



## **SUPPORTING DOCUMENTS**

### **3.2.2**

**NUMBER OF WORKSHOPS/SEMINARS CONDUCTED ON RESEARCH  
METHODOLOGY, INTELLECTUAL PROPERTY RIGHTS (IPR) AND  
ENTREPRENEURSHIP DURING THE YEAR**



**St. Bede's College**  
Shimla-171002  
(UGC-NAAC "A" Grade Re-Accredited)  
College with Potential for Excellence  
Phone: 0177-2842304, Fax:- 0177-2842498  
[www.stbedescollege.in](http://www.stbedescollege.in), E-mail:- [stbedescollege@gmail.com](mailto:stbedescollege@gmail.com)

I, hereby confirm that a total of 30, workshops/seminars were conducted on Research Methodology, Intellectual Property Rights (IPR) and Entrepreneurship during the year 2024-2025. The information of the total number is accurate to the best of my knowledge.

*Sr. Rosily T. L.*  
Sr. Rosily, T. L. 24/12/2025

Principal  
Officiating Principal  
St. Bede's College  
Shimla - 171 002



### 3.2.2 Number of workshops/seminars/conferences conducted on Research Methodology, Intellectual Property Rights (IPR) and Entrepreneurship 2024-2025

Sr. No.	Name of the workshop/ seminar/ conference	Number of Students	Date	Department
1	Yoga Camp and National Webinar on International Yoga Day	97	13th -14 th June, 2024	Department of Physical Education
2	National Webinar on “Yoga for Women Empowerment”	38	21st June , 2024	Department of Physical Education
3	Guest Lecture on “Research Methodology	12	27th July , 2024	Department of Commerce and management
4	Stock Market Workshop	69	8th August, 2024	Department of Commerce and management
5	Online Webinar on Menstrual Health and Hygiene	98	14th August,2024	Women Cell and Gender Champion Club
6	Career Counselling Seminar	54	29th August, 2024	Financial Lab and Incubation Centre
7	A Workshop on Health and Dental Care	183	25th September 2024	Health Club
8	Workshop on Xcos	30	3rd October, 2024,	Department of Physics
9	Two Days Workshop on ‘Skill Development for Young Budding Entrepreneurs’	147	4th -5th October , 2024	Department of Biotechnology
10	Workshop on AI And Cyber Security: Empowering Entrepreneurs for Digital Future	324	15th October, 2024	Department of Computer Science
11	Workshop on “Unlocking the Secrets of Vedic Mathematics”	32	15th -19th October, 2024	Department of Mathematics
12	Webinar on Building a Culture of Responsibility and Professional Ethics in the Workplace	47	26th October, 2024	The Internal Quality Assurance Cell
13	National Webinar on “Bioprospection of Ethnomedicinal Plants of India”	80	9th November, 2024	Department of Botany
14	Seminar on "Building Excellence in Life and Career Through Work Ethics and Culture"	509	18th November, 2024	The Internal Quality Assurance Cell

15	National Webinar on Psychological Factors Affecting Personality Development	54	22 November,2024	Department of Physical Education
16	Webinar on “CMAI-CSAI-IHRO Cyber Warrior Mission: A Pathway Towards Employability”	413	22 November,2024	Department of Computer Science
17	Hands on training workshop on Gene Cloning	23	25th -29th November,2024	Department of Biotechnology
18	Workshop on "Promoting Intergenerational Bonding with College Students"	80	27th November, 2024	Women Cell and Gender Champion Club
19	Webinar on Sir Jagadish Chandra Bose	29	3rd December, 2024	Department of Physics
20	Workshop on "Intergenerational Bonding with College Students"	80	4th December, 2024	Women Cell and Gender Champion Club
21	Seminar on Mind Mastery: Achieving Excellence and Personal Growth Through Psychology	181	9th December, 2024	Department of Psychology
22	Workshop on “Promoting Intergenerational Bonding Among College	80	11th December, 2024	Women Cell and Gender Champion Club
23	Workshop on Promoting "Intergenerational Bonding With College Students"	80	17th December, 2024	Women Cell and Gender Champion Club
24	Workshop on " Promoting Intergenerational Bonding With College Students"	80	19th February, 2025	Women Cell and Gender Champion Club
25	Virtual Workshop on "Promoting International Bonding With College Students"	80	25th February, 2025	Women Cell and Gender Champion Club
26	3 Days Workshop on Basic of Python	32	10th -12th March, 2025	Department of Computer Science
27	International Seminar (Online) on “Peace Building Through Sports”	138	29th March, 2025	NSO
28	Three Days International Workshop on Research Methodology (Online)	251	7th - 9th April 2025	Department of Physical Education
29	2-Day Online Workshop on “Python Programming & Web Development Using ChatGPT”	11	2th-3th May ,2025	Department of Computer Science
30	Thought-Provoking Session on Professional Ethics, Values: Creating a Positive Work Environment Together	39	14th May,2025	Internal Quality Assurance Cell (IQAC),





## Yoga Camp and National Webinar on International Yoga Day

### Objectives:



- To raise the awareness about the benefits of practicing yoga.
- To promote the adoption of lifestyle patterns and choices that lead to good health.

**Description:** The Department of Physical Education in collaboration with Health Club of St. Bede's College, Shimla under the aegis of Ministry of Ayush organized a two Days Yoga Camp for college students. The camp was organized on 13<sup>th</sup> and 14<sup>th</sup> June, 2024 based on this year's International Yoga Day theme i.e. 'Yoga for Women Empowerment'. The camp was proficiently handled by the yoga expert 'Dr. Rinku Kumar from Department of Yogic Sciences; (HPU). More than 50 college students participated in the camp and gained benefit.

**Outcome:** The practice of yoga brings about a perfect harmony between mind and body and this unity plays a major role in the overall stability of the young students.

### Social Media Link:

<https://www.instagram.com/p/C8GTGNASESh/?igsh=eThuZXdlbDVkd21n>

**MINISTRY OF  
AYUSH**

*Celebration of...*

**"INTERNATIONAL YOGA DAY"**

*under the aegis of.....*

**MINISTRY OF AYUSH**

*(June 13<sup>th</sup> to 15<sup>th</sup> & 21<sup>st</sup>, 2024)*

**Theme 2024: "Yoga for Women Empowerment"**

**Highlights are:**

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

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

*Brochure*



<b>Yoga Camp (June 13-14, 2024)</b>		<b>National Webinar: Yoga for Women Empowerment (June 21, 2024)</b>	
			
<b>Yoga Expert</b> Dr. Rinku Kumar Hamirpur, (H.P.), India		<b>Resource Person</b> Dr. K. Jothi Dayanandan Associate Professor, YMCA Chennai, (T.N.), India	
<b>Organiser's</b>			
		<b>Moderator</b> Dr. Chander Shekhar Asst. Prof. SPN, Mukerian, (P.B.), India	
<b>Patron</b> Prof. (Se.) Molly Abraham Principal, St. Bede's College, Shimla, (H.P.), India			
		<b>Convener</b> Dr. Ashwani Kumar Department of Physical Education, St. Bede's College, Shimla, (H.P.), India	

### *Brochure*



### *Yoga Session Day-I*

*Yoga Camp and National Webinar on International Yoga Day (June 13-14, 2024)*



***Yoga Session Day-II***

***Yoga Camp and National Webinar on International Yoga Day (June 13-14, 2024)***





*Students Learning Yoga*

*Yoga Camp and National Webinar on International Yoga Day (June 13-14, 2024)*



13/06/24

Activity: Yoga Camp (IYD2024: Yoga for Women Empowerment)  
Date: June 13-14, 2024  
Attendance Sheet:

Sr.No.	Name	Class	Signature
1	Anupriya		Anupriya
2	Kamal		Kamal
3	Ritu Devi		Ritu
4	Jagriti		Jagriti
5	Abhi		Abhi
6	Sneh		Sneh
7	Shruti Sharma		Shruti
8	Neha Sharma		Neha
9	Taruna Khatoon		Taruna
10	Aluka Verma		Aluka
11	Tahita Sharma		Tahita
12	Rachita Kumari		Rachita
13	Shivani Verma		Shivani
14	Shivani Sharma		Shivani
15	Sarita		Sarita
16	Sandeepa		Sandeepa
17	Himani Sharma		Himani
18	Sakshi		Sakshi
19	Shreya		Shreya
20	Sumeta		Sumeta
21	Sonia		Sonia
22	Aakanksha		Aakanksha
23	Shweta Kumari		Shweta
24	Anchal Sharma		Anchal
25	Deepika		Deepika
26	Rupam		Rupam
27	Pooja Devi		Pooja
28	Sadaya		Sadaya
29	J. Palak Dhabmalk	2nd Year	Palak
30	Hareksha Sharma	2nd Year	Hareksha
31	Writamika Chauhan	2nd Year	Writamika
32	Meenakshi	2nd Year	Meenakshi
33	Nasina	2nd Year	Nasina
34	Nisakshi	1st Year	Nisakshi
35	Archal	1st Year	Archal
36	Arti	1st Year	Arti
37	Ritika	1st Year	Ritika

mollym  
13/6/24  
Principal  
St. Bede's College  
Shimla

Principal  
St. Bede's College  
Physical Education  
Department

Attendance Sheet



St. Bede's College, Shimla (H.P.)

37	Chanchla	1st year	Chanchla
38	Samrati	2nd year	Samrati
39	Rajni	1st year	Rajni
40	Rachna	2nd year	Rachna
41	Kanchan	2nd year	Kanchan
42	Prachi	2nd year	Prachi
43	Tamara	2nd year	Tamara
44	Mitali	1st year	Mitali
45	Anshika	1st year	Anshika
46	Gurugan	1st year	Gurugan
47	Rukmani	2nd year	Rukmani
48	Pooja Verma	2nd year	Pooja Verma
49	Kushbu	2nd year	Kushbu
50	Saloni	2nd year	Saloni
51	Reeta	2nd year	Reeta
52	Vanshika Bhardwaj	2nd year	Vanshika

total = 52

mollym  
13/6/24  
Principal  
St. Bede's College  
Shimla

St. Bede's College  
Principal Education  
Department  
13/6/24

Attendance Sheet





St. Bede's College, Shimla (H.P)

Activity: Yoga Camp (IYD2024: Yoga for Women Empowerment)

Date: June 13-14, 2024

Attendance Sheet:

Sr.No.	Name	Class	Signature
1	Pavna	D.Ed 2nd year	Pavna
2	Tanya Sharma	D.Ed 2nd year	Tanya
3	Kandhan Thakur	D.ed.ed 2nd year	Kandhan
4	Prachi Sharma	D. el. ed 2nd year	Prachi
5	Tamanna Sharma	D. el. ed 2nd year	Tamanna
6	Sakshi	D. el. ed 2nd year	Sakshi
7	Rajni	D. EL. Ed. 1st year	Rajni
8	Meenakshi	D. EL. Ed. 2nd year	Meenakshi
9	Rupika	D. EL. Ed. 2nd year	Rupika
10	Khushbu	D. EL. Ed. 2nd year	Khushbu
11	Reeta Kumari	D. EL. Ed. 2nd year	Reeta
12	Vanshika Bhargava	D. EL. Ed. 2nd year	Vanshika
13	Shivani	D. el. ed 2nd year	Shivani
14	Alusha Verma	D. el. ed. 1st year	Alusha
15	Anamika Chauhan	D. el. ed. 1st year	Anamika
16	Deepika	D. EL. Ed. 1st year	Deepika
17	Arka	D. EL. Ed. 1st year	Arka
18	Mitali Pundir	D. EL. Ed. 1st year	Mitali
19	Rajya Devi	D. el. ed 2nd year	Rajya
20	Ritambhara Chaudhary	D. el. ed 2nd year	Ritambhara
21	Harshita Sharma	D. el. ed 2nd year	Harshita
22	Kalshu Sharma	D. EL. Ed. 2nd year	Kalshu
23	Sadika	D. EL. Ed. 2nd year	Sadika
24	Shivani Verma	D. EL. Ed. 2nd year	Shivani
25	Jagriti	D. EL. Ed. 1st year	Jagriti
26	Shweta Kumari	D. EL. Ed. 1st year	Shweta
27	Ritika	D. EL. Ed. 1st year	Ritika
28	Aditi	D. EL. Ed. 1st year	Aditi
29	Aakanksha	D. EL. Ed. 1st year	Aakanksha
30	Anchal Sharma	D. EL. Ed. 1st year	Anchal
31	Anshika	D. EL. Ed. 1st year	Anshika
32	Gungun	D. EL. Ed. 1st year	Gungun
33	Himani Sharma	D. EL. Ed. 2nd year	Himani
34	Sandeepa	D. EL. Ed. 2nd year	Sandeepa
35	Garima	D. EL. Ed. 2nd year	Garima
36	Kousal	D. el. ed 2nd year	Kousal
37	Shivani Sharma	D. el. ed 2nd year	Shivani

Principal  
St. Bede's College  
Shimla

St. Bede's College  
Physical Education  
Department

Attendance Sheet







## **National Webinar on “Yoga for Women Empowerment”**

On the occasion of International Day of Yoga, the Department of Physical Education and Health Club of St. Bede’s College, Shimla, jointly organized a National Webinar on “Yoga for Women Empowerment” on 21st June 2024.

### **Objectives:**

- To raise awareness about the importance and benefits of yoga in daily life.
- To highlight how yoga contributes to women’s physical, emotional, and mental empowerment.
- To encourage participants to incorporate yoga as a lifestyle practice for holistic well-being.
- To provide a platform for discussion and learning on the role of yoga in enhancing self-confidence and inner strength among women.

**Description:** The event was held under the aegis of the Ministry of AYUSH, in line with the official theme of International Yoga Day 2024 — “*Yoga for Women Empowerment*”.

The keynote address was delivered by Dr. Jothi K. Dayanandan, Associate Professor at YMCA, Chennai. She spoke brilliantly on the transformative power of yoga in a woman’s life, stressing its role in self-care, mental strength, and emotional stability. Dr. Chander Shekhar, Assistant Professor at SPN College, Mukerian, Punjab, served as the moderator. He concluded the session with words of appreciation for both the speaker and the organizing team.



Prof. (Sr.) Molly Abraham, Principal of St. Bede’s College, also addressed the participants, underlining the need for harmony between the body, mind, and soul — a harmony achievable through regular yoga practice.

The webinar saw enthusiastic participation from over 40 delegates, making it a truly engaging and insightful experience.

### **Outcomes:**

- Participants gained enhanced awareness of their inner strengths, capabilities, and emotional well-being.
- The session motivated attendees to make empowered life choices and trust their personal decisions.
- It promoted a greater appreciation for yoga as a tool for personal growth and empowerment, particularly among women.
- The webinar contributed to promoting yoga as a lifelong practice for achieving balance and self-reliance.



**MINISTRY OF  
AYUSH**  
सधमेव जयते

***Celebration of...***

***“INTERNATIONAL YOGA DAY”***

*under the aegis of.....*

***MINISTRY OF AYUSH***

*(June 13<sup>th</sup> to 15<sup>th</sup> & 21<sup>st</sup>, 2024)*

***Theme 2024: “Yoga for Women Empowerment”***

***Highlights are:***

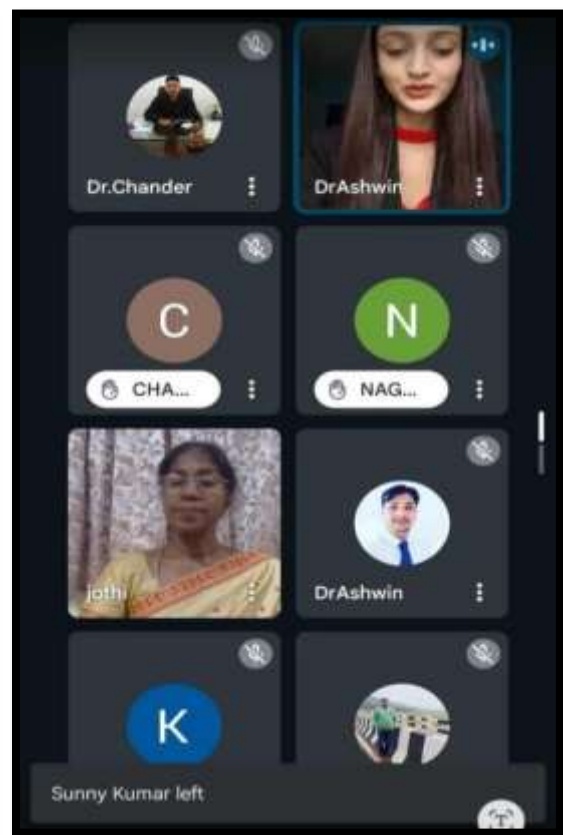
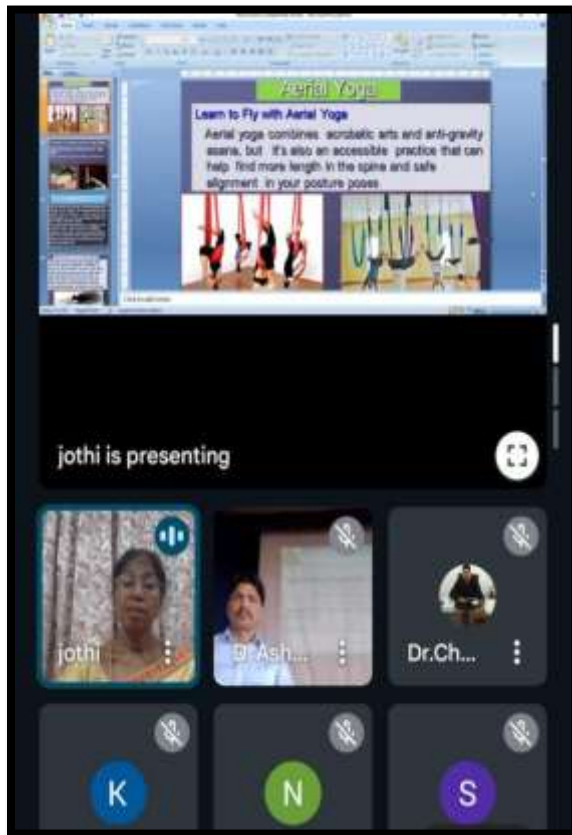
*@ Yoga Camp (June 13<sup>th</sup>- 14<sup>th</sup>, 2024) and,*  
*@ National Webinar: Yoga for Women Empowerment (June 21, 2024)*

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

***Brochure***



*National Webinar on “Yoga for Women Empowerment (June 21, 2024)*



*National Webinar on “Yoga for Women Empowerment (June 21, 2024)*



(18<sup>th</sup> to 19<sup>th</sup> Oct, 2024)

*Attendance Sheet*

# NATIONAL WEBINAR: YOGA FOR WOMEN EMPOWERMENT" (UNDER THE CELEBRATION OF INTERNATIONAL YOGA DAY)

Friday, June 21, 10:50am - 12:20pm

Organised by:  
Department of Physical Education & Health Club,  
St. Bede's College, Navbahar, Shimla, (H.P)-171002-INDIA

1. Name (Mr./Miss/Mrs./Dr./Prof.)

\_\_\_\_\_

2. Designation

\_\_\_\_\_

3. Affiliation (College/ University)

\_\_\_\_\_

*[Signature]*  
Principal  
St. Bede's College  
Shimla

*[Signature]*  
St. Bede's College  
Physical Education  
Department

*Attendance Sheet*





6/9/2024 15:55:28	Dr. Ashwani	Associate professor	Government Degree College Indora Kangra Himachal Pradesh	Physical education	Himachal Pradesh	India	awasthi329@gmail.com
6/9/2024 16:00:22	Vikas Singh	TGT (P&HE)	Kandriya Vidyalaya No 2 Calicut (Kerala)	Physical Education	Kerala	India	vikashnavasti@gmail.com
6/9/2024 16:12:21	Dr. Ashwani	Asst. Prof.	St. Bede's College Shimla	Physical Education	H.P.	India	drashwin263@gmail.com
6/9/2024 16:13:06	Jipal Singh	Scholar	Guru nanak dev University	Physical education	Bihar	India	jeepashinw06@gmail.com
6/9/2024 16:16:32	Dr. Deepak Kumar Verma	Assistant Professor	SCERT Delhi	Health and Physical Education	Delhi	India	dkumar262607@gmail.com
6/9/2024 16:50:13	VIPIN KUMAR SINGH	Student	N.N.P.G. COLLEGE NAWABHANJ GONDA	Physical Department	Uttar Pradesh	Indian	Vs25574@gmail.com
6/9/2024 16:56:43	Mr p venkat subramanyam	PGT PE	Disha school	Physical education	Chattisgarh	India	vayan.kat@gmail.com
6/9/2024 16:58:10	Nishi Sharma	Asso. Prof.	Gkp. High. Edu.	Yoga	Uttar Pradesh	India	Nidhirai326@gmail.com
6/9/2024 16:59:57	Ani Sharma	Scholar	Lko. Uni.	Yoga	Uttar Pradesh	India	aarj86@gmail.com
6/9/2024 16:54:10	Dr. Vineet Verma	Assistant Professor	Jaspal Rana Institute of education and technology dehradun	Physical Education	Uttarakhand	India	Vineet.mped@gmail.com

St. Bede's College  
Physical Education  
Department

6/9/2024 16:27:38	Dr. Parwaz Ahmad Khan	Principal	Dr Ram manohar lohiya Avadh university Ayudhya facabadi/Sanjivani College of Education and physical Education kirtanpur Bahraich	Sanjivani College of Education and physical Education kirtanpur Bahraich	UP	India	Parwazkhan79@gmail.com khan1parwaz@yahoo.com
6/10/2024 16:30:48	Mr Ranjay Kumar Singh	Teacher	Radiant International school Patna	Physica education	Bihar	India	ranjayasingh42@gmail.com
6/12/2024 8:07:04	Sandeep kumar vishwakarma	Physical education teacher	Nandini Nagar P.G College	Physical education	Uttar Pradesh	India	skvishwakarma114433@gmail.com
6/12/2024 9:35:14	Sangita Dubey	Student	Veerabhadra singh Purwanshal university Jaunpur	Home science	U.P.	India	Sangitadubey041@gmail.com
6/12/2024 16:05:29	Dr S K Singh	Asst professor	LU university	AG	U.P.	Indian	Shafeshsingh310@gmail.com
6/12/2024 20:56:28	Anshuman Mishra	Yoga instructor	Hariidwar University	Yoga	U.K	India	anshumanmishra11@gmail.com
6/17/2024 20:39:05	Sandeep kumar vishwakarma	Physical education teacher	Nandini Nagar P.G College Nawabganj Gonda Uttar Pradesh	Physical education	Uttar Pradesh	India	skvishwakarma114433@gmail.com
6/18/2024 16:38:20	Sudheer Kumar Yadav	Asst lecturer	Nandini Naga P.G College Nawabganj Gonda	Physical education	Uttar Pradesh	India	gem1599@gmail.com
6/18/2024 17:50:29	Shipra	Student	Rpsu prayagraj	Education	U. P.	India	shafesh0111957@gmail.com

St. Bede's College  
Physical Education  
Department

Attendance Sheet



5/19/2024 8:11:12 Anupam kumar	Nawabganj Gonda up	Dr. Ram Manohar lohiya awadh university	Physical education	U.P	India	Annurajeyal835@gmail.com
5/20/2024 Dr. Chander 8:32:38 Shekhar	Assistant Professor	Swami Premanand Mahavidyalaya Mukerian, Panjab University Chandigarh	Physical Education	Punjab	India	drco1983@gmail.com
5/20/2024 Dr. Vineet 16:47:44 Verma	Assistant Professor	Jaspal Rana Institute of Education and Technology Dehradun	Physical Education and Sports	Uttarakhand	India	Vineet.mped@gmail.com
5/20/2024 16:51:56 Dr. Vinod Kumar	Assistant Professor	Government College Jukhaia Bilaspur Himachal Pradesh	Physical Education	Himachal Pradesh	India	Kakubaniya1983@gmail.com
5/21/2024 8:33:27 Nidhi sharma	Teacher	Prayagraj university	Physical education	U.P	India	nidhirai326@gmail.com
6/21/2024 K JOTHI 10:30:17 DAYANANDAN	ASSOCIATE PROFESSOR	YMCA COLLEGE OF PHYSICAL EDUCATION	PHYSICAL EDUCATION	TAMIL NADU	INDIA	JOTHIDAYA@GMAIL.COM
6/21/2024 11:10:41 Abhimannu	Student	Dr.mlu Ayodhya	B.sc ag	U.P	India	abhimannukumar269@gmail.com
6/21/2024 11:12:18 Abhimannu	Student	Dr malu Ayodhya	B.sc Ag	U.P	India	abhimannukumar269@gmail.com
6/21/2024 11:19:30 Dr. Kholgade	Director	SNDT University, Mumbai	Yoga	M.S	India	kavitasndt@gmail.com

5/19/2024 8:11:12 Vikash Singh	RMLA	Dr. Ram Manohar lohiya awadh university	Physical education	U.P	India	vikashsingh85@gmail.com
5/20/2024 8:32:38 Ravi Kant	Scholar	Punjab University Chandigarh	Physical Education	Punjab	India	rca1987@gmail.com
5/20/2024 16:47:44 Dr. Shila Devi	Head	Manipur	Physical Education	Manipur	India	drshila@gmail.com
6/20/2024 16:51:56 Dr. Harish	Associate Professor	Kalyani University	Physical Education	W.B	India	harishsinghkalyanuni@gmail.com
6/21/2024 8:33:27 Sachin sharma	Scholar	HP Uni, Shimla	Yoga	H.P	India	sachinyogi@gmail.com
6/21/2024 10:30:17 Mamta Singh	Asst. Prof.	RMV, Gonda	PHYSICAL EDUCATION	U.P	INDIA	myrathou1983@gmail.com
6/21/2024 11:10:41 Abhimanyu	Scholar	BHU, Varanasi, U.P	Yoga	U.P	India	abhimanyuyoga@gmail.com
6/21/2024 11:12:18 Rahul Tripathi	Scholar	Dr malu Ayodhya	Phy. Edu.	U.P	India	tripathirahul@gmail.com
6/21/2024 11:19:30 Dr. R.C Pandey	Asst. Prof.	NNPGC, Nawabganj	Phy. Edu.	U.P	India	drropandey@gmail.com
6/21/2024 12:20:32 Suresh Mishra	Asst. Prof.	NNPGC, Nawabganj	Phy. Edu.	U.P	India	Sureshmishra123@gmail.com

*Attendance Sheet*



## **Guest Lecture on Research Methodology**

### **Objectives:**

1. To make students know about research work.
2. To equip the students with the use of various statistical tools for research.

On July 27, 2024 Department of Commerce and management organized a guest lecture on “Research Methodology at St. Bede’s College for students of M.Com. Prof. Vijay Singh Chandel, Associate Professor, Department of Commerce, was the resource person. He enlightened the students about the use of various statistical tools required for research work. Their team also resolved the queries of the students related to the security market. The interactive session enriched the students with valuable knowledge regarding research and importance of research in the economy, leaving them better equipped to navigate the complexities of research. The lecture was highly informative and beneficial for all Students of M.Com.

### **Outcomes:**

1. Students learnt basics of research.
2. Lecture was informative which helped students to understand basic concepts of research and statistical tools.





**GUEST LECTURE  
ON  
“RESEARCH METHODOLOGY”**

**MONDAY  
27TH JULY, 2024  
TIME  
10:30AM  
VENUE:  
ROOM NO. A2**

**RESOURCE PERSON**  
**Prof. Vijay Singh Chandel,**  
**Associate Professor,**  
**Department of Commerce**  
**Himachal Pradesh University**

The diagram illustrates the components of Research Methodology. It features a central circle labeled "Research Methodology" surrounded by five overlapping circles: "Research Design", "Area of Study", "Population of Study", "Sample & Sampling Techniques", and "Research Methodology".

*Brochure*



*Guest Lecture on “Research Methodology” (July 27, 2024)*



Department of Commerce & Management

St. Bede's College, Shimla

### Attendance Sheet

2024-25

Event Name: Guest lecture on Research Methodology

Date: 27 July 2024

Venue: A2

No. of Participants: 12

Sr. No.	Name	Stream	Sign
1.	AMBIKA	M.COM	
2.	ANCHAL	M.COM	
3.	ANKITA	M.COM	
4.	BHAWNA	M.COM	Bhawana
5.	DIKSHA	M.COM	
6.	GAMINI	M.COM	Gamini
7.	HIMANI	M.COM	
8.	HIMANSHI	M.COM	Himanshi
9.	ISHITA	M.COM	
10.	RISHIKA	M.COM	Rishika
11.	SWATI	M.COM	
12.	VIDHIKA	M.COM	

27/07/24

Principal  
St. Bede's College  
Shimla

27/07/2024

Attendance Sheet



## **Stock Market Workshop**

### **Objectives:**

1. To make students aware about financial instruments.
2. To elaborate the working of Bombay Stock Exchange.
3. Do's and don'ts while purchasing and selling the securities.

On August 8, 2024, Dr Savita Rana, HOD of Commerce and Management, successfully organised a workshop at St. Bede's college on stock market. The guest speaker, Mr. Harbinder Singh Sokhi, Mr. Prince Singh and their team enlightened the students about the intricacies of the stock market. Their team also inspired the students to invest in the market and consider a career in the same. Their team also resolved the queries of the students related to the security market. The interactive session enriched the students' understanding of stock market operations, leaving them better equipped to navigate the complexities of investing. Overall, the workshop was highly informative and beneficial for all attendees.

### **Outcomes:**

1. The workshop helped in understanding the basic concepts of stock market.
2. Students were educated about the procedure of selling and purchasing the securities.
3. Students were educated about the risk involved with different types of securities



*Brochure*



*Stock Market Workshop (August 8, 2024 )*





Department of Commerce and Management  
St. Bede's College, Shimla

### Attendance Sheet

2024-25

Event Name : Stock Market Workshop

Date: 8-Aug-2024

Venue: A2

No. of Participants: 69

Sr. No.	Name	Stream	Sign
1.	Shreya Sharma	B.Com IIIrd year.	Shreya
2.	Tanya Chauhan	B.Com 3rd year	Tanya
3.	Ritika Sharma	B.Com 3rd Year	Ritika
4.	Jankari Bhatia	B.Com 3rd Year	Jankari
5.	Shruangi Sharma	B.Com 1st year	Shruangi
6.	Kritika Azad	B.Com II year	Kritika
7.	Rashika Sharma	B.Com II year	Rashika
8.	Nilu	(2nd year) BA Economics hon	Nilu
9.	Mehak Thakur	BA Eco Hons 2nd year	Mehak
10.	Divya Uniyal	BA Eco Hons (III)	Divya
11.	TAMANA SHARMA	BA ECO. HONS III	Tamana
12.	Yuvika Saini	B.Com IIInd	Saini
13.	Kritika Gupta	BBA III	Gupta
14.	Anushka Mehta	BBA III	Anushka
15.	Garima Hetta	BBA III	Garima
16.	Bhanu Kanwar	BBA III	Bhanu
17.	Dakshita Thakur	BBA III	Dakshita
18.	Anushi	B.Com IIInd	Anushi
19.	Srijal	B.Com IIInd	Srijal
20.	Heggun	B.COM IIInd	Heggun
21.	Gurleen	B.Com IIInd	Gurleen
22.	Vidushi	B.Com IIInd	Vidushi

Attendance Sheet



23 Abhinavika Badhwar	B. Com II Ind Year	
24 Pooani Sharma	B. Com II Ind Year	
25 Anshika Chugh	B. Com II Ind Year	
26 Kritika Shyam	B. Com II Ind Year	
27 Ireshita Vasthwa	B. Com II Ind Year	
28 Parikshita Nakwal	B. Com II Ind Year	
29 Vanishika Sharma	B. Com II Ind Year	
30 Sahana Kaur	B. Com II Ind Year	
31 Anjali Thakur	B. Com II Ind Year	
32 Pragya Acharya	B. Com II Ind Year	
33 Anjali Thakur	B. Com II Ind Year	
34 Samriti	B. Com II Ind Year	
35 Shristi Gupta	B. Com II Ind Year	
36 Aditi Grandotra	B. Com II Ind Year	
37 Manmat Puri	B. Com II Ind Year	
38 Riya Sharma	B. Com II Ind Year	
39 Samridhi Sharma	B. Com II Ind Year	
40 Rashi Gupta	B. Com II Ind Year	
41 Kashi Thakur	B. Com II Ind Year	
42 Sanchi Tanwar	B. Com II Ind Year	
43 Riya Uniyal	B. Com II Ind Year	
44 Tamanna Sharma	B. Com II Ind Year	
45 Yuvika Saini	B. Com II Ind Year	
46 Kritika Gupta	B. Com II Ind Year	
47 Anushka Mehta	B. Com II Ind Year	
48 Garima Hetta	B. Com II Ind Year	
49 Bhavni Kanwar	B. Com II Ind Year	
50 Dakshita Thakur	B. Com II Ind Year	
51 Ritika Mehta	B. Com II Ind Year	
52 Sijal Mehta	B. Com II Ind Year	
3 Mansee Yadav	B. Com II Ind Year	
4 Sneha Sahota	B. Com II Ind Year	
Rashi Gupta	B. Com II Ind Year	

Attendance Sheet



Department of Commerce and Management  
St. Bede's College, Shimla

Mehak Negi	Bcom 1st year	Mehak
Navia Ahuja	" "	Navia
Nikita	" "	Nikita
Jonika Chauhan	" "	Jonika
Shreeta	" "	Shreeta
Gouri Rajput	" "	Gouri
Assin Rajta	" "	Assin
Divyanshi Gautam	" "	Divyanshi
Alisha Ranta	" "	Alisha
Prabgun Kaur	" "	Prabgun
Mannat Thakur	" "	Mannat
Parvi Bhardwaj	" "	Parvi
Radhika Verma	" "	Radhika



## Online Webinar on Menstrual Health and Hygiene

Women Cell and Gender Champion Club of St. Bede's College, Shimla in collaboration with Unicharm India And Global Hunt Foundation, organised an online webinar on "Menstrual Health and Hygiene" on August 14, 2024, in Room no. A12 at 10:40 am . The resource person for this virtual webinar was Mrs. Nitya Chaudhary, CSR Executive Unicharm India.

**Objectives:** The session commenced with an engaging and energetic introduction by the resource person, who shared her experiences with menstrual health challenges. She highlighted the common struggles due to lack of awareness, stigma, and inadequate hygiene practices. By sharing her journey, she created a comfortable and open environment, encouraging participants to engage freely. Her introduction emphasised the importance of education, breaking societal taboos, and adopting safe menstrual hygiene practices. This set a positive and interactive tone for the workshop, ensuring active participation from attendees.

**Description:** Menstrual health and hygiene are essential aspects of overall well-being, yet they are often surrounded by misinformation and stigma. This workshop aims to educate, empower, and promote safe menstrual practices to ensure dignity and confidence for all.

Topics covered in the sessions were as follows:

- **Educate on Menstrual Health** – Provide accurate information on menstruation, the menstrual cycle, and its biological and hormonal changes.
- **Promote Hygiene Practices** – Teach proper menstrual hygiene management, including the use of sanitary products, disposal methods, and personal hygiene.
- **Break Myths and Taboos** – Address and debunk common myths, misconceptions, and cultural taboos surrounding menstruation.
- **Boost Confidence and Self-Esteem** – Encourage open discussions to help participants feel comfortable and confident about their bodies and menstrual health.
- **Provide Product Awareness** – Introduce different menstrual products (pads, tampons, menstrual cups, cloth pads) and their safe usage.
- **Ensure Accessibility and Sustainability** – Discuss eco-friendly and cost-effective menstrual hygiene solutions and advocate for better access to sanitary products.
- **Improve Menstrual Health Management in Schools and Communities** – Guide institutions on setting up menstrual-friendly environments, including clean washrooms and availability of hygiene products.
- **Encourage Male Involvement and Awareness** – Foster understanding and support among men and boys to help reduce stigma and promote inclusivity.
- **Empower Through Self-Care and Nutrition** – Highlight the importance of diet, exercise, and mental well-being during menstruation.





- **Advocate for Policy and Social Change** – Encourage discussions on government policies, workplace and school accommodations, and initiatives for menstrual equity.

The session concluded on a positive and encouraging note, with an interactive question and answer segment where students actively participated by asking insightful questions. The resource person addressed their concerns, provided practical solutions, and reinforced the importance of maintaining proper menstrual hygiene. Additionally, students were advised to incorporate meditation and regular exercise into their daily routines to manage menstrual discomfort and promote overall well-being.

**Outcome:** The webinar successfully enhanced participants' understanding of menstrual health, hygiene practices, and the importance of breaking societal taboos. Students gained awareness about different menstrual products, safe disposal methods, and the significance of maintaining personal hygiene. The interactive session helped dispel common myths, fostering a more open and supportive environment for discussions on menstruation. Additionally, attendees learned about the role of meditation and exercise in managing menstrual health. Overall, the webinar empowered participants with knowledge and confidence, encouraging them to prioritize self-care and advocate for menstrual health awareness in their communities.



*Brochure*



*Online Webinar on “Menstrual Health and Hygiene” (August 14, 2024)*



Women Cell  
St. Bede's College, Shimla

### ATTENDANCE SHEET

Activity: Webinar on Menstrual Health and Hygiene

Date: August 14, 2024

Organising Unit: Women Cell

Sr. No.	Name of the Student	Signature
1.	Pooja Chaudhary	Pooja
2.	Pranjal Thakur	Pranjal
3.	Saurabh Mehta	Saurabh Mehta
4.	Vanshika	Vanshika
5.	Kajal	Kajal
6.	Himani Sharma	Himani
7.	Saimal Sawant	Saimal
8.	Kritika Shyam	Kritika
9.	Anshika Chugh	Anshika
10.	Sneha Bansal	Sneha
11.	Pankajita Naurat	Pankajita
12.	Jushita Varshita	Jushita
13.	Radhika Singh	Radhika
14.	Suhani Thakur	Suhani
15.	Vasundhara Sharma	Vasundhara
16.	Kritika Pundeer	Kritika
17.	Rashika Sharma	Rashika
18.	Kritika Azad	Kritika
19.	Sanchi	Sanchi
20.	Vishnu Sharma	Vishnu
21.	Sanya Jhingra	Sanya
22.	Hanika Mehra	Hanika
23.	Anshika Bhatia (B.com 2 <sup>nd</sup> )	Anshika

Mallam  
Principal  
St. Bede's College  
Shimla

Attendance Sheet





Women Cell  
St. Bede's College, Shimla

24.	Hemang (B.Com 2 <sup>nd</sup> )	Hemang
25.	Yuvika Saini (B.Com 2 <sup>nd</sup> )	Yuvika
26.	Ashwini Bhatnagar (B.Com 2 <sup>nd</sup> )	A. Bhatnagar
27.	Yuvika (B.Com 2 <sup>nd</sup> year)	Yuvika
28.	Arshika Chaudhary (Biotech Hon II <sup>nd</sup> year)	Arshika
29.	Tamanna (Biotech Hon II <sup>nd</sup> year)	Tamanna
30.	Kaushik Sharma (M.Sc. Botany I Sem)	Kaushik
31.	Ojha Chaudhary (M.Sc. Botany I Sem)	Ojha
32.	Anita (M.Sc. Botany I Sem)	Anita
33.	Lakshmi Chawhan (M.Sc. Botany I Sem)	Lakshmi
34.	Vidushi Gupta (B.Com 2 <sup>nd</sup> year)	Vidushi Gupta
35.	Gurleen (B.Com 2 <sup>nd</sup> year)	Gurleen
36.	Arshika Verma (B.Sc. Non-Med. 1 <sup>st</sup> year)	Arshika
37.	Pooja Sharma (B.Sc. Non-Med. 1 <sup>st</sup> year)	Pooja
38.	Rakshita Kumal (B.Sc. Non-Med. 1 <sup>st</sup> year)	Rakshita
39.	Sakshi Chaudhary (Biotech Hon II <sup>nd</sup> year)	Sakshi
40.	Angelina Nook ( " " )	Angelina
41.	Amisha Thakur ( " " )	Amisha
42.	Niyati Sharma ( " " )	Niyati
43.	Jamvee Verma ( " " )	Jamvee
44.	Kritika Verma (B.A pass course 2 <sup>nd</sup> year)	Kritika Verma
45.	Priyanshu Rukta ( " " )	Priyanshu
46.	Ashika Thakur (M.Sc. Botany I Sem)	Ashika
47.	Tushya Thakur (B.A II <sup>nd</sup> year)	Tushya
48.	Riya (B.A II <sup>nd</sup> year)	Riya
49.	Priyanshu Laxoo (B.A 2 <sup>nd</sup> year)	Priyanshu Laxoo
50.	Arshi Chandra (B.A 2 <sup>nd</sup> year)	Arshi
51.	Ashika Phanta (B.A 2 <sup>nd</sup> year)	Ashika
52.	Saba Chaudhary (B.A 2 <sup>nd</sup> year)	Saba

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Principal  
St. Bede's College  
Shimla

Attendance Sheet



Women Cell  
St. Bede's College, Shimla

53.	Shubhi montu msc botany sem I	Shubhi
54.	Priyanshu msc botany sem I	Priyanshu
55.	Dipika Doshi MSc Botany (1st sem)	Dipika
56.	Divyansha Sharma MSc Botany (1st sem)	Divyansha
57.	Shreeta Verma MSc Botany (1st sem)	Shreeta
58.	Anisha Lakra MSc Botany Sem I	Anisha
59.	Divyansha Sharma MSc Botany sem I	Divyansha
60.	Shruti Sharma B.A. 2nd year.	Shruti
61.	Divyansha Sharma B.A. 2nd year.	Divyansha
62.	Divyansha Sharma B.A. 2nd year.	Divyansha
63.	Kanchika Shanta	Kanchika
64.	Muskaan Sharma BA 2 year	Muskaan
65.	Annandita Sharma BA 2nd year	Annandita
66.	Diana Kaith BA 2nd year	Diana
67.	AVANI THAKUR BA ECO HONS II Year.	Avani
68.	Arshita Ray BA ECO HONS II Year.	Arshita
69.	Paagya BA ECO HONS II Year.	Paagya
70.	Silvi BA ECO HONS II Year.	Silvi
71.	Mehak Thakur BA ECO HONS II Year.	Mehak
72.	Anvita Sharma BA ECO HONS II Year.	Anvita
73.	Anvita Sharma BA ECO HONS II Year.	Anvita
74.	Anvita Sharma BA ECO HONS II Year.	Anvita
75.	Tamara Sharma BA ECO HONS II Year.	Tamara
76.	Priya Uniyal BA ECO HONS II Year.	Priya
77.	Diksha Uniyal BA ECO HONS II Year.	Diksha
78.	Harshita Thakur BA ECO HONS II Year.	Harshita
79.	Shruti Gupta BA ECO HONS II Year.	Shruti
80.	Samaira Sharma BA ECO HONS II Year.	Samaira
81.	Sarika Sharma BA ECO HONS II Year.	Sarika

molly  
Shimla

Attendance Sheet



Women Cell  
St. Bede's College, Shimla

82.	Nikita Shokeer	Nikita
83.	Sufat Sharma	Sufat
84.	Kritika Rathore	Kritika
85.	Sheetal Sharma	Sheetal
86.	Himani	Himani
87.	Sushanti	Sushanti
88.	Korpanshi	Korpanshi
89.	Pooja	Pooja
90.	Namya	Namya
91.	Anushka	Anushka
92.	Sanya	Sanya
93.	Divyakeshi	Divyakeshi
94.	Varunika	Varunika
95.	Riya	Riya
96.	Arushi	Arushi
97.	Mehar	Mehar
98.	Mehak	Mehak
99.		
100.		

Convenor  
Women Cell

mollym  
14/8/24  
St. Bede's College  
Shimla

Attendance Sheet

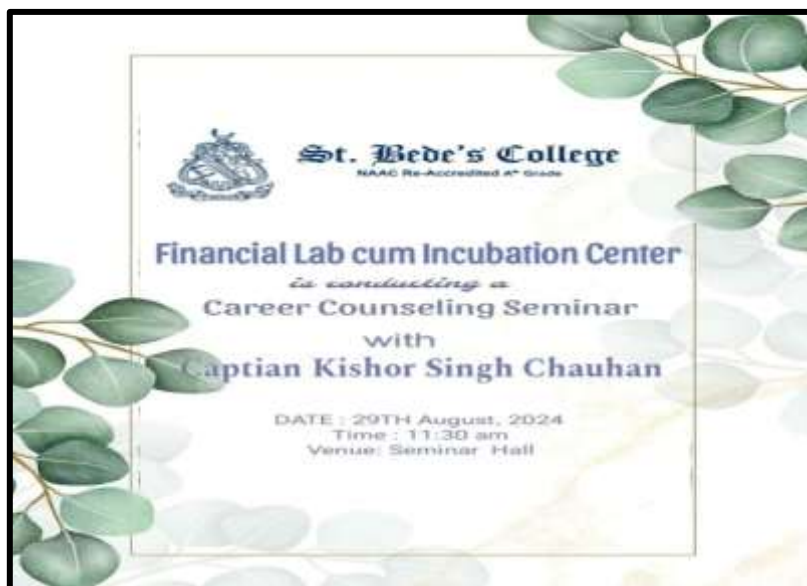


## Career Counseling Seminar

**Objective:** To provide students with valuable insights and guidance on various career paths through an interactive doubt-clearing session.

**Description:** On August 29, 2024, the Financial Lab and Incubation Centre of the college organized a career counseling seminar for the students. Captain Kishore Singh Chauhan, the esteemed resource person for the event, delivered an insightful session. A distinguished veteran of the Indian Navy, Captain Chauhan has been honoured with the Governor's Award and the UNESCO Safe from Harm Award. During the seminar, he engaged with the students, discussing their future goals and providing guidance on various career paths. He presented opportunities in diverse fields such as business start-ups, film making, dress designing, acting and mimicry, content writing, and offered project opportunities to software teams. The seminar concluded with a doubt-clearing session, where students had the chance to ask questions and gain clarity about their future aspirations.

**Outcome:** This interactive segment proved invaluable, as it helped students better understand their career options and set clear goals for their professional journey. The event was well-received and provided a comprehensive overview of potential career paths, enriching the students' perspectives and aiding them in making informed decisions about their futures.



*Brochure*





*Career Counseling Seminar (August 29, 2024)*





7290  
St. Bede's College, Shimla

ATTENDANCE SHEET (2024-2025)

Name of the Activity: Career Counseling Seminar

Date: August 29, 2024

Sr. No	Name of the Student	Signature
1	Aanya Mishra	Aanya
2	Shubhi Thakur	Shubhi
3	Arushi Garg	Arushi
4	Arushi Garg	Arushi
5	Harshita Bawal	Harshita
6	Nimrat Kaur	Nimrat
7	Disha Sharma	Disha
8	Tanya Warya	Tanya
9	Ridhima Chauhan	Ridhima
10	Vani Puri Sharma	Vani
11	Suhani Negi	Suhani
12	Aarushdeep Kaur	Aarushdeep
13	Geetika Khandelwal	Geetika
14	Smridhi Gupta	Smridhi
15	Harmanpreet Kaur	Harmanpreet
16	Maya Chauhan	Maya
17	Manmat Kapoor	Manmat
18	Royal Garg	Royal
19	Alumna Hantya	Alumna
20	Soni	Soni
21	Muskan Chauhan	Muskan
22	Shreya Verma	Shreya
23	Anura Chandra	Anura
24	Diana Kaur	Diana
25	Samreen Kaur	Samreen
26	Guemila Mangi	Guemila
27	Nupur Thakur	Nupur
28	Akshara Chauhan	Akshara
29	Genika Verma	Genika
30	Rashi	Rashi
31	Sukruti Sharma	Sukruti
32	Tanvi Mehta	Tanvi
33	Aatankhika	Aatankhika
34	Anushka	Anushka



Dr. B. C. College, Dima		Dr. B. C. College, Dima	
35	Ridhi Bhargav	<del>Amey</del>	
36	Ishta Sharma	<del>Amey</del>	
37	Jyotika	<del>Amey</del>	
38	Radha Nandh	<del>Amey</del>	
39	Shashik	<del>Amey</del>	
40	Shyobika	<del>Amey</del>	
41	Vireka	<del>Amey</del>	
42	Gargi Verma	<del>Amey</del>	
43	Krishna Laxmi	<del>Amey</del>	
44	Krishna Shakti	<del>Amey</del>	
45	Sunaina	<del>Amey</del>	
46	Maharaj	<del>Amey</del>	
47	Kunjol	<del>Amey</del>	
48	Rishi Seneal	<del>Amey</del>	
49	Dikshita Shandil	<del>Amey</del>	
50	Niharika Sharma	<del>Amey</del>	
51	Aastha Bhandari	<del>Amey</del>	
52	Shikha Sharma	<del>Amey</del>	
53	Spandan Thakur	<del>Amey</del>	
54	Aurishi	<del>Amey</del>	

Mohit  
29/08/24



## **A Workshop on Health and Dental Care**

The Health Club of St. Bede's College, Shimla, organized a Workshop on Health and Dental Care on 25th September 2024.

### **Objectives:**

- To raise awareness among students and the general public about the importance of health and dental care.
- To promote the adoption of healthy habits for physical and mental well-being.
- To provide access to basic health and dental check-ups and treatments within the college campus.
- To sensitize participants to the role of preventive healthcare in reducing future health complications.

### **Description:**

A dedicated team of 13 members from the Department of Public Health Dentistry, H.P. Government Dental College and Hospital, IGMCH, Shimla, participated in the event.

The workshop began with an enlightening talk on general health and dental hygiene delivered by Prof. Shailee Fotedar, an expert from IGMCH. She emphasized the importance of maintaining dental hygiene and discussed various common dental diseases along with their preventive measures. The session was highly informative and was attended by more than 500 students and faculty members.

In the second part of the program, a Health Fitness and Dental Care Camp was conducted. The Health Fitness Camp covered five key parameters — Blood Pressure, Height, Weight, Knock Knee, and Flat Foot — and benefitted over 150 students.

The Dental Camp provided valuable services to students, faculty, and the general public, including:

- 122 oral check-ups
- 27 dental fillings
- 7 oral cleanings/prophylaxis
- 20 X-rays



The camp concluded successfully around 4:00 PM, offering accessible and essential healthcare support to the college community.

### Outcomes:

- Students developed awareness about preventive health and dental practices, which may help reduce future health issues.
- Participants gained access to basic health screenings and dental treatments within the college premises.
- The activity encouraged the integration of good health practices into daily routines, contributing to the overall well-being of students, faculty, and the general public.

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

**HEALTH CLUB**  
IS ORGANISING

**A WORKSHOP ON HEALTH AND DENTAL CARE**

**HIGHLIGHTS:**

- TALK ON HEALTH AND DENTAL CARE
- FREE DENTAL CHECKUP AND TREATMENT
- FITNESS CHECKUP ( BP, HEIGHT, WEIGHT, KNOCK KNEES, FLAT FEET)

DATE: SEPTEMBER 23, 2024  
TIME: 11:00 AM (ONWARDS)  
VENUE: AUDITORIUM

**OPEN TO ALL**  
(College students, faculty and general public)


The brochure features a blue background with a white grid pattern. It includes an illustration of a person lying in a dental chair with a heart rate monitor and a set of teeth.

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

**HEALTH CLUB**  
IS ORGANISING

**A TALK ON HEALTH AND DENTAL CARE**

**Resource Person**



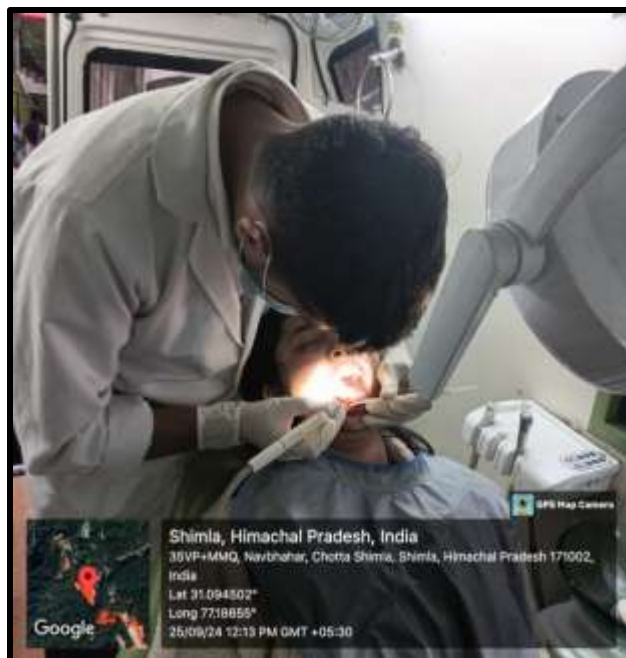
**Professor Shailee Fotedar**  
Department of Public Health Dentistry, HP Govt.  
Dental College & Hospital IGMCH, Shimla

DATE: SEPTEMBER 23, 2024  
TIME: 10:20 - 11:00 AM  
VENUE: AUDITORIUM

The brochure features a blue background with a white grid pattern. It includes a portrait of Professor Shailee Fotedar.

Brochures





*Workshop on Health and Dental Care (September 25, 2025)*





*Workshop on Health and Dental Care (September 25, 2025)*

**सेंट बीड्स कॉलेज में जांचा छात्राओं का स्वास्थ्य**

शिमला। सेंट बीड्स कॉलेज के हेल्थ क्लब ने बुधवार को शिविर लगाकर छात्राओं के स्वास्थ्य और दांतों की जांच करवाई।

शिविर में छात्राओं को उनके स्वास्थ्य और दांतों की देखभाल को लेकर जागरूक भी किया। डेंटल कॉलेज शिमला और आईजीएमसी के चिकित्सकों ने 150 से अधिक छात्राओं का स्वास्थ्य जांचा। आईजीएमसी से आई स्रोत व्यक्ति प्रो. शैली फोतेदार ने छात्राओं को

स्वास्थ्य और दांतों की साफ-सफाई के बारे में जानकारी दी। दूसरे सत्र में हेल्थ फिटनेस और डेंटल केयर कैंप का आयोजन किया गया। इसमें छात्राओं की हाइट, वजन, नॉक नी, प्लेट फुट आदि की जांच की गई। इसके साथ दांतों की सफाई बारे बताया।

शिविर में 122 का ओरल चेकअप किया गया, 27 के दांतों की फिलिंग, 7 के दांतों की सफाई और 20 के एक्सरे किए गए। ब्यूरो

*Amar Ujala* 26/9/24

*Workshop on Health and Dental Care Glimpse and News Cuttings, (September 25 , 2025)*



Health Club,  
St. Bede's College Shimla

Activity Name: Workshop on Health & Dental Care  
Date: September 25<sup>th</sup>, 2024 (Wednesday)  
Timing: 10.30 am onwards

Sr. No.	Name	Designation/Class	Height	Weight	B.P.	Knee	Flat Feet	Signature
1	Aisha	BioTech 1 year	5'3	49	112/140	✓	✓	<i>[Signature]</i>
2	Ahushkar	" "	5'4	51	101/60	✓	X	<i>[Signature]</i>
3	Ahushkar	BAHAWAL SU	5'4	46	118/54	✓	X	<i>[Signature]</i>
4	Himanshi	BA BSc	5'2	52	120/60	✓	X	<i>[Signature]</i>
5	Aarti	BSC 1 year	5'3	45	119/59	✓	✓	<i>[Signature]</i>
6	Amisha	" "	5'3	60	125/70	✓	✓	<i>[Signature]</i>
7	Harshika	BAHAWAL SU	5'2	55	109/58	X	✓	<i>[Signature]</i>
8	Arushi	" "	5'8	60	122/60	X	✓	<i>[Signature]</i>
9	Srishti	BA 1 year	5'1	47	102/70	X	X	<i>[Signature]</i>
10	Sunam	" "	5'6	46	112/65	✓	X	<i>[Signature]</i>
11	Johanna	BA 1 year	5'2	48	120/51	✓	✓	<i>[Signature]</i>
12	Shravanika	BA J II	5'5	54	120/50	✓	X	<i>[Signature]</i>
13	Kavya S	" "	5'4	52	102/49	✓	X	<i>[Signature]</i>
14	Arushi	BA 1 year	5'4	47	101/60	✓	X	<i>[Signature]</i>
15	Arushi	" "	5'3	46	121/60	X	✓	<i>[Signature]</i>
16	Akshita	Engg 2 year	5'4	46	109/58	X	✓	<i>[Signature]</i>
17	Arushi	" "	5'2	55	105/62	X	✓	<i>[Signature]</i>
18	Tejaswini	Psychology 2 year	5'1	52	121/50	X	✓	<i>[Signature]</i>
19	Muskan	BioTech 1 year	5'2	46	132/60	X	✓	<i>[Signature]</i>
20	Aarthy	BSC 1 year	5'1	50	111/50	X	✓	<i>[Signature]</i>
21	Arushi	" "	5'7	49	102/65	X	✓	<i>[Signature]</i>
22	Sakshi	MSc 3rd Sem	5'3	51	102/59	X	X	<i>[Signature]</i>
23	Varshika	MSc 3rd Sem	5'2	53	122/57	✓	✓	<i>[Signature]</i>
24	Kirita	Engg 1 year	5'4	47	119/50	X	✓	<i>[Signature]</i>
25	Varshika	" "	5'3	56	116/52	X	✓	<i>[Signature]</i>
26	Aarthy	Psychology 2 year	5'7	57	123/51	X	✓	<i>[Signature]</i>
27	Aarthy	BA 2 year	5'2	44	120/60	X	✓	<i>[Signature]</i>

*[Signature]*  
25/09/24 Principal  
St. Bede's College  
Shimla

Attendance Sheet



St. Bede's College Shimla

Activity Name: Workshop on Health & Dental Care  
 Date: September 25<sup>th</sup>, 2024 (Wednesday)  
 Timing: 10.30 am onwards

Sr. No.	Name	Designation/Class	Height	Weight	B.P.	Knee Exam	Flat Feet	Signature
28	Rishi	ADON 1 year	5'1	51	120/85	✓	X	Rishi
29	Rishi	"	5'4	57	110/70	✓	✓	Rishi
30	Aparna	"	5'3	48	108/70	✓	X	Aparna
31	Omika	OLEFO 1 year	5'2	45	105/70	✓	X	Omika
32	Atika	"	5'1	50	120/80	✓	X	Atika
33	Ankusha	"	5'2	47	110/70	✓	X	Ankusha
34	Rachal	"	5'5	40	110/60	✓	X	Rachal
35	Sukanya	BSC 1 year	5'3	40	105/70	✓	X	Sukanya
36	Hanna	"	5'2	45	120/80	✓	X	Hanna
37	Schamunda	Eng Med 2 year	5	60	110/60	✓	✓	Schamunda
38	Kritika	"	5'1	51	100/70	✓	X	Kritika
39	Shruti	BBA 1 year	5'3	49	120/80	✓	X	Shruti
40	Neha	"	5'2	46	100/60	✓	X	Neha
41	Harshika	BA 1 year	5'5	39	100/50	✓	X	Harshika
42	Komal	QPM 1 year	5'6	44	100/70	✓	X	Komal
43	Shruti	"	5'5	53	100/70	✓	X	Shruti
44	Shruti	Eng Med 1 year	5'8	59	110/70	✓	X	Shruti
45	Shruti	"	5'2	59	110/70	✓	X	Shruti
46	Aranya	"	5'4	60	110/70	✓	X	Aranya
47	Aranya	Eng Med 2 year	5'5	57	120/80	✓	X	Aranya
48	Krishna	"	5'3	53	110/70	✓	X	Krishna
49	Shruti	"	5'2	59	110/70	✓	X	Shruti
50	Neha	"	5'8	52	120/80	✓	X	Neha
51	Rishi	BBA 3 year	5'3	58	110/70	✓	X	Rishi
52	Aditi	"	5'2	47	100/70	✓	X	Aditi
53	Shruti	BA 2 year	5'1	49	110/70	✓	X	Shruti
54	Hishika	YD 1	5'3	61	120/90	✓	X	Hishika

25/9/24

Principal  
 St. Bede's College  
 Shimla

(Signature)

Attendance Sheet





Activity Name: Workshop on Health & Dental Care  
 Date: September 25<sup>th</sup>, 2024 (Wednesday)  
 Timing: 10.30 am onwards

Sr. No.	Name	Designation/Class	Height	Weight	B.P.	Knee Knee	Flat Feet	Signature
55	Sahil	5th 2 year	5'5	48	136/81	✓	X	[Signature]
56	Aartha	5th "	5'5	46	82/58	✓	X	[Signature]
57	Sushma	6th 2 year	5'5	59	123/75	✓	X	[Signature]
58	Arunima	6th 2 year	5'5	43	82/59	✓	X	[Signature]
59	Amrinder	6th 2 year	5'5	59	96/72	✓	✓	[Signature]
60	Apariita	6th 2 year	5'5	61	90/60	✓	✓	[Signature]
61	Harshvi	6th "	5'4	61	172/60	✓	X	[Signature]
62	Neha	6th "	5	52	100/60	✓	X	[Signature]
63	Rishi	6th "	5	48	113/73	✓	X	[Signature]
64	Sahel	6th 1 year	5'2	65	115/67	✓	✓	[Signature]
65	Mohit	"	5'5	41	90/64	✓	✓	[Signature]
66	Mehar	"	5'4	60	112/73	✓	X	[Signature]
67	Arunika	"	5'3	41	101/75	✓	X	[Signature]
68	Samrati	"	5'5	45	105/72	✓	X	[Signature]
69	Aashrta	6th 2 year	5'4	48	108/79	✓	X	[Signature]
70	Suparna	6th 2 year	5'6	48	100/61	✓	X	[Signature]
71	Surani	"	5'1	52	91/62	✓	X	[Signature]
72	Priya	6th 1 year	5'3	50	105/69	✓	X	[Signature]
73	Agarwal	"	5	51	102/70	✓	X	[Signature]
74	Arushi	"	5'5	55	88/59	✓	X	[Signature]
75	Harvi	6th 2 year	5'5	58	100/60	✓	X	[Signature]
76	Arushi	6th 1 year	5'10	52	91/51	✓	X	[Signature]
77	Pragya	6th 2 year	5'5	47	110/60	✓	X	[Signature]
78	Gargi	6th 2 year	5'2	53	112/70	✓	X	[Signature]
79	Ushamini	6th "	5'3	57	128/60	✓	X	[Signature]
80	Hemant	6th 1 year	5'2	59	97/65	✓	X	[Signature]
81	Aartha	6th 1 year	5	63	105/70	✓	X	[Signature]

Principal  
 25/9/24

Principal  
 St. Bede's College  
 Shimla

[Signature]

Attendance Sheet





Activity Name: Workshop on Health & Dental Care

Date: September 25<sup>th</sup>, 2024 (Wednesday)

Timing: 10.30 am onwards

Sr. No.	Name	Designation/Class	Height	Weight	B.P.	Knee Knee	Flat Feet	Signature
83	Rupa	Bio tech 1 year	5'2	54	97/70	✓	✓	
84	Sakshya	"	5'3	52	120/96	✓	✓	
85	Anusha	"	5'1	39	130/100	✓	✓	
86	Dakshina	BA 3 year	5'2	52	96/67	✓	X	
87	Anshika	"	5'3	49	102/98	✓	✓	
88	Sakshi	B.Sc. 3y.	5'5	46	108/92	✓	X	
89	Surbhi	"	5'4	52.9 kg	110/110	✓	X	
90	Pooja	"	5'3	37.29	105/90	✓	✓	
91	Kanishk	B.A. 1st year	5'4	72 kg	110/89	✓	X	
92	Anshika	B.A. 1st year	5'2	36 kg	113/84	✓	X	
93	Mitali	D. Ed. 1st year	5'3	62	111/90	✓	X	
94	Nisha	BA 2 year	5'2	42	99/86	✓	✓	
95	Kajal	"	5'5	45	105/89	✓	X	
96	Kavya	Eng 1 year	5'4	56	92/57	✓	X	
97	Mahima	"	5'3	45	97/61	✓	X	
98	Akshara	"	5'4	49	108/84	✓	✓	
99	Samman	BA Pass II	5'4	68	120/89	✓	X	
100	Ishwari	"	5'4	55	114/100	✓	X	
101	Krishna	"	5'5	57	92/79	✓	X	
102	Anamika	BA Pass II	5'6	66	120/101	✓	X	
103	Shweta	BA Pass II	5'2	50	106/44	✓	X	
104	Pooja	BA Pass II	5'5	49	93/64	✓	✓	
105	Sakshi	BA Pass II	4'7	46	109/89	✓	✓	
106	Muskan	BA Pass II	5'2	54	120/100	✓	X	
107	Akshara	BA Pass III	5'5	61 kg	106/94	✓	X	
108	Pranika	BA Pass III	5'5	58 kg	110/96	✓	X	

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25/9/24

Principal  
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Shimla

Attendance Sheet



Health Club,  
St. Bede's College Shimla

Activity Name: Workshop on Health & Dental Care

Date: September 25<sup>th</sup>, 2024 (Wednesday)

Timing: 10.30 am onwards

Sr. No.	Name	Designation/ Class	Height	Weight	B.P	Kneek Knees	Flat Feet	Signature
109	Suman Arora	BA IIIrd	5'3	60	94/163	X	X	Suman
110	Shalika	BA IIIrd	5'1	52	112/75	X	✓	Shalika
111	Shruti Kaur	BA IIIrd Pass.	5'2	54	115/84	X	✓	Shruti
112	Tanvi Kaur	BA II year	5'3	56	90/61	X	X	Tanvi
113	Riya Kaur	BA II year	5'1	54	109/60	X	X	Riya
114	Nikshita	"	5'2	54	99/64	X	X	Nikshita
115	Anurag	"	5'3	63	116/70	X	X	Anurag
116	Arushi	BA IIIrd year	5'5	64	100/59	X	X	Arushi
117	Arushi	"	5'4	59	98/70	X	X	Arushi
118	Arushi Chahal	BA IIIrd (D.Yer)	5'2	48 kg	101/69	X	X	Arushi
119	Arushi	BA IIIrd (Hons) 1st	5'3	44	110/75	X	X	Arushi
120	Kousha	BA IIIrd Hons	5'5	58	125/85	X	X	Kousha
121	Utkarsh	BA Pass. 1st	5'6	46 kg	141/57	✓	X	Utkarsh
122	Arushi	"	5'8	45 kg	128/65	X	X	Arushi
123	Nishita	BA Hons. 2nd	5'5	40 kg	119/67	X	X	Nishita
124	Arushi	BA Pass. 1st	5'3	46 kg	106/68	X	✓	Arushi
125	Manya	BSc med. 1st	5'1	62 kg	126/72	X	X	Manya
126	Manika	"	5	45 kg	100/60	X	X	Manika
127	Shwangi	BSc med. 1st	5'2	39 kg	119/63	X	X	Shwangi
128	Sonal	BA Pass. 1st	5'3	51 kg	104/75	X	✓	Sonal
129	Shriya	BSc med. 1st	5'5	55 kg	114/70	X	X	Shriya
130	Musika	BSc med. 3rd	5'2	70 kg	100/71	X	X	Musika
131	Manshika	BSc med. 1st	5'1	71 kg	127/67	X	X	Manshika
132	Khal	"	5'2	54 kg	121/64	X	X	Khal
133	Ananya	"	5'3	47 kg	107/60	X	X	Ananya
134	Nedika	BSc med. 2nd	5'4	47 kg	121/58	✓	X	Nedika
135	Charvi	BSc med. 2nd	5'1	49 kg	123/50	X	X	Charvi

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St. Bede's College  
Shimla

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Health Club,  
St. Bede's College Shimla

Activity Name: Workshop on Health & Dental Care  
Date: September 25<sup>th</sup>, 2024 (Wednesday)  
Timing: 10.30 am onwards

Sr. No.	Name	Designation/Class	Height	Weight	B.P.	Back Knee	Flat Feet	Signature
136	Mishra	Health 3yr	5'2	48	123/85	✓	✓	
137	Patel	"	5'2	50	116/101	✓	✓	
138	Patel	"	5	46	101/70	✓	✓	
139	Patel	"	5'1	48	101/70	✓	✓	
140	Patel	"	5'3	67	132/65	✓	✓	
141	Mishra	Health 3yr	5'2	68	119/70	✓	✓	
142	Mishra	"	5'5	57	115/61	✓	✓	
143	Mishra	Health 3yr	5'6	41.2kg	122/75	✓	✓	
144	Mishra	BA Pass 1 <sup>st</sup>	5'5	41.4kg	108/79	✓	✓	
145	Patel	"	5'3	46.5kg	115/74	✓	✓	
146	Mishra	"	5'2	51.0kg	101/70	✓	✓	
147	Mishra	B.Sc. Health 3yr	5'4	55kg	106/71	✓	✓	
148	Mishra	BA Pass 3rd	5'5	44kg	107/77	✓	✓	
149	Mishra	B.Sc. Health 3yr	5'5	70	99/56	✓	✓	
150	Mishra	BA Pass 3rd	5'2	47	101/60	✓	✓	
151	Mishra	Health 3yr	5'3	78	127/60	✓	✓	
152	Mishra	Health 3yr	5'2	56	118/65	✓	✓	
153	Mishra	BA	5'1	69.7kg	122/66	✓	✓	
154	Mishra	BA	5'3	51kg	106/68	✓	✓	
155	Mishra	BA 2 years	5'2	48	108/59	✓	✓	
156	Mishra	BA 1 year	5'5	44kg	110/75	✓	✓	
157	Mishra	BA 1 year	5'1	44kg	96/53	✓	✓	
158	Mishra	BA 1 year	5'7	62kg	105/69	✓	✓	
159	Mishra	BA 1 year	5'3	52kg	112/62	✓	✓	

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Shimla

Attendance Sheet



Activity Name: Workshop on Health & Dental Care  
Date: September 25<sup>th</sup>, 2024 (Wednesday)  
Timing: 10.30 am onwards

Health Club,  
St. Bede's College Shimla

Sr. No.	Name	Designation/Class	Height	Weight	B.P.	Knee	Flat Feet	Signature
1	Dr. Anurag	Teacher	5'3	58.2	90/61	X	X	[Signature]
2	Ananya	"	5'2	60.4	147/61	X	X	[Signature]
3	Anshika	"	5'4	55.3	139/64	X	X	[Signature]
4	Anshika	"	5'5	65.4	144/83	X	X	[Signature]
5	Anshika	"	5'7	72.7	105/109	X	X	[Signature]
6	Anshika	"	5'5	56.4	114/85	X	X	[Signature]
7	Anshika	"	5'2	51.3	115/85	X	X	[Signature]
8	Anshika	"	5'3	58.6	100/71	X	X	[Signature]
9	Anshika	"	5'5	57.1	145/83	X	X	[Signature]
10	Anshika	"	5'4	52.3	115/60	X	X	[Signature]
11	Anshika	"	5'3	48.6	80/51	X	X	[Signature]
12	Anshika	Teacher	5'3	67.4	117/73	X	X	[Signature]
13	Anshika	Teacher	5'6	57.2	138/90	X	X	[Signature]
14	Anshika	"	5'1	44.6	113/81	X	X	[Signature]
15	Anshika	"	5'3	68.2	105/69	X	X	[Signature]
16	Anshika	"	5'2	54.2	124/83	X	X	[Signature]
17	Anshika	"	5'3	70.4	125/70	X	X	[Signature]
18	Anshika	"	5'5	55.3	141/83	X	X	[Signature]
19	Anshika	"	4'10	48.2	115/79	X	X	[Signature]
20	Anshika	"	5'6	67.2	142/80	X	X	[Signature]
21	Anshika	"	4'7	76.35	150/93	X	X	[Signature]
22	Anshika	Teacher	5'6	72.5	135/72	X	X	[Signature]
23	Anshika	Teacher	5'10	68.2	116/80	X	X	[Signature]
24	Anshika	Teacher	5'7	59.1	105/64	X	X	[Signature]
25	Anshika	Teacher	5'6	73.5	136/90	X	X	[Signature]

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Principal  
St. Bede's College  
Shimla

Principal  
St. Bede's College  
Shimla

Attendance Sheet





## **Workshop on Xcos**

On October 3, 2024, the department of physics hosted a workshop on **Xcos: A Simulating Tool**. Professor OSKS Sastri from the School of Physical & Material Science at Central University Dharamshala was the esteemed resource person.

### **Objectives:**

- To provide participants with a comprehensive introduction to Xcos, its features, and its applications in simulating physical systems.
- To facilitate practical, hands-on sessions where attendees can directly engage with the tool, allowing them to create and analyze simulations.
- To demonstrate how Xcos can be utilized in various research areas within physics and material science, enhancing the participants' ability to apply these concepts in their own work.

### **Description of the Workshop**

The workshop on "**Xcos: A Simulating Tool**" was led by Professor OSKS Sastri from the School of Physical & Material Science at Central University Dharamshala. The session covered fundamental concepts in physics, such as solving differential equations for periodic motion and utilizing models, culminating in practical simulations using the Xcos tool of Scilab. Participants were engaged in hands-on sessions exploring the powerful capabilities of Xcos for simulating complex physical systems.. The workshop adopted an interactive environment, encouraging students to pose questions and engage in discussions. It was a fantastic opportunity for students and faculty alike to deepen their understanding and application of this innovative tool.

### **Outcomes of the Workshop**

Students gained a solid understanding and hands-on skills on Xcos, including its functionalities and how it fits into the broader context of simulation tools in physics. Overall, the workshop was a resounding success, contributing to the ongoing development of skills and knowledge in the realm of physics and simulation technology!





## One Day Workshop ON **XCos: A Simulating Tool**



**Speaker**  
**Prof. OSKS Sastri**  
School of Physical & Material  
Science  
Central University of  
Himachal Pradesh

📅 03 October, 2024  
🕒 10: 45 AM

**Organized by**  
Spectrum Club  
Department of Physics  
**St. Bede's College**

### *Brochure*



*Workshop on Xcos (October 3, 2024)*



*Workshop on Xcos (October 3, 2024)*

Attendance sheet  
One day workshop on  
XCos: A Simulating Tool  
Date: October 03, 2024

S. No.	Name	Class	Signature
1	Nishanta Kashyap	BSC (NM) IT	Nishanta
2	Romya	BSC (NM) IT	Romya
3	Nancy	BSC (NM) IT	Nancy
4	Anushka Thakur	"	Anushka
5	Rangasathi Gupta	"	Rangasathi
6	Ashwini Kulkarni	"	Ashwini
7	Manika Sharma	"	Manika
8	Sujal Sharma	"	Sujal
9	Shruti Sharma	BSC (NM) IT	Shruti
10	Ranga Sharma	BSC (NM) IT	Ranga
11	Rishabh Kamal	BSC (NM) IT	Rishabh
12	Tanika Sharma	BSC (NM) IT	Tanika
13	Anshu	BSC (NM) IT	Anshu
14	Kushika Chaudhary	BSC (NM) IT	Kushika
15	Kiranjit Sharma	BSC (NM) IT	Kiranjit
16	Ananya Jaiswal	BSC (NM) IT	Ananya
17	Manika	BSC (NM) IT	Manika
18	Dhruvika	BSC (NM) IT	Dhruvika
19	Shruti	BSC (NM) IT	Shruti
20	Manika	"	Manika
21	Pooja Thakur	BSC (NM) IT	Pooja
22	Manishika	BSC (NM) IT	Manishika
23	Ananya Kishore	BSC (NM) IT	Ananya
24	Aditi Sharma	BSC (NM) IT	Aditi
25	Surabhi Sharma	BSC (NM) IT	Surabhi
26	Shruti Sharma	BSC (NM) IT	Shruti
27	Pooja Sharma	BSC (NM) IT	Pooja
28	Rishika Mishra	BSC (NM) IT	Rishika
29	Simran Thakur	BSC (NM) IT	Simran
30	Ashika	BSC (NM) IT	Ashika

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**Attendance Sheet**



## **Two Days Workshop on ‘Skill Development for Young Budding Entrepreneurs’**

**Objectives:** The report aims to highlight the key activities and outcomes of the two-day workshop on ‘*Skill Development for Young Budding Entrepreneurs*’ held at St. Bede’s College, Shimla. It focuses on showcasing the collaborative efforts, participation, and the impact of the workshop in fostering entrepreneurial skills and awareness about startup building and IPR among students.

A two day workshop entitled ‘**SKILL DEVELOPMENT FOR YOUNG BUDDING ENTREPRENEURS**’ convened at St Bede’s college, Shimla. The workshop was organized by the Department of Biotechnology of St Bede’s college, Shimla in collaboration with Biotechnology incubation centre, Department of biotechnology HPU Shimla. The workshop aimed to provide insight into the startup building and the legal framework that supports entrepreneurial ventures. Several universities, colleges and schools such as Government Degree College, Sanjauli; RKMV Shimla; UIT, Shimla; RGGC, Chaura Maidan, Shimla; SILB, Solan; Chitkara University; Himachal Pradesh University; HPU Business school, Shimla; GSS Portmore; and Auckland High School participated in the workshop. The workshop helped students familiarize themselves with the technicalities needed to implement their ideas and turn it into a startup as well as become aware of the strategic role that IPR plays.

The workshop also hosted an Ideation Competition EXPLORARE 3.0 where young entrepreneurs from across the country participated. Cash prizes of Rs. 10,000/- Rs. 8000/- and Rs. 5000/- were given to the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> prize winners of the ideation competition, respectively. The winners of the ideation competition were as follows:

1<sup>st</sup> prize: Vidit Sood (Auckland House School for boys)

2<sup>nd</sup> prize: Ajatshatru Singh Pathania (UIT, Shimla)

3<sup>rd</sup> prize: Shatakshi Rawat (St. Bede’s College, Shimla)

Further two consolation prizes were given to Apurva Thakur from HPU Business school, Shimla and Rakesh Kumar (Chitkara University, Baddi)





### Outcomes of the workshop

- Students gained insights into business strategies, innovation and funding opportunities from successful entrepreneurs and industry leaders.
- Audience gained practical knowledge of turning business ideas into viable startups.
- Students got networking opportunities to build valuable relationship.
- They learnt about funding schemes, IPR and opportunities for budding entrepreneurs.’’
- Participants gathered in the ideation competition EXPLORARE 3.0 which provided them with a unique opportunity to channel their ideas into actionable concepts that can address real-world challenges.



### Brochure



*Two Days Workshop on 'Skill Development for Young Budding Entrepreneurs' (October 4-5, 2024)*



**Two Days Workshop on 'Skill Development for Young Budding Entrepreneurs' (October 4-5, 2024)**

TWO DAYS WORKSHOP ON SKILL DEVELOPMENT FOR YOUNG BUDDING ENTREPRENEURS October 4-5, 2024 Attendance Sheet		
① Jessika Sharma	BSc (Non-Med) 1 <sup>st</sup> year	Jessika
② Sonam Thakur	BSc (Non-Medical) 1 <sup>st</sup> Year	Sonam
3. Mushi	11	Mushi
4. Anshika	BSc (Non-Med) 1 <sup>st</sup> Year	Anshika
5. Pehal Verma	BSc (Medical) 1 <sup>st</sup> Year	Pehal
6. Ananya Sisodia	BSc (Medical) 1 <sup>st</sup> Year	Ananya
7. Anshika Sharma	BSc (Medical) 1 <sup>st</sup> Year	Anshika
8. Manya	BSc (Medical) 1 <sup>st</sup> Year	Manya
9. Vanishika	BSc (Medical) 1 <sup>st</sup> Year	Vanishika
10. Anshika	BSc (Medical) 1 <sup>st</sup> Year	Anshika
11. Shreya Dand	BSc (Medical) 1 <sup>st</sup> Year	Shreya
12. Sruja Gupta	BSc (Medical) 1 <sup>st</sup> Year	Sruja
13. Lakshmi Verma	BSc (Medical) 1 <sup>st</sup> Year	Lakshmi
14. Pranjali	BSc (Medical) 1 <sup>st</sup> Year	Pranjali
15. Muskan Sharma	BSc (Medical) 1 <sup>st</sup> Year	Muskan
16. Anshika	BSc (Medical) 1 <sup>st</sup> Year	Anshika
17. Anshika	BSc (Medical) 1 <sup>st</sup> Year	Anshika
18. Anshika	BSc (Medical) 1 <sup>st</sup> Year	Anshika
19. Anshika	BSc (Medical) 1 <sup>st</sup> Year	Anshika
20. Anshika	BSc (Medical) 1 <sup>st</sup> Year	Anshika
21. Anshika	BSc (Medical) 1 <sup>st</sup> Year	Anshika
22. Anshika	BSc (Medical) 1 <sup>st</sup> Year	Anshika
23. Anshika	BSc (Medical) 1 <sup>st</sup> Year	Anshika
24. Anshika	BSc (Medical) 1 <sup>st</sup> Year	Anshika
25. Anshika	BSc (Medical) 1 <sup>st</sup> Year	Anshika
26. Anshika	BSc (Medical) 1 <sup>st</sup> Year	Anshika

**Attendance Sheet**





TWO DAYS WORKSHOP ON SKILL DEVELOPMENT FOR YOUNG BUDDING ENTREPRENEURS October 4-5, 2024 Attendance Sheet		
27. Pooja Thakur	BSc II year (med)	Pooja
28. Aditi	BSc II year (med)	Aditi
29. Deepa Bati	BSc II year (med)	Deepa
30. Divya Thakur	BSc II year (med)	Divya
31. Priganka Sharma	MSc I sem	Priganka
32. Anura Chandra	BSc Biotech (H) 2 <sup>nd</sup>	Anura
33. Shatakshi Kaur	"	Shatakshi
34. Anshu Kaur	"	Anshu
35. Ananya Bhatt	"	Ananya
36. Manika Mahila	"	Manika
37. Nishita Verma	BSc III Med	Nishita
38. Mehak Chauhan	"	Mehak
39. Deepika	MSc I sem	Deepika
40. Ankita Kaur	"	Ankita
41. Yamuna Kaur	MSc III	Yamuna
42. Anshika Singh	BSc III sem	Anshika
43. Samrati Thakur	MSc Biol	Samrati
44. Deha Thakur	BSc II year	Deha
45. Sakshi (Bharadwaj)	TWO DAYS WORKSHOP MSc III sem	Sakshi
46. Anshika Bhardwaj	MSc II sem	Anshika
47. Anurag Verma	BSc Biotech	Anurag

Attendance Sheet





**St Bede's College**  
**TWO DAYS WORKSHOP**  
**ON**  
**SKILL DEVELOPMENT FOR YOUNG BUDDING ENTREPRENEURS**

12/10/24  
05/10/24  
Principal  
St. Bede's College  
Gurgaon

October 4-5, 2024

Attendance Sheet

Name	Class	Signature
Shravya Sharma	B.Ec. Med (Ind yr)	Shravya
Rishika Negi	"	Rishika
Sanyogita Chaurhan	"	Sanyogita
Harekita Bangal	"	Harekita
Rishika	"	Rishika
Aditi Sharma	"	Aditi
Swati	"	Swati
Pranjal Azad	"	Pranjal
Rishika	"	Rishika
Shagun	B.Sc (Med) 1st Year	Shagun
Chahat Katta	B.Sc (Med) 2nd Year	Chahat
Yashasvi	B.Sc (Med) 3rd Year	Yashasvi
Rishika Khurda	B.Sc (Med) 2nd Year	Rishika
Pooja Mehta	B.Sc (Non-Med) 1st Year	Pooja
Ananya Khosla	B.Sc (Non-Med) 2nd Year	Ananya
Suneha Sharma	B.Sc (Non-Med) 2nd Year	Suneha
Aditi Sharma	"	Aditi
Jasmeet Kaur	"	Jasmeet
1. Aditi Sharma	B.Sc (Non-Med) Biotechnology 1st Year	Aditi
2. Ananya Khosla	"	Ananya
3. Suneha Sharma	B.Sc (Non-Med) Biotechnology 2nd Year	Suneha
<b>TWO DAYS WORKSHOP</b>		
12. Aditi Sharma	B.Sc (Non-Med) Biotechnology 2nd Year	Aditi
13. Tanvi Sharma	B.Sc (Non-Med) Biotechnology 1st Year	Tanvi
14. Dr. Sakshi	B.Sc (Non-Med) Biotechnology 1st Year	Sakshi
15. Sakshi Tanwar	B.Sc (Non-Med) Biotechnology 1st Year	Sakshi

**Attendance Sheet**



Sl. No.	Name	Course	Signature
	Ayushi	BSc Biotech (Hons) 1st year	
	Muskan	BSc Biotech " " "	
	Hastha	" " " "	
	Riya	M.Sc Botany Sem - I	
	Siddhanta Pargaria	MSc - Botany - Sem-I	
	Sakshi Thawar	MSc - Botany - Sem I	
	Pooja	NSU Botany 1st year	
21	Lupenda Sharma II	N.Sc Botany 1st year	
22	Shubh Manta	MSc Botany 1st year	
23	Arunyashree Sharma	B.Sc (New Med) I <sup>st</sup> year	
24	Aastha Venu	BSc (N.M) I <sup>st</sup> year	
25	Pooja Sharma	BSC (N.M) I <sup>st</sup> year	
26	Rakshita Kamal	BSC (N.M) I <sup>st</sup> year	
27	Sujal Sharma	BSC N.M III <sup>rd</sup> year	
28	Kulvika Rathore	BSC Med. I <sup>st</sup> year	
29	Pooja Thakur	BSC Med. I <sup>st</sup> year	
30	Nika Parikh	BSC Med. I <sup>st</sup> year	
31	Shweta	BSC Med. I <sup>st</sup> year	
32	Anshika	BSC Home Science II year	
33	Tanvika	" " " "	
34	Nigati Sharma	" " " "	
35	Ainika	" " " "	
36	Anshika	" " " "	
37	Yuvika	" " " "	
38	Aruni	BSC Home Science I <sup>st</sup> year	
39	Swigatha	" " " "	
40	Anshika	" " " "	
41	Disha	" " " "	
42	Yashika	" " " "	
43	Shruti	" " " "	
44	Manvi Sharma	" " " "	
45	Vaishnavi Sharma	" " " "	

Attendance Sheet



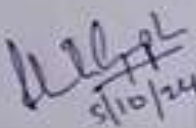
TWO DAYS WORKSHOP ON SKILL DEVELOPMENT FOR YOUNG BUDDING ENTREPRENEURS October 4-5, 2024			
Attendance Sheet			
Sl. No.	Name	College / Institute name	Signature
1	Soraj	COE Sanjauli	[Signature]
2	Ranaj	COE Sanjauli	[Signature]
3	Pratik	COE Sanjauli	[Signature]
4	Atul	COE Sanjauli	[Signature]
5	Gangam Thakur	COE Sanjauli	[Signature]
6	Vinod Kati	COE Sanjauli	[Signature]
7	Sajin	COE Sanjauli	[Signature]
8	Pratik	COE Sanjauli	[Signature]
9	Seloni Sharma	COE Sanjauli	[Signature]
10	Hansu Thakur	COE Sanjauli	[Signature]
11	Pratik	COE Sanjauli	[Signature]
12	Angul Datta	COE Sanjauli	[Signature]
13	Pratik Chakrabarti	COE Sanjauli	[Signature]
14	Riya Verma	COE Sanjauli	[Signature]
15	Mishra	COE Sanjauli	[Signature]
16	Himani	COE Sanjauli	[Signature]
17	Aayush	COE Sanjauli	[Signature]
18	Nandini	COE Sanjauli	[Signature]
19	Rohini	HPU	[Signature]
20	Pratik	Katshera College	[Signature]
21	Pratik Chakrabarti	Katshera College	[Signature]
22	Pratik Kumar Sharma	Katshera College	[Signature]
23	Rajat Thakur	Katshera College	[Signature]
24	Pratik Chakrabarti	Katshera College	[Signature]

Principal  
St. Bede's College  
Shimla

5/10/24

Attendance Sheet



TWO DAYS WORKSHOP ON SKILL DEVELOPMENT FOR YOUNG BUDDING ENTREPRENEURS October 4-5, 2024			
Attendance Sheet			
	Name	College / Institute name	Signature
1>	Shivani	Rajiv Gandhi College	Shivani
2>	Aditya Verma	Rajiv Gandhi College	Aditya
3>	Gurpreet	UIT, HPU	Gurpreet
4>	Seema Solanki	UIT, HPU	Seema
(5.)	Pritya Rani	HPU (Microbiology)	Pritya Rani
6>	Komal Thakur	HPU (Microbiology)	Komal Thakur
7>	Royal Sharma	HPU (Microbiology)	Royal Sharma
8>	Kritika Thakur	HPU (Microbiology)	Kritika
9>	Aditya Sharma	HPU (Biotechnology)	Aditya
10>	Anu Chaudhary	HPU (Biotechnology)	Anu Chaudhary
11>	Preeti Thakur	HPU (Microbiology)	Preeti Thakur
12>	Savita	HPU (Microbiology)	Savita
13>	Kushboo	SILB Solan (Microbiology)	Kushboo
14>	Rohit	SILB Solan (Microbiology)	Rohit
15>	Gargi	SILB Solan (Microbiology)	Gargi
16>	Manish	SILB Solan (Microbiology)	Manish
17>	Arpita	SILB Solan (Microbiology)	Arpita
TWO DAYS WORKSHOP			
 5/10/24			05/10/24 Principal St. Bede's Co. Shimla

Attendance Sheet





## **Workshop on AI And Cyber Security: Empowering Entrepreneurs for Digital Future**

A workshop on “AI and Cyber Security: Empowering Entrepreneurs for Digital Future” was organised by the department of computer science under the aegis of IQAC on October 15, 2024.

Objectives:

- To Introduce the Role of AI in Modern Business.
- To Build Awareness of Cyber Security Threats.
- To Demonstrate the Intersection of AI and Cyber Security
- To Promote Safe Digital Practices for Entrepreneurs
- To Empower Entrepreneurs with AI Tools and Solutions.
- To Highlight Legal and Ethical Considerations
- To Foster Innovation Through Technology-Driven Thinking

The workshop featured **Sh. Vijayant Gaur**, Director of the **Cyber Security Association of India**, who holds certifications as a **Certified Information Security Manager (CISM)**, **Certified Information Systems Auditor (CISA)**, and **Information Security Management System (ISMS)** expert. **Ms. Anjali Verma**, Director of the **Cyber Society of India** and a proud alumna of the **St. Bede's College 1994 batch**, was also in attendance.

The event was structured around **four focused sessions** covering crucial areas: **Cybersecurity**, **Cybercrime**, **Cyber Laws**, and **The Role of Technology in Cybersecurity and AI**.

The workshop drew participation from faculty members and students of various esteemed institutions, including **Jesus and Mary School**, **S.D. Senior Secondary School**, **Government College Sanjauli**, **H.P. University**, **Rajiv Gandhi Degree College (Kotshera)**, **H.P. University of Legal Studies**, **IGNOU**, and **St. Bede's College**.

The session was presided over by **Professor Sr. Molly Abraham**, Principal of **St. Bede's College**.

Key discussion areas included:

- Cybersecurity and its relevance in today's digital world
- The evolving landscape of cybercrime
- Cybersecurity practices for individuals and organizations
- Educational pathways including cybersecurity courses and certifications
- The legal framework and regulatory measures against cybercrime



- Emerging trends in cyber threats and security
- The integration of AI in cybersecurity
- Leveraging technology as a defense mechanism against cyber threats

### Learning Outcome:

By the end of the workshop, participants will be able to:

1. **Understand the Role of AI in Business Innovation**
2. **Identify Common Cybersecurity Threats**
3. **Apply Basic Cyber Hygiene Practices.**
4. **Analyse the Integration of AI in Cybersecurity**
5. **Evaluate Legal and Regulatory Frameworks**
6. **Explore Available Tools and Certifications**
7. **Embrace a Tech-Driven, Secure Business Mindset**





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



**Workshop on AI and Cybersecurity:  
Empowering Entrepreneurs for the Digital  
Future**  
Organised by  
Department of Computer Science  
(Under the Aegis of IQAC)

**Resource Persons :**



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



**Ms. Anjali Verma**  
Director  
Cyber Security Association of India

**THRUST AREAS:**

- Cybersecurity and Cybercrime
- The Cybercrime Landscape Today
- Cybersecurity for Everyone
- Cybersecurity Courses and Certification
- Legal Framework Against Cybercrime
- Laws and Regulation
- Future Trends in Cybercrime
- The Role of Technology in Cybersecurity & AI
- Technology as a Defense

**Patron:**  
**Prof. Sr. Molly Abraham**  
Principal

**Convener:**  
**Ms. Neha Wallia**  
Assistant Professor

**Date : October 15, 2024**      **Venue : Auditorium**      **Time : 11:00 A.M. onwards**

For any queries, contact  
[aicysberguard.stbedes@gmail.com](mailto:aicysberguard.stbedes@gmail.com)  
9418903075, 9816113346

*Brochure*



***Workshop on AI And Cyber Security: Empowering Entrepreneurs for Digital Future (October 15,2024)***



***Media coverage***



# **St. Bede's College**

Shimla-171002  
NAAC Re-Accredited "A" Grade  
"Heritage Status" by UGC  
[www.stbedescollege.org](http://www.stbedescollege.org)  
E-mail: [stbedescollege@gmail.com](mailto:stbedescollege@gmail.com)

## **One Day Work shop on AI and Cyber Security Convent of Jesus and Mary, Chelasea Shimla**

Sr No.	Name of Student	Class	Signature	Remarks	
1	Harshita Thakur	XII		100	11
2	Krishna Dhanta	XI		100	12
3	Aarti Kumari	XI		100	13
4	Arsheya Pal	XI		100	14
5	Jannat Thakur	XI		100	15
6	Kashish	XII		100	16
7	Suhani Karol	XII		100	17
8	Avishi Zinta	XI		100	18
9	Charvi Kashyap	XI		100	19
10	Panika Verma	XI		100	20
11	Anjli Chohan	XI		100	21
12	Medhavi	XI		100	22
13	Vanya Pratap Chauhan	XI		100	23
14	Simone Mehta	XI		100	24
15	Kinjal Jasta	XI		100	25
16	Rainy Reakta	XI		100	26
17					
18					
19					

100/100  
15/10/24  
Principal  
St. Bede's College  
Shimla

Attendance Sheet





**St. Bede's College**  
Shimla-171002  
NAAC Re-Accredited "A" Grade  
"Heritage Status" by UCC  
www.stbedescollege.in  
E-mail : stbedescollege@gmail.com

**Name of the Students for Workshop on AI and Cybersecurity  
Empowering Entrepreneurs for  
the Digital Future**

Sr No.	Name of Student	Class	Signature	Remarks
1	Girisha	9th		100 55
2	Banny Gill	9th		100 56
3	Jyoti	9th		100 57
4	Yashika	9th		100 58
5	Hitesh	9th		100 59
6	Nikhil	9th		100 60
7	Yakshit	9th		100 61
8	Aryaman	9th		100 62
9	Anurag	9th		100 63
10	Arjun	9th		100 64
11	Aditya Kumar	9th		100 65
12	Gunjan	10th		100 66
13	Ayushi	10th		100 67
14	Ragini	10th		100 68
15	Vibhali	10th		100 69
16	Srishti	10th		100 70
17	Shubhan	10th		100 71
18	Abhinav	10th		100 72
	Shibu	10+1 Arts		100 73
	Anshika	10+1 Arts		100 74
	Nidhi	10+1 Arts		100 75
	Roshni	10+1 Commerce		100 76
	Sakshi	10+1 Commerce		100 77
	Rahul	10		100 78

15/12/24  
Principal, college

**Attendance Sheet**



# **St. Bede's College**

Shimla-171002

NAAC Re-Accredited "A" Grade

"Heritage Status" by UGC

www.stbedescollege.org

E-mail: bedescollege@gmail.com

## **Name of the Students for Workshop on AI and Cyber security Empowering Entrepreneurs for the Digital Future**

S. No.	Name of Student	Class	Signature	Remarks
1	Aaryan Kashyap	B.Sc-2nd year	[Signature]	100
2	Shivani	B.Sc-2nd year	[Signature]	100
3	Mansha	B.Sc-2nd year	[Signature]	100
4	Adarsh Adarash kumar	B.Sc-2nd year	[Signature]	100
5	Aditya Raj	B.Sc-2nd year	[Signature]	100
6	Deepali	B.Sc-2nd year	[Signature]	100
7	Lakshay Sharma	B.Sc-2nd year	[Signature]	100
8	Mayak Ranga	B.Sc-2nd year	[Signature]	100
9	Neha Gupta	B.Sc-2nd year	[Signature]	100
10	Nikhil Bundel	B.Sc-2nd year	[Signature]	100
11	Paras	B.Sc-2nd year	[Signature]	100
12	Pranshu Thakur	B.Sc-2nd year	[Signature]	100
13	Priksit	B.Sc-2nd year	[Signature]	100
14	Ronit Thakur	B.Sc-2nd year	[Signature]	100
15	Shrikant Dogra	B.Sc-2nd year	[Signature]	100
16	Sojal Sharma	B.Sc-2nd year	[Signature]	100
17	Vanshika Thakur Paras Thakur	B.Sc-2nd year	[Signature]	100
18	Chhiring Chhemden	B.Sc-2nd year	[Signature]	100
19	Vishaka	B.Sc-2nd year	[Signature]	100
	Sakshi Sharma	B.Sc-2nd year	[Signature]	100
	Pawan Kumar	B.Sc-1st year	[Signature]	100
	Tanishq Raj	B.Sc-1st year	[Signature]	100
	Ruchika	B.Sc-1st year	[Signature]	100
	Jatin	B.Sc-1st year	[Signature]	100
	Kartik	B.Sc-1st year	[Signature]	100
	Shrutika Thakur	B.Sc-2nd year	[Signature]	100
	Vishal Chaudhary	B.Sc-2nd year	[Signature]	100
	Manoj	B.Sc-2nd year	[Signature]	100
	Chhiring	B.Sc-2nd year	[Signature]	100

Principal  
St. Bede's College  
Shimla

15/10/24

Attendance Sheet



## Workshop on "AI and Cybersecurity: Empowering Entrepreneurs for the Digital Future"

Organized by  
Department of Computer Science, (Under the Aegis of IGAC)  
October 15, 2024

Sr. No.	Name of the participant	School/College	Receipt No	Amount
1	Suhani Karol	Jesus and Mary, Shimla	501	100
2	Harshita Thakur	Jesus and Mary, Shimla	502	100
3	Krisha Dhanta	Jesus and Mary, Shimla	503	100
4	Arti Kumari	Jesus and Mary, Shimla	504	100
5	Avishi Zinta	Jesus and Mary, Shimla	505	100
6	Arsheya Pal	Jesus and Mary, Shimla	506	100
7	Kashish	Jesus and Mary, Shimla	507	100
8	Jannat Thakur	Jesus and Mary, Shimla	508	100
9	Kinjal Justa	Jesus and Mary, Shimla	509	100
10	Simone Mehta	Jesus and Mary, Shimla	510	100
11	Vanya Pratap Chauhan	Jesus and Mary, Shimla	511	100
12	Anjilina Chauhan	Jesus and Mary, Shimla	512	100
13	Charu kashyap	Jesus and Mary, Shimla	513	100
14	Medhavi	Jesus and Mary, Shimla	514	100
15	Rainy Reshta	Jesus and Mary, Shimla	515	100
16	Panika Verma	Jesus and Mary, Shimla	516	100
17	Sanjauli College	Sanjauli College, Shimla	517	2700
18	Bharti	Law university, Shimla	518	100
19	Yamini	Kotshera College, Shimla	519	100
20	Akil Thakur	Kotshera College, Shimla	520	100
21	Shivam	Kotshera College, Shimla	521	100
22	Aman Thakur	Kotshera College, Shimla	522	100
23	SD School	SD School, Shimla	523	2300
24	Cancel	Cancel	524	0
25	Shivalika	IGNOU, Shimla	525	100
26	Kotshera College	Kotshera College	526	200
		Money received		7400

mollym  
11/11/24

*Attendance Sheet*



Time	Name	Contact No.	Email Id	Name of College	Name of Department	Score
10-10-2024 10:50:57	Aakansha Rana	9810811207	aakanshakarans25@gmail.com	Himachal Pradesh National Law University, Shimla	Law	
10-10-2024 11:04:28	Shari	8278813252	sho52558@gmail.com	Himachal Pradesh university	Data science and artificial intelligence	Shanti 10
10-10-2024 12:53:38	Shivalika	7833320295	shivalika9709@gmail.com	Indira Gandhi National Open University	School of Computer and Information Sciences (SCIS)	Shalika 7
10-10-2024 12:54:19	Rishani	889495443	anurajad88945@gmail.com	St Bed's college	Computer science	
10-11-2024 12:26:12	Neelam Verma	9809857364	neelam049@gmail.com	Himachal Pradesh university Shimla	Data science and AI	
10-11-2024 14:59:22	Ayaz Sharma	6200733609	ayazsharma2144@gmail.com	University College of business studies	BCA	
10-12-2024 12:13:14	Aditya Dhanan	7676444628	adityadhan7676@gmail.com	University College of Business Studies	BCA	
10-12-2024 16:44:48	Vikas Singh Guleri	9810235335	vika237@gmail.com	Govt. Degree College Indora Dist Kangra (H.P.)-176401	Computer Science	
10-12-2024 17:02:21	Sunny Sharma	9781626516	sharmal735@gmail.com	Government Degree College Indora	BCA Department	
10-14-2024 14:56:27	Aditya Kumar verma	98288 60965	adityaverma5213@gmail.com	Rajiv gandhi govt degree college	Commerce	Aditya 9
14-2024 13:06:12	Gavin Chaitan	9015139491	chaitangavin@gmail.com	Rajiv gandhi govt degree college	Commerce	Chaitan 8
14-2024 15:08:14	Pooja Prasad	9803613673	prajodprasad449@gmail.com	Rajiv gandhi govt degree college	Commerce	
14-2024 16:15:11	Karan Malik	9679013277	myanmal33@gmail.com	Rajiv Gandhi Government Degree College, Kotshera, Chaura Maidan	Bachelor in Computer Application	6
14-2024 16:26:15	Shivam	7018436558	shivankumar24604@gmail.com	Rajiv Gandhi Government Degree College, Kotshera, Chaura Maidan	B.C.A	5
14-2024 16:28:38	Amit Thakur	7857217212	amrithondraamr@gmail.com	Rajiv Gandhi Government Degree College	BCA	4

Attendance Sheet





3. Rang (891800265) rangarchita2608@gmail.com BA Psychology Hons II yr
4. Praveen (9761201530) bhannapraveen44@gmail.com BA Geography Hons II yr
5. Anshu Sewal (9317076506) sewalashini@gmail.com BA Pass course
6. Arambhika Aliza (6306720699) arambhika2@gmail.com BA Programme II<sup>nd</sup> year
7. Samreen Kaur (9928371979) shreenkulkar@gmail.com BA programme II<sup>nd</sup> year
8. Karish Guraoliya (8307353712) karishguraoliya781@gmail.com BA Programme II year
9. Anura Chandra (701533885) anurachandra16@gmail.com BSc Biotech (H) 2<sup>nd</sup> yr
10. Anya minhas (9805707844) anya.minhas.24@gmail.com BA Psy (H) 2<sup>nd</sup> year
11. Gunvika Monga (740980006) gunvika.monga@gmail.com BA Programme II<sup>nd</sup> year
12. Sneha (8628837707) snehakapoor136@gmail.com BA Programme II<sup>nd</sup> year
13. Viveka (9465309106) keetna.viveka4@gmail.com BA Psychology II<sup>nd</sup> year
14. Violet Mary George (9560736404) violetmarygeorge@gmail.com BA Eng Hons III<sup>rd</sup> year
15. Shagun Shukla (7505995101) shagunshukla98@gmail.com CBA I<sup>st</sup> sem
16. Dianora Hulaah (8188000033) aulakhdiwanoh@gmail.com BA III pass course
17. Prachi Singh (7807589903) prachi22005@gmail.com BA (II) Pass Course
18. Kritika Sharma (7973154126) kritikasishth2007@gmail.com B.A. Psy. Hons I<sup>st</sup> year
19. Yuvika Kanwar (7876933943) kanwarayuvika5@gmail.com B.A. Psy. Hons I<sup>st</sup> year
20. Nisha Bahukhandi (BA Eng Hons 3<sup>rd</sup>) batnathnishi diha bahukhandi44@gmail.com (9653862279)
21. Jahnvi Nali (BA Psy. Hons 3<sup>rd</sup>) (9811828898) jahnvinjali1326@gmail.com
22. Mitali Kaitha (BA Eng Hons 2<sup>nd</sup>) (9015037598) kaitha.mitali@gmail.com
23. Deeksha Janyal (BA Eng Hons II) (7807135535) deekshajanyal@gmail.com
24. Sunidhi Sharma (BSc 2<sup>nd</sup> year Hon Med) (9805108821) sunidhisarma294@gmail.com
25. ~~Osheen Paul~~ BA Pass course
26. Osheen Paul (BA Pass course 1<sup>st</sup> year) 7807827211 osheenpaul3800@gmail.com

mollym  
15/10/24  
Principal  
St. Bede's College  
Shimla

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Attendance Sheet



Sl. No	NAME	Class	Ph Number	Email
1	Pooja Sen	BBA 1 <sup>st</sup> yr	9816126005	pooja.sen012@gmail.com
2	Martakar Mathin	BA Geo Home I <sup>st</sup> yr	981611169	martakarjina04@gmail.com
3	Anshdeep Kaur	BA Hys Home I <sup>st</sup> yr	6239593022	deep2004ansh@gmail.com
4	Akshara Chauhan	BA Eng Home I <sup>st</sup> yr	9266130634	aksharachauhan16@gmail.com
5	Nupur Thakur	Bsc Biochem Home I <sup>st</sup> yr	9844083247	nupurthakur210@gmail.com
6	Shivanshi	BA Geography Home I <sup>st</sup> yr	9816311473	shivanshinorth04@gmail.com
7	Karuna	BA Geography Home I <sup>st</sup> yr	6398170568	Karunabacarrajpal@gmail.com
8	Mauli	BBA 1 <sup>st</sup> yr	90561-50401	mauligarg402@gmail.com
9	Sahaj	BA Eng Home I <sup>st</sup> yr	944429987	sahajkajal207@gmail.com
10	Harsha	BSC Biochem 1 <sup>st</sup> yr	9805116815	harshadigra12@gmail.com
11	Janya Chauhan	Bcom I <sup>st</sup> yr	9318079369	chaunanjanya567@gmail.com
12	Samaira Chhabra	BA Eng Home I <sup>st</sup> yr	814038086	saaj13140@gmail.com
13	Samaira	BA Econ Home I <sup>st</sup> yr	7876586584	samairash02@gmail.com
14	Shreyas Sharma	BSC Hons (N.M)	7876784291	Shreyassharma89176@gmail.com
15	Rishma Singh	Bsc I <sup>st</sup> yr (N.M)	620841050	Rishmasingh854@gmail.com
16	Pooja Hota	Bsc I <sup>st</sup> yr (N.M)	7019717198	pooja.hota0425@gmail.com
17	Aashvi Salwan	BA-1 <sup>st</sup> yr	9805305614807	aashvi.salwan11@gmail.com
18	Komal	BA Hys Home I <sup>st</sup> yr	6239593022	komal1923917@gmail.com
19	Ani	BSC Biochem I <sup>st</sup> yr	9418780040	anishkagwal808@gmail.com
20	Riya Sharma	Eng Home I <sup>st</sup> yr	7975352998	riyasharma52993@gmail.com
21	Krushika Datta	Eng Home I <sup>st</sup> yr	9627081773	krushikaushika75@gmail.com
22	Mansha Sharma	Eng Home I <sup>st</sup> yr	701801226	manshasharma112015@gmail.com
23	Medha Sharma	Eng Home I <sup>st</sup> yr	8979394657	medhasharma.025@gmail.com
24	Tanvika Patel	Eng Home I <sup>st</sup> yr	6006519914	tanvikapatel@gmail.com
25	Saijal Sharma	BA Pass Course	787811426	Saijalsharma13@gmail.com
26	Rishika	BA Pass II yr	7737425110	chandanyrishi@gmail.com

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# St. Bede's College

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DEPARTMENT OF COMPUTER SCIENCE ORGANIZES WORKSHOP ON "ARTIFICIAL INTELLIGENCE AND CYBER SECURITY" ON OCTOBER 15, 2024 AT 9:30 AM to 4:30 PM

SR NO.	STUDENT NAME	CLASS	SIGNATURE	
1	<del>Sunil</del> DURGESH	BCA 1st Year	Durgesh	29
2	Nishkanti Verma	BCA 2nd Year	Nishanti	99
3	Shivangi Kankhria	BCA 2nd Year	Shivangi	100
4	Parul Thakur	BCA 2nd Year	Parul	101
5	Taruna Sharma	BCA 2nd Year	Taruna	102
6	Kanika Sharma	BCA 2nd Year	Kanika	103
7	Niharika Sharma	BCA 2nd Year	Niharika	104
8	Shwani Verma	BCA 2nd Year	Shwani	105
9	Sangam	BCA 1st Year	Sangam	90
10	Shwanti Sharma	BCA 1st Year	Shwanti	91
11	Neha	BCA 1st Year	Neha	92
12	Ridhi Verma	"	Ridhi	93
13	Urushi Kankhria	"	Urushi Kankhria	94
14	Ritika	"	Ritika	95
15	Divanshi Sharma	"	Divanshi	97
16	Swara Tejaswini	"	Swara	96
17	Vandana Tiwari	"	Vandana	98

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SR NO.	STUDENT NAME	CLASS	SIGNATURE	
18	Tania Pal	BCA 3 <sup>rd</sup> Year	Tania Pal	81
19	Sejal Granate	"	Sejal	88
20	Palak Thakur	"	Palak	87
21	Hardika Verma	"	Hardika	83
22	Muskan Kapoor	"	Muskan	26
23	Aditi	"	Aditi	79
24	Ankita Negi	"	Ankita Negi	82
25	Sneha Chandel	"	Sneha	84
26	Sneha Kalyan	"	Sneha	80
27	Manpreet Kaur	BSC 2nd Year	Manpreet Kaur	
28	Aditi Singh	BSC 2nd	Aditi	
29	Sunidhi Sharma	BSC 2nd year (NM)	Sunidhi	
30	Aditi Sharma	"	Aditi	
31	Jasmeet Kaur	Ist 11	Jasmeet	
32	Vedika Thakur	" 11	Vedika	

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St. Bede's College

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DEPARTMENT OF COMPUTER SCIENCE ORGANIZES WORKSHOP ON "ARTIFICIAL INTELLIGENCE AND CYBER SECURITY" ON OCTOBER 15, 2024 AT 9:30 AM to 4:30 PM

SR NO.	STUDENT NAME	CLASS	SIGNATURE
33	Arushi	Bsc (I year)	Arushi
34	Anshika	Bsc (Non-Med) 1st	Anshika
35	Shriya	BA II year	Shriya
36	Radhika	BBA II	Radhika
37	Akshita Bhargava	BA III <sup>rd</sup> year	Akshita
38	Bhumiika Sharma	B.com III	Bhumiika
39	Ritika Sharma	B. Com III	Ritika
40	Tamara Bhatia	B. Com III	Tamara
41	Tamara Khatia	B.A. Eng Kan II	Tamara
42	Urvashi	BA III <sup>rd</sup> year	Urvashi
43	Mithika Thakur	BA III <sup>rd</sup> year	Mithika
44	Asha Sharma	Bsc Biotech (I Year)	Asha
45	Anshika Thakur	Bsc Biotech (I year)	Anshika Thakur
46	Mannat	BA III <sup>rd</sup> year	Mannat
47	Pooja Sharma	BSC (Non-med) (I year)	Pooja
48	Rakshita Kamal	BSC (Non-med) I year	Rakshita
49	Aastha Verma	BSC (N.M) - I <sup>st</sup> year	Aastha

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SR NO.	STUDENT NAME	CLASS	SIGNATURE
99	Riya Devi	BSc 3rd Year (Med.)	Riya
100	Diya Thakur	BSc 3rd Year (Med.)	Diya
101	Gurpreet Sharma	MSc 1st Semester	Gurpreet
102	Arshal Chauhan	MSc 1st Semester	Arshal
103	Ravika Sharma	MSc 1st Semester	Ravika
104	Akshita Thakur	MSc 1st Sem	Akshita
105	Shashi Manita	MSc 1st Sem	Shashi
106	Gurpreet Sharma	M.Sc 1st Sem	Gurpreet
107	Ravika Dhanu	M.Sc 1st Semester	Ravika
108	Ankita Kaushal	MSc 1st Semester	Ankita
109	Anita	MSc 1st Semester	Anita
110	Pratya	MSc 1st Semester	Pratya
111	Ankur Chauhan	BA IIrd Pass Course	Ankur
112	Sumit Paul	BA Geography Hons II	Sumit
113	Aastha Sharma	"	Aastha
114	Aarti Kumari	"	Aarti
115	SHRUTI SHARMA	BA 2nd yr (Pass Course)	Shruti

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SR NO.	STUDENT NAME	CLASS	SIGNATURE
116	Priyam Rukta	BA 2 <sup>nd</sup> YEAR.	<i>[Signature]</i>
117	Lakshmi Kamwar	BA 1 <sup>st</sup> Year 3	<i>[Signature]</i>
118	Monika Sharma	BA (1 <sup>st</sup> Year)	<i>[Signature]</i>
119	Rushika Sharda	BA 1 <sup>st</sup> Year Geo Hon	<i>[Signature]</i>
120	Rahul Samyapt	BA 1 <sup>st</sup> Year (Geo Hon)	<i>[Signature]</i>
121	Asha Thakur	BA 1 <sup>st</sup> Year (Geo Hon)	<i>[Signature]</i>
122	Pooja Sharma	BA 1 <sup>st</sup> Year (Geo Hon)	<i>[Signature]</i>
123	Sparsh Tetta	BA 1 <sup>st</sup> Year (Geo Hon)	<i>[Signature]</i>
124	Kina Stair	BA 1 <sup>st</sup> Year (Geo Hon)	<i>[Signature]</i>
125	Anishi Singh	BA 1 <sup>st</sup> Year (Geo Hon)	<i>[Signature]</i>
126	Amaris Thakur	BA 1 <sup>st</sup> Year 1	<i>[Signature]</i>
127	Anjali Thakur	BA 1 <sup>st</sup> Year (Geo Hon)	<i>[Signature]</i>
128	Shruti Thakur	BA 1 <sup>st</sup> Year (Geo Hon)	<i>[Signature]</i>
129	Vanshika Daga	BA 1 <sup>st</sup> Year (Geo Hon)	<i>[Signature]</i>
130	Tanvi Chauhan	BA 1 <sup>st</sup> Year 2 Geo Hon	<i>[Signature]</i>
131	Kashish Shyam	BA 1 <sup>st</sup> Year (Geo Hon)	<i>[Signature]</i>
132	Sara Chaudhary	BA 2 <sup>nd</sup> year (pass)	<i>[Signature]</i>

*[Signature]*  
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SR NO.	STUDENT NAME	CLASS	SIGNATURE
84 133	Aruni	BA Gen. Hons 2 <sup>nd</sup> year	Aruni
85 134	Bhavana	"	Bhavana
86 135	Arushi	BA Psychology 2 <sup>nd</sup> year	Arushi
87 136	Prityanshi	B.Sc (Non-Med) I <sup>st</sup> year	Prityanshi
88 137	Prityanshi Sharma	B.A. Pass. C.I <sup>st</sup> year	Prityanshi
89 138	Prityanshi Sharma	B.A. Pass Course I <sup>st</sup> year	Prityanshi
90 139	Aakansha Singh Kanwar	B.Sc - Med III Year	Aakansha
91 140	Riya Chauhan	- do -	Riya
92 141	Sanskriti Sharma	- do -	Sanskriti
93 142	Vishalini Jaiswal	- do -	Vishalini
94 143	Sonika Sharma	BA 1 <sup>st</sup> Year (Pass Course)	Sonika
95 144	Shivangi	B.Com. 1 <sup>st</sup> Year	Shivangi
96 145	Prityanshi Chauhan	BA 1 <sup>st</sup> Year (Pass Course)	Prityanshi
97 146	Naksha Sharma	BA 1 <sup>st</sup> Year	Naksha
98 147	Aruni	BA Eng. Hons I <sup>st</sup> Year	Aruni
99 148	Riya Sharma	BA-I (English Hons.)	Riya Sharma
100 149	Pooja Sharma	BBA 1 <sup>st</sup> year	Pooja Sharma

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SR NO.	STUDENT NAME	CLASS	SIGNATURE
102	150 Ishika Sharma	BA I <sup>st</sup> Eng. Hons.	
103	151 Pranjal Sharma	BA Eng. Hons. 1 <sup>st</sup> year	
104	152 Yasho Rajyashree	BA Eng. Hons. 1 <sup>st</sup> year	
105	153 Ganesha Tomar	BA Eng. Hons. 1 <sup>st</sup> year	
106	154 Ridhima Chauhan	BA Psy. Hons. II year	
107	155 Nisha Sharma	BA Psy. Hons. II year	
108	156 Muskan Chauhan	BA Psy. Hons. II year	
109	157 Yuvika Verma	BA Psy. Hons. II year	
110	158 Manmat Kapoor	BA Psy. Hons. II year	
111	159 Anayata Chauhan	BA Psy. Hons. II year	
112	160 Viveka Kookna	BA Psy. Hons. II year	
113	161 Nishat Khan	BA Psy. Hons. II year	
114	162 Tenzin Lhamo	BA Psy. Hons. II year	
115	163 Devanshi Kalia	BA Pass course I year	
116	164 Prerna	BA Pass course I year	
117	165 Tanvi Kamra	BA Pass course I year	
	166 Pooja	BA Pass course I year	

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SR NO.	STUDENT NAME	CLASS	SIGNATURE	
118	167	Somnath	BA Eng (H) 1st year	Pamshi
119	168	Arunakha Gupta	B.A. Eng (H) 1st year	St
120	169	Tia Sharma	B.A. Eng (H) 1st year	Tia
121	170	Shreyal S. Bhatnagar	BA Eng (H) 1st year	Shreyal
122	171	Aisha Kataria	BA Eng (H) 1st year	Aisha
123	172	Aparajita	BSC Biotech (H) 1st year	Aparajita
124	173	Anshul Kumar	BA Eng (H) 1st year	Anshul
125	174	Swishthy Kapta	"	Swishthy
126	175	Shivanshu Sharma	"	Shivanshu
127	176	Manu Sharma	BA Eng. Hons. (1st year)	Manu
128	177	Swishthy	B. Com (H) 1st year	Swishthy
129	178	Aditi	"	Aditi
130	179	Sukhvi	"	Sukhvi
131	180	Sukhvi	"	Sukhvi
132	181	Shagun	B.A. (Hindi) 1st year	Shagun
133	182	Mahak	B. Com 2nd year	Mahak
134	183	Snaha	"	Snaha

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DEPARTMENT OF COMPUTER SCIENCE ORGANIZES WORKSHOP ON "ARTIFICIAL INTELLIGENCE AND CYBER SECURITY" ON OCTOBER 15, 2024 AT 9:30 AM to 4:30 PM

SR NO.	STUDENT NAME	CLASS	SIGNATURE
135	184 Muskan Sharma	BA Gen Hons. 2nd year	<i>[Signature]</i>
136	185 Alpiya Vellma	"	<i>[Signature]</i>
137	186 Anidhi Thakur	"	<i>[Signature]</i>
138	187 Sneha Verma	BA I st year	<i>[Signature]</i>
139	188 Rakshita Sharma	BA 1st year	<i>[Signature]</i>
140	189 Pooja Chaudhary	BA 1st year	<i>[Signature]</i>
141	190 Divya Sharma	"	<i>[Signature]</i>
142	191 Kritika Thakur	English Honours 2nd	<i>[Signature]</i>
143	192 Pooja Kapoor	"	<i>[Signature]</i>
144	193 Vinita	"	<i>[Signature]</i>
145	194 Aaksha	"	<i>[Signature]</i>
146	195 Kavya Choudhary	B.com 1st year	<i>[Signature]</i>
147	196 Kavya Gaurav	B.com 1st year	<i>[Signature]</i>
148	197 Shweta	B.A. Hons. 1st year	<i>[Signature]</i>
149	198 Alka Parihar	B.A. Hons. 1st year	<i>[Signature]</i>
150	199 Divya Bahukhandi	BA Eng (H) 2nd year	<i>[Signature]</i>
151	200 Jahnvi Wali	BA Eng (H) 2nd year	<i>[Signature]</i>

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SR NO.	STUDENT NAME	CLASS	SIGNATURE
152	201 Anushka Kumbhal	B.A. 4th Pass C	Anushka
153	202 Sanvika Sharma	B.Sc. - II year (Medical)	Sanvika
154	203 Aditi	B.Sc. - II year (Med)	Aditi
155	204 Ashanya Verma	B.Sc. - II year (Med)	Ashanya
156	205 Ranjeet Thakur	B.Sc. - II year (Med)	Ranjeet
157	206 Pooja Chauhan	B.Sc. - II year (Med)	Pooja
158	207 Anika Sharma	"	Anika
159	208 Shagun Khimta	BA III Year	Shagun
160	209 Mary Dutta	"	Mary
161	210 Ashish Rajta	"	Ashish
162	211 Varshika Sharma	"	Varshika
163	212 Anika Verma	"	Anika
164	213 Yashika Chatter	BA 2nd year Eng Hons	Yashika
165	214 Anika Chatter	"	Anika
166	215 Alisha Ranta	B.COM 3rd year	Alisha
167	216 Prabhjot Kaur	B.Com 1st year	Prabhjot
168	217 Rakita Sharma	BA Psychology (H) I	Rakita

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SR NO.	STUDENT NAME	CLASS	SIGNATURE
169 50	Jessica Sharma	Bsc (Non-Med) 2 <sup>nd</sup> yr	Jessica Sharma
170 51	Simran Thakur	Bsc (Non-Med) 1 <sup>st</sup> yr	Thakur
171 52	Devyani Chauhan	BA English Hons	Chauhan
172 53	Mehak Chauhan	BA English Hons	Mehak
173 54	Sonal Sawant	BA Pass Course III <sup>rd</sup> yr	Sonal
174 55	Srijal Kholta	BA Pass Course III <sup>rd</sup> yr	Srijal
175 56	Asakrita	BA Pass Course III <sup>rd</sup> yr	Asakrita
176 57	Anursha Chauhan	BA Pass Course II <sup>nd</sup> yr	Anursha
177 58	Niyati Thakur	BA Pass Course II <sup>nd</sup> yr	Niyati
178 59	Sikharan	BA Eng Hons II <sup>nd</sup> yr	Sikharan
179 60	Karuna Sarangi Pal	BA Geography (H)	Karuna
180 61	Mahabon Jaisi Mukhim	BA Geography (H) I <sup>st</sup> yr	Mukhim
181 62	Komal	BA Geography (H) I <sup>st</sup> yr	Komal
182 63	Aneti	BSC Biotech Hons 1 <sup>st</sup> yr	Aneti
183 64	Luvina	BSC Biotech Hons 1 <sup>st</sup> yr	Luvina
184 65	Sahaj Kalyal	BA Eng Hons I <sup>st</sup> yr	Sahaj
185 66			

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SR NO.	STUDENT NAME	CLASS	SIGNATURE
185 67	JANNAVI JAIN	BA Geography (I) (Hons)	Jannavi Jain
187 68	NIJUL THAKUR	BSc. BIOTECHNOLOGY (I) Hons	Nijul
188 69	SHIVANSHI	BA Geography (I) Hons	Shivanshi
189 70	PRITYAMVADA PATHAK	BA III YEAR (PASS COURSE)	Prityamvada
190 71	Akshay Katta	BA III year (Pass course)	Akshay
191 72	Simran	BA III year (Pass course)	Simran
192 73	Sumedha	BA III year (Pass course)	Sumedha
193 74	Rajni Hada	BSc (I year) (NM)	Rajni
194 75	Rishma Minj	BSc (II year) (NM)	Rishma
195 76	Shreya Sharma	BSc II year (NM)	Shreya
196 77	Harshita Banyal	BSc II year (Med)	Harshita
197 78	Rishma Kanyap	BSc II year (Med)	Rishma
198 79	Perna Tashi	BA Pass Course II Ind	Perna
199 80	Himani Thakur	Msc III sem	Himani
200 81	Ashwini	Msc III sem	Ashwini

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SER NO.	STUDENT NAME	CLASS	SIGNATURE
82	Yamuna Katoch	M.Sc. III sem	Yamuna
83	Amolika Negi	M.Sc. III Sem.	Amolika
84	Riya Koundal	B.A. III year	Riya
85	Tijana Patel	"	Tijana
86	Mitali Chauhan	"	Mitali
87	Deepika	M.Sc. I sem	Deepika
88	Taruni Thakur	B.A. III Year	Taruni
89	Riddhima Thakur	B.A. III Year	Riddhima
90	Jahnu	B.A. III Year	Jahnu
91	Hiteshi Jais	B.A. III Year	Hiteshi
92	Riya Sharma	B.A. III Year	Riya
93	Ananya Saroch	B.A. III Year	Ananya
94	Arushika Thakur	B.A. III Year	Arushika
95	Medhani Sharma	BA Eng (H) 1 <sup>st</sup> Year	Medhani
96	Teswini Arora	BA Eng (H) 1 <sup>st</sup> Year	Teswini
97	THAVIA	BA Eng (H) 2 <sup>nd</sup> year	THAVIA
98	Manisha Thakur	BA Eng (H) 2 <sup>nd</sup> year	Manisha Thakur

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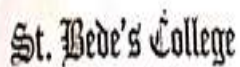
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SR NO.	STUDENT NAME	CLASS	SIGNATURE
1.	Ashwika Sharma	B.Com 1 <sup>st</sup> year	<u>Ashwika</u>
2.	Asha Kumari	B.Com 1 <sup>st</sup> year	Asha
3.	Rashi Gupta	B.Com 1 <sup>st</sup> year	Rashi Gupta
4.	Jamaina Sharma	BA Economics (H) III	<u>Jamaina</u>
5.	Nanya Thakur	BCA - IIIrd Sem	Nanya

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SR NO.	STUDENT NAME	CLASS	SIGNATURE	
1	Sheha Sharma	BA Ind Year	Sheha	230
2	Simran	BA Eng. Hon. IIy	Simran	231
3	Anushka Chauhan	BA Pass Course IIy	Anushka	232
4	Niyati Thakur	BA Pass Course IIy	Niyati	233
5	Sikhi Thakur	B.Com. Iy	Sikhi	234
6	Akashka Sharma	B.Com. Iy	Akashka	235
7	Naira	B.Com. Iy	Naira	236
8	Radhika	B.Com. Iy	Radhika	237
9	Sneha	B.Com. Iy	Sneha	238
10	Kamnat Thakur	BA I+y	Kamnat	239
11	Anushka Chauhan	BSC IY	Anushka	240
12	Aranya Tarit	BSC IY	Aranya	241
13	Charvi Singh Rane	B.com IY	Charvi	242
14	Vanishika Kaljaha	B.A IY	Vanishika	243

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St. Bede's College

NAAC Re-Accredited A<sup>+</sup> Grade

2:30

DEPARTMENT OF COMPUTER SCIENCE ORGANIZES WORKSHOP ON "ARTIFICIAL INTELLIGENCE AND CYBER SECURITY" ON OCTOBER 15, 2024 AT 9:30 AM to 4:30 PM

SR NO.	STUDENT NAME	CLASS	SIGNATURE
1	Paveena	D. el. ed II <sup>nd</sup>	Paveena
2	Sandeep	D. el. ed II <sup>nd</sup> year	Sandeep
3	Vanshika Shrivastava	D. el. ed II <sup>nd</sup> year	Vanshika
4	Akshika	D. el. ed I <sup>st</sup> year	Akshika
5	Muskan Thakur	D. el. ed I <sup>st</sup> year	Muskan Thakur
6	Khushbu	D. el. ed 2 <sup>nd</sup> year	Khushbu
7	Rashika Sharma	D. el. ed 2 <sup>nd</sup> year	Rashika
8	Smriti Sharma	D. el. ed 2 <sup>nd</sup> year	Smriti
9	Shivani Sharma	D. el. ed 2 <sup>nd</sup> year	Shivani
10	Ritu	D. el. ed 2 <sup>nd</sup> year	Ritu
11	Komal Thakur	D. el. ed 2 <sup>nd</sup> year	Komal
12	Pooja Sen	BBA I <sup>st</sup> yr	Pooja
13	Mandakini Jaisi Mukhim	BA Geography (H) I <sup>st</sup> year	Mandakini
14	Anshdeep Kaur	BA Psychology (H) I <sup>st</sup> year	Anshdeep
15	Ishita Sharma	D. el. ed I <sup>st</sup> year	Ishita
16	Shivani	D. el. ed 2 <sup>nd</sup> year	Shivani
17	Kirita Thakur	"	Kirita Thakur

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15/10/24  
Principal  
St. Bede's College  
Shimla

Attendance Sheet





St. Bede's College

NAAC Re-Accredited A Grade

2:

DEPARTMENT OF COMPUTER SCIENCE ORGANIZES WORKSHOP ON "ARTIFICIAL INTELLIGENCE AND CYBER SECURITY" ON OCTOBER 15, 2024 AT 9:30 AM to 4:30 PM

SR NO.	STUDENT NAME	CLASS	SIGNATURE
1	Vaishali Kaushal	D.EL.ED 2nd year	Vaishali
2	Harshita	D.EL.ED 2nd year	Harshita
3	Garima	D.EL.ED 2nd year	Garima
4	Chetally Thakur	D.EL.ED 1st year	Chetally
5	Kajal Thakur	D.EL.ED 1st year	Kajal Thakur
6	Bhaskar Mathu	D.EL.ED 1st year	Bhaskar
7	Dipika Thakur	D.EL.ED 1st year	Dipika
8	Dishu Verma	D.EL.ED 1st year	Dishu
9	Deepika	D.EL.ED 1st year	Deepika
10	Kanika	D.EL.ED 1st year	Kanika
11	Sahar Bhardwaj	D.EL.ED 1st year	Sahar
12	Kashish	D.EL.ED 1st year	Kashish
13	Rana	D.EL.ED 1st year	Rana
14	Smitika Sharma	D.EL.ED 1st year	Smitika
15	Sadiya	D.EL.ED 2nd Year	Sadiya
16	Himani Sharma	D.EL.ED 2nd Year	Himani
17	Shivani Verma	D.EL.ED 2nd Year	Shivani

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St. Bede's College

NAAC Re-Accredited A\* Grade

DEPARTMENT OF COMPUTER SCIENCE ORGANIZES WORKSHOP ON "ARTIFICIAL INTELLIGENCE AND CYBER SECURITY" ON OCTOBER 15, 2024 AT 9:30 AM to 4:30 PM

SR NO.	STUDENT NAME	CLASS	SIGNATURE	
18	1. Ananya Sharma	Psych (Hons) I	Ananya	278
19	2. Gargi Verma	Psy (Hons) I <sup>st</sup> YEAR	Gargi Verma	279
20	3. Anushi Munda	BSc (med) II <sup>nd</sup> year	Anushi Munda	280
21	4. Anshika	BSc (med) II <sup>nd</sup> year	Anshika	281
22	5. Ridhima	BA I <sup>st</sup> year	Ridhima	282
23	6. Uratuksha Kainthla	BA Ist Year Pass C	Urutuksha	283
24	7. Shreya Sharma	BA Ist Year Pass C	Shreya	284
25	8. Sakshi Sharma	BA Ist Year Pass C	Sakshi	285
26	9. Rajvandini Rathore	BA Ist 4 Pass C.	Rajvandini	286
27	10. Anupriya Chauhan	BSc III year (med)	Anupriya	287
28	11. Anshu Verma	BSc III year (med)	Anshu	288
29	12. Shagun Sharma	BSc Biotech Ist year	Shagun Sharma	289
30	13. Tanvi Sharma	"	Tanvi	290
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St. Bede's College  
Shimla

Attendance Sheet



# St. Bede's College

NAAC Re-Accredited A<sup>+</sup> Grade

DEPARTMENT OF COMPUTER SCIENCE ORGANIZES WORKSHOP ON "ARTIFICIAL INTELLIGENCE AND CYBER SECURITY" ON OCTOBER 15, 2024 AT 9:30 AM to 4:30 PM

SR NO.	STUDENT NAME	CLASS	SIGNATURE
01	Dinyanishi	BA Eng Hons III year	Dinyanishi
02	Nisha Chakraborty	BA Eng Hons III year	Nisha
03	Priyanka Verma	BA Eng Hons III year	Priyanka
04	Gunjan	Bcom III year	Gunjan
05	Saijal	Bcom III year	Saijal
06	Samrati	Bcom III year	Samrati
07	Mitali	Bcom III year	Mitali
08	Jahnvi Jain	BA Hons Geography <sup>(2<sup>nd</sup>)</sup>	Jahnvi Jain
9	Ashin Katta	Bcom I year	Ashin
10	Samiya Sharma	Bcom I year	Samiya
11	Palak Verma	BA Eng Hons 1 <sup>st</sup> year	Palak
12	Aditi Pathania	BA Eng Hons 1 <sup>st</sup> year	Aditi
13	Sakshi Sharma	BA Eng Hons 1 <sup>st</sup> year	Sakshi
14	Simran Thakur	BSc (IT) 1 <sup>st</sup> year / Mod	Simran
15	Riddhika	BA II year (Pass)	Riddhika
16	Shimona Jandev	BA pass course - 1 <sup>st</sup>	Shimona
17	Anushka Sharma	BA pass course - 1 <sup>st</sup>	Anushka

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15/10/24  
Principal  
St. Bede's College  
Shimla

Attendance Sheet



St. Bede's College

NAAC Re-Accredited A<sup>+</sup> Grade

DEPARTMENT OF COMPUTER SCIENCE ORGANIZES WORKSHOP ON "ARTIFICIAL INTELLIGENCE AND CYBER SECURITY" ON OCTOBER 15, 2024 AT 9:30 AM TO 4:30 PM

SR NO.	STUDENT NAME	CLASS	SIGNATURE
1.	Gurjan	D.El.Ed 1st	Gurjan
2)	Angali	"	Angali
3)	Shen	"	Shen
4)	Jasvika	"	Jasvika
5)	INDIRA	"	Indira
6)	Dixisha Shandil	B.A. Pass Course II year	Dixisha
7)	Shreya Nadda	"	Shreya
8)	Kritika Verma	"	Kritika Verma
9)	Shrouti Sharma	"	Shrouti
10)	Priyanshu Rukta	"	Priyanshu
11.)	Monika	D.El.ed II <sup>nd</sup> year	Monika
12)	Sakshi	"	Sakshi
13)	Rukhsad	D. el. ed II <sup>nd</sup> year	Rukhsad
14	Kirmy	D. el. ed 2 <sup>nd</sup> year	Kirmy
15	monika Dastguyan	"	Monika
16	Taruna Khanna	D.El.Ed. 1 <sup>st</sup> Year	Taruna
17	Meha	"	Meha

18 Shweta  
19 Panchal Sharma  
20 Akanksha  
21 Alisha

Shweta  
Panchal  
Akanksha  
Alisha

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Shimla

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## Workshop on “Unlocking the Secrets of Vedic Mathematics”


**Objective:** The objective of this workshop was to enhance mathematical skills through various application of Vedic Mathematics. It aimed to focus on **Calculation Speed and Accuracy, Improving Problem solving skills and to** develop analytical skills and critical thinking among the participants. **This workshop also explored Practical Applications in** everyday situations. This workshop aimed to empower participants with valuable skills while honoring and promoting the rich heritage of the Indian knowledge system.

**Descriptions:** The 5 Day workshop on “Unlocking the secrets of Vedic Mathematics” was organized by Department of Mathematics St. Bede’s College Shimla. The Resource persons were Prof. Tania Bose, Dr. Renu Bala, Dr. Madhu Aneja from CUIET Chitkara University Punjab. The workshop aimed to introduce students to the fascinating world of Vedic Mathematics, a system that simplifies complex calculations and enhances mental math skills. Each day focused on a specific topic, allowing participants to deepen their understanding and practice techniques that can improve their mathematical abilities.

Topics such as multiplication of 5 digits numbers, Japanese multiplication, tables up to 100, Calculation of Determinants of Higher order, Advanced Techniques in Vedic Math etc were covered in the workshop. The principal of the college Sr. (Prof.) Molly Abraham thanked the resource persons for their insightful sessions.

**Outcome:** The participants are able to improve their calculation speed and accuracy using Vedic techniques. Also they are able to approach and solve complex mathematical problems using innovative Vedic methods. They also developed Analytical and Critical Thinking through interactive exercises and discussions. The participants will be able to apply Vedic Mathematics techniques to everyday situations, improving their overall mathematical literacy. It also Increased Confidence in mathematical abilities, leading to a more positive attitude towards math in academic and professional settings. Participants also gained a deeper understanding of the foundational principles of Vedic Mathematics and its historical significance.





Heritage Status

# St. Bede's College

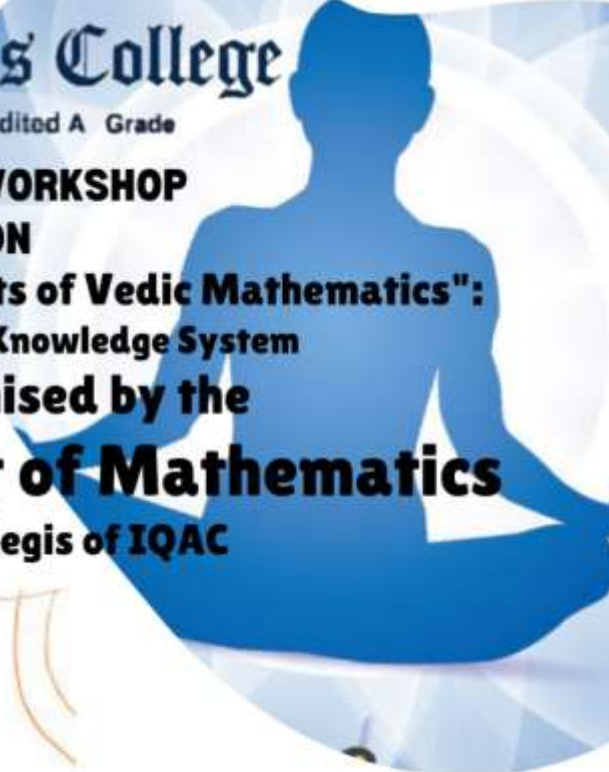

NAAC Re-Accredited A Grade

## FIVE DAYS WORKSHOP ON


### "Unlocking the Secrets of Vedic Mathematics": Promoting Indian Knowledge System


## Organised by the Department of Mathematics

### Under the Aegis of IQAC



**Resource Persons:**  
**Dr. Tania Bose**  
(Prof. CUIET Chitkara University Punjab)  
**Dr. Renu Bala**  
( Asst. Prof. CUIET Chitkara University Punjab)  
**Dr. Madhu Aheja**  
(Asst. Prof. CUIET Chitkara University Punjab)

 **15 October, 2024- 19 October, 2024**

 **Seminar Room**

### *Brochure*

#### **Day 1: October 15, 2024**

Dr. Tania Bose was the Resource person for the first day of the workshop. She shared her insightful knowledge on Vedic mathematics. She talked about history of Vedic Mathematics, contribution of Indian scientist etc. On the first day students learnt two methods of Vedic Mathematics i.e. tables upto 100 and division by 9. It was an interactive session and all the students participated with full enthusiasm.



**Bhaskaracharya's contribution to Indian Mathematics**

- Calculus:** He is often credited with pioneering some concepts of differential calculus, centuries before Newton and Leibniz. He studied the concept of derivatives and instantaneous rates of change.
- Algebra:** He provided solutions to quadratic, cubic, and quartic indeterminate equations. His work on the Chakravala method for solving indeterminate quadratic equations was particularly noteworthy.
- Trigonometry:** Bhaskaracharya excelled in trigonometry, deriving formulae for trigonometric functions and their relationships.
- Astronomy:** He was a skilled astronomer, making accurate calculations of planetary positions and eclipses.
- His main work, *Siddhanta-Shiromani*, is divided into four parts:**
  - Lilavati:** Arithmetic
  - Bhujagaṭa:** Algebra
  - Varshamāla:** Mathematics of the planets
  - Goladhyāya:** Spheres

18 October, 2024

Unlocking the Secrets of Vedic Mathematics

**16 Sutras continued...**

Sl. No.	Sutra	Meaning
10	Chaitanya-kalanishram	Differential Calculus.
11	Yavadanupam	By the deficiency.
12	Vyasti Samanam	Specific and general.
13	Samanyantara Samanya	The numerators by the last den.
14	Ekamphana Purvaya	The numerate and hence the products.
15	Gunitasamuchchaya	By and less than the previous.
16	Gunitasamuchchaya	The product of the sum.
		All the multipliers.

18 October, 2024

Unlocking the Secrets of Vedic Mathematics

**GPS Map Camera**

Shimla, Himachal Pradesh, India  
 35VP+MMQ, Navbhar, Chotta Shimla, Shimla, Himachal Pradesh 171002, India  
 Lat 31.094194°  
 Long 77.186291°  
 15/10/24 09:33 AM GMT +05:30

**33 Times Table**

15/10/24 09:44 AM GMT +05:30

Unlocking the Secrets of Vedic Mathematics

**GPS Map Camera**

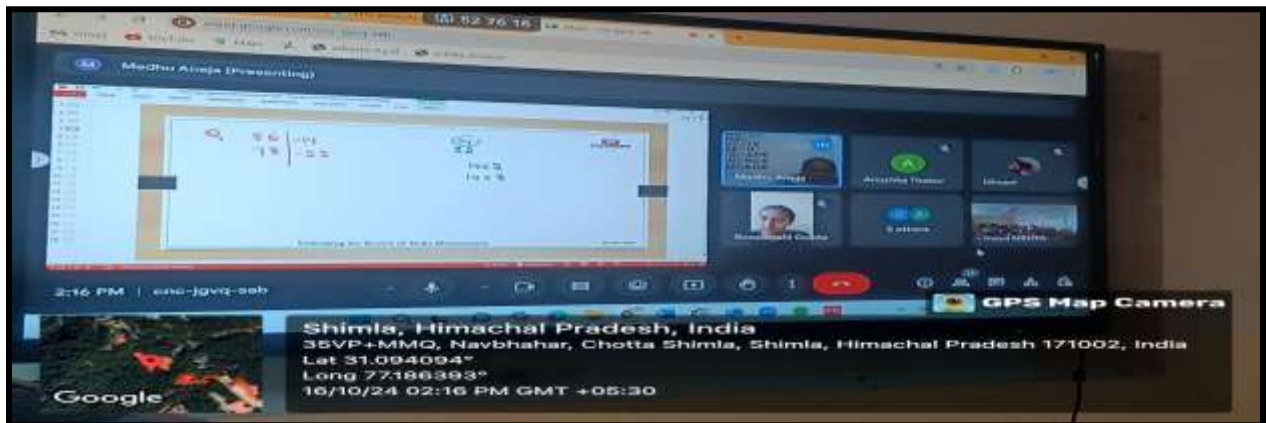
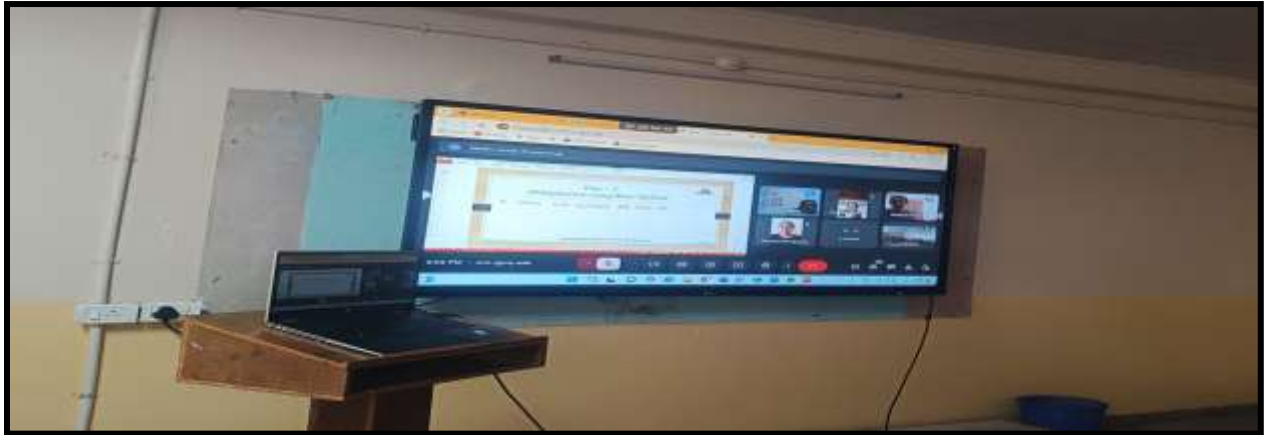
Shimla, Himachal Pradesh, India  
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 Lat 31.094199°  
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Workshop on “Unlocking the Secrets of Vedic Mathematics” (October 15-19,2024)



## Day 2: October 16, 2024

The speaker for this session was Dr. Madhu Aneja. It was the thrilling topic where she taught students about multiplication by base method. This method is helpful in solving complex multiplication easily.



*Workshop on “Unlocking the Secrets of Vedic Mathematics” (October 15-19, 2024)*





### Day 3: October 17, 2024

Dr Renu Bala was the resource person on the third day of the workshop. She taught about line addition of one digit, two digits, three digits and multiplication of number with a series of 9 and multiplication by 11.



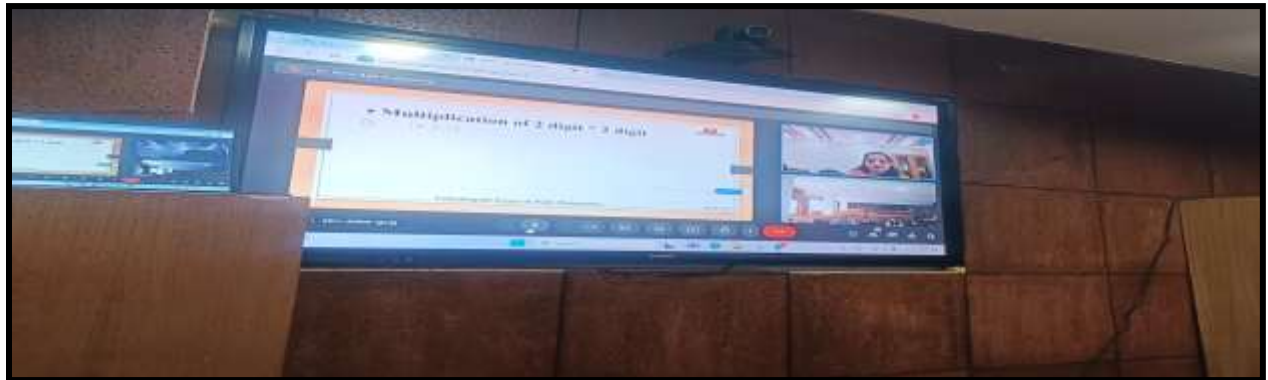
*Workshop on “Unlocking the Secrets of Vedic Mathematics” (October 15-19, 2024)*





#### Day 4: October 18, 2024

Dr Renu Bala was the resource person on the fourth day of the workshop .She taught about multiplication of 2by 2digits,3 by 3digits , 4by 4digits and 5 by 5 digits and Japanese method of 1,2 and 3 digits. She also taught about squaring of numbers ending with 5.



*Workshop on “Unlocking the Secrets of Vedic Mathematics” (October 15-19, 2024)*



**Day 5: October 19, 2024**

Dr. Tania Bose gave her insightful lecture on squaring of number lying between 40 and 50, 50 and 60. She also discussed how to solve determinants of higher order and calendar questions.



*Workshop on “Unlocking the Secrets of Vedic Mathematics” (October 15-19, 2024)*





## सेंट बीड्स कॉलेज में वैदिक गणित पर लगाई कार्यशाला

शिमला। सेंट बीड्स गर्ल्स कॉलेज शिमला के गणित विभाग ने वैदिक गणित के रहस्य विषय पर पांच दिवसीय कार्यशाला का आयोजन किया। इसमें सीयूआईईटी चितकारा यूनिवर्सिटी पंजाब के प्रो. तानिया बोस, डॉ. रेनू बाला, डॉ. मधु अनेजा स्रोत व्यक्ति के रूप में शामिल हुए। कार्यशाला में छात्राओं को वैदिक गणित की आकर्षक दुनिया से परिचित करवाया गया।

कार्यशाला में हर दिन एक विशिष्ट विषय को लेकर चर्चा की गई। इससे प्रतिभागियों का वैदिक गणित को लेकर ज्ञान बढ़ाने का प्रयास किया गया। इससे छात्राओं की गणितीय क्षमताओं में सुधार आएगा। कार्यशाला में 5 अंकों की संख्याओं का गुणन, जापानी गुणन, 100 तक की सारणी, उच्च क्रम के निर्धारकों की गणना, वैदिक गणित में उन्नत तकनीक आदि जैसे विषयों पर चर्चा की गई। ब्यूरो



# Department of Mathematics

St. Bede's College Shimla

## Attendance sheet

Activity : Workshop on "Unlocking the secrets of Vedic mathematics"

Organised by: Department of Mathematics

Date: 15.10.2024 – 19.10.2024

S.NO	NAME	15.10.2024	16.10.2024	17.10.2024	18.10.2024	19.10.2024
1	Aastha Verma	Aastha	Aastha	Aastha	Aastha	Aastha
2	Pooja Sharma	Pooja	Pooja	Pooja	Pooja	Pooja
3	Rakshita Kamal	Rakshita	Rakshita	Rakshita	Rakshita	Rakshita
4	Jessica Sharma	Jessica	Jessica	Jessica	Jessica	Jessica
5	Simran Thakur	Simran	Simran	Simran	Simran	Simran
6	Anushka Chauhan	Anushka	Anushka	Anushka	Anushka	Anushka
7	Aanya Jaret	Aanya	Aanya	Aanya	Aanya	Aanya
8	Divyanshi Sharma	Divyanshi	Divyanshi	Divyanshi	Divyanshi	Divyanshi
9	Arushi Chandel	Arushi	Arushi	Arushi	Arushi	Arushi
10	Anushika Verma	Anushika	Anushika	Anushika	Anushika	Anushika
11	Aditi Sharma	Aditi	Aditi	Aditi	Aditi	Aditi
12	Aditi Singh	Aditi	Aditi	Aditi	Aditi	Aditi
13	Ananya Khoond	Ananya	Ananya	Ananya	Ananya	Ananya
14	Manpreet Kaur	Manpreet	Manpreet	Manpreet	Manpreet	Manpreet
15	Payal Mehta	Payal	Payal	Payal	Payal	Payal
16	Reshma Minj	Reshma	Reshma	Reshma	Reshma	Reshma
17	Sunidhi Sharma	Sunidhi	Sunidhi	Sunidhi	Sunidhi	Sunidhi
18	Shreya Sharma	Shreya	Shreya	Shreya	Shreya	Shreya
19	Vasundhara Sharma	Vasundhara	Vasundhara	Vasundhara	Vasundhara	Vasundhara
20	Aishani Kanwar	Aishani	Aishani	Aishani	Aishani	Aishani
21	Anushka Thakur	Anushka	Anushka	Anushka	Anushka	Anushka
22	Sanya	Sanya	Sanya	Sanya	Sanya	Sanya
23	Nancy Thakur	Nancy	Nancy	Nancy	Nancy	Nancy
24	Himani	Himani	Himani	Himani	Himani	Himani
25	Sheetal Sharma	Sheetal	Sheetal	Sheetal	Sheetal	Sheetal
26	Roopanshi Gupta	Roopanshi	Roopanshi	Roopanshi	Roopanshi	Roopanshi
27	Kritika Rathore	Kritika	Kritika	Kritika	Kritika	Kritika
28	Niharika Kashyap	Niharika	Niharika	Niharika	Niharika	Niharika
29	Divyakshi	Divyakshi	Divyakshi	Divyakshi	Divyakshi	Divyakshi
30	Sujal Sharma	Sujal	Sujal	Sujal	Sujal	Sujal
31	Varunika	Varunika	Varunika	Varunika	Varunika	Varunika
32	Payal Thakur	Payal	Payal	Payal	Payal	Payal
33	Vedika Thakur	Vedika	Vedika	Vedika	Vedika	Vedika
34	Jassmeet Kaur	Jassmeet	Jassmeet	Jassmeet	Jassmeet	Jassmeet

*(Signature)*

21/10/24

Principal  
St. Bede's College  
Shimla

Attendance Sheet





## **Webinar on Building a Culture of Responsibility and Professional Ethics in the Workplace**

**Objective:** To provide a valuable opportunity for faculty and staff to deepen their understanding of professional ethics, fostering a workplace culture rooted in responsibility, respect, and security.

**Description:** IQAC St. Bede's College, Shimla, organized an impactful webinar titled “Building a Culture of Responsibility and Professional Ethics in the Workplace,” on October 26, 2024, focusing on instilling principles of accountability and ethical practices among its faculty and staff. The session brought together distinguished guest speakers and was attended by teaching and non-teaching faculty, all eager to engage in discussions surrounding professional ethics, responsibility, and cybersecurity. The speakers emphasized that ethical behavior is crucial for creating a trustworthy and productive work environment, especially in education. The session featured three prominent speakers.

Prof. N.K Goyal Chairman Emeritus of TEMA and President of CMAI/CSAI, brought his extensive experience in technology and communication to the discussion. Prof. Goyal focused on the role of ethical standards in professional settings, illustrating how a strong ethical foundation supports long-term institutional success and highlighted the significance of gratitude in life, explaining how it fosters positivity, strengthens relationships, and enhances overall well-being. He encouraged participants to foster transparency and mutual respect in their daily work.

Sh. Vijayant Gaur, Director of the Cyber Security Association of India, Certified Information Security Manager and Certified Information Systems Auditor, shared valuable insights into the importance of information security within educational institutions. He emphasized the significance of maintaining data privacy and integrity in line with ethical standards, shedding light on practical measures that institutions can implement. He introduced the foundational concepts of professional ethics, emphasizing the importance of responsibility across all organizational roles. He discussed ethical frameworks and guidelines to help professionals make principled decisions, highlighting the crucial role of accountability in fostering trust within teams and, subsequently, enhancing collaboration and productivity. Through real-life examples of ethical breaches, he illustrated their potential impact on reputation, morale, and organizational stability. Additionally, he underscored the importance of continuous training to reinforce ethical standards at every level within the organization.



Ms. Anjali Verma, Director of the Cyber Security Association of India, with her deep expertise in cybersecurity, discussed the growing importance of ethical practices in the digital space. Ms. Anjali highlighted real-world cybersecurity threats and the ethical implications of data protection. She provided practical guidance on enhancing cybersecurity awareness and instilling a culture of responsibility among staff.

**Outcome:** The webinar successfully engaged participants and provided actionable insights on professional ethics and responsibility. Participants learned strategies for building a culture of responsibility, focusing on communication, transparency, and a sense of collective duty and a commitment to fostering ethical standards within their roles, contributing to a positive and secure environment at St. Bede's College.



# St. Bede's College

NAAC Re-Accredited A Grade

## WEBINAR

ON

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

Organised by

#### Internal Quality Assurance Cell

Resource Persons :



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



**Ms. Anjali Verma**  
Director  
Cyber Security Association of India



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

**Patron:**  
**Prof. Sr. Molly Abraham**  
Principal

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

**Organising Secretary:**  
**Dr. Jyotika Brari**  
Assistant Professor

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

*Brochure*



*Webinar on Building a Culture of Responsibility and Professional Ethics in the Workplace  
(October 26, 2024)*



# St. Bede's College

NAAC Re-Accredited A Grade

## WEBINAR ON BUILDING A CULTURE OF RESPONSIBILITY: PROFESSIONAL ETHICS IN THE WORKPLACE FOR TEACHING FACULTY ATTENDANCE SHEET

DATE: OCTOBER 26, 2024

VENUE: SEMINAR HALL

NO. OF PARTICIPANTS: 32

SR. NO.	FACULTY NAME	DEPARTMENT	SIGNATURE
1	PROF. SR. MOLLY ABRAHAM	PRINCIPAL	<i>Molly</i>
2	DR. SHRUTI GUPTA	BIOTECHNOLOGY	<i>Shruti Gupta</i>
3	DR. ANITA CHAUHAN	BIOTECHNOLOGY	<i>Anita</i>
4	DR. SANGEETA SHARMA	BOTANY	<i>Sangeeta Sharma</i>
5	MR. NISHANT	CHEMISTRY	<i>Nishant</i>
6	MS. KIRAN NEGI	CHEMISTRY	<i>Kiran</i>
7	DR. SAVITA RANA	COMMERCE & MANAGEMENT	<i>Savita Rana</i>
8	DR. RAMAN BASSI	COMMERCE & MANAGEMENT	<i>Ramji</i>
9	MS. DIVYA SHARMA	COMMERCE & MANAGEMENT	<i>Divya</i>
10	MS. NEHA WALIA	COMPUTER SCIENCE	<i>Neha</i>
11	MS. NIVEDITA BHARDWAJ	COMPUTER SCIENCE	<i>Nivedita</i>
12	MS. UNNATI CHAUHAN	ECONOMICS	<i>Unnati</i>
13	MS. SWATI KAPIL	ECONOMICS	<i>Swati</i>
14	DR. VISHAL CHAUHAN	ECONOMICS	<i>Vishal</i>
15	DR. DEEPTI PAJNI	ENGLISH	<i>Deepthi</i>
16	DR. GITANJALI	ENGLISH	<i>Gitanjali</i>
17	MS. OSHEEN SHARMA	ENGLISH	<i>Osheen</i>

Attendance Sheet





# St. Bede's College

NAAC Re-Accredited A Grade

18	MS. ANKITA VERMA	ENGLISH	<i>Ankita</i>
19	MS. ASMITA SHARMA	ENGLISH	<i>Asmita</i>
20	DR. PANKAJ AASHISH	GEOGRAPHY	<i>Pankaj</i>
21	MR. ANOOP DILTA	GEOGRAPHY	<i>Anoop Dilta</i>
22	MR. SANJEEV KUMAR	GEOGRAPHY	<i>Sanjeev</i>
23	MS. TANIKA THAKUR	GEOGRAPHY	<i>Tanika</i>
24	DR. DEVINA	HINDI	<i>Devina</i>
25	MS. PUNAM CHAUHAN	HISTORY	<i>Punam Chauhan</i>
26	MS. NEHA JOITA	HISTORY	<i>Neha</i>
27	MS. REENA	MICROBIOLOGY	<i>Reena</i>
28	DR. SAPNA SHARMA	PHYSICS	<i>Sapna</i>
29	DR. SARVEENA	PHYSICS	<i>Sarveena</i>
30	MR. MOHIT KUMAR	PSYCHOLOGY	<i>Mohit</i>
31	MS. PRATIKSHA TOMAR	PSYCHOLOGY	<i>Pratiksha</i>
32	DR. JYOTIKA BRARI	ZOOLOGY	<i>Jyotika</i>

*Neela*  
26/10/24  
NEHA WALIA

(CONVENER)

*mollym*  
26/10/24  
PROF. SR. MOLLY ABRAHAM  
(PRINCIPAL)  
*Principal St. Bede's College*

Attendance Sheet



Heritage Status

# St. Bede's College

NAAC Re-Accredited A Grade

## WEBINAR ON "BUILDING A CULTURE OF RESPONSIBILITY: PROFESSIONAL ETHICS IN THE WORKPLACE" FOR NON-TEACHING STAFF ATTENDANCE SHEET

DATE: OCTOBER 26, 2024

VENUE: SEMINAR HALL

NO. OF PARTICIPANTS: 15

Sr. No.	NAME	SIGNATURE
1	SR. GRACE JOSEPH	<i>S. Grace</i>
2	MS. ANNIE THOMAS	<i>A. Thomas</i>
3	Mr. FRANCIS A.A.	<i>F. A. A.</i>
4	MR. REGGI P	<i>Reggi P</i>
5	MR. SANJEEV PETER	<i>Sanjeev Peter</i>
6	MR. KHUB RAM	<i>Khub Ram</i>
7	MR. BHISHAN DUTT VERMA	<i>B. D. Verma</i>
8	MS. RUCHI RANGTA	<i>R. Rangta</i>
9	MR. NAVEEN KUMAR	<i>N. Kumar</i>
10	MS. AMBILY	<i>Ambily</i>
11	MR. AMIT	<i>Amit</i>
12	MS. POOJA	<i>Pooja</i>
13	MR. MANOJ KUMAR	<i>Manoj Kumar</i>
14	MR. DEVENDER SINGH	<i>Devender Singh</i>
15	MR. SANDEEP KUMAR	<i>Sandeep Kumar</i>

*Neha*  
26/10/24  
NEHA WALIA  
(CONVENER)

*Molly*  
26/10/24  
PROF. SR. MOLLY ABRAHAM  
Principal  
(Principal St. Bede's College Shimla)

Attendance Sheet



## **National Webinar on “Bioprospection of Ethnomedicinal Plants of India”**

### **Objectives:**

- To provide information about traditional uses of ethnomedicinal plants.
- To apply the acquainted information in modern contexts, particularly in pharmaceutical development.
- To ensure the preservation and utilization of indigenous knowledge about medicinal plants in sustainable manner.

### **Description:**

St. Bede's College, Department of Botany organized a National Webinar on “Bioprospection of Ethnomedicinal Plants of India” on November 9, 2024. The resource person for the webinar was Prof. Nawal Kishore Dubey, an expert from Banaras Hindu University, Varanasi Uttar Pradesh, India. Prof. Dubey shared his extensive knowledge and insights with the students about ethnobotanical uses of several plants species. He also provided an overview of various diseases like Alzheimer, Dementia and Malaria which can be cured by medicinal plants. Additionally, he familiarise the students with various pandemic diseases and their cure with help of the plants. A total of 80 participants from different Colleges and Universities (BHU, AMU, Delhi University and HPU etc.) joined online and 41 students from (M.Sc and B.Sc Botany) St. Bede's College have participated offline in the webinar. Overall the session was very informative and interactive. Students asked their quires regarding ethnomedicinal plants and their conservation measures.


### **Outcomes:**

- Students get acquainted with the traditional uses and the chronic diseases that can be cured with the help of ethnomedicinal plants.
- Participants become aware about the economic and ecological importance of some medicinal plants and their conservation methods.
- Students got opportunity to interact with the participants from different educational institutes of India.



**ST. BEDE'S COLLEGE  
SHIMLA**  
NAAC RE-ACCREDITED 'A' GRADE

**DEPARTMENT OF BOTANY**  
*is organising a*  
**NATIONAL WEBINAR ON BIOPROSPECTION OF  
ETHNOMEDICINAL PLANTS OF INDIA**



**RESOURCE PERSON**  
PROF. N. R. DUREY  
FORMER HEAD, DEPTT. OF BOTANY, BANARAS HINDU UNIVERSITY, VARRANASI,  
UTTAR PRADESH, INDIA

**PATRON**  
PROF. (SR.) MOLLY ABRAHAM  
(PRINCIPAL)

**CONVENOR**  
DR. KUSUM  
DEPTT. OF BOTANY

**DATE: 09.11.2024**  
TIME: 10-30AM  
VENUE: SEMINAR HALL

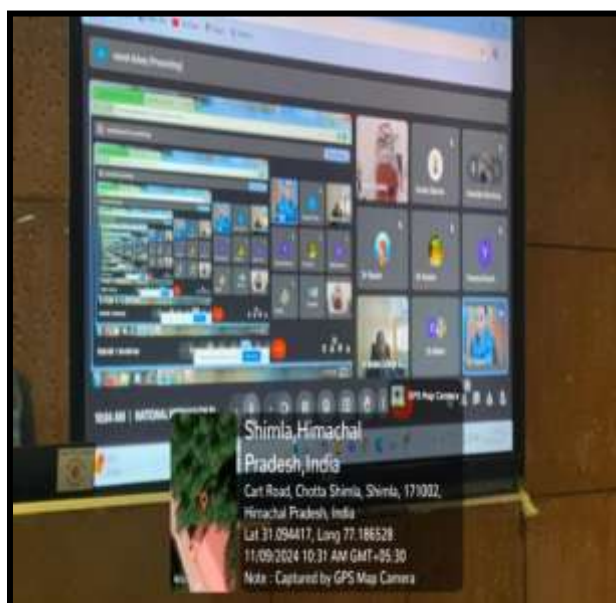
**IMPORTANT LINKS**  
Registration Link: <https://forms.gle/URubL6f76BkBTcxk8>  
Google Meet Link: <https://meet.google.com/foz-efxr-eax>

*Brochure*



*National Webinar on “Bio Prospection of Ethnomedicinal Plants of India, (November 9, 2024)*





*National Webinar on “Bio Prospection of Ethnomedicinal Plants of India, (November 9, 2024)*



*Media Report- National Webinar on “Bio Prospection of Ethnomedicinal Plants of India, (November 9, 2024)*



Activity Name: NATIONAL WEBINAR  
"BIOPROSPECTION OF ETHNOMEDICINAL PLANTS OF INDIA"  
Organised by Department of Botany  
Date: November 9, 2024 (Saturday), Time: 10:20-11:50am (IST).  
Total Number of Attendees: 80

Timestarp	Name (Miss/Mrs./Mr./Dr./Prof.)	Gender (M/F)	Affiliation (College/University)	Department	State	Country	Email
11/7/2024 10:56:37	Dr. Kusum	Female	St. Bede's College, Shimla	Botany	Himachal Pradesh	India	kusumstar85@gmail.com
11/7/2024 12:38:48	Miss Vanshika Bhardwaj	F	St. Bede's College shimla	Botany	Himachal Pradesh	India	vanshikahardwaj18072000@gmail.com
11/7/2024 12:40:19	Priyanshu chandel	Female	St. Bedes college	Botany	Himachal Pradesh	India	chandelpriyanshu556@gmail.com
11/7/2024 12:40:40	Miss sakshi bhardwaj	Female	HPU shimla	St.bedes College shimla	Himachal Pradesh	India	sakshibhardwaj3006@gmail.com
11/7/2024 13:43:28	Miss Sneha	Female	St. Bedes	Botany	H.P	India	snehatkaur171011@gmail.com
11/7/2024 13:47:45	Avantika negi	Female	St. Bedes shimla	Department of botany	Himachal Pradesh	India	avantikanegi56@gmail.com
11/7/2024 13:51:05	Miss Anuja	Female	St. Bedes college shimla	Department of botany	Himachal Pradesh	India	nehtaanjaa8@gmail.com
11/7/2024 13:51:44	Miss Samriti Thakur	f	St.Bede's	Botany	Himachal Pradesh	Indian	samritithakur72@gmail.com
11/7/2024 13:51:55	Shweta Prnta	Female	st.bedes	Botany	Himachal Pradesh	India	shwetaponta121@gmail.com
11/7/2024 13:52:03	Praksha Dogra	Female	St.bedes	Botany	Himachal Pradesh	India	Parikshadogra1@gmail.com
11/7/2024 13:53:09	Ridhi Dhanta	Female	St Bede's	Botany	Himachal pradesh	India	ridhidhanta@gmail.com
11/7/2024 13:54:11	Sargam Thakur	Female	St.Bedes collage Shimla	Botany	Himachal Pradesh	India	thakursargam68@gmail.com
11/7/2024 14:05:02	Ojha Chauhan	Female	St. Bede's	Botany	Shimla	India	ojha Chauhan2000@gmail.com

malya  
09/11/24  
Principal  
St. Bede's College  
Shimla

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09/11/24

Attendance Sheet



11/7/2024 17:31:52	Sanjana	Female	St bedes college shimla	Botany	Himachal pradesh	India	sanjanathakar3008@gmail.com
11/7/2024 18:01:01	Akshita thakur	Female	St bedes	Botany	Hp	India	akshithakur551@gmail.com
11/7/2024 18:01:49	Yamuna katoch	F	Himachal Pradesh university	Botany	Himachal Pradesh	India	yamunakatoch1144@gmail.com
11/7/2024 18:53:20	Miss Himani Thakur	F	St. Bede's college, shimla	Botany	Himachal Pradesh	India	himanithakur7715@gmail.com
11/7/2024 19:10:10	Shreya. Angaria	female	St bedis college Shimla	Botany	Himachal pradesh	India	shreyaangaria64@gmail.com
11/7/2024 21:02:03	Miss kanika sharma	Female	Himachal pradesh University	Botany	Himachal Pradesh	India	kanikasharma942003@gmail.com
11/7/2024 21:05:11	Miss.Vanshika	Female	Hpu	Science	Himachal Pradesh	India	vanshikathakur518@gmail.com
11/7/2024 21:05:25	Radhika singh	Female	St bedes	Botany	Hp	India	radhikakapoor16dec@gmail.com
11/7/2024 21:05:33	Vibhuti	Female	St. Bede's college Navbahar, sanjauli (hpu)	M. So(botany)	Himachal Pradesh	India	vibhutarpta1@gmail.com
11/7/2024 21:05:55	Miss Socha Khimta	Female	St Bedes college	Botany	Himachal	India	khimtasneha@gmail.com
11/7/2024 21:07:32	Shweta	Female	College	Science	Himachal	India	shwetathakur1913@gmail.com
11/7/2024 21:07:56	Sakshi sharma	Female	St. beads college[ Himachal pradesh University ]	Botany	Shimla	India	sakshisharmac305@gmail.com
11/7/2024 21:09:14	Priyanka sharma	Female	St. Bedes college	Botany	Himachal pradesh	India	priyankasharmagarg22052002@gmail.com
11/7/2024 21:09:56	Shivani Thakur	Female	St Bedes colloege	Botany	Himachal Pradesh	India	st1278587@gmail.com
11/7/2024 21:16:06	Anita	Female	College	Botany	Himachal pradesh	India	anitaforever001@gmail.com
11/7/2024 21:16:37	Samiksha verma	F	Hpu	Science	Himachal pradesh	India	samikshaverma385@gmail.com

molym  
09/11/24

Principal  
St. Bede's College  
Shimla

09/11/24

### Attendance Sheet



11/7/2024 21:23:04	Ashanya verma	F	HPU university shimla	Science	Himachal Pradesh	India	ashanyavatsal483@gmail.com
11/8/2024 10:33:08	Preety	Female	St.bede's college	M.Sc Botany	Himachal Pradesh	India	Preetynegi007@gmail.com
11/7/2024 21:37:52	Deepshika	Female	St bedes	Botany	Himachal Pradesh	India	moghtashikha@gmail.com
11/7/2024 21:51:32	Vartika	Female	St. Bedes HPU	Botany	HP	India	varikas358@gmail.com
11/7/2024 21:57:07	Miss Deeya Bali	F	College	Bsc	Himachal Pradesh	India	deeya.bali12@gmail.com
11/7/2024 22:06:52	Mishri Chauhan	Female	St bedes college	Science	Himachal Pradesh	India	chauhanmishri2@gmail.com
11/7/2024 22:10:37	Ankita kaushal	F	College	Botany	Himachal Pradesh	India	a.k.352951015@gmail.com
11/7/2024 22:12:57	Nishtha verma	Female	St. Bedes college	Botany	Hp	India	nishthav949@gmail.com
11/7/2024 22:14:37	Simran Thakur	Female	College	Bsc(medical)	Himachal Pradesh	India	thakur26simran@gmail.com
11/8/2024 1:29:45	Miss Muskan Sharma	Female	College	BSC medical	Himachal Pradesh	India	muskanisharma7876799@gmail.com
11/8/2024 7:19:26	Ananya sisodia	Female	St. Bedes college Shimla	B.sc.	Himachal Pradesh	India	ananyasisodia692@gmail.com
11/8/2024 7:33:53	Aarushi mehta	F	St. Bedes	Science	Himachal	India	mehtaarushi2004@gmail.com
11/8/2024 8:30:12	Anisha Lakra	Female	St. Bede's College	Botany	Himachal Pradesh	India	anisha26lakra@gmail.com
11/8/2024 15:37:23	Pehal Verma	Female	St.bedes	Botany	Himachal Pradesh	India	pehalverma0@gmail.com
11/8/2024 9:00:25	Varshika Chandel	Female	College	Botany	Himachal Pradesh	India	varshikachandel14@gmail.com
11/8/2024 9:01:44	Miss Shriya Sawant	F	St bedes college Shimla	Botany	Himachal Pradesh	India	srwanthriya30@gmail.com

09/11/24  
 Principal  
 St. Bede's College  
 Shimla

09/11/24

### Attendance Sheet





11/9/2024 9:30:43	Dr. Mhd. Ansari	Male	DrRMLU AYodhya	Botany	Uttar Pradesh	India	ansaribotany@gmail.com
11/9/2024 9:30:46	Dr. Sudhir Yadav	Male	DrRMLU AYodhya	Science	Uttar Pradesh	India	yadavsudhiragri@gmail.com
11/9/2024 9:30:51	Miss. Yashshvi Jasrotia	Female	Himachal Pradesh University, st.bedes college	Botany	Himachal Pradesh	India	yashshvijasrotia256@gmail.com
11/9/2024 9:30:51	Miss Riya Chauhan	F	St bede's college/HPU	Botany	Himachal Pradesh	India	riyachauhan12001@gmail.com
11/9/2024 9:30:57	Dr. Mhd. Hassan	Male	Agriculture University C.G	Sciences	C.G	India	hassan123@gmail.com
11/9/2024 9:31:02	Miss Prakriti	Female	HPU St. Bede's College	Life Science	Himachal	India	prakriti280405@gmail.com
11/9/2024 9:31:04	Mhd. Irfan	Male	Lko. University Lucknow	Botany	Uttar Pradesh	India	irfan123@gmail.com
11/9/2024 9:31:13	Prof. Kartiken	Male	Anamalai University, Chidambaram	Sciences	Tamil Nadu	India	kartiken123@gmail.com
11/9/2024 9:31:14	Ridhima	F	HPU (St. Bedes college)	Botany	Himachal Pradesh	India	ridhimakashyap45@gmail.com
11/9/2024 9:31:19	Miss namarta chauhan	Female	Hpu st bedes college	Science	Himachal Pradesh	India	namartachauhan1@gmail.com
11/9/2024 9:31:20	Miss Lakshya Sharma	F	HPU St Bedes College	Science	Himachal pradesh	India	lakshyasharma492004@gmail.com
11/9/2024 9:31:25	Dr. Sujata Chuterwedi	Female	Lucknow University	Sciences	Uttar Pradesh	India	sujata79@gmail.com
11/9/2024 9:31:41	Prof. Raj Kumar Mishra	Male	BHU Varanasi	Botany	Uttar Pradesh	India	bhubotany123@gmail.com
11/9/2024 9:32:00	Dr. Ansari	Male	AMU Aligarh	Botany	Uttar Pradesh	India	amuagri123@gmail.com
11/9/2024 9:33:30	Miss Shourya	F	HPU St. Bedes College Shimla h.p.	Botany	Himachal pradesh	India	sharmashourya484@gmail.com
11/9/2024 9:48:29	Deepika Damseth	Female	Himachal Pradesh university	Botany	Himachal Pradesh	India	deepika.damseth@gmail.com

29/9/25  
 Principal  
 St Bede's College  
 Shimla

29/9/25  
 17:26

### Attendance Sheet



11/8/2024 9:01:49	Miss Ananya	F	St. Bede's College	Botany	Himachal Pradesh	Shimla	pranjalps07@gmail.com
11/8/2024 9:02:08	Miss Pooja	F	St. Bede's college Shimla	Botany	Himachal Pradesh	India	navdhamehta4@gmail.com
11/8/2024 9:02:18	Pranjal thakur	F	St. Bede's college shimla	Bsc (medical)	Himachal Pradesh	India	pranjal821@gmail.com
11/8/2024 9:03:06	Aditi	F	St. Bede's college shimla	B.sc (medical)	Himachal Pradesh	India	adinegi188@gmail.com
11/8/2024 9:03:23	Pooja Chauhan	Female	St. Bede's college Shimla	Bsc med	Himachal Pradesh	India	poojapoochauhan641@gmail.com
11/8/2024 9:22:31	Manya Kashyap	Female	St. Bede's college shimla	Botany	Himachal Pradesh	India	kashyap.manya11@gmail.com
11/8/2024 9:31:09	Shruti Manta	Female	St. Bede's college	Botany	HP	India	shrutimanta1111@gmail.com
11/8/2024 9:49:06	Miss Shreya Verma	F	St. Bede's College	BSE Medical	Himachal Pradesh	India	vermashreya02128@gmail.com
11/8/2024 10:32:17	Sakshi Dharwan	Female	St. Bede's	Msc Botany	Himachal Pradesh	India	sakshidharwan384@gmail.com
11/8/2024 12:46:14	Sara chaudhary	F	St. Bede's college	English	Haryana	India	sarachaughary1407@gmail.com
11/8/2024 12:58:02	Isha	Female	St. Bede's collage shimla	Botany	Himachal Pradesh	India	ishajamwal2003@gmail.com
11/8/2024 14:26:24	Mehak Chauhan	Female	St. Bede's college	Science	Himachal Pradesh	India	mbkk779@gmail.com
11/9/2024 6:57:08	Miss Priya Kumari	Female	College	Botany	Himachal Pradesh	India	pk2476366@gmail.com
11/9/2024 7:00:22	Indu Bala	Female	College	Science	Shimla	Himachal Pradesh	indubalaindu2701@gmail.com
11/9/2024 9:26:53	Ayush Kumar	Male	St. Bede's College Shimla	Botany	Himachal Pradesh	India	ayushkumar71643@gmail.com
11/9/2024 9:28:51	Sanyogita Chauhan	Female	H.P. university	Botany	Himachal Pradesh	India	chauhansanna23@gmail.com

roch  
09/11/24  
Principal  
St. Bede's College  
Shimla

09-11-24

### Attendance Sheet



11/9/2024 11/16/24	Priyanka Sharma	Female	College	Botany	Himachal Pradesh	India	priyankasm1234@gmail.com
11/9/2024 14/12/24	Pooja	Female	St. Bede's College Shimla	Botany	Himachal Pradesh	India	sharmapoojapal@gmail.com
11/9/2024 14/12/24	Prof. Stephen	Male	Kerala, Horticulture Department	Sciences	Kerala	India	directorathorticulture@gmail.com

msd/19  
09/11/24  
Principal  
St. Bede's College  
Shimla

Department of Botany  
09.11.24

*Attendance Sheet*



## **Seminar on "Building Excellence in Life and Career Through Work Ethics and Culture"**

**Objective:** The seminar on "Building Excellence in Life and Career Through Work Ethics and Culture" aimed to emphasize the critical role of strong work ethics and a positive cultural mindset in achieving personal and professional excellence. It sought to inspire participants to view excellence as a holistic journey involving intellectual, emotional, social, and spiritual growth, thereby enabling them to realize their unique potential and commit to lifelong development.

The Internal Quality Assurance Cell (IQAC) of St. Bede's College organized an insightful seminar on "Building Excellence in Life and Career Through Work Ethics and Culture" on November 18, 2024, at 12:00 PM. The event was organised under the leadership of IQAC Chairperson Prof. Sr. Molly Abraham, with Dr. Shweta Thakur as the Convener, Ms. Neha Walia as the Co-convener, and Ms. Snigdha Bhatt and Ms. Komal Sharma as the Organizing Secretaries.

### **Key Highlights of the Seminar**

The seminar brought together an esteemed panel of resource persons, including:

- **Prof. N.K. Goyal**, Chairman Emeritus of TEMA and President of CMAI/CSAI
- **Ms. Anjali Verma**, Director of Cyber Security Association of India

**Prof. N.K. Goyal** delivered an impactful and motivational session on essential life skills, including goal setting, achieving success, managing stress effectively, and fostering emotional well-being. He emphasized that true excellence is not confined to achievements but is a transformative journey toward discovering one's purpose, nurturing unique talents, and committing to lifelong learning and growth.

### **Engaging Participation and Impactful Outcomes**

The seminar fostered an interactive and engaging environment:

- **Student Involvement:** Participants actively engaged in the session by posing thoughtful questions, reflecting their deep interest in the topic. Their curiosity and enthusiasm were rewarded with books, encouraging a spirit of inquiry and learning. Students from nearby colleges also attended the event.
- **Inspiration and Motivation:** Prof. Goyal's insights and practical advice resonated with students, inspiring them to view excellence as a holistic pursuit encompassing intellectual, emotional, social, and spiritual dimensions.


This vibrant exchange of ideas and experiences created a dynamic and supportive atmosphere, leaving students empowered and motivated. The seminar concluded on a high note, marking a









significant step in guiding participants toward building strong work ethics, fostering a positive culture, and excelling in life and career.

This resounding success stands as a testament to the importance of such initiatives in shaping young minds for a brighter future.





**St. Bede's College**  
NMAC Re-Accredited A Grade



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

**Resource Persons**

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

**Convenor:**  
**Dr. Shweta Thakur**  
(IQAC Coordinator)

**Co-Convenor:**  
**Ms. Neha Walia**  
(IQAC Member)

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

**Prof. N.K. Goyal**  
Chairman Emeritus,  
TEMA, President  
CMAA/CSA

**Ms. Anjali Verma**  
Director  
Cyber Security Association of  
India

**Ms. Meena Gupta**  
Treasury Officer  
Dist. Treasury  
Shimla

**Target Audience:**

- Faculty members
- College & School Students

**Registration**

- No Registration fee. Though, prior registration is necessary for the participants.
- Register before November 35, 2024 5:00 P.M.
- For registration, click on the following link  
<https://forms.gle/76zZMK3gZUJLx8WNB>

**Date:**  
**NOVEMBER**  
**18**

**Time:**  
**12:15**  
onwards

**Venue:**  
Auditorium

*Brochure*



***Seminar on "Building Excellence in Life and Career Through Work Ethics and Culture"***  
***(November 18, 2024)***



# St. Bede's College

NAAC Re-Accredited A Grade

SEMINAR ON  
"BUILDING EXCELLENCE IN LIFE AND CAREER THROUGH WORK ETHICS AND CULTURE"  
ORGANISED BY INTERNAL QUALITY ASSURANCE CELL, ST. BEDE'S COLLEGE, SHIMLA ON  
NOVEMBER 18, 2024

## ATTENDANCE SHEET

Sr. No.	Name	Class	Roll No.	Mob. No.	Email I'd	Signature
1	Arshit Kumar	Bsc 1st year	24402033	7807199871	arshitsharma022@gmail.com	
2	Abhishek sharma	Bsc 1st year	24453044	8580424829	abhisheksharma@gmail.com	Abhishek
3	Anshul thakur	BA 2nd year	23541001	7807946046	anshulthakurfromhimachal@gmail.com	Anshul Thakur
4	Karan	BA 1st years	24538006	8219383420	negikaran240@gmail.com	Karan
5	Ayush Bhatt	B.com 3rd year	22120049	8580860640	ayushbhatt243@gmail.com	Ayush Bhatt
6	Yakshita	BA 2nd year	23521021	7876560977	yakshitaksl@gmail.com	Yakshita
7	Kanak Sharma	BA 1st year	24502003	8627809166	evechristmas56@gmail.com	Kanak Sharma
8	Shubham Sharma	BA 2nd year	23503014	8278855022	shubhamsharma55022@gmail.com	Shubham
9	Harsh Thakur	BA 3rd year	22501030	6230439771	darkknight3479@gmail.com	Harsh Thakur
10	Sanvi rana	BA 2nd year	23522010	9805301607	Sanvirana5@gmail.com	Sanvi Rana
11	Chunni Lal	BA 1st year	24528006	9015340789	chunnilalazad001@gmail.com	Chunni Lal
12	Viraj banchta.	BA 1st year	24525003	8628930575	virajbanchta20068@gmail.com	Viraj

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13	Bhawna Nehta	B.com 2nd year	23120024	7018085980	nehtabhawna4@gmail.com	Phani
14	Pankaj Niltu	Bsc 2nd year	23402012	8219678305	mail-pankajniltu2005@gmail.com	Phani
15	Smriti Sharma	BA 1st year	24274002	7018536737	smritisharma6002@gmail.com	Smriti
16	Vedika Sharma	BA 2nd year	23507011	7807786132	vedikasharma765@gmail.com	Sedika
17	Sujal Sharma	BA 1st year	24512001	9317295120	mrsujalsharma9@gmail.com	
18	Aditi Kewla	BA 1st year	24274003	9857466663	aditikewla3@gmail.com	
19	Minakshi thakur	BA 1st year	24550013	9817340990	minakshithakur@gmail.com	
20	Yashika	BA 1st year	24530011	8894897633	yashikamastana1103@gmail.com	Yashika
21	Bhaskar	B.com 2nd year	231200411	8219234725	bhaskarzintoo@gmail.com	
22	Bhaves Kumar	B.com 2nd year	23120007	9317136727	bhavespraness209@gmail.com	
23	Divya	BA 2nd year	23521015	8580921334	divya26155@gmail.com	Divya
24	Palak Ronta	BA 1st year	24506051	9418078861	palakronta@gmail.com	Palak
25	Abhishek Chauhan	BA 3rd year	22525010	7018864246	abhi03246hr@gmail.com	

Tiya BA 2nd yr 23527016 8894122441 Shazma jiyo 658@gmail.com

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No.	Name	Class	Mobile No.	<del>Enrollment</del>	Signature
1	Nidul Mary George	BA Eng(H) III	9560736404		<i>[Signature]</i>
2	Shikha Mittal	BA Psy(H) III	9813100399		<i>[Signature]</i>
3	Rishu Bahukhandi	BA Eng(H) III	9653862279		<i>[Signature]</i>
4	Anayata Chauhan	BA Psy(H) II	9015059591		<i>[Signature]</i>
5	Kiana Thakur	D.El.Ed II	9459821789		<i>[Signature]</i>
6	Smriti Shrivastava	D.El.Ed II	7876693182		<i>[Signature]</i>
7	Pooja Devi	D.El.Ed II	7018001351		<i>[Signature]</i>
8	Sondhya	D.El.Ed II	8988215727		<i>[Signature]</i>
9	Vanshika Bhardwaj	D.El.Ed II	7650970017		<i>[Signature]</i>
10	Pooja	D.El.Ed II	9805978976		<i>[Signature]</i>
11	Meenakshi	D.El.Ed II	7018462629		<i>[Signature]</i>
12	Rashika Sharma	D.El.Ed	8219998991		<i>[Signature]</i>
13	Rukmani	D.El.Ed	9418401253		<i>[Signature]</i>
14	Anasudha Sharma	B.COM-2	787661630		<i>[Signature]</i>
15	Vanshika Sharma	B.COM-2	7876797740		<i>[Signature]</i>

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	Name	Class	Mobile No.	Signature
16	Riya	BSC 3rd Year	7876881224	Riya
17	Diya Thakur	"	7018163994	Diya
18	Swati	BSc. III <sup>rd</sup> Year	8219543313	Swati
19	Ruakriti	BSc III <sup>rd</sup> Year	9015197243	Ruakriti
20	Ankita	BAPSY(H) II	8629053066	Ankita
21	Sonal	"	9816764355	Sonal
22	Harshita Jaiswal	"	7807476428	Harshita
23	Somshviti Bula	BA (H) II	8091281011	Somshviti
24	Archit Chauhan	BAPass (H)	8629826758	Archit
25	Reema Fatima R.	B.A - II <sup>nd</sup> Year	8953451607	Reema
26	Parul Sharma	BA - I <sup>st</sup> Y.	8627895677	Parul
27	Ishtya	BSc III <sup>rd</sup> Year	7018244200	Ishtya
28	Namrata	BSc III <sup>rd</sup> Year	6230712257	Namrata
29	Branjal Azad	BSc III <sup>rd</sup> Year	9459345764	Branjal
30	Harshita Banyal	"	9660386645	Harshita
31	Aditi Sharma	"	7876800065	Aditi
32	Ridhima Kashyap	"	7018986814	Ridhima
33	Samiksha Verma	"	8091736684	Samiksha
34	Aalima Kanwal	"	7876011139	Aalima
35	Riya Chauhan	"	7807285602	Riya
36	A. Arsha Kanwar	BA III <sup>rd</sup> Year	8219925868	A. Arsha

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	Name	Class	Mobile No.	Signature	
34	Janisha	B.com I	7650821177		
35	Alisha Rante	B.Com I	9910140445		
36	Aarti Kumari	Geo hons II year	8626876778		
37	Aastha Sharma	"	8219195557		
38	SAVITHI PAUL	"	9418983776		
39	Preeti Kujur	"	8219195521		
40	Tuja Negi	BA Ist Year	9317527553		
41	Angel Shakur	"	7018 335486		
42	Asonal Bhalla	"	9882780828		
43	Tamuel	B.Sc. Hons Biodi II year	7876770903		
44	Anshika	"	8219933522		
45	Anshita	"	7807894739		
46	Yuvika	"	9015186605		
47	Tamanna	"	9905682974		
48	Angulima	"	9488085007		
49	Sakshi	"	9015374675		
50	Niyati	"	7018998121		
51	Aurika	"	7807200263		

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	Name	Class	Mobile No.	Signature
52	Manpreet Kaur	BSC 1 <sup>st</sup> year	9055205103	Manpreet Kaur
53	Amanya Kheena	BSC 1 <sup>st</sup> year	8091369172	Amanya Kheena
54	Aditi Sharma	BSC 2 <sup>nd</sup> year	8091716068	Aditi Sharma
55	Sunidhi Sharma	BSC 2 <sup>nd</sup> year	9805108221	Sunidhi Sharma
56	Pooja Hehta	BSC 2 <sup>nd</sup> year	9418756933	Pooja Hehta
57	Roshni Singh	BSC 2 <sup>nd</sup> year	620446050	Roshni Singh
58	Shreya Sharma	BSC 2 <sup>nd</sup> year	7878784291	Shreya Sharma
59	Tejasvini Arora	BA Eng(H) 1 <sup>st</sup> year	6006519914	Tejasvini Arora
60	Ankusha Gupta	BA Eng(H) 1 <sup>st</sup> year	7876582189	Ankusha Gupta
61	Athreya Bhalai	B.A Eng(H) 1 <sup>st</sup> year	7876099375	Athreya Bhalai
62	Sajal Jammal	BA Eng(H) 1 <sup>st</sup> year	9017568993	Sajal Jammal
63	Ishika Chaudhary	BA Eng(H) 1 <sup>st</sup> year	9959291564	Ishika Chaudhary
64	Anwesha Chauhan	BA II Pass	8894061012	Anwesha Chauhan
65	Niyati Thakur	BA II Pass	9317749373	Niyati Thakur
66	Kashish Verma	BA II Pass	9459781655	Kashish Verma
67	Shreya Sharma	BA II Pass	8091790105	Shreya Sharma
68	Yashika Narot	B.A. II Pass	6230348948	Yashika Narot
69	Osmin Majhi	B.A. II Pass	7876782549	Osmin Majhi
70	Ishita Sharma	B.A. II Pass	7807042458	Ishita Sharma
71	Smriti Ramlaik	"	901503505	Smriti Ramlaik
72	Aashna Mehta	"	9418343142	Aashna Mehta
73	Shruti Sharma	"	9816003111	Shruti Sharma

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Sl. No.	Name	Class	Mobile No.	Signature	
70	Rishima Bharata	BA. Key house II year	9418860515	Rishima	
71	Ananya Sisodia	B.Sc. Med. Tech	8091287342	Ananya	
72	Lehal Verma	" " "	6230776369	Lehal	
73	Nidhi Sharma	" " "	8219740357	Nidhi	
74	Hanna Chaudhary	" " "	9816736008	Hanna	
75	Priyanshi Rajput	" " "	7876810081	Priyanshi	
76	Nausha Luhta	" " "	8580471193	Nausha	
77	Shreya Sawant	" " "	7876428143	Shreya	
78	Vanshika Chandel	" " "	8219194820	Vanshika	
79	Navya Mehta	BA Eng. Honors (I)	8988216681	Navya	
80	Kritika Verma	BA End Year	8219697023	Kritika	
81	Arpita	BA Eng Honors (I)	8629022334	Arpita	
82	Shreyal P. Farhat	BA Eng (H) (I)	7018994697	Shreyal	
83	Snower Tomar	BA Eng (H) (I)	9816787706	Snower Tomar	
84	Shweta	B.Sc. Med. (I)	7876365970	Shweta	
85	Alka Parihar	B.Sc. Med (I)	9317576121	Alka	
86	Shagun	B.Sc. Med. (I)	9816637317	Shagun	
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	Name	Class	Mobile No.	Signature	
88	Mehak Sood	BA 2nd year	7807711347	Mehak	
89	Prisha	"	9015380010	Prisha Kaur	
90	Reeya	"	8580431728	Raunak	
91	Lambhavi Sharma	BA (Honours) Eng 3 <sup>rd</sup> Year	9816626025	Shruti	
92	Gaurima Kainiyal	BA (Honours) Eng	9310694070	Gauri	
93	Deeksha Singh	BA Eng Hons II	7807735535	Deeksha	
94	KAJAL	BA Psy Hons II		Kajal	
95	Ridhisha Gaudhary	BA Pass II	7737425116	Ridhisha	
96	Lurmilan	BA Pass II		Lurmilan	
97	Hitali	BA Eng(H) II	9015037598	Hitali	
98	Prayan Rukta	BA II <sup>nd</sup> YEAR	9015399110	Prayan Rukta	
99	Shruti Sharma	"	6230312627	Shruti	
100	Mehak Chauhan	Bsc II Year	6230902005	Mehak	
101	Surha Khimta	"	7876880661	Surha	
102	Chahat Katta	"	6230448457	Chahat	
103	Harmanpreet Kaur	B.A. Psy Hons II	8091062875	Harmanpreet	
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	Name	Class	Mobile No.	Signature	
106	Aashi Chavla	Enggnd year	9015058087	Aashi	
107	Rishik Verma	BA1 <sup>st</sup> year (Engg)	8091041054	Rishik	
108	Ritika	BA1 <sup>st</sup> year (Engg)	9317405765	Ritika	
109	Aditi Suman	BioTech 3rd year	9805360281	Aditi	
110	Kanan Sharma	BioTech 3rd year	7876713741	Kanan	
111	Poonam Bhengra	BA Psy Hon. 3rd year	9015407955	Poonam	
112	Misha Thapa	"	9805094369	Misha	
113	Anushka Kainthala	"	7018251749	Anushka	
114	Divya Bage	"	9805773116	Divya	
115	Pallvi	DEL ED	6230036748	Pallvi	
116	Shreya Sharma	"	7807858607	Shreya	
117	Monika	"	7876277400	Monika	
118	Sakshi	"	6230302821	Sakshi	
119	Aurika Chauhan	Bsc BioTech (3 <sup>rd</sup> )	7807200263	Aurika	
120	Nupri Sharma	"	7018998121	Nupri	
121	Shaili Kalyani	BA 3 <sup>rd</sup> year Psy Hon	8627862131	Shaili Kalyani	
122	Pranjali Sharma	"	7876696160	Pranjali	
123	Snigdha Kamra	Bsc III Biotech Hon	7807947548	Snigdha	

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124	Vivika	Prog. II <sup>nd</sup> year	9465309106	Vivika	
125	Sneha	BA II <sup>nd</sup> year	8628837707	Sneha	
126	ARNIMA SHARMA	BA FCO HONS	8219038789	Arnima	
127	MANSIMREEN	II <sup>nd</sup> Year	6230010100	Mansimreen	
128	Arunshi	Geo Hons II <sup>nd</sup> year	9216295703	Arunshi	
129	Sara	BA II <sup>nd</sup> year	0595412495	Sara	
130	Muskaan Sharma	BA II <sup>nd</sup> year	7876789928	Muskaan	
131	Kritika Thakur	BA II <sup>nd</sup> year	7876480855	Kritika	
132	Dikshita Shandil	BA II <sup>nd</sup> year	98162-48270	Dikshita	
133	Gaurima Shandil	BA II <sup>nd</sup> year	98160-98877	Gaurima	
134	Mehak Gupta	BA I <sup>st</sup> year	8219045987	Mehak	
135	Radhika Verma	B.Com I <sup>st</sup> year	7801932018	Radhika	
136	Shivangi Sharma	B.Com I <sup>st</sup> year	89884-87760	Shivangi	
137	Pooja	BA - I year	9805350902	Pooja	
138	Sneha Verma	BA - I <sup>st</sup> year	9816840524	Sneha	
139	Anni Gupta	BA II Year	7876601004	Anni	
140	Subani Ghai	BA II year	7807321813	Subani	
141	Himangshi Prushkar	BA III year	9280225679	Himangshi	
42.	Manisha Thakur	B.Sc Ist year	8580732174	Manisha	
43.	Alisha	"	9418463402	Alisha	
44.	Vedika Thakur	"	8965366289	Vedika	

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	Name	Class	Mobile No.	Signature	
160	Sakshi Maltu	D.ed 1st year	6230664687	Sakshi	
161	Kojal Thakur	"	9418162095	Kojal	
162	Komal Thakur	D.ed 2nd year	8580924868	Komal	
163	Anupriya	D.ed 2nd year	8544780608	Anupriya	
164	Khushbu	D.ed 2nd year	9816249958	Khushbu	
165	Ritu	D.ed 1st year	7876484444	Ritu	
166	Shirani	D.ed 2nd year	7018615941	Shirani	
167	Vandna	D.ed 1st year	78763-15111	Vandna	
168	Kiran Sharma	D.ed 1st year	7807191067	Kiran Sharma	
169	Pranjal	D.ed 1st year	8544780491	Pranjal	
170	Anshita Verma	D.ed 1st year	8819520388	Anshita	
171	Aditi Kashyap	D.El.Ed 1st	9015040130	Aditi	
172	Devyansh Chakraborty	BA Hons. Eng. Honors	8353014722	Devyansh	
173	Mehwish Samra	BA Hons. Eng. Honors	8580407445	Mehwish	
174	Sudiksha Mehta	BA Hons. Eng. Honors			
175	Pooja Joseph Reddy	BA Hons. Eng. Honors	6398571904	Pooja	
176	Ritul Chauhan	BA Hons. Eng. Honors			
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	Name	Class	Mobile No.	Signature	
178	Tanvi Chauhan	BA-1 <sup>st</sup> year (Gen-1)	8580758064	Tanvi	
179	Anjali	BA-2 <sup>nd</sup> year (Gen-1)	8580560305	Anjali	
180	Shakshi	BA-1 <sup>st</sup> year (Gen-1)	8627002903	Shakshi	
181	Vanshika Dogra	BA-1 <sup>st</sup> year (Gen-1)	6230043907	Vanshika	
182	Tishya Thakur	BA II <sup>nd</sup> year	8278870133	Tishya	
183	Pooja Soni	BA II <sup>nd</sup> year	8894541883	Pooja	
184	Nayan Sharma	BA II <sup>nd</sup> year	82198-89177	Nayan	
185	Vanshika Nanda	BA II <sup>nd</sup> year	93179-04560	Vanshika	
186	Priyanka Negi	D.El.ed 1 <sup>st</sup> year	98822-52590	Priyanka	
187	Kidhi Sharma	1)	98054-12554	Kidhi	
188	Mouli	2)	8580775604	Mouli	
189	Riprey	1)	88949-01340	Riprey	
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	Name	Class	Mobile No.	Signature	
196	Kashish	BA 2 <sup>nd</sup> year	8307353712	Kashish	
197	Bhawna	BA 2 <sup>nd</sup> <sup>Hons</sup> year	9761801530	Bhawna	
198	Oshin	BA 2 <sup>nd</sup> year	93170-76506	Oshin	
199	Archita	BA Reg(H) 2 <sup>nd</sup>	8191800265	Archita	
200	Akanisha Sharma	BSc Biotech III year	7018564842	Akanisha	
201	Vanshika Sharma	BSc Biotech III year	8806292630	Vanshika	
202	Vashnavi Sharma	BSc Biotech III year	8278730163	Vashnavi	
203	Mukesh Klegi	BA Hons III year	8544799518	Mukesh Klegi	
204	Riya Verma	BA Eng Hons III	8219248819	Riya	
205	Smriti	BA Eng Hons III	8219384753	Smriti	
206	Samwati Sharma	BA Eng Hons III	8278855128	Samwati	
207	Arunshi Pathak	BA Eng Hons III	8219151406	Arunshi	
208	Preksha Verma	BA Eng Hons III	9418438534	Preksha	
209	Mandana Ansari	BA Eng Hons III	9805283441	Mandana	
210	Ishika Verma	BA Eng Hons III	8219358623	Ishika	
211	Parul Mehta	BA Eng Hons III	9805402574	Parul	
212	Megha Panwar	BA III	8278700973	Megha	
213	Seelal Rawat	BA Eng Hons III	7456972527	Seelal	

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	Name	Class	mob no.	Signature
214	Riya Kamwar	B.Sc Biotech I <sup>st</sup>	7876812259	Riya
215	Asha Sharma	Bsc. Biotech. (I)	8851959911	Asha
216	Yuvika Kamwar	Psy Hons (I)	7876933943	Kamwar
217	Kanya Sharma	"	8580501809	Kanya
218	Vagisha Sharma	"	7018138453	Vagisha
219	Muskan Chandel	BA Hons	8218351837	Muskan
220	Nitika Thakur	"	7876623345	Nitika
221	Levashi	BA 3 <sup>rd</sup> year	9805134139	Levashi
222	Yasho Rajyashree	BA Eng Hons (I)	9418021188	Yasho
223	Ishika Sharma	BA Eng Hons (I)	6230192711	Ishika
224	Pranjal Sharma	BA Eng. Hons (I)	8091044349	Pranjal
225	Aarablika	BA II <sup>nd</sup> yr	6306720699	Aarablika
226	Samreen Kaur	BA II <sup>nd</sup> year	9928372999	Samreen
227	Aanya Mishra	BA Psy Hons II	9805707844	Aanya
228	Chyruel Thomas	BA Eng Hons II	9027847677	Chyruel
229	Anura Chandra	Bsc. Biotech (II)	7018538851	Anura
230	Gurmitan Monga	BA Pass II	7409800010	Gurmitan
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	Name	Class	Roll No.	Signature	
232	Saizal	BA 2		Saizal	
233	Joanvi	BA 2		Joanvi	
234	Aarushi	BA 2		Aarushi	
235	Isha	B.A. 3 <sup>rd</sup>		Isha	
236	Kritika Shandil	B.A. 3 <sup>rd</sup>		Kritika	
237	Rakshita Kamal	B.Sc. I Year		Rakshita	
238	Aastha Verma	B.Sc I <sup>st</sup> Year		Aastha	
239	Chetally Shakur	D.Ed. 9 <sup>th</sup> year		Chetally	
240	Ashin Verma	D.E.D 1 <sup>st</sup> year		Ashin	
241	Sahar Bhardwaj	D.Ed 1 <sup>st</sup> year		Sahar	
242	Kanika Sharma	D.Ed 1 <sup>st</sup> year		Kanika	
243	Shagun Khimta	BA III year		Shagun	
244	Mary Datta	BA III year		Mary	
245	Monika Sharma	BA I. year		Monika	
246	Aakshi Kanwar	BA. 1 year		Aakshi	
247	Priyanshi Sharma	B.Sc. 1 <sup>st</sup> Year		Priyanshi	
248	Priyanka Verma	BA 1 <sup>st</sup> year		Priyanka	
249	Priyanshi Sharma	BA 1 <sup>st</sup> year		Priyanshi	

Attendance Sheet



# St. Bede's College

NAAC Re-Accredited A Grade

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Date : November 18, 2024

	Name	Class	Mobile No.	Signature	
250	Smrta Bansal	B.com 2nd Year	7876910792	Smrta	
251	Kritika Nigam	11	6230089451	Kritika	
252	Parthvi Singh	BA Psy(H) 1st Year	9418921380	Parthvi	
253	Ritika Sharma	B.Com 3rd Year	8988464170	Ritika	
254	Jankari Bhatia	B.Com 3rd Year	8219659494	Jankari	
255	Dufali Khatia	B.Com 2nd Year	7018741960	Dufali	
256	Bhumika Sharma	B.Com III	7018926623	Bhumika	
257	Tanya Chauhan	B.Com 2nd Year	8219498859	Tanya	
258	Shruti	11	8380805287	Shruti	
259	Surbhi	11	9321057891	Surbhi	
260	Aditi	B.Com 3rd	7876795557	Aditi	
261	Awesome Sharma	BSC 1st Year	8988950555	Awesome	
262	Tanvi Sharma	Bac B.Com 1st Y.	7018983089	Tanvi	
263	Shruti	B.Com - 1st year	7876740399	Shruti	
264	Smrta	11	9736697704	Smrta	
265	Mehak Tannar	BA III year	8318540002	Mehak	
266	Shubamshu Sharma	BA PSY-I	7018808521	Shubamshu	
267	SUHANI NEGI	"	9805138505	Suhani	
268	Suhani Rana	BSC 3rd year	8219680906	Suhani	
269	Suhani Pathania	11	8787619563	Suhani	

Attendance Sheet



270 | Shagun Sharma | Biotech Ist year | 7018701664 | Shagun Sharma  
271 | Himani Verma | Ba-III rdy year | 9418214521 | Himani  
272 | Monalika Hans | Ba-III rdy year | 7876154486 | Monalika

*Attendance Sheet*



**St. Bede's College**

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Date : November 18, 2024

Sl. No.	Name	Class	Web no.	Signature	
268	Sharnam Thakur	BA II Year	78078-79617	Sharnam	
269	Shrey Nodda	BA II <sup>nd</sup> year	62300 86635	Shrey	
270	Ridhima	BA I <sup>st</sup> year	98160 37092	Ridhima	
271	Agushika	BA I <sup>st</sup> year	90150 40346	Agushika	
272	Mannat Sood	BA II Year	78768 36421	Mannat	
273	Anantika	BA II year	82787 83697	Anantika	
274	Divyanshi Gautam	B.Com I year	75910 50105	Divyanshi	
275	Pratishtha Sharma	BA I <sup>st</sup> year	70185 00187	Pratishtha	
276	Anyali Thakur	BA I <sup>st</sup> year	89883 34278	Anyali	
277	SAKSHI RANA	BA I <sup>st</sup> year	70181 70584	Sakshi	
278	Sujjan Sharma	BA I <sup>st</sup> year	88940 65644	Sujjan	
279	Shweta Bhardwaj	BA I <sup>st</sup> year	78769 51451	Shweta	
280	Pooja Chaudhary	BA I <sup>st</sup> year	80917 33585	Pooja	
281	Prakshna Kaur	BA I <sup>st</sup> year	98171 47502	Prakshna	
282	Domina Sharma	BA Ecob III	78765 86554	Domina	
283	Shruti Gupta	BA Ecob III	78765 77285	Shruti	
284					
285					

**Attendance Sheet**





# St. Bede's College

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Date : November 18, 2024

Sl. No.	Name	Class	Mobile No.	Signature	
286	Umeshita Prashar	BA - III year	78078-98906		
287	Prabgun Kaur	B.Com I <sup>st</sup> year	9805001663		
288	Nikita	B.Com I <sup>st</sup> year	8626891397		
289	Khushboo Dogra	Eng-Hon I year	629888793		
290	Mannat Sharma	Eng-Hon I year	7018592226		
291	Saisha Khanna	Eng-Hon I year	6230934140		
292	Jisha Thakur	Bu Biotech I <sup>st</sup> year	9317468698		
293	Mohima S. Pandey	BA Eng II year	9906183871		
294	Arshdeep Kaur	BA psy (H) I <sup>st</sup>	6269553022		
295	Simran Thakur	BSc (NM) I <sup>st</sup>	8894281964		
296	Jessica Sharma	BSc (NM) I <sup>st</sup>	9418430975		
297	Anshika	BSc (NM) I <sup>st</sup>	9317967011		
298	Arunshi	BSc (NM) I <sup>st</sup>	8278838104		
299	Palak	BA II year	7807529531		
300	Rashmi Shandilay	BA II year	9317732806		
301					
302					
303					

Attendance Sheet



**St. Bede's College**

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Date : November 18, 2024

	Name	Class	Mobile No.	Signature	
304	Kritika Shukla	Eng. Manav 2 <sup>nd</sup>	7018645619	<i>Dutika</i>	
305	Rahul Kapoor	"	7876883799	<i>Ryso</i>	
306	Vibhuti Pandey	"	8580669324	<i>Pandey</i>	
307	Andrija Chaudhary	"	8878869555	<i>Andrija</i>	
308	Shayonika Chakraborty	Eng Manav 2 <sup>nd</sup>	8224038696	<i>Shayonika</i>	
309	MANU SHARMA	ENG. HON. 2 <sup>nd</sup>	7650087405	<i>Manu</i>	
310	Ridhima Munjal	Eng Manav 2 <sup>nd</sup> year	8146827818	<i>Ridhima</i>	
311	Roma	D. el. el. 1 <sup>st</sup> year	88944-49949	<i>Roma</i>	
312	Medhavi Nautiyal	Psych. honours 2 <sup>nd</sup>	7060378323	<i>Medhavi</i>	
313	Mannat Kapoor	"	9418152248	<i>Mannat</i>	
314	Prachi Singh	BA (Hons) Pass Course	7807589903	<i>P</i>	
315	Hiteshi Jekta	BA (Hons) Pass Course	9418665411	<i>Hiteshi</i>	
316	Riya Sharma	"	7876208588	<i>Riya</i>	
317	Ranya Sarochi	"	7876393870	<i>Ranya</i>	
318	Akriti Bhardwaj	"	7018914106	<i>Akriti</i>	
319					
320					
321					

Attendance Sheet



**St. Bede's College**

NAAC RA-Accredited A Grade

Seminar on  
"Building Excellence in Life and Career Through Work Ethics and Culture"  
Date : November 18, 2024

	Name	Class	Roll No.	Signature	
322	Vidya - Sharma	BA III <sup>rd</sup> year	9317129987		
323	Ishta - Rakhore	BA II <sup>nd</sup> year	862788-0221		
324	Luvanya Bhatt	Biotech (Hons) II	8894322356		
325	Abhishek Mishra	Bachelor - II	9419200249		
326	Shradakshi Rawat	Biotech II	7018719322		
327	Mehvesh Keprate	BA Psy III (H)	7876128485		
328	Darishthi Chauhan	BA Psy (III) H	9459543050		
329	Ishta Bhardwaj	BA Psy III (H)	9917442033		
330	KAYNA ALHAKYA	BA ECO II (H)	8628535684		
331	Avani Trakur	BA ECO II (H)	8580798250		
332	GARBETA Ray	"	8580816992		
333	Silvi	"	7876321876		
334	Mehak	"	8580769870		
335	Nikita Srivastava	BA ENG III (H)	8628825063		
336	Pamishi Trakur	BA GEO (H) II	7018509950		
337	Arpita Varma	"	7807537443		
338	Muskan Sharma	"	8219659478		
339					

Attendance Sheet





**St. Bede's College**

NAAC Re-Accredited A Grade

Seminar on  
"Building Excellence in Life and Career Through Work Ethics and Culture"

Date : November 18, 2024

	Name	Class	Mobile no.	Signature	
340	Rashi Gupta	B.Com 1 <sup>st</sup> yr	8894252549	Rashi	
341	Tanya Chandra	B.Com 1 <sup>st</sup> yr	7018138803	Tanya	
342	Aakanksha Sharma	B.Com 1 <sup>st</sup> year	8352992991	Aakanksha	
343	Aska Kumari	B.Com 1 <sup>st</sup> year	6230021130	Aska	
344	Anita Sankhata	BA III <sup>rd</sup> yr	9015391046	Anita	
345	Swijal Khata	BA III <sup>rd</sup> yr	9459913146	Swijal	
346	Komal Sawant	BA III <sup>rd</sup> yr	9459708824	Komal	
347	Aditi Singh Desai	BA III <sup>rd</sup> yr	9001238590	Aditi	
348	Kamakhshi Sharma	BA III <sup>rd</sup> yr	7876796244	Kamakhshi	
349	Annamdita Sharma	BA III <sup>rd</sup> yr	8626994089	Annamdita	
350	Aarsha Verma	B.Sc. Ind. yr	8580985055	Aarsha	
351	Apurvi Chauran	"	6219478203	Apurvi	
352	Muskan Garg	"	7016078676	Muskan	
353	Vanshika	B.Sc. III <sup>rd</sup> yr	8351881457	Vanshika	
354	Muskan Tigran	B.A. Ind. yr	9805223532	Muskan	
355	Vedika	B.Sc. III <sup>rd</sup> yr	8091343452	Vedika	
356	Rashika Sharma	B.Com II <sup>nd</sup> yr	7807842462	Rashika	
357	Sanchi	B.Com III <sup>rd</sup> yr	8091189693	Sanchi	
	Mahak	"	78724057	Mahak	
	Kritika Azad	"	7876883460	Kritika	
	Anshika Bhatia	"	7018928418	Anshika	
	Sneha Sharma	"	7876761660	Sneha	

Attendance Sheet





**St. Bede's College**

NAAC Re-Accredited A Grade

Seminar on

"Building Excellence in Life and Career Through Work Ethics and Culture"

Date : November 18, 2024

Sl. No.	Name	Class	Mobile No.	Signature	Name	Class	Mobile No.	Signature
358	Kamna Verma	Geo Honors 3 <sup>rd</sup> yr	7807832620		Pragya Mishra	BA I <sup>st</sup> yr	8627045520	
359	Gauima Shikawat	"	8112207780		Dikshita Neel	BA I <sup>st</sup> yr	7476933192	
360	Rozali Thapa	Eng Honors 3 <sup>rd</sup> yr	8791692505		Sanya Sharma	B.A. - I <sup>st</sup> yr	9897133555	
361	Urvya Mishra	Eng Honors 3 <sup>rd</sup> yr	639759754		Sharmista Jandav	BA - I <sup>st</sup> yr	8580804559	
362	Pooja Chauhan	BSc II year	7976525229		Prerna	"	9805122757	
363	Pranjal Thakur	BSc II year	776575981		Kritika Pandey	III <sup>rd</sup> yr	7560042243	
364	Samiksha Verma	BSc II year	8580416680		Payal Yadav	III <sup>rd</sup> yr	8219055225	
365	Aditi	BSc II year	6230739907		Adarsh Kanti	III <sup>rd</sup> yr	866073136	
366	Devyali	BSc II year	7876636854		Riya Kaurdal	III <sup>rd</sup> yr	787614192	
367	Anshu Sharma	BSc II yr	7018722356		Jyotsna Patyal	BA III <sup>rd</sup> yr	7018642541	
368	Ashanya Verma	BSc II year	6230041973		Nikhil Chauhan	BA III <sup>rd</sup> yr	858067716	
369	Kajal	"	6230399451		Aaliya Arif	B.Com (Hons)	8970582000	
370	Vanshika	"	7876440753		Mansee Yadav	"	980414120	
371	Harshini	"	8899360262		Tannu Kaur	"	7876116635	
372	Anshika Tammal	BA III year	9882756742		Himanshi Sharma	"	7834061120	
373	Diya Mankotiya	BA III year	4070707070		Anurag Shukla	I <sup>st</sup> year (UGOH)	8998155520	
374	Rishika Sharda	BA Honors I <sup>st</sup> yr	9580882969		Smita Chatterjee	BA Honors I <sup>st</sup> yr	9805379097	
375	Paul Samal	BA Honors I <sup>st</sup> yr	7017733061		Smita Tapatia (GeoH)		9736216929	
376	Sanyogita Chauhan	B.Sc II year	9041513291		Avishi Singh (GeoH)		90122175	
377	Shravya Sharma	B.Sc III year	7876204077		Adhya Sharma (GeoH)		8213882726	
378	Asha Verma	"	8627022876					
379	Rishika Neel	"	8628023751					

Attendance Sheet



**St. Bede's College**

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Seminar on

"Building Excellence in Life and Career Through Work Ethics and Culture"

Date : November 18, 2024

	Name	Class	mob no.	Signature	
376	Harshita Thakur	Eng Hons III	8219464096	<i>Harshita</i>	
377	Anchal	"	9857352295	<i>A1</i>	
378	Nihar Segun	"	8894019284	<i>N. H. Segun</i>	
379	Smriti Gupta	Psy Hons (I)	9459552726	<i>Smriti</i>	
380	Eirikka Kaundal	"	2986181770	<i>Eirikka</i>	
381	Sakiba Aliman	Psy Hons (I)	7018350321	<i>Sakiba Aliman</i>	
382	Abhiti Pathania	Psy Hons (I)	8091918818	<i>Abhiti</i>	

Sukana Verma	BSc Medical	9015436756	<i>Sukana</i>
Sneha Gupta	"	8628826908	<i>Sneha</i>
Somiksha Sharma	B.El.Ed (I)	8988349571	<i>Somiksha</i>
Kashish Saklari	B.El.Ed (I)	8844829240	<i>Kashish</i>
Payal Jarnwal	B.A.P.C.II	7018551144	<i>Payal</i>
Ridhima Chauhan	Psy Hons II	9736502647	<i>Ridhima</i>
Adisha Sharma	" "	8219236108	<i>Adisha</i>
Tenzin Lhamo	" "	9205014288	<i>Tenzin</i>
Kashish Shukla	BA.Psy Hon III	8219920669	<i>Kashish</i>
Nupur Thakur	BSc Botany Hons I	8949093247	<i>Nupur</i>
Akshara Chauhan	BA English Hons I	9266130634	<i>Akshara</i>
Shivanshi	BA Geo Hons I	9816311473	<i>Shivanshi</i>
Nayana	BA Psy Hons I	9244330580	<i>Nayana</i>
	B.S.C/B.Sc Hons	9805116815	<i>Nayana</i>

Attendance Sheet





**St. Bede's College**

Seminar on  
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Date : November 18, 2024

NAAC Re-Accredited A Grade

	Name	Class	Mobile No.	Signature	
383	Sevita Sharma	BA Eco Honors III	7876800458	Sevita	
384	Vaishvi Sharma	BA Eco Honors III	7876642797	Vaishvi	
385	Nivya Uniyal	BA Eco Honors III	8443644392	Nivya	
386	Riksha Uniyal	BA Eco Honors III	8439373356	Riksha	
387	Tamanna Sharma	"	9736051534	Tamanna	
388	Kashish Pooja	BA Pass course III	981780174	Kashish	
389	Harshita Thakur	BA Eco Honors II	980700452	Harshita	
390	Tanish Wadhwa	B.Com 1 <sup>st</sup> Year	9876656141	Tanish	
391	Shubhi Sharma	B.Com I <sup>st</sup> Year	7876735792	Shubhi	
392	Shweta	B.Com I <sup>st</sup> Year	9816488550	Shweta	
393	Anamika	B.Com I <sup>st</sup>	7018666641	Anamika	
394	Neha Naina	B.Com I	8091570000	Neha	
395	Akshara Sharma	B.Com 1 <sup>st</sup> year	9317422974	Akshara Sharma	
396	Seishti Thakur	B.Com 1 <sup>st</sup> year	7807405625	Seishti	
397	Manmeet Thakur	BA 1 <sup>st</sup> Year	7018947201	Manmeet	
398	Shubhika Chauhan	B.S. 1 <sup>st</sup> Year	6280689688	Shubhika	
399	Vanshika Kalyan	BA 1 <sup>st</sup> Year	7807587360	Vanshika	
400	Shanya Jari	B.Sc 1 <sup>st</sup> Year	9317928619	Shanya	
401	Niharika Sharma	B.S. 1 <sup>st</sup> Year	9857708670	Niharika	

Attendance Sheet



402	Tyotika	BA. Eng Hons II	9459264504	Enandel
403	Shadi Negi	" "	7876234880	<del>Shadi Negi</del>
404	Yashita	" "	9418022233	<del>Yashita</del>
405	Seishiti	" "	7015839581	<del>Seishiti</del>
406	Pooja	BA Pass Courses	7876311425	<del>Pooja</del>
407	Sakshi	BA Eng Hons II	7876164507	<del>Sakshi</del>
408	Vasusha	BA Psy. Hons I	9015110689	<del>Vasusha</del>
409	Priyanshi	BA Psy. Hons I	9459512337	<del>Priyanshi</del>
410	Pranchal	BA Psy Hons I	7018640560	<del>Pranchal</del>
411	Kashish Chaudh	B. Com Ist year	6230701213	<del>Kashish</del>
412	Kashish	B. Com Ist year	7807337718	<del>Kashish</del>
413	Aashika	B. Com Ist year	8629886921	<del>Aashika</del>
414	Aashika	B. Com Ist year	6230856799	<del>Aashika</del>
415	Shruti Sharma	BA. Pass Course I year	7807261695	<del>Shruti</del>
416	Sakshi Sharma	BA Pass Course I year	9317577378	<del>Sakshi</del>
417	Rajshandini Rathour	BA Pass Course - I	7807839132	<del>Rajshandini</del>
418	Kashish Shyam	BA Eng. Hons - I	8278718542	<del>Kashish</del>
419	Aanya Chaudh	BA English Hons I	9317909035	<del>Aanya</del>
420	Kritika Chaudh	BA Eng Hons - I	8894461009	<del>Kritika</del>
421	Mehak Verma	"	7876609850	<del>Mehak</del>
422	Vanshika Negi	"	7876772963	<del>Vanshika</del>
423	Hishithi Chhabra	"	9418017978	<del>Hishithi</del>





Name	Class	Mobile no.	Signature
Nandini Thakur	B.COM III year	9018195477	
Poochal Sharma	B.COM III year	9857200038	
Gurjan	B.COM III year	82195 00045	
Gurleen	B.com II year	9805896560	
Vidushi	B.com II year	7018 402358	
Ruby	B.Com II year	7807794416	
Diana Kaith	BA II year	9015226164	
Kritika Pundel	B.Com II Year	8544996343	
Vasundhara Sharma	B. Com II year	9317625628	
<del>Smt</del> Sunita Thakur	B. Com II Year	7876626647	
SRIJY RAPT	PSY HONS (1 <sup>st</sup> YR)	9015912234	
MISHMI CHAMBERAL	ENG HONS (1 <sup>st</sup> YR)	9418017889	
VANSHIKANEGLI	ENG HONS (1 <sup>st</sup> YR)	7876772963	
Shriya Thakur	BA Geo Hons III	6220636183	
Devangi Sharma	BA Geo Hons III	7650011413	



EVA STAN - GEO HONS 1<sup>ST</sup> YEAR - 9015305812 - Quarta  
Yashasvi Parthar - GEO HONS " " - 9816575777 - Padma  
Srishti - GEO HONS " " - 7807256320 - Sushita  
Marbaker - GEO HONS " " - 9862877169 - Monika  
Isha Thakur - GEO HONS " " - 9317116715 - Isha



Name	Class	mobile no	Signature
Aasthi	BSc Biotech Hons I	9418780690	
Komal	BA Yeag Hons I	6230241146	

*Attendance Sheet*



# ATTENDANCE FOR 18<sup>th</sup> NOV (SEMINAR)

## FACULTY

S.no.	Name	Phone No.	Signature
1.	Komal Sharma	9780608039	
2.	Dr. Shanti Gupta	9459224137	
3.	Dr. Anupama Tandon Tandan	9816028058	
4.	Smigalha Bhatt	8278714684	
5.	Nimedita Bhardwaj	9816113346	
6.	Dr. Anuradha	6230409354	
7.	Kiran Negi	8219233455	
8.	Neha Wale	9418903075	
9.	Dr. Kusum Sharma	9418821305	
10.	Dr. Jyoti Buri	8091765890	
11.	Dr. Meena Sharma	7018068530	
12.	Sunita	9459941094	
13.	Dr. Navdeep Thakur	7018986705	
14.	Dr. Sarvesh	9459742867	
15.	Dr. Kanu	7018342815	
16.	Dr. Raman Bassi	9857508011	
17.	Divya Sharma	8894551874	
18.	Renu Thakur	9413200233	





## ATTENDANCE FOR 18<sup>th</sup> NOV. (SEMINAR).

### FACULTY

Name	Phone no.
Dr. Sapna Sharma	8219665839
Dr. Deepthi Pajni	9816028086
Dr. Lijitajali Mahendre	9816022297.
Mr. Anoop Datta	3805035120
Mr. Mohit Kumar	8894391960
Dr. Pankaj Ashish	9817051965
Ms. Umratti Chauhan	9816410665
Dr. Lavita Rana	9418593979
Mrs. Punam Chauhan	9816056633
Ms. Anrita Verma	7018098183
Nishant.	8219294817.
Ms. Meena Kumari Bhatia	8091340389
Ms. Anjana Devi	8626903146
Dr. Devina A	8160116822
Ms. Vibhor Jaswal	1303834482
Deheem Sharma	9882401033
Asmita Sharma	9459543255
Tilaksha Kamal	8219607734
Swati Kapil	7807379361
Dr. Brijendra Kaundal	7018705334



- |                         |                           |
|-------------------------|---------------------------|
| 21. Dr. Sangeeta Sharma | 6280697067<br>9882635052. |
| 22. Pratiksha Tomar     |                           |
| 23. Tanika Thakur.      | 8219294312                |



## **National Webinar on Psychological Factors Affecting Personality Development**

### **Objective:**

The webinar aimed to equip participants with the psychological factors affecting their personality.

### **Description:**


The Department of Physical Education in collaboration with UGC Cell, organized a National Webinar on “Psychological Factors Affecting Personality Development” on November 22, 2024. The webinar was organized on Google Meet platform, Prof. George Abraham, Chennai (T.N) was the resource person of the webinar. Dr. Yogamaya Panda, PG Department of Psychology, Shialbala Women’s Autonomous College, Cuttack, Odisha was the moderator of the webinar. The resource person gave important information to the delegates about personality traits. More than 50 participants were connected through online and offline mode in the webinar. Dr. Ashwani Kumar was the webinar convener. The Principal, Prof. (Sr.) Molly Abraham welcomed the speakers and the moderator of the workshop. After the session, the moderator concluded the session and discussed in detail the personality traits of individuals. The vote of thanks was proposed by the Miss Ritul Chauhan, President, NSO. Participants gave positive feedback about the webinar.

### **Outcome:**

- Personality development involves all of the factors that influence *how our personalities form and change* over time. This can include our genetic background and the environment where we are raised. While personality tends to be pretty stable, it can change over time, especially as people get older.

**Social Media Link:** <https://www.instagram.com/p/DEJ0EytSlAB/?igsh=MW95aHFsaJBraXI4eQ>






# St. Bede's College, Shimla, (H.P)

NAAC RE-ACCREDITED 'A' GRADE  
Department of Physical Education  
(In collaboration with UGC Cell)  
is organising a

## NATIONAL WEBINAR ON PSYCHOLOGICAL FACTORS AFFECTING PERSONALITY DEVELOPMENT


Date: November 22, 2024 (10.30 to 12.00 pm IST)

**Resource Person**



**Prof. George Abraham**  
Chennai, (T.N), India  
Orcid id:0000-0002-9763-533X,

**Moderator**



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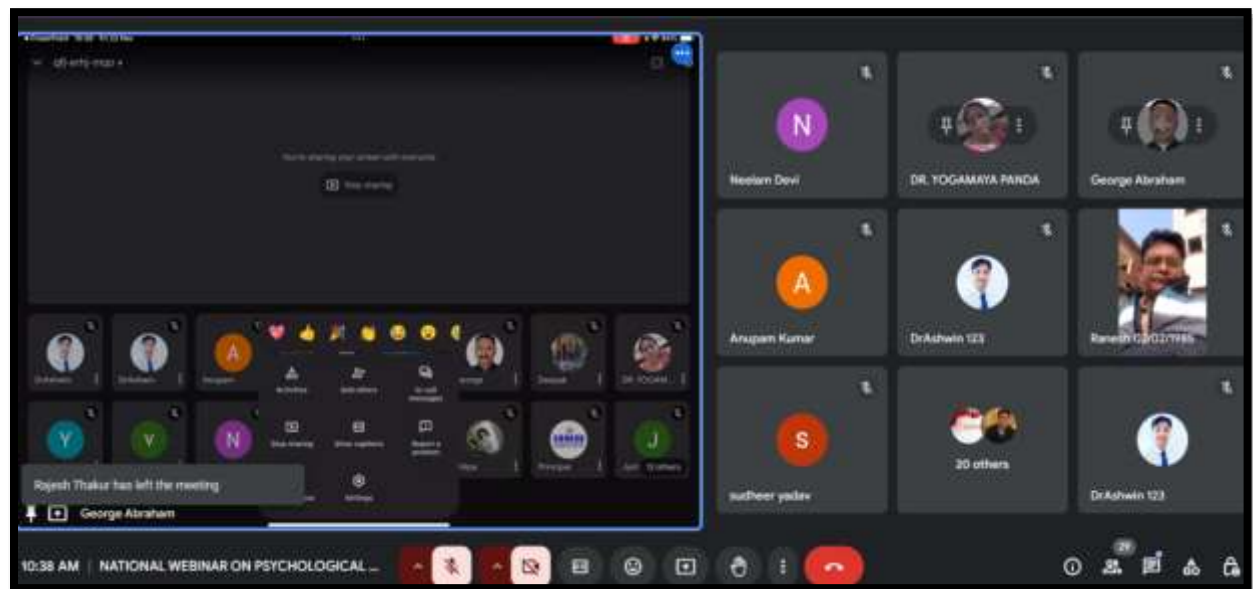
**Prof. (Sr.) Molly Abraham**  
(Principal)

**Convener**

**Dr. Ashwani Kumar**  
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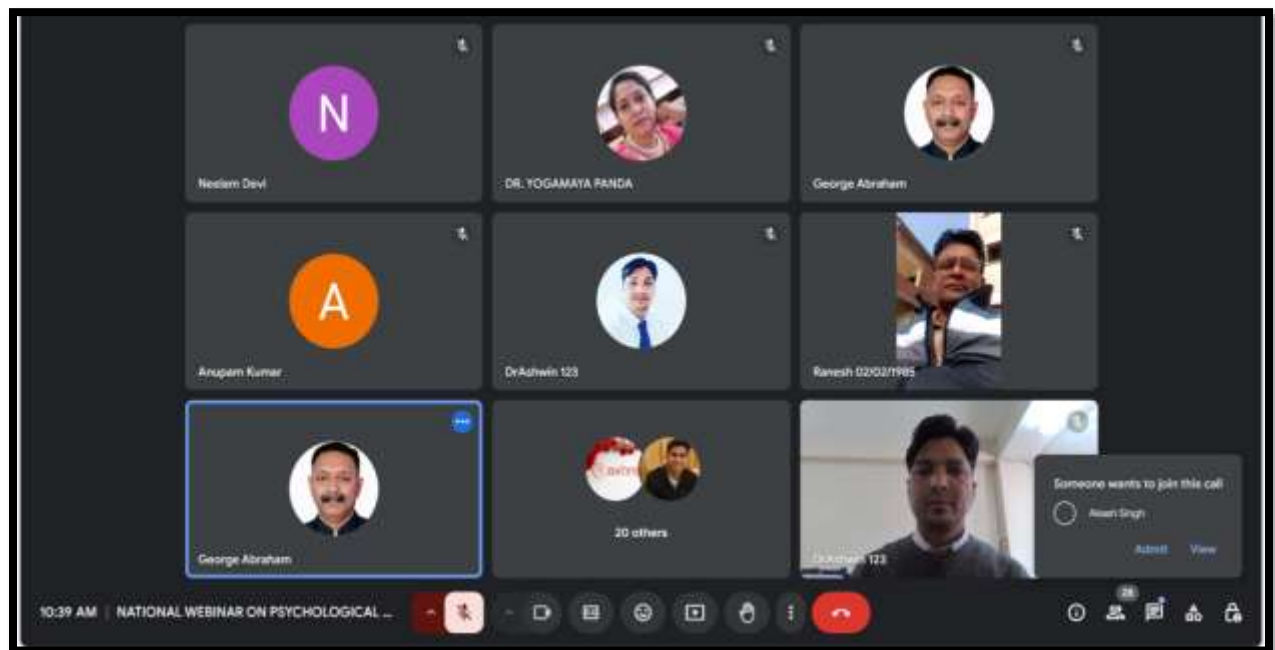
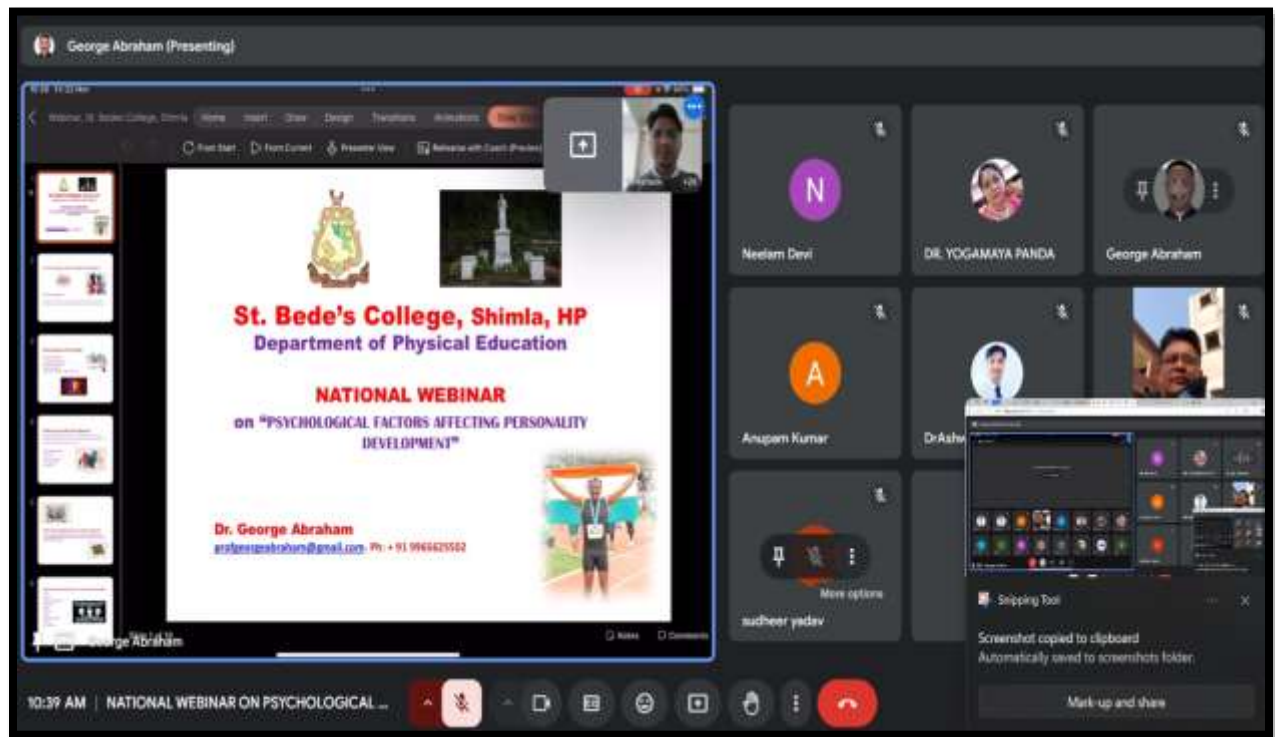
Google Meet Link: <https://calendar.app.google/njNw7YnzzgFs1vNr8>

### Brochure



*National Webinar on Psychological Factors Affecting Personality Development (November 22, 2024)*





*National Webinar on Psychological Factors Affecting Personality Development (November 22, 2024)*



George Abraham (Presenting)

## Determinants of Personality

- Physical Determinants
- Psychological Determinants
- Intellectual Determinants
- Social Determinants
- Other factors: Situation, Family and Culture

Personality

Personality Psychology

10:46 AM | NATIONAL WEBINAR ON PSYCHOLOGICAL ...

Participants: Neelam Devi, DR. YOGAMAYA PANDA, George Abraham, Anupam Kumar, DrAshwin 123, sudheer yadav, KHUSHI BAM BHAGAT, 23 others, DrAshwin 123.

George Abraham (Presenting)

## What is personality Development?

Personality development refers to the process by which the organized thought and behavior patterns that make up a person's unique personality emerge over time.

### Personality Traits

- Introversion
- Openness to experience
- Conscientiousness
- Agreeableness

Personality Development

10:50 AM | NATIONAL WEBINAR ON PSYCHOLOGICAL ...

Participants: Ashwini Pankaj, DR. YOGAMAYA PANDA, George Abraham, Anupam Kumar, DrAshwin 123, PREM CHAND, Sanjay Sharma, 31 others, PREM CHAND has raised a hand.

*National Webinar on Psychological Factors Affecting Personality Development (November 22, 2024)*



George Abraham (Presenting)

### Internal Psychological Factors affecting Personality Development

- Culture
- Genetics
- Cognitive Development
- Environment
- Family
- Education
- School
- Hereditary Influence
- Situation
- Social Media



10:56 AM | NATIONAL WEBINAR ON PSYCHOLOGICAL FACTORS AFFECTING PERSONALITY DEVELOPMENT

People in meeting: Parvathi Kaur, DR. YOGAMAYA PANDA, George Abraham, Anupam Kumar, Dr Ashwin 123, PREM CHAND, Sanjay Sharma, 26 others.

PREM CHAND has raised a hand. Open options

George Abraham (Presenting)

### Personality Development Tips

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



11:40 AM | NATIONAL WEBINAR ON PSYCHOLOGICAL FACTORS AFFECTING PERSONALITY DEVELOPMENT

People in meeting: Sumit rana Rana, PREM CHAND, 44 others.

Contributors: Dr Ashwin 123 (Host), Anukul kish 67%, jharan negi

*National Webinar on Psychological Factors Affecting Personality Development (November 22, 2024)*



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***Attendance Sheet***



## **Webinar on “CMAI-CSAI-IHRO Cyber Warrior Mission: A Pathway Towards Employability”**

Webinar on “CMAI-CSAI-IHRO Cyber Warrior Mission: A Pathway Towards Employability” was organised by Department of Computer Science under the aegis of the Internal Quality Assurance Cell (IQAC), St. Bede’s College, Shimla on November 22, 2024.

### **LEARNING OBJECTIVES:**

Webinar on “CMAI-CSAI-IHRO Cyber Warrior Mission: A Pathway Towards Employability” aimed to provide participants with valuable insights, knowledge, and skills that will enhance their employability in the cybersecurity field.

Webinar was organised under the guidance of the Principal Prof. Sr. Molly Abraham with Ms. Neha Walia as the convener, Ms. Nivedita Bhardwaj, Assistant Professor, Department of Computer Science and Mr. Devender Singh, IT Technician, Department of Computer Science. The webinar was organised on MS-Teams platform.

The resource persons for the webinar were Prof. N.K. Goyal, Chairman Emeritus, TEMA and President CMAI/CSAI, Ms. Moubani Sorcar, Indian actress, Sh. Sandeep Arya Deputy Director general from department of telecommunications HP LSA Shimla, Sh. Ravi Chawal Director Security, department of telecommunications, HP LSA Shimla, Ms Hepisha, Cybersecurity and Crime Intelligence researcher, Ms. Shonal Anti-crime strategist and cyberpsychology practitioner. They made the students aware about cyber security, cyber- crime, cyber bullying, cyber space, and cyber hygiene.

The webinar was organised in hybrid mode and attended by 440 participants including eminent dignitaries, Principals, faculty members and students from other colleges and St. Bede’s College.

### **LEARNING OUTCOMES:**

Participants will gain a comprehensive understanding of the diverse career pathways within the cybersecurity field, including roles such as cybersecurity analyst, ethical hacker, security engineer, and incident responder. They will be aware of the high demand for cybersecurity professionals and the various industries looking to hire them.







**Webinar on “CMAI-CSAI-IHRO Cyber Warrior Mission: A Pathway Towards Employability”**  
(November 22, 2024)

**St. Peter's College**  
BANGALORE

Webinar on  
“CMAI-CSAI-IHRO Cyber Warrior Mission:  
A Pathway Towards Employability”  
organized by Department of Computer Science,  
Date : November 22, 2024

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Total: 20

**Attendance Sheet**



**St. Bede's College**

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Webinar on

"CMAI-CSAI-IHRO Cyber Warrior Mission:

A Pathway Towards Employability"

organised by Department of Computer Science,

Date : November 22, 2024

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Principal

Attendance Sheet



# St. Bede's College

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Webinar on  
"CMAT-CSAI-IHRO Cyber Warrior Mission:  
A Pathway Towards Employability"  
organised by Department of Computer Science,  
Date : November 22, 2024

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Webinar on  
"CMAI-CSAI-IHRO Cyber Warrior Mission:  
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Date : November 22, 2024

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Date : November 22, 2024

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"CMALCSAI-IHRO Cyber Warrior Mission:  
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organised by Department of Computer Science,  
Date : November 22, 2024

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Principal  
St. Bede's College  
Shimla

**Attendance Sheet**



**St. Bede's College**

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**St. Bede's College**

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"CMAI-CSAI-IIHRO Cyber Warrior Mission:  
A Pathway Towards Employability"  
organised by Department of Computer Science,  
Date : November 22, 2024

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336	Sujal Sharma	"	Sujal	Sujalsharma@gmail.com	9816003111
337	Ishika	"	Ishika		7807042658
338	Samrudhika	"	Samrudhika	hmmrshika@gmail.com	6375097937
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 Date : November 22, 2024

340	Gargi Verma	Psy(H) 1 <sup>st</sup> year		Pooja Verma	BSc II year
341	Anshu Singh	"		Reshma Singh	BSc II <sup>nd</sup> year
342	Yumika Sharma	Psy(H) 2 <sup>nd</sup> year		Ananya Khosla	BSc 2 <sup>nd</sup> year
343	Disha Mishra	Psy(H) 3 <sup>rd</sup> year		Aditi Sharma	BSc 2 <sup>nd</sup> year
344	Srishti Thakur	B.Com I <sup>st</sup>		Sumitika Sharma	BSc 2 <sup>nd</sup> year
345	Akshra Sharma	B.Com I <sup>st</sup>			
346	Shelali Rakta	B.Com III			
347	Ritika Sharma	B.Com III			
348	Janhavi Bhatia	"			
349	Tashita Thakur	"			
350	Bhumiika Sharma	"			
351	Namrata Chaurhan	B.Sc II <sup>nd</sup> year			
352	Pranjal Aggar	B.Sc II <sup>nd</sup> year			
353	Lakshya Sharma	B.Sc II <sup>nd</sup> year			
354	Medhavi Sharma	BA(H) 1 <sup>st</sup> year			
355	Tinot	B.A 1 <sup>st</sup> year			
356	Mahira Sarah Bessieby	BA(H) 1 <sup>st</sup> year			
357	Shreya Sharma	BSc III <sup>rd</sup> year			

Molly  
 Assistant  
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362	Anushka Thakur	"	8219436576	anushkathakur1029@gmail.com	Anushka
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366	SUHANI NEGI	BA PSY HONS	8278825107	suhaninegi5858@gmail.com	Suhami
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370	Auroh Sharma	BA 1 <sup>st</sup> year Engg Hons	6030624238	aurohsharma7005@gmail.com	Auroh
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379	Aakanksha Sharma	B.Com 1st year	8352992991	aakanksha2006sharma@gmail.com	Aakanksha
380	Aisha Kumari	B.Com 1st year	6230021130	aishakumari9882@gmail.com	Aisha
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Shimla

Attendance Sheet





S.No.	Names	Signature
1.	Sandeep Kumar	
2.	Mohit Kumar	
3.	Dr. Pardeep Aashish	
4.	Dr. Vishal Chauhan	
5.	Amroop Dillu	
6.	Dr. Amit Chauhan	
7.	Renu Thakur	
8.	Dr. Shanti Gupta	
9.	Nishant	
10.	Dr. Sarveena	
11.	Kiran Negi	
12.	Osheen Sharma	
13.	Ankita Verma	
14.	Asmita Sharma	
15.	Sanjeev Kumar	
16.	Tanika Thakur	
17.	Pratiksha Toman	
18.	Dr. Devina A.	
19.	MANOJ KUMAR	
20.	Rahul Ram	
21.	BISHAN DILLI	
22.	Yashika	
23.	Devender Singh	
24.	Neha Walia	



## **Hands on training workshop on Gene Cloning**

### **Objectives:**

The key objectives of the workshop were:

1. To familiarize participants with the principles of gene cloning.
2. To provide an understanding of various gene cloning techniques.
3. To offer practical training in the laboratory techniques involved in gene cloning.
4. To explore the applications of gene cloning in modern science and industry.
5. To facilitate discussions on ethical considerations related to gene cloning.

A five-day workshop on Gene Cloning was organized by Department of Biotechnology from November 24- 29, 2024. The workshop aimed to provide a comprehensive understanding of gene cloning techniques, which are fundamental in molecular biology and biotechnology. Participants included students of B.Sc. (Hons.) Biotechnology 2<sup>nd</sup> and 3<sup>rd</sup> year who were keen to explore the intricacies of gene cloning, its methodologies, and its applications in various fields like medicine, agriculture, and environmental science.

The workshop was structured to offer a balance of theoretical knowledge and practical hands-on experience. Dr. Shruti Gupta, assistant professor, department of biotechnology, guided the participants throughout the sessions, which covered everything from the basics of DNA manipulation to advanced cloning techniques.

### **Outcomes:**

The students

1. Gained hands-on experience in gene cloning techniques and laboratory practices.
2. Developed an understanding of various gene cloning and expression systems.
3. Acquired technical skills in DNA extraction, transformation, and protein purification.
4. Learned the applications of gene cloning in biotechnology, medicine, and agriculture.
5. Gained awareness of ethical issues surrounding gene cloning and genetic modification.




*Brochure*



*Hands on training workshop on 'Gene Cloning' (November 25-29, 2024)*



*Hands on training workshop on 'Gene Cloning' (November 25-29, 2024)*


 Department of Biotechnology  
 St. Bede's College, Shimla

**Hands on Workshop on Gene Cloning**  
**Attendance Sheet**  
**Date: November 25-29, 2024**

S.No.	Name	Class	Signature
1.	Aashika Nishi	Biotech - II	Aashika
2.	Ashish Kumar	Biotech - II	Ashish
3.	Tanveer Verma	Biotech - II	Tanveer
4.	Sakshi Chaudhary	Biotech - II	Sakshi
5.	Anshika	Biotech - II	Anshika
6.	Pooja Chaudhary	Biotech - II	Pooja
7.	Tanisha	Biotech - II	Tanisha
8.	Angeline Nishi	Biotech - II	Angeline
9.	Nigati Sharma	Biotech - II	Nigati
10.	Anshika Sharma	Biotech - II	Anshika
11.	Mamta	Biotech - II	Mamta
12.	Anshika	Biotech - II	Anshika
13.	Vidhika Sharma	Biotech - II	Vidhika
14.	Sandeep Kumar	Biotech - II	Sandeep

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 Shimla

*Attendance Sheet*





Department of Biotechnology  
St. Bede's College, Shimla



15	Akanksha sharma	Bsc. Honors Biotech III year	Akanksha
16	Aditi Saman	B.Sc. (Hons) Biotech III year	Aditi
17	Kanan Sharma	BSc (Hons) Biotech III year	Kanan
18	Neelika Arora	BSc (Hons) Micro. III year	Neelika
19	Snigdha Karmali	BSc. Biotech (Hons) III year	Snigdha
20	Anchal Ugras	BSc. Biotech (Hons) III year	Anchal
21	Ami Thingto	BSc (Hons) Biotech III year	Ami
22	Disha Thakur	" "	Disha
23	Yashika Karmali	" "	Yashika
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## **Workshop on "Promoting Intergenerational Bonding with College Students"**

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

The workshop began with a warm welcome to the guest speakers, followed by the traditional lighting of the lamp, symbolizing the beginning of knowledge and enlightenment. This was followed by a beautiful classical dance performance, setting a cultural tone for the event.

**Objective:** The objective of the workshop was to foster meaningful connections between generations by encouraging college students to engage, share experiences, and build mutual understanding with older generations, promoting empathy, respect, and stronger community ties.

**Description:** Prof. Sr. Molly Abraham, Principal of St. Bede's College delivered a powerful lecture on the importance of intergenerational bonding, sharing heartfelt anecdotes from her childhood when family and community ties were stronger. She reflected on moments of respect, storytelling, and wisdom exchange that shaped her values, contrasting them with today's growing disconnect. She attributed this decline to factors like the rise of technology, nuclear families, and busy modern lifestyles, which limit meaningful interactions between generations. Highlighting the impact of this gap on both the youth and the elderly, she urged students to reconnect with their elders, learn from their experiences, and cherish these invaluable relationships. Her speech left the audience inspired to bridge the generational divide.

After the lecture, a short break was taken, allowing attendees to reflect on the insights shared.

On the other hand, Mr. Mohit Kumar, Assistant Professor in the Department of Psychology at St. Bede's College, delivered an engaging lecture on intergenerational bonding, focusing on its psychological impact, benefits, and challenges. Through a well-structured PowerPoint presentation, he explained how such bonds promote emotional well-being, empathy, and knowledge exchange while addressing challenges like generational conflicts due to differing values and lifestyles. To make the session interactive, he conducted a game, encouraging students to reflect on their relationships with older generations. The lecture emphasised the importance of fostering these connections for mutual respect, trust, and a harmonious society. The session left students with valuable insights and practical strategies to strengthen intergenerational relationships.

**Outcome:** The session aimed at fostering mutual respect, understanding, and collaboration between generations. The resource persons emphasized the role of shared experiences and values in bridging the generational gap and provided insights into the psychological benefits of



intergenerational relationships, including enhanced empathy, communication, and emotional well-being. The session encouraged students to actively engage with elders, recognizing their wisdom and life experiences as valuable assets. The session concluded with a call to action for students to strengthen bonds with older generations, fostering a more inclusive and harmonious society.

The workshop concluded with a heartfelt vote of thanks, expressing gratitude to both the resource persons for their enlightening insights on intergenerational bonding. The sessions underscored the significance of mutual understanding, empathy, and collaboration between generations.

At the end of the workshop, students were provided with refreshments, giving them a chance to relax and unwind. Also to reflect on the valuable insights shared during the sessions.

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

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

*Organises Workshop*  
on

**PROMOTING INTERGENERATIONAL BONDING  
WITH COLLEGE STUDENTS**

*sponsored by*

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

**RESOURCE PERSONS**

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

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

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



*Brochure*





*A Workshop on “Promoting Intergenerational Bonding with College Students”  
(November 27, 2024)*





## सेंट बीड्स में कार्यशाला का आयोजन

शिमला। सेंट बीड्स कॉलेज में महिला प्रकोष्ठ और जेंडर चैंपियन क्लब ने कॉलेज की छात्राओं के साथ अंतर पीढ़ी गत संबंध विषय पर कार्यशाला का आयोजन किया। आयोजन में राष्ट्रीय सामाजिक रक्षा संस्थान ने भी सहयोग किया। कार्यशाला में कॉलेज की प्राचार्य डॉ. सिस्टर मौली अब्राहम मुख्य वक्ता रहीं। मनोविज्ञान विभाग के सहायक आचार्य मोहित कुमार ने भी छात्राओं को संबोधित किया। सिस्टर मौली ने वृद्धों के साथ नियमित रूप से बातचीत कर उनके जीवन के अनुभवों को सुनने तथा उनके साथ अच्छे संबंध विकसित करने के लिए प्रेरित किया। वहीं सेंट बीड्स कॉलेज में आंतरिक गुणवत्ता आश्वासन प्रकोष्ठ और जीव विज्ञान विभाग ने भी स्तन कैंसर को लेकर जागरूकता कार्यक्रम आयोजन किया। डॉ. कल्पना ने छात्राओं स्तन कैंसर बारे जानकारी दी। इस मौके पर डॉ. श्वेता ठाकुर, डॉ.

## योग से दूर रहती हैं हजारों बीमारियां पीढ़ीगत विभाजन को कम करने पर फोकस

सेंट बीड्स कॉलेज में स्तन-स्व परीक्षण पर छात्रों को किया जागरूक

सिटी रिपोर्टर-शिमला



सिटी रिपोर्टर-शिमला

सेंट बीड्स कॉलेज में छात्राओं को जागरूक करने के लिए आयोजित कार्यक्रम का प्रथम चरण। कार्यक्रम में स्तन-स्व परीक्षण पर छात्रों को किया जागरूक किया गया। डॉ. कल्पना ने छात्राओं को स्तन-स्व परीक्षण के महत्व के बारे में जानकारी दी। कार्यक्रम में स्तन-स्व परीक्षण पर छात्रों को किया जागरूक किया गया। डॉ. कल्पना ने छात्राओं को स्तन-स्व परीक्षण के महत्व के बारे में जानकारी दी। कार्यक्रम में स्तन-स्व परीक्षण पर छात्रों को किया जागरूक किया गया। डॉ. कल्पना ने छात्राओं को स्तन-स्व परीक्षण के महत्व के बारे में जानकारी दी।

निवासियों ने उत्साहपूर्वक भाग लिया। कार्यक्रम का प्रथम चरण में स्तन-स्व परीक्षण पर छात्रों को किया जागरूक किया गया। डॉ. कल्पना ने छात्राओं को स्तन-स्व परीक्षण के महत्व के बारे में जानकारी दी। कार्यक्रम में स्तन-स्व परीक्षण पर छात्रों को किया जागरूक किया गया। डॉ. कल्पना ने छात्राओं को स्तन-स्व परीक्षण के महत्व के बारे में जानकारी दी। कार्यक्रम में स्तन-स्व परीक्षण पर छात्रों को किया जागरूक किया गया। डॉ. कल्पना ने छात्राओं को स्तन-स्व परीक्षण के महत्व के बारे में जानकारी दी।

सेंट बीड्स कॉलेज में छात्राओं को जागरूक करने के लिए आयोजित कार्यक्रम का प्रथम चरण। कार्यक्रम में स्तन-स्व परीक्षण पर छात्रों को किया जागरूक किया गया। डॉ. कल्पना ने छात्राओं को स्तन-स्व परीक्षण के महत्व के बारे में जानकारी दी। कार्यक्रम में स्तन-स्व परीक्षण पर छात्रों को किया जागरूक किया गया। डॉ. कल्पना ने छात्राओं को स्तन-स्व परीक्षण के महत्व के बारे में जानकारी दी। कार्यक्रम में स्तन-स्व परीक्षण पर छात्रों को किया जागरूक किया गया। डॉ. कल्पना ने छात्राओं को स्तन-स्व परीक्षण के महत्व के बारे में जानकारी दी।



को बढ़ावा देता रहा। कार्यक्रम में स्तन-स्व परीक्षण पर छात्रों को किया जागरूक किया गया। डॉ. कल्पना ने छात्राओं को स्तन-स्व परीक्षण के महत्व के बारे में जानकारी दी। कार्यक्रम में स्तन-स्व परीक्षण पर छात्रों को किया जागरूक किया गया। डॉ. कल्पना ने छात्राओं को स्तन-स्व परीक्षण के महत्व के बारे में जानकारी दी। कार्यक्रम में स्तन-स्व परीक्षण पर छात्रों को किया जागरूक किया गया। डॉ. कल्पना ने छात्राओं को स्तन-स्व परीक्षण के महत्व के बारे में जानकारी दी।

Media Coverage



Women Cell & Gender Champion Club  
St. Bede's College, Shimla

ATTENDANCE SHEET

Activity: "Promoting Intergenerational Bonding With Colleges Students"

Date: November 27, 2024

Organising Unit: Women Cell & Gender Champion Club

Sr. No.	Name of the Student	Class	Signature
1)	ALISHA RANTA	B.COM 1 <sup>st</sup> YEAR	
2)	CHARVI SINGH RANA	B.COM 1 <sup>st</sup> year	
3)	SANCHI	B.Com 2 <sup>nd</sup> yr	
4)	KRITIKA SHYAN	B.Com 2 <sup>nd</sup> year	
5)	SNEHA BANSAL	B.Com 2 <sup>nd</sup>	
6)	SNEHA SHARMA	B.Com 2 <sup>nd</sup>	
7)	VASUNDHRA SHARMA	B.Com 2 <sup>nd</sup>	
8)	KRITIKA PUNDEER	B.COM 2 <sup>nd</sup>	
9)	SUHANU THAKUR	B.Com 2 <sup>nd</sup>	
10)	MAHAK	B.Com 3 <sup>rd</sup> yr	
11)	RASHIKA SHARMA	B.Com 2 <sup>nd</sup> yr	
12)	KRITIKA AZAD	B.Com 2 <sup>nd</sup> year	
13)	IRSHITA VASISHTA	B.Com 2 <sup>nd</sup>	
14)	Anshika CHUGH	B.Com 2 <sup>nd</sup>	
15)	ANSHIKA BHATIA	B.COM 2 <sup>nd</sup>	
16)	GURLEEN	B.Com 2 <sup>nd</sup>	
17)	RUBY BHARDWAJ	B.Com 2 <sup>nd</sup>	
18)	HIMANI SHARMA	B.Com 2 <sup>nd</sup>	

19/11/24



Women Cell & Gender Champion Club  
St. Bede's College, Shimla

19)	SAIMA SAWANT	B.COM 2 <sup>nd</sup>	Saima
20)	HERGON GRACK	B.COM 2 <sup>nd</sup>	Hergon
21)	YUVIKA SAINI	B.COM 2 <sup>nd</sup>	Yuvika
22)	SRISHTI THAKUR	B.COM 1 <sup>st</sup>	Srishti
23)	NAIRA AHUJA	B.COM I	Naira
24)	KASHISH CHAUHAN	B.COM I	Kashish
25)	ASSIN RAJTA	B.COM I	Assin
26)	AARITII	B.COM I	Aariti
27)	SRIJAL	B.COM II <sup>nd</sup>	Srijal
28)	ARUSHI	B.COM II <sup>nd</sup>	Arushi
29)	ISHITA THAKUR	B.COM III <sup>rd</sup>	Ishita
30)	BHUMEKA SHARMA	B.COM III	Bhumeika
31)	TANYA CHAUHAN	B.COM III	Tanya
32)	Aditi	B.COM III	Aditi
33)	AYUSHI THAKUR	B.COM III	Ayushi
34)	SURBHI	B.COM III	Surbhi
35)	RAKSHITA CHATURVEDI	B.COM II	Rakshita
36)	SNEHA	B.COM -3	Sneha
37)	SHREYA SHARMA	B.COM -3	Shreya
38)	NANDINI THAKUR	B.COM -III	Nandini
39)	PRANCHAL	B.COM III	Pranchal
40)	MITALI MEHTA	B.COM III	Mitali

19/4/21  
Principal  
St. Bede's College  
Shimla

Attendance Sheet





Women Cell & Gender Champion Club St. Bede's College, Shimla			
41)	PAWNI SHARMA	B.Com II <sup>nd</sup>	Pawani
42)	MEHAK NEGI	B.Com Ist	Mehak
43)	SANSKRITI SHARMA	B.Com Ist	Sanskriti
44)	DIVYANSHI GADTAM	B.Com Ist	Divyanshi
45)	ANAMIKA PANWAR	B.Com Ist	Anamika
46)	SHWETA	B.Com Ist	Shweta
47)	SANJIVA SHARMA	B.Com Ist	Sanjiva
48)	RASHI GUPTA	B.Com Ist	Rashi
49)	ANKANSHA SHARMA	B.Com Ist	Ankansha
50)	Asha Kumari	B.Com Ist	Asha
51)	NIKITA	B.Com Ist	Nika
52)	PRABHGUAN Kaur	B.Com Ist	Prabhu
53)	Jankhanshi Chahal	B.Com Ist	Jankhanshi
54)	RITVIKA SHARMA	B.Com Ist	Ritika
55)	SUKRITI SHARMA	B.Com Ist	Sukriti
56)	CHARVES KANWAR	B.Com Ist	Charves
57)	SAMRITI THAKUR	B.Com Ist	Samrati
58)	SAIJAL MEHTA	B.Com Ist	Saijal
59)	GUNJAN	B.Com Ist	Gunjan
60)	KHUSHI MEHTA	B.Com Ist	Khushi
61)	HIMANSHI SHARMA	B.Com Ist	Himanshi
62)	TANMEET KAUR	B.Com Ist	Tanmeet

Principal  
St. Bede's College  
Shimla

Attendance Sheet





Women Cell & Gender Champion Club  
St. Bede's College, Shimla

63)	RADHIKA SOOD	B. Com B.A.	<i>[Signature]</i>
64)	TANIA WALIA	B. Com B.A.	<i>[Signature]</i>
65)	DIJANDOR AULAKH	B.A. III	<i>[Signature]</i>
66)	NIKHILINI P. CHIVILAN	B.A. II	<i>[Signature]</i>
67)	GURMILAN MONGA	B.A. II	<i>[Signature]</i>
68)	AANYA MINHAS	B.A. II	<i>[Signature]</i>
69)	CHYRIEL THOMAS	B.A. II	<i>[Signature]</i>
70)	MEHVISH SAUHTA	B.A. ENGLISH HONOURS III	<i>[Signature]</i>
71)	HARHANPREET KAUR	B.A. PSY HONOURS II	<i>[Signature]</i>
72)	Tanvi Hella	Eng. Hon.	<i>[Signature]</i>
73)	SHAYANTIKA CHAKRABORTY	Eng. Honours II	<i>[Signature]</i>
74)	AKSHRA SHARMA	B. Com I	<i>[Signature]</i>
75)	Jyotika	B.A. Eng II	<i>[Signature]</i>
76)	TARSHITA THAKUR	B.A. Eng Honours	<i>[Signature]</i>
77)	ISHITA SARMA	B.A. II	<i>[Signature]</i>
78)	SRISHTI VERMA	B.A. ENGLISH HONOURS	<i>[Signature]</i>
79)	HIMANSHI PRASHAR	B.A. PSY HONOURS	<i>[Signature]</i>
80)	PRAPTI JOSEPH REDDY	B.A. II	<i>[Signature]</i>

*[Signature]*  
Convenor  
Women Cell & Gender Champion Club

*[Signature]*  
19/11/20  
Principal  
St. Bede's College  
Shimla

Attendance Sheet



## Webinar on Sir Jagadish Chandra Bose

Vigyan Bharti, a prominent science communication organization, organized an insightful webinar on the life and contributions of one of India's greatest scientists, Sir Jagadish Chandra Bose (J.C. Bose) on 03.12.2024. The students of physics & other science department participated in this talk.

### Objectives: The main objectives of the webinar were

- i. To Promote Awareness of J.C. Bose's Scientific Legacy
- ii. To Highlight Bose's Pioneering Work in Biophysics.
- iii. To Inspire Students with Bose's Interdisciplinary Approach.
- iv. To Foster Scientific Curiosity and Critical Thinking
- v. To Celebrate Bose's Role in the Global Scientific Community

### Description:

The talk highlighted Bose's pioneering work in various fields, from plant physiology to radio waves, and his profound impact on the development of modern science. The talk was delivered by Dr. Amarjeet Singh a renowned physicist and science communicator from Himachal Pradesh University. The speaker began by emphasizing the importance of understanding the contributions of Indian scientists like J.C. Bose, whose work laid the foundation for several breakthroughs in both the natural and physical sciences. The speaker started by discussing Bose's early life, including his upbringing in a Bengali family with a deep respect for education. He was born on November 30, 1858, in Mymensingh, which is now in Bangladesh. Despite facing early obstacles in his educational journey, Bose was determined to pursue his passion for science. He first studied at the University of Calcutta and later went to England to pursue higher education at the University of Cambridge.

The speaker highlighted Bose's experiment in which he measured plant responses to stimuli using a mechanical device known as the "crescent-shaped leaf bending apparatus," which could measure the response of plants to light, touch, and sound. His work on plant communication and

sensitivity laid the foundation for what would later become known as "plant neurobiology." One of Bose's most significant inventions was the **Crescograph**, a device that could measure the growth of plants with great precision. This instrument allowed Bose to prove that plants not only



respond to stimuli but also grow in response to emotional and physical factors, such as sound and light. The Crescograph revolutionized the study of plant life, enabling future research into plant growth and behaviour.

The talk also covered J.C. Bose's contributions to the field of physics, particularly his pioneering work on radio waves. Bose was one of the first scientists to demonstrate the ability to generate and detect electromagnetic waves, long before the likes of Guglielmo Marconi. His experiments in the late 19th century showed that wireless communication was possible, an area that Marconi later popularized. Bose's work on the properties of radio waves, including their reflection and transmission, laid the groundwork for the development of wireless telegraphy.

The event ended on a positive note, with many attendees expressing their renewed admiration for J.C. Bose's groundbreaking work.

**Outcome:**

Students gained a deeper understanding of Sir Jagadish Chandra Bose's pioneering research and his contributions to the fields of physics, biology, and plant science, leading to greater respect for his scientific legacy. They were inspired to think beyond traditional academic boundaries, recognizing the importance of interdisciplinary approaches to scientific research, as exemplified by J.C. Bose's work in biophysics and plant physiology.





## A WEBINAR on

### Innovations in Science by Sir J C Bose


A tribute to Sir J C Bose on his 166<sup>th</sup> Birthday

**Date**  
3-12-24

**Organized by:** विज्ञान भारती हिमाचल प्रदेश  
(VIBHA-HP)

**Time**  
11:00 AM

**Dept. of Physics**



**About Sir J. C. Bose:** Sir Jagadish Chandra Bose (30 November 1858 – 23 November 1937) was an Indian polymath with interests in biology, physics, botany and writing science fiction. He was a pioneer in the investigation of radio microwave optics, made significant contributions to botany, and was a major force behind the expansion of experimental science on the Indian subcontinent. Bose is considered the father of Bengali science fiction. A crater on the Moon was named in his honour. He founded the Bose Institute, a premier research institute in India and also one of its oldest. Established in 1917, the institute was the first interdisciplinary research centre in Asia. He served as the Director of Bose Institute from its inception until his death.

**Speaker**  
**Dr. Amarjeet Singh**  
Treasurer VIBHA-HP

**Webinar Link:** [meet.google.com/bfv-rwnx-tqw](https://meet.google.com/bfv-rwnx-tqw)

**Convener**  
**Dr. Anshu Chhabra**  
Secretary VIBHA-HP

### Brochure



*Webinar on Sir Jagadish Chandra Bose (December 12, 2024)*





*Webinar on Sir Jagadish Chandra Bose (December 12, 2024)*



### Attendance Sheet

#### Webinar on

Innovations in Science by Sir Jagadish Chandra Bose

Dated : December 3, 2024

S.No.	Name	Class	Signature
1.	Sunidhi Sharma	BSC II <sup>nd</sup> year	
2.	Ananya Khond	BSC II <sup>nd</sup> year	
3.	Aditi Sharma	BSC II <sup>nd</sup> year	
4.	Kritika	BSC III <sup>rd</sup> year	
5.	Xufal Sharma	BSC III <sup>rd</sup> year	
6.	Aditi Singh	BSC II <sup>nd</sup> year	
7.	Utsundhar	BSC II <sup>nd</sup> year	
8.	Reshma	BSC II <sup>nd</sup> year	
9.	Mamprut	BSC II <sup>nd</sup> year	
10.	Payal	BSC III <sup>rd</sup> year	
11.	Payal	BSC II <sup>nd</sup> year	
12.	Niharika	BSC III <sup>rd</sup> year	
13.	Sania	BSC III <sup>rd</sup> year	
14.	Nancy	BSC III <sup>rd</sup> year	
15.	Amisha Shukla	BSC III <sup>rd</sup> year	
16.	Rachanshi Gupta	BSC III <sup>rd</sup> year	
17.	Aishani Kanwar	BSC III <sup>rd</sup> year	
18.	Vaishika	BSC 3 <sup>rd</sup> year	
19.	Pirgokshi	BSC 3 <sup>rd</sup> year	
20.	Shrutal	BSC 3 <sup>rd</sup> year	
21.	Himani	BSC 3 <sup>rd</sup> year	
22.	Simran Thakur	BSC 1 <sup>st</sup> year	
23.	Aastha Kumar	BSC 1 <sup>st</sup> year	
24.	Rakshita Kamal	BSC 1 <sup>st</sup> year	
25.	Pooja Sharma	B.Sc I <sup>st</sup> year	
26.	Amishi	BSC I <sup>st</sup> year	
27.	Amisha	BSC I <sup>st</sup> year	
28.	Jessica Sharma	BSC 1 <sup>st</sup> year	
29.	Jasmeet Kaur	BSC 1 <sup>st</sup> year	

HOD

Dr. Jagadish Chandra Bose College  
Physics Department

Attendance Sheet



## **Workshop on "Intergenerational Bonding with College Students"**

On December 4, 2024, the Women Cell and Gender Champion Club of St. Bede's College hosted a workshop titled "Intergenerational Bonding with College Students" with support from the National Institute of Social Defence. The workshop featured distinguished facilitators Ms. Unnatti Chauhan and Ms. Jagriti Sharma, Assistant Professors in the Departments of Economics and Psychology, respectively.

**Objective:** The purpose of the workshop was to instill among students the value of family ties and connections between the different age groups. This was done to promote understanding, respect and collaboration among students

**Description:** Ms. Unnatti introduced the topic of the session to the students. She elaborated on the meaning of intergenerational bonding, the importance of it and the benefits associated with it. Ma'am also talked about the importance of nurturing meaningful relationships with the older generations. Continuing the session, Ms Jagriti explained to the students the 4 R's of building a strong connection which includes respect, reciprocity, responsibility and resiliency. She also shared with the students the various psychological theories associated with intergenerational gaps.

To bring the active participation of students, the resource persons ensured the inclusion of various types of games to make the learning experience more entertaining. Students were asked to prepare on-the-spot skits, dance and music performances depicting the beauty of different generations. They were able to come up with thoughtful ideas for their performances despite the short time frame. Through the skit, the students showcased the varying mindsets and ideologies of the different generations and how they exacerbate the generation gap. Music and dance activities encouraged students to work together and navigate different generations' traditions and cultural expressions, blending diverse styles and fostering a sense of unity through shared artistic expression.

A trivia game on items that were used in the past decades and their modern counterparts also witnessed the active engagement of the students. The game required quick thinking on the part of students to identify the objects that did not seem familiar but were once essential to daily life. The introduction of games to the routine of the session facilitated communication, teamwork and mutual learning.

**Outcome:** The session was a unique approach to help students understand the value of intergenerational bonding. By using games as tools for communication and learning, the event succeeded in bridging the generational divide, fostering mutual respect, and strengthening community ties.





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

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

*Organises Workshop*  
on

**PROMOTING INTERGENERATIONAL BONDING  
WITH COLLEGE STUDENTS**

*sponsored by*

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

**RESOURCE PERSONS**

  
**Ms. Unnatti Chauhan**  
 Assistant Professor  
 Department of Economics  
 St. Bede's College

  
**Ms. Jagriti**  
 Assistant Professor  
 Department of Psychology  
 St. Bede's College

**DATE: DECEMBER 4, 2024**  
**TIME: 9:30 AM ONWARDS**  
**VENUE: AUDITORIUM**



*Brochure*



*Workshop on “Intergenerational Bonding with College Students” (December 4, 2024)*





*Workshop on “Intergenerational Bonding with College Students” (December 4, 2024)*



## सेंट बीड्स कॉलेज में बताई रिश्तों की अहमियत

शिमला। सेंट बीड्स कॉलेज शिमला के महिला प्रकोष्ठ और जेंडर चैम्पियन क्लब ने बुधवार को राष्ट्रीय सामाजिक रक्षा संस्थान के सहयोग से छात्राओं के लिए अंतर पीढ़ी संबंध पर कार्यशाला का आयोजन किया। इसमें अर्थशास्त्र विभाग की सहायक प्रोफेसर उन्नति चौहान और मनोविज्ञान विभाग की सहायक आचार्य जागृति शर्मा ने विशेषज्ञ के रूप में छात्राओं को पीढ़ी के अंतर के साथ सामाजिक ढाँचे और व्यवहार में आ रहे बदलाव पर जानकारी दी। दोनों विशेषज्ञों ने इस कार्यशाला में भाग लेने वाली छात्राओं के व्यक्ति विचार और परिवार में रहने को लेकर अपने अनुभवों को साझा करने और संवाद करने का मौका दिया। पीढ़ियों की सुंदरता और उनके बीच विकसित हो रहे अंतर को दर्शाने के लिए ऑन स्पोर्ट एक स्किट भी पेश की। ब्यूरो

## सेंट बीड्स कॉलेज में अंतर-पीढ़ी संबंध पर कार्यशाला



शिमला। सेंट बीड्स कॉलेज की महिला प्रकोष्ठ और जेंडर चैम्पियन क्लब द्वारा बुधवार को राष्ट्रीय सामाजिक रक्षा संस्थान द्वारा प्रायोजित कॉलेज के छात्रों के साथ अंतर-पीढ़ी संबंध पर कार्यशाला का आयोजन किया गया। इस आयोजन के लिए विशेषज्ञ की भूमिका में अर्थशास्त्र विभाग की सहायक प्रोफेसर उन्नति चौहान और मनोविज्ञान विभाग की सहायक प्रोफेसर जागृति शर्मा रही। कार्यशाला का उद्देश्य छात्राओं के बीच पारिवारिक संबंधों और विभिन्न आयु समूहों के बीच संबंधों के मूल्य को स्थापित करना था। यह छात्राओं के बीच समझ, सम्मान और सहयोग को बढ़ावा देने के लिए किया गया था। दोनों विशेषज्ञों ने सुनिश्चित किया कि कार्यशाला में अनुभव को और अधिक मजेदार और इंटरैक्टिव बनाने के लिए खेलों को शामिल किया जाए। आइस ब्रेकर सत्र के परिणामस्वरूप छात्राओं की अधिक सक्रिय भागीदारी रही। छात्राओं ने विभिन्न पीढ़ियों की सुंदरता और उनके बीच विकसित हो रहे अंतर को दर्शाने के लिए ऑनस्पोर्ट स्किट, नृत्य और संगीत प्रदर्शन की तैयारी में बहुत उत्साह दिखाया।



Women Cell & Gender Champion Club  
St. Bede's College, Shimla

ATTENDANCE SHEET

Activity: "Promoting Intergenerational Bonding With College Students"

Date: December 04, 2024

Organising Unit: Women Cell & Gender Champion Club

Sr. No.	Name of the Student	Class	Signature
1)	KHUSHI KUMARI	Bsc.med(3 <sup>rd</sup> yr)	<i>Khushi</i>
2)	HARSHITA BANYAL	"	<i>Harshita</i>
3)	SANYOGITA SINGH CHAUHAN	"	<i>Sanyogita</i>
4)	Rishika Negi	"	<i>Rishika</i>
5)	ABHA VERMA	"	<i>Abha</i>
6)	SHOURYA SHARMA	"	<i>Shourya</i>
7)	RIYA	"	<i>Riya</i>
8)	DIYA THAKUR	"	<i>Diya</i>
9)	SUHAN VERMA	Bsc Medico (3 <sup>rd</sup> yr)	<i>Suhan</i>
10)	MUSHAN SHARMA	"	<i>Mushan</i>
11)	NEETIKA MEHTA	BSc Medico III	<i>Neetika</i>
12)	ADITI SUMAN	B.Sc Medico III	<i>Aditi</i>
13)	ADITI SHARMA	BSc III yr	<i>Aditi</i>
14)	RIDHIMA	BSc III yr	<i>Ridhima</i>
15)	SHRIVA SAVANT	BSc 3 <sup>rd</sup> yr Med	<i>Shriva</i>
16)	VARSHIKA CHANDER	"	<i>Varshika</i>
17)	PEHAL VERMA	"	<i>Pehal</i>
18)	PRITHVI RAJPUT	BSc Med 3 <sup>rd</sup> yr	<i>Prithvi</i>

*mallya*  
04/12/24  
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St. Bede's College  
Shimla

Attendance Sheet





Women Cell & Gender Champion Club

St. Bede's College, Shimla

19)	SHWETA	Bsc Medical 1 <sup>st</sup> Year	Shweta
20)	ALKA PARIHAR	"	Alka
21)	Shagun	"	Shagun
22)	SWAGNA KANWAR	Bsc Biotech (Hons) 1 <sup>st</sup> year	Swagna
23)	Aruni Thingra	"	Aruni
24)	Mehak Chauhan	B.Sc (Med) (Hons)	Mehak
25)	CHAUHAT KALTA	B.Sc (Med) (Hons)	Chauhat
26)	PRANJAL	B.Sc (Med) (Hons)	Pranjali
27)	TANNI SHARMA	BSc (Nursing) 1 <sup>st</sup> year	Tanni
28)	LUVINA DOGRA	BSc Biotech 1 <sup>st</sup> year	Luvina
29)	Aarti	BSc Biotech 2 <sup>nd</sup> year	Aarti
30)	SUJANI RANA	"	Sujani
31)	SHAGUN SHARMA	"	Shagun
32)	VAISHNAVI SHARMA	Bsc Biotech III <sup>rd</sup> year	Vaishnavi
33)	Yamnika Sharma	"	Yamnika
34)	AKANKSHA SHARMA	"	Akanksha
35)	ISHITA THAKUR	"	Shikha
36)	NISHITA VERMA	BSC-II	Nishita
37)	SIMRAN THAKUR	"	Simran
38)	VANSHIKA	"	Vanshika
39)	Sumshi Mehra	"	Sumshi
40)	PRANJAL THAKUR	"	Pranjali

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Women Cell & Gender Champion Club  
St. Bede's College, Shimla

41)	POOJA CHAUHAN	BSC II (MED)	Pooja
42)	SHARDESHI RAWAT	BSC II (MED)	Shardeshi
43)	LAVANYA BHATT	BIO TECHNOLOGY	Lavanya
44)	ADITI	BSC II (MED)	Aditi
45)	DEEYA BALI	BSC II (MED)	Deeya
46)	SNEHA KHIMTA	BSC II (MED)	Sneha
47)	SAMIKSHA VERMA	BSC II (MED)	Samiksha
48)	ASHANYA VERMA	BSC II (MED)	Ashanya
49)	ARSTHA SHARMA	"	Arstha
50)	RISHKA CHAUDHAN	BSC II (MED)	Rishka
51)	ANSHITA	BSC II (MED)	Anshita
52)	YUVIKA	BSC II (MED)	Yuvika
53)	ANGELINA NOOR	"	Angelina
54)	ANSHIKA THAKUR	"	Anshika
55)	NIYATI SHARMA	"	Niyati
56)	SAIKSHI CHAUDHAN	"	Saikshi
57)	JANVEE VERMA	"	Janvee
58)	NIDHUR FARRUK	BSC II (MED)	Nidhur
59)	ANISHA CHAUDHAN	BSC II (MED)	Anisha
60)	ANJALI PATEL	BSC II (MED)	Anjali
61)	NAVYA UPADHYAY	BSC II (MED)	Navya
62)	SARITA SHARMA	BSC II (MED)	Sarita

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St. Bede's College

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Women Cell & Gender Champion Club  
St. Bede's College, Shimla

63)	SHRUTIKA CHAKRABORTY	B.A. HONS 2	Shruti
64)	Ritul Chauhan	B.A. HONS	Ritul
65)	SUBHISHA MEHTA	B.A. HONS III	Subhish
66)	VEDIKA NEOHI	B.Sc. HONS III	Vedika
67)	VANSHIKA CHUNNI	B.A. HONS III	Vanika
68)	ISHITA SHARMA	B.A. (HONS) PSY. I YEAR	Ishta
69)	HIMANSHI PRACHAR	B.A. PSY. (HONS) II YEAR	Himanshi
70)	ANUSHKA KALANTA	"	Anushka
71)	HARSHITA THAKUR	B.A. HONS	Harshita
72)	ANSHIKA SHARMA	B.A. HONS	Anshika
73)	RIYA	B.Sc. III year	Riya
74)	SHIVANGI	B.Sc. II year	Shivangi
75)	ISHIKA	B.A. HONS	Ishta
76)	RIDHEEMA	B.Sc. I year	Ridheema
77)	JAHANVI	B.A. HONS	Jahnavi
78)	VANSHIKA	B.Sc. II year	Vanika
79)	AAYUSHI	"	Aayushi
80)	SANIVA VERMA	B.Sc. HONS	Saniva

  
Convener  
Women Cell & Gender Champion Club

  
President  
St. Bede's College  
Shimla

Attendance Sheet










## Seminar on Mind Mastery: Achieving Excellence and Personal Growth Through Psychology

**Objective:** To explore and discuss the role of psychological techniques and mind mastery in achieving personal and professional growth.

**Description:** On December 9, 2024, the Department of Psychology at St. Bede's College, Shimla, hosted a one-day seminar titled "Mind Mastery: Achieving Excellence and Personal Growth through Psychology." The event featured resource persons including Prof. N.K. Goyal, Chairman Emeritus of TEMA; Ms. Anjali Verma, Director of CSAI; Ms. Seema Goel, Advisor to CSAI; and Mr. Navdesh, CEO of CSAI & CMAI. The seminar explored techniques for mastering the mind to foster personal and professional growth, with Prof. Goyal sharing insights on managing mental health issues like depression. Ms. Goel discussed the negative applications of mind mastery, highlighting how cybercriminals manipulate emotions in cybercrimes.

**Outcome:** Participants gained a deeper understanding of how psychological factors influence personal development and how mastering the mind can lead to improved mental health and resilience. Attendees received valuable insights into managing mental health challenges, particularly depression, and learned how to apply psychological techniques to enhance personal and professional growth. Overall, the seminar empowered individuals to adopt healthier mental practices, understand psychological perspectives, and use mind mastery techniques for positive personal growth and contribution to society.

<p>Date: December 09, 2024 Timings : 10.30 A.M. to 12.30 P.M. Venue: Auditorium</p> <p>Target Audience: College &amp; School Students</p> <p>Registration link: <a href="https://forms.gle/8u33Bd79fz13y3c2d">https://forms.gle/8u33Bd79fz13y3c2d</a></p>	<p> <b>St. Bede's College</b> NAAC Re-Accredited A Grade</p> <p>  </p> <p><b>DEPARTMENT OF PSYCHOLOGY</b> Under the Aegis of IQAC is organizing a seminar on</p> <p><b>MIND MASTERY: ACHIEVING EXCELLENCE AND PERSONAL GROWTH THROUGH PSYCHOLOGY</b></p> <p></p> <p><b>Resource Persons</b></p> <p><b>Patron:</b> Prof. Sr. Molly Abraham</p> <p> <b>Prof. N.K. Goyal</b> Chairman Emeritus, TEMA, President CMAI/CSAI</p> <p> <b>Ms. Anjali Verma</b> Director, Cyber Security Association of India</p> <p><b>Convener:</b> Mr. Mohit Kumar</p> <p><b>Co-Conveners:</b> Ms. Jagriti &amp; Ms. Pratiksha Tomar</p>

*Brochure*



***Seminar on Mind Mastery: Achieving Excellence and Personal Growth Through Psychology  
(December 9, 2024)***





*Seminar on Mind Mastery: Achieving Excellence and Personal Growth Through Psychology  
(December 9, 2024)*



Department of Psychology  
St. Bede's College, Shimla

ATTENDANCE SHEET OF PARTICIPANTS (2024-25)

Name of the activity: Seminar on "Mind Mastery: Achieving Excellence and Personal Growth Through Psychology"

Date: 09/12/2024

Organizing Unit: Department Of Psychology

No of students participated:

Sr. No	Name of the student	Signature
1.	Sakshi Negi	
2.	Bhuvika Verma	
3.	Kaisha Sharma	
4.	Smriti Gupta	
5.	Tahani Wali	
6.	Mehak Sharma	
7.	Mannat Kapoor	
8.	Medhavi Nautiyal	
9.	Nikhita Raj Chauhan	
10.	Shruti Thakur	
11.	Priyanka Sharma	

11/12/24

09/12/24

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Shimla

Attendance Sheet



Department of Psychology  
St. Bede's College, Shimla

### ATTENDANCE SHEET OF PSYCHOLOGY STUDENTS (2024-25)

Name of the activity: Seminar on "Mind Mastery: Achieving Excellence and Personal Growth Through Psychology"

Date: 09/12/2024

Organizing Unit: Department Of Psychology

No of students attended:

Sr. No	Name of the student	Signature
1.	Sahiba Dhiman	
2.	Garagi Verma	
3.	Suhani Negi	
4.	Eirikka Koundal	
5.	Aanya Mimhas	
6.	Anuva Chandra	
7.	Ridhisha Chaudhary	
8.	Bhumika Verma	
9.	Venus Chauhan	
10.	Diyancor Aulakh	
11.	Smridhi Gupta	
12.	Saisha Khanna	
13.	Aishna Mittal	
14.	Vrinda Sharma	
15.	Sanya Jhingta	
16.	Bharti Sharma	
17.	Jahnavi Wali	
18.	Mehak Sharma	

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Attendance Sheet





Department of Psychology  
St. Bede's College, Shimla

19.	Kashish Shakya	<i>Pakya</i>
20.	Ridhima Chauhan	<i>Ridhima</i>
21.	Muskan Chauhan	<i>Muskan</i>
22.	Shayonika	<i>Shayonika</i>
23.	Sonal Patta	<i>Sonal</i>
24.	Disha Sharma	<i>Disha</i>
25.	Anayata Chauhan	<i>Anayata</i>
26.	Yuvika Verma	<i>Yuvika</i>
27.	Deeksha Jaryal	<i>Deeksha</i>
28.	Ishita Sharma	<i>Ishita</i>
29.	Aarvi Hastu	<i>Aarvi</i>
30.	Arshdeep Kaur	<i>Arshdeep</i>
31.	Komal	<i>Komal</i>
32.	Aastha Sahwan	<i>Aastha</i>
33.	Luvina Dogra	<i>Luvina</i>
34.	Aarti	<i>Aarti</i>
35.	Mitali Kaistha	<i>Mitali</i>
36.	Ganima Shandil	<i>Ganima</i>
37.	Sakshi Rana	<i>Sakshi</i>
38.	Akshara Chauhan	<i>Akshara</i>
39.	Nupur Thakur	<i>Nupur</i>
40.	Chyriel Thomas	<i>Chyriel</i>
41.	Viveka Kookna	<i>Viveka</i>

*Chyriel*





Department of Psychology  
St. Bede's College, Shimla

40.	Ayushi Mehta	Ayushi
42.	Prabisha Soni	Prabisha
43.	Tiba	Tiba
45.	Shruti Sharma	Shruti
46.	Neha Maraina	Neha
47.	Prerna Chandel	Prerna
48.	Snega Verma	Snega
49.	Samridhi Sharma	Samridhi
50.	Gharima Sharma	Gharima
51.	Mauli Garg	Mauli
52.	Aditi Sharma	Aditi
53.	Payal Mehta	Payal
54.	Shreya Sharma	Shreya
55.	Aditi	Aditi
56.	Chahat Kalra	Chahat
57.	Akriti Thakur	Akriti
58.	Mannat Thakur	Mannat
59.	Anushka Chauhan	Anushka
60.	Mehvish Sahuja	Mehvish
61.	Samreen Kaur	Samreen
62.	Arambhika	Arambhika
63.	Kritika Shandil	Kritika
64.	Kashish Gurawaliya	Kashish

8/10/20

Principal

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29/10/20  
Principal  
St. Bede's College  
Shimla

Attendance Sheet



Department of Psychology  
St. Bede's College, Shimla

65	Samruddhi R. Rana	<i>Rana</i>
66	Srijal Sharma	<i>Sharma</i>
67	Ashma Mehta	<i>Mehta</i>
68	Smarshi Ramlalk	<i>Ramlalk</i>
69	Shriya Thakur	<i>Thakur</i>
70	Devangi Sharma	<i>Sharma</i>
71	AKanksha Rana	<i>Rana</i>
72	Urmali Shree	<i>Shree</i>
73	Tarvi Chauhan	<i>Chauhan</i>
74	Pranjal	<i>Pranjal</i>
75	Pehal	<i>Pehal</i>
76	Aranya Sisodia	<i>Sisodia</i>
77	Vrity Sharma	<i>Sharma</i>
78	Harmanpreet Kaur	<i>Kaur</i>
79	Sanskriti Virla	<i>Virla</i>
80	Muskan Negi	<i>Negi</i>
81	Yachna	<i>Yachna</i>
82	Alisha Rampa	<i>Rampa</i>
83	Mannat Thakur	<i>Thakur</i>
84	Parvi Bhardwai	<i>Bhardwai</i>
85	Shweta	<i>Shweta</i>
86	Yashika Naret	<i>Naret</i>
87	Shikhi Sharma	<i>Sharma</i>

21/11/2020

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Mallyra  
29/12/20  
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Shimla

Attendance Sheet



Department of Psychology  
St. Bede's College, Shimla

88.	Divyanshi Gautam	<del>Divyanshi</del>
89.	Pratishtha Sharma	Intervu
90.	Priyanshi Sharma	Sharma.
91.	Pranchal Sharma	Pranchal
92.	Samira Sharma	Samir
93.	Awesome Sharma	<del>Awesome</del>
94.	Rashi Thakur	Rashi
95.	Apekha Dhandu	Apekha
96.	Muskan Verma Kapoor	Muskan
97.	Kritika Chandel	Kritika
98.	Mahima Khanna	Mahima
99.	Kudika Mehta	Kudika
100.	Xhivuti Chauhan	Xhivuti
101.	Xhivanshi Kumar	Xhivanshi
102.	Pragya Kaur	Pragya
103.	Mansi Prashar	Mansi
104.	Priyanshi Kaur	Priyanshi
105.	Kunika Khanna	Kunika
106.	Kritika Khanna	Kritika
107.	Vanshika Dogra	Vanshika
108.	Xhivanshi Khanna	Xhivanshi
109.	Niharika Khanna	Niharika
110.	Vanshika Kalia	Vanshika

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*(Signature)*

29/12/24  
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Shimla

Attendance Sheet





Department of Psychology  
St. Bede's College, Shimla

111	Mahima Kaur	Nothing
112	Narinder Tamir Mukherjee	Nothing
113	Riya Sharma	Riya Sh
114	Katrina K. Sol	Katrina
115	Shivam	Shivam
116	Nurja Upadhyaya	Nurja
117	Gunvillan Monga	Gunvillan
118	Kishor Kaur	Kishor
119	Shruti Bhargava	Shruti
120	Archita Garg	Archita
121	Swathi Singh	Swathi
122	Priyanka Bhatnagar	Priyanka
123	Disha Bhatnagar	Disha
124	Harish Sharma	Harish
125	Shruti Thakur	Shruti
126	Arushi	Arushi
127	Pooja	Pooja
128	Shruti Prasad	Shruti
129	Yukti Khanna	Yukti
130	Vidhi Luthra	Vidhi
131	Anshdeep Kaur	Anshdeep
132	Sania chandhary	Sania
133	Kulvinder Sharma	Kulvinder

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Amrit

29/12/24  
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Shimla

Attendance Sheet





Department of Psychology  
St. Bede's College, Shimla

134	Ashleen Paul	<u>Guind</u>
135	Jahnavi Jain	<u>Jahnavi Jain</u>
136	Achint Mann	<u>Achint Mann</u>
137	Kritika Sharma	<u>Kritika Sharma</u>
138	Dargesh	<u>Dargesh</u>
139	Sahij Karyal	<u>Sahij</u>
140	Ashien Simal	<u>Out</u>
141	Shagun Sharma	<u>Shagun</u>
142	Vidya Mary George	<u>Vidya</u>
143	Nanya Mita	<u>Nanya</u>
144	Anushka	<u>Anushka</u>
145	Srishti	<u>Srishti</u>
146	Arushi	<u>Arushi</u>
147	Ishika Verma	<u>Ishika</u>
148	Aditi Singh	<u>Aditi</u>
149	Gorima Shikawat	<u>Gorima</u>
150	Nimrat Kaur	<u>Nimrat</u>
151	Mehak Sharma	<u>Mehak</u>
152	DEVYANSHU CHADHAN	<u>Devanshu</u>
153	Tarika Pal	<u>Tarika</u>
154	Sejal Tanale	<u>Sejal</u>
155	Palak Thakur	<u>Palak</u>
156	Himanshi Prashar	<u>Himanshi</u>

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Department of Psychology  
St. Bede's College, Shimla

157.	Naira Abuja	<u>Naira</u>
158.	Ananya Sharma	<u>Ananya</u>
159.	Prapti	<u>Prapti</u>
160.	Varush	<u>Varush</u>
161.	Iskita Sharma	<u>Iskita</u>
162.	Aastha Grover	<u>Aastha</u>

德意志銀行

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Principal  
St. Bede's College  
St. Albans





## Workshop on “Promoting Intergenerational Bonding Among College Students”

On December 11, 2024, the Women Cell and Gender Champion Club of St. Bede's College held a workshop on “Promoting Intergenerational Bonding Among College Students” sponsored by the ‘National Institution of Social Defence’. The Resource Persons for the event were Ms. Jyoti Rana, ADM Shimla, Government of Himachal Pradesh, and Ms. Pratiksha Tomar, Assistant Professor, Department of Psychology, St. Bede's College.

**Objective:** The workshop aimed to foster among students the values of respect of empathy through intergenerational interactions. This was done to narrow down the widening gap between different generations and minimise the negative effect of it.

**Description:** The first resource person, Ms. Pratiksha, started by acquainting the students with the basic foundations of intergenerational bonds. She threw light upon the various forms of generations, which included generations like the silent generation, baby boomers, Generation X, Millennials and Generation Z. The widening gap between the different generations, the reasons behind it and its effect on the general population were discussed in detail by her. Ma'am also suggested some activities like gardening, storytelling, cooking, etc, to strengthen the intergenerational bond and reduce the feeling of isolation. The insights shared by her were followed by a fun game activity and an open mic competition in which students showed activities participation and depicted the theme through poetry, storytelling and singing performance. The winners of the competition were -


1st position - Aastha Nresht  
2nd position - Priyana Larzoo

A heart-touching musical play was also performed by the students that portrayed the evolving relationship between a mother and her daughter as they navigated the challenges of generational differences. Next, Ms. Jyoti Rana expressed her views by sharing her own life experiences to promote understanding and appreciation of the values of different generations. She emphasised the importance of building strong connections with one's family members to strengthen communication in today's fast-paced world.

**Outcome:** The workshop fostered respect and empathy among students and made the value the importance of intergenerational interactions. The students were happy to engage in activities that gave them the chance to understand and value the older generations. The workshop successfully achieved its objective of creating a platform for dialogue and connection between generations.





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

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


*Organises Workshop*  
on

**PROMOTING INTERGENERATIONAL BONDING  
WITH COLLEGE STUDENTS**


*sponsored by*

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

**RESOURCE PERSONS**



**Ms. Jyoti Rana**  
ADM Shimla  
Government of Himachal Pradesh



**Ms. Pratiksha Tomar**  
Assistant Professor  
Department of Psychology  
St. Bede's College

**DATE: DECEMBER 11, 2024**  
**TIME: 9:30 AM ONWARDS**  
**VENUE: AUDITORIUM**

*Brochure*



*Workshop on "Promoting Intergenerational Bonding Among College Students" (December 11, 2024)*



*Workshop on “Promoting Intergenerational Bonding Among College Students” (December 11, 2024)*





Women Cell & Gender Champion Club  
St. Bede's College, Shimla

ATTENDANCE SHEET

Activity: "Promoting Intergenerational Bonding With College Students"

Date: December 11, 2024

Organising Unit: Women Cell & Gender Champion Club

Sr. No.	Name of the Student	Class	Signature
1)	VRITY - SHARMA	B.A. Eng. H. I	Vrity
2)	BURGESH	B.A. 1st Year	Burgesh
3)	NIKITA THAKUR	BA ENG H. III	Nikita
4)	SHREYA THAKUR	B.A. Eng. H. III	Shreya
5)	PARUL HEHTA	B.A. Eng. H. III	Parul
6)	Shrutiya Thakur	B.A. Eng. H. III	Shrutiya
7)	DEVANGI SHARMA	B.A. Eng. H. III	Devangi
8)	ANUSHKA KAINTHLA	B.A. Eng. H. III	Anushka
9)	MISHA THAPA	B.A. Eng. H. III	Misha
10)	POONAM BHENGRA	B.A. Eng. H. III	Poonam
11)	DIVYA VERONICA BAGE	B.A. Eng. H. III	Divya
12)	SAHAJIA SHARMA	B.A. Eng. H. III	Sahaia
13)	ROZALI THAPA	B.A. Eng. H. III	Rozali
14)	VIDUSHI GAUR	B.A. Eng. H. III	Vidushi
15)	HARSHITA THAKUR	B.A. Eng. H. III	Harshita
16)	SARITA SHARMA	B.A. Eng. H. III	Sarita
17)	JAHNAVI WALI	B.A. Eng. H. III	Jahnavi
18)	SAKSHI SHARMA	B.A. Eng. H. III	Sakshi

11/12/24  
Principal  
St. Bede's College  
Shimla



Women Cell & Gender Champion Club  
St. Bede's College, Shimla

19)	SRITAJ SHARMA	B.A. 1 <sup>st</sup> year	Shritaj
20)	KRITIKA CHANDEL	Engg II	Kritika
21)	MEHVISH SAUHTA	Engg II	Mehvish
22)	NIMRITKA P. LINDHAN	B.Sc. 1 <sup>st</sup> year	Nimritka
23)	DIANOR AULAKH	BA III	Dianor
24)	ABHINA MITTAL	B.Sc. 1 <sup>st</sup> year	Abhina
25)	NANDNA MEHTA	B.Sc. 1 <sup>st</sup> year	Nandna
26)	PEHAL VERMA	"	Pehal
27)	ANANIYA SISOJA	"	Ananiya
28)	VANSHIKA CHANDEL	"	Vanshika
29)	Shreya Samrat	"	Shreya
30)	PRITHVI RASPUT	B.Sc. 1 <sup>st</sup> year	Prithvi
31)	JANVI CHAUDHAN	BA II <sup>nd</sup> year	Janvi
32)	SHARMAH THAKUR	BA II <sup>nd</sup> year	Sharma
33)	SHRUTI BHARWAT	BA II <sup>nd</sup> year	Shruti
34)	ARNITMA SHARMA	BA 2 <sup>nd</sup> year	Arnitma
35)	HARSHITA JASSAL	BA 2 <sup>nd</sup> year	Harshita
36)	RASTHA GROVER	BA 2 <sup>nd</sup> year	Rastha
37)	KRITIKA SHANDIL	BA 3 <sup>rd</sup> year	Kritika
38)	VASHIKA	BA 3 <sup>rd</sup> year	Vashika
39)	Mehak	BA 3 <sup>rd</sup> year	Mehak
40)	STUT	"	Stut

11/12/24  
Principal  
St. Bede's College





Women Cell & Gender Champion Club  
St. Bede's College, Shimla

41)	SHATAKSHI KAWAT	Bachelor Hons II	Shataakshi
42)	SRIJAN GUPTA	BA I	Sri-Jan
43)	SAKSHI RANA	BA I	Sakshi
44)	NIHARIKA SHARMA	BBA I	Niharika
45)	SNEHA VERMA	BBA I	Sneha
46)	NAVYA BHARDWAS	BBA I	Navya
47)	ARSHITA GOSWAMI	BBA I	Arshita
48)	ANANYA KHODNO	BSC II	Ananya
49)	RESHMA MINT	BSC II	Reshma
50)	PAYAL MEHTA	BSC II	Payal
51)	SHREYA SHARMA	BSC II	Shreya
52)	ADITI SHARMA	BSC II	Aditi
53)	SUNITHI SHARMA	BSC II	Suniti
54)	OSHEEN PAUL	BBA I	Osheen
55)	LUVINA KOBRA	BSC II	Luvina
56)	AARTI	BSC II	Aarti
57)	RIYA SHARMA	BA I ENG HONS	Riya
58)	MUKAN CHANDL	BBA I	Mukan
59)	USHAKSHI	BA I	Ushakshi
60)	ARSHITA CHAUDHARY	BBA I	Arshita
61)	KULDEEP THAKUR	BBA I	Kuldeep
62)	NANGA UPADHYAYA	BBA I	Nanga

Principal  
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Shimla



Women Cell & Gender Champion Club  
St. Bede's College, Shimla

63)	Ishita Shukla	B. Com III	Ishita
64)	Janya Chauhan	B. Com III	Janya
65)	Ritika Sharma	II	Ritika
66)	Bhruvika Sharma	II	Bhruvika
67)	DIVYA VINIYAL	Eng Hons II	Divya
68)	YASHO RAJYASHREE	ENG HONS I	Yasho
69)	Idhika Sharma	ENG HONS	Idhika
70)	PRANJAL SHARMA	Eng Hons II	Pranjali
71)	Prigyan Larzon	B.A II year	Prigyan
72)	Rishika Rawal	B.A II year	Rishika
73)	SMRITI SHARMA	B.A Eng Hons III year	Smriti
74)	Divyanshi	B.A Eng Hons III year	Divyanshi
75)	HARSHITA THAKUR	BA ENGLISH HONS III	Harshita
76)	SANDEEPA MITTA	B.A ENGLISH HONS III	Sandeepa
77)	Himanshi Prashar	B.A Eng Hons III	Himanshi
78)	Alitika Thakur	B.A II year	Alitika
79)	Medhami Naniyal	B.A II year	Medhami
80)	Saizal Sharma	B.A II year	Saizal

  
Convenor  
Women Cell & Gender Champion Club

  
16/10/21  
Principal  
St. Bede's College  
Shimla



## **Workshop on Promoting "Intergenerational Bonding with College Students"**

On December 17, 2024, the Women Cell and Gender Champion Club of St. Bede's College hosted a workshop, "Intergenerational Bonding with College Students," sponsored by the National Institute of Social Defence. Esteemed resource persons included Mrs. Sharu Gupta Sehgal, a freelancer, counsellor, and psychologist, and Dr. Jyotika Brari, an Assistant Professor in the Department of Zoology.

**Objectives:** The objective of the workshop on 'Intergenerational Bonding with College Students' was to promote understanding, respect, and collaboration between different age groups, particularly focusing on bridging the generational gap between students and older generations. The workshop aimed to instil the value of family ties and intergenerational connections, encouraging students to appreciate the wisdom and experiences of older generations. It also sought to provide students with practical insights into how changing societal dynamics affect relationships and to foster an environment of empathy, open communication, and peaceful coexistence across age groups.

**Description:** The core aim of the workshop was to highlight the importance of intergenerational bonding, particularly focusing on the student community. In today's fast-paced world, the gap between different generations—especially between the younger and older generations—has become more pronounced. Through the workshop, the resource persons sought to instill the value of family ties and encourage students to appreciate the wisdom and experiences that older generations bring to the table.

Mrs. Sharu Gupta Sehgal, with her expertise in psychology and counselling, led the discussion by focusing on how generational differences manifest in attitudes, perceptions, and daily interactions. Drawing on personal anecdotes and psychological research, she helped students understand the significance of empathy, communication, and active listening when interacting with older family members or individuals from different age groups. She elaborated on the psychological roots of generational differences and how these affect relationships, offering practical suggestions to bridge these gaps.

Dr. Jyotika Brari, with her academic and scientific background, brought a more analytical perspective to the conversation. She spoke about how societal changes, work distribution, and shifts in lifestyle have altered the relationships between generations over time. By using examples from both scientific studies and personal experiences, Dr. Brari helped students understand how different generations, often shaped by distinct historical contexts, can have varying viewpoints and approaches to life. Her approach was especially helpful in understanding how these differences can lead to conflict and how fostering respect can lead to harmonious relationships.



Throughout the session, there was an emphasis on the idea of 'Life full of awareness and no attitude.' Both resource persons emphasized the importance of embracing a mindset that values each generation's contributions, perspectives, and life experiences. They encouraged students to shift away from assumptions, biases, and judgmental attitudes, opting instead for curiosity, open-mindedness, and dialogue.

One of the key aspects of the workshop was its highly interactive format, which allowed students and resource persons to engage in open discussions. This not only made the session more dynamic but also enabled participants to share their own experiences and thoughts on intergenerational relations. The dialogue helped break down barriers, making it easier for the younger generation to understand the challenges faced by older generations, and vice versa.

**Outcome:** The workshop on 'Intergenerational Bonding with College Students' resulted in several positive outcomes. Students gained a deeper understanding of the generational gap, learning to appreciate the differing perspectives, values, and experiences of both younger and older generations. The session fostered mutual respect and empathy, encouraging students to engage in open, respectful dialogues with individuals from different age groups. Through interactive discussions and practical examples, participants developed enhanced communication skills, learning how to bridge generational differences effectively. The workshop also equipped students with strategies to navigate relationships more thoughtfully, fostering stronger familial ties and promoting peaceful coexistence across generations. Overall, the event succeeded in helping students recognise the importance of intergenerational bonds and how they contribute to a harmonious society.





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

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

*Organises Workshop on*

**PROMOTING INTERGENERATIONAL BONDING  
WITH COLLEGE STUDENTS**

*sponsored by*

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

**RESOURCE PERSONS**



**Dr. Jyotika Brari**  
Assistant Professor  
Department of Zoology  
St. Bede's College



**Mrs. Sharu Gupta Sehgal**  
Free Lancer Counsellor  
and  
Psychologist

DATE: DECEMBER 17, 2024  
TIME: 9:30 AM ONWARDS  
VENUE: AUDITORIUM



*Brochure*



*Workshop on Promoting "Intergenerational Bonding With College Students"(December 17, 2024)*



**Workshop on Promoting "Intergenerational Bonding With College Students" (December 17, 2024)**





## सेंट बीड्स कॉलेज में पीढ़ीगत संबंध पर कार्यशाला



शिमला। सेंट बीड्स कॉलेज के महिला प्रकोष्ठ और जेंडर चैंपियन क्लब द्वारा मंगलवार को राष्ट्रीय सामाजिक रक्षा संस्थान द्वारा प्रायोजित कॉलेज के छात्रों के साथ पीढ़ीगत संबंध विषय पर एक कार्यशाला का आयोजन किया। इस कार्यशाला के प्रमुख विशेषज्ञ शारू गुप्ता सहगल, फ्री लांसर, परामर्शदाता और मनोवैज्ञानिक और डॉ. ज्योतिका बरारी, सहायक प्रोफेसर, प्राणीशास्त्र विभाग रहे। कार्यशाला का उद्देश्य छात्राओं में पारिवारिक संबंधों और विभिन्न आयु समूहों के बीच संबंधों के मूल्य को स्थापित करना था। यह छात्राओं के बीच समझ, सम्मान और सहयोग को बढ़ावा देने के लिए किया गया था। विशेषज्ञों ने छात्राओं को अपने ज्ञान से समृद्ध किया उन्होंने अपने उदाहरणों को पेश करके छात्रों को व्यावहारिक रूप मनोविज्ञान इनपुट के साथ पीढ़ीगत अंतर को समझाने के लिए पीढ़ियों के बीच की खाई को पाटने में मदद की।

## सेंट बीड्स कॉलेज में कार्यशाला का आयोजन

शिमला। सेंट बीड्स कॉलेज के महिला प्रकोष्ठ और जेंडर चैंपियन क्लब ने राष्ट्रीय सामाजिक रक्षा संस्थान के सहयोग से विद्यार्थियों के साथ पीढ़ीगत संबंध विषय पर कार्यशाला आयोजित की। इसमें फ्री लांसर, परामर्शदाता और मनोवैज्ञानिक शारू गुप्ता सहगल और सहायक प्रोफेसर डॉ. ज्योतिका बरारी ने छात्राओं को पारिवारिक संबंधों और आयु समूहों के बीच के संबंधों के मूल्यों की जानकारी दी। विशेषज्ञों ने छात्राओं को अपने ज्ञान से समृद्ध किया। उन्होंने काम के वितरण के साथ लोगों के बदलते रिश्तों और दृष्टिकोण को भी समझाया। ब्यूरो



Women Cell & Gender Champion Club  
St. Bede's College, Shimla

### ATTENDANCE SHEET

Activity: "Promoting Intergenerational Bonding With College Students"

Date: December 17, 2024

Organising Unit: Women Cell & Gender Champion Club

Sr. No.	Name of the Student	Class	Signature
1)	SHIVANGI KAUSHIK	BCA 2nd year	
2)	NISHIKRITI	11	
3)	PARUL THAKUR	11	
4)	TARANA SHARMA	11	
5)	ANSHIKA THAKUR	11	
6)	NIHARIKA SHARMA	11	
7)	KANIK A	11	
8)	DIVYA VERMA	11	
9)	NIHARIKA SHARMA	BBA I	
10)	SNEHA VERMA	BBA-I	
11)	ARSHITA GOSWAMI	BBA-I	
12)	NEHA HARAINA	BCA-I	
13)	KUMAL SINGH	BCA-I	
14)	SHRUTI SHARMA	BCA-I	
15)	DURGESH	BCA I Year	
16)	SURYA TEJASWINI	BCA I Year	
17)	VRINDA	BCA I Year	
18)	HARSHITA HASTA	BCA I Year	

17/12/24  
Principal  
St. Bede's College  
Shimla

Attendance Sheet





Women Cell & Gender Champion Club  
St. Bede's College, Shimla

19)	Sneha Verma	BCA 1 <sup>st</sup> year	Sneha
20)	DIVANSHI SHARMA	"	Divanshi
21)	URUSHI KANWAR	"	Urushi
22)	RIITKA	"	Ritika
23)	RIDHI VERMA	"	Ridhi
24)	GAJANA HETTA	BBA III	Gajana
25)	BHAVI KANWAR	BBA III	Bhavi
26)	KRITIKA GUPTA	BBA III	Kritika
27)	ANUSHKA MENTA	BBA III	Anushka
28)	Dakshita Thakur	BBA III	Dakshita
29)	DEVANSHI HOUDAN	BBA III	Devanshi
30)	REKHA BUDHATHOKI	BBA III	Rekha
31)	ARUSHI AZAD	BBA III	Arushi
32)	TIYA GUPTA	BBA III	Tiya
33)	Sugil Rana	BBA III	Sugil
34)	Dhagen Sharma	BBA III	Dhagen
35)	Disha Rohal	BBA I	Disha
36)	PALAK RAWAT	BBA - 3	Palak
37)	Priyanka Thakur	BCA - 2	Priyanka
38)	VIDISHA	BCA 2 <sup>nd</sup>	Virish
39)	Shruti	"	Shruti
40)	Mansi Garg	BBA 1 <sup>st</sup> Year	Mansi

Mallam  
13/12/24  
Principal  
St. Bede's College  
Shimla



Women Cell & Gender Champions Club  
St. Bede's College, Shimla

41)	Garima	BBA IInd	Garima
42)	Nainika Verma	BBA 3rd Sem	Nainika
43)	PRAQYA SEO	BBA 3rd Sem	Praqya
44)	MANNAT	BBA IV Sem	Mannab
45)	SAPNA	BBA IV Sem	Sapna
46)	PALKIN	BBA IV Sem	Palkin
47)	NANDITA	BBA IV Sem	Nandita
48)	SEJAL	BCA VI Sem	Sejal
49)	ANKITA	BCA VI Sem	Ankita
50)	PALAK	BCA VI Sem	Palak
51)	MUSKAN	BCA VI Sem	Muskan
52)	HARDIKA	BCA VI Sem	Hardika
53)	SNEHA	BCA VI Sem	Sneha
54)	SNEHA KADIAN	BCA VI Sem	Sneha Kadian
55)	MAHIMA SHARMA	BCA VI Sem	Mahima
56)	Manu Prashai	BBA 3rd Sem	Manu
57)	Sejal HimRAL	BCA 1st	Sejal
58)	ADRIKA THAKUR	BBA 2nd Sem	Adrika
59)	PRITHIKA VERMA	BA I Sem	Prithika
60)	RAJNANDINI RATHOUR	BA 1st Year	Rajnandini
61)	VANSHIKA KALJOTRA	BA 1st Year	Vanshika
62)	SHRISATI GUPTA	E.O. Hons III	Shrisati

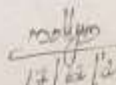
17/12/24  
Principal  
St. Bede's College  
Shimla



Women Cell & Gender Champion Club  
St. Bede's College, Shimla

63)	CHAHAT KALTA	B.Sc. 1st yr	Kalta
64)	SNEHA KHIMTA	B.Sc. 1st yr	BK
65)	MEHAK CHAUDHAN	B.Sc. 1st yr	Mehak
66)	SHARONIKA CHAKRABORTY	CHY HANDE	Shy
67)	Indika Singh	BBA 1st yr	Indika
68)	TAYAL MEHTA	B.Sc. 1st yr	Tayal
69)	RESHMA MINZ	B.Sc. 1st yr	Reshma
70)	SUNIDHI SHARMA	B.Sc. 1st yr	Sunidhi
71)	ADITI SHARMA	B.Sc. 1st yr	Aditi
72)	Ananya Khosla	B.Sc. 1st yr	Ananya
73)	Manpreet Kaur	B.Sc. 1st yr	Manpreet
74)	Lavanya Bhatt	B.Sc. 1st yr	Lavanya
75)	JANHAVI BHATTIA	B.Sc. 1st yr	Janhavi
76)	USHITA THAKUR	"	Ushita
77)	TANYA	"	Tanya
78)	Shrutaroshi Banat	B.Sc. 1st yr	Shrutaroshi
79)	BHUMIKA SHARMA	B.Sc. 1st yr	Bhumika
80)	RITVIKA	"	Ritvika

  
Convenor  
Women Cell & Gender Champion Club

  
18/02/24  
Principal  
St. Bede's College  
Shimla

Attendance Sheet



## **Workshop on " Promoting Intergenerational Bonding With College Students"**

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

**Objective:** The workshops aimed to foster understanding and appreciation between generations by exploring intergenerational relationship dynamics, psychological insights, and the evolution of values and communication. Activities focused on encouraging gratitude, empathy, teamwork, and enhanced social skills, bridging generational experiences. Ultimately, the goal was to inspire lifelong learning, self-reflection, and personal growth through interactive and engaging methods like discussions, storytelling, and games.

**Description:** The workshop commenced with a warm welcome to the first resource person of the day, Dr. Shonali Sud, who joined virtually. She engaged with the students on the topic of intergenerational bonding, illustrating her insights with examples from renowned psychologists. Additionally, she provided a comparative analysis between her time and the present, highlighting the evolving dynamics of relationships across generations. She also shared some practical psychological analyses, helping students connect theoretical concepts with real-world applications. Concluding her session, she motivated the students, wished them good luck for the future, and emphasized that the sky is the limit. Her insights added a valuable psychological perspective to the workshop.

The second resource person Ms. Pankhudi Bhatnagar, commenced her session on a positive note, setting an engaging and encouraging atmosphere for the students. She used a PowerPoint presentation to visually support her discussion, making complex ideas more accessible and engaging. Drawing from her own childhood experiences, she provided real-life examples that helped students relate to the evolving nature of intergenerational relationships.

She emphasized the importance of practising gratitude and love, encouraging students to develop a positive mindset and appreciate the bonds they share with different generations. To make the session more interactive, she incorporated games designed to highlight generational evolution. These activities focused on fostering team spirit, identifying commonalities between different age groups, and understanding the shifts in values and traditions over time.

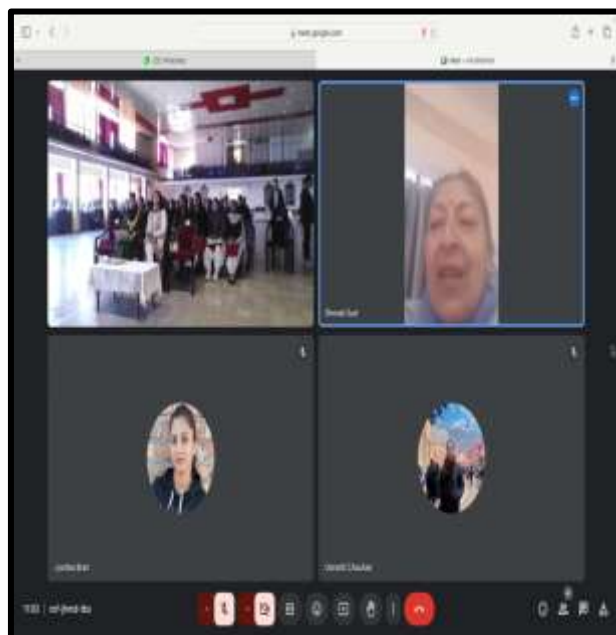
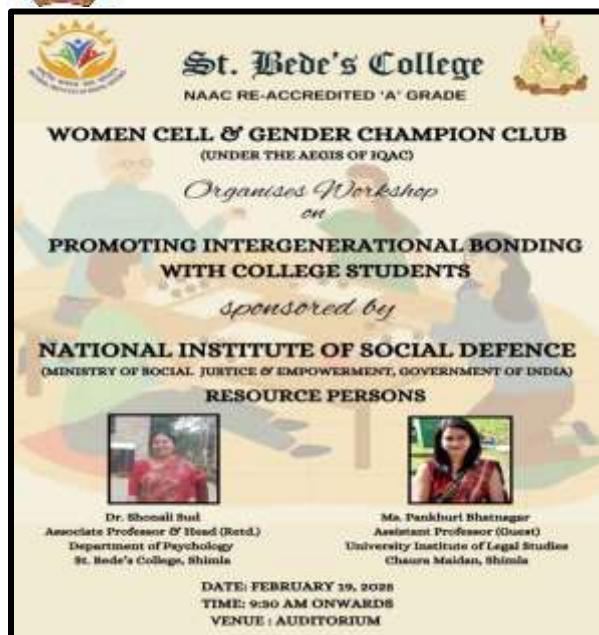
Her session was both insightful and engaging, leaving students with a deeper appreciation for intergenerational connections and the significance of empathy and understanding in building strong relationships across ages.





After the sessions, a special montage created by college students was played, highlighting the theme of generational bonding. The video featured students engaging in heartfelt conversations with their grandparents and parents, sharing experiences, memories, and the deep bonds they cherish. Through these interactions, the montage beautifully captured the essence of intergenerational relationships, emphasizing the importance of love, respect, and understanding between different age groups. The presentation served as a touching conclusion to the workshop, reinforcing the key messages conveyed by the resource persons.

**Outcome:** The workshop successfully provided students with a deeper understanding of intergenerational bonding, emphasizing the significance of communication, mutual respect, and shared experiences. Through engaging discussions and real-life examples, students were able to connect psychological concepts with practical applications, gaining valuable insights into the evolving relationships between different generations. Activities promoting gratitude, love, and empathy encouraged students to reflect on their relationships with their elders, fostering emotional growth and stronger familial connections. Interactive games further enhanced teamwork and collaboration, highlighting common values across generations. The student-created montage served as a powerful expression of these themes, reinforcing the importance of preserving family traditions and wisdom. Overall, the workshop left a lasting impact, inspiring students to appreciate and nurture meaningful relationships with their parents, grandparents, and the generations to come.



*Brochure*



*Workshop on " Promoting Intergenerational Bonding With College Students (February 19, 2025)*



*Workshop on " Promoting Intergenerational Bonding With College Students (February 19, 2025)*





## सेंट बीड्स कॉलेज में तनाव कम करने के बताए तरीके

शिमला। सेंट बीड्स कॉलेज की महिला प्रकोष्ठ और लिंग चैंपियन समिति द्वारा बुधवार को कॉलेज के छात्राओं के साथ अंतर्जनपदीय संबंध को बढ़ावा देने पर एक कार्यशाला का आयोजन किया गया। कार्यशाला में मुख्य विशेषज्ञों में डा. शोनाली सूद और पानखुरी भट्टनागर मौजूद रही। प्रसिद्ध मनोवैज्ञानिक डा. शोनाली सूद ने पीढ़ीगत मतभेदों, जीवन लक्ष्यों और तनाव प्रबंधन पर एक आभासी व्याख्यान दिया। उन्होंने पीढ़ियों में आत्म-मूल्य और प्रेम पोषण के महत्व पर भी जोर दिया। सत्र ने प्रभावी रूप से संयुक्त, सीखने और बातचीत को बढ़ावा दिया गया।

## सेंट बीड्स कॉलेज में कार्यशाला का आयोजन

शिमला। सेंट बीड्स गर्ल्स कॉलेज में बुधवार को कॉलेज के महिला प्रकोष्ठ और जेंडर चैंपियन समिति ने अंतर पीढ़ीगत बंधन विषय पर कार्यशाला का आयोजन किया। इसमें अलग-अलग पीढ़ियों में संबंधों को और गहरा तथा मधुर बनाने को लेकर छात्राओं को जागरूक किया। कार्यशाला में कॉलेज की शिक्षिका डॉ. सोनाली सूद और एचपीयू के यूआईएलएस संस्थान की शिक्षिका पांखुड़ी भट्टनागर ने बतौर मुख्य वक्ता शिरकत की। डॉ. सोनाली सूद ने पीढ़ीगत मतभेदों, जीवन लक्ष्यों और तनाव प्रबंधन पर व्याख्यान दिया। व्यूरो

*Media Coverage*





Women Cell & Gender Champion Club  
St. Bede's College, Shimla

### ATTENDANCE SHEET

Activity: "Promoting Intergenerational Bonding With College Students"

Date: February 19, 2025

Organising Unit: Women Cell & Gender Champion Club

Sr. No.	Name of the Student	Class	Signature
1)	ANKANKSHA	D.E.D 1st	Ankanksha
2)	ARACHAL SHARMA	D.E.D 2nd year	Arachal Sharma
3)	ANANIKA	D.E.D 2nd year	Ananika
4)	SHWETA KUMAR	D.E.D 2nd year	Shweta
5)	RITIKA KUMARI	D.E.D 2nd year	Ritika
6)	Chanchla Devi	2nd year	Ch
7)	MINAKSHI	2nd year	minakshi
8)	RAJNI	D.E.D 2nd	Rajni
9)	DEEPIKA	D.E.D 2nd	Deepika
10)	Taruna Khatoon	D.E.D 2nd	Taruna
11)	NEHA SHARMA	D.E.D 2nd	Neha
12)	Anshika	D.E.D 2nd	Anshika
13)	SUMERA	D.E.D 2nd	Sumera
14)	MITALI PUNDIR	D.E.D 2nd	Mitali
15)	Kajal Thakur	D.E.D 1st	Kajal
16)	SAKSHI MAITU	D.E.D 1st	Sakshi
17)	Kashish Thakur	D.E.D 1st	Kashish
18)	Pratibha Thakur	D.E.D 1st	Pratibha

Mollym  
19/02/25  
Principal  
St. Bede's College

Attendance Sheet



Women Cell & Gender Champion Club  
St. Bede's College, Shimla

19)	Kiran Sharma	D.El.Edist	Priya Sharma
20)	SAHAR BHARDWAJ	D.El.Edist	Sahar
21)	KANVIKA SHARMA	D.El.Edist	Kanika
22)	RITIKA THAKUR	D.El.Edist	Ritika
23)	SHEETAL VERMA	D.El.Edist	Sheetal
24)	DEEPTHIKA SHARMA	D.El.Edist	Deeptika
25)	SONAM	D.El.Edist	Sonam
26)	CHAITALI THAKUR	D.El.Edist	Chaitali
27)	OSHIN VERMA	D.El.Edist	Oshin
28)	DEEPTI THAKUR	D.El.Edist	Deepti
29)	VANDANA	D.El.Edist	Vandana
30)	Muskan Thakur	D.El.Edist	Muskan Thakur
31)	AKSHIKA	D.El.Edist	Akshika
32)	KRITI	D.El.Edist	Kriti
33)	PRITANKA NEGI	D.El.Edist	Pritanka
34)	HARSHIKA	D.El.Edist	Harshika
35)	DEEPTIKA	D.El.Edist	Deeptika
36)	PALLVI	D.El.Edist	Pallvi
37)	SHREYA	D.El.Edist	Shreya
38)	ANSHITA VERMA	D.El.Edist	Anshita
39)	PRANJAL	D.El.Edist	Pranjali
40)	NAVATI NEGI	D.El.Edist	Navati

19/02/25  
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St. Bede's College  
Shimla

Attendance Sheet



Women Cell & Gender Champion Club  
St. Bede's College, Shimla

41)	AAKRITI FALAJK	DEL ED 1st	Aakriti
42)	INDIRA	DEL ED 1st	Indira
43)	PARUL	D. ELED 1st	Parul
44)	RIDHI	"	Ridhi
45)	PALAK	D. ELED 1st	Palak
46)	REJUL	D. ELED 1st	Rejul
47)	JAGRITY	DEL ED 1st	Jagrity
48)	ANJALI SHARMA	DEL ED 1st	Anjali
49)	GUNJAN SHARMA	D. ELED 1st	Gunjan
50)	SANIA	D. ELED 1st	Sania
51)	ADITI	DEL ED 1st	Aditi
52)	ANUVA	B. ELED 1st	Anuva
53)	ISHITA THAKUR	B. COM 1st	Ishita
54)	MEHAK CHUNDL	DEL ED 1st	Mehak
55)	REYA SHARMA	"	Reya
56)	Shreya Thakur	"	Shreya
57)	JANVEE	B. ELED 1st	Janvee
58)	Ashmita Mehta	"	Ashmita
59)	JAHNAVI SISODIA	"	Jahnavi
60)	PRIYA MEHTA	"	Priya
61)	NIHA SHARMA	P. ELED 1st	Niha
62)	ARPITA	B. ELED 1st	Arpita

19/02/25  
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St. Bede's College  
Shimla

Attendance Sheet



Women Cell & Gender Champion Club

St. Bede's College, Shimla

63)	Niketa Thakur	19/02/20	
64)	AARUSHI SHARMA	19/02/20	
65)	NAINA VERMA	19/02/20	
66)	Prinda Gupta	19/02/20	
67)	VRITY SHARMA	19/02/20	
68)	Abni Sharma	19/02/20	
69)	Snigdha Thakur	19/02/20	
70)	ANCHAL DHANAN	19/02/20	
71)	SHREYA THAKUR	19/02/20	
72)	VANSHIKA	19/02/20	
73)	POOJA	19/02/20	
74)	NIKITA SHARMA	19/02/20	
75)	SANIA KUMARI	19/02/20	
76)	ANGELINA	19/02/20	
77)	ANCHAL SHARMA	19/02/20	
78)	SHROUTI	19/02/20	
79)	ADITI JHINGTA	19/02/20	
80)	MANIKA	19/02/20	

Convenor  
Women Cell & Gender Champion Club

19/02/20  
Principal  
St. Bede's College  
Shimla

Attendance Sheet





## **Virtual Workshop on "Promoting International Bonding With College Students"**

The Women Cell and Gender Champion Club of St. Bede's College, Shimla, organised a virtual workshop on "Promoting International Bonding with College Students" on February 25, 2025. The workshop aimed to foster intergenerational relationships, uphold ethical values, and explore the impact of technological advancements on family dynamics. The event featured two distinguished resource persons, Dr Seema Kashyap, Associate Professor at the University of Legal Studies, Chaura Maidan, Shimla, and Dr SN Ghosh, Professor at the Department of Psychology, Himachal Pradesh University (HPU). The workshop provided valuable insights into intergenerational bonding, respect for ethics, and the role of technology in shaping relationships.

**Objective:** The initiative aimed to promote international and intergenerational connections while highlighting the role of ethics in building strong relationships. It encouraged students to honour their cultural heritage alongside modern adaptations and explored the impact of technology, including AI, on intergenerational dynamics. Interactive activities fostered awareness of family traditions and the importance of shared wisdom.

**Description:** Dr. Seema Kashyap's session stressed the vital role of intergenerational bonding and ethical values in a thriving society. She emphasised the need to respect and cherish the wisdom of elders, recognising their invaluable contributions. Furthermore, she highlighted how ethical values are fundamental in shaping individual character and fostering integrity and responsibility. Dr Kashyap explained that mutual respect and meaningful relationships within families and communities are the cornerstones of strong societal bonds, creating a supportive and interconnected environment. Finally, she challenged students to find a harmonious balance between preserving their cultural heritage and adapting to the evolving demands of contemporary lifestyles, encouraging them to embrace both tradition and progress.

Dr. SN Ghosh's session delved into the widening historical gap between generations, exploring how evolving lifestyles and broader societal shifts have reshaped family dynamics. He illuminated how technological advancements have fundamentally altered communication patterns and relationships between different age groups, creating both opportunities and obstacles for connection. The discussion extended to the benefits and challenges of Artificial Intelligence (AI) in potentially bridging these generational gaps, offering new avenues for interaction while also raising concerns about digital divides. Dr Ghosh also emphasised the continuing importance of physical proximity and shared spaces in nurturing and maintaining emotional connections across generations. He then presented a multifaceted perspective, incorporating viewpoints from children, youth, adults, and the elderly on practical strategies for strengthening family bonds in the face of these modern challenges.

Interactive Activities



The workshop incorporated engaging activities to encourage student participation and practical understanding of the discussed concepts. These included:

**Poster-Making and Slogan-Writing:**

Students expressed their thoughts creatively on family bonds, ethical values, and generational harmony through posters and slogans. The activity helped them visually represent the importance of unity and respect across generations.

**Traditional Recipes and Home Remedies Sharing:**

One of the most engaging segments of the workshop involved students sharing traditional recipes and home remedies passed down by their grandparents. This activity highlighted the rich cultural wisdom of older generations and reinforced the importance of preserving family traditions and knowledge.

**Skit Performance:**

The workshop concluded with a skit performed by students, showcasing real-life scenarios emphasizing mutual respect, emotional connections, and bridging generational gaps. The performance effectively conveyed the importance of fostering strong family relationships and understanding different generational perspectives.

**Outcomes:** The workshop, organised by the Women Cell and Gender Champion Club , successfully fostered insightful discussions on intergenerational bonding, ethical values, and evolving family dynamics in the digital age. Students enhanced their awareness of intergenerational relationships, appreciated cultural preservation through shared traditions, and explored the impact of technology on family bonds. Interactive activities encouraged active participation and emphasised the importance of emotional well-being across generations. The event reinforced the significance of mutual respect and adapting to modern advancements while staying rooted in traditional values, leaving participants with a memorable and enriching experience. The organisers expressed their gratitude to the resource persons, faculty, and students for their enthusiastic involvement.



# St. Bede's College

NAAC RE-ACCREDITED 'A' GRADE



## WOMEN CELL & GENDER CHAMPION CLUB

(UNDER THE AEGIS OF IQAC)

*Organises Workshop  
on*

## PROMOTING INTERGENERATIONAL BONDING WITH COLLEGE STUDENTS

*sponsored by*

## NATIONAL INSTITUTE OF SOCIAL DEFENCE

(MINISTRY OF SOCIAL JUSTICE & EMPOWERMENT, GOVERNMENT OF INDIA)

### RESOURCE PERSONS



**Dr. S.N.Ghosh**  
Professor

Department of Psychology  
Himachal Pradesh University, Shimla



**Dr. Seema Kashyap**  
Associate Professor

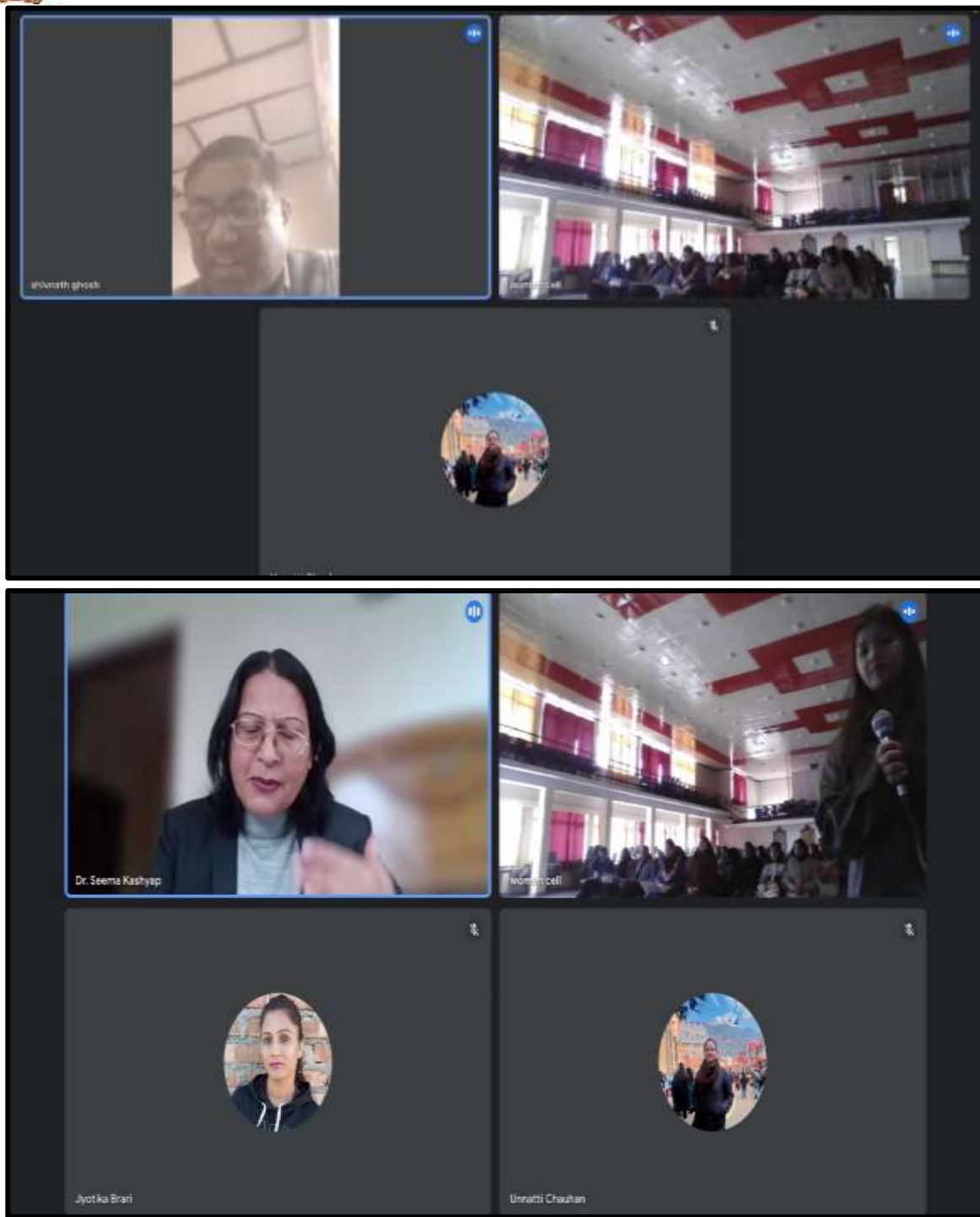
University Institute of Legal Studies  
Chaura Maidan, Shimla

**DATE: FEBRUARY 25, 2025**

**TIME: 9:30 AM ONWARDS**

**VENUE : AUDITORIUM**

*Brochure*



*Virtual Workshop on "Promoting International Bonding With College Students"(February 25, 2025)*





## पोस्टर स्पर्धा में रोजली और नारा लेखन में श्रुति अव्वल सेंट बीइस कॉलेज में स्पर्धाओं का आयोजन



सेंट बीइस कॉलेज में आयोजित कार्यशाला में भाग लेती छात्राएं और विभिन्न स्पर्धाओं की विजेता शिक्षकों के साथ। अमर उजाला

### अमर उजाला ब्यूरो

शिमला। सेंट बीइस कॉलेज के महिला प्रकोष्ठ और जेंडर चैंपियन कमेटी ने मंगलवार को अंतर पीढ़ी संबंधों पर कार्यशाला का आयोजन किया।

इस मौके पर आयोजित पोस्टर स्पर्धा में रोजली थापा ने पहला, रित्विका ने दूसरा, नारा लेखन में श्रुति शर्मा ने पहला, ममता मेहरा ने दूसरा तथा स्कैच बनाने में दिव्या उनियाल ने पहला स्थान पाया। ऑनलाइन और ऑफलाइन मोड से आयोजित इस कार्यशाला में विश्वविद्यालय से सेवानिवृत्त मनोविज्ञान प्रो. एसएन घोष, यूआईएलएस विधि संस्थान की शिक्षिका डॉ. सीमा कश्यप ने स्रोत

व्यक्ति के रूप में शिरकत की और रिश्तों की अहमियत बताई। सीमा कश्यप ने अपने से बड़ों के आदर सत्कार करने और बड़ों के साथ जुड़े रहने के लिए उनसे नियमित रूप से बातचीत करने पर जोर दिया। कहा कि इससे रिश्ते मजबूत होते हैं।

मनोवैज्ञानिक प्रो. एसएन घोष ने सामाजिक, तकनीकी विकास, बदलते लाइफ स्टाइल बारे बताया। छात्राओं को बताया कि कैसे एक-दूसरे से मिलकर बातचीत कर रिश्तों को मधुर बनाया जा सकता है। कहा कि परिवार का आपस में मेलजोल होना जरूरी है। कार्यशाला में छात्राओं ने नुक्कड़ नाटक का मंचन कर रिश्तों का महत्व बताया।

*Media Coverage*



Women Cell & Gender Champion Club  
St. Bede's College, Shimla

### ATTENDANCE SHEET

Activity: "Promoting Intergenerational Bonding With College Students"

Date: February 25, 2025

Organising Unit: Women Cell & Gender Champion Club

Sr. No.	Name of the Student	Class	Signature
1)	TAMANNA	B.A. III <sup>rd</sup>	Tamanna
2)	JAHNVI	B.A III <sup>rd</sup>	Jahnvi
3)	HITESHI	B.A III <sup>rd</sup>	Hiteshi
4)	NIYIKA	B.A III <sup>rd</sup>	Niyika
5)	URVASHI	B.A III <sup>rd</sup>	Urvashi
6)	NANCY	B.A III <sup>rd</sup>	Nancy
7)	ASHIMA	B.A III <sup>rd</sup>	Ashima
8)	RIYA SHARMA	BA III	Riya
9)	SRIJAL KIDLA	BA III	Srijal
10)	SONAL SARDANI	BA III	Sonal
11)	KRITIKA PUNDIR	BA III	Kritika
12)	RIYA KAUNDAL	BA III	Riya
13)	JIGYASA PATYAL	BA III	Jigyasa
14)	MITALI CHAUHAN	BA III	Mitali
15)	MEHAK TANWAR	BA III	Mehak
16)	HIMANI VERMA	BA III	Himani
17)	PRİYAL SHARMA	BA III	Priyal
18)	SONAM ANAND	BA III	Sonam

Principal  
25/02/25  
St. Bede's College

Attendance Sheet



Women Cell & Gender Champion Club  
St. Bede's College, Shimla

19)	AANVI HASTU	BA Part III	Aanvi
20)	RITIKA BERRY	BA Part III	Ritika
21)	PRAPTI JOSEPH REDDY	BA Part III	Prapti
22)	SHAYANTIKA CHAKRABORTY	BA Part III	Shayanti
23)	AANYA SAROCH	BA III	Aanya
24)	PRIYANSHU CHANDEL	MSC IV	Priyanshu
25)	SHIVANI THAKUR	MSC IV	Shivani
26)	ANUJA	MSC IV	Anuja
27)	ANANTIKA NEGI	MSC IV	Anantika
28)	HIMANI THAKUR	MSC IV	Himani
29)	YAMUNA KATICH	MSC IV	Yamuna
30)	SANRITI THAKUR	MSC IV	Sanriti
31)	SAKSHI BHARADWAJ	MSC IV	Sakshi
32)	Radhika Singh	MSC IV	Radhika
33)	PRIKSHA DOLRA	MSC IV	Priksa
34)	RIDHI DHANTA	MSC IV	Ridhi
35)	VIDHUTI	MSC IV	Vidhuti
36)	VAREKA	MSC IV	Vareka
37)	SAKSHI	MSC IV	Sakshi
38)	SHWETA FUNIA	MSC IV	Shweta
39)	Singara Thakur	MSC IV	Singara
40)	PRATISHTHA SHARMA	BA III	Pratishtha

25/05/20  
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St. Bede's College  
Shimla

Attendance Sheet



Women Cell & Gender Champion Club  
St. Bede's College, Shimla

41)	ANJALI THAKUR	BA I <sup>st</sup>	Anjali
42)	PRIYANSHI SHARMA	BA I <sup>st</sup>	Priyanshi
43)	PRITYANKA VERMA	BA I <sup>st</sup>	Prityanka
44)	SNEHA VERMA	BA I <sup>st</sup>	Sneha
45)	PRIYANSHI THAKUR	BA I <sup>st</sup>	Priyanshi
46)	DIKSHITA NEGI	BA I <sup>st</sup>	Dikshita
47)	APRAJITA CHAUDHAN	BA I <sup>st</sup>	Apajita
48)	SHURUTI	BA I <sup>st</sup>	Shuruti
49)	JANVI KANWAR	BA I <sup>st</sup>	Janvi
50)	DIJANODE AULICH	BA III	Dijanode
51)	SHIMONA JANDDEV	BA I	Shimona
52)	PERNA	BA I	Perna
53)	ANUSHKA SHARMA	BA I	Anushka
54)	JANSHIKA BHARDWAJ	M.Sc II	Janshika
55)	Jisha Jinnwal	M.Sc IV	Jisha
56)	SARGAM THAKUR SAWANT	M.Sc IV	Sargam
57)	TANVI THAKUR	BA I year	Tanvi
58)	ANUSHKA THAKUR	BA I year	Anushka
59)	LAVANYA BHATT	Biotech-2	Lavanya
60)	ARIKA CHAUDHAN	Biotech-2	Arika
61)	SHATAKSHI RANJAT	Biotech-2	Shatakshi
62)	ASTHA	BA III year	Astha

Roll No.  
05/BA/105  
Principal  
St. Bede's College

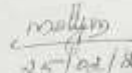




Women Cell & Gender Champion Club  
St. Bede's College, Shimla

63)	DIVYA UNIYAL	BA III <sup>rd</sup> year (ESCI)	Tij
64)	KRITIKA CHAUDHARY	BA III <sup>rd</sup> year	Kritika
65)	TASHI WANGMO	BA III <sup>rd</sup> year	Tashi
66)	SAMREEN KAUR	BA II <sup>nd</sup> year	Samreen
67)	Sukhman GHAJ	BA II <sup>nd</sup> year	Sukhman
68)	PALAK AGGARWAL	BA II <sup>nd</sup> year	Palak
69)	ARJUN CHAUHAN	BA II <sup>nd</sup> year	Arjun
70)	Aruni Gupta	BA II <sup>nd</sup> year	Aruni
71)	Vanshika Kalyan	BA I <sup>st</sup> year	Vanshika
72)	Jahnvi Sharma	BA I <sup>st</sup> year	Jahnvi
73)	Shreya Kumari	BA I <sup>st</sup> year	Shreya
74)	Aashka Pansari	BA I <sup>st</sup> year	Aashka
75)	AISHWARYA	BA I <sup>st</sup> year	Aishwarya
76)	SAUMYA THAKUR	BA I <sup>st</sup> year	Saumya
77)	ANCHAL SHARMA	BA I <sup>st</sup> year	Anchal
78)	NAVYA THAKUR	BA I <sup>st</sup> year	Navya
79)	ANKITA RATHORE	BA I <sup>st</sup> year	Ankita
80)	POOJA	BA I <sup>st</sup> year	Pooja

  
Convenor  
Women Cell & Gender Champion Club

  
25/02/20  
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St. Bede's College  
Shimla

Attendance Sheet



### **3 Days Workshop on Basic of Python**

3 Days workshop on “Basics of Python” was held at St Bede’s College from March 10-12, 2025 from 9:00 AM to 5:00 PM in the computer lab. Workshop was organised by FLOSS- Free/Libre and Open-Source Software for Education, Indian Institute of Technology, Bombay.

#### **Objectives:**

- Provide a foundational understanding of Python syntax, keywords, and basic programming constructs.
- Enable participants to write simple programs that solve basic computational and real-life problems.
- Teach the use of variables, data types (int, float, string, list, etc.), and common operators (arithmetic, logical, comparison).
- Guide participants in using decision-making constructs (if-else) and loops (for, while) to control program execution.
- Explain how to define and use functions to write clean, reusable, and organized code.
- Practice with Hands-On Coding Exercises


This kind of workshop took place for first time in Himachal Pradesh. Workshop was organised to provide students with a solid foundation in Python programming and designed for beginners with little or no prior experience in coding, targeting to introduce students to Python's core concepts and practical applications. Over the span of three days, students were guided through e-lectures/videos, hands-on coding exercises, and real-world examples to help them become comfortable with Python. The hands-on coding exercises and quizzes were conducted in online mode on Yaksh portal. after the successful completion of the workshop, 32 students were awarded e-certificates by Indian Institute of Technology, Bombay. More workshops will be organized in future for the students to promote the use of open-source tools in academia and research.

#### **Learning outcomes:**

By the end of the workshop, students were able to:

1. Understand Basic Python Syntax and Structure:
2. Use Variables, Data Types, and Operators:
3. Define and Call Functions and modules:
4. Solve Basic Programming Problems:
5. Work Comfortably in a Python Development Environment:
6. Gain Confidence to Explore Advanced Python Topics:






Heritage Status

# St. Bede's College


NAAC Re-Accredited A Grade




python™

## 3 Days Workshop on "Basics of Python"

Organised by  
Department of Computer Science  
(Under the Aegis of IQAC)



python



Promoting Free/Libre and Open Source Software  
**fossee**  
better  
education

In collaboration with FOSSEE  
Indian Institute of Technology,  
Bombay

Patron:  
Prof. Sr. Molly Abraham  
Principal

Convener:  
Ms. Neha Walia  
Assistant Professor

Date : March 10-12, 2025    Venue : Computer Lab 2    Time : 9:00 A.M. – 5:00 P.M.

For any queries, contact  
[stcyberguard@stbedes@gmail.com](mailto:stcyberguard@stbedes@gmail.com)  
9438903075, 9856313366

### Brochure




*3 Days Workshop on Basic of Python (March 10-12, 2025)*



## छात्राओं ने जाने पायथन प्रोग्रामिंग के गुर

शिमला। सेंट बीड्स कॉलेज के कंप्यूटर साइंस विभाग ने बेसिक्स ऑफ पायथन कार्यशाला का आयोजन किया। कार्यशाला को इंडियन इंस्टीट्यूट ऑफ टेक्नोलॉजी बाम्बे के फ्री लिब्रे और ओपन-सोर्स सॉफ्टवेयर फॉर एजुकेशन प्रोग्राम के तहत आयोजित किया गया। प्रदेश में इस तरह की कार्यशाला पहली बार हुई। कार्यशाला के सफल समापन पर 32 छात्राओं को आईआईटी बाम्बे ने ई-प्रमाण पत्र प्रदान किए। कार्यशाला में ई-लेक्चर, वीडियो सत्र, व्यावहारिक अभ्यास और वास्तविक उदाहरणों के माध्यम से छात्रों को प्रशिक्षित किया गया। कार्यशाला कॉलेज की प्राचार्या प्रो. (सिस्टर) मौली अब्राहम, प्राध्यापक नेहा वालिया, निवेदिता भारद्वाज शर्मा और देवेंद्र सिंह ने भाग लिया। संवाद

### Media Coverage



## St. Bede's College

NAAC Re-Accredited A Grade

Heritage Status

**ATTENDANCE SHEET**

NAME OF THE ACTIVITY: 3 DAYS WORKSHOP ON BASIC OF PYTHON

DATE: MARCH 10-12, 2025

ORGANIZING DEPARTMENT: COMPUTER SCIENCE

NO. OF STUDENTS PARTICIPATED: 32

VENUE: COMPUTER LAB 2

TIME: 9:00 AM - 5:00 PM

Sr. NO	NAME	CLASS	SIGNATURE	
			MORNING SESSION	EVENING SESSION
1	DIVANSHI SHARMA	B.C.A. - II SEM	<i>[Signature]</i>	<i>[Signature]</i>
2	DURGESH	B.C.A. - II SEM	<i>[Signature]</i>	<i>[Signature]</i>
3	NEHA MARAINA	B.C.A. - II SEM	<i>[Signature]</i>	<i>[Signature]</i>
4	RIDHI VERMA	B.C.A. - II SEM	<i>[Signature]</i>	<i>[Signature]</i>
5	RITIKA NEGI	B.C.A. - II SEM	<i>[Signature]</i>	<i>[Signature]</i>
6	SARGAM SHARMA	B.C.A. - II SEM	<i>[Signature]</i>	<i>[Signature]</i>
7	SEJAL HIMRAL	B.C.A. - II SEM	<i>[Signature]</i>	<i>[Signature]</i>
8	SIRUTI SHARMA	B.C.A. - II SEM	<i>[Signature]</i>	<i>[Signature]</i>
9	SNEHA VERMA	B.C.A. - II SEM	<i>[Signature]</i>	<i>[Signature]</i>
10	SURYA TEJASVNI CHANDEL	B.C.A. - II SEM	<i>[Signature]</i>	<i>[Signature]</i>
11	URVASHI KANWAR	B.C.A. - II SEM	<i>[Signature]</i>	<i>[Signature]</i>
12	VRINDA TIGALA	B.C.A. - II SEM	<i>[Signature]</i>	<i>[Signature]</i>
13	HARSHITA HASTA	B.C.A. - II SEM	<i>[Signature]</i>	<i>[Signature]</i>
14	ANSHIKA THAKUR	B.C.A. - IV SEM	<i>[Signature]</i>	<i>[Signature]</i>

### Attendance Sheet





# St. Bede's College

NAAC Re-Accredited A Grade

Heritage Status

15	DIVYA	B.C.A. - IV SEM	<i>Divya</i>	<i>Divya</i>
16	KANIKA	B.C.A. - IV SEM	<i>Kanika</i>	<i>Kanika</i>
17	NAVYA THAKUR	B.C.A. - IV SEM	<i>Navya</i>	<i>Navya</i>
18	NIHARIKA SHARMA	B.C.A. - IV SEM	<i>Nihika</i>	<i>Nihika</i>
19	NISHKRITI	B.C.A. - IV SEM	<i>Nishkriti</i>	<i>Nishkriti</i>
20	PARUL THAKUR	B.C.A. - IV SEM	<i>Parul</i>	<i>Parul</i>
21	PRERNA THAKUR	B.C.A. - IV SEM	<i>Prerna</i>	<i>Prerna</i>
22	TARANA SHARMA	B.C.A. - IV SEM	<i>Tarana</i>	<i>Tarana</i>
23	ADITI	B.C.A. - VI SEM	<i>Aditi</i>	<i>Aditi</i>
24	ANKITA NEGI	B.C.A. - VI SEM	<i>Ankita</i>	<i>Ankita</i>
25	HARDIKA VERMA	B.C.A. - VI SEM	<i>Hardika</i>	<i>Hardika</i>
26	MAHIMA SHARMA	B.C.A. - VI SEM	<i>Mahima</i>	<i>Mahima</i>
27	MUSKAN KAPOOR	B.C.A. - VI SEM	<i>Muskan</i>	<i>Muskan</i>
28	PALAK THAKUR	B.C.A. - VI SEM	<i>Palak</i>	<i>Palak</i>
29	SEJAL GANATE	B.C.A. - VI SEM	<i>Sejal</i>	<i>Sejal</i>
30	SNEHA CHANDEL	B.C.A. - VI SEM	<i>Sneha</i>	<i>Sneha</i>
31	SNEHA KALYAN	B.C.A. - VI SEM	<i>Sneha</i>	<i>Sneha</i>
32	TANIA	B.C.A. - VI SEM	<i>Tania</i>	<i>Tania</i>

*Neuha*  
12/12/2021  
NEHA WALIA  
(HOD)

*Molly*  
12/12/21  
PROF.(SR.) MOLLY ABRAHAM  
PRINCIPAL  
Principal  
St. Bede's College  
Shimla

Attendance Sheet



## **International Seminar (Online) on “Peace Building Through Sports”**

### **Objectives:**

- The programs aim was to promote social integration, build bridges between communities.
- To help foster a sense of unity and ultimately contributing to a more peaceful and inclusive society.
- Sports can teach valuable life skills such as teamwork, respect, discipline and fair play, which are crucial for building a peaceful society.

### **Description:**

On, March 29, 2025 the College NSO unit organized an online International Seminar on “Peace Building through Sports” in collaboration with Physical Education Foundation of India: Ministry of Youth Affairs and Sports. Google Meet was the platform for conducting the seminar. The resource person for the session was Dr. S. Sbanath, University of Jafanna, Sri-Lanka. Prof. Jomae B. Esto, University of Mindanao, Philippines acted as the moderator for the same. Dr. Piyush Jain, National Secretary of Physical Education Foundation of India was also the part of the event as the Chief Guest. The program started with the welcome speech of Convener; NSO Dr. Ashwani Kumar. Dr. Ashwani introduced all the National and International dignitaries present in the seminar. Then resource persons then addressed the gathering on the platform. The talk was very informative and interactive which reflected his insights and the field of his expertise. A total of 138 participants from various National and International organizations were a part of this online event. The College Principal Prof. (Sr.) Molly Abraham also addressed the speaker, chief guest and moderator of the workshop and inspired the organizers by her words of appreciation. The vote of thanks was proposed by the Miss Ritul Chauhan, NSO-President.

### **Outcomes:**

Such programs provide a useful way of creating an environment in which individuals can come together to work towards the same goal, show respect for others and share space. Participants also got an opportunity to interact with the Nationally and Internationally renowned personalities and gave positive feedback about the online international seminar.



**St. Bede's College, Shimla, (H.P), India**

NAAC RE-ACCREDITED 'A' GRADE

**National Sports Organisation (NSO)**



*In collaboration with*  
**Physical Education Foundation of India: Ministry of Youth Affairs & Sports**

*is organising a*

**INTERNATIONAL SEMINAR (ONLINE)**

**ON**

**-PEACE BUILDING THROUGH SPORTS-**

**Date: March 29, 2025 (10.30 to 11.30 am IST)**

**Resource Person**



**Dr. S. Sabaananth**  
Faculty of Allied Health Sciences,  
University of Jaffna, SRI LANKA

**Chief Guest**



**Dr. Piyush Jain**  
National Secretary: PEFI, NDLS,  
INDIA

**Moderator**



**Prof. Jomar B. ESTO**  
University of Southern Mindanao,  
PHILLIPPINES

**Patron**



**Prof. (Sr.) Molly Abraham**  
(Principal)

**Convener**



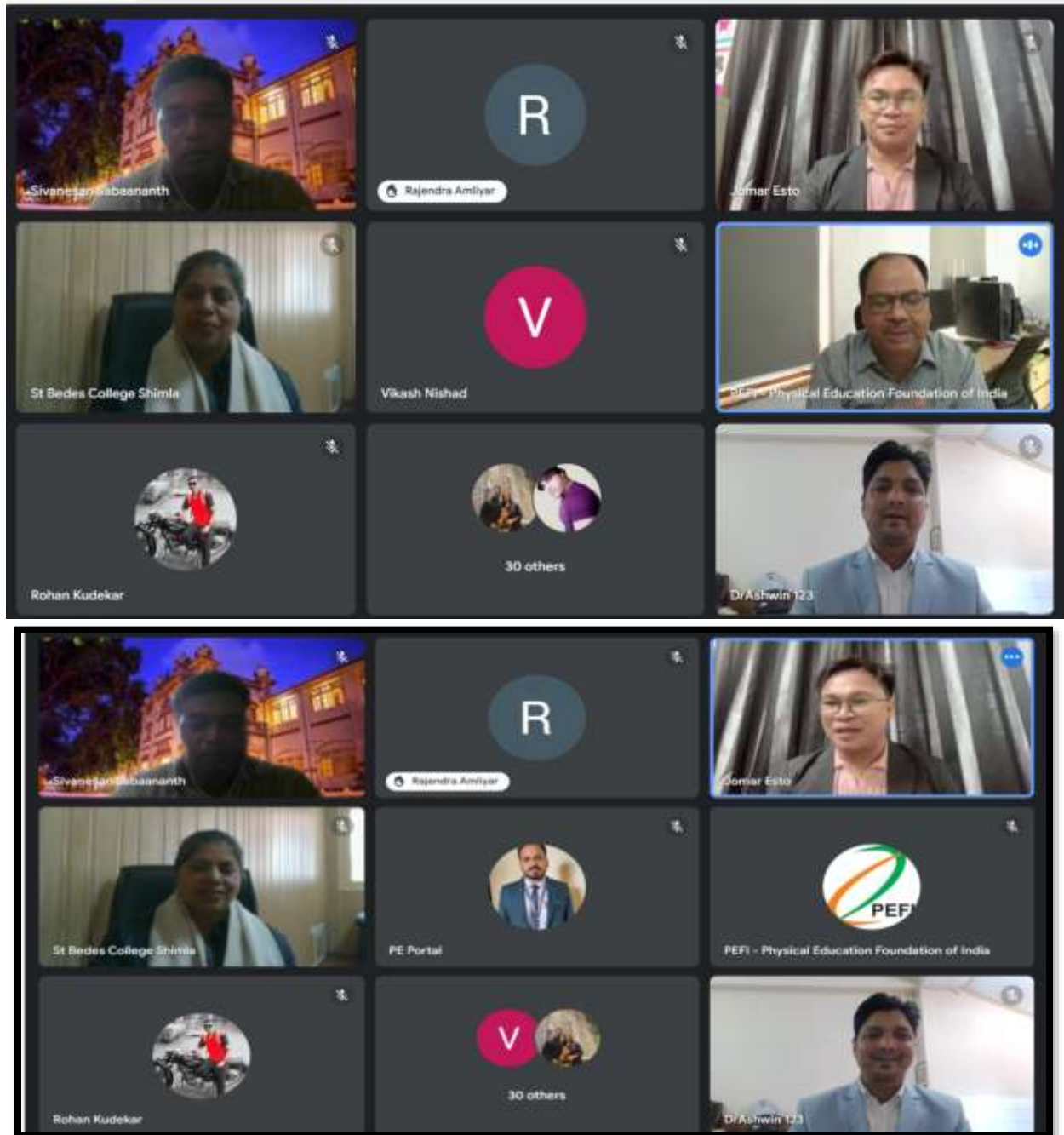
**Dr. Ashwani Kumar**  
(NSO)

Google Meet link: International link: <https://meet.google.com/guv-enhh-gfy>

**Brochure**



### Glimpses of the International Seminar:



*International Seminar (Online) on “Peace Building Through Sports” (March 29, 2025)*





Sivanesan Sabarwanth (Presenting)

peace building with SDGs.pptx - PowerPoint

Thoracic outlet syndrome

Nerves and blood vessels pass through a small "outlet" down to the arms and hands.

Labels: Subclavian artery, Subclavian vein, Thoracic outlet, Clavicle, Protruding scapula, Cervical rib, First rib, Scapula, Acromioclavicular joint.

Participants: Sivanesan Sabarwanth, Rajendra Aruliyar, St Bedes College SHL, PEPI - Physical Educat..., Daya Nand, 35 others, Dr Ashwin S23.

Sivanesan Sabarwanth (Presenting)

peace building with SDGs.pptx - PowerPoint

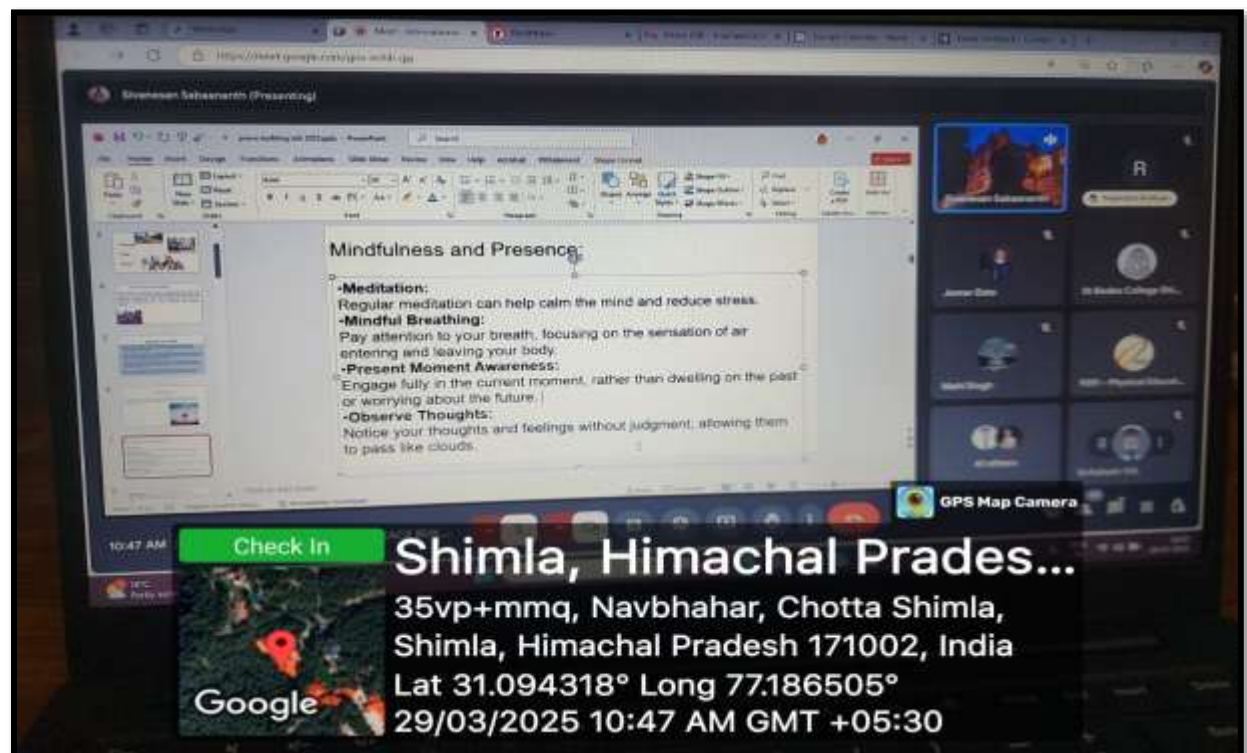
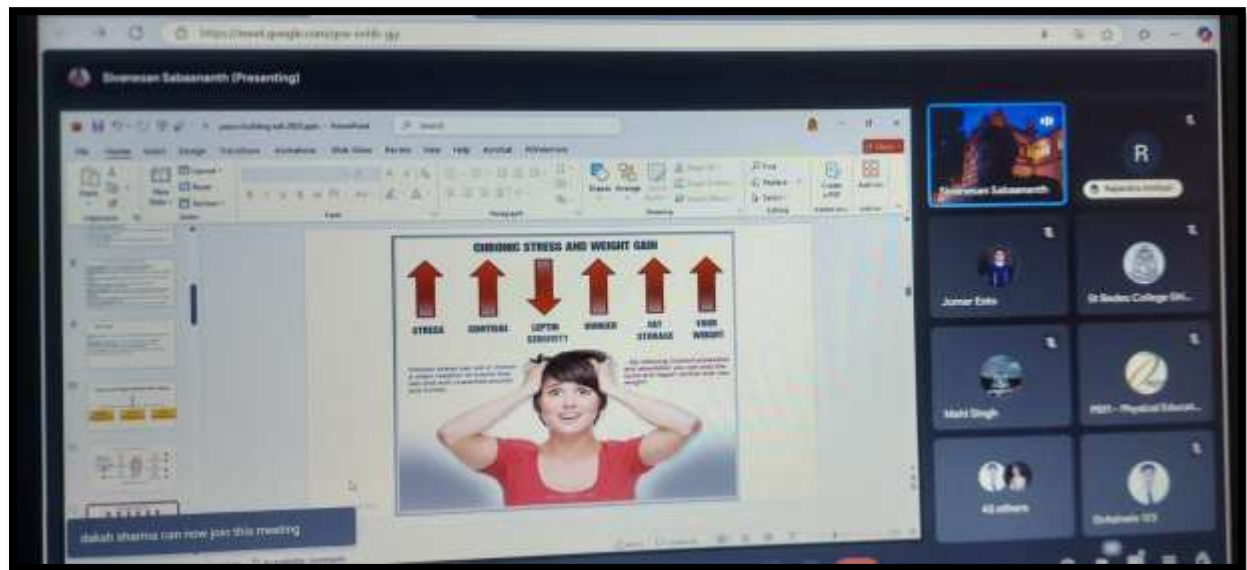
Introduction to Peacebuilding

- What is Peacebuilding?
  - The process of developing peace through efforts to address conflict, reduce tensions, and promote harmony.
  - Involves efforts to prevent violence, support post-conflict recovery, and strengthen peaceful relationships.
- Key Focus Areas:
  - Conflict resolution
  - Social cohesion
  - Community development
  - Human rights

Participants: Sivanesan Sabarwanth, Rajendra Aruliyar, St Bedes College SHL, PEPI - Physical Educat..., Daya Nand, 35 others, Dr Ashwin S23.

11:12 AM | International online seminar on PEACE BUILD...

*International Seminar (Online) on "Peace Building Through Sports" (March 29, 2025)*



*International Seminar (Online) on “Peace Building Through Sports” (March 29, 2025)*



## INTERNATIONAL ONLINE SEMINAR

ON "PEACE BUILDING THROUGH SPORTS" March 29, 2025 (10.10 to 11.40 pm IST), Organized by NSO, St. Bede's College.

Shimla (H.P)-INDIA

In collaboration with Physical Education Foundation of India: Ministry of Youth Affairs & Sports

\* Indicates required question

1. Email \*

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2. Name (Miss/Mrs./Mr./Dr./Prof.): \*

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3. Affiliation (College/University):

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Principal  
St. Bede's College

  
St. Bede's College  
Physical Education  
Department

*Attendance Sheet*





International Seminar (Online) on Peace Building  
Through Sports (March 29, 2025)  
Total Nos of Participants: 138

Timestamp	Username	Name (Mis Affiliation)	Gender	(M)	Department	State	Country	E.mail:
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2025/03/2	abhijeetbhu23	Dr. Abhijeet Saraswati	M		Department	UP	India	abhijeetbhu23@gmail
2025/03/2	nirala0408	Mrs. NIRAL Lovely	prof	Male	Physical ed	Uttar Prad	India	nirala040898@gmail.c
2025/03/2	alpinzain@	Mr. State Univ	Male		Sports Scie	Jakarta	Indonesia	Alpinzain@gmail.com
2025/03/2	yogamayakunu	Dr. Yogam: Ramadevi	F		Psychology	Odisha	India	yogamayakunu@gmail
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Attendance Sheet





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2025/03/2 shailesh91 Shailesh m University M	Physical ed U. P	India	shailesh9111987@gm
2025/03/2 20phpep00 Mrs.Sarany Avinashilili Female	Physical ed Tamil Nadu	India	20phpep003@avinuty
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2025/03/2 mahajanm Mr. MANU Aarni Univ Male	Business N Himachal F	India	mahajanmanu11@gm
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2025/03/2 sportprab Dr. R Sarav Avinashilin F	Physical Ed Tamilnadu	Infia	prabha_phys@avinuty
2025/03/2 josemathe Dr. Jose M. VKIDFT, Ke M	Physical Ed Kerala	India	josemathew3373@gm
2025/03/2 dr.kashmir Dr. Kashmi Victoria Co Male	Departmer Madhya Pr	India	dr.kashmirsingh16@g
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2025/03/2 guleria101 Mr Anil k: Mism colle Male	Physical ed Himachal F	India	Guleria101anil@gmail
2025/03/2 jigneshatani Dr. Jignesh Sir K. P. Co Male	Physical Ed Gujarat	India	jigneshatandel18781@
2025/03/2 tanvi.tarpa Dr. Tanvi V Vanita Visi Female	Departmer Gujarat	India	tanvi.tarpa@vwwust

*St. Bede's College*  
Physical Education  
Department

## Attendance Sheet



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Total

St. Bede's College  
Physical Education  
Department

### Attendance Sheet



## **Three Days International Workshop on Research Methodology (Online)**

### **Objectives:**

- The workshop aimed to equip participants with the foundational knowledge and practical skills needed to design, conduct, and analyze research effectively by both online and offline modes.
- The workshop provided a platform to the participants to interact with eminent researchers, around the globe.
- The ultimate goal was to enhance participants' ability to contribute meaningfully to their field through rigorous and effective research.

### **Description:**

The PG Departments in the college and the Department of Physical Education in collaboration with UGC, under the aegis of IQAC organized a “Three Days International Workshop on Research Methodology” from 7<sup>th</sup> - 9<sup>th</sup> April, 2025. In the workshop various aspects of research like research ethics, basic concepts of research and data analysis in interdisciplinary insights were discussed. More than 250 delegates and renowned personalities belonging to different fields and from various National and International Universities, Colleges and Institutes, joined the workshop in online mode. More than 34 college (M.Sc. Botany) students joined offline. Prof. Ma Rosita Ampoyas Hernani; Philippines and Dr. Yogamaya Panda; Odisha, India. Prof. Rajeev Choudhary; Chhatisgarh, India and Prof. Jomar B. ESTO; Philippines, Prof. Oliver B. Villaflores; Philippines and Prof. Jainah Rose; Philippines were the resource persons and moderators for 7<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup> April, 2025 respectively. All the sessions were very informative and interactive. Such events provide massive learning platforms for young researchers. The Principal Sr. (Prof.) Molly Abraham was also a part of this workshop she interacted with various National and International dignitaries on this platform and also appreciates and motivates the organizers for their efforts. She urged the organizers to organize such beneficial events in the future also.

### **Day: I (April 7<sup>th</sup>, 2025)**

Day one started with the online welcome and introductory speech by Dr. Kusum, in-charge PG Department of Botany. She introduced the speaker for the session, Prof. Ma. Rosita Ampoyas-Hernani from Cebu Normal University Philippines, moderator Dr. Yogamaya Panda from Department of Psychology, from Shailbala, Women Autonomous College Cuttack, Odisha, India and the Principal Prof. (Sr.) Molly Abraham. The status and legacy of the college was also highlighted during the welcome speech. Google meet was the platform for this interaction, the moderator Dr. Yogamaya Panda handled the session seamlessly.

The resource person Prof. Ma Roshita Hernani delivered her expert address, on the topic entitled “Research Ethics in Social Sciences”. She explained the necessity to study research ethics. She even mentioned her views on the role of ethics to ensure integrity and credibility of research to protect the rights and dignity of the participants, to promote trust between researchers





and society etc. Prof. Rosita highlighted on research ethics and said, “Ethics is the foundation, not an option”.

Dr. Yogamaya Panda summarized the session on “Research Ethics”. She focused on the importance and role of ethics and social ability of people in research. She conducted the entire session very effectively. The PG students of the college also interacted with the resource person and asked various questions.

The vote of thanks was proposed by Ms. Vanshika from the PG Department of Botany. The overall session was very informative and interactive.

### **Day: II (April 8<sup>th</sup>, 2025)**

The second day of the workshop on, “Research Ethics” started with the detailed description of the preceding of the last day by Dr. Ashwani Kumar, from Department Physical Education. He welcomed and introduced the keynote speaker for the second day session; Prof. Rajeev Choudhary from Pt. Ravishankar Shukla University, Raipur, Chhattisgarh, India. The moderator Prof. Jomar B. Esto from the University of Southern Mindanao, Philippines. The principal of the college, Prof. (Sr.) Molly Abraham was also welcomed and introduced to the dignitaries present on the platform; she also addressed the gathering and also appreciated the efforts of the organizers. The moderator Prof. Jomar B. Esto was invited to handle the session

The second day's session was on "Basic Concept of Research and Data Analysis". The resource person, Prof. Rajeev Choudhary delivered a detailed presentation on the basic components of research. He also explained quantitative and qualitative aspects of the research and discussed steps in the research processes. Prof. Choudhary practically explained various data analytical and statistical tools to the delegates in an interactive manner.

The session was concluded by the moderator Prof. Jomar B. Esto. He thanked Prof. Choudhary for his effective speech and skills on the topic. He also thanked St. Bede's College, for making him a part of the wonderful workshop. The session for the day ended with a question answer segment related to research ethics from the speaker.

Ms. Sakshi Bhardwaj from M.Sc. Botany proposed the vote of thanks to the speaker, moderator, college principal, organizers and the delegated who joined from around the globe in online / offline mode.

### **Day: III (April 9<sup>th</sup>, 2025)**

The third day of the workshop started at 11.00 am, where Ms. Titiksha Kamal from the Department of Botany St. Bede's, introduced and welcomed the resource person Prof. Oliver B. Villaflores, from Faculty of Pharmacy, University of Santo Tomas Philippines and the Moderator was Prof. Jainah Rose G. Amilbahar from University of Southern Mindanao, Philippines. She also read out the proceedings of the previous day. The Principal Prof. (Sr.) Molly Abraham addressed the gathering present in both online and offline mode.





The moderator Prof. Jainah Rose G. Amilbahar was invited to for further handling and proceedings. The moderator i.e., Prof. Jinah Rose introduced speaker and invited him to deliver his expertise on, 'Interdisciplinary Insights: How to cross field thinking leads to great research questions'.

Prof. Oliver B. Villaflores the resource person talked about Interdisciplinary Insights in his presentation. He shared his own research findings and discusses research related questions/answers that lead to an effective study. He also explained interdisciplinary new research possibilities in collaboration with other good organizations for methodology exposures and quality research. He also explained the importance of the collaboration of specific research with different fields like humanities, education with neuroscience etc. He concluded his lecture with the words "stay narrow think wide".

Prof. Jainah Rose G. Amilbahar gave summary about theme; she thanked Prof. Oliver for his informative and interactive session. She thanked to St. Bede's College for making her part of this wonderful workshop.

Ms. Titiksha from the Department of Botany proposed the vote of thanks.

The overall sessions were very informative and interactive. The workshop was appreciated by various National and internationally recognized personalities and delegates through the medium of online feedback.

### **Outcomes:**

After attending the workshop, participants improved their understanding of research design, literature review, hypothesis development, data collection methods, and data analysis techniques.

### **Social Media Links:**

- <https://www.facebook.com/share/p/18ec27ZR2R/>
- <https://www.facebook.com/share/p/1EYPgx4zTG/>
- <https://www.facebook.com/share/p/18ec27ZR2R/>





**ST. BEDE'S COLLEGE, SHIMLA**  
NAAC RE-ACCREDITED "A" GRADE  
College with Potential for Excellence

**PG Departments and Department of Physical Education**

In Collaboration with UGC Cell  
(Under the aegis of IQAC)  
is Organising

**THREE DAYS INTERNATIONAL WORKSHOP ON RESEARCH METHODOLOGY (Online)**  
**(SCIENCES & HUMANITIES)**  
**APRIL 7 - 9, 2025**

**Resource Person and Moderator**

7th April, 2025



**Prof. Ma Ronda Ampoza**  
Barasat,  
Cebu Normal University  
PHILIPPINES



**Dr. Yogendra Patel**  
Department of Psychology  
S. W. Acharya College  
Gurgaon, India

8th April, 2025



**Prof. Supre Chakraborty**  
P.K.S. University/Super  
Chhatrapati,  
INDIA



**Prof. Jamar B. SUTTO**  
University of Southern  
Mindanao,  
PHILIPPINES

9th April, 2025



**Prof. Oliver S. Villalones**  
Faculty of Pharmacy  
University of Santo Tomas  
PHILIPPINES



**Prof. Jansah Nam C. Amilthier**  
University of Southern  
Mindanao,  
PHILIPPINES

**Topic Covered**

- ✓ Research Ethics
- ✓ Basic Concept of Research and Data Analysis
- ✓ Interdisciplinary Insights: How Cross-Field thinking leads to great Research Questions

**Organisers**

**Patron**  
Prof. Dr. J. Mody Abraham

**Chairman**  
Dr. Rusan Sharma

**Vice-Chairman**  
Dr. Ashwani Kumar

**Co-Chairman**  
Ms. Anshu Sharma

**Organising Secretaries**  
Dr. Preeti Kaundal    Dr. Sangeeta Sharma  
Ms. Tinksha Kamal    Mr. Nalin Sharma

**TIME**  
10:30 am - 12:30 pm IST**Google meet link:**  
<https://meet.google.com/zqx-dnax-qwu>

Brochure



***Three Days International Workshop on Research Methodology (Online) (7 - 9 April, 2025)***



*Three Days International Workshop on Research Methodology (Online) (7 - 9 April, 2025)*







*Three Days International Workshop on Research Methodology (Online) (7 - 9 April, 2025)*



*Attendance sheet*  
*Feedbacks*

## Three Days International Workshop on Research Methodology- Online, (Sciences & Humanities)

Organized by: PG Department of Botany & Department of Physical Education in  
collaboration with UGC Cell, St. Bede's College, Shimla, (H.P), India, April 7-9, 2025, (11.00  
am to 12.45 pm IST)

1. Name  
\_\_\_\_\_
2. Gender  
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3. Designation  
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4. College/University  
\_\_\_\_\_
5. Department  
\_\_\_\_\_
6. Country  
\_\_\_\_\_
7. Email  
\_\_\_\_\_

*Principal*  
Principal  
St. Bede's College  
Shimla

*Principal*  
St. Bede's College  
Physical Education  
Shimla

*Attendance Sheet*



### Attendance Sheet

Activity: Three days International Workshop on Research Methodology (Total-231)

Date: 7, April 2025

S. No	Name	Signature
1.	Akshita	
2.	Anisha Lakra	
3.	Arushita Ghezta	
4.	Ankita Kaushal	
5.	Anita	
6.	Deepika Damseth	
7.	Deepshika	
8.	Kanika Sharma	
9.	Ojhal Chauhan	
10.	Priyanka Sharma	
11.	Priyanka Sharma	
12.	Preety	
13.	Sakshi Dhawan	
14.	Shruti Manta	
15.	Shreya Angaria	
16.	Anuja Mehta	
17.	Avantika Negi	
18.	Himani Thakur	
19.	Isha Jamwal	
20.	Priksha Dogra	
21.	Priyanshu Chandel	
22.	Radhika Singh	
23.	Ridhi Dhanta	
24.	Sakshi Sharma	
25.	Sakshi Bhardwaj	
26.	Samriti Thakur	
27.	Sanjana Thakur	
28.	Sargam Thakur Sawant	
29.	Shivani Thakur	
30.	Shweta Punta	
31.	Sneha Thakur	
32.	Vanshika Bhardwaj	
33.	Vartika Sharma	
34.	Vibhuti Rapta	
35.	Yamuna Katoch	

Principal

Principal  
St. Bede's College  
Shimla

Teacher In-charge

St. Bede's College  
Physical Education  
Department

Depa.

Attendance Sheet





### Attendance Sheet

Activity: Three days International Workshop on Research Methodology  
Date: 8, April 2025

S. No	Name	Signature
1.	Akshita	ABSENT
2.	Anisha Lakra	Anisha
3.	Arushita Ghezta	Arushita
4.	Ankita Kaushal	Ankita
5.	Anita	Anita
6.	Deepika Damseth	Deepika
7.	Deepshika -	Deepshika
8.	Kanika Sharma	Kanika Sharma
9.	Ojhal Chauhan	Ojhal Chauhan
10.	Priyanka Sharma	Priyanka Sharma
11.	Priyanka Sharma	Priyanka Sharma
12.	Preety	Preety
13.	Sakshi Dhawan	Sakshi
14.	Shruti Manta	Shruti
15.	Shreya Angaria	Shreya
16.	Anuja Mehta	Anuja
17.	Avantika Negi	Avantika
18.	Himani Thakur	Himani
19.	Isha Jamwal	Isha
20.	Priksha Dogra	Priksha
21.	Priyanshu Chandel	Priyanshu
22.	Radhika Singh	Radhika Singh
23.	Ridhi Dhanta	Ridhi
24.	Sakshi Sharma	Sakshi
25.	Sakshi Bhardwaj	Sakshi Bhardwaj
26.	Samriti Thakur	Samriti
27.	Sanjana Thakur	Sanjana
28.	Sargam Thakur Sawant	Sargam
29.	Shivani Thakur	Shivani
30.	Shweta Punta	Shweta
31.	Sneha Thakur	Sneha
32.	Vanshika Bhardwaj	Vanshika
33.	Vartika Sharma	Vartika
34.	Vibhuti Rapta	Vibhuti
35.	Yamuna Katoch	Yamuna

*Principal*  
Principal  
St. Bede's College  
Shimla

*Teacher in-charge*  
Teacher in-charge

*St. Bede's College*  
Physical Education  
Department

Attendance Sheet



### Attendance Sheet

Activity: Three days International Workshop on Research Methodology  
Date: 9, April 2025

S. No	Name	Signature
1.	Akshita	<i>Akshita</i>
2.	Anisha Lakra	<i>Anisha</i>
3.	Arushita Ghezta	ABSENT
4.	Ankita Kaushal	<i>Ankita</i>
5.	Anita	<i>Anita</i>
6.	Deepika Damseth	<i>Deepika</i>
7.	Deepshika	<i>Deepshika</i>
8.	Kanika Sharma	<i>Kanika</i>
9.	Ojhal Chauhan	<i>Ojhal</i>
10.	Priyanka Sharma	<i>Priyanka</i>
11.	Priyanka Sharma	<i>Priyanka</i>
12.	Preety	<i>Preety</i>
13.	Sakshi Dhawan	<i>Sakshi</i>
14.	Shruti Manta	<i>Shruti</i>
15.	Shreya Angaria	<i>Shreya</i>
16.	Anuja Mehta	<i>Anuja</i>
17.	Avantika Negi	<i>Avantika</i>
18.	Himani Thakur	<i>Himani</i>
19.	Isha Jamwal	<i>Isha</i>
20.	Priksha Dogra	<i>Priksha</i>
21.	Priyanshu Chandel	<i>Priyanshu</i>
22.	Radhika Singh	<i>Radhika Singh</i>
23.	Ridhi Dhanta	<i>Ridhi</i>
24.	Sakshi Sharma	<i>Sakshi</i>
25.	Sakshi Bhardwaj	<i>Sakshi</i>
26.	Samriti Thakur	<i>Samriti</i>
27.	Sanjana Thakur	<i>Sanjana</i>
28.	Sargam Thakur Sawant	<i>Sargam</i>
29.	Shivani Thakur	<i>Shivani</i>
30.	Shweta Punta	<i>Shweta</i>
31.	Sneha Thakur	<i>Sneha</i>
32.	Vanshika Bhardwaj	<i>Vanshika</i>
33.	Vartika Sharma	<i>Vartika</i>
34.	Vibhuti Raptia	<i>Vibhuti</i>
35.	Yamuna Katoch	<i>Yamuna</i>

*Kelly*  
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Principal  
St. Bede's College  
Shimla

*P.S.*  
Teacher in-charge

*St. Bede's College*  
Physical Education  
Department

Attendance Sheet



St. Bede's College  
Physical Education  
Department



Timestamp	Name	Gender	Designation	College/University	Department	Country	Email
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4/2/2025 26:20:04	Dr. Vinod Kumar	Male	Assistant Professor	Government College Jod	Physical Education	India	vinodkumar1951@gmail.com
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4/2/2025 26:48:37	Dr. Jayashree Kumar	Male	Assistant Professor	S. S. S. S. K. K. K. K. K.	Department of Physic	India	jayashreekumar@gmail.com
4/2/2025 26:49:11	Rishi Kumar	Male	Research Scholar	Central University of Pu	Physical Education	India	rishikumar1951@gmail.com
4/2/2025 26:50:24	Tanya Shukla	Female	Student	Sri. M. V. P. G. College	Physical Education	India	tanyashukla1951@gmail.com
4/2/2025 26:51:19	Shree Singh Mahesh	Male	ice professor	Government College Kan	History	India	shreesinghmahesh@gmail.com
4/2/2025 26:52:36	Jyoti	Female	Assistant Professor	St. Bede's College, Shill	Psychology	India	jyoti1951@gmail.com
4/2/2025 26:53:08	Mohd. Kumar	Male	Assistant Professor	St. Bede's College, Shill	Psychology	India	mohdkumar1951@gmail.com
4/2/2025 26:53:14	Sahil Sharma	Male	Assistant Professor	St. Bede's College, Shill	Physical Education	India	sahilsharma1951@gmail.com
4/2/2025 26:53:40	Rishi Kumar	Male	Research Scholar	Banaras Hindu University	Department of Physical E	India	rishikumar1951@gmail.com
4/2/2025 26:53:48	Ashish Kumar	Male	Research Scholar	Banaras Hindu University	Department of Physical E	India	ashishkumar1951@gmail.com
4/2/2025 26:53:52	Dr. Ajay Kumar	M	Assistant Professor	Uttar Pradesh University	Physical Education	India	dr.ajaykumar1951@gmail.com
4/2/2025 26:53:57	Dr. Himanshu Bawane	Male	Assistant Professor	Mandla Institute of Ph	Physical Education	India	himanshubawane@gmail.com
4/2/2025 26:54:06	DR. ADITHYAN ANAND	MALE	PHYSICAL EDUCATION Y	UPRAJAL HIGH SCHOOL	EDUCATION DEPT. M	INDIA	adithyananand@gmail.com
4/2/2025 26:54:08	Dr. Sharmistha Bhowmik	M	Asst professor	University of Kaly	Physical education	India	sharmisthabhowmik@gmail.com
4/2/2025 26:54:40	Vishnu Kumar	Male	Sports teacher	Andal University	Physical Education	Chattogram	vishnukumar1951@gmail.com
4/2/2025 26:54:42	Vishnu Kumar	Male	Student	JNU UNIVERSITY	Physical Education	INDIA	vishnukumar1951@gmail.com
4/2/2025 26:54:44	Dr. Anushka Chatterjee	Female	Assistant Professor	P. J. Ramachandran Shiksha U	Center for Women's Stud	India	anushkachatterjee@gmail.com
4/2/2025 26:54:46	Mehardeep Chatterjee	Female	Student	University of Southern M	Agricultural Economics	Philippines	mehardeepchatterjee@gmail.com
4/2/2025 26:54:48	Mohammad Rafiq	Male	Assistant Professor	Agri. Mahavidyalaya	Social Work	India	mohammadrafiq@gmail.com
4/2/2025 26:54:50	Madhavi Chatterjee	Female	Faculty	University of Southern M	Physical Education	Philippines	madhavichatterjee@gmail.com
4/2/2025 26:54:52	Santosh Chatterjee	Male	Professor	Biju Santhi University	Physical Education	India	santoshchatterjee@gmail.com
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4/2/2025 26:57:52	Shree Manoj B. Bhowmik	Female	Student				





Handwritten signature: R. R. R. R. R.



St. Bede's College  
Physical Education  
Department

## Attendance Sheet



## **2-Day Online Workshop on “Python Programming & Web Development Using Chatgpt”**

Students of department of computer science participated in 2-Day Online Workshop on “Python Programming & Web Development Using Chatgpt” on May 2-3, 2025 organized by Nainital Institute of Technology, Nainital, Uttarakhand.

### **OBJECTIVES:**

the primary objective of the workshop is to Introduce the Basics of Python Programming, its role in Web Development and the Integration of ChatGPT in Development Workflows. The resource person was Mr. Satish Chandra Workshop was organised on May 2-3, 2025 from 6:00 pm onwards on google meet. Resource person discussed with students the basic of Python programming, HTML, CSS and JavaScript with ChatGPT. E-certificate of participation was provided to the students after the successful completion of the workshop.

### **LEARNING OUTCOMES:**




By the end of the workshop, participants were able to write and execute Python programs using variables, data types, operators, control structures, functions, recognize Python’s Utility in Web Development and utilization of ChatGPT for Programming Assistance.









Dear Sir/Madam,  
Greetings from Nainital Institute of Technology – Online Learning Platform


We are excited to invite your students to a  
2-Day FREE Online Workshop on:  
“Python Programming & Web Development using ChatGPT”

Specially for BCA & Polytechnic (CS/IT) Students



-  Date: 2nd April (Tuesday)
-  Time: 6:00 PM (Evening)
-  Mode: Google Meet (Link via Email)

Key Highlights:

-  100% Free (No Fees)
-  Python, HTML, CSS, JavaScript with ChatGPT
-  Live Coding + Mini Projects
-  Certificate of Participation
-  Expert IT Trainers
-  Flexible Timing

 Register Now:  
<https://forms.gle/44suUe5BsW51Khjk9>

We kindly request you to share this with your students and encourage them to join this career-boosting workshop.

 Contact: Satish Chandra – 7830142333  
 Website: [www.nainitalinstituteoftechnology.com](http://www.nainitalinstituteoftechnology.com)

Warm regards,  
Team – Nainital Institute of Technology  
Nainital, Uttarakhand

*Invite*





**Python and web Development**  
Python & Web Development Workshop Organized by: NIT Online Learning Platform Duration: 2 Days Mode: Online/Offline Certification: Participates...  
Nainital

Dear Sir/Madam,  
Greetings from Nainital Institute of Technology – Online Learning Platform

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[Register Now](#)

Mode: Google Meet (Link via Email)

**Key Highlights:**

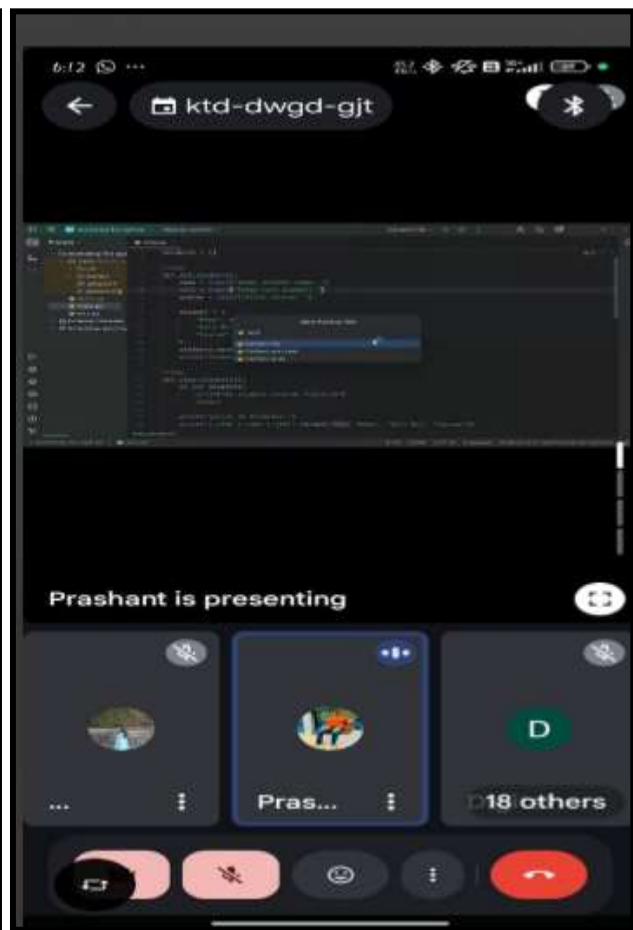
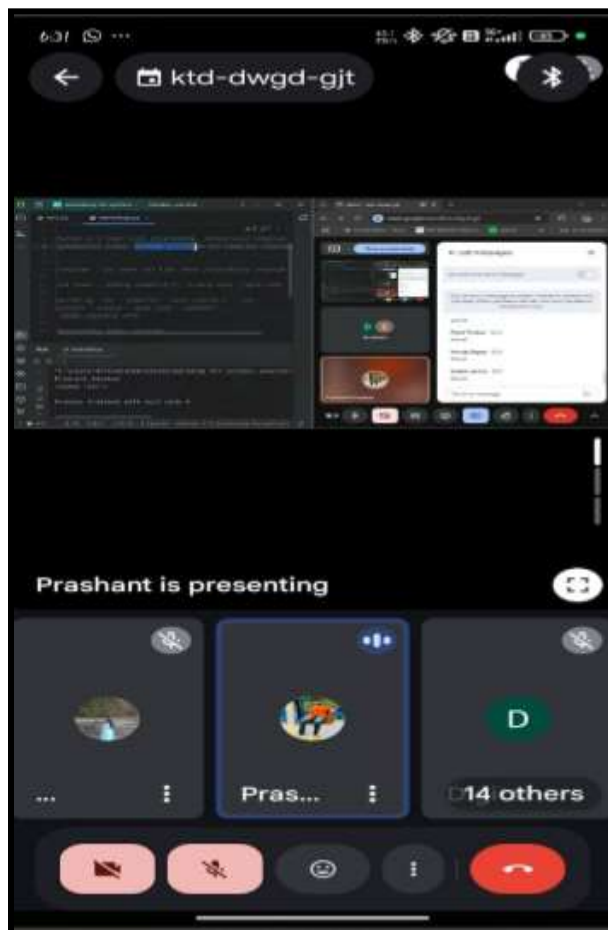
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[Register Now](#)  
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We kindly request you to share this with your students and encourage them to join this career-boosting workshop.

**Contact:** Satish Chandra – 7830142333  
**Website:** [www.nainitalinstituteoftechnology.com](http://www.nainitalinstituteoftechnology.com)

Warm regards,  
Team – Nainital Institute of Technology  
Nainital, Uttarakhand



**2-Day Online Workshop on “Python Programming & Web Development Using Chatgpt”  
(May 2-3, 2025)**



Dear Sir/Madam,  
Greetings of the day!

We are delighted to inform you that the Python Programming Workshop conducted on 1st May 2025 at St. Bede's College, Shimla, was a resounding success. The session was conducted by our experienced software trainer, Mr. Prashant Chauhan, who brought valuable industry insights and conducted the workshop with great enthusiasm and expertise.

A total of 22 students participated actively throughout the workshop. Their level of engagement, curiosity, and willingness to learn was commendable. We extend our heartfelt gratitude to the faculty members, staff, and students of your esteemed institution for their kind support and hospitality, which greatly contributed to the smooth execution of the event.

In continuation of this initiative, we are happy to offer further training opportunities and placement assistance to the students who attended the workshop. Given the growing demand for Python in the tech industry, we are confident that the foundational skills they have acquired will significantly contribute to their academic and career development.

Please find below the list of students who attended the workshop:

Name	Semester	Email ID
Divanshi Sharma	BCA 2nd	<a href="mailto:divanshisharma225115@gmail.com">divanshisharma225115@gmail.com</a>
Kanika	BCA 4th	<a href="mailto:kanikasharma22399@gmail.com">kanikasharma22399@gmail.com</a>
Vrinda	-	<a href="mailto:vrindatigala27@gmail.com">vrindatigala27@gmail.com</a>
Harshita	BCA 2nd	<a href="mailto:hastaharshita@gmail.com">hastaharshita@gmail.com</a>
Shivangi Kaushik	BCA 4th	<a href="mailto:Sanaahere0@gmail.com">Sanaahere0@gmail.com</a>
Sejal	BCA 2nd	<a href="mailto:sejalhimral2308@gmail.com">sejalhimral2308@gmail.com</a>
Urvashi	BCA 2nd	<a href="mailto:urvashikanwar250@gmail.com">urvashikanwar250@gmail.com</a>
Palak Thakur	BCA 6th	<a href="mailto:palakthakur1504@gmail.com">palakthakur1504@gmail.com</a>
Tania Pal	BCA 6th	<a href="mailto:Tpal68103@gmail.com">Tpal68103@gmail.com</a>
Prerna Thakur	BCA 4th	<a href="mailto:prthakursml@gmail.com">prthakursml@gmail.com</a>
Neha	BCA 2nd	<a href="mailto:ranaag503@gmail.com">ranaag503@gmail.com</a>

*Molly M*  
02/5/25  
Principal  
St. Bede's College  
Shimla

*List of Participated Students*



## **Thought-Provoking Session on Professional Ethics, Values: Creating a Positive Work Environment Together**

### **Objective:**

The primary objective of the workshop, “Creating a Positive Work Environment Together,” was to equip the faculty members of St. Bede’s College with insights, strategies, and tools to foster a more cohesive, respectful, and emotionally intelligent workplace culture. Recognizing the importance of collaboration, communication, and ethics in an academic environment, the workshop aimed to deepen awareness about interpersonal dynamics, highlight the value of empathy and constructive feedback, and provide practical guidance on overcoming workplace challenges. The session was designed not just as a lecture, but as an interactive and participative space for reflection and shared learning.

Internal Quality Assurance Cell (IQAC), St. Bede’s College, Shimla organised a thought-provoking workshop on professional ethics and values on May 14, 2025.

### **Inauguration and Welcome Address**

The workshop commenced with a warm and articulate welcome address delivered by Ms. Snigdha Bhatt, who introduced the resource person, Prof. (Sr.) Molly Abraham, and outlined the objective of the event. She highlighted the pressing need to cultivate compassion and understanding within the workplace, particularly in academic settings where collaboration shapes both student experience and institutional development.

### **Setting the Tone for Dialogue and Engagement**

Prof. (Sr.) Molly Abraham created a safe and interactive space that encouraged open dialogue. Faculty members were divided into seven groups, each comprising six to seven members, promoting teamwork and mutual learning. She began with an interactive discussion on workplace relationships, inviting participants to share their experiences, which immediately enhanced participation and openness.

### **Key Themes and Insights Shared by the Resource Person**

- **Ethical Conduct and Communication:**  
Emphasis was placed on ethical behaviour, transparent communication, and the courage to admit and correct mistakes. Sr. Molly advocated for humility, patience, and an interest in understanding others.
- **The Power of Words:**  
Faculty were urged to ensure that their speech adds value to others and to strive for respectful and kind dialogue, even in disagreement.



- **Constructive Criticism:**

Highlighted as essential for personal and professional growth when delivered with patience and encouragement.

### **Group Discussions and Collaborative Activities**

Participants engaged in group discussions to explore how to build stronger professional relationships. Themes included:

- Effective communication
- Respecting individual circumstances
- Time management and professionalism
- Accountability at work
- Recognition of strengths and weaknesses
- Active listening

This activity fostered reflection and self-awareness regarding each individual's contribution to workplace dynamics.

### **Barriers to Healthy Workplace Relationships**

Sr. Molly explored challenges such as:

- Lack of trust
- Poor communication
- Hierarchical structures
- Cultural diversity issues
- Personal insecurities

These were framed as areas for intentional growth and transformation rather than fixed limitations.

### **The Interplay of Personal and Professional Relationships**

The session examined how recognition, praise, and courtesy can strengthen bonds and how helping others succeed promotes a culture of humility and optimism. Group activities encouraged participants to reflect on moments of collaborative success.

### **Focus on Emotional Intelligence**





Participants discussed the impact of emotions—happiness, fear, sadness, anger, surprise, and disgust—on professional relationships. Topics covered included:

- Emotional self-awareness
- Managing emotional responses
- Balancing rationality with empathy

The discussion emphasized that emotional intelligence is essential to sustaining positive workplace dynamics.

### **Personal Transformation and the Role of Change**

The workshop addressed how self-reflection, patience, and forgiveness can bring about personal growth and positively influence others. Hatred and resentment were denounced in favor of empathy and mutual support in academic communities.

### **Creative Conclusion: Skit Presentations**

To summarize the themes, each group prepared a short skit on values such as morality, passion, fairness, commitment, trust, and loyalty. These dramatizations showcased the day's learning in an engaging and collaborative manner.

### **Vote of Thanks**

The workshop concluded with a heartfelt vote of thanks by Ms. Komal, who appreciated the resource person, the organizing team, and the enthusiastic participation of the faculty members.

### **Outcome**

The workshop proved to be a deeply enriching experience for all participants. Faculty members reported a greater awareness of the subtle dynamics that shape workplace relationships and acknowledged the value of empathy, patience, and open dialogue. Through discussions, group activities, and creative expressions, participants were able to connect on both intellectual and emotional levels, fostering a stronger sense of community and shared purpose.

The interactive format of the workshop allowed for honest self-reflection and meaningful exchanges, encouraging faculty to take personal responsibility for the work environment they help create. The exploration of emotional intelligence, interpersonal barriers, and ethical behaviour provided practical takeaways that faculty members could apply immediately in their professional interactions.

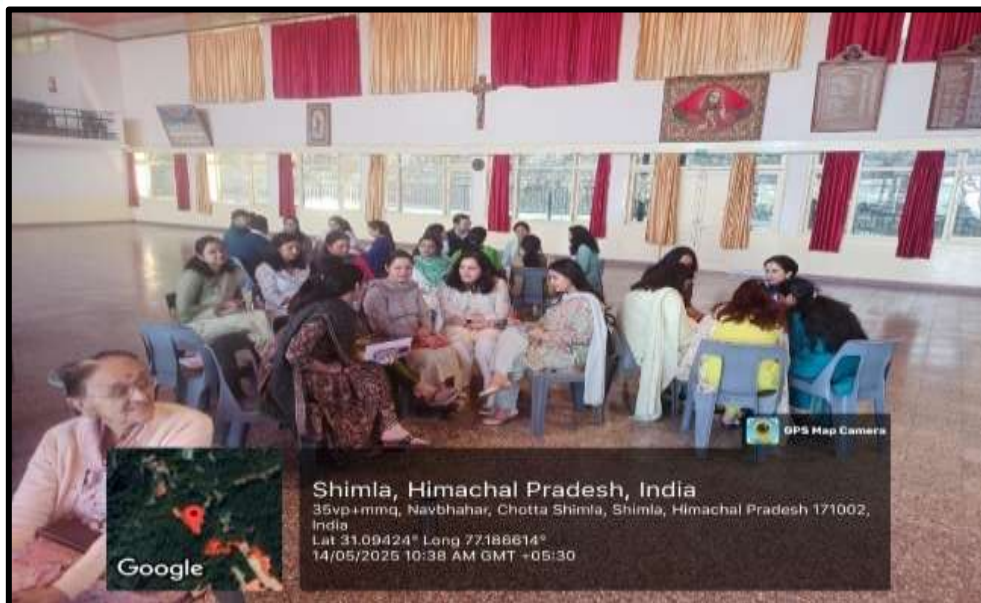
Overall, the event not only fulfilled its objective of promoting a positive work culture but also planted seeds for lasting change empowering individuals to be more mindful, compassionate, and collaborative in their day-to-day engagements. The success of the workshop reaffirmed the importance of such initiatives in building resilient and values-driven academic institutions.



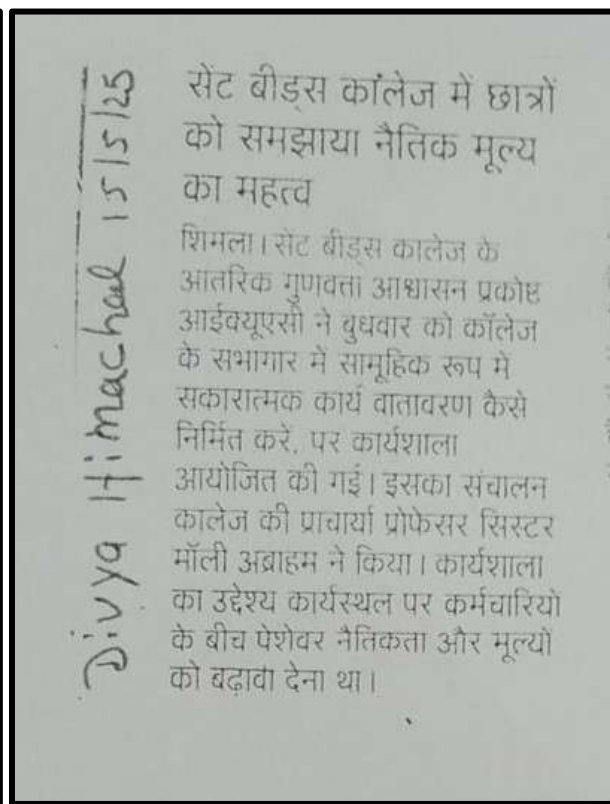
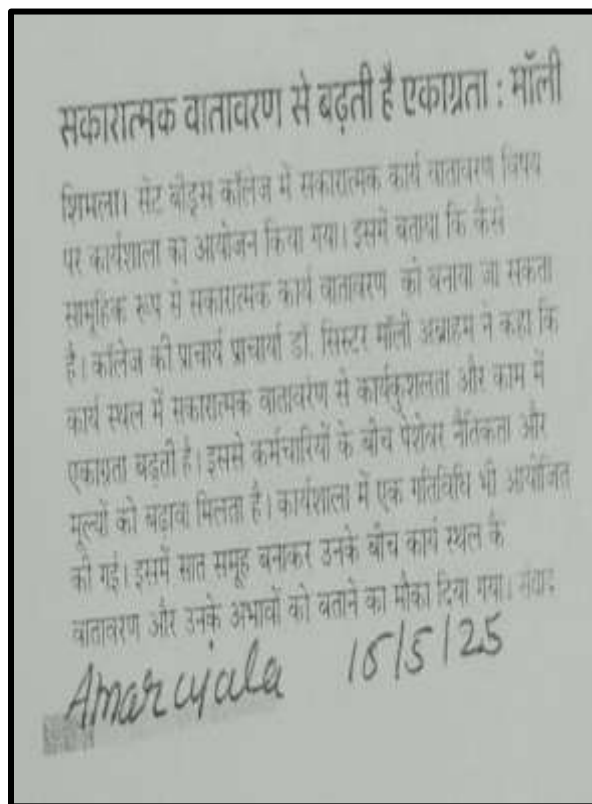
### *Brochure*



*Thought-Provoking Session on Professional Ethics, Values: Creating a Positive Work Environment Together (May 14, 2025)*



***Thought-Provoking Session on Professional Ethics, Values: Creating a Positive Work Environment Together (May 14, 2025)***



***Media Coverage***



ATTENDANCE SHEET FOR THE WORKSHOP ON PROFESSIONAL ETHICS  
AND VALUES

CREATING A POSITIVE WORK ENVIRONMENT TOGETHER

DATE: MAY 14, 2025

Sr.	Name	Signature
1.	Dr. GITANJALI MAHENDRA	<i>Gitanjali Mahendra</i>
2.	Dr. Deepti Puri	<i>Deepti Puri</i>
3.	Dr. Sapra Sharma	<i>Sapra Sharma</i>
4.	Dr. Neeta Khanna	<i>Neeta Khanna</i>
5.	Dr. Devina Anandpur	<i>Devina Anandpur</i>
6.	Mn. Anoop Datta	<i>Anoop Datta</i>
7.	Dr. Shanti Gupta	<i>Shanti Gupta</i>
8.	Dr. Kusum	<i>Kusum</i>
9.	Dr. Jyoti Bani	<i>Jyoti Bani</i>
10.	Dr. Anupama Tandon	<i>Anupama Tandon</i>
11.	Kamal Khanna	<i>Kamal Khanna</i>
12.	Mohit Kumar	<i>Mohit Kumar</i>
13.	Dr. Kanu MEHTA	<i>Kanu MEHTA</i>

Attendance Sheet





14.	Smriti Sharma	Dr.
15.	Nalin Sharma	Dr.
16.	Punam Chauhan	Dr.
17.	Dr. Raman Bansi	Ram.
18.	Dr. Anita Chauhan	Dr.
19.	Meena Kumari	Meena Kumari
20.	Sangeeta Sharma	Dr.
21.	Dr. Vishal Chauhan	Dr.
22.	Tarika Thakur	Dr.
23.	Nivedita Bhargava	Nivedita
24.	Smigda Bhatt	Smigda
25.	Sangeet Kumar.	Dr.
26.	Nishant	Nishant
27.	Dr. Parag Aashish	Dr.
28.	Titiksha Kamal	Titiksha
29.	Dr. Sarvesh	Dr.
30.	Dr. Madhu Bala	Dr.
31.	Dr. Anurag Kulkarni	Dr.
32.	Dr. Preeti Khandelwal	Dr.
33.	Pratibha Tomar	Pratibha

Attendance Sheet



34.	Ms. Sneha Sharma	
35.	Dr. Nav Deep Thakur	
36.	Dr. Savita Rana	
37.	Dr. Shweta Thakur	
38.	Dr. Reena Thakur	
39.	Ms. Neha Walia	
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