

## **SUPPORTING DOCUMENTS**

5.3.3

# SPORTS AND CULTURAL EVENTS/COMPETITIONS IN WHICH STUDENTS OF THE INSTITUTION PARTICIPATED DURING THE YEAR (ORGANIZED BY THE INSTITUTION/OTHER INSTITUTIONS)



St. Bede's College Shimla-171002

(UGC-NAAC "A" Grade Re-Accredited) College with Potential for Excellence

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#### TO WHOM IT MAY CONCERN

This is to certify that following number of sports and cultural events/competitions organized by the institution/other institutions in which students participated during the year 2024-25 have been verified. I attest to their accuracy to the best of my knowledge.

S. No.	Number of activities
1.	63

Sr. Rosily 7m Sr. Rosily T.L. 29/11/2025

Principal

St. Bede's College

Officiating Principal St. Bede's College Shimla - 171 00?



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#### WORLD ENVIRONMENT DAY

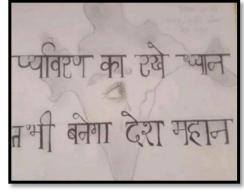
Date: June 5, 2024

On June 5, 2024, NCC at St. Bede's 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 NCC Cadets enthusiastically participated in a slogan writing competition. The theme focused on land restoration, desertification, and drought resilience. Cadets showcased their creativity with slogans on "Our Land, Our Future" and engaged in thought-provoking debates on prioritizing endangered species versus overall biodiversity.



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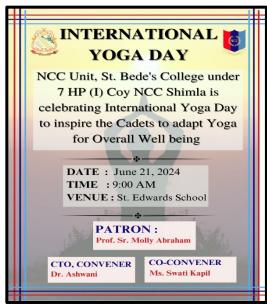
05-06-2024: World Environment Day



#### INTERNATIONAL YOGA DAY

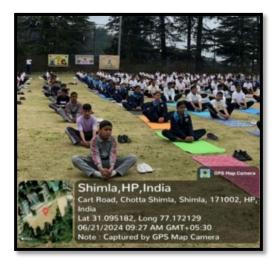
Date: June 21, 2024

International Yoga Day is celebrated on June 21<sup>st</sup> every year to promote the ancient practice of yoga, which harmonizes the body, mind, and soul. On June 21, 2024, NCC Cadets celebrated International Yoga Day at St. Edward's School, Shimla. 15 Cadets from the college joined their peers from various other colleges and schools for a morning yoga session. Under expert guidance, they performed a series of yoga asanas with enthusiasm and dedication. The event successfully inspired cadets to adopt yoga for overall well-being, fostering a sense of community and teamwork.



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21-06-2024: International Yoga Day



Date: July 4 - 13, 2024

A Combined Annual Training Camp (CATC) was successfully conducted under the aegis of 7 HP (I) Coy NCC Shimla at Sunni, District Shimla. The camp was organized in two phases: CATC-194, held from July 4<sup>th</sup> to July 13<sup>th</sup>, and CATC-198, which took place from July 4<sup>th</sup> to 13<sup>th</sup> July 2024. The event witnessed the active participation of cadets who showcased their enthusiasm, discipline, and competitive spirit throughout the duration of the camp. During the first phase of the camp, twenty cadets actively participated in various training sessions, competitions, and cultural programs. The key highlights of this phase included military training, where the cadets underwent rigorous drills, weapon training, and map reading sessions to enhance their tactical and operational skills. They participated in various inter-group events, demonstrating their proficiency and dedication. Additionally, they showcased their talents in group dance and group song, where they performed exceptionally well, earning appreciation from the audience and judges alike. The cadets also participated in the Guard of Honor segment, showcasing their discipline and synchronization in drill movements.





4-07-2024-13-07-2024: Cadets during the Camp

THAL SAINIK CAMP - IGC TSC I, II

Date: July 11 -20, 2024

In the Thal Sainik camp held in Sonipat from 11<sup>th</sup> to 20<sup>th</sup> July 2024, Cdt Anushka Kalanta, proudly represented St. Bede's College in the firing category. The experience was marked by intensive training



sessions focused on precision shooting in application, grouping, and rapid firing category, discipline, and teamwork under the guidance of experienced instructors. In addition to mastering technical skills, the camp also emphasized mental strength, focus, and consistency—key aspects of excelling in shooting sports. The rigorous schedule and high standards of training instilled a deep sense of responsibility and confidence among the participants.





11-07-2024-20-07-2024: Cdt. Anushka Kalanta during the Camp

#### **CATC CAMP 2**

Date: July 14 - 24, 2024

A total of 21 cadets were present for the second phase starting from 15<sup>th</sup> July 2023 to 24<sup>th</sup> July 2023. The second phase of the camp continued with the same zeal and enthusiasm. The activities conducted during this phase included advanced training, where cadets received further instruction in field tactics, map reading, and leadership skills to enhance their NCC knowledge and practical application. They once again participated in cultural programs such as group dance and group song, demonstrating their artistic abilities and teamwork. The cadets continued to perform exceptionally well in the Guard Event, displaying excellent coordination and discipline. Moreover, guest lectures and motivational sessions were conducted by experts and senior officials on leadership, teamwork, and the importance of NCC in nation-building.







14-07-2024-24-07-2024: Cadets during the Camp

#### CELEBRATION OF WORLD BREAST FEEDING WEEK

Date: August 7, 2024

The Department of Nutrition and Health Education celebrated 'World Breastfeeding Week' by organising the painting competition. The fabric painting competition was conducted on 07<sup>th</sup> August, 2024. Paintings were invited on the theme "Closing the gap: Breast feeding support for all". The students of BA 3<sup>rd</sup> year participated in the event and express their artistic talents by intricating beautiful paintings on T-shirts. The entries were evaluated based on creativity, originality, adherence to the chosen theme, and overall visual impact.





07-08-2024: World Breastfeeding Week



# YOUTH DAY PAINTING COMPETITIONS (UMBRELLA. TILE AND POSTER) FOR HIV& AIDS AWARENESS

**Date: August 10, 2024** 

To celebrate International Youth Day, different activities on HIV/AIDS awareness and prevention were organized by the Red Ribbon Club (RRC) of St. Bede's College from 10<sup>th</sup> to 12<sup>th</sup> August, 2024 under the theme "Let communities Lead".

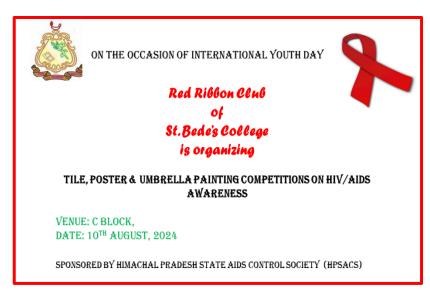


Tile Painting on HIV/AIDS awareness



10-08-2024: Poster and Umbrella Painting on HIV/AIDS awareness





#### Brochure of Youth Day Competitions

# RED RIBBON CLUB YOUTH FEST MARATHON COMPETITION AT CHAURA MAIDAN, SHIMLA

**Date: August 11, 2024** 

On 11<sup>th</sup> August, 2024, six students of RRC participated in Red Ribbon Club-Youth Fest marathon held at Chaura Maidan, Shimla. This event helped in spreading awareness about HIV& AIDS through participation of youth in marathon.



11-08-2024: Student participants in Red Ribbon Club-Youth Fest marathon



#### STATE LEVEL YOUTH DAY CELEBRATION AT PETERHOFF, SHIMLA

**Date: August 12, 2024** 

State Level Youth Day function was held at Peterhoff, Shimla on August 12, 2024. The Chief Minister Shri Sukhvinder Singh Sukhu was the chief guest. The student volunteers of the red ribbon club of the college participated in the function. Also, exhibition of the paintings (umbrella, tile and posters) on HIV&AIDS awareness was showcased by the students. All the selected paintings and posters were presented in the State level function on 12th August, 2024 at Peterhoff, Shimla.



12-08-2024: RRC student members at Exhibition Stall on HIV/AIDS awareness at Peterhoff



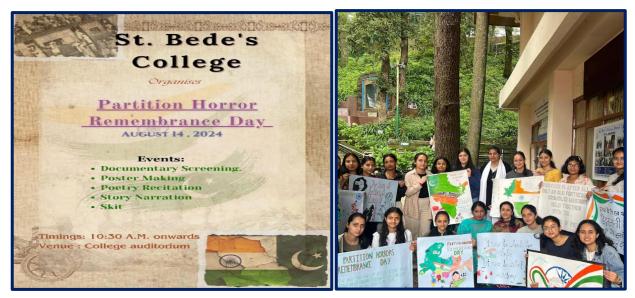
NCC students of St. Bede's College escorting the Hon. Chief Minister of Himachal Pradesh



#### PARTITION HORRORS REMEMBRANCE DAY

**Date: August 14, 2024** 

The Department of History at St. Bede's College observed Partition Horrors Remembrance Day to pay tribute to the millions affected by the tragic events of the Partition of 1947. This event aimed to educate students about the historical significance and human cost of the Partition while fostering a deeper understanding of its lasting impact on society. Various activities were conducted like poster making, screening of documentary, storytelling session and skit performance.



**Brochure** 



14-08-2024: Partition Horrors Remembrance Day-Story Narration



#### HAR GHAR TIRANGA" CAMPAIGN

Date: August 13-15, 2024

The NSS volunteers of St. Bede's College enthusiastically participated in the "Har Ghar Tiranga" campaign from August 13<sup>th</sup> to 15<sup>th</sup>, 2024. Students unfurled and displayed the National Flag at their homes, captured their images, and uploaded them to the official campaign website. They also shared videos of patriotic dances, singing and posters with inspiring slogans, showcasing their creativity and patriotic spirit. As part of their participation, students pledged their commitment to the campaign and received the Har Ghar Tiranga Certificate, recognizing their involvement and dedication.



13-108-2024-15-08-2024: "Har Ghar Tiranga" Campaign



Certificate of Appreciation





**Brochure** 

#### INEDEPENDENCE DAY PARADE

**Date: August 15, 2024** 

Cadet Manisha, was selected as the Contingent Commander for the prestigious Independence Day Parade. This was a moment of great honour for the NCC unit, reflecting the dedication, discipline, and leadership skills of our cadets'. Under her command, the contingent marched with precision and pride, embodying the true spirit of NCC. Alongside cadet Manisha, several of other cadets from St. Bede's, stood tall as part of the marching contingent, representing our institution with immense pride and enthusiasm. Their synchronized movements, discipline, and unwavering spirit were a testament to their rigorous training and commitment to excellence. The parade was a spectacular display of patriotism, and our cadets' participation added to its grandeur.





15-08-2024: Cdt. Manisha as the Contigent Commander



#### INDEPENDENCE DAY CELEBRATION

**Date: August 15, 2024** 

St. Bede's College commemorated the 78th Independence Day with great enthusiasm. The celebration began with the hoisting of the national flag by the Principal, Dr. Sr. Molly Abraham, followed by a vibrant cultural program. Students, teachers, and non-teaching staff actively participated, showcasing their respect and love for the country. Hindustan Scouts and Guides they organized a painting activity that encouraged participants to express their patriotism through art. The event concluded with the national anthem and distribution of sweets, fostering a spirit of togetherness. Created a memorable and inspiring experience through cultural expression and collective celebration.



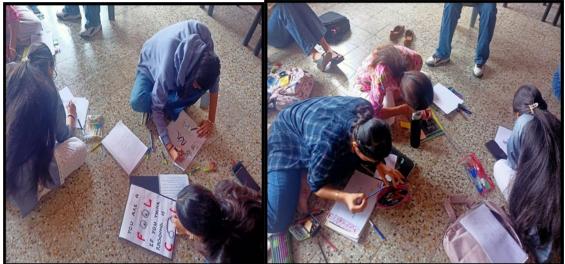
15-08-2024: Independence Day Celebration

#### **CELEBRATING ANTI - RAGGING WEEK**

Date: August 14-18, 2024

To spread awareness and educate the students and to promote a zero-tolerance approach towards ragging. From August 14, 2024 – August 18, 2024 an inter-department activity was conducted by the Department of Commerce and Management, in collaboration with the Department of Computer Science. Slogan Writing and "Poster Making Competition" was conducted in the college auditorium and students from different departments participated in the competition.





14-08-2024: Slogan Writing and Poster Making Competition



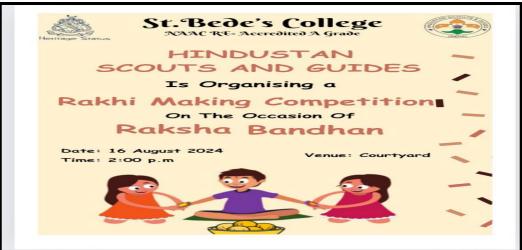
**Brochure** 

#### **RAKHI MAKING COMPETITION**

**Date: August 16, 2024** 

Hindustan Scouts and Guides organized a lively Rakhi creation contest at St Bede's College on August 16, 2024. The event drew a wide array of contestants, each contributing their personal flair to the time-honoured craft of Rakhi-making. Competitors showcased their Rakhis in multiple rounds, interacting with spectators and adjudicators. Dr. Devina Auchoybur and Ms. Jagriti served as judges for the event. They carefully assessed each Rakhi, considering its inventiveness and quality of construction, in line with the contest's themes.





**Brochure** 



16-08-2024: Rakhi Making Competition

#### CELEBRATION OF NATIONAL SPORTS DAY

#### Date: August 24- September 3, 2024

The National Sports Organization (NSO), St. Bede's College Shimla, organized Sports Week under the banner of National Sports Day (August 24<sup>th</sup> to September 3<sup>rd</sup>, 2024) to commemorate the birth anniversary of legendary hockey player Major Dhyan Chand, "The Wizard." The program was conducted under the guidelines of UGC. The college thus organized various sports activities such as Table tennis, Badminton, Yoga, Track Races, Basketball and Volleyball. The College Principal Prof. (Sr.) Molly Abraham emphasized on importance of Fit India Movement which aims to motivate everyone to become more physically active.





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24-08-2024-03-09-2024: National Sports Day



# हिंदी सप्ताह 2024 का आयोजन

सेंट बीड्स महाविद्यालय, शिमला के हिंदी विभाग द्वारा 07-13 सितंबर, 2024 के बीच हिंदी सप्ताह का आयोजन किया गया, जिसके दौरान छात्राओं को विभिन्न गतिविधियों में भाग लेने के लिए प्रोत्साहित किया गया -

गतिविधि 1 : हिंदी के महत्त्व पर पोस्टर निर्माण - "हिंदी है भारत की आशा, हिंदी है भारत की भाषा",

तिथि: 07 सितम्बर, 2024



07-09-2024: छात्राओं द्वारा पोस्टर निर्माण

गतिविधि 2: " हिन्दी भाषा, साहित्य एवं मानव मूल्य" विषय पर भाषण प्रतियोगिता

तिथि: 10 सितम्बर, 2024





10-09-2024: भाषण प्रतियोगिता में भाग लेतीं छात्राएँ

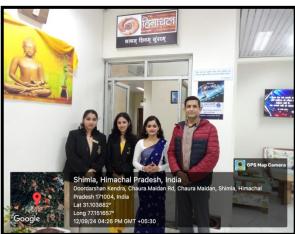


गतिविधि 3: दूरदर्शन हिमाचल पर कार्यक्रम 'वाग्धारा' में "हिंदी भाषा शिक्षण और संस्कृति का संवर्धन" पर एक लाइव टॉक शो

तिथि: 13 सितम्बर, 2024

दूरदर्शन हिमाचल पर कार्यक्रम 'वाग्धारा' में "हिंदी भाषा शिक्षण और संस्कृति का संवर्धन" पर एक लाइव टॉक शो में सुश्री सेज़ल और सुश्री आस्था भारद्वाज, बी.ए द्वित्तीय वर्ष ने अतिथि वक्ता के रूप में भाग लिया। छात्राओं को अपनी प्रस्तुति प्रभावशाली ढंग से देने का प्रशिक्षण विभाग की अध्यक्षा, डॉ देविना अक्षयवर ने दी।





13-09-2024: दूरदर्शन हिमाचल में सेंट बीड्स कॉलेज की छात्राएँ

# हिंदी दिवस समारोह

तिथि: 14 सितम्बर, 2024

हिंदी दिवस 2024 के अवसर पर, सेंट बीड्स कॉलेज, शिमला के हिंदी विभाग द्वारा 14 सितंबर, 2024 को महाविद्यालय के सभागार में एक भव्य समारोह का आयोजन किया गया। 'हिंदी और सामाजिक समरसता' विषय पर आयोजित इस सांस्कृतिक कार्यक्रम में संगीत विभाग का भी योगदान रहा। महाविद्यालय के समस्त शिक्षण और गैर-शिक्षण स्टॉफ़ की उपस्थिति में छात्राओं ने मिलकर हिंदी भाषा की महिमा - गान किया और उस दिन को याद किया जब 1949 में इसे भारत की केंद्र सरकार की आधिकारिक भाषा का दर्ज़ा दिया गया था। महाविद्यालय की प्रबंधिका महोदया, सिस्टर ग्रेस जोसेफ़ द्वारा दिए गए भाषण के बाद, बी.ए, बीकॉम और डी.एल.एड. विभाग की छात्राओं ने भाषण, गीत, नाटक तथा नृत्य की सुन्दर प्रस्तुति दी, जिनके माध्यम से भारतीय संस्कृति और मानवीय मूल्यों के प्रचार-प्रसार और सामाजिक समरसता को बनाए रखने में हिंदी भाषा की प्रासंगिकता उल्लिखित होती है।







14-09-2024: हिंदी दिवस पर छात्राओं की कलात्मक प्रस्तुति



ब्रॉशर

#### SWACHHATA HI SEVA CAMPAIGN

Date: September 17-October 2, 2024

The NSS unit of St. Bede's College organized various activities under the Swachhata Hi Seva campaign from September 17<sup>th</sup> to October 2<sup>nd</sup> 2024, with the theme "Swabhav Swachhata Sanskaar Swachhata". Volunteers participated in cleanliness drives across the campus and nearby areas, waste segregation, tree plantation, and awareness programs on sustainable waste management. Creative competitions like slogan writing and poster making were also held to promote cleanliness. The campaign concluded with a Swachhata rally, Nukkad Natak on Swachhata and Skit on Waste management, contributing to the national mission of Swachh Bharat.





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17-09-2024-02-10-2024: Cleanliness Drive and Nukkad Natak

#### INTER-SHIP DEBATE COMPETITION

Date: September 19, 2024

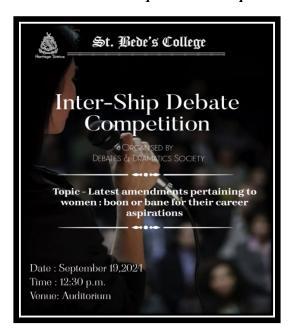
On 19 September 2024, an Inter-Ship Debate Competition was organised by Debates and Dramatics Society in the auditorium at 12:30p.m. Dr. Sapna Sharma, Dr. Sr. Susaiammal Arokiasamy and Ms. Komal Sharma adjudged the competition. Each ship had two representatives, one speaking for the motion and the other speaking against the motion. Each participant was given a maximum time of four minutes to put forward their respective views. The sequence of the ships was decided by a by a draw of



luck. INS Vikas was the first to present its views on the topic, "Latest amendments pertaining to women: boon or bane for their career aspirations", followed by the other three Ships. All the participants poured their hearts out while speaking, which was greatly applauded and appreciated by the audience as well as the judges.



19-09-2024: Inter-Ship Debate Competition



Brochure

## ORGANIZATION OF INTER COLLEGE BASKETBALL TOURNAMENT

Date: September 21, 2024

**Description:** Inter College Basketball Tournament was organized under the banner of National Sports Organization. This competition was held between two colleges in which RKMV Shimla and St. Bede's



College participated. Bede's college stood first in this tournament. 24 players participated in this competition.



#### **Brochure**







21-09-2024: Inter College Basketball Tournament

# NSS DAY CELEBRATION Date: September 24, 2024

The NSS Unit of St. Bede's College celebrated NSS Day with enthusiasm on September 24, 2024. The event showcased a variety of cultural performances, including classical, Punjabi, and Bollywood dances, along with a play focused on the importance of blood donation. A vibrant Pahari Nati performance celebrated the local culture, adding to the festive atmosphere. Principal Professor Sister Molly Abraham acknowledged the dedication and efforts of Program Officers Dr. Kanu Mehta and Mr. Anoop Dilta, as well as the contributions of the President and Secretary of the NSS unit.

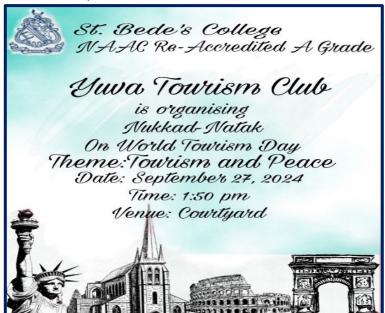


24-09-2024: NSS Day Celebration



Date: September 27, 2024

On September 27, on the occasion of World Tourism Day, YUVA tourism Club of St Bede's College organised a *Nukkad Natak* based on the theme "Tourism & Peace". The objective of the program was to raise awareness about the importance of tourism and its role in promoting cultural understanding, economic growth, and sustainability.



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27-09-2024: Nukkad Natak, Theme: Tourism & Peace



#### FOOD HERITAGE COMPETITION

Date: September 30, 2024

As part of the ongoing efforts to explore and celebrate the rich and diverse Indian Knowledge System, the Department of History organized a Food Heritage Cooking Competition on September 30, 2024. The event aimed to highlight the importance of traditional Indian cuisine and its connection to history, culture, and sustainability. It also aimed to integrate the philosophy, values, and scientific principles of the Indian Knowledge System in the culinary domain. The event saw enthusiastic participation from students across various departments. Dishes ranged from long-forgotten recipes to modern interpretations of classic meals.



**Brochure** 



30-09-2024: Food Heritage Cooking Competition



Date: October 1, 2024

Theme: Electoral Awareness and Parliamentary Proceedings.

The quiz competition took place on 4<sup>th</sup> October 2024 at 2:20 P.M. in the Seminar room. The President of Electoral Literacy Club Priya Bhaskar introduced the event, while the Secretary Shrooti Sharma posed challenging questions along with the President, including bonus rounds. The convener Ms. Komal Sharma ensured seamless execution. Audience participation segments added excitement showcasing their enthusiasm. The competition consisted of multiple rounds, participant's knowledge on various topics.



01-10-2024: Quiz Competition organized by Electoral Literacy Club in collaboration with Model United Nations

RECYCLED MATERIAL FASHION SHOW UNDER THEME "SWACHHATA HI SEVA (SHS) 2024."

Date: October 1, 2024



The Hindustan Scouts and Guides group at St. Bede's College in Shimla organized a Fashion Show featuring Recycled Materials on October 1, 2024. The event, which took place in the college courtyard, was centered around the theme "Swachhata Hi Seva (SHS) 2024." This showcase was designed to promote environmental consciousness and highlight creative ways to repurpose recycled materials in the fashion industry.



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01-10-2024: Recycled Material Fashion Show under theme "Swachhata Hi Seva (SHS) 2024.

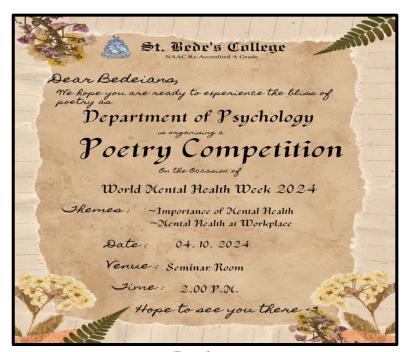
### **POETRY COMPETITION**

Date: October 4, 2024

On October 4, 2024, St. Bede's College's Psychology Department organized a poetry competition as part of its celebrations for 'Mental Health Week'. The event aimed to raise awareness about mental health through creative expression, with seven participants showcasing their creativity through poetry.



The students presented heartfelt and thought-provoking works, focusing on themes such as mental well-being, emotional resilience, and the challenges of mental health.



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04-10-2024: Voices of Resilience: Department of Psychology Celebrates Mental Health Week through the Power of Poetry

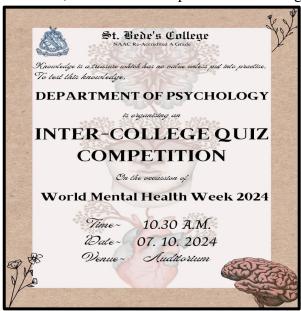
#### INTER-COLLEGE QUIZ COMPETITON

Date: October 7, 2024

The Department of Psychology at St. Bede's College, Shimla organised an 'Inter-college Quiz Competition' on October 7, 2024 to celebrate 'World Mental Health Week'. Several colleges were invited for participation. The participants who arrived for the quiz were from University Institute of Legal Studies (UILS), Shimla, Rajkiya Kanya Madavidyalaya (RKMV), Shimla, Government Degree



College, Sanjauli and St. Bede's College, Shimla. The quiz was divided into three rounds. The first round was 'Psyche Showdown', where participants were asked a total of 20 question each, with a time limit of 1 minute. The Second round was 'Who Am I'? which was a picture-based round. A total of 12 questions were asked from each team, with short descriptions shown along with the images.



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07-10-2024: Celebrating World Mental Health Week with an Engaging Inter-College Quiz Competition, Where Knowledge Meets Awareness



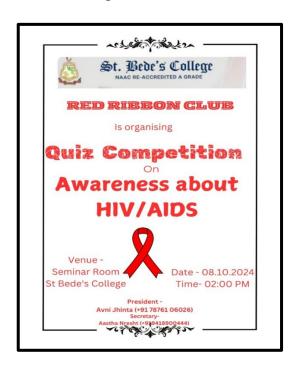
#### RRC QUIZ COMPETITION ON HIV/AIDS

Date: October 8, 2024

To make students aware about HIV&AIDS the Red Ribbon Club of the college organized a quiz competition in seminar room of the college to make students aware about HIV&AIDS and preventive measures to be adopted. The students participated actively in this competition. This event helped in spreading awareness about HIV& AIDS through participation of youth.



08-10-2024: Quiz competition on HIV&AIDS Awareness



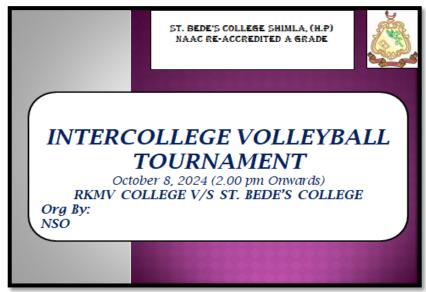
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#### ORGANIZATION OF INTERCOLLEGE VOLLEYBALL TOURNAMENT

Date: October 8, 2024

Inter College Volleyball Tournament was organized under the banner of National Sports Organization. This competition was held between two colleges in which RKMV Shimla and St. Bede's College participated. Bede's college stood second in this tournament. 24 players participated in this competition.



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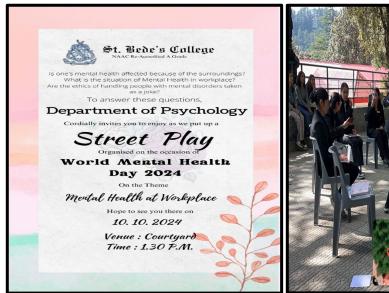
08-10-2024: Inter College Volleyball Tournament



STREET PLAY

**Date: October 10, 2024** 

The Department of Psychology of St. Bede's College, Shimla, organised a Street Play on October 10<sup>th</sup>, 2024 to celebrate the World Mental Health Day. The theme of this play was to educate the audience about the importance of mental health in all the different kinds of work places. A group of 14 students, comprising of students from all the three years took part in this play enthusiastically. The play was performed by the performers in the courtyard of the college. The play emphasized the importance of mental health in the work places, which comprised of not just offices, but also hospitals, schools, universities, clinics, banks, etc.





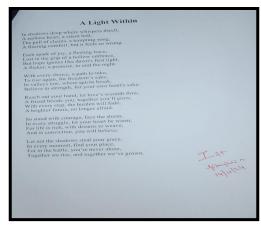
10-10-2024: Department of Psychology Celebrates World Mental Health Day with a Captivating Street Play

#### INTER-SHIP POETRY WRITING COMPETITION

**Date: October 14, 2024** 

The Poetry Society of St. Bede's College, Shimla organized an inter-ship poetry writing competition on October 14, 2024. The theme of the event was "Prevent Addiction, Instill Conviction" in view of the alarming increase in substance abuse cases in Himachal Pradesh and the neighbouring states. Students from INS Vikas, INS Chirag, INS Himmat and INS Vikrant participated enthusiastically in the same.





14-10-2024: Inter-ship Poetry Writing Competition, Entry of 1st Winner



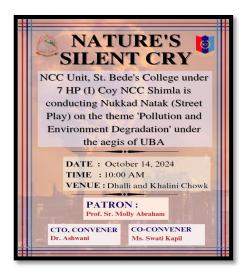
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### **NUKKAD NATAK**

Date: October 14, 2024

The NCC Unit of St. Bede's College organized a Nukkad Natak (Street Play) on the theme "Pollution and Environmental Degradation" under the aegis of UBA at Dhalli and Khalini area, Shimla. The primary objective of the performance was to spread awareness about the detrimental effects of plastic usage and to encourage people to adopt eco-friendly alternatives like cloth bags. The cadets, through their powerful dialogues, expressive acting, and engaging storytelling, effectively conveyed the urgency of environmental conservation. The play highlighted the adverse impacts of plastic pollution on nature, wildlife, and human health, urging the audience to take small yet significant steps toward a cleaner environment.





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14-10-2024: Nukkad Natak

### INTERNATIONAL DISASTER RISK REDUCTION DAY

Date: October 16, 2024

On October 16, 2023, Department of Geography in collaboration with Disaster Management Cell conducted a successful lecture and poster-making competition focusing on "Understanding the Geography of Disaster Management and Preparedness in Northwestern Himalayas. Participants showcased their research through a variety of posters under the theme: 'Understanding the Geography



of Disaster Management and Preparedness in North Western Himalayas". Each poster was evaluated by a panel of judges which included Mr. Anoop Dilta and Mr. Sanjeev Kumar from the Department of Geography.





16-10-2024: International Disaster Risk Reduction Day

### NUKKAD NATAK ON THEME: "KULLU KI KAHANI: JAL VAYU KA KHEL"

**Date: October 16, 2024** 

On October 16, Disaster Management Cell in collaboration with Department of Geography conducted a Nukad Natak 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.







16-10-2024: Nukad Natak titled "Kullu Ki Kahani - Jal Vayu Ka Khel,"

### HPU INTER COLLEGE YOUTH FEST (GROUP I)

Date: October 14-16, 2024

The Himachal Pradesh University Inter College Youth Festival 2024 (Group 1: Creativity) was held at Government College, Bilaspur, from 14th to 16th October. It featured a range of competitions including Debate, Elocution, Clay Modeling, Cartooning, Rangoli, Poster Making, Collage Making, Spot Photography, Spot Painting, and Quiz. Over 70 colleges participated, including St. Bede's College, represented by 10 students accompanied by Ms. Jagriti Chauhan and Ms. Osheen Sharma. Students gained valuable exposure to inter-college level competitions and broadened their creative horizons. Participants enhanced their skills in public speaking, visual arts, photography, and quizzing.



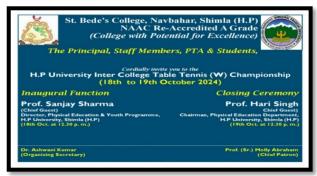




14-10-2024-16-10-2024: Inter College Youth Festival 2024 (Group 1: Creativity)

# INTER COLLEGE TABLE TENNIS (WOMEN) CHAMPIONSHIP Date: October 18-19, 2024

Himachal Pradesh University Table Tennis (W) Inter College Championship (18<sup>th</sup> to 19<sup>th</sup> October 2024) was organized under the aegis of Physical Education Department and NSO. Prof. Sanjay Sharma, the Director of Physical Education and Youth Program and Dean of Education, Himachal Pradesh University, Shimla (H.P) was the Chief Guest on Inaugural Function (18<sup>th</sup> October 2024). The chief guest, observers and officials were felicitated by the college Principal Prof. (Sr.) Molly Abraham. Contingent Incharges of different college were felicitated by chief guest and college principal. Welcome speech given by college principal Prof. (Sr.) Molly Abraham and vote of thanks given by organising secretory Dr. Ashwani Kumar. Nine colleges from all over Himachal Pradesh along with contingent incharges participated in this championship. The H.P University had appointed one observer and three officials for the successful organization of the championship and more than 60 participants were a part of this championship.



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18-10-2024-19-10-2024: Inter College Table Tennis Championship

### HPU INTER COLLEGE YOUTH FEST (GROUP II)

### **Date: October 23-26, 2024**

The Himachal Pradesh Inter-College Youth Festival is a prestigious annual gathering uniting students from diverse regions in creative competitions. The 2024 edition, held at Govt. College Karsog from October 23 to 26, focused on Group 2 events including various music and instrumental competitions in solo and group categories. Over 60 colleges participated, and a team of 7 students from St. Bede's College, accompanied by Ms. Meena Bhatia and Ms. Vibhor Jaswal, proudly represented the institution.

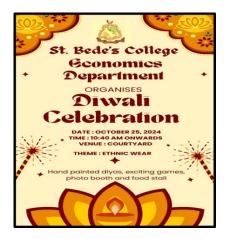


23-10-2024-26-10-2024: Inter-College Youth Festival (Group-2)



## CELEBRATING EACH MOMENT AND MAKING MEMORIES – DIWALI CARNIVAL BY THE ECONOMICS DEPARTMENT

The Economics Department of St. Bede's College organized a vibrant and joyous Diwali Carnival in the College Courtyard on October 25, 2024. Under the guidance of faculty members, students put together a variety of stalls, making the event a lively and engaging experience. The carnival was inaugurated at 10:40 a.m. by the esteemed college principal, Sr. (Prof.) Molly Abraham. Students enthusiastically set up various stalls, including a diya stall where they sold hand-painted diyas in vibrant colors. Faculty members and students from across the college actively participated, enjoying a variety of delicious treats at the food stall and engaging in fun-filled, creative games organized by the Economics Department.



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25-10-2024: Diwali Celebration



Date: October 31, 2024

As part of the National Unity Day (Rashtriya Ekta Diwas) celebrations, a poster-making competition was organized by the Department of History St. Bede's College 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. It served as a platform for creative expression and inspired participants to reflect on the importance of staying united as a nation.





31-10-2024: Poster Making Activity

### IGC ROPNAGAR, PUNJAB

**Date: November 3 - 12, 2024** 

Cadet Vasundhara represented NCC unit with exceptional dedication and enthusiasm at IGC Ropnagar, making a significant mark in the event. Her performance was a perfect blend of talent, discipline, and cultural awareness, reflecting the spirit of NCC and the rich traditions of our country. Her participation in this prestigious event not only brought recognition to our unit but also inspired fellow cadets to actively engage in cultural activities. The IGC Rupnagar's cultural performance was a testament to the fact that NCC not only focuses on discipline and leadership but also nurtures creativity and self-expression.





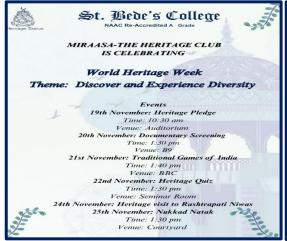


03-11-2024-13-11-2024: Cdt. Vasundhara at IGC Ropagar

### WORLD HERITAGE WEEK

### November 19-25, 2024

On November 19, 2024 the inaugural event of World Heritage Week organised by the Heritage Club-Miraasa commenced with a focus on raising awareness about the importance of protecting and preserving our cultural and natural heritage. A significant highlight of the event was the Heritage Pledge, taken collectively by all attendees to reaffirm their commitment to safeguarding heritage sites for future generations. By reviving traditional games, art, and heritage-related practices, the event sought to promote awareness and appreciation of diverse cultural expressions. Activities like documentary screenings and quizzes were designed to enhance critical thinking and spark discussions on heritage conservation. Cultural performances like *Nukkad Natak* served as a platform for creative expression, reinforcing the importance of heritage preservation and social awareness.





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19-11-2024: Heritage Pledge







21-11-2024: Pitthu

Kho Kho



25-11-2024: Nukkad Natak- Theme: "Sanskriti Bachao"

### INTERDEPARTMENTAL WRITE UP AND QUIZ COMPETITION

Date: November 21, 2024

In celebration of 4th Janjatiya Gaurav Diwas, Ek Bharat Shreshtha Bharat Cell of St. Bede's organized an inter-departmental short write up and quizzes competition focusing on the topic "Tribal Culture, Tribal Craft and Tribal freedom Fighters". This event aimed to enhance the understanding of students



related to rich cultural heritage of tribal communities. The theme of write up was "Tribal Achievers". Saijal bagged first position in write up completion. Four teams from different departments participated in the quiz competition. The competition comprised of three rounds i.e Multiple-Choice Question Round, Direct Question Round and Audio-Visual Round. Participants were challenged with a diverse set of questions covering various aspects of Indian tribes.



21-11-2024: Janjatiya Gaurav Diwas, Ek Bharat Shreshtha Bharat Cell

### NCC CARNIVAL - NCC DAY CELEBRATION

Date: November 23, 2024

On November 23, 2024, the NCC Cadets organized a vibrant NCC Carnival to commemorate NCC Day. The event was a blend of cultural performances and exciting food stalls, highlighting the creativity, teamwork, and organizational skills of the cadets. The carnival featured an exemplary cultural showcase, where cadets presented music, dance, and theatrical performances, reflecting the discipline and enthusiasm of NCC. The stalls, run by cadets, included a variety of delicious treats such as Golgappe, Wai-Wai Chaat, Kurkure Chaat, Chocolates, Cookies, Soup, and Momos, Drawing enthusiastic participation from visitors.









23-11-2024: NCC Carnival

### INTERNATIONAL DAY FOR THE ELIMINATION OF VIOLENCE AGAINST WOMEN

Date: November 25, 2024

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 event also featured two competitions organized by the Women Cell—poster-making and slogan-writing contests. Both competitions drew enthusiastic participation from students, who creatively expressed their perspectives on the theme of eliminating violence against women.



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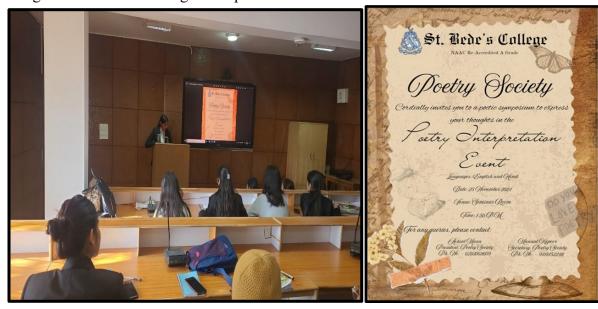


25-11-2024: Commemoration of "International Day for the Elimination of Violence Against Women"

### **POETIC SYMPOSIUM**

Date: November 25, 2024

The Poetry Society of St. Bede's College, Shimla organized a poetic symposium on November 25, 2024 in the seminar room. Students were offered a platform where they could freely express their views and emotions vis a vis various contemporary issues and develop interest in creative writing and usage of both Hindi and English as mode of writing and expression.



25-11-2024: Participant reciting her poem

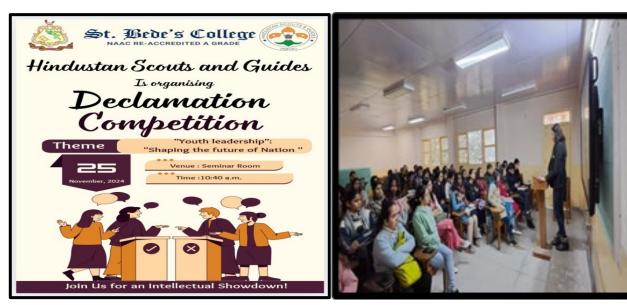
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### **DECLAMATION COMPETITION**

Date: November 25, 2024

On November 25, 2024, the Hindustan Scouts and Guides unit at St. Bede's College hosted a declamation contest that significantly influenced participants' skill enhancement and personal development. Students were allotted four minutes each to convey their ideas. The evaluation criteria encompassed student confidence, topic content, and time management. Following a thorough review of numerous submissions, the distinguished judge, Dr. Raman Bassi, revealed the outcomes:



25-11-2024: Declamation Competition

### INTERSHIP DANCE COMPETITION

Theme: Tribal/Folk Dances of India

Date: November 30, 2024

The Dance Society of St. Bede's College organized an Intership Dance Competition on the theme Tribal/ Folk Dances of India, showcasing India's rich and diverse cultural heritage. The highlight of the event was the participation of the college's four ships each representing the four cardinal regions of the country: North, South, East, and West. Various dances like Bihu, Kantara, Garba, Dandiya, Dogri, Bhangara and Gidda were performed by the students. INS Vikrant representing south stood first and INS Himmat representing East stood second. The Principal of St. Bede's College, Prof. Sr. Molly Abraham emphasized the importance of preserving and promoting India's cultural legacy through such platforms. Participants and audiences gained a deeper understanding of the rich diversity of tribal and folk dances in India, appreciating their historical, social, and cultural significance.





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30-11-2024: Inter-ship dance Competition



### STATE LEVEL WORLD AIDS DAY FUNCTION AT PETERHOFF, SHIMLA

Date: December 1, 2024

Flash mob was conducted on HIV/AIDS awareness at State Level World AIDS Day function held at Peterhoff, Shimla on December 1, 2024. The students of the Red Ribbon Club performed a flash mob on HIV& AIDS awareness at State level function graced by the Honourable Chief Minister, Shri Sukhvinder Sigh Sukhu Ji. The members of the club also showcased the umbrella paintings on HIV & AIDS awareness at Peterhoff.



Umbrellas painted on HIV &AIDS awareness by RRC members for display at Peterhoff on 1<sup>st</sup> December. 2024, World AIDS Day



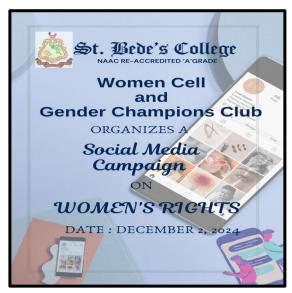
01-12-2024: Flash Mob by RRC members on World AIDS Day



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

### December 2, 2024

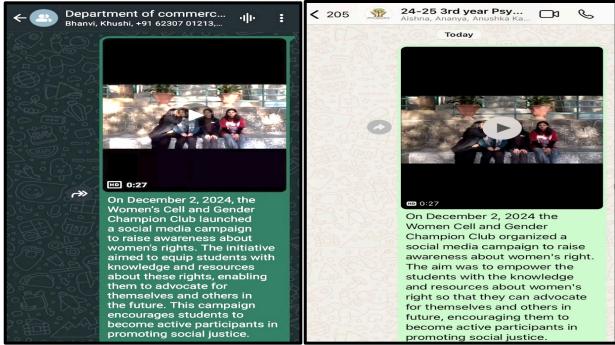
The Women Cell and Gender Champion Club created an engaging Instagram Reel that not only highlighted key issues related to women's rights in college but also encouraged students to share the message with their peers in WhatsApp groups, further amplifying the campaign's reach and fostering community action. A diverse group of students walking through a college campus, holding signs of various laws about women like the Dowry Prohibition Act (1961), the Medical Termination of Pregnancy Act (1971), the Prohibition of Child Marriage Act (2006), the Protection of Women Against Domestic Violence act (2005), etc. were showcased in the Instagram reel. By ending the Reel with a collaborative, visual representation of solidarity, the campaign used the power of visual storytelling to drive home the message of unity and collective action for women's rights on campus.





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02-12-2024: Igniting Change for Women's Rights on Campus: A Social Media Campaign

### FIT INDIA WEEK

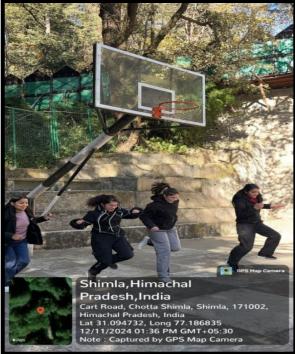
**Date: December 6-12, 2024** 

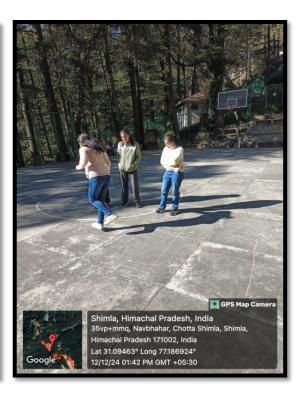
**Description:** The National Sports Organization (NSO) in collaboration with UGC Cell, St. Bede's College Shimla, organized Fit India Week under the banner of Fit India Movement. The program was conducted as per the guidelines of UGC. The college organized various sports activities such as - *Langdi* Race, *Pithhu*, *Steppu*, Badminton, Skipping, Running, Yoga and Fitness Assessment. Students actively participated in all activities. The College Principal Prof. (Sr.) Molly Abraham emphasized on importance of Fit India Movement which aims to motivate everyone to become more physically active.



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06-12-2024-12-12-2024: Fit India Week

### YOUTH PARLIAMENT SESSION

Date: December 10, 2024

Topic: Protection of Minority Rights in India

Around eight participants, each representing different viewpoints on the issue, contributed to a lively and thought-provoking discussion, with an attentive audience playing an active role by posing questions and adding to the debate. A designated Speaker set the tone at the beginning of the session, outlining the core issues surrounding the protection of minority rights and its place within the larger framework of Indian secularism. The participants presented well-researched arguments, some supporting the law as a humanitarian effort to aid religious and other minorities from neighbouring countries, while others criticizing it for being discriminatory and undermining the secular nature of the Indian Constitution. The session was marked by intense debates, insightful arguments, and engaging audience contributions, which deepened the understanding of the CAA (Citizenship Amendment Act) and its socio-political consequences.





10-12-2024: Youth Parliament Session on Minority Rights in India

### POSTER-MAKING COMPETITION: "BHARTIYA BHASHA DIVAS"

Date: December 11, 2024

Students enthusiastically participated in creating posters, showcasing the cultural richness and significance of Indian languages. The event highlighted the beauty of linguistic diversity and its role in fostering national unity. Participants shared unique perspectives through their art, connecting their creativity to the spirit of the event. The competition successfully celebrated India's multilingual heritage, instilling a sense of pride and cultural awareness among the participants. It also inspired students to value and preserve the diversity of Indian languages.



11-12-2024: Poster-Making Competition: "Bhartiya Bhasha Divas"



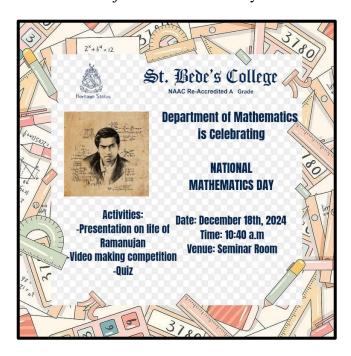


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### CELEBRATING NATIONAL MATHEMATICS DAY

Date: December 18, 2024

The Mathematics Department of St. Bede's College organized a presentation on life and works of Ramanujan, a quiz, and a Video Making Competition (centred around the works in Mathematics) on December 18, 2024, to celebrate Ramanujan's birth anniversary.



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18-12-2024: National Mathematics Day

### **ARMY ATTACHMENT CAMP**

Date: December 18 - 29, 2024

The Army Attachment Camp held at Pathankot from December 18<sup>th</sup> to December 29<sup>th</sup>, 2024, provided an enriching experience for cadets, offering them first-hand exposure to military life and training. Cdt Ayushi, proudly representing St. Bede's College, participated in the weapon training segment of the camp, where she underwent rigorous drills and exercises designed to enhance her understanding of modern warfare and combat techniques. Throughout the camp, Cdt Ayushi had the opportunity to visit various artillery units and gain practical knowledge about different weapons, their operation, and maintenance. The structured training sessions emphasized discipline, endurance, and precision, strengthening her overall confidence and tactical skills. The camp also instilled values of teamwork, leadership, and perseverance, shaping her into a more capable and resilient cadet.







18-12-2024-19-12-2024: Sgt. Ayushi during the Camp

### REPUBLIC DAY CELEBRATION

**Date: January 25, 2025** 

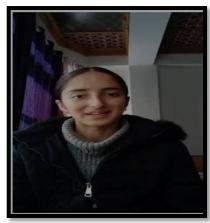
On January 26, 2025, the NCC Cadets of St. Bede's College marked Republic Day with a creative virtual tribute by producing an engaging Instagram reel. The reel featured snippets of cadets delivering speeches, reciting patriotic messages, and emphasizing the values of unity and democracy. The virtual celebration gained widespread engagement on social media, with likes, shares, and positive feedback from students, faculty, and the broader community. By leveraging a digital platform, the cadets effectively connected with a larger audience, making the celebration more inclusive and impactful. The event concluded with 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



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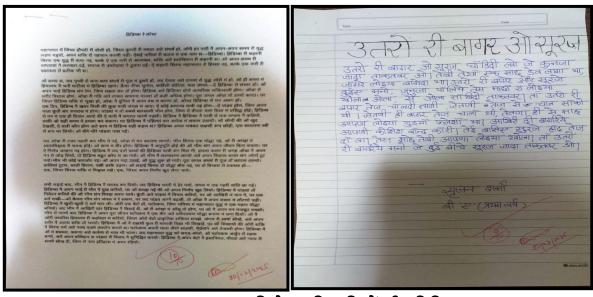


26-01-2025: Celebration of Republic Day

### अंतरराष्ट्रीय मातृभाषा दिवस 2025

तिथि: 21 फ़रवरी 2025

अंतरराष्ट्रीय मातृभाषा दिवस 2025 के अवसर पर सेंट बीड्स महाविद्यालय के हिंदी विभाग द्वारा छात्राओं के लिए लघु-कथा लेखन प्रतियोगिता का आयोजन किया गया। छात्राओं को अपनी रचनात्मकता को अपनी क्षेत्रीय भाषा या बोलियों में प्रस्तुत करने के लिए प्रोत्साहित किया गया, जिससे न केवल उनकी भाषा बल्कि संस्कृति का भी संरक्षण हो सके। प्रतियोगिता में बी.ए. द्वितीय वर्ष की सुश्री सैजल शर्मा ने प्रथम स्थान प्राप्त किया, जबकि बी.ए. प्रथम वर्ष की सुश्री सृजन दूसरे स्थान पर रहीं।



21-02-2025: विजेता प्रतिभागियों की प्रविष्टिया





ब्रॉशर

### NATIONAL SCIENCE DAY

On 28th February, the Spectrum Club of the Physics Department organized inter-class competitions for poster making and slogan writing, celebrating National Science Day. Aanya Jaret from BSc.I won the first prize, while Jessica Sharma also from B.Sc. I secured the second prize in poster making competition. Aastha Verma from BSc I won the first prize, while Anshika, also from BSc I, secured the second prize in slogan writing.



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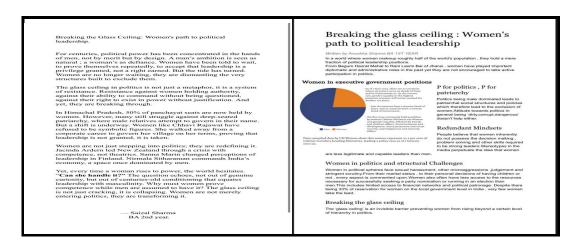
28-02-2025: National Science Day

### ARTICLE WRITING COMPETITION

Theme: "Breaking the Glass Ceiling: Women's Political Participation"

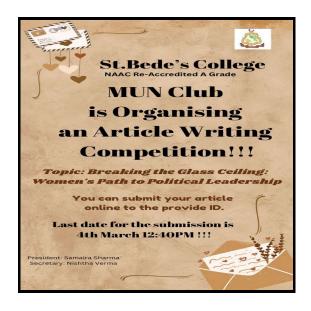
Date: March 04, 2025

The competition witnessed enthusiastic participation from the students who expressed their thoughts, research, and perspectives on issues surrounding the underrepresentation of women in politics, barriers they face, and the importance of their active involvement in decision-making processes. Over eight entries were received from the students, whose submissions were judged on originality, relevance to the theme, coherence, and depth of analysis.



04-03-2025: Article Writing Competition on the theme, Breaking the Glass Ceiling: Women's Political Participation



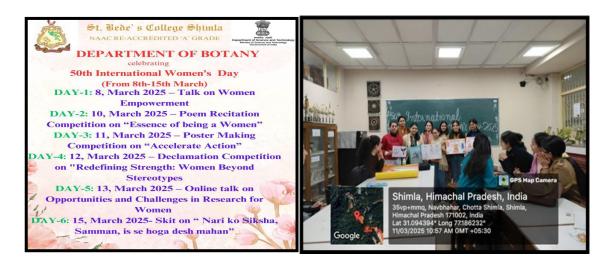


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### 50th INTERNATIONAL WOMEN'S DAY CELEBRATION

Date: March 8-15, 2025

On the occasion of the 50<sup>th</sup> International Women's Day, Department of Botany, St. Bede's College, Shimla, organized week-long activities to celebrate women's achievements and advocate for gender equality. The main purpose of the week-long celebration was to raise awareness of women's rights and the need to end gender discrimination. Various activities were carried out by the students of department of Botany to promote these causes.



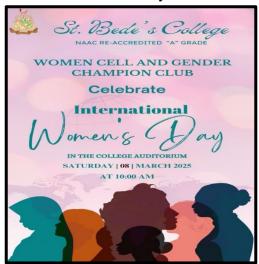
08-03-2025-15-03-2025: International Women's Day



### CELEBRATION ON INTERNATIONAL WOMEN'S DAY

### **Date: March 8, 2025**

International Women's Day serves as a global platform to raise awareness about women's empowerment and the social injustices faced by them. The students of St. Bede's College commenced the celebration by presenting a short PowerPoint presentation on the historical significance of the day and its relevance in the contemporary world. This was followed by a heartfelt musical play by the students on a woman's journey through different stages of life. To continue the celebration and build a sense of community engagement, the students along with their teachers went for an outreach programme at Gram Panchayat, Dhalli to commemorate the meaningful day. The musical play was re-performed in front of the women and official members of the Panchayat.



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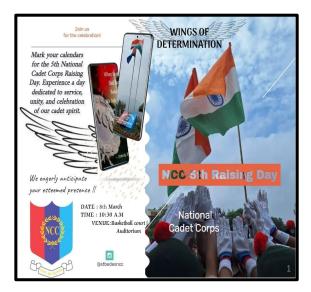


08-03-2025:International Women's Day celebration at St Bede's College and also an Outreach Programme at Gram Panchayat, Dhalli



**Date: March 8, 2025** 

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 commenced with a Formal Drill, where cadets exhibited precision, coordination, and discipline, demonstrating their commitment to NCC values. This was followed by cultural dance performances, where cadets captured the essence of unity and diversity through their graceful movements, adding vibrancy to the event. A highlight of the event was the Felicitation Ceremony, where outstanding cadets were recognized for their exceptional contributions and achievements. This recognition served as motivation for all cadets to strive for excellence in their NCC journey.



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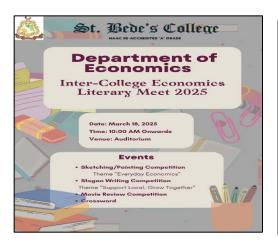
08-03-2025: NCC Raising Day



### INTER-COLLEGE ECONOMICS LITERARY MEET: IGNITING MINDS: SHAPING THE FUTURE

**Date: March 18, 2025** 

The Inter-College Economics Literary Meet 2025 was an intellectually stimulating event held on March 18, 2025, at St. Bede's College Auditorium. Bringing together some of the brightest young minds with a passion for economics and literary expression, the event provided a dynamic platform for students to engage in thought-provoking crosswords, analytical challenges, and creative representations centered around pressing economic themes. The event saw active participation from Centre of Excellence, Govt. Degree College, Sanjauli, and University Institute of Legal Studies, Avalodge.





18-03-2025: Inter-College Economics Literary Meet