauhan, MC, Shimla, served as the Chief Guest of the plantation drive. Dignitaries from RKMV College, Healing Himalaya, and St. Bede's College shared their insights on the significance of tree planting.

Number of Trees Planted: A total of 500 saplings were planted around Chamiyana Hospital. The educational session effectively raised awareness about the importance of trees.



Brochure



Tree plantation drive at Chamiyana Hospital

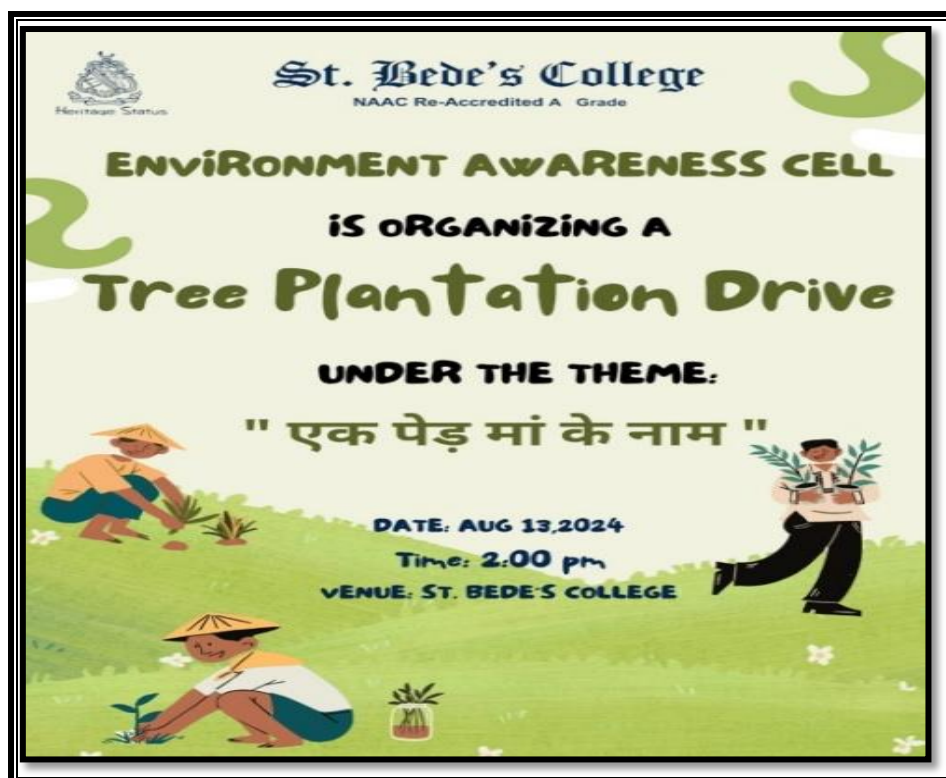


TREE PLANTATION DRIVE

On August 13, 2024, a tree plantation drive was organized by the Environment Awareness Cell of St. Bede's College, Shimla, under the theme "*Ek Ped Maa ke Naam.*" The main objective of the event was to enhance the green cover and promote environmental consciousness.

The initiative focused on planting Deodar and Horse Chestnut trees and witnessed enthusiastic participation from the students of St. Bede's College. Volunteers were briefed on proper planting techniques and the environmental benefits of trees. The saplings were planted in designated areas, ensuring correct spacing and depth.

A total of 30 saplings of Deodar and Horse Chestnut were planted, fostering environmental awareness and promoting stewardship of nature among the students.



Brochure



Tree Plantation Drive

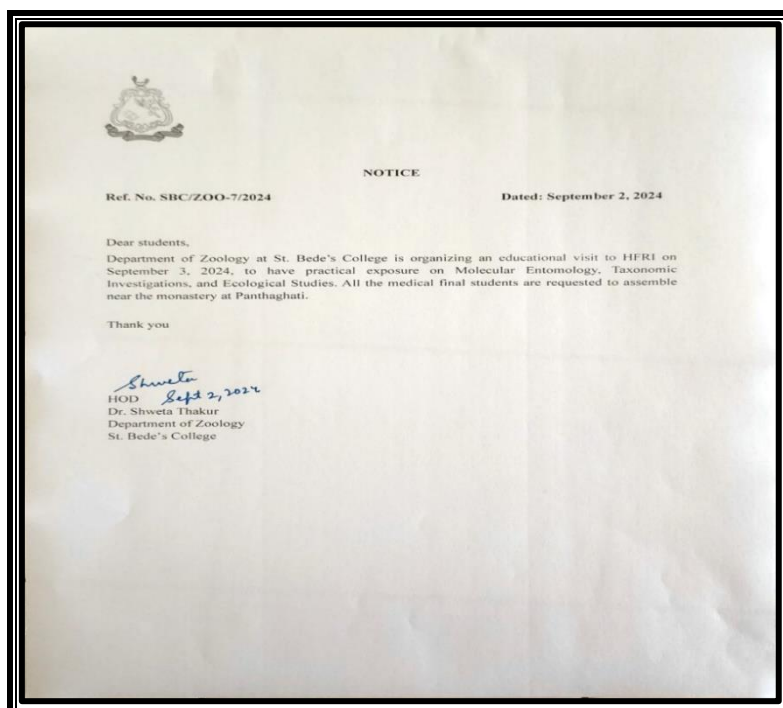


VISIT TO HIMALAYAN FOREST RESEARCH INSTITUTE PANTHAGHATI SHIMLA

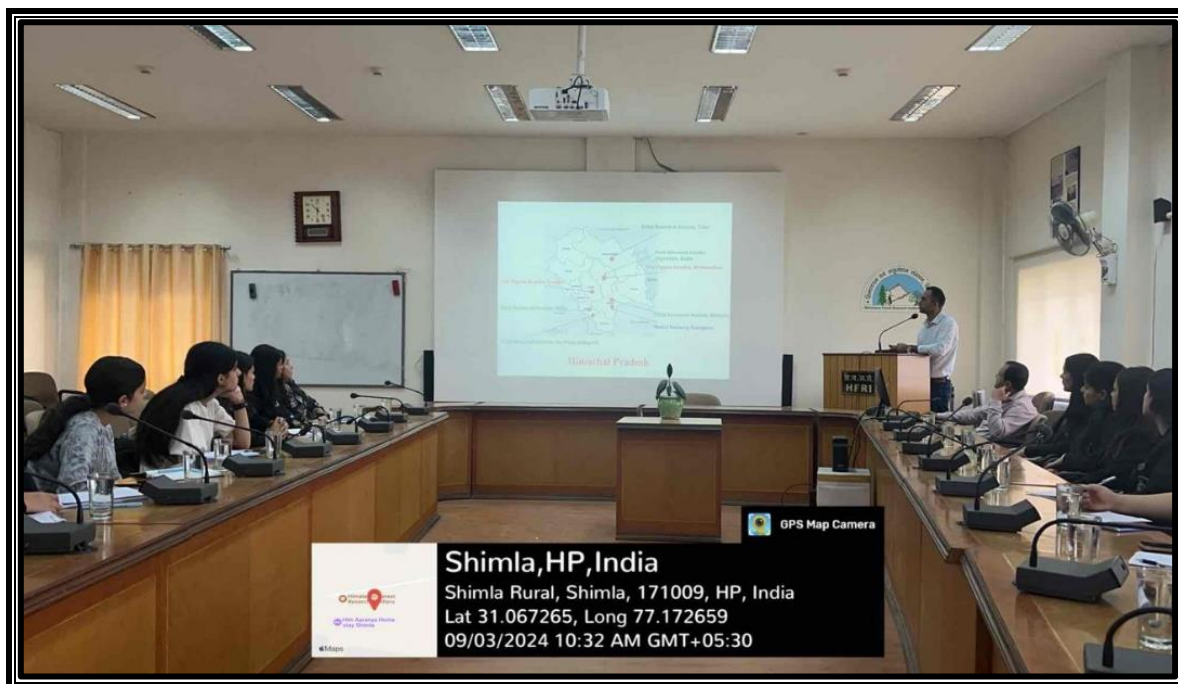
On September 3, 2024, the students of B.Sc. III, Department of Zoology, St. Bede's College, visited the Himalayan Forest Research Institute (HFRI), Panthaghati, Shimla. The day began with a detailed presentation delivered by Dr. Akhil, a research associate at the institute. He explained the institute's role in contributing to forestry research, its inception, and its mission to conserve and manage forest resources, particularly in the ecologically sensitive Himalayan region.

The presentation highlighted studies related to forest biodiversity, ecosystem conservation, climate change impacts, sustainable forest management, and forest protection.

Dr. Sandeep Sharma, Director of HFRI, provided students with guidance on internships and project opportunities available at the institute, including summer and winter projects. These opportunities aim to help students gain practical experience and enhance their skills in forest research and related fields.



Notice



Presentation delivered by Dr. Akhil, in the conference hall HFRI



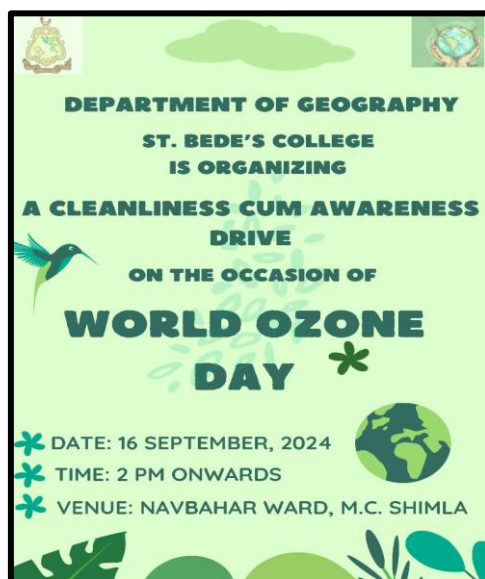
Himalayan Forest Research Institute, Panthaghathi Shimla



CLEANLINESS CUM AWARENESS DRIVE

On September 16, 2024 The Department of Geography, St. Bede's College, Shimla celebrated the World Ozone Day on September by conducting a Cleanliness cum Awareness Drive, around the Navbahar Ward of Shimla City. The event started around 2:00 PM after the lunch. The students gathered at the college gate before proceeding for the rally. The area selected for the cleanliness drive and awareness rally was on walking distance from the college. The students showcased their talents by making various posters, charts, pamphlets and small cards. The students were given gloves to maintain proper hygiene and the garbage was collected and disposed. The students shouted slogans during the rally and distributed handmade pamphlets to raise awareness regarding ozone depletion and resultant global warming.

The students were able to spread awareness through slogans and pamphlets. The event highlighted the importance of ozone layer and reasons for its depletion. The cleanliness event spread the message of the importance of clean environment in the community.



Brochure



Pictures of the Event



Cleanliness Drive , Nukkad Natak and Rally

On 28 September ,2024 The NSS unit of St. Bede's College, organized a cleanliness drive and Nukkad Natak (street play) in China-Tilla Village, under Panchayat Dhalli. Volunteers performed the Nukkad Natak to highlight the importance of a clean environment to an audience of villagers and gram panchayat members. Additionally, they collected waste, including plastics and wrappers, during their journey to and from the village, further contributing to the cleanliness initiative.



Cleanliness Drive and Nukkad Natak



छात्राओं ने किया नुक्कड़ नाटक का मंचन

शिमला। सेंट बीड्स कॉलेज में स्वभाव स्वच्छता, संस्कार स्वच्छता के तहत एनएसएस के चलाए जा रहे कार्यक्रम में छात्राओं ने शनिवार को ढली पंचायत के तहत चाईना टिला में सफाई अभियान चलाया। इस दौरान नुक्कड़ नाटक से स्वच्छता का महत्व भी बताया। कार्यक्रम में एनएसएस अधिकारी डॉ. कनु मेहता, अनूप दिल्टा के अलावा पंचायत उपप्रधान किशोर ठाकुर, वार्ड सदस्य सुरेंद्र ठाकुर, निशा ठाकुर और अन्य ग्रामीणों ने भी सहयोग किया। इस दौरान छात्राओं ने रास्ते में सफाई अभियान चलाकर जंगलों में फैले कूड़े, प्लास्टिक को एकत्र करने का कार्य किया। हेलीपोर्ट रोड से टिल्ला गांव तक सफाई की। ब्यूरो

Newspaper cutting



HANDS-ON TRAINING AT PUNJAB AGRICULTURAL UNIVERSITY LUDHIANA

On the first day of the field survey, October 1, 2024, at Punjab Agricultural University, Ludhiana, Punjab, the students attended a hands-on training program on 'Soil Genesis.' The program was organized by Dr. Vijay Kant Singh, Pedologist, Department of Soil Science, PAU. A scientist from PAU elaborated on the process of soil genesis and demonstrated how the properties of soil can be studied using various machines available at the university. This was followed by a lecture delivered by Dr. Vijay Kant Singh to further explain soil-related processes. The students were able to observe the phenomena of soil genesis and soil erosion in the laboratory, which is otherwise very rare to witness. This experience will surely enhance their understanding of soil as an important natural resource.



Hands-on Training at Punjab Agricultural University Ludhiana



FIELD SURVEY AMRITSAR

The Department of Geography conducted a field survey from October 1–6, 2024 to train students in field techniques, data collection and real-world exposure.

Students of B.A. Geography Honours and Pass course visited Amritsar and nearby areas as part of the exercise.

Day 1 included a visit to Punjab Agricultural University, Ludhiana, with hands-on training, a soil museum tour and a lecture by Dr. Vijay Kant Singh.

Day 2 involved data collection in Amritsar City and Mudhal Village.

Day 3 focused on tourism and economic activity surveys in Amritsar, followed by visits to the Golden Temple and Jallianwala Bagh.

On Day 4, students explored Pushpa Gujaral Science City in Kapurthala.

Day 5 marked the return journey via Jalandhar, with recreational activities at Wonderland, Ludhiana.

Students reached Shimla early on Day 6.

The survey taught students that real-world settings are the true laboratory of geographers.

They gained practical experience in primary data collection and research challenges, helping shape their future as researchers.

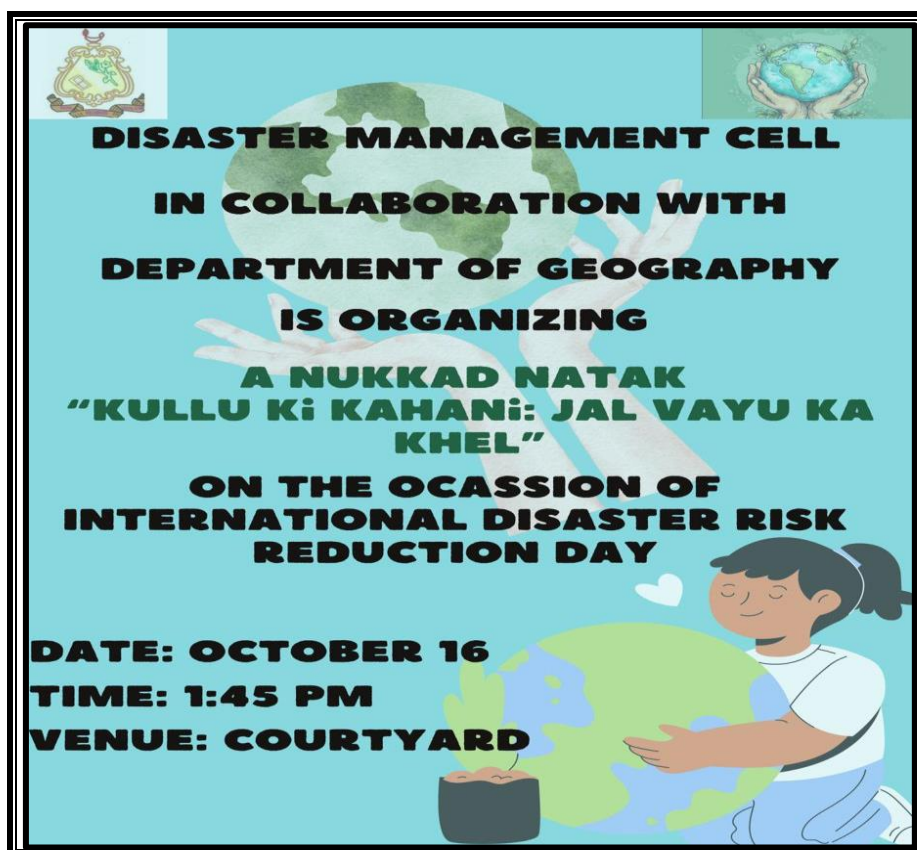






INTERNATIONAL DISASTER RISK REDUCTION DAY

On October 16, 2023, the Department of Geography, in collaboration with the Disaster Management Cell, conducted a lecture and poster-making competition on the topic, "Understanding the Geography of Disaster Management and Preparedness in the Northwestern Himalayas." The event aimed to raise awareness about the unique geographical challenges of the region and promote effective disaster management strategies. The lecture was delivered by Dr. Khayal Chand, Assistant Professor, Department of Geography, Centre of Excellence, Government College, Sanjauli. He emphasized the importance of geographical knowledge in disaster management and highlighted the vulnerability of the Northwestern Himalayas to various natural disasters. The event included interactive sessions, enabling students to understand the destruction of the Himalayan ecosystem caused by manmade disasters.



Brochure

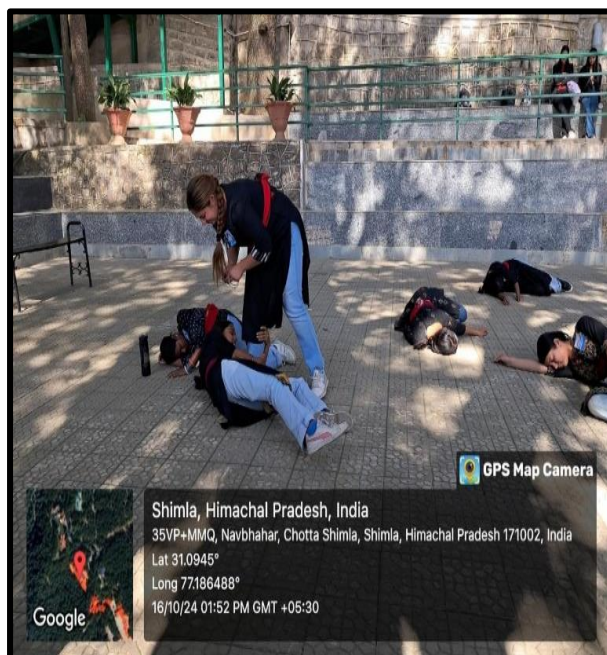


Lecture on the topic "Understanding the Geography of Disaster Management and Preparedness in Northwestern Himalayas."



STREET PLAY: "KULLU KI KAHANI - JAL VAYU KA KHEL,"

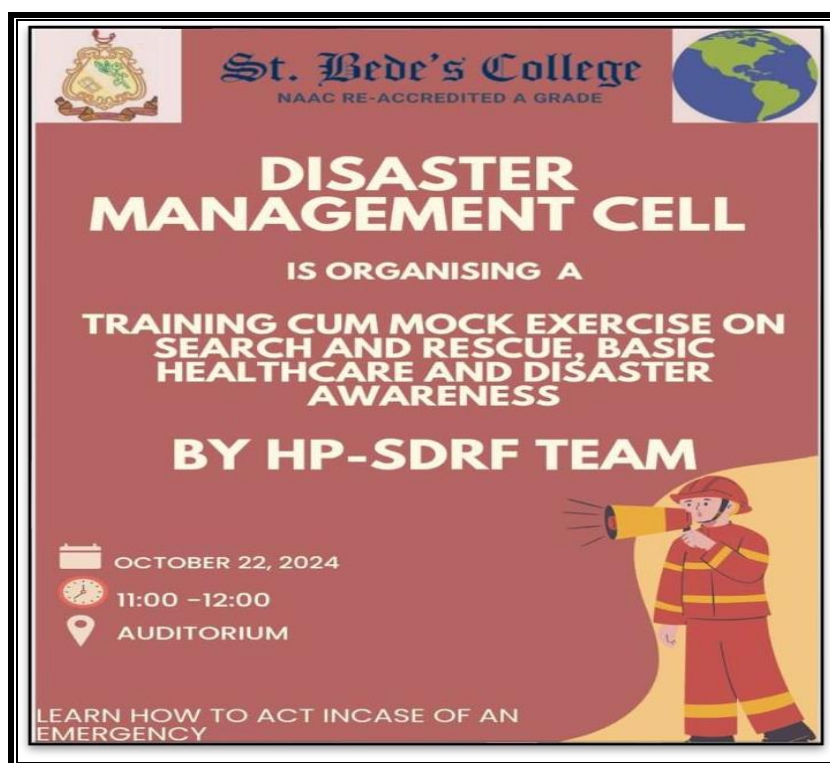
On October 16, Disaster Management Cell in collaboration with Department of Geography conducted a Street Play titled "*Kullu Ki Kahani - Jal Vayu Ka Khel*," aiming to raise awareness about climate change and its effects on the Kullu Valley and in Himachal Pradesh as a whole. This performance conveyed a critical environmental message of climate change in Himachal Pradesh resulting into flash floods, landslides and cloudbursts. The event took place in the college courtyard, attracting a diverse audience, including students and teachers. The performance was structured to be both entertaining and educational, ensuring that the message resonated with everyone present. The characters interacted in a way that highlighted both the beauty of Kullu's nature and the urgent need for its conservation.





TRAINING CUM MOCK EXERCISE ON SEARCH AND RESCUE, BASIC HEALTHCARE AND DISASTER AWARENESS BY THE SDRF TEAM

On October 22, the Disaster Management Cell organized a comprehensive Training cum Mock Exercise focusing on Search and Rescue, Basic Healthcare, and Disaster Awareness, conducted by the State Disaster Response Force (SDRF). The event aimed to enhance the preparedness and response capabilities of participants in the face of various disasters. Special recognition was given to DSP Gulshan Negi and SI Naseem Khan for their exemplary leadership and dedication in facilitating the training. Following this, SI Naseem Khan and his team conducted sessions on First Aid, CPR, and trauma care, empowering participants to manage medical emergencies effectively. The training and mock exercise marked a significant step toward enhancing community resilience and disaster preparedness.



Brochure



Training cum Mock exercise on Search and Rescue, Basic Healthcare and Disaster awareness by the SDRF team.



Picture of the Event



GANDHI JAYANTI CELEBRATION

The Hindustan Scouts and Guides branch at St. Bede's College in Shimla held a virtual Gandhi Jayanti celebration on October 2, 2024, using Google Meet. The event's focus, "Unity in Simplicity: Celebrating Mahatma Gandhi's Legacy Through His Attire and Movements for Freedom," emphasized Gandhi's significant impact on India's independence struggle and his lasting message of simplicity. The purpose of observing Gandhi Jayanti is to commemorate Mahatma Gandhi's contributions, uphold his principles, and disseminate knowledge about his philosophies. Attendees donned clothing reminiscent of Gandhi's style, particularly his signature khaki garments, and shared meaningful quotes that captured his philosophy of non-violence and unity. The online gathering featured a compelling portrait of Gandhi, representing his dedication to peace and justice. Outcome: The commemoration of Gandhi Jayanti proved to be a significant and influential occasion, effectively embodying the core values championed by Mahatma Gandhi.

St. BEDE'S College
NAAC Re- Accredited A Grade

Hindustan Scouts and Guides
Is organising an activity on the occasion of

"Gandhi Jayanti"

Under the Theme

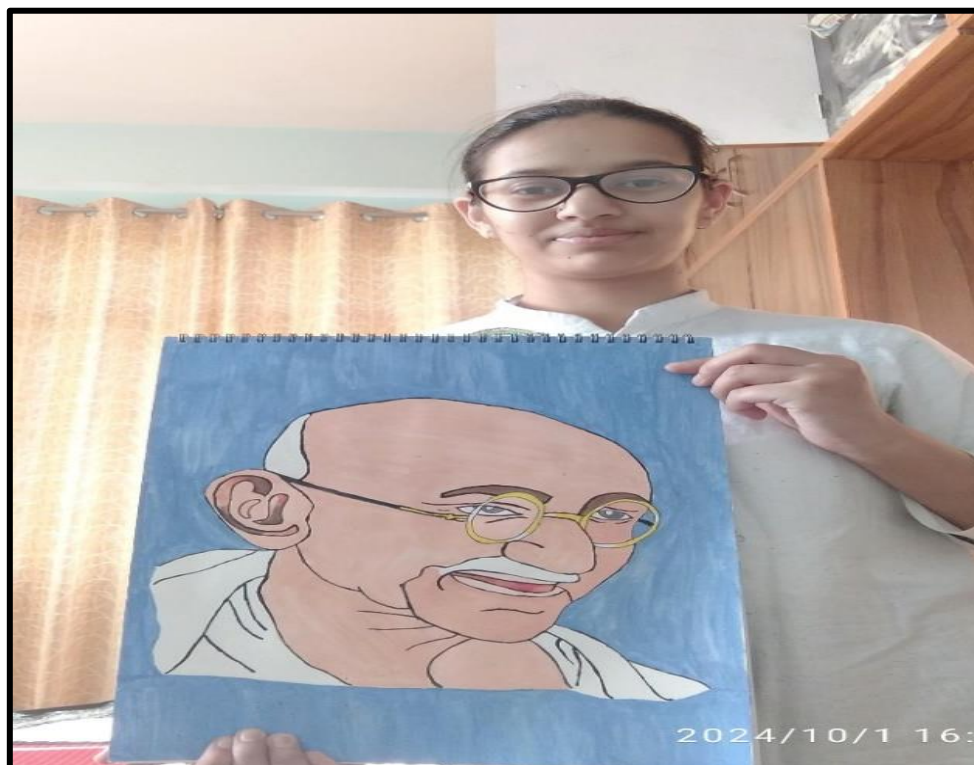
**"Unity in Simplicity:
Celebrating Mahatma
Gandhi's Legacy Through His
Attire and Movements for
Freedom."**

Be the change
that you want to
see in the world. ”

- Mahatma Gandhi

Date:- 2 October 2024
Time:- 11:00 AM
On Google Meet

Brochure



Gandhi Jayanti Celebration (October 2, 2024)



HANDS ON TRAINING IN BEEKEEPING AT Y. S. PARMAR UNIVERSITY OF HORTICULTURE AND FORESTRY NAUNI

On October 23, 2024 the SEC students of B.Sc. III and B.Sc. II Department of Zoology, St. Bede's College visited Y. S. Parmar University of Horticulture and Forestry Nauni, Solan for hands on training in beekeeping. The training introduced students to the fundamentals of beekeeping, focusing on two bee species: *Apis mellifera* and *Apis cerana*. This session provided a unique blend of theoretical knowledge and practical skills, bridging classroom learning with real-world applications. This aspect of the training highlighted the complexities of maintaining hive health and the importance of vigilance in sustainable beekeeping practices. Additionally, students gained insights into the crucial role bees play in pollination and maintaining biodiversity. The training underscored the ethical and sustainable practices essential in beekeeping, such as using eco-friendly methods to care for hives and promoting bee conservation.



Notice



Identification of queen bee



RAISING AWARENESS ON BIODIVERSITY CONSERVATION

On October 23, 2024, students from the Zoology Department conducted an awareness activity through PowerPoint presentation on biodiversity conservation at Frontline Public School in Thanedar, Shimla. This initiative was aimed at raising awareness among school students about the critical importance of preserving our planet's biodiversity. The presentation was delivered by four enthusiastic students: Sanyogita Chauhan, Shourya Sharma, Rishika Negi, and Abha Verma. They skillfully outlined some of the most pressing threats to biodiversity, including habitat destruction, climate change, pollution, overexploitation of resources, and the introduction of invasive species. They discussed the critical role of biodiversity in sustaining life on Earth and how its loss can have severe consequences for humanity, including food security and health impacts and provided an insight about the flora and fauna of Himachal Pradesh.



Raising awareness among school students about the critical importance of preserving our planet's biodiversity



COMPOST SALE

On December 12, 2024, the Environment Awareness Cell, in collaboration with the Departments of Biotechnology and Microbiology, organized a compost sale at the college. The event aimed to provide affordable, high-quality compost for local farmers and gardeners, promoting sustainable plant growth and productivity. It also focused on waste reduction, raising awareness about the benefits of composting, waste management, and sustainability, and educating participants on how they can adopt eco-friendly practices. The initiative successfully combined the promotion of greener practices with the provision of compost to enhance plant growth and productivity.



Brochure



Compost Sale organized on December 12, 2024