



SUPPORTING DOCUMENTS 2.2.1
ADVANCED AND SLOW LEARNERS- SAMPLES
(2024-25)




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OPERATING PROCEDURES



St. Bede's College
Shimla-171002
(UGC-NAAC "A+" Grade Re-Accredited)
College with Potential for Excellence
Phone: 0177-2842304, Fax: 0177-2842498
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STANDARD OPERATING PROCEDURES (SOPS)

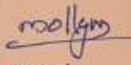
ADVANCED AND SLOW LEARNERS

Creating Standard Operating Procedures (SOPs) for addressing the educational needs of advanced and slow learners is essential in fostering an inclusive and effective learning environment. The aim is to ensure that all students, regardless of their pace of learning, receive the support and challenges they need to achieve their full potential. Below are separate SOPs for our advanced learners and slow learners.

SOPs for Advanced Learners

Objective: To provide advanced learners with the appropriate challenges and opportunities that match their capabilities, fostering an environment that encourages growth, innovation, and continuous learning.

- 1. Identification:**
Conduct assessments to identify advanced learners based on academic performance, faculty recommendations, and class tests, including criteria such as creativity, leadership, high reasoning ability, and motivation in learning.
- 2. Advanced Coursework and Programs:**
Encourage participation in specialized summer programs, internships, training programs workshops, and seminars relevant to their interests.
- 3. Mentorship:**
Pair advanced learners with faculty mentors in their field of interest for guidance, support, and to facilitate advanced research projects or independent study.
- 4. Regular Review:**
Conduct regular reviews to adjust goals, add challenges, and ensure that learners are continuously engaged and motivated. Use feedback from faculty to refine approaches and opportunities provided.


Principal
St. Bede's College
Shimla

Standard Operating Procedures on Advanced and Slow Learners



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SOPs for Slow Learners

Objective: To support slow learners by identifying their unique needs and providing targeted interventions, ensuring they achieve their academic goals and gain confidence in their abilities.

1. Identification:

Use a combination of teacher observations and academic assessments to identify slow learners. Focus on understanding the underlying reasons for their pace of learning.

2. Support Plans & Instructional Adjustments:

Develop Support Plans that outline specific learning goals, intervention strategies, and resources tailored to the learner. Include adjustments in teaching methods, additional support sessions, and the use of educational technology to accommodate diverse learning styles and paces. Provide materials and assignments in varied formats (visual, auditory, kinesthetic) to support different learning preferences.

3. Additional Support:

Offer supplementary tutoring sessions focusing on foundational skills, study strategies, and homework assistance. Arrange for peer tutoring and group study sessions to encourage collaborative learning and peer support.

4. Regular Monitoring and Feedback:

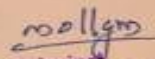
Conduct regular progress monitoring to assess improvements and provide constructive feedback to learners, emphasizing growth and areas of improvement rather than just performance metrics.

5. Parental and Guardian Involvement:

Keep parents or guardians informed about their child's progress and involve them in decision-making processes during PTM. Offer guidance on how they can support their child's learning at home.

Implementation and Continuous Improvement

Above mentioned SOPs emphasize the importance of personalized education, regular assessment, and adaptability to meet the needs of each learner. By implementing these procedures, colleges can ensure that all students, regardless of their learning pace, are supported and challenged appropriately, leading to a more inclusive and effective educational environment.


Principal
St. Bede's College
Shimla



CLASS TESTS (SAMPLES)

Samples of the class tests conducted by the various departments

Name → Sargam Subject → Digital electronics
 class → BCA 11th sem Dated → 11 December 2024

Class - Test

Ques. Explain in details the forward biased and reverse biased?
 Ans. If a germanium crystal or silicon crystal is doped (added some amount of impurity into it) during its manufacture in such a way that half of it is p-type and other half is n-type, we get p-n junction.

P-N Junction with Forward Bias

P-N Junction with Reverse Bias

(a) **Forward biased** — A battery is connected across p-n junction diode such that, p-type is connected to the (+ve) positive terminal a n-type is connected to the (-ve) negative terminal, then it is called Forward Bias.

- the Potential Difference applied for germanium should be more than 0.3 V and 0.7 for silicon
- the holes from p-type region and e from n-type

Name → Riyanshi
 class → BCA (11th semester)

Q1: → What are Control structures?
 Ans: → Control structures are the flow of statements that are used in programming languages. These structures are used to execute block of statements.

The Control structures that are used in visual Basic are: →

- 1) **If-else statement** → This statement only execute when it is true otherwise it will not execute.
- 2) **If-else statement** → This statement execute the block of statements that are used in code but only execute if it is true.
- 3) **Select case statement** → This statements are used in multiple primitive blocks of statements used in visual Basic language.
- 4) **Break statement** → Break statement is used when we want to jump out from the loop.
- 5) **Switch statements** → This statement is used when we want to switch the expression between multiple statements.

The ~~code~~ ^{Control} structures are used in visual Basic programming language to make the code effectively.



Name - Karishk

Samudragupta is known as the Indian Napoleon because of many similarities between them. Both were the fond of art and literature. Both of them were great warriors. Both of them had to face many problems while setting up their empire.

1. Samudragupta and Chandragupta II
2. Ashoka and Ashoka
3. Ashoka and Ashoka
4. Ashoka and Ashoka
5. Ashoka and Ashoka

Samudragupta is known as the Indian Napoleon because of many similarities between them. Both were the fond of art and literature. Both of them were great warriors. Both of them had to face many problems while setting up their empire.

1. Samudragupta and Chandragupta II
2. Ashoka and Ashoka
3. Ashoka and Ashoka
4. Ashoka and Ashoka
5. Ashoka and Ashoka

1. The first step was to establish a strong central government. This was done by the emperor Ashoka, who issued a series of edicts throughout the empire. These edicts were written in a simple, clear language, and they were easy for everyone to understand. This helped to create a sense of unity and purpose among the people of the empire.

2. The second step was to establish a strong legal system. This was done by the emperor Ashoka, who issued a series of laws that were based on the principles of justice and fairness. These laws were written in a simple, clear language, and they were easy for everyone to understand. This helped to create a sense of order and stability in the empire.

3. The third step was to establish a strong military. This was done by the emperor Ashoka, who built a large, powerful army. This army was used to conquer new territories and to protect the empire from external threats. This helped to create a sense of security and confidence in the empire.

4. The fourth step was to establish a strong economy. This was done by the emperor Ashoka, who implemented a series of reforms that helped to improve the lives of the people. These reforms included the construction of roads, bridges, and irrigation systems. This helped to create a sense of prosperity and well-being in the empire.

Raja Ram Mohan Roy

1. Raja Ram Mohan Roy was a prominent leader of the Indian Renaissance. He was a reformer, a philosopher, and a social worker. He was born in 1772 in the village of Chhatrapur, near Calcutta. He was educated at the Calcutta College, and he was a member of the Calcutta Association. He was a strong advocate of the rights of women, and he was a pioneer of the Indian National Movement.

2. Raja Ram Mohan Roy was a strong advocate of the rights of women. He believed that women should have the same rights as men, and he fought for their equality. He was a pioneer of the Indian National Movement, and he was a strong advocate of the rights of the poor. He was a strong advocate of the rights of the oppressed, and he was a strong advocate of the rights of the weak.

ST. BEDE'S COLLEGE, SHIMLA
HOUSE EXAMINATION
Paper - 2
Assignment
Market reforms of Akbar

1. Akbar, the Sultan of Delhi (1556-1605) introduced a series of reforms in the market. These reforms were aimed at improving the lives of the people and at creating a more stable and prosperous economy. These reforms included the construction of roads, bridges, and irrigation systems. This helped to create a sense of prosperity and well-being in the empire.

2. Akbar, the Sultan of Delhi (1556-1605) introduced a series of reforms in the market. These reforms were aimed at improving the lives of the people and at creating a more stable and prosperous economy. These reforms included the construction of roads, bridges, and irrigation systems. This helped to create a sense of prosperity and well-being in the empire.

Paper - 1
Assignment
Report of 1857

1. The Report of 1857 was a significant document in the history of India. It was a report on the Indian Rebellion of 1857, and it was written by the British government. The report was a detailed account of the rebellion, and it was a key document in the British government's efforts to understand the rebellion and to prevent it from happening again.

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GROUP DISCUSSION (SAMPLES)

From time to time, the departments conduct group discussions to help students improve their confidence, communication skills, and logical reasoning. Here are some samples.



Group Discussion on Financial Accounting by Department of Commerce and Management: September 14, 2024



Group Discussion on LU Decomposition Method by Department of Mathematics: October 24, 2024



***Group Discussion on Business Law by Department of Commerce and Management:
November 29, 2024***



Group Discussion on Book Review by Department of Hindi: November 30, 2024



PEER TEACHING (SAMPLES)

Peer teaching and student presentations are regularly implemented at the departmental level in the college. During peer-teaching sessions, advanced learners explain specific topics to assist slow learners. In addition, students deliver various presentations, which contribute to the learning of both groups. The following are evidences of peer-teaching activities and student presentations.



Peering Teaching by the Department of Mathematics: September 04, 2024



*Peer Teaching on Biology and Diversity of Gymnosperms by Department of Botany:
September 27, 2024*



Peer Teaching on Structure of Pila by Department of Zoology: October 10, 2024



Peer Teaching on Megalithic Culture Department of History: December 06, 2024



Peering Teaching on Linear Perspective by Department of Psychology: November 06, 2024



Peer Teaching on Corporate Governance and Ethics by Department of Commerce and Management: December 06, 2024



Peer Teaching by Department of Computer Science: December 01, 2024

PRESENTATIONS (SAMPLES)



*Presentation on Performance Appraisal by Department of Commerce and Management:
March 10, 2025*



***Presentation on Innovative Leadership by Department of Commerce and Management:
March 27, 2024***



Presentation on Quantitative Techniques by Department of Mathematics: March 27, 2024



Presentation on Letter Writing by Department of Hindi: December 14, 2024



*Presentation on International Day of Mathematics (Pi Day) Department of Mathematics:
March 13, 2025*



Presentation on Schizophrenia by Department of Zoology: February 25, 2025



Presentation on Disaster Management by Department of Geography: February 22, 2025



QUIZ SAMPLES

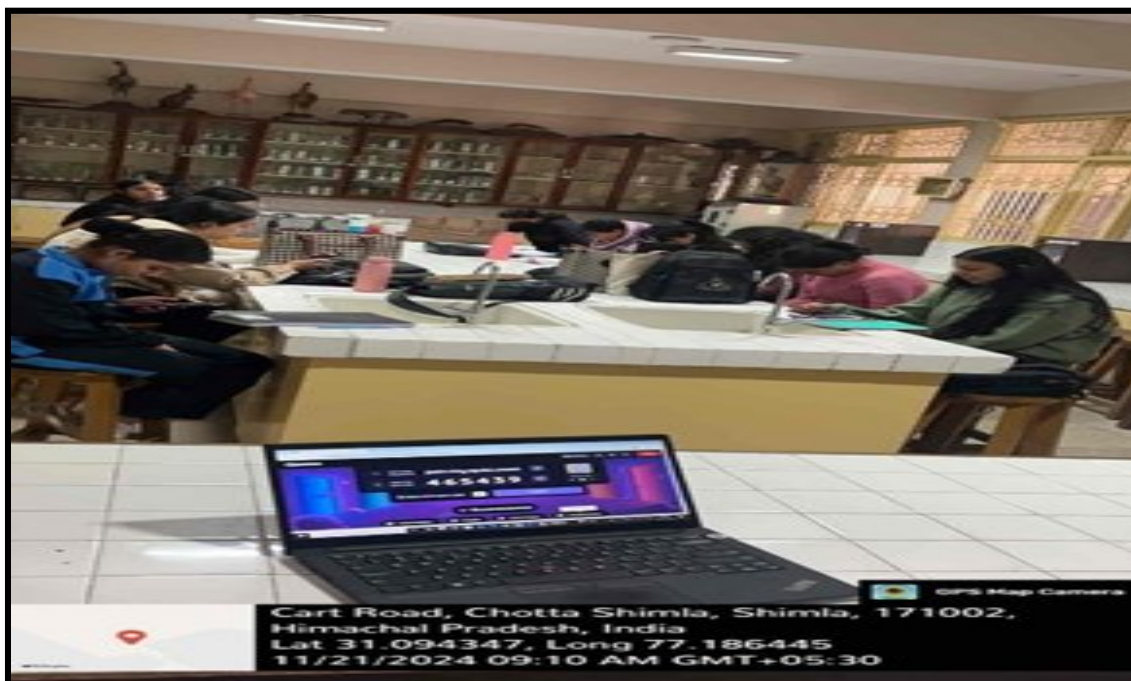
The departments periodically administer quiz as an effective tool for assessing and reinforcing students' subject knowledge. These assessments help monitor learning outcomes and support continuous academic improvement. The following are some evidence of the quiz conducted.



Quiz Conducted by Department of Psychology: October, 2024



Quiz Conducted by Department of Mathematics: November, 2024



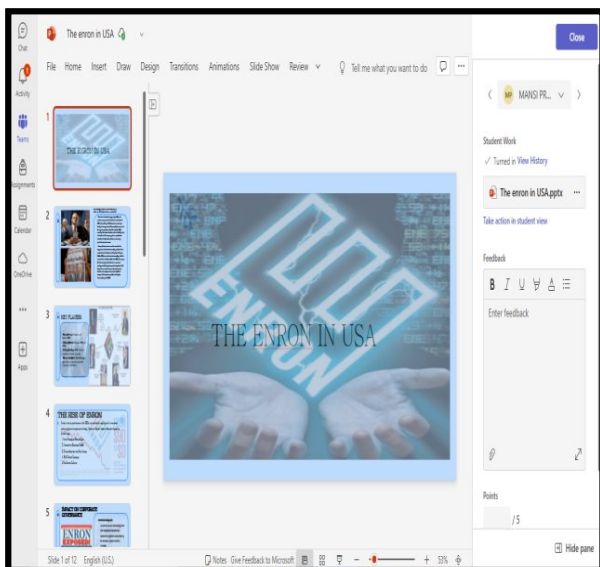
Online Quiz Organised by Department of Zoology: November 21, 2024



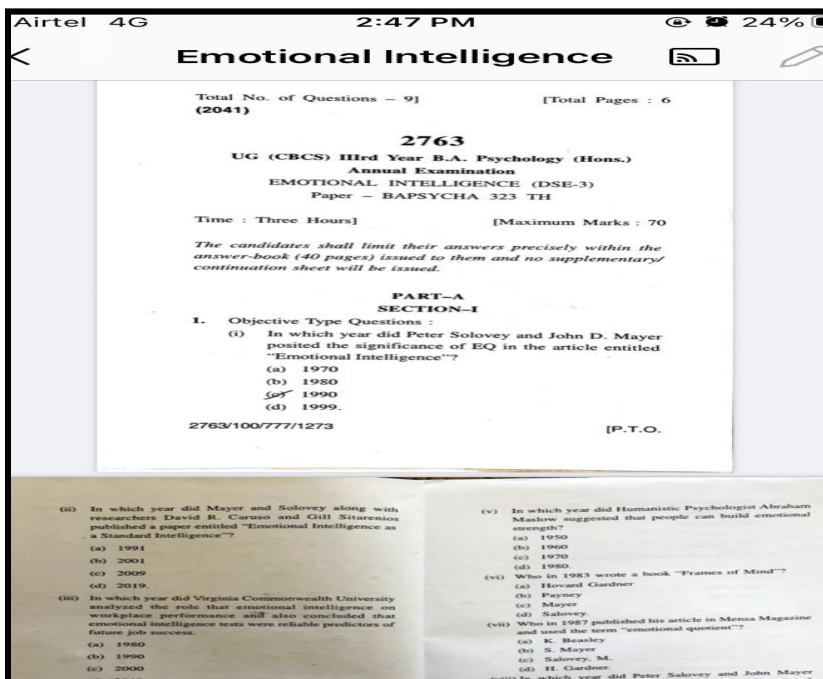
Quiz Conducted by Department of Commerce and Management: September, 2024



ADDITIONAL LEARNING MATERIAL AND MOBILE LEARNING SAMPLES



Use of Learning Management System



LMS Question Bank: Department of Psychology



Assignments

Presentation on Corporate Scams
Due April 26, 2025 11:59 PM

To return (14) Returned (0)

Name	Status	Feedback	Points
MB bhavraj Nayya Bhavraj	✓ Turned in	0	Points
ACI chaturae ANGE CHAUDHAN	✓ Turned in	0	Points
chaturae Prayash Chaturae	✓ Turned in	0	Points
AGI goswami Anshika Goswami	✓ Turned in	0	Points
MP parashar MANOJ PRAKASH	✓ Turned in	0	Points
DR rchah DIPSHA RCHAL	✓ Turned in	0	Points
PSI sen Pragna Sen	✓ Turned in	0	Points

Assignments

Search

Ready to grade Past due Returned

1 Mar Saturday

Are objectives fixed? why do they change? Can we avoid...
Due at 23:59
Business Policy and Strategy
10

Howto overcome the challenge faced by business organisation ?
Due at 23:59
Business Policy and Strategy
10

11 Mar 2024 Monday

Explain capital budgeting and process.
Due at 23:59

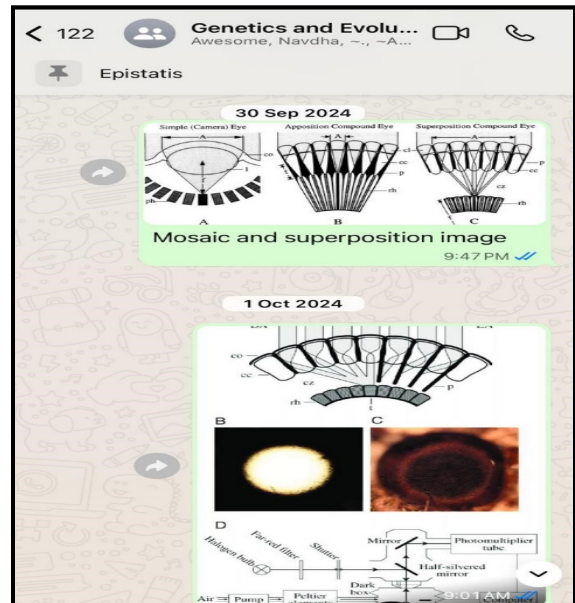
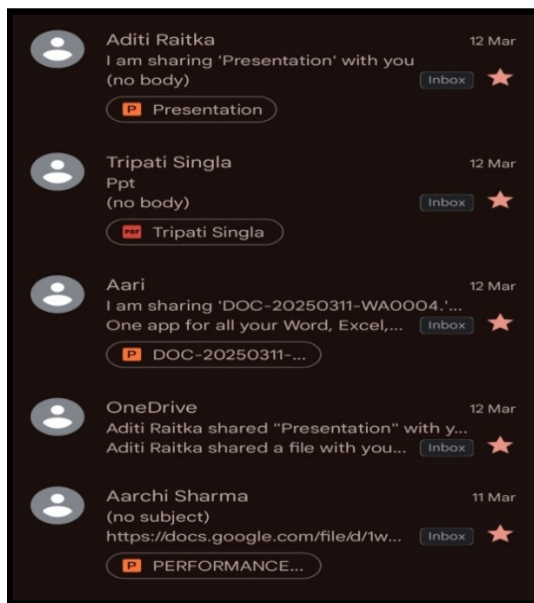
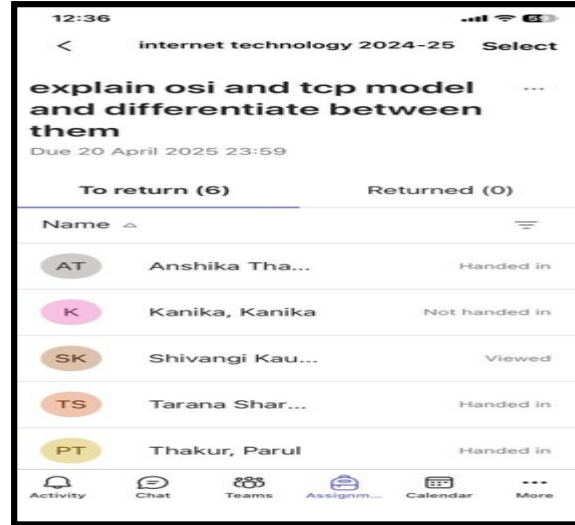
Activity Chat Teams Assignm... Calendar More

BA III Honours

Newest

Health Psychology.pdf	1.2 MB, Modified by Mr. Mohit on 6/4/2...	...
Emotional Intelligence.pdf	1.6 MB, Modified by Mr. Mohit on 6/4/2...	...
Community Psychology.pdf	1.3 MB, Modified by Mr. Mohit on 6/4/2...	...
Psychology at Work.pdf	1.4 MB, Modified by Mr. Mohit on 6/4/2...	...
Intergroup Relations.pdf	1.1 MB, Modified by Mr. Mohit on 6/4/2...	...
Organizational Behaviour.pdf	1.1 MB, Modified by Mr. Mohit on 6/4/2...	...
UDPD.pdf	1 MB, Modified by Mr. Mohit on 6/4/2024	...
3rd year psychology honours....	33.6 MB, Modified by Mr. Mohit on 4/4/...	...

Digital Assignments Summit by Students



Mobile Learning Samples



DOUBT CLEARING SESSIONS (SAMPLES)

The departments regularly conduct doubt-clearing sessions to provide additional academic support to the slow learners. The following are the proofs for these sessions.



Doubt Clearing Session through Small group instruction explaining the structure of animals: Department of Zoology

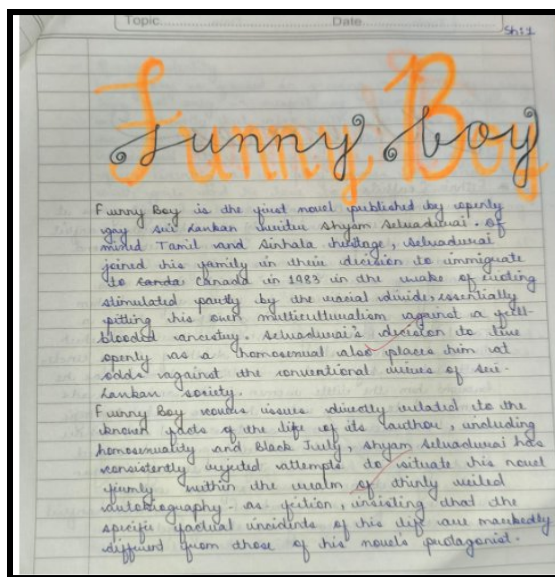
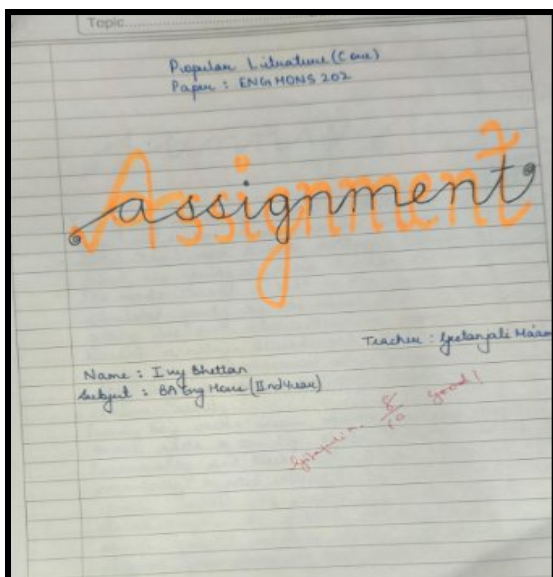


Doubt Clearing Session through Instruction on Order of a Group; Department of Mathematics

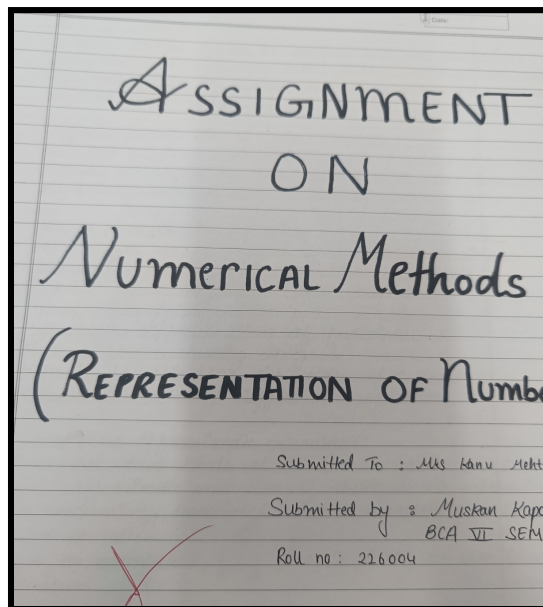
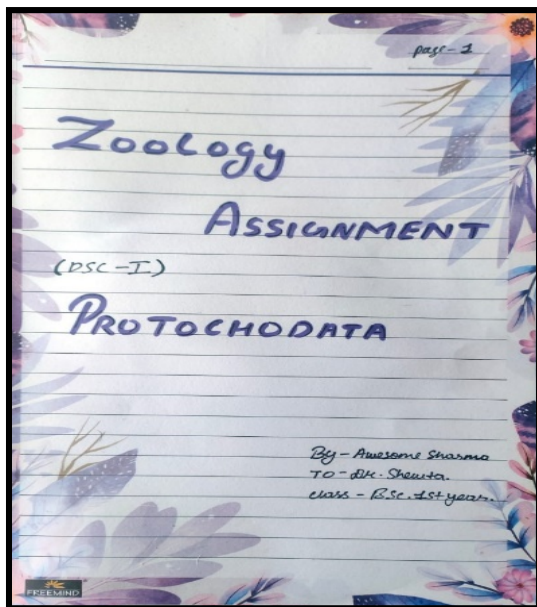


WRITTEN ASSIGNMENTS (SAMPLES)

Here are some samples of the written assignments done by the students.

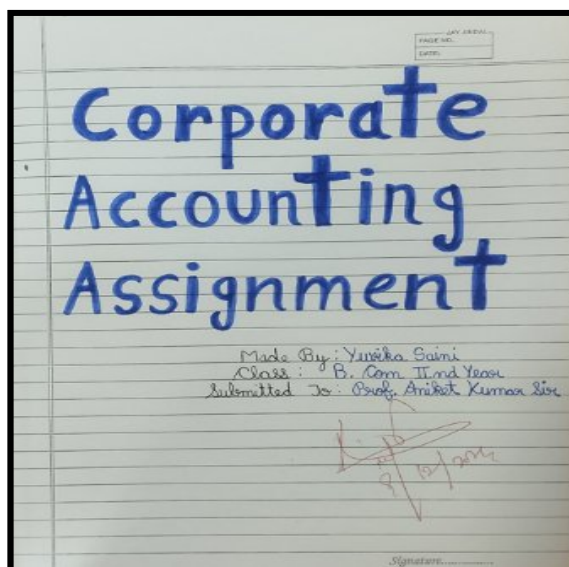
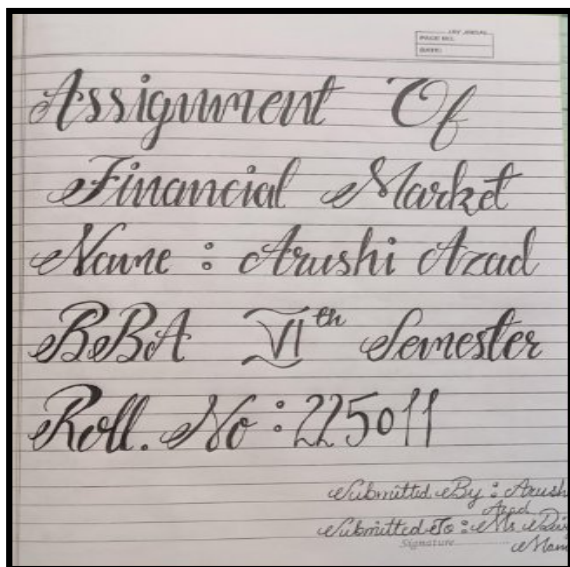


Department of English

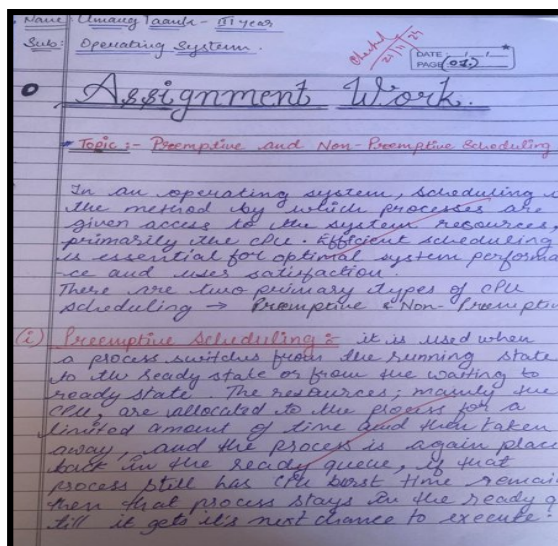
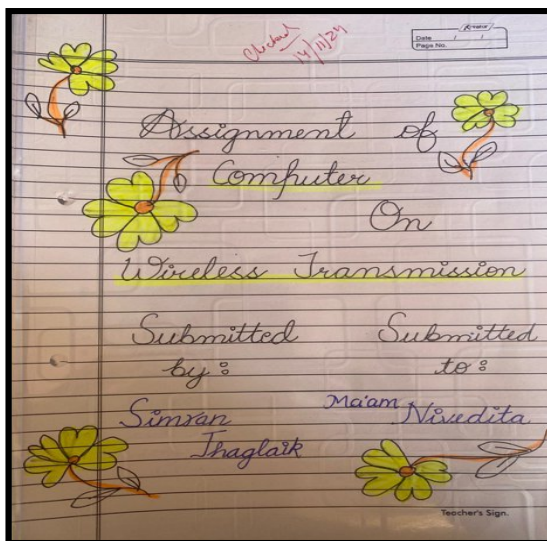


Department of Zoology

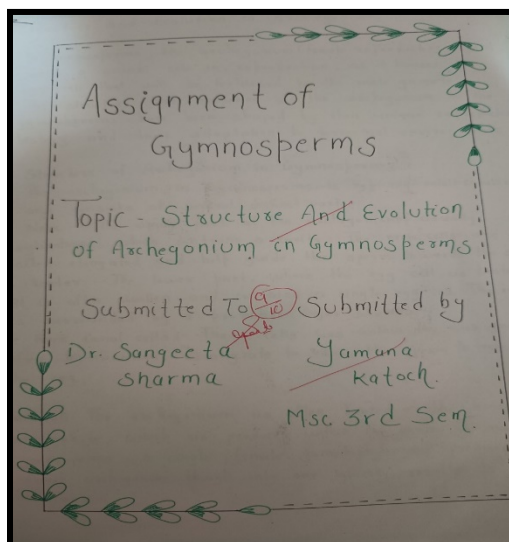
Department of Mathematics



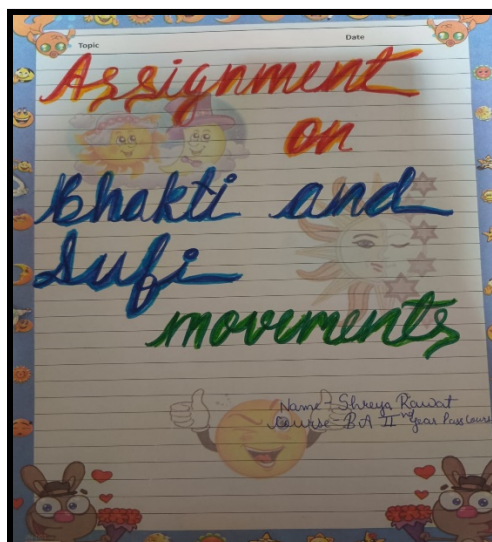
Department of Commerce and Management



Department of Computer Science



Department of Botany

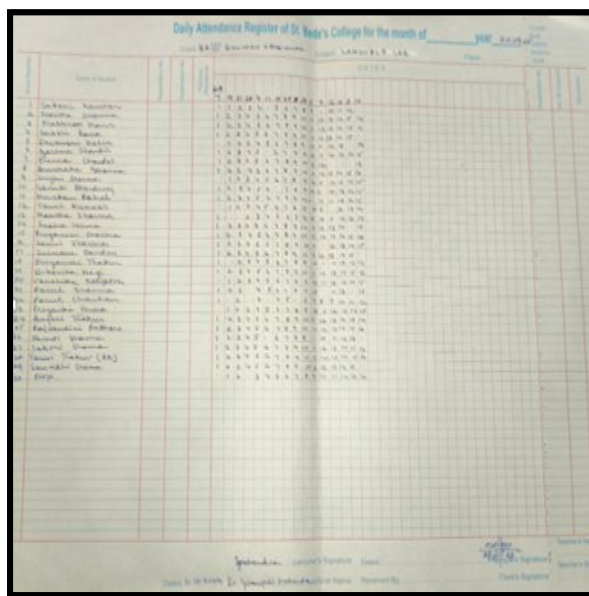
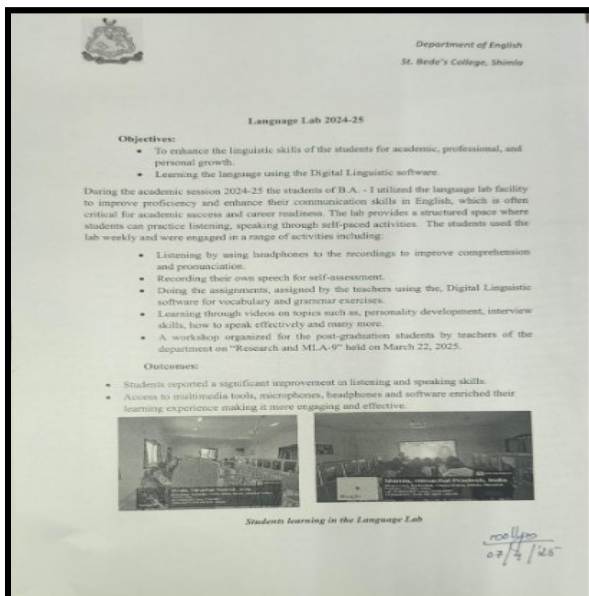


Department of History

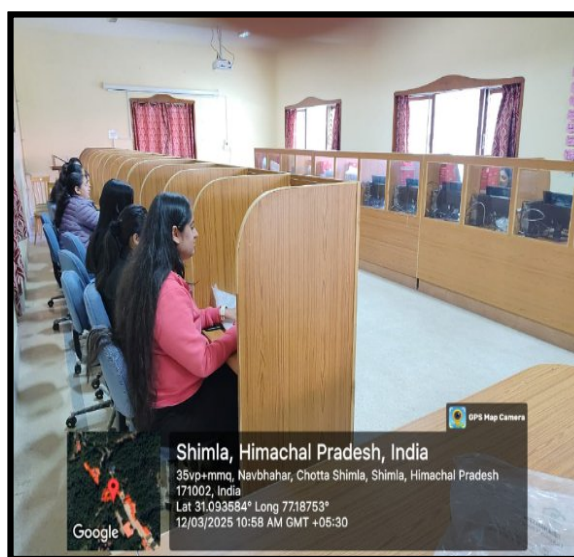
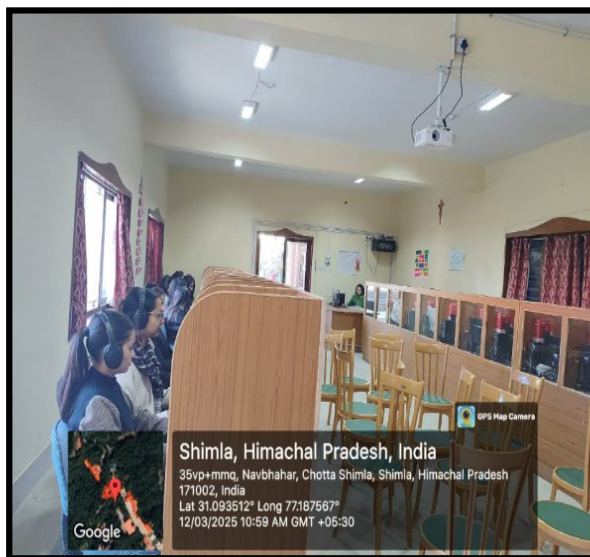


LANGUAGE LABORATORY

The facility of Language laboratory is available for the students, which contributes towards personality development and helps improving the communication skills of the students.



Language Lab Report and Attendance Sheet



Students Learning Comprehension Skills in the Language Lab



PARENT- TEACHER MEETINGS

Samples of the PTMs





REMEDIAL CLASSES: REPORTS AND ATTENDANCE (SAMPLES)

Department Of Commerce and Management
Outcome Report on Remedial Classes
(2024-2025)

Examinee Name: B.Com. 1 Year benefited from special support provided through small group sessions led by teacher, resulting in an enhancement of her confidence.

Various instructional techniques, including the utilization of visual aids, hands-on activities, and peer learning, were employed to improve comprehension and engagement. As a result, Tanya Wale of B.Com. 1 Year demonstrated steady progress and increased participation in class activities.

Personalized instructional methods were adopted to cater to the diverse learning needs of Mridul (B.Com. III) thereby making the classroom a more confident and engaged student. Improvement in her performance.

Despite a hectic and special occasion, performance of Tanweer (B.Com. III) Vasey did not waver and she consistently showed significant improvement. The faculty will continue to work upon her reading, writing and cognitive abilities.

Results of BBA V Sem have shown enhancement in her participatory and debating skills, her performance in tests, projects, seminar presentations, etc. There is considerable potential for her to excel further.

One of BBA V Sem demonstrated a commendable improvement over the past few months, evident through their performance in class tests and increased participation in departmental activities.

Mahesh of BBA II Sem showed gradual improvement in his presentation skills, performance in class tests, and regularity in attending classes.

Following the efforts of faculty members, Mahesh (BBA II Sem) performance has gradually improved, with noticeable growth in his ability to learn and retain information.

Ramani
Dr. Ramani Reddy
Department of Commerce and Management

Mallikarjuna
AS / 05 / 2025
Principal
St. Bede's College
Shimoga

Daily Attendance Register of St. Bede's College for the month of June year 2024-25

Class: Remedial Classes

Name of Student	DATES						
	1	2	3	4	5	6	7
1. Tanya Wale	A	A	A	A	A	A	A
2. Tanisha Wale	A	A	A	A	A	A	A
3. Angel Vasey	A	A	A	A	A	A	A
4. Mridul	A	A	A	A	A	A	A
5. Tanisha Wale	A	A	A	A	A	A	A
6. Tanisha Wale	A	A	A	A	A	A	A
7. Tanisha Wale	A	A	A	A	A	A	A
8. Tanisha Wale	A	A	A	A	A	A	A
9. Tanisha Wale	A	A	A	A	A	A	A
10. Tanisha Wale	A	A	A	A	A	A	A

Mallikarjuna
Date: 05/06/25
Principal
St. Bede's College
Shimoga

**REPORT ON
SLOW LEARNER AND ADVANCED LEARNERS
DEPARTMENT OF MATHEMATICS
(2024-2025)**

Advanced Learners

Identification:

- On the basis of response in the regular classes.
- Performances in the class test.
- Previous years result.

Departmental contribution for Advanced learners

- The department of mathematics encourages advanced learners to participate in activities like debates, group discussion, various cultural, extra-curricular and research in and out of the college.
- The department of mathematics encourages students to attend Workshops/Seminar/conferences
- Students are engaged in ICT enabled teaching learning.
- Teachers give guidance to the students for competitive exams.

Slow Learners

Identification:

- On the basis of their response in the regular classes such as delayed responses, not participating in class etc.
- Performances in the class test: consistently Low Scores
- Performances in their previous exams

How department assist slow learners

Without pointing out a student as a slow learner, the department of mathematics make efforts in a supportive way to help the slow learners in their classes:

- Remedial classes are arranged for slow learners.
- Small assignments are given to them with a hope that they will surely perform better.
- Involving slow learners in departmental activities so as to engage more deeply with the material, which helps them understand and retain concepts better.

Remedial Classes

Besides teaching, Remedial Classes are conducted by each faculty member. These classes are an important part in mathematics for academics as it provides one-on-one attention, towards the slow learner. These classes allow teachers to address the specific needs of slow learners and provide detail explanation beside class hours. This personalized approach helps improvement, understanding and retention of the subject matter, ultimately enhancing academic performance.

Feedback and Assessment

Remedial classes are offered by the teachers to slow learners, to providing personalized support to help enhance their understanding of the material. Teachers assess their progress and improvement through various methods, including class tests, assignments, and overall academic performance. This ongoing assessment is carried out throughout the academic year helps identify the areas where additional support may be needed, ensuring that each student receives the attention necessary to improve.

Daily Attendance Register of St. Bede's College for the month of Sept - Feb year 2024-25

Class: Remedial Classes

Name of Student	DATES						
	1	2	3	4	5	6	7
1. Tanya Wale	A	A	A	A	A	A	A
2. Tanisha Wale	A	A	A	A	A	A	A
3. Angel Vasey	A	A	A	A	A	A	A
4. Mridul	A	A	A	A	A	A	A
5. Tanisha Wale	A	A	A	A	A	A	A
6. Tanisha Wale	A	A	A	A	A	A	A
7. Tanisha Wale	A	A	A	A	A	A	A
8. Tanisha Wale	A	A	A	A	A	A	A
9. Tanisha Wale	A	A	A	A	A	A	A
10. Tanisha Wale	A	A	A	A	A	A	A

Mallikarjuna
Date: 24/03/25
Principal
St. Bede's College
Shimoga

Daily Attendance Register of St. Bede's College for the month of 2024 year 2025

Class: Remedial Classes

Name of Student	DATES						
	1	2	3	4	5	6	7
1. Tanya Wale	A	A	A	A	A	A	A
2. Tanisha Wale	A	A	A	A	A	A	A
3. Angel Vasey	A	A	A	A	A	A	A
4. Mridul	A	A	A	A	A	A	A
5. Tanisha Wale	A	A	A	A	A	A	A
6. Tanisha Wale	A	A	A	A	A	A	A
7. Tanisha Wale	A	A	A	A	A	A	A
8. Tanisha Wale	A	A	A	A	A	A	A
9. Tanisha Wale	A	A	A	A	A	A	A
10. Tanisha Wale	A	A	A	A	A	A	A

Mallikarjuna
Date: 24/03/25
Principal
St. Bede's College
Shimoga



Report of Advanced and Slow Learners 2024-25

Advanced learners are identified based on the performance in examination of previous semester, internal examinations, and class performance.

Following Special activities are conducted for Advanced Learners:

- Discussion or seminar on the advanced topic
- Guiding the students for Competitive Examinations.
- Encouraging to participate in various symposiums like quiz, Workshops, Conferences, inter college competition etc.

Discussion on advanced topic

Name of Activity: Discussion on Latest Topic

Date: 30/07/2024, 15/10/2024

Participated by: Students of B.Sc. I Year

Content: Introduction to Neural Coordination and Transmission

Objective: To explore the functional anatomy of neurons, the mechanism of nerve impulse conduction, and a comparative analysis of neural coordination in vertebrates.

Assessment Activities: Understanding the process of nerve impulse transmission and synaptic communication.

Outcome of Activity: Students will gain a clear understanding of the neural coordination mechanism and the role of neurons in transmitting impulses.

Name of Activity: Discussion on Latest Topic

Date: 12/08/2024, 13/11/2024

Participated by: Students of B.Sc. III Year

Content: Advances in Zoology

Objective: To explore recent advancements in Zoology, including breakthroughs in genetics, biotechnology, wildlife conservation, and ecological research, along with their applications in various scientific fields.

Assessment Activities: Discussion on emerging trends and technological innovations in Zoology.

Outcome of Activity: Students will gain insights into the latest developments in Zoological research and their impact on biodiversity, healthcare, and environmental sustainability.

Name of Activity: Career Counselling

Date: 27/07/2024, 12/10/2027

Participated by: Students of B.Sc. II Year

Content: Guidance on career opportunities, skill development, and industry expectations.

Objective: To help students explore various career paths, understand industry requirements, and develop essential skills for professional growth.

Assessment Activities: Interactive discussions, self-assessment exercises, and career planning sessions to align students' interests with suitable career options.

Outcome of Activity: Students will gain clarity on career prospects, enhance their decision-making skills, and develop a strategic approach to their professional journey.

Workshop at COE Govt. College Sanjaula on December 7, 2024: Advanced learners of B.Sc. III participated in a one-day workshop at COE Govt. College Sanjaula. During the workshop, students gained valuable insights into their products, and various bee species.

They explored the uses of honey, beeswax, venom, and propolis, along with the challenges affecting bee diversity in the rivers of Himachal Pradesh. Through hands-on training in apiculture, they identified different types of pollen present in honey and conducted experiments to assess its quality.

The purpose of conducting Remedial classes is to help the slow learner students to improve their academic performance. Slow learners are identified based on their response and participation in the classroom activities.

Measures taken for improving academic performance of these students

(i) Remedial Extra classes are conducted with appropriate focus on the subject/topic codes in which the students are found to be slow learners

(ii) Individual academic counselling is done by concerned subject teacher to that all the doubts and queries of the students are resolved along with the revision of various difficult topics

(iii) Students study groups are formed for peer-to-peer learning.

(iv) Continuous evaluation by giving them assignments on various topics. The entire academic record of the student is also conveyed to the parent time to time by the teacher. Slow learners are counselled and motivated by the teachers.

Remedial Classes

Remedial classes are conducted regularly once a week by each faculty member. These classes provide essential support to slow learners, helping them to better understand the course material and improve their academic performance. Teachers also address students' doubts outside the classroom through various platforms such as WhatsApp, app groups, email, and MS Teams. This ensures continuous support and enhances students' learning experiences beyond regular class hours.

Individualized Instruction: Teachers provide individualized instruction to slow learners by tailoring lessons to their needs, offering personalized support, and using adaptive teaching methods. This includes simplified explanations, one-on-one guidance, interactive learning activities, and regular feedback to enhance understanding and confidence.

Peer teaching

Peer teaching, where advanced learners help slower learners, is an effective educational strategy that benefits both groups. It leverages the strengths of advanced learners to support slower learners, creating a collaborative and supportive learning environment that benefits all students involved. Regular review on the effectiveness of the peer support program is also taken.

Assignments

Regular assignments were given to slow learners for reinforcing learning, developing skills, building confidence, and providing individualized support, ultimately aiding in their overall educational growth and success. Assignments encourage slow learners to take initiative and work independently, fostering a sense of autonomy and self-directed learning.

Feedback and Assessment: Faculty members regularly assess slow learners' academic progress and provide constructive feedback. These assessments occur throughout the academic year and are instrumental in identifying areas where additional support or interventions may be required. Feedback from students on remedial classes for slow learners is also taken for assessing the effectiveness of these programs and making necessary improvements.

Daily Attendance Register of St. Bede's College for the month of _____ year 2024-25									
Class: B.Sc. I, II, III									
Subject: Zoology									
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ADVANCED LEARNERS

To support their holistic development, advanced learners are motivated to engage in multiple skill-enhancing activities. Provided below are some samples of such initiatives.

EDITORIAL WORK



ENGLISH Student Editor

We are what we repeatedly do. Excellence, then, is not an act, but a habit."- Aristotle

My journey with ECHOES is filled with a sense of pride and gratitude. From being the Co-editor in my second year to taking on the role of Editor in third year, I have had the privilege of growing, learning, and leading an incredible team. As a Co-editor I quickly discovered the value of teamwork and communication. Fast-forward to my third year, and I was honored to take on the role of the Editor. Under constant guidance of Ms. Snigdha Bhatt, who not only encouraged me to navigate the complexities of managing a team but also supporting my creative visions, I learnt a lot. Working alongside my Co-Editor Shayontika and the Editorial team, I realized the real meaning of leadership which is about motivating and guiding others to reach their full potential. Throughout my journey, I have come to realize that one must always be hungry to learn more.

I hope just like daffodils I always create a sweet and inspiring atmosphere for my growth along with others around me. Just like the sweet fragrance of daffodils remind me of the warmth, comfort, and the importance of holding onto that sense of curiosity and awe I wish anyone who takes the same responsibility in the coming years feels the same.



Harshita Thakur
BA English Honours III

Student Co- Editor

As I write this message, I'm overwhelmed with emotions. My journey as Co-Editor has been an incredible ride, filled with growth, learning, and unforgettable experiences. I've had the privilege of working with some of the most talented, passionate, and dedicated individuals.

One of the most valuable lessons I've learned is the importance of leadership, teamwork, and communication. I've been fortunate to have an amazing team that has supported me every step of the way, and I'm especially grateful to my Editor, Harshita Di, who has mentored me throughout my journey.

As I look back in time as the Co-Editor, I'm filled with a sense of pride and accomplishment. I'm reminded of the Smeraldo, a fictional flower that inspires me to always stand for truth and courage, even in the face of adversity. Just like the Smeraldo, I believe that truth and integrity are essential, and I strive to uphold these values in all that I do.

The Smeraldo also represents the challenges and difficulties that we face in life. But even in troubled circumstances, the beauty of this flower shouldn't go unnoticed. It's a reminder that even in the darkest times, there is always hope and always something to be learned.

As I move forward, I'll carry the lessons of the Smeraldo with me, and I'll continue to strive for truth, courage, and integrity in all that I do.



Shayontika Chakraborty
BA English Honours II

Editorial Team of the College Magazine- ECHOES



साक्षी सांसटा
बी ए तृतीय वर्ष



प्रियान रुकटा
बी ए द्वितीय वर्ष

छात्र संपादिका

हर वर्ष की तरह, इस बार भी सेंट बीड्स महाविद्यालय की 'इकोज' पत्रिका के इस नवीन संस्करण को आप सभी पाठकों के समक्ष प्रस्तुत करने में हमें बेहद खुशी और गर्व महसूस हो रहा है। हमारा महाविद्यालय न केवल छात्राओं को अकादमिक क्षेत्र में आगे बढ़ने का मौका देता है, बल्कि इससे इतर, सामाजिक मुद्दों के प्रति हमें और ज्यादा जागरूक और संवेदनशील बनाने के उद्देश्य से हमारे भीतर जिम्मेदारियों संभालने का हुनर भी विकसित करता है। 'इकोज' पत्रिका के हिंदी प्रभाग की सम्पादिका और सहायक सम्पादिका का पद संभालते हुए हमने जाना कि हमारे महाविद्यालय की छात्राओं में सर्जनात्मक कौशल विद्यमान है। उसी हुनर को और परिष्कृत करने में हमारी प्रधान सम्पादिका, डॉ. देविना अक्षयवर की हम आभारी हैं, जिन्होंने न केवल हमारे सम्पादन कौशल को निखारा, बल्कि हिंदी भाषा और उसमें सृजनात्मक काव्यों को फलीभूत कैसे करें, इसके बारे में हमारा मार्गदर्शन किया।

यह बहुत खुशी की बात है कि हम कविताओं, प्रेरक कहानियों, फिल्म समीक्षाओं तथा लोक कथाओं के माध्यम से छात्राओं की सर्जनात्मकता उल्लिखित कर पा रहे हैं, जो दर्शाता है कि ये छात्राएँ अपने समाज और परिवेश के प्रति कितनी सजग हैं। यह पत्रिका केवल लेखों का संग्रह नहीं है, यह हमारे विचारों, भावनाओं और उपलब्धियों का प्रतिबिंब है-हमारे कॉलेज समुदाय की जीवंत भावना का सच्चा प्रतिनिधित्व है।

आज की विकसित होती दुनिया में शिक्षा अब पाठ्य पुस्तकों तक ही सीमित नहीं रह गई है। यह व्यक्तिगत विकास, नवप्रवर्तन और रचनात्मक अभिव्यक्ति के बारे में है। इस पत्रिका के माध्यम से हमारा लक्ष्य छात्राओं को अपनी प्रतिभा दिखाने, अपने अनुभव साझा करने और अपनी राय व्यक्त करने के लिए एक मंच प्रदान करना है। प्रत्येक पृष्ठ हमारे कलाकारों और योगदानकर्ताओं की वैचारिकता और समर्पण का प्रमाण है, जिन्होंने इस संस्करण को विशेष बनाने में अपनी महती भूमिका निभाई।

हम इस पत्रिका में अपना समय और प्रयास देने वाले सभी लोगों के प्रति हार्दिक आभार व्यक्त करते हैं। हमारी संपादकीय टीम, संकाय सदस्यों और छात्राओं को विशेष धन्यवाद, जिन्होंने इस प्रकाशन को संभव बनाया।

हमें उम्मीद है कि यह पत्रिका आपको प्रेरित करेगी, नए विचारों को जन्म देगी!

सह-संपादिका

सूरजमुखी दृढ़ता का प्रतीक है, जो हमेशा सूरज की ओर मुड़ता है और कठिन से कठिन परिस्थितियों में भी मजबूती से खड़ा रहता है। यह हमें सिखाता है कि हमें प्रकाश की ओर बढ़ना चाहिए, विकास को अपनाना चाहिए और आत्मविश्वास के साथ खिलना चाहिए।

मैं स्वयं को इस फूल में देखती हूँ और इससे गहराई से जुड़ा हुआ महसूस करती हूँ। सूरजमुखी की तरह, मैं भी कठिनाइयों को गले लगाती हूँ, ज्ञान की ओर बढ़ती हूँ और निरंतर आगे बढ़ने का संकल्प रखती हूँ। हर चुनौती को मैं रुकावट नहीं, बल्कि मजबूत बनने की एक सीढ़ी मानती हूँ। रचनात्मक विचारों के नेतृत्व से लेकर भाषा की सुंदरता को संवारने तक, हिंदी सह-संपादक के रूप में मेरी यात्रा जिम्मेदारी, सीखने और अभिव्यक्ति से भरी रही है। हर चुनौती ने मेरी जड़ों को और अधिक मजबूत किया है और मेरे विकास को प्रेरित किया है।

मैं तहेदिल से अपने कॉलेज, शिक्षकों और संपादकीय टीम का धन्यवाद करती हूँ, जिन्होंने मुझे पर विश्वास किया और मुझे कॉलेज पत्रिका की सह-संपादक के रूप में सेवा करने का यह समृद्ध अनुभव प्रदान किया। यह यात्रा नेतृत्व, सीखने और व्यक्तिगत विकास से भरपूर रही है।

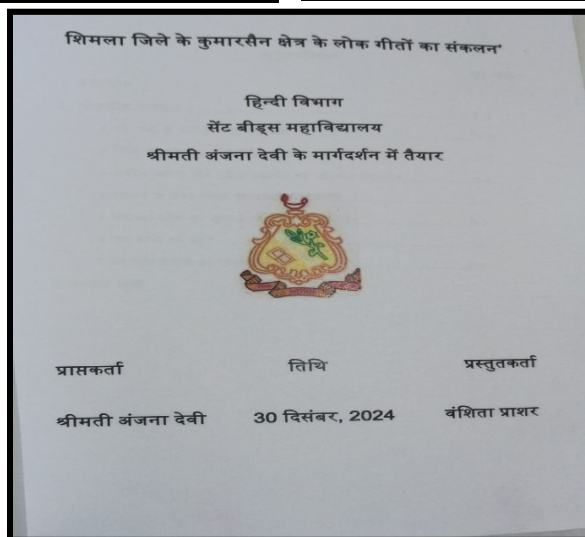
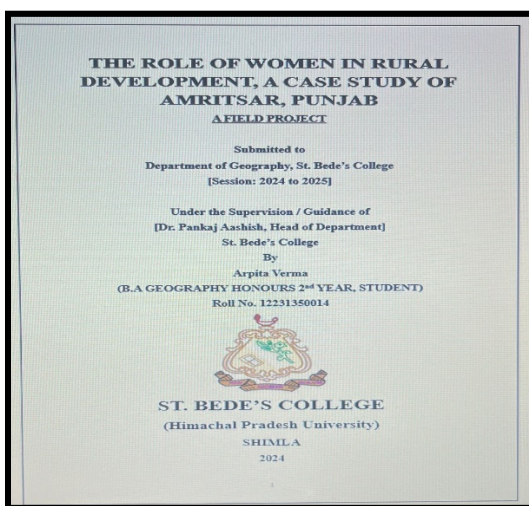
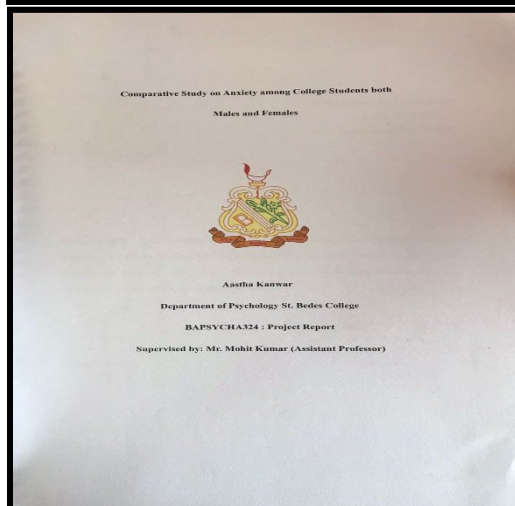
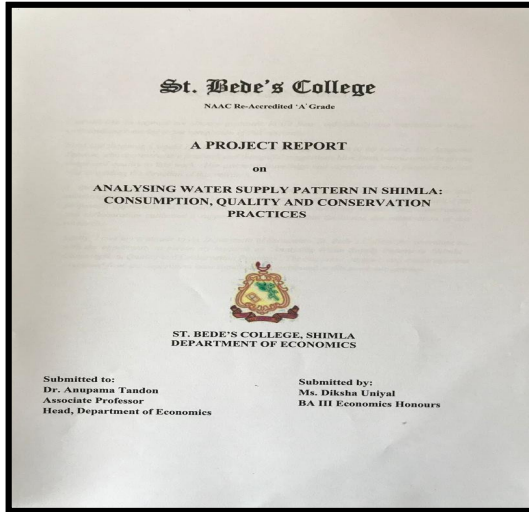
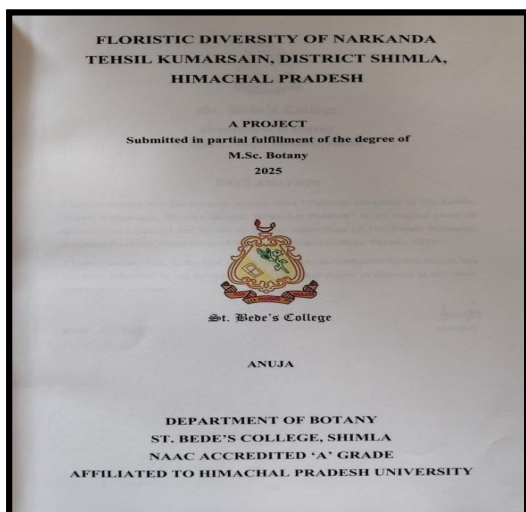
Editorial Team of the College Magazine- ECHOES



RESEARCH WORK

<p>A Project Report On <u>"Saving and Investment Patterns of Apple Producers in Shimla"</u></p>  <p>SUBMITTED IN PARTIAL FULFILMENT OF THE DEGREE OF <u>BACHELOR OF BUSINESS ADMINISTRATION</u> DEPARTMENT OF BBA <u>ST. BEDE'S COLLEGE, SHIMLA</u></p> <table> <tr> <td>SUPERVISED BY: -</td> <td>SUBMITTED BY: -</td> </tr> <tr> <td>Ms. Divya Sharma</td> <td>Arushi Azad</td> </tr> <tr> <td>Department of commerce</td> <td>BBA/ 3rd Year</td> </tr> <tr> <td>St. Bede's College Shimla</td> <td>University Roll No. - 5220830001</td> </tr> </table>	SUPERVISED BY: -	SUBMITTED BY: -	Ms. Divya Sharma	Arushi Azad	Department of commerce	BBA/ 3 rd Year	St. Bede's College Shimla	University Roll No. - 5220830001	<p>A RESEARCH PROJECT ON FINANCIAL ANALYSIS OF TATA STEEL COMPANY</p>  <p>ST'S BEDE'S COLLEGE , SHIMLA NAVBHAR In fulfillment of the degree of Bachelor of Business Administration (2022-2025)</p> <table> <tr> <td>SUBMITTED TO : MISS DIVYA SHARMA ASSISTANT PROFESSOR</td> <td>SUBMITTED BY : ADITI GANDOTRA BBA 6TH SEMESTER ROLL NO: 5220830004</td> </tr> </table> <p>DEPARTMENT OF COMMERCE & MANAGEMENT ST BEDE'S COLLEGE , NAVBHAR , SHIMLA 171002</p>	SUBMITTED TO : MISS DIVYA SHARMA ASSISTANT PROFESSOR	SUBMITTED BY : ADITI GANDOTRA BBA 6 TH SEMESTER ROLL NO: 5220830004
SUPERVISED BY: -	SUBMITTED BY: -										
Ms. Divya Sharma	Arushi Azad										
Department of commerce	BBA/ 3 rd Year										
St. Bede's College Shimla	University Roll No. - 5220830001										
SUBMITTED TO : MISS DIVYA SHARMA ASSISTANT PROFESSOR	SUBMITTED BY : ADITI GANDOTRA BBA 6 TH SEMESTER ROLL NO: 5220830004										
<p>PROJECT REPORT ON CONSUMER SATISFACTION OF SBI AND HDFC BANK IN SHIMLA: A COMPARATIVE STUDY</p> <p>SUBMITTED IN PARTIAL FULFILMENT OF THE DEGREE OF BACHELOR OF BUSINESS ADMINISTRATION ST.BEDES'S COLLEGE, NAVBAHAR SHIMLA</p>  <p>SESSION 2022-2025</p> <table> <tr> <td>SUPERVISED BY: DR RAMAN MATHARU BASSI ASSISTANT PROFESSOR COMMERCE & MANAGEMENT DEPT</td> <td>SUBMITTED BY: GARIMA HETTA ROLL NO: 5220830009</td> </tr> </table>	SUPERVISED BY: DR RAMAN MATHARU BASSI ASSISTANT PROFESSOR COMMERCE & MANAGEMENT DEPT	SUBMITTED BY: GARIMA HETTA ROLL NO: 5220830009	<p>PROJECT REPORT ON "A study on Awareness and Customer Satisfaction in the uses of 'YONO SBI' app"</p>  <p>SUBMITTED IN PARTIAL FULFILMENT OF THE DEGREE OF BACHELOR OF BUSINESS ADMINISTRATION ST. BEDE'S COLLEGE SHIMLA</p>  <p>SESSION 2023- 2025</p> <table> <tr> <td>UNDER SUPERVISE OF: - DR. RAMAN BASSI ASSISTANT PROFESSOR</td> <td>SUBMITTED BY:- JIYA GUPTA ROLL NO.-5220830010 BBA- 6TH SEMESTER</td> </tr> </table>	UNDER SUPERVISE OF: - DR. RAMAN BASSI ASSISTANT PROFESSOR	SUBMITTED BY:- JIYA GUPTA ROLL NO.-5220830010 BBA- 6TH SEMESTER						
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UNDER SUPERVISE OF: - DR. RAMAN BASSI ASSISTANT PROFESSOR	SUBMITTED BY:- JIYA GUPTA ROLL NO.-5220830010 BBA- 6TH SEMESTER										


Research Work Done by Advanced Learners of Various Departments



Research Work by Advanced Learners




INTERNSHIPS DONE BY ADVANCED LEARNERS


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Ref. No. CA/JM/16-21 Date 30/07/24


TO WHOM IT MAY CONCERN

This is to certify that Miss Sneha Sharma D/o Sh. Bhag Singh r/o Hari Vihar, Annadale Shimla H.P. has undergone training with our firm from 23/06/2024 to 30/07/2024. During this period, she has acquired good knowledge of data entry in (computerized especially Tally software and manual), accountancy, and also acquired good knowledge of compliance with Registrar of Companies, Goods & Service Tax, Employees Provident Fund dept. She is professionally sound, hardworking and devoted student. During her training she has been found sincere, reliable, trustworthy, sociable, and pleasant. We wish her all success.

For JMA & Co
Chartered Accountants

CA Manoj Kumar
(Partner)
(M.No. 5090423)
FRN 021876 N
Dated: 30/07/2024




Miss Sneha Sharma: Department of Commerce and Management

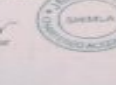
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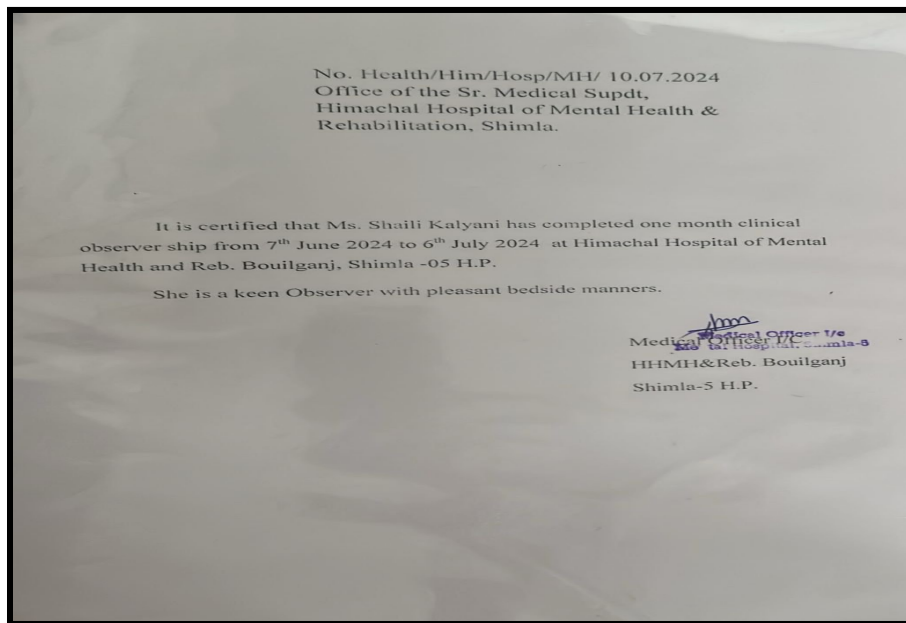
TO WHOM IT MAY CONCERN

This is to certify that Miss Sneha Bansal d/o Sh. Sohan Lal Bansal r/o Village Anji, P.O. Taradevi, Tehsil & Distt. Shimla H.P. has undergone training with our firm from 23/06/2024 to 30/07/2024. During this period, she has acquired good knowledge of data entry in (computerized especially Tally software and manual), accountancy, and also acquired good knowledge of compliance with Registrar of Companies, Goods & Service Tax, Employees Provident Fund dept. She is professionally sound, hardworking and devoted student. During her training she has been found sincere, reliable, trustworthy, sociable, and pleasant. We wish her all success.

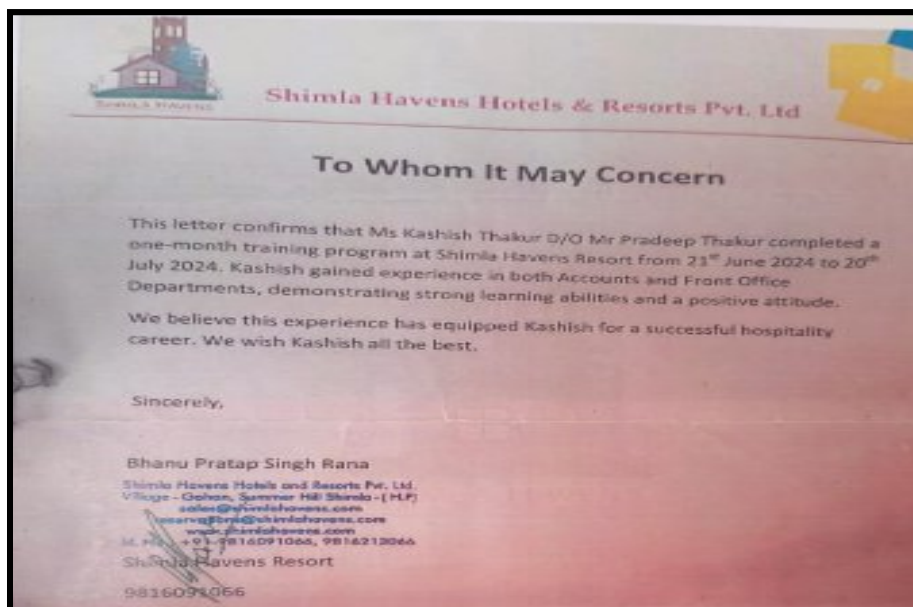
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Chartered Accountants

CA Manoj Kumar
(Partner)
(M.No. 5090423)
FRN 021876 N
Dated: 30/07/2024



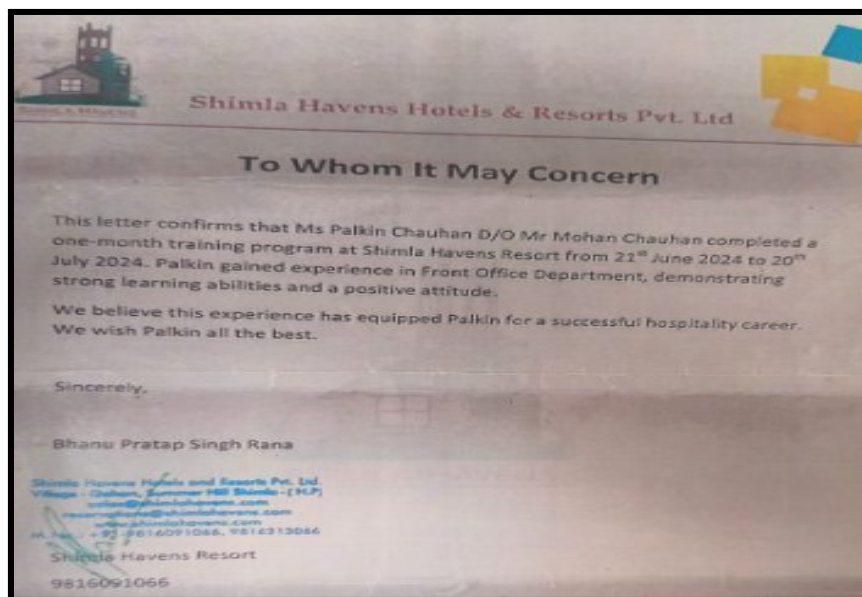
Miss Sneha Bansal: Department of Commerce and Management



Ms. Shalini Kalyani: Department of Psychology



Miss Kashish Thakur: Department of Commerce and Management



Miss Palkin Chauhan: Department of Commerce and Management



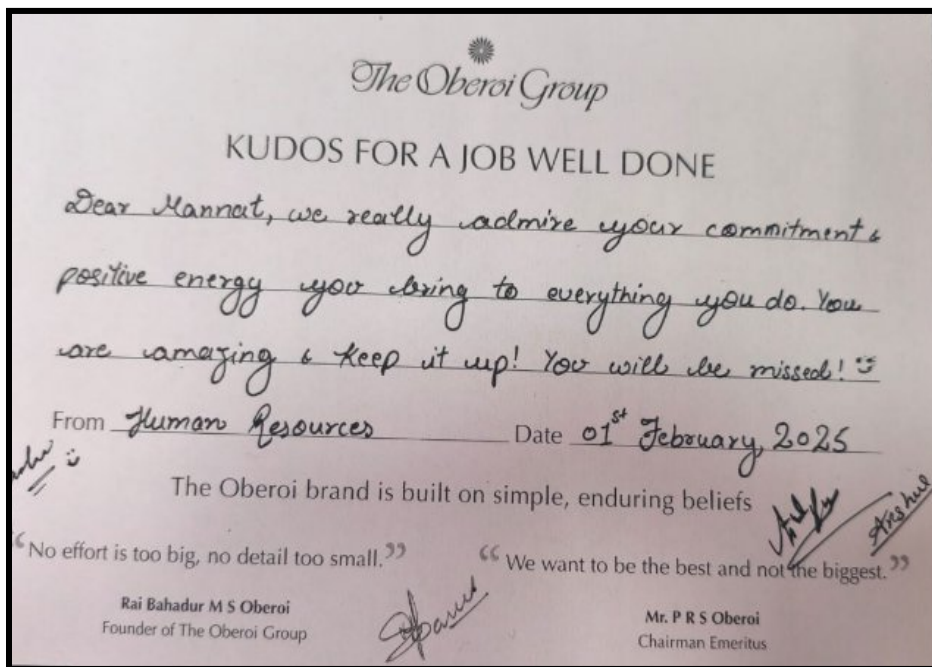
Ms. Mamta Mehr;; Department of Biotechnology



Miss Riya Sharma: Department of Commerce and Management



Ms. Mamta Mehra: Department of Biotechnology



Miss Mannat Puri: Department of Commerce and Management



Ms. Prabhnoor Kaur: Department of Psychology



RECOMMENDATION LETTERS



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October 15, 2025

To Whom It May Concern

I am pleased to recommend Ms. Jaisal Shekhawat for the position of Assistant Professor in English at your institution. As a student in the Department of English at St. Bede's College, she consistently impressed me with her academic ability and exemplary conduct.

Ms. Shekhawat completed both her B.A. (Hons.) and M.A. in English with excellent results. Her achievements in national-level examinations further highlight her merit — she secured the 99.32 percentile in UGC-NET and an All-India Rank of 140 in GATE. These accomplishments reflect her dedication, analytical ability, and strong scholarly potential.

She actively participated in seminars, workshops, and paper presentations, always contributing thoughtful perspectives. Her clarity in understanding and interpreting literary texts and theories is commendable, and she communicates her ideas with confidence and precision.

Equally noteworthy are her personal qualities. She is sincere, disciplined, and dependable, displaying maturity and respect in all academic interactions. Her passion for literature and responsible attitude make her well suited for a teaching career.

I am confident that Ms. Jaisal Shekhawat will be an asset to your faculty. I strongly support her application and wish her every success.


Should you require any further information, please feel free to contact me.

Yours sincerely,

Dr. Deepti Pajni
Head of English Department

Ms. Jaisal Shekhawat



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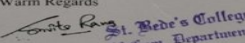
LETTER OF RECOMMENDATION
TO WHOM IT MAY CONCERN

I **Dr. Savita Rana** am pleased to recommend my student **Ms. Sizzel Rana** for admittance into the Post Graduate Program in your renowned institute. I have been associated with her for three years during her Undergraduate Program [BBA] as her professor and mentor.


Sizzel Rana has a sound knowledge of fundamentals. This was observed during her active interaction during class discussions. She holds the ability to perform an impromptu interactive demonstration. She is a dedicated and committed student. She completed all the tasks and assignments given to her on time. I have taught her subjects like **Statistics for Business Decisions, Business Accounting, and Human Resource Management**. She has performed well in all my subjects. She was amongst the top five students in her class.

On a personal level, **Sizzel Rana** is a heedful young lady who embodies the traits of taking challenges and manages to overcome them with flying colors. I observed this when I saw her taking responsibility for organizing and managing several events and functions. These events were organized on both intra and inter-college levels. She did this while she was the Council Member of the college.

To conclude, I would like to reiterate my strong recommendation for **Sizzel Rana**. I assure you that she will give her all and will try her best to meet your standards.

Thank You
Warm Regards

Dr. Savita Rana
Assistant Professor (HOD)
Department of Commerce and Management
St. Bede's College, Shimla [H.P.]
CONTACT: 9418593979
EMAIL: savitaranabede@gmail.com

Ms. Sizzel Rana

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
March 26, 2025

TO WHOM IT MAY CONCERN

It's a pleasure for me to recommend **Ms. Radhika Malhotra**, one of my promising students of English Honours, for admission to your University.

As her college professor I have seen that **Radhika** is a hard working and diligent student with an active class participation. Also she was very regular with her classes. I have seen her work over the three years of her under graduate study in over six of my subjects. She has been an inquisitive and ardent student throughout her time with me.

I, therefore recommend her for admission to your University.


Dr. Deepti Pajni
HoD, Dept. of English

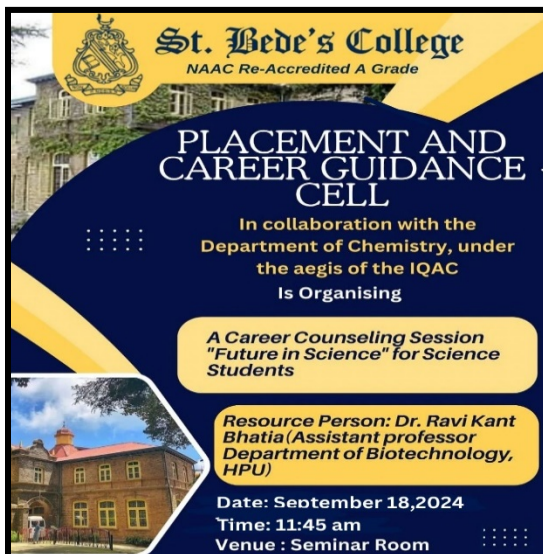
Ms. Radhika Malhotra



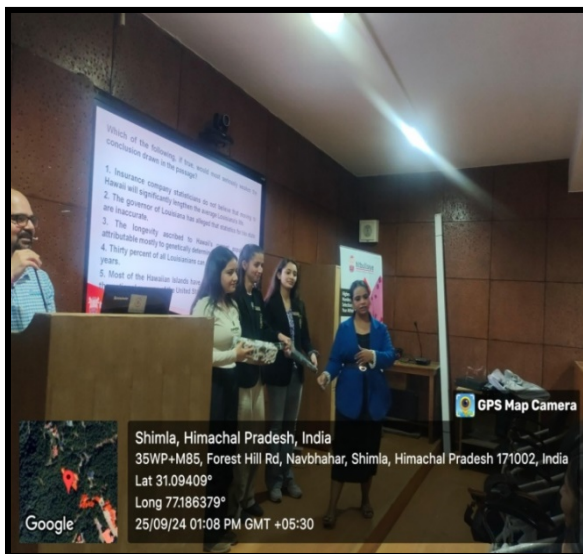
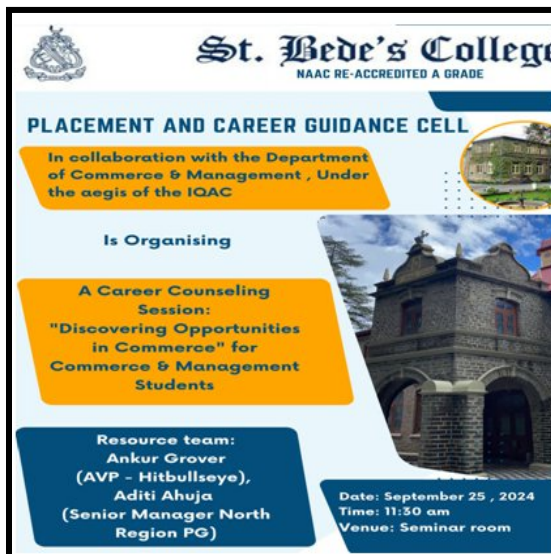
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[Placement and Career Guidance Cell](#)

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A Career Counseling Session Conducted by Placement and Career Guidance Cell in Collaboration with Department of Chemistry: September 18, 2024



A Career Counseling Session Conducted by Placement and Career Guidance Cell in Collaboration with Department of Commerce and Management: September 25, 2024



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- Ms. Poonam Rai (Co-Founder & Director)
- Ms. Angel (HR Manager, Operations)
- Ms. Anjali Bhardwaj (Senior HR Executive)
- Ms. Parmjeet Kaur (Senior Counselor)

Date: September 18, 2024
Time: 12 pm
Venue: Auditorium



*A Career Counseling Session Conducted by Placement and Career Guidance Cell in
Collaboration with Department of Economics: September 18, 2024*



AWARDS AND ACHIEVEMENTS

B.A. I		
SUBJECT	POSITION	NAME OF THE STUDENT
Political Science	First	Annandita Sharma
	Second	Payal Jamwal
Psychology	First	Kritika Thakur
	Second	Gurmilan Monga
English	First	Suhani Ghai
	Second	Gauri Negi
Compulsory English	First	Shrooti Sharma
	Second	Sanchi (B.Com 1)
Economics	First	Shrooti Sharma
	Second	Archi Chauhan
Computer Science	First	Jaarvi Singh
History	First	Diana Kaith
	Second	Annandita Sharma
Geography	First	Vrity Sharma
	Second	Srijal Sharma
Hindi Compulsory	First	Harshita Sharma
	Second	Prisha Rawal

B.A. II		
SUBJECT	POSITION	NAME OF THE STUDENT
Political Science	First	Riya Sharma
	Second	Janvi
Psychology	First	BHUMIKA VERMA
	Second	AKRITI BHARDWAJ
English	First	Shagun Majta
	Second	Anushka Chauhan
Compulsory English	First	Jahnvi
	Second	Priyal Sharma
Computer Science	First	Monalika Hans
	Second	Aashrita Goie
History	First	Kritika Pundir
	Second	Himani Verma
Geography	First	Kritika Chaudhary
	Second	Aanya Saroch
Hindi Compulsory	First	Himani Verma
	Second	Aanya Saroch
		Muskan Chandel
Hindi	First	Vanshita Prashar
Nutrition and Health Education	First	Pema Tashi

B.A. III		
SUBJECT	POSITION	NAME OF THE STUDENT
Political Science	First	Meenakshi Kumari
		Palk
		Shruti
	Second	Minakshi Sharma
Psychology	First	Muskan Verma
	Second	Alish Chauhan
English	First	Deepanjali Sharma
	Second	Samridhi Pathak
Economics	First	Aastha Raitka
Computer Science	First	Aarshita
	Second	Muskan Sharma
History	First	Aditi Raj
	Second	Riya Mehta
Geography	First	Anushka
	Second	Sejal Verma
Hindi	First	Tammana Thakur
	Second	Pranjal
Nutrition and Health Education	First	Neha Thakur
	Second	Pallavi Sareik

B.A. I (Honours)		
SUBJECT	POSITION	NAME OF THE STUDENT
English	First	Deeksha Singh Jaryal
	Second	Mitali Kaistha
Psychology	First	Mannat Kapoor
	Second	Muskan Chauhan
Economics	First	Avani Thakur
	Second	Silvi
Geography	First	Arpita Verma
	Second	Tamanna Nautiyal
		Sunidhi Paul
B.A. II (Honours)		
SUBJECT	POSITION	NAME OF THE STUDENT
English	First	Harshita Thakur
	Second	Nikita Thakur
Psychology	First	Anushka Kainthla
	Second	Vrinda Sharma
Economics	First	Diksha Uniyal
	Second	Harshita Thakur
Geography	First	Parul Mehta
	Second	Devangi Sharma



B.A. III (Honours)		
SUBJECT	POSITION	NAME OF THE STUDENT
English	First	Suhani Pathak
	Second	Tamanna
Psychology	First	Aashmeen Kohri
	Second	Praneeta Kamal
Economics	First	Megha Antil
	Second	Mannat Verma
Geography	First	Abhiramy Biju
	Second	Tashika Chauhan
M.A I		
SUBJECT	POSITION	NAME OF THE STUDENT
English	First	Ayushi
	Second	Srishti Basnet
M.A II		
SUBJECT	POSITION	NAME OF THE STUDENT
English	First	Priyanshi Goodwill
	Second	Jaisat Shekhawat

B.Sc. I		
SUBJECT	POSITION	NAME OF THE STUDENT
BOTANY	First	AARUSHI MEHTA
	Second	DEEYA BALI
ZOOLOGY	First	DEEYA BALI
	Second	ADITI AARUSHI MEHTA
CHEMISTRY	First	AASTHA SHARMA
	Second	DEEYA BALI
PHYSICS	First	PAYAL MEHTA
	Second	ADITI SHARMA
MATHS	First	PAYAL
	Second	ADITI SHARMA
COMPUTER SCIENCE	First	VASUNDHARA SHARMA
	Second	ADITI SINGH
B.SC. (HONS.) MICROBIOLOGY	First	-
	Second	-
B.SC. (HONS.) BIOTECHNOLOGY	First	ANSHIKA THAKUR
	Second	ANSHITA

B.Sc II		
SUBJECT	POSITION	NAME OF THE STUDENT
BOTANY	First	HARSHITA BANYAL
	Second	RISHIKA NEGI
ZOOLOGY	First	PRANJAL AZAD
	Second	LAKSHYA SHARMA
CHEMISTRY	First	SHOURYA SHARMA
	Second	SANYOGITA CHAUHAN
PHYSICS	First	AISHANI KANWAR
	Second	KRIKA RATHORE
MATHS	First	HIMANI
	Second	ROOPANSHI
COMPUTER SCIENCE	First	-
	Second	-
B.SC. (HONS.) MICROBIOLOGY	First	-
	Second	-
B.SC. (HONS.) BIOTECHNOLOGY	First	KANAN SHARMA
	Second	VAISHNAVI

B.Sc.III		
SUBJECT	POSITION	NAME OF THE STUDENT
BOTANY	First	RIYA THAKUR
	Second	AASTHA SHARMA
ZOOLOGY	First	KHUSHBOO SHARMA
	Second	SAMRITI
CHEMISTRY	First	SAKSHI SHARMA
	Second	SHREYA SHARMA
PHYSICS	First	TANYA DHIMAN
	Second	SHWETA CHAUHAN
MATHS	First	DIVYANSHI DESHTA
	Second	DIVYA MANGAL
COMPUTER SCIENCE	First	SHREYA CHADDA
	Second	-
B.SC. (HONS.) MICROBIOLOGY	First	BHAWANA VERMA
	Second	SRIJAN CHAUHAN
B.SC. (HONS.) BIOTECHNOLOGY	First	ALISHA
	Second	ADITI THAKUR



M.Sc. Botany I		
SUBJECT	POSITION	NAME OF THE STUDENT
M.Sc	First	SAKSHI BHARDWAJ
	Second	SAKSHI SHARMA
M.Sc. Botany II		
SUBJECT	POSITION	NAME OF THE STUDENT
M.Sc	First	SHIKHA THAKUR
	Second	PRIYA NIRALA

BCA I		
Subject	Position	Name of the Student
BCA	First	TARANA SHARMA
	Second	NISHKRITI
BCA II		
Subject	Position	Name of the Student
BCA	First	ANKITA NEGI
	Second	PALAK THAKUR
BCA III		
Subject	Position	Name of the Student
BCA	First	PRIYAMVADA THAKUR
	Second	MUSKAN SHARMA

B.Com I		
Subject	Position	Name of the Student
B.com	First	Parikshita Narwal
	Second	Sanchi
B.Com II		
Subject	Position	Name of the Student
B.com	First	Shreya Sharma
	Second	Sukriti Sharma
B.Com III		
Subject	Position	Name of the Student
B.com	First	Astha Mehta
	Second	Sargam Sharma

BBA I		
Subject	Position	Name of the Student
BBA	First	SHIMMER
	Second	MUSKAN KAUR
BBA II		
Subject	Position	Name of the Student
BBA	First	GARIMA
	Second	BHANVI KANWAR
BBA III		
Subject	Position	Name of the Student
BBA	First	SIMRAN DOGRA
	Second	MUSKAN SHARMA



HACKATHON



Department of Computer Science



St. Bede's College Shimla
 NAAC Re-Accredited A-Grade
HACKATHON & IDEATION CELL
Organizing
HACKATHON MARATHON
 Under The Aegis of IQAC
 in collaboration with
 Department of Computer Science
(for our bright minds in technology)

Idea Registration: Dec. 12, 2024-Dec. 22, 2024
 Results of Selected Ideas: Dec. 28, 2024
 Prototype Demonstration: Feb. 17, 2025

First Prize: Rs. 3000.00/ with trophy and certificates
Second Prize: Rs. 2000.00/ with trophy and certificates

Idea Registration: <https://forms.gle/7hvR1eYbNgEgDs9w5>
hackathonst.bedescollege@gmail.com

President (Hackathon Cell)
 +91-7807145173

Secretary (Hackathon Cell)
 +91-7876575981



Department of Computer Science



INTER COLLEGE ACTIVITIES



Students Attended One-Day Workshop at COE Govt. College Sanjauli: December 07, 2024



Hands- on- Training on Melissopalynology at COE: December 07, 2024



Intercollege Economics Literacy Meet Organized by Department of Economics: March 18, 2025



Debate Competition Organized by the College: 19 September, 2024



Inter college Quiz Competition on World Mental Health Day Organized by Department of Psychology: 07October, 2024



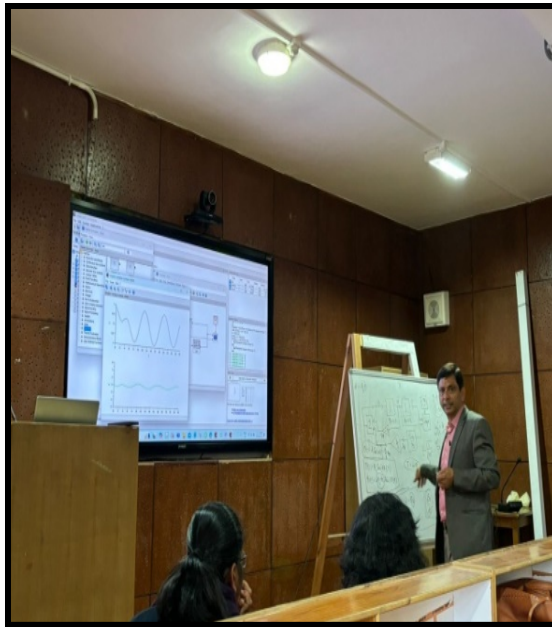
WORKSHOPS



Workshop on Stock Market Organised by Department of Commerce and Management: 8 August, 2024



Workshop on “Basic Word Processing Tools” at Sanatan Dharam Senior Secondary School, Ganj Bazaar, Shimla Organised by Department of Computer Science; September 20, 2024



Workshop on Xcos- A Simulating Tool Organized by Department of Physics: October 3, 2024



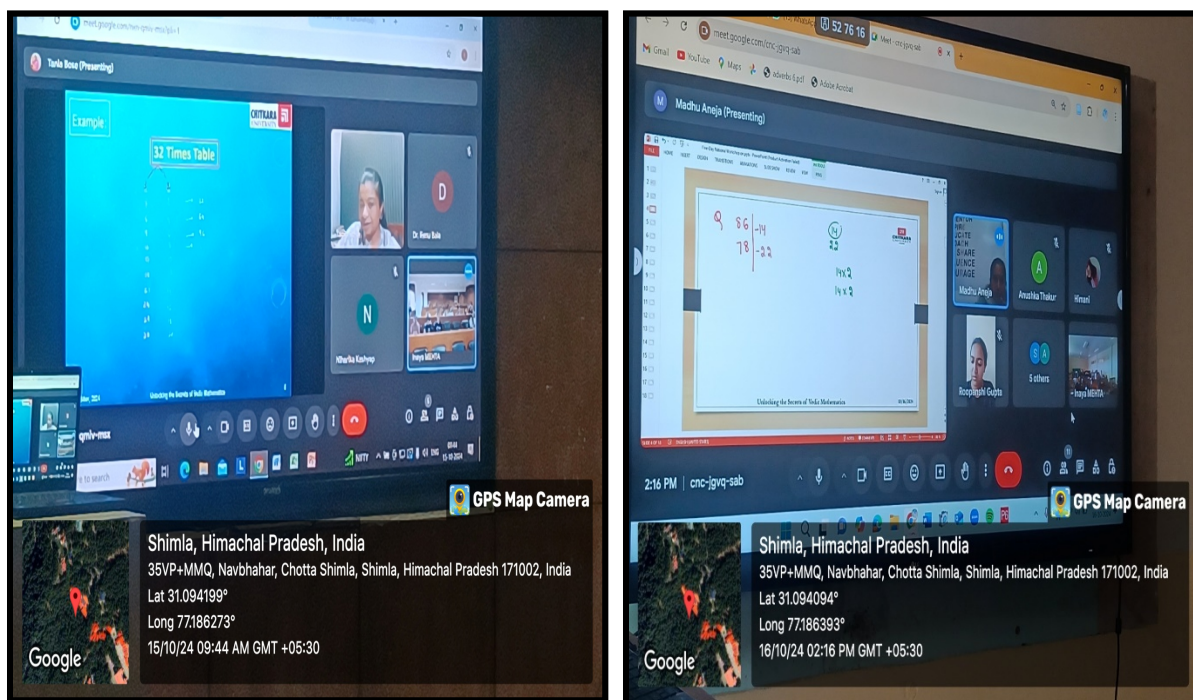
Workshop on Xcos- A Simulating Tool Organized by Department of Physics: October 3, 2024



Two Days Workshop on ‘Skill Development for Young Budding Entrepreneurs’ Organized by Department of Biotechnology at St Bede’s College in partnership with the Biotechnology Incubation Centre of the Department of Biotechnology at HPU Shimla: October 4-5, 2024



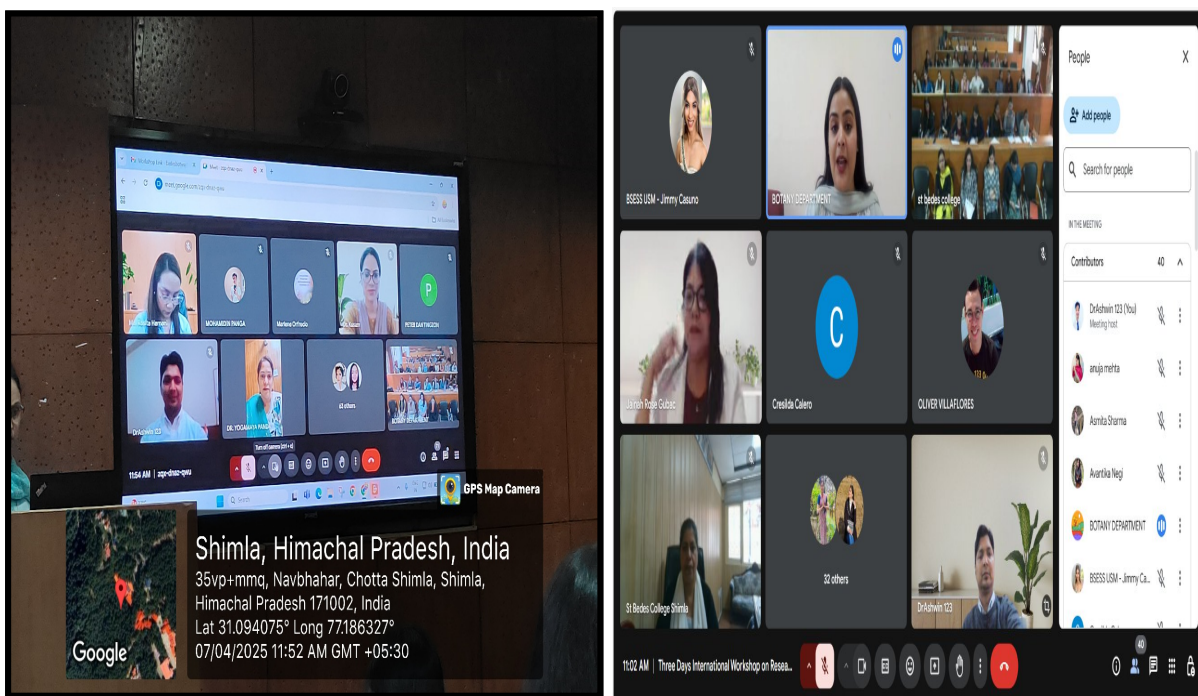
Workshop on Creative Writing in Mass Media Organized by Department of English: October 5, 2024



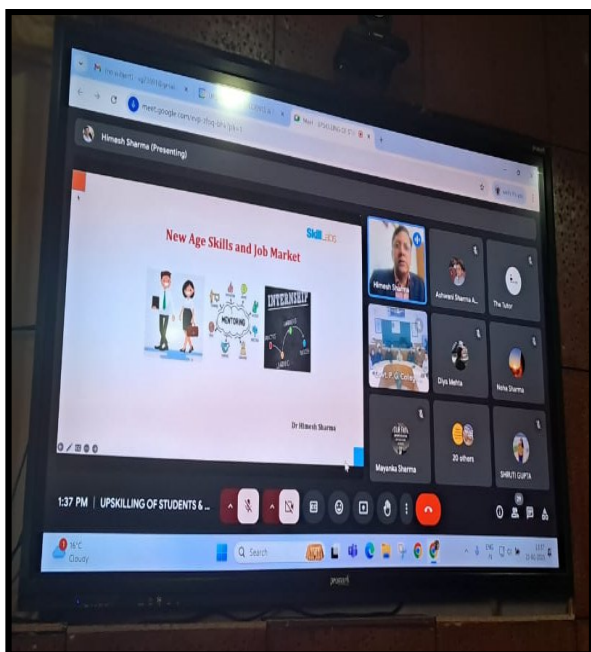
5 Day Workshop on “Unlocking the Secrets of Vedic Mathematics” Organized by Department of Mathematics: October 15- 19, 2024



Workshop on BMI Conducted by Department of Nutrition and Health Education for NSS Students: February 21, 2025



Three-Day Online International Workshop on Research Methodology by Department of Botany: April 7- 9, 2025



Seminar Conducted by the Department of Biotechnology



Workshop Conducted by Department of Computer Science: December 12, 2024



3 Day Training Program Attended by 6 Students of Botany on Application of Bio Fertilizers and Bio Pesticides in Forestry Practices: September 25-27, 2024



The 3-Day Training Program on “Seed, Nursery and Plantation Techniques of Oak Species” for Other Stakeholders “for M.Sc. Botany Students at ICFRE-Himalayan Forest Research Institute (HFRI), Shimla: 23-25, October 2024



Students of Physics Department Performing Experiment Using Stewart And Gee's Tangent Galvanometer to Find Out Variation of Magnetic Field With Distance: October 24, 2024



Students Performing Purification of Organic Compound in Chemistry Laboratory: December 17, 2024



Section Cutting of Plants Specimen in Botany Laboratory: September 05, 2024

CREATIVE WORK (SAMPLES)



Presentation of Beauty and Wellness Products Synthesized in the Chemistry Lab: February 28, 2025



Art Exhibition Conducted by College Students

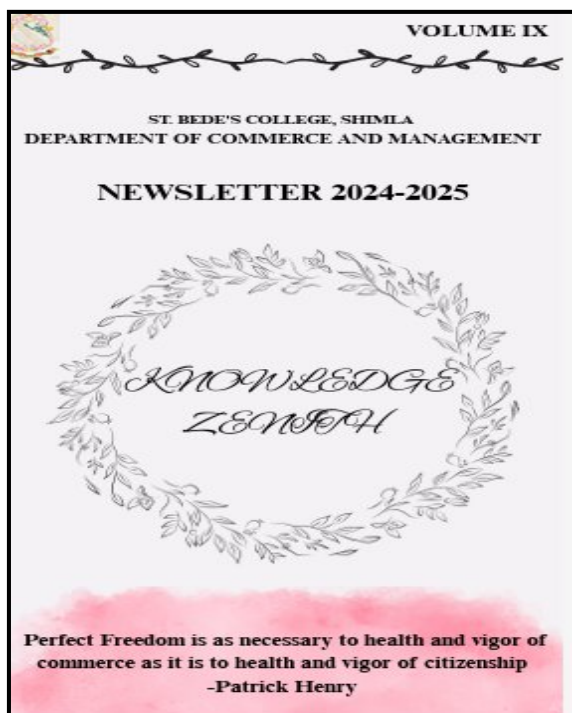


Diya's Exhibition Presented by the College Students



Products Made by Students of Financial Lab Incubator Centre: November 22, 2024

Newsletter



Department of Commerce and Management



Department of Computer Science





NEWSLETTER 2024-25 | VOL. XI

BEDEnomics


ST. BEDE'S COLLEGE, SHIMLA
DEPARTMENT OF ECONOMICS

THE ECONOMY OF HARAPPAN CIVILIZATION: A LEGACY OF TRADE AND INNOVATION

Ever since the existence of civilizations, humans have been trading to facilitate exchange. But trading can happen without coins also, by recording debt. It is debt that played an essential role in the creation of one of the earliest civilizations. The Harappan Civilization, also known as the Indus Valley Civilization (2600-1900 BCE), was one of the world's earliest urban cultures. This civilisation was built on a strong economic foundation driven by trade, agriculture, and craftsmanship. Archaeological evidence reveals a sophisticated economic system that influenced regional and long-distance commerce. The Harappans were highly skilled artisans, producing high-quality goods that fueled their economy. Some notable industries included pottery and ceramics, bead-making, metalwork, and textile production. These industries not only met local demand but also

sites, indicating a centralised system of trade and taxation. The presence of granaries suggests surplus food storage, possible for redistribution or trade purposes. The standardization of city layouts, including grid-patterned streets and advanced drainage systems, suggests economic planning and administrative control. Around 1900 BCE, the Harappan Civilization declined due to a combination of factors, including environmental changes, shifting river courses, and possibly declining trade with Mesopotamia. As agriculture suffered, urban centers were abandoned, leading to economic collapse. The Harappan Civilization's economy was an intricate system of agriculture, trade, industry, and governance. Its sophisticated trade networks and urban planning reflect an advanced economic model that influenced later civilizations. The archaeological remains of Harappan and Mohenjo-Daro provide valuable insights into one of the earliest examples of an organized economic system in human history.

Department of Economics



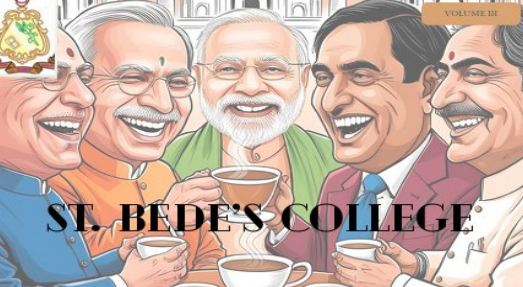



VOLUME III

ST. BEDE'S COLLEGE

E-NEWSLETTER BY THE DEPARTMENT OF
POLITICAL SCIENCE
2024-2025

SATIRE AND THE STATE

Where politics meets punchlines, satire holds a mirror to power, reflecting the absurd and challenging the ordinary. In India's vibrant democracy, satire is the voice that dares to question, critique, and provoke.

Department of Political Science



Zoology Dazz

Department of zoology
St. Bede's College

Zoology Highlights

THE DISCOVERY OF 866 NEW MARINE SPECIES

The Nippon Foundation-Nekton Ocean Census, the world's largest collaborative effort to accelerate the discovery of marine life, today announced the discovery of 866 new marine species. This is a significant step in advancing our understanding of ocean biodiversity, with discoveries expected to grow as the programme continues.

The identification and official registration of a new species can take up to 13.5 years—meaning some species may go extinct before they are even documented. To address this, The Nippon Foundation and Nekton jointly launched the Ocean Census in April 2021 to transform species discovery, accelerating the identification of marine life to close critical knowledge gaps before it's too late.





Inside the newsletter

- > Zoology Highlights
- > Crosswords & Puzzles
- > Teacher's Corner
- > Editor's Note
- > Departmental Activities

TURRIDRUPA MAGNIFICA – GASTROPOD

A marine gastropod discovered at 200–500m depths off New Caledonia and Vanuatu by Dr. Peter Stahlschmidt (University of Landau, Germany).

NEW OCTOCORAL

Found in the Maldives by Aishath Sarah Hashim & Aminath Nasath Shanaan (Maldives Marine Research Institute) and Asako K Matsumoto (Chiba Institute of Technology, The University Museum, the University of Tokyo). There are only 5 known species of this genus.

SIDHMA KASHYAP
BSC III YR

Department of Zoology



Volume: III Issue: III 2024-2025

NEWSLETTER

BEDE'S SPORTS PULSE

-Highlights-

- i. Articles
- ii. Departmental Activities
- iii. NSO Activities
- iv. Sports Achievements
- v. CDD Sports Trust Scholarship

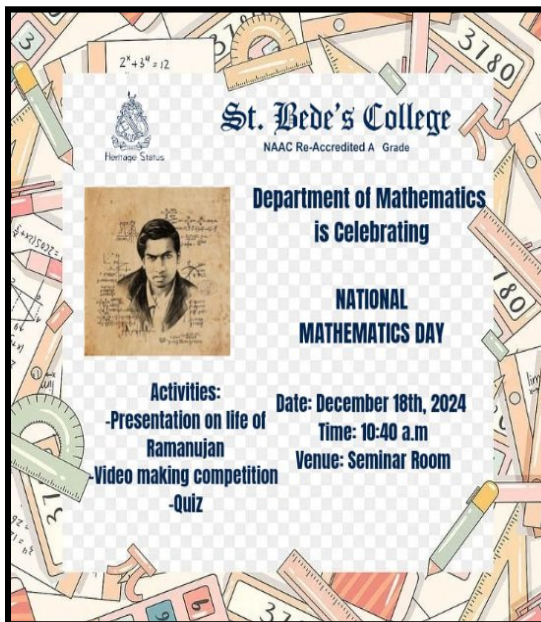
CITIUS, ALTIUS, FORTIUS

Page 1

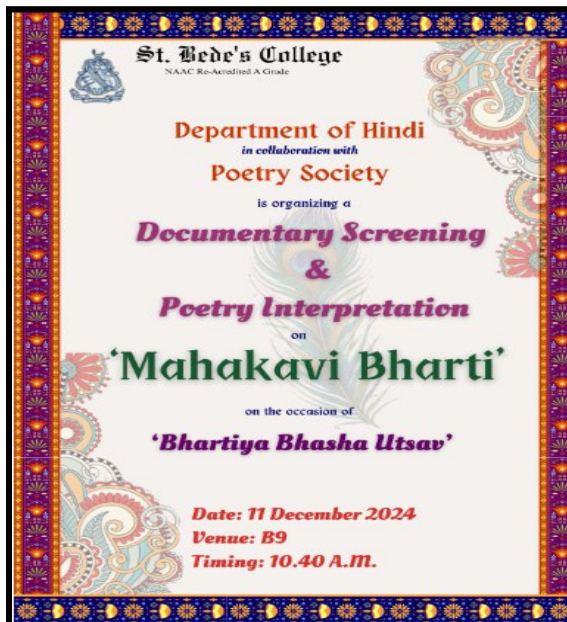
Department of Physical Education



BROCHURES (SAMPLES)



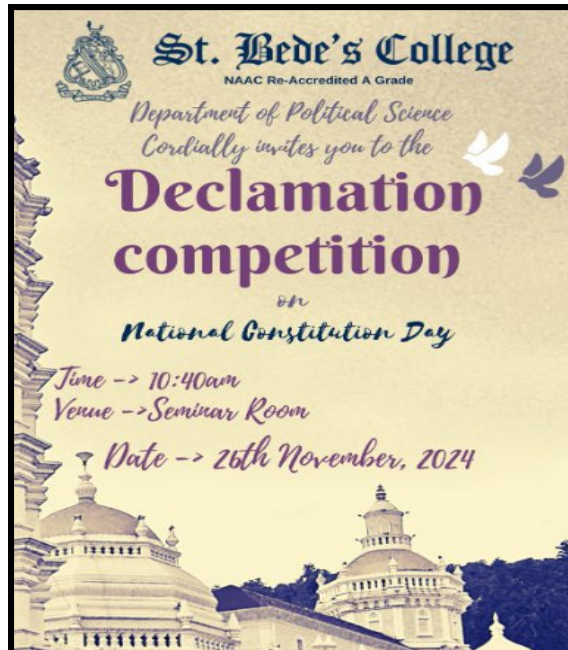
Department of Mathematics



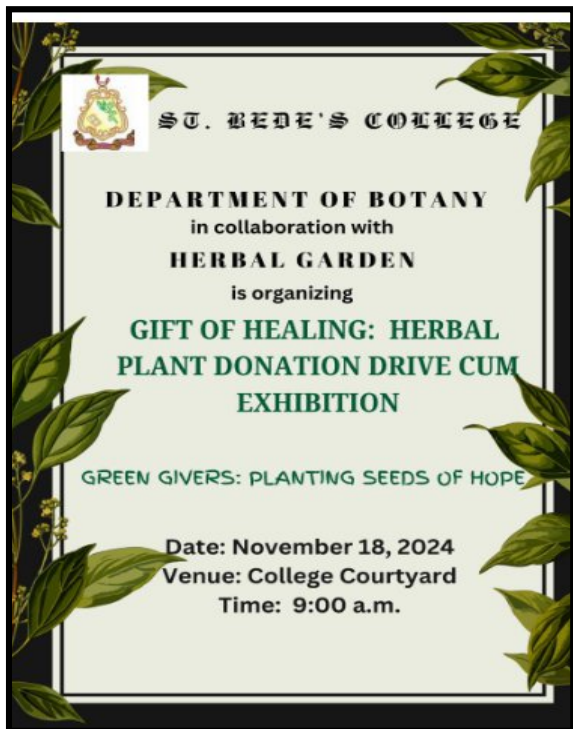
Department of Hindi



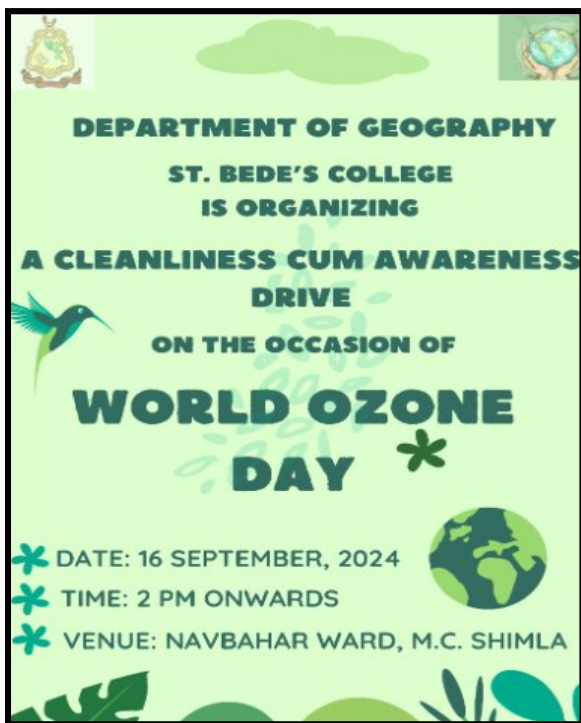
Department of History



Department of Political Science



Department of Botany



Department of Geography



Debates and Dramatic Society

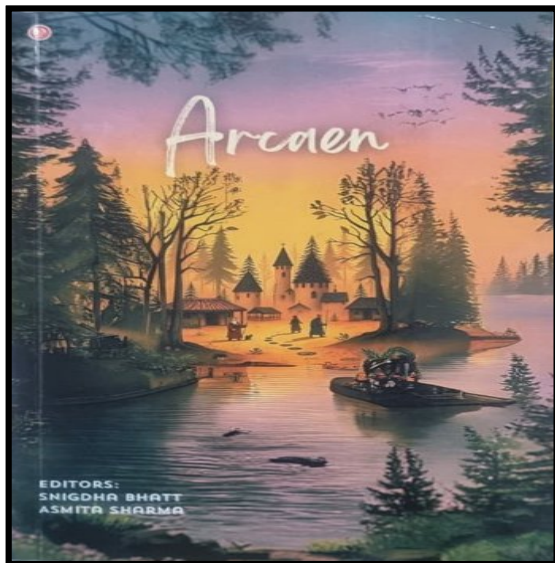


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Arcaen :A Book of Self Composed Poem Published by Department of English



Artwork by Students



Under The Same Sky

Under the same sky,
Below the different roof,
She casts for you,
Smiling, you get out of her sight,
Living her aloof.
Hidden beside the clouds,
She caught you then,
Glimmering, blushing, whooping
You say, "let's play this again".
Finding peace in your beauty
And ecstasy in your scars,
You tell her you're here
When her mind is at war,
Notwithstanding the fact you're too far.
In the dark times here,
When she's bewildered in her thoughts,
You light her up
When the place feels bizarre.
There's a reason she romanticises you –
You neither ask her questions
Nor starts judging.
You give her a gift which
Most humans can't –
That is listening.

She finds a comfort, a home, in you.
When things go wrong,
She waits for you,
You see her in every patch,
Giving her hope,
Standing by her side,
In every life's slope.
Just like you, she goes through phases –
Of light,
Of dark.
You may not always appear,
Yet you are always whole,
Leaving your perfect mark.

Unnati Shree
B.A English Hons 2nd Year

Importance Of Mental Health and Mental Health at Work Place

Walking through the large buildings
In ideas whispered,
How happy must be those
Who are stocked with wealth.
Desperately listening to the talks of officers
Doctors talking about disease, CEOs about losses.
None seemed happy all in a glass
Which might crack any moment.
I asked an officer, "Are you content?"
His gaze held stories his silence deep.
Now I moved forward and saw a squirrel
I asked it, "Why would no one answer me?"
It declared that these dens are cursed with
curse of ignorance
Where shadows dwell and silence burst.
Enlightened, I moved and decided to break
the curse.
Here I stand today to share a secret
Mental health matters to all
So let's support each other,
For a brighter workplace in every way.

Himani Verma
B.A Pass Course 3rd Year



Dear Radha-Krishnan

You are the sole companion of mine, if
someone can comprehend my thoughts, they
will know this
Whose gaze can make my breathing stagnant,
you're also the beat of that heart.
I need you just as a sailor needs a guiding
star.
Many people have loved you before me
Nevertheless, The tears in my eyes
demonstrate how special my love is for you.
I might be entangled in this fantasy world,
Maintaining fragile hopes with the world of
hallucination.
And when I look at you, my eyes get wet with the
pangs of separation, for being apart from you is
unbearable.
Nevertheless, when I recite your name
wholeheartedly, your presence brightens in my
heart as an inseparable link.

Riya Sharma
BA English Hons 1st Year



जीवन की राहें

मेरे जीवन की राहें अनगिनत हैं,
हर एक कदम नया सवाल है,
कभी खुशी की हवाउँ चलती हैं,
तो कभी दुखों की हलचल है।
सपने हैं आँखों में सजे, दिल में उमंगों का तूफान है,
हर मुश्किल से जुझते हुए, हर पल मेरी पहचान है।
कभी आसमान सा ऊँचा, तो कभी धरती सा नीचा,
राहें नहीं आसान जीवन के,
पर निरंतर है चलना,
रुकना नहीं, बस आगे है बढ़ते रहना।
हर रात के बाद आशा की किरण निकलती है,
अँधेरे से ना घबराओ,
क्योंकि उसके बाद सूरज ही उगता है!
तूफान के बाद ठंडक है,
तो बारिश के बाद शांति भी है,
जीवन की इस यात्रा में
हर पल, हर मोड़ पर,
एक सीखने की बात है।

सुश्री अनामिका चौहान

मन के झरोखे से

प्रेरणा की ज्योति

वलो जलाए उमोद को बातों,
रखें अपने सपनों को यातों।
हर कठिनाई को पार करें,
हर रुकावट से प्यार करें।
जोरा के संग बढ़ते जाएँ,
हर गम को हँसकर अपनाएँ।
गेहनत के रंग से रंग भरें,
खुद को निखारें, आगे बढ़ें।
सूरज बनकर चमकना है,
अंधेरी से नहीं डरना है।
सपनों को साकार करें,
जीवन को मुल्ज़ार करें।
आसमान भी झुक जाएगा,
सपनों का दीपक जब जलम जाएगा।
खुद पर विचार रखना सोखें,
हर मंज़िल को हासिल करना सोखें।
आओ मिलकर प्रेरणा की ज्योति जलाएँ
खुद अपना रास्ता बनाएँ, दूसरों को मार्ग दिखाएँ।

तुम कुछ भी पा सकते हो प्यारे

खड़ा हिमालय बता रहा है,
डरो न आंधी - पानी में तुम!
खड़े रहो अविचल होकर,
सब संकट, तूफानों में तुम!
झिंमो न अपने पंथ से तो
तुम कुछ भी पा सकते हो प्यारे!
तुम भी ऊँचे उठ सकते हो,
छू सकते हो नभ के तारे।
अवल रहा जो अपने पथ पर
लाख मुसोबत आने में,
मिलो सफलता जग में उसको,
जोने में मर जाने में।

सुश्री जामुनि वर्मा
डि.एल. एक द्वितीय वर्ष

सुश्री साक्षी भारद्वाज
एमएस.सी. द्वितीय वर्ष (बॉटनी)



WOODEN WISDOM: THE LINEAGE OF FIERCE FEMALE VOICES IN LITERATURE

SHREYA THAKUR
BA ENGLISH HONS III
YEAR

There are voices that bloom like roses – delicate, transient, ephemeral. And then, there are voices that grow like trees – gnarled, rooted, unbreakable.

The world has often sought to silence women; but their stories found root in the earth, their voices bled into ink.

And their wisdom turned into wood –

firm, unbreakable, unbreakable.

This is the story of the women who wrote with splinters in their veins; the women whose ink was not merely words but the sap of resistance, flowing through the roots of literature. They are the wooden wisdom –

immortal, harsh, and everlasting.

Mahasweta Devi: The Tree That Bled for the Marginalised

"I am a writer because I don't want to be silenced!" – Mahasweta Devi

If the forest of literature were to have a flame tree, Mahasweta Devi would be a tree that bleeds red with the stories of the oppressed. Writing in the raw heat of post-colonial India, Devi's works like *Drumhead*, *Hajar Sharabai*, *Maan*, and *Brave Stories* carry the burden of tribal women, bonded laborers, and the voiceless.

Her writing did not comfort the reader; it burned. In *Drumhead*, her protagonist, a tribal woman named Dopdi, is raped and brutalized by state authorities but in the moment of greatest violation, she refuses to grieve herself. Her sadness becomes her rebellion; her shame turns into power.

Mahasweta's literature reminds us that real writing does not comfort; it convicts. It does not offer shade; it sets the ground on fire.

Virginia Woolf: The Tree That Broke Walls

"I am a woman must have money and a room of her own if she is to write fiction." – Virginia Woolf

In the forest of literature, Virginia Woolf was an oak tree – strong, silent, yet persistent in breaking walls. Writing in an era where women were ornamental creatures of the drawing-room, Woolf demanded intellectual freedom. In *A Room of One's Own*, she questioned the systemic erasure of women's writing. Why have there been no female Shakespeare?

Her stream-of-consciousness novels, *Mrs. Dalloway*, *To the Lighthouse*, and *The Waves*, did not narrate stories; they unfolded human consciousness. Woolf's pen did not fight with swords; it dismantled the very walls that cages women. She believed that women's minds were vast oceans, and society merely showed them as tea cups.

Her work was not loud; it was seismic. Her quiet defiance has rippled through centuries, allowing women to write, exist, and be heard.

Toni Morrison: The Fertile Wood of Black History

"If you want to fly, you have to give up the things that weigh you down." – Toni Morrison

While Woolf carved space for women, Toni Morrison burned pathways for Black women. She was a tree petrified by the horrors of slavery; her roots entrenched in Black identity, her branches spread across generational trauma. In *Beloved*, Morrison unearths the brutal legacy of slavery but her magic lies in how she immortalises pain into poetry.

Sethe, the protagonist of *Beloved*, kills her infant daughter to save her from slavery and the ghost of that daughter returns to haunt her. Morrison's genius lies not only in telling the story but in forcing the reader to feel the weight of inherited pain.

Her writing was not decorative; it was heavy. Morrison's novels are not easy to carry just as Black history is not easy to bear. But her voice, like petrified wood, will never decay.

Alice Walker: The Fruit-Bearing Tree of Womanhood

"The most common way people give up their power is by thinking they don't have any." – Alice Walker

In the dense forest of literature, Alice Walker is a fruit-bearing tree – scarred but abundant. In *"The Color Purple"*, she does not merely tell the story of Celie; she unburdens centuries of silenced Black women. Celie, who begins as a voiceless victim, transforms into a woman who reclaims her voice mirroring Walker's own journey as a writer.

Walker's words do not just touch readers; they haunt them. Her belief that womanism is distinct from feminism gave Black women a new language one rooted in survival and joy, not just resistance. Like a fruit-laden tree, Walker's work offers bitter fruit; stories of trauma but also sweet nectar: stories of strength.

Her legacy is simple: "Women bloom best when they refuse to shrink."

Each of these women added another ring to the wooden wisdom – each ring etched with pain, resistance, and unyielding voice.

And so the forest grows.

Mahasweta's fire, Woolf's hammer, Morrison's ghost, Walker's fruit.

Beloved is the wood of defiance.

The color of my life is not born down.

And wood does not rot, it grows.

These women will never burn, it will only harden.

Dead long after their bodies turn to dust.

These stories will still stand like ancient trees –

Unbreakable. Eternal. Wooden Wisdom.

And so the forest grows.

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And wood does not rot, it grows.

These women will never burn, it will only harden.

Dead long after their bodies turn to dust.

These stories will still stand like ancient trees –

Unbreakable. Eternal. Wooden Wisdom.

And so the forest grows.

Beloved is the wood of defiance.

The color of my life is not born down.

And wood does not rot, it grows.

These women will never burn, it will only harden.

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GENERATION GAP AND MENTAL HEALTH

SAKSHI BHARDWAJ
MSC. III SEMESTER,
BOTANY

I'm not trying to portray older people/parents in a negative light. I'm just showing how generation gap is becoming dangerous and affecting young people. Prejudice and vindictiveness against the younger generation is the norm. How may we tell our elders that we are sensitive and there is nothing to be ashamed about it!

The best way to get over it is to improve communication between these two generations. Ask them how they are feeling, once in a while. Listen to what they have to say. Identify the red flags early on. Be empathetic and show understanding. Try to find out what lies behind the seemingly perfect life that they live on social media. The urge to fit in with a peer group makes the youth change their true nature and those changes give you stress, self-doubt, and anxiety.

Counselling sessions should become a regular part of school and college curricula. If the young are relieved from tackling mental health issues, many children can excel in life. Visiting a psychiatrist should not be a taboo. If anybody is taking therapy, the society should show support to that person because they are prioritising their mental health. So instead of using brutal words, you could encourage and motivate them very lovingly, and show your faith in that person.

Everyone should take out a few minutes a day in when they do what they love- "Me-Time". With a little bit of caring and sharing, let's make this world a friendly place.

In today's time, suicides have become common. The shocking factor is that most men and women who commit suicides are between 20-35 years of age. It is hard to believe this fact because this age group is all about learning new things, achieving great ambitions, building responsibilities, and gaining experience, suicide, but why?

Older people who claim to have more experience of life, usually deal with such news very insensitively. They consider suicide to be an act of cowardice and think that the youth don't know the value of life, they don't care about their parents and can't deal with life's difficult situations. In a nutshell, they have zero empathy towards the deceased person but full sympathy for their parents.

One can easily attribute this callousness to generation gap. Averagely, older people never take mental ill-health seriously because they believe it's just a figment of the mind. Why are they so ignorant about mental health? Parents always teach their children how to make their life financially safe and secure, what subjects they should opt for, what kind of person they must be, etc. for choosing a certain career path in life to get over these hurdles. But have they ever talked to them about the issues they face mentally?

No, never, even if they notice the mood swings of their children, rather than asking the reason, they taunt their children for misbehaving and start counting the favours that they have shown to their children.

Young children try to share their problems with their elders but they don't get any solution from them as they lack experience. If a child is expressing his or her feelings before the parents all they get in return is a piece of advice that their problems are manageable why can't parents be friends with their children? Parents don't do it intentionally, it's just that they lack time and expertise to deal with mental health issues. Sometimes, people cite from experience that they have never faced such problems in their time, as they worked hard and knew how to be happy. They refuse to identify the issue just because the problem didn't exist in their time.



महिलाओं की चुप्पी, पुरुषों की साहस

सेंट बीड्स महाविद्यालय में पिछले तीन वर्षों से अध्ययन कर रही हूँ। यहाँ महिला सशक्तीकरण और सामाजिक तथा परिवारिक दायरे में उसके सम्मान और सुरक्षा के बारे में बहुत कुछ जाना-सुना। महाविद्यालय में इस प्रकार की गतिविधियाँ सच में हमें प्रेरित करती हैं, कि एक महिला होने के क्या मायने असल में होने चाहिए, लेकिन दुर्भाग्यवश, कुछ असाधारण तत्त्वों, अंधविश्वासों और परंपरा, रीति-रिवाज आदि के नाम चल रहे ढकोसलों के कारण हमारा महिला समाज आज भी कोचों में दब चुका है। वैसे में एक खोजी प्रवृत्ति की छात्रा हूँ। कबीरास की तरह ही मैं 'कागज की लेखी' से ज़्यादा 'आँखन देखि' पर विश्वास रखती हूँ। इसीलिए छुट्टियों में, जब भी मौका मिलता है, मैं प्रेसी जगहों पर कुछ समय बिताना पसंद करती हूँ, जहाँ से मुझे देश-दुनिया के बारे में ज्ञान मिले। एक प्रेसी ही घटना अभी हाल में घटी है।

पिछली छुट्टियों में मैंने देश की राजधानी, दिल्ली के कई महिला पनाहगाह में घंटों तक उन पीडित महिलाओं से बातचीत की है जो बताती हैं कि किस तरह शराब पीकर उनके पति ने उन पर केरोचिन तेल छिड़ककर उनके शरीर के कई अंगों को बड़ी निर्ममता से जला डाला!

मैंने कई स्वास्थ्य कार्यक्रमों, सामाजिक कार्यकर्ताओं और सरकारी अधिकारियों से तमाम मुद्दों पर बातचीत की और समझने की कोशिश की है कि इन सबके पीछे आखिर वजह क्या है।

महिलाओं के खिलाफ शारीरिक और यौन हिंसा दुर्भाग्यवश हर समाज की एक कड़वी सच्चाई है, लेकिन भारत में जिस तरह इसे आमतौर पर समाज की स्वीकृति मिली है, यह बात समझ से परे है।

भारत में राष्ट्रीय परिवार स्वास्थ्य सर्वेक्षण के मुताबिक करीब 51 प्रतिशत पुरुष और 54 प्रतिशत महिलाएँ पुरुषों द्वारा महिलाओं को जो पीटा जाना न्यायसंगत ठहराते हैं! और इन सब पर लोगों की चुप्पी के कारण समाज में घरेलू हिंसा की और ज़्यादा जूल मिलती है।

हिंसा की शिकार महिलाओं की खामोशी तो समझ में आती है कि वे डरती हैं या फिर उनके बीच आत्म-सम्मान और सुरक्षा भाव को लेकर जागरूकता नहीं आयी है कि वे आगे आकर इसके खिलाफ आवाज़ उठाएँ, लेकिन यह बात बिल्कुल समझ में नहीं आती कि आखिर उनके परिवार के लोग, दोस्त, पड़ोसी या फिर राह चलते लोग कैसे इससे अपनी आँखें चुरा लेते हैं?!

सुश्री राधिका गुप्ता
बी. ए. तृतीय वर्ष

पीरियड्स और सैनिटेशन: भारत में एक चुनौती

पीरियड्स एक प्राकृतिक जैविक प्रक्रिया है, लेकिन अक्सर इसे एक सामाजिक वर्जना के रूप में देखा जाता है। हम श्रेणी ही अपने भारत देश की सांस्कृतिक महानता के गुण गाएँ, लेकिन इस कड़वे सच से मुँह भी नहीं मोड़ सकते कि विश्व पटल पर अपने वैज्ञानिक आभारों का लोहा मनवाने वाला भारत महिलाओं को लेकर अभी भी कुछ मामलों में संवेदनशील नहीं हो पाया है। भारत में इसे अभी भी एक वर्जित विषय माना जाता है। इस कारण, पीरियड्स के दौरान सैनिटेशन की कमी एक बड़ी समस्या है। क्यों है यह एक समस्या?

क) धार्मिक मान्यताएँ एवं सामाजिक वर्जना - भारतीय समाज में माहवारी के समय स्त्री के शरीर को अशुद्ध माना जाता है, जिसके कारण उसे रसोई, पूजा स्थान या फिर किसी भी शुद्ध कार्य से परे रखा जाता है। रक्त साब को अशुद्ध मानने की प्रवृत्ति हमारी धार्मिक मान्यताओं का प्रतिकूल है। इस पर सोच-विचार की जरूरत है कि जिस प्राकृतिक विशेषता के चलते स्त्री को मातृत्व सुख प्राप्त होता है, जिससे उसके परिवार का बंधन बंधता है, उसका सोच अपवित्र कैसे हो सकता है?!

ख) सैनिटरी पैड्स की कमी - रूरल इलाकों में अशुद्धि का बुरा प्रभाव स्त्री की देह की स्वच्छता को लेकर है। पुराने जमाने में रक्त साब के उन दिनों में स्त्री को सैनिटरी पैड की सुविधा नहीं थी, जिसके चलते कपड़े का इस्तेमाल रक्त के बहाव को सोखने के लिए किया जाता था। लेकिन प्रौद्योगिकी के चलते इतना विकास तो हो चुका है कि बाजार में कई प्रकार के सैनिटरी पैड्स उपलब्ध हैं जिससे महिलाओं को घर का काम-काज तो बचा, खेद-दुःख में भी भाग लेने से कोई डर नहीं। हाँ, लेकिन यह भी सत्य है कि ग्रामीण महिलाओं को इसके बारे में जागरूक करने का काम बचि है। दूसरा, आर्थिक रूप से अक्षम महिलाएँ महंगे रंगों में बिक रहे सैनिटरी पैड्स खरीदने में असमर्थ रह जाती हैं।

ग) स्वास्थ्य ज्ञान - स्वच्छता की कमी के कारण महिलाओं को कई प्रकार के संक्रमण का खतरा रहता है, जिसके कारण उनका स्वास्थ्य बिगड़ता चला जाता है। इससे बच्चे के लिए अस्वस्थता या फिर स्वास्थ्य केन्द्रों में महिलाओं को इन समस्याओं से अवगत कराना और साथ ही उनके जीवन साथी को भी जागरूक करने की जरूरत है कि माहवारी एक वैज्ञानिक प्रक्रिया है, इसके बारे में सुलोक बात करनी चाहिए।

इसके परिणाम क्या हैं?

छात्राओं की पढ़ाई पर असर - अक्सर देखा गया है कि पीरियड्स को लेकर जो सामाजिक कलंक लड़कियाँ झेलती हैं, उससे उनका आत्म-विश्वास बिल्कुल टूट जाता है। वे न तो स्कूल जाने में रुचि रखती हैं और ना ही खेल-कूद में बिना शिक्षक भाग लेने की सोच पाती हैं। इसलिए उनको मानसिक रूप से शक्ति प्रदान करने की जिम्मेदारी जितनी अभ्यासों को होती है, उतनी ही उनके अभिभावकों की।

क्या किया जा सकता है?

जागरूकता बढ़ाना - लोगों को पीरियड्स के बारे में जागरूक करना और उन्हें सही जानकारी देना जरूरी है।

सस्ते और आसानी से उपलब्ध सैनिटरी पैड्स - सरकार को सस्ते सैनिटरी पैड्स उपलब्ध कराने चाहिए।

स्वच्छता सुविधाएँ - स्कूलों और कार्यस्थलों में स्वच्छ शौचालयों की व्यवस्था होनी चाहिए।

सरकारी नीतियाँ - सरकार को पीरियड्स और सैनिटेशन से संबंधित नीतियाँ बनानी चाहिए और उनका कड़ाई से पालन कराना चाहिए।

पीरियड्स एक सामान्य जैविक प्रक्रिया है और इसे एक वर्जित विषय नहीं माना जाना चाहिए। सभी महिलाओं को स्वच्छता और सम्मान के साथ इस समय को बिताने का अधिकार है।

सुश्री प्रियान रुकटा
बी. ए. द्वितीय वर्ष



LEADERSHIP SKILLS

Student Council

Admiral

Some wishes really do come true ! Three years ago when I entered this college as a fresher, I never thought I'd be leaving as the Admiral of this college. I had fallen in love with this college the very day I came to visit it for the first time. Bede's has given me so much and I will never be able to repay it back. It has shaped me into a better person, someone who is more responsible, someone who can deal with stress a little better. I was able to interact with so many people through this opportunity. I hope that I left a positive impact on the people who I came across. I was able to learn how to take decisions, stand by them, and also take responsibility if something went wrong. I now value the process and journey of reaching the goal more than simply the end result. I can not end this without mentioning the support I received from my teachers, friends and my family. Encouragement and support are all you need to take the first step. My council this year, felt like a family to me. If a finger was raised at them, it was directly a finger pointed at me. I am genuinely grateful to everyone in the council, for their constant support and commitment to the college. I can't wait to see the heights which Bede's will reach in the upcoming years. I already miss my home, St. Bede's My home which opened its doors for me and kept me safe and warm.



Dianoor Aulakh

Vice Admiral



Mehak Chauhan

The only limits we have are the ones we refuse to challenge. This has been my constant motto throughout this profound journey. Being a part of the Student Council this year has not only given me this title but has also shaped me as an individual. It has given me the confidence and courage, taught me the art of accepting ones mistakes and learning from them. The beauty of having faith in oneself, made me understand the value of resilience and importance of teamwork, and taught me that alone we can do little but together we can achieve the impossible. The journey was filled with a lot of ups and downs and many challenges but because of the guidance of our respected principal, the blessings of my parents and teachers, and the constant support of my peers, I was able to overcome every obstacle. This incredible journey has taught me a lot of lessons and lasting memories that I'll always cherish. I am grateful to our Admiral for her constant support and my fellow students for putting their faith in me. Being the vice admiral of the college has been a thrilling and overwhelming experience for me. With gratitude in my heart and all the lessons that helped me grow in my mind. As I bid adieu to St. Bede's, I would like to remind myself that endings are not just goodbyes but the beginning of something greater.



Captain: Sudiksha
Vice Captain: Saizal

INS VIKAS

Serving as the Captain and Vice-Captain of INS Vikas in the student council has been an incredible journey of leadership, teamwork, and personal growth. This role gave us the platform to inspire and guide our peers, fostering a spirit of unity and excellence in both academics and extracurricular activities.

To our fellow students, we are grateful that they entrusted us with the responsibility of leading, Thankyou! The experiences and challenges we faced have shaped us into better individuals, ready to take on future endeavors with confidence. As we step into the future, we carry with us the lessons of leadership, resilience, and dedication, eager to embrace new opportunities and make a positive impact wherever we go.



Captain: Mehvish Sauhta
Vice Captain: Harmanpreet

INS CHIRAG

We are indeed honored to lead INS Chirag as the Captain and Vice - Captain, we are grateful for this opportunity which made us learnt invaluable lessons. Leading our ship through challenges and victories taught us the value of perseverance and unity. Every competition, every practice, and every lesson shaped us into better leaders. We've worked together, arranging events and performing, seizing the best opportunities to showcase our capabilities. We extend heartfelt gratitude to Mrs. Devina Auchoybur, whose guidance made this journey unforgettable. We are, and will always be, grateful." As we move ahead in life, we wish INS Chirag to foster more talents and opportunities for the students in the coming years and grow together with everyone around them.



Captain: Yashika Deshta
Vice Captain: Medhavi Nautiyal

INS HIMMAT

Serving as the captain and vice captain of INS Himmat has been a journey of immense responsibility, dedication, and pride. Our institution stands as a beacon of discipline, perseverance, and excellence, and leading this prestigious unit has been an honor.

INS Himmat is more than just a name—it symbolizes courage, determination, and teamwork. Throughout our tenure, we have witnessed firsthand the unwavering spirit of our cadets, their commitment to duty, and their relentless pursuit of excellence in all endeavors, be it academics, physical endurance, or leadership training.

Under our leadership, our unit has participated in numerous expeditions, and competitions, bringing laurels to our institution. Each challenge has reinforced the values of unity and resilience among our team members. Our training sessions have not only honed our skills but also instilled in us a deep sense of patriotism and service to the nation.



Captain: Prapti Joseph Reddy
Vice Captain: Chyriel
Thomas

INS VIKRANT

" Before you are a leader , success is all about growing yourself. When you become a leader , success is all about growing others"

Being designated as the Captain and Vice-Captain of INS Vikrant, we would first like to thank all Vikrantians for their constant support and contributions to our ship. This experience has been all about prioritizing empowerment in others, boosting self-confidence, encouraging teamwork, and working hard to achieve a common goal. Competitions are not always about winning; rather, the journey as Captain and Vice-Captain has taught us that in order to achieve something, you sometimes have to lose something. And that's where the fun lies—in laughter, chaos, and unforgettable moments.

It is this spirit of teamwork that truly sets our ship apart. With that, we extend our heartfelt gratitude to our convener, Ms. Snigdha Bhatt, for her unwavering support and guidance.

It has been an incredible experience, and we will surely miss it all. Keep shining bright, INS Vikrant, and always remember—believe in yourself to achieve success!



ADMIRAL	Dianoor Aulakh
INS CHIRAG (Captain)	Mehvish Sauhta
INS HIMMAT (Captain)	Yashika
INS VIKAS (Captain)	Sudiksha Mehta
INS VIKRANT (Captain)	Prapti Josepf Reddy
COMMUNITY OUTREACH (President)	Sanyogita Chauhan
CULTURAL SOCIETY (President)	Nikita Thakur
DISASTER MANAGEMENT CELL (President)	Parul Mehta
DEBATES & DRAMATICS (President)	Harshita Thakur
ENVIRONMENT AWARENESS CELL (President)	Shriya thakur
N.S.O. (President)	Ritul Chauhan
N.S.S. (President)	Khushi Bragta
WOMEN CELL (President)	Vrinda Sharma
HEALTH CLUB (President)	Shagun Sharma
PHOTOGRAPHY SOCIETY (President)	Devvanshi Chauhan
POETRY SOCIETY (President)	Achint Mann
BOOK CLUB (President)	Harshita Thakur
MUN (President)	Samiera Sharma
ELECTORAL LITERACY CLUB (President)	Priya Bhaskar
DANCE SOCIETY (President)	Jahnvi Wali
FINE ARTS SOCIETY (President)	Aditi Sharma
MUSIC CLUB (President)	Ridhima Kashyap
RED RIBBON CLUB (President)	Avni Jhinta
HERITAGE CLUB (President)	Kritika Pundir
PLACEMENT CELL (President)	Ishita
YUVA TOURISM CLUB (President)	Kashish Shakya
SCOUTS AND GUIDES (President)	Devangi Sharma
RECYCLING UNIT (President)	Yashashvi Jasrotia
MEDIA CELL (President)	Akshita Chauhan
FLIC (President)	Ridhima Chauhan
HACKATHON CELL (President)	Vanshika Bhardwaj
VICE-ADMIRAL	Mehak Chauhan
INS CHIRAG (Vice-Captain)	Harmanpreet Kaur
INS HIMMAT (Vice-Captain)	Medhavi Nautiyal
INS VIKAS (Vice-Captain)	Saizal Sharma
INS VIKRANT (Vice-Captain)	Chyriel Thomas
COMMUNITY OUTREACH (Secretary)	Deeya Bali
CULTURAL SOCIETY (Secretary)	Arnima Sharma
DISASTER MANAGEMENT CELL (Secretary)	Tamanna Nautiyal
DEBATES & DRAMATICS (Secretary)	Ridhisha Chaudhary
ENVIRONMENT AWARENESS CELL (Secretary)	Anuva Chandra
N.S.O. (Secretary)	Pragya Acharya
N.S.S. (Secretary)	Shivani Verma
WOMEN CELL (Secretary)	Mamta Mehra
HEALTH CLUB (Secretary)	Vidhi Luhach
PHOTOGRAPHY SOCIETY (Secretary)	Gurmilan Monga
POETRY SOCIETY (Secretary)	Mannat Kapoor
BOOK CLUB (Secretary)	Aanya Minhas
MUN (Secretary)	Nishtha Verma
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