



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
Bhimla-171002
(UGC-NAAC "A" Grade Re-Accredited)
College with Potential for Excellence
Phone: 0177-2842304, Fax: 0177-2842498
www.stbedescollege.in, Email: 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 gm
24/12/2025
Sr. Rosily, T. L.

Principal
Officiating Principal
St. Bede's College
Bhimla - 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 13th and 14th 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>

The brochure features a header with the college logo on the left and the Ministry of Ayush logo on the right. The main text is centered and reads: 'Celebration of... "/>

Brochure



Yoga Camp (June 13-14, 2024)

Yoga Expert
Dr. Rinku Kumar
Hamirpur, (H.P), India

Resource Person
Dr. K. Jothi Dayanandan
Associate Professor, YMCA Chennai, (T.N), India

Moderator
Dr. Chander Shekhar
Asst. Prof. SPN, Mukerian, (P.B), India

Organiser's

Patron
Prof. (Ss) Molly Abraham
Principal,
St. Bede's College, Shimla, (H.P), India

Convener
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) St. Bede's College, Shimla (H.P.)
Date: June 13-14, 2024

Attendance Sheet:

Sr.No.	Name	Class	Signature
1	Anuradha		
2	Kamal		
3	Kirti Devi		
4	Jagriti		
5	Abhi		
6	Sneh		
7	Arzali Sharma		
8	Neha Sharma		
9	Taruna Khatoon		
10	Alaha Verma		
11	Ishita Sharma		
12	Rachita Kumari		
13	Shivani Verma		
14	Shivani Sharma		
15	Garima		
16	Sandeepa		
17	Himani Sharma		
18	Sakshi		
19	Shreya		
20	Sumeta		
21	Sonia		
22	Aakarshika		
23	Shweta Kumari		
24	Anchal Sharma		
25	Deepika		
26	Rimya		
27	Pooja Devi		
28	Sanya		
29	Jyoti Lakshmi	2nd Year	
30	Harekanta Sharma	2nd Year	
31	Arpitamitra Chauhan	2nd Year	
32	Meenakshi	2nd year	
33	Nasima	2nd year	
34	Arushi	1st year	
35	Aditi	1st year	
36	Ritika	1st year	

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

St. Bede's College
Physical Education
Department

Attendance Sheet



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

37	Chanchla	1st year	Chanchla
38	Sampati	2nd year	Sampati
39	Rajni	1st year	Rajni
40	Kanchan	2nd year	Kanchan
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	Gungun	1st year	Gungun
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 = 59

[Signature]
16/12/24

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

St. Bede's College
Principal Education
Department

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 2 nd year	Pavna
2	Tanya Sharma	D.ed 2 nd year	Tanya
3	Kabirhan Thakur	D.ed 2 nd year	Kabirhan
4	Prachi Sharma	D.ed 2 nd year	Prachi
5	Tamanna Sharma	D.ed 2 nd year	Tamanna
6	Sakshi	D.ed 2 nd year	Sakshi
7	Kejri	D.EL.Ed 1 st year	Kejri
8	Mehakshi	D.EL.Ed 2 nd year	Mehakshi
9	Kapika	D.EL.Ed 2 nd year	Kapika
10	Khushba	D.EL.Ed 2 nd year	Khushba
11	Reeta Kumari	D.EL.Ed 2 nd year	Reeta
12	Vanshika Bhardwaj	D.EL.Ed 2 nd year	Vanshika
13	Shivani	D.ed 2 nd year	Shivani
14	Alisha Verma	D.ed 1 st year	Alisha
15	Anamika Chauhan	D.ed 1 st year	Anamika
16	Deepika	D.ed 1 st year	Deepika
17	Arsha	D.EL 2 nd year	Arsha
18	Mitali Pundir	D.EL 1 st year	Mitali
19	Pooja Devi	D.ed 2 nd year	Pooja
20	Ritambra Chandel	D.ed 2 nd year	Ritambra
21	Harshita Sharma	D.ed 2 nd year	Harshita
22	Kalshita Sharma	D.EL.Ed 2 nd year	Kalshita
23	Sadya	D.EL.Ed 2 nd year	Sadya
24	Shivani Verma	D.EL.Ed 2 nd year	Shivani
25	Jagriti	D.EL.Ed 1 st year	Jagriti
26	Shweta Kumari	D.EL.Ed 1 st year	Shweta
27	Ritika	D.EL.Ed 1 st year	Ritika
28	Aarti	D.EL.Ed 1 st year	Aarti
29	Aakanksha	D.EL.Ed 1 st year	Aakanksha
30	Anchal Sharma	D.EL.Ed 1 st year	Anchal
31	Anshika	D.EL.Ed 1 st year	Anshika
32	Gungun	D.EL.Ed 1 st year	Gungun
33	Himani Sharma	D.EL.Ed 2 nd year	Himani
34	Savleen	D.EL.Ed 2 nd year	Savleen
35	Quina	D.EL.Ed 2 nd year	Quina
36	Komal	D.EL.Ed 2 nd year	Komal
37	Shivani Sharma	D.EL.Ed 2 nd year	Shivani

Principal
St. Bede's College
Shimla

St. Bede's College
Physical Education
Department

Attendance Sheet



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

38	Minakshi	1st year	Minakshi
39	Samia	1st year	Samia
40	Taruni Khatoon	1st year	Taruni
41	Neha Sharma	1st year	Neha
42	Smriti	1st year	Smriti
43	Anjali Sharma	1st year	Anjali
44	Ritu Devi	2nd year	Ritu
45	Anupriya	D.El.Ed 2nd year	Anupriya

total = 45
Ritu
14/6/24
St. Bede's College
Physical Education
Department

mollys
14/6/24
Principal
St. Bede's College
Shimla

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

सर्वोत्तमं ज्ञानं

Celebration of...
“INTERNATIONAL YOGA DAY”

under the aegis of.....

MINISTRY OF AYUSH

(June 13th to 15th & 21st, 2024)

Theme 2024: “Yoga for Women Empowerment”

Highlights are:

@ Yoga Camp (June 13th- 14th, 2024) and,

@ National Webinar: Yoga for Women Empowerment (June 21, 2024)

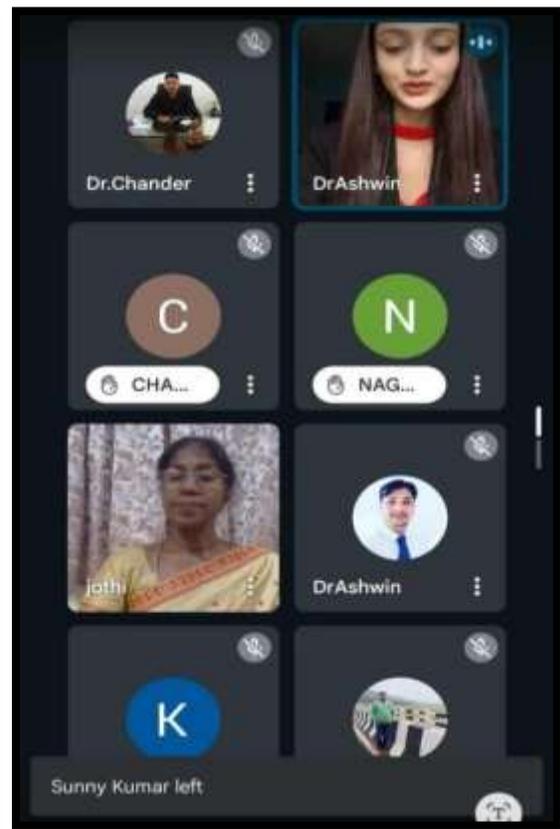
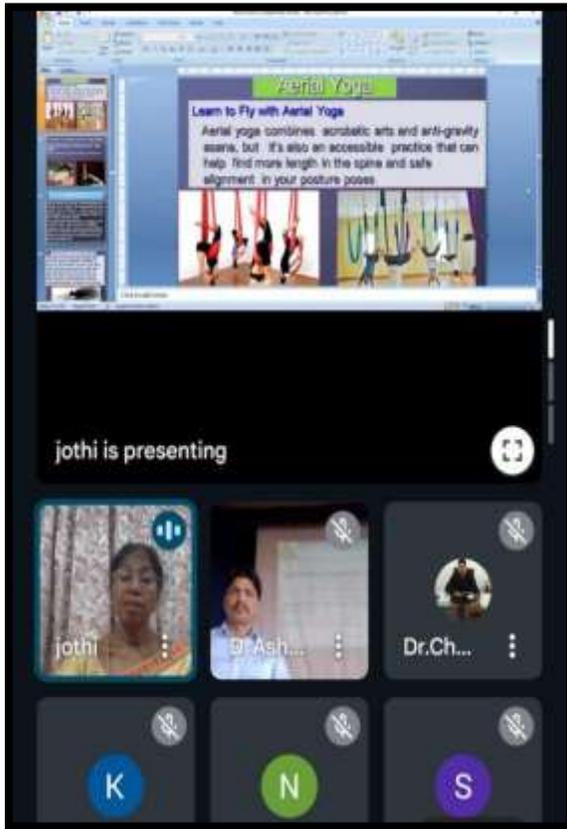
Org. by:

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

Brochure



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



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



(18th to 19th 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	awasti329@gmail.com
6/9/2024 16.00.22	Vikas Singh	TGT (P&HE)	Kendriya 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	jeepashrwd6@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 NAWABHANJI GONDA	Physical Department	Uttar Pradesh	India	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	Nidhi Sharma	Asso. Prof.	Gkp. High. Edu.	Yoga	Uttar Pradesh	India	Nidhi326@gmail.com
6/9/2024 16.59.57	Ani Sharma	Scholar	Lko. Uni.	Yoga	Uttar Pradesh	India	aari86@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.rmped@gmail.com

St. Bede's College
Physical Education
Department

6/9/2024 16.27.55	Dr. Parwaz Ahmad Khan	Principal	Dr Ram manohar lohiya Avadh university Ayudhya fazabadi/Sanjivani College of Education and physical Education kirtanpur Bahraich	Sanjivani College of Education and physical Education kirtanpur Bahraich	UP	U.P.	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	ranjayrigh42@gmail.com
6/12/2024 8.07.04	Sandeep kumar vishwakarma	Physical educabon teacher	Nandini Nagar P.G. College	Physical education	Uttar Pradesh	India	skvishwakarma114433@gmail.com
6/12/2024 9.35.14	Bangla Dubey	Student	Veerabhadur 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.	India	Shaheshsingh310@gmail.com
6/12/2024 20.56.28	Anshuman Mishra	Yoga instructor	Haridwar 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	gem1899@gmail.com
6/18/2024 17.50.29	Shipra	Student	Rpsu prayagraj	Education	U. P.	India	shalesh0111967@gmail.com

St. Bede's College
Physical Education
Department

Attendance Sheet



5/19/2024 8:11:12	Arupam kumar	Nawabganj Gonda up	Dr. Ram Manohar lohiya awadh university	Physical education	U.P	India	Genral.Amavoleybal835@gmail.com
5/20/2024 8:32:38	Dr. Chander Shekhar	Assistant Professor	Swami Premanand Mahavidyalaya Mukerian, Panjab University Chandigarh	Physical Education	Punjab	India	drco1983@gmail.com
5/20/2024 15:47:44	Dr. Vineet 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 Bilsapur Himachal Pradesh	Physical Education	Himachal Pradesh	India	Kakubaniya1983@gmail.com
6/21/2024 8:33:27	Nidhi sharma	Teacher	Prayagraj university	Physical education	U.P	India	nidhirai326@gmail.com
6/21/2024 10:30:17	K JOTHI 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	abhimanikumar269@gmail.com
6/21/2024 11:12:18	Abhimannu	Student	Dr malu Ayodhya	Bsc Ag	U.P	India	abhimanikumar269@gmail.com
6/21/2024 11:19:30	Dr Kholgade	Director	SNDT University, Mumbai	Yoga	M.S	India	kavtasndt@gmail.com

St. John's College
Physical Education
Department

6/19/2024 8:11:12	Vikash Singh	RMLA	Dr. Ram Manohar lohiya awadh university	Physical education	U.P	India	vikashsingh85@gmail.com
6/20/2024 8:32:38	Ravi Kant	Scholar	Punjab University Chandigarh	Physical Education	Punjab	India	rca1987@gmail.com
6/20/2024 15:47:44	Dr. Shila Devi	Head	Manipur	Physical Education	Manipur	India	drshiladevi@gmail.com
6/20/2024 16:51:56	Dr. Harish	Associate Professor	Kalyani University	Physical Education	W.B	India	harishsinghkalayaniuni@gmail.com
6/21/2024 8:33:27	Sachin sharma	Scholar	HP Uni, Shimla	Yoga	H.P	India	sachinyoga@gmail.com
6/21/2024 10:30:17	Mamta Singh	Asst. Prof.	RMV, Gonda	PHYSICAL EDUCATION	U.P	INDIA	mrsathou1983@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	tripathiraha@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	Dr. Suresh Mishra	Asst. Prof.	NNPGC, Nawabganj	Phy. Edu.	U.P	India	Sureshmishra123@gmail.com

St. John's College
Physical Education
Department

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 shows a central circle labeled "Research Methodology" surrounded by four overlapping circles: "Research Design" (top), "Area of Study" (right), "Population of Study" (bottom right), and "Sample & Sampling Techniques" (bottom).

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 III rd year.	Shreya
2.	Tanya Chauhan	B. Com 3 rd year	Tanya
3.	Ritika Sharma	B. Com 3 rd Year	Ritika
4.	Jankari Bhatia	B. Com 3 rd Year	Jankari
5.	Shwangi Sharma	B. Com 1 st year	Shwangi
6.	Kritika Azad	B. Com II nd year	Kritika
7.	Rashika Sharma	B. Com II nd year	Rashika
8.	Nilu	B.A Economics hon	Nilu
9.	Mehak Thakur	BA Eco Hons 2 nd year	Mehak
10.	Divya Uniyal	BA Eco Hons (III)	Divya
11.	TAMANA SHARMA	BA ECO. HONS III	Tamana
12.	Yuvika Saini	B. Com II nd	Saini
13.	Kritika Gupta	BBA III	Gupta
14.	Amshika Mehta	BBA III	Amshika
15.	Garima Hetta	BBA III	Garima
16.	Bhanu Kanwar	BBA III	Bhanu
17.	Dakshita Thakur	BBA III	Dakshita
18.	Anushi	B Com II nd	Anushi
19.	Srijal	B Com II nd	Srijal
20.	Hegun	B.COM II nd	Hegun
21.	Gurleen	B Com II nd	Gurleen
22.	Vidushi	B Com II nd	Vidushi

Attendance Sheet



23 Abhavana Baduwar	B. Com II nd Year	
24 Pooani Sharma	B. Com II nd Year	
25 Anshika Chugh	B. Com II nd Year	
26 Kritika Shyam	B. Com II nd Year	
27 Jeshita Vasishtha	B. Com II nd Year	
28 Parikshita Narwal	B. Com II nd Year	
29 Vanshika Sharma	B. Com II nd Year	
30 Sahana Kaurala	B. Com II nd Year	
31 Anviti Thakur	B. Com II nd Year	
32 Pragya Acharya	B. Com II nd Year	
33 Anviti Thakur	B. Com II nd Year	
34 Samviti	B. Com II nd Year	
35 Shreshithi Gupta	B. Com II nd Year	
36 Aditi Grandola	B. Com II nd Year	
37 Manmat Puri	B. Com II nd Year	
38 Riya Sharma	B. Com II nd Year	
39 Samvithi Sharma	B. Com II nd Year	
40 Rashi Gupta	B. Com II nd Year	
41 Kashish Thakur	B. Com II nd Year	
42 Sanchi Tanwar	B. Com II nd Year	
43 Riya Uniyal	B. Com II nd Year	
44 Tamanna Sharma	B. Com II nd Year	
45 Yuvika Saini	B. Com II nd Year	
46 Kritika Gupta	B. Com II nd Year	
47 Anushka Mehta	B. Com II nd Year	
48 Garima Hetta	B. Com II nd Year	
49 Bhavni Kanwar	B. Com II nd Year	
50 Dakshita Thakur	B. Com II nd Year	
51	B. Com IInd Year	
51 Ritika Mehta	B. Com II nd Year	
52 Sijal Mehta	B. Com II nd Year	
3 Mansee Yadav	B. Com II nd Year	
4 Sneha Sahota	B. Com II nd Year	
Rashi Gupta	B. Com II nd Year	

Attendance Sheet



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

Name	BCOM	1st year	Signature
Mehak Negi			Mehak
Navee Ahuja	"	"	Navee
Nikita			
Janya Chauhan	"	"	Janya
Shreeta	"	"	Shreeta
Gouri Rajput	"	"	Gouri
Assin Rajta	"	"	Assin Rajta
Divyanshi Gautam	"	"	Divyanshi
Alisha Ranta	"	"	Alisha
Prabhgan Kaur	"	"	Prabhgan
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 Uncharm 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 Chautam	Pooja
2.	Pranjal Thakur	Pranjal
3.	Saurashi Mehta	Saurashi 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.	Paukshita Naurat	Paukshita
12.	Jushita Varshita	Jushita
13.	Radhika Singh	Radhika
14.	Suhani Thakur	Suhani
15.	Vasundhara Sharma	Vasundhara
16.	Kritika Pundez	Kritika
17.	Rashika Sharma	Rashika
18.	Kritika Azad	Kritika
19.	Sonchi	Sonchi
20.	Vishada Sharma	Vishada
21.	Sanya Jhingra	Sanya
22.	Hanita Mehra	Hanita
23.	Anshika Bhatia (B.com 2 nd)	Anshika

Mallory
Principal
14 August 2024
Shimla

Attendance Sheet



Women Cell
St. Bede's College, Shimla

53.	Shubti montu msc botany sem I	Shubti
54.	Priety msc botany sem I	Priety
55.	Dipika Damsi MSc Botany (1 st sem)	Dipika
56.	Surjanka Sharma M.Sc Botany (1 st sem)	Surjanka
57.	Sheetal Yerma MSc Botany (1 st sem)	Sheetal
58.	Anisha Lakra MSc Botany sem I	Anisha
59.	Ranjana Sharma MSc Botany sem I	Ranjana
60.	Shikha Sharma B.A 2 nd year.	Shikha
61.	Neelja Sharma B.A 2 nd year.	Neelja
62.	Prisha Rawal BA 2 nd year	Prisha
63.	Kanchika Shanta "	Kanchika
64.	Muskaan Sharma BA 2 nd year	Muskaan
65.	Annandita Sharma BA 2 nd year	Annandita
66.	Diana Kaith BA 2 nd year	Diana
67.	AVANI THAKUR BA ECO HONS 1 st year	Avani
68.	Arshita Ray BA ECO HONS II Year	Arshita
69.	Paagya BA ECO HONS II Year	Paagya
70.	Silshi BA ECO HONS II Year	Silshi
71.	Mehak Thakur BA ECO HONS II Year	Mehak
72.	Anurima Sharma BA ECO HONS II Year	Anurima
73.	Pansimran Kaur BA ECO HONS II Year	Pansimran
74.	Ananta Kamboj BA ECO HONS II Year	Ananta
75.	Tamanna Sharma BA ECO HONS II Year	Tamanna
76.	Pritya Uniyal BA ECO HONS II Year	Pritya
77.	Diksha Uniyal BA ECO HONS II Year	Diksha
78.	Harekita Thakur BA ECO HONS II Year	Harekita
79.	Sarabjoti Gupta BA ECO HONS II Year	Sarabjoti
80.	Samaira Sharma BA ECO HONS II Year	Samaira
81.	Sarika Sharma BA ECO III	Sarika

molly
24/11/2020
Shimla

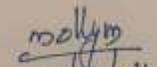
Attendance Sheet



Women Cell
St. Bede's College, Shimla

82.	Nikita Shokeer	Nikita
83.	Sujal Sharma	Sujal
84.	Kritika Rathor	Kritika
85.	Sheetal Sharma	Sheetal
86.	Himani	Himani
87.	Srishti	Srishti
88.	Parvathi	Parvathi
89.	Pooja	Pooja
90.	Namya	Namya
91.	Anushka	Anushka
92.	Sanya	Sanya
93.	Divyanshi	Divyanshi
94.	Varunika	Varunika
95.	Riya	Riya
96.	Arushi	Arushi
97.	Mehak	Mehak
98.	Mehak	
99.		
100.		


Convenor
Women Cell


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

Attendance Sheet

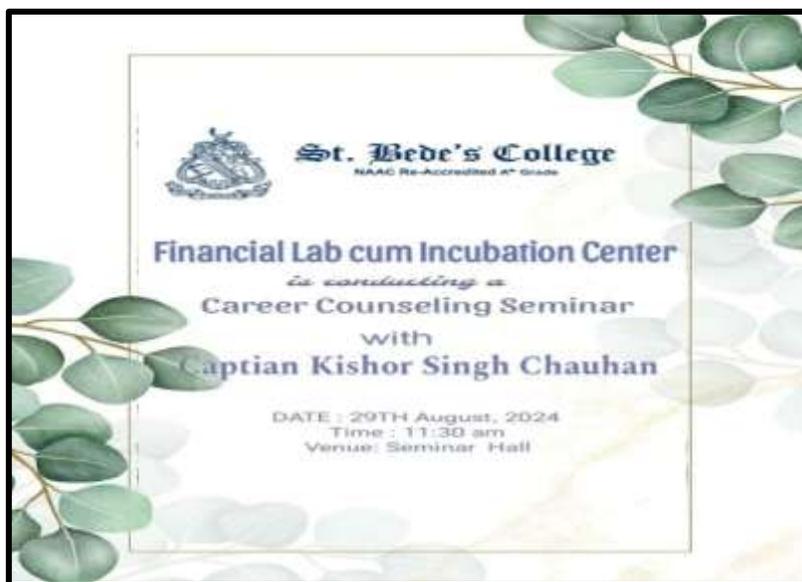


Career Counseling Seminar

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)



729C
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 Mehta	Aanya
2	Shubhi Thakur	Shubhi
3	Arushi Goyal	Arushi
4	Arushi Goyal	Arushi
5	Harshita Bansal	Harshita
6	Nimrat Kaur	Nimrat
7	Disha Sharma	Disha
8	Tanya Urawa	Tanya
9	Ridhima Chauhan	Ridhima
10	Vani Pall Sharma	Vani
11	Suhani Negi	Suhani
12	Aarohdeep Kaur	Aarohdeep
13	Geetika Kaurandel	Geetika
14	Smridhi Gupta	Smridhi
15	Harmanpreet Kaur	Harmanpreet
16	Anayata Chauhan	Anayata
17	Manmat Kapoor	Manmat
18	Royal Jansud	Royal
19	Shweta Hantyal	Shweta
20	Soni	Soni
21	Muskan Chauhan	Muskan
22	Shreya Verma	Shreya
23	Anura Chandra	Anura
24	Diana Kaitu	Diana
25	Samreen Kaur	Samreen
26	Guemilan Mangi	Guemilan
27	Nupur Thakur	Nupur
28	Akshara Chauhan	Akshara
29	Jyoti Verma	Jyoti
30	Rashi	Rashi
31	Sukruti Sharma	Sukruti
32	Tanvi Mehta	Tanvi
33	Ashaniika	Ashaniika
34	Anushka	Anushka

1|Page

Attendance Sheet



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, IGMC, 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 IGMC. 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 sitting in a dental chair, a heart with a pulse line, and three teeth.

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

HEALTH CLUB
IS ORGANISING

A TALK ON HEALTH AND DENTAL CARE

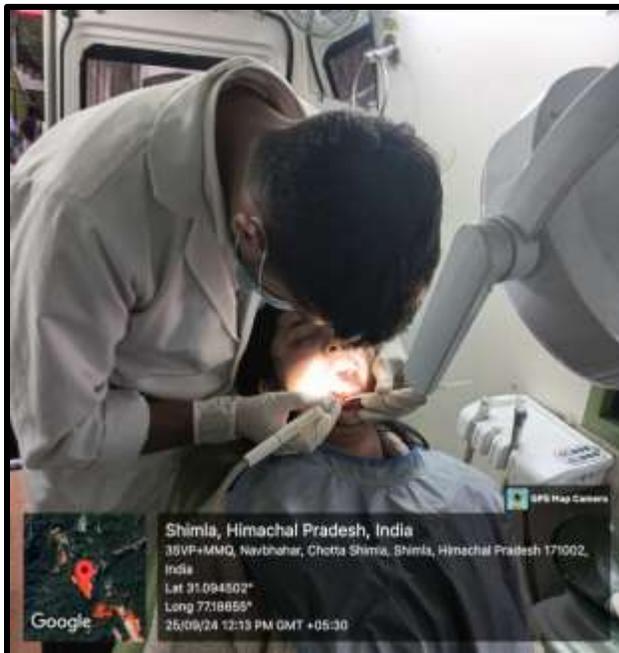
Resource Person

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

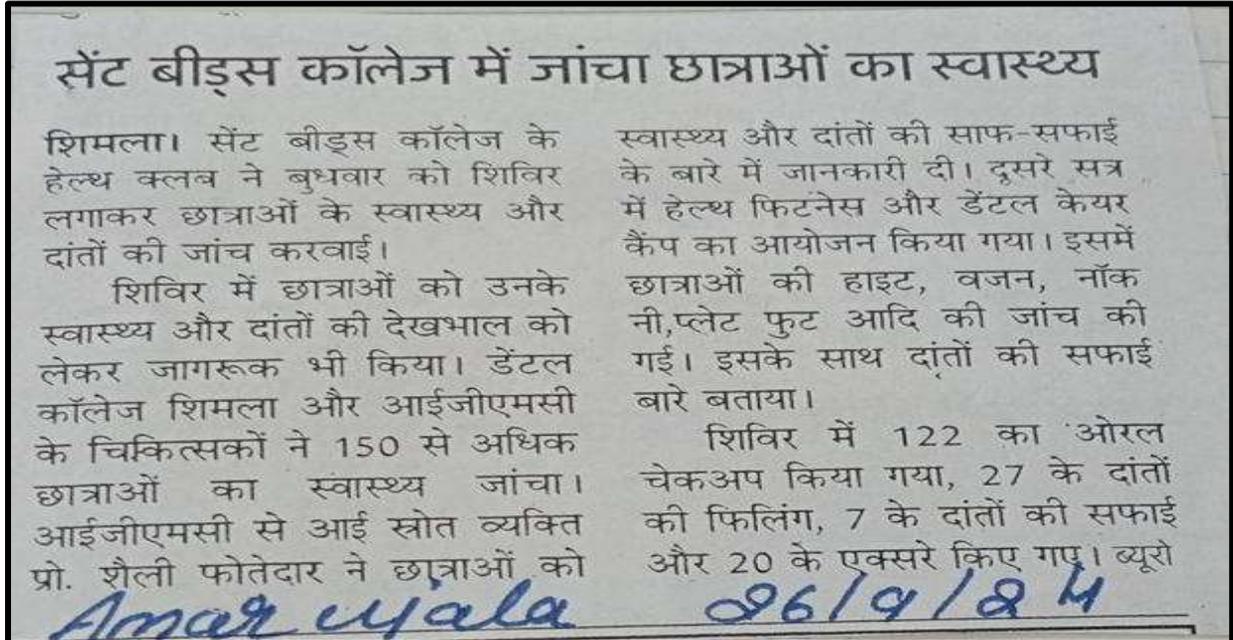
Brochures



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



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



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 25th, 2024 (Wednesday)
Timing: 10.30 am onwards

Sr. No.	Name	Designation/Class	Height	Weight	BP	Knee Knee	Flat Feet	Signature
1	Aisha	BioTech 1 year	5'3	49	112/140	✓	✓	Aisha
2	Ahushika	"	5'4	51	101/100	✓	✓	Ahushika
3	Ahushika	B.A. Hons. 1 st year	5'4	48	118/134	✓	✓	Ahushika
4	Himavathi	BA 1 year	5'2	52	120/162	✓	✓	Himavathi
5	Aarti	RSC 1 year	5'3	45	119/129	✓	✓	Aarti
6	Amisha	"	5'3	69	125/170	✓	✓	Amisha
7	Harshika	B.A. Hons. III	5'2	55	109/159	✓	✓	Harshika
8	Tejashwini	"	5'8	60	122/160	✓	✓	Tejashwini
9	Prishtha	BA 1 year	5'1	47	102/130	✓	✓	Prishtha
10	Suhani	"	5'6	48	112/165	✓	✓	Suhani
11	Jehannavi	BA 1 year	5'2	48	120/151	✓	✓	Jehannavi
12	Shivanshu	BA 1 st year	5'5	54	120/150	✓	✓	Shivanshu
13	Kavya S	"	5'4	52	102/142	✓	✓	Kavya S
14	Aranya	BA 1 year	5'4	47	101/160	✓	✓	Aranya
15	Parvati Chauhan	"	5'3	46	121/160	✓	✓	Parvati Chauhan
16	Akanksha	1 st year	5'4	46	109/150	✓	✓	Akanksha
17	Yamini	"	5'2	55	105/123	✓	✓	Yamini
18	Tejaswini	Psychology 2 year	5'1	52	121/150	✓	✓	Tejaswini
19	Muskan	BioTech 1 year	5'2	46	132/160	✓	✓	Muskan
20	Aastha	B.Sc 1 year	5'1	50	111/130	✓	✓	Aastha
21	Akshita	"	5'7	49	102/165	✓	✓	Akshita
22	Sakshi	M.Sc 3 rd Sem	5'3	51	102/159	✓	✓	Sakshi
23	Vanika	M.Sc 3 rd Sem	5'2	53	122/172	✓	✓	Vanika
24	Karishma	1 st year	5'4	47	119/130	✓	✓	Karishma
25	Varshika	"	5'3	56	116/152	✓	✓	Varshika
26	Aastha	Psychology 2 year	5'7	57	123/151	✓	✓	Aastha
27	Aastha	BA 2 year	5'2	44	120/160	✓	✓	Aastha

m. B. Singh
25/09/24
Principal
St. Bede's College
Shimla

E.S.

Attendance Sheet



Activity Name: Workshop on Health & Dental Care
 Date: September 25th, 2024 (Wednesday)
 Timing: 11.30 am onwards

Sr. No.	Name	Designation/Class	Height	Weight	BP	Knee Range	Flat Feet	Signature
28	Rishi	ADON 1 year	5'1	51	120/85	✓	X	Rishi
29	Asha	"	5'4	57	102/71	✓	✓	Asha
30	Aparna	"	5'3	48	108/74	✓	X	Aparna
31	Shweta	DLEND 1 year	5'2	48	102/71	✓	X	Shweta
32	Arka	"	5'1	57	124/84	✓	X	Arka
33	Anshika	"	5'2	47	102/74	✓	X	Anshika
34	Arka	"	5'5	44	97/60	✓	X	Arka
35	Suhana	BSE 1 year	5'3	40	105/74	✓	X	Suhana
36	Hanna	"	5'2	45	122/66	✓	X	Hanna
37	Schawanti	Eng HON 2 year	5	61	118/63	✓	✓	Schawanti
38	Kritika	"	5'1	51	109/70	✓	X	Kritika
39	Shweta	BBA 1 year	5'3	49	123/105	✓	X	Shweta
40	Neha	"	5'2	44	108/60	✓	X	Neha
41	Harshika	BA 1 year	5'5	34	101/56	✓	X	Harshika
42	Komal	Eng HON 1 year	5'6	44	107/77	✓	X	Komal
43	Shweta	"	5'5	53	106/71	✓	X	Shweta
44	Shweta	Eng HON 1 year	5'8	57	101/70	✓	X	Shweta
45	Shweta	"	5'2	57	110/74	✓	X	Shweta
46	Arka	"	5'4	60	102/74	✓	X	Arka
47	Shweta	Eng HON 2 year	5'5	57	122/80	✓	X	Shweta
48	Rekha	"	5'3	53	115/60	✓	X	Rekha
49	Shweta	"	5'2	57	109/74	✓	X	Shweta
50	Neha	"	5'8	52	102/66	✓	X	Neha
51	Rekha	BBA 2 year	5'3	58	117/72	✓	X	Rekha
52	Aditi	"	5'2	47	101/70	✓	X	Aditi
53	Shweta	BA 2 year	5'1	49	116/101	✓	✓	Shweta
54	Hesika	YCO N	5'3	61	127/90	✓	X	Hesika

Principal
 St. Bede's College
 Shimla

(Handwritten signature)

Attendance Sheet



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

Sr. No.	Name	Designation/Class	Height	Weight	BP	Knee Knee	Flat Feet	Signature
55	Sidhi	5th Year	5'5	48	136/84	✓	X	[Signature]
56	Aartha	5th Year	5'5	45	82/52	✓	X	[Signature]
57	Anshika	5th Year	5'5	69	122/75	✓	X	[Signature]
58	Amrinda	5th Year	5'5	43	82/59	✓	X	[Signature]
59	Anamika	5th Year	5'5	59	96/72	✓	X	[Signature]
60	Aprajita	5th Year	5'5	61	96/66	✓	X	[Signature]
61	Arushi	5th Year	5'4	61	122/65	✓	X	[Signature]
62	Neha	5th Year	5	52	102/60	✓	X	[Signature]
63	Rishi	5th Year	5	48	112/75	✓	X	[Signature]
64	Sahil	5th Year	5'2	65	115/87	✓	X	[Signature]
65	Mohit	5th Year	5'5	41	90/64	✓	X	[Signature]
66	Mehak	5th Year	5'4	60	112/72	✓	X	[Signature]
67	Anushi	5th Year	5'3	41	101/75	✓	X	[Signature]
68	Sansika	5th Year	5'5	45	105/62	✓	X	[Signature]
69	Aashrta	5th Year	5'4	48	102/79	✓	X	[Signature]
70	Suhani	5th Year	5'6	48	100/62	✓	X	[Signature]
71	Surbani	5th Year	5'1	52	92/62	✓	X	[Signature]
72	Parvati	5th Year	5'3	52	105/69	✓	X	[Signature]
73	Agusha	5th Year	5	51	102/75	✓	X	[Signature]
74	Arushi	5th Year	5'5	55	88/59	✓	X	[Signature]
75	Harsh	5th Year	5'5	58	102/65	✓	X	[Signature]
76	Arushi	5th Year	5'10	52	91/51	✓	X	[Signature]
77	Reetika	5th Year	5'5	47	110/62	✓	X	[Signature]
78	Gargi	5th Year	5'2	52	112/70	✓	X	[Signature]
79	Ushika	5th Year	5'3	57	128/60	✓	X	[Signature]
80	Mehak	5th Year	5'2	59	97/65	✓	X	[Signature]
81	Aartha	5th Year	5	63	105/72	✓	X	[Signature]

Principal
 St. Bede's College
 Shimla

[Signature]

Attendance Sheet



Activity Name: Workshop on Health & Dental Care

Date: September 25th, 2024 (Wednesday)

Timing: 10.30 am onwards

Sr. No.	Name	Designation/Class	Height	Weight	BP	Knee Knee	Flat Feet	Signature
83	Riya	Bio Tech I year	5'2	54	97/70	✓	✓	
83	Sudhansu	"	5'3	52	120/90	✓	✓	
84	Anushil	"	5'1	39	120/100	✓	✓	
85	Dakshita	BA 3 year	5'2	42	96/67	✓	✓	
86	Anshika	"	5'3	49	102/90	✓	✓	
87	Sakshi	B.Sc. 3y.	5'5	46	108/90	✓	✓	
88	Surbhi	"	5'4	52 kg	110/110	✓	✓	
89	Aarti	"	5'3	57 kg	105/90	✓	✓	
90	Kanishk	B.A. 1 st year	5'4	72 kg	110/89	✓	✓	
91	Wishu	BA 1 st year	5'2	36 kg	113/84	✓	✓	
92	Anshika	D. Ed. 1 st year	5'3	62	111/90	✓	✓	
93	Mitali	D. Ed. 1 st year	5'2	42	99/86	✓	✓	
94	Neha	BA 2 year	5'3	45	100/89	✓	✓	
95	Kajal	"	5'5	46	95/79	✓	✓	
96	Riya	Eng I year	5'4	56	82/57	✓	✓	
97	Mahima	"	5'3	45	97/61	✓	✓	
98	Akshara	"	5'4	49	109/84	✓	✓	
99	Samman	BA Pass II	5'4	68	120/89	✓	✓	
100	Jyoti	"	5'4	55	114/100	✓	✓	
101	Krishna	"	5'5	57	92/79	✓	✓	
102	Anamika	BA Pass II	5'6	66	120/101	✓	✓	
103	Shikha	BA Pass II	5'2	50	104/44	✓	✓	
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	✓	✓	
107	Akshara	BA Pass III	5'5	61 kg	106/99	✓	✓	
108	Rishika	BA Pass III	5'5	52 kg	110/90	✓	✓	

100/100
25/9/24
Principal
St. Bede's College
Shimla

(Handwritten signature)

Attendance Sheet



Health Club,
St. Bede's College Shimla

Activity Name: Workshop on Health & Dental Care

Date: September 25th, 2024 (Wednesday)

Timing: 10.30 am onwards

Sr. No.	Name	Designation/ Class	Height	Weight	B.P	Kneec Knees	Flat Feet	Signature
109	Suram Arora	BA IIIrd	5'3	60	94/163	X	X	
110	Shalika	BA IIIrd	5'1	52	112/75	X	X	
111	Arushi Kumbhar	BA IIIrd Passc.	5'2	54	115/84	X	✓	
112	Tanvi Aggarwal	BA II year	5'3	56	90/61	X	✓	
113	Riya Khandelwal	BA II year	5'1	54	109/60	X	X	
114	Nikshita	"	5'2	54	99/64	X	X	
115	Anshika	"	5'3	63	116/70	X	X	
116	Kavya	BA IIIrd year	5'5	64	100/59	X	X	
117	Yashika	"	5'4	59	90/70	X	X	
118	Ananya Chahal	BA IIIrd (Dyer)	5'2	48kg	101/69	X	X	
119	Ashika	BA (Gen) (Hons) I	5'3	44	110/75	X	X	
120	Mouna	BA Gen Hon	5'5	58	125/85	X	X	
121	Lakshmi	BA Pass cas.	5'6	46kg	111/57	✓	X	
122	Shreshtha	"	5'8	45kg	122/65	X	X	
123	Nishita	Eng Hon. 3ys	5'5	40kg	119/67	X	X	
124	Ashika	BA Pass cas.	5'3	46kg	106/68	X	✓	
125	Ananya	BSc med. 1st	5'1	52kg	126/72	X	X	
126	Manshika	"	5	45kg	100/60	X	X	
127	Shwangi	Bconsist.	5'2	39kg	119/63	X	X	
128	Sonal	BA Pass cas.	5'3	51kg	104/75	X	✓	
129	Shriya	BSc med. 1st	5'5	55kg	114/70	X	X	
130	Mishika	Eng. Hon. 3ys	5'2	70kg	100/71	X	X	
131	Manshika	BSc med 1st	5'1	71kg	127/67	X	X	
132	Khal	"	5'2	54kg	121/64	X	X	
133	Ananya	"	5'3	47kg	107/60	X	X	
134	Nehika	BSc med - 2ys	5'4	47kg	121/58	✓	X	
135	Swati	BSc med - 2ys	5'1	49kg	127/50	X	X	

molly
26/9/24

Principal
St. Bede's College
Shimla

(Signature)



Health Club,
St. Bede's College Shimla

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

Sr. No.	Name	Designation/ Class	Height	Weight	B.P.	Block	Room	Flat Feet	Signature
136	Shivetti	scout	5'2	48	123/85				
137	harita		5'2	50	116/101			X	
138	Divya		5	46	101/70			X	
139	Pooja		5'1	48	117/72			X	
140	harshika		5'3	67	132/65			X	
141	nisar	scout	5'2	68	119/79			X	
142	adithan		5'5	57	115/64			X	
143	harshika	scout	5'6	41.3kg	122/75			X	
144	harshika	BA Pass 1 st	5'5	41.4kg	108/79			X	
145	divya		5'3	46.5kg	115/74			X	
146	adithan		5'2	51.0kg	101/70			X	
147	sonika	BSc. med. 2 nd	5'4	55kg	106/71			X	
148	adithan	BA Pass 3 rd	5'5	44kg	107/77			X	
149	harshika	BSc. med. 1 st	5'2	70	99/56			X	
150	harshika	BA Pass 1 st	5'2	47	101/60			X	
151	harshika	scout	5'3	78	127/60			X	
152	harshika	scout	5'2	56	118/65			X	
153	Harshika	BA	5'1	69.7kg	122/66			X	
154	Harshika	BA	5'3	51kg	106/68			X	
155	Kaushik	BA 2 year	5'2	48	108/59			X	
156	harshika	BA 1 st year	5'5	48kg	110/75			X	
157	harshika	BA 1 st year	5'1	44kg	96/53			X	
158	harshika	BA 1 st year	5'7	62kg	105/69			X	
159	harshika	BA 1 st year	5'3	52kg	112/62			X	

Principal
St. Bede's College
Shimla

Attendance Sheet



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

Health Club,
 St. Bede's College Shimla

Sr. No.	Name	Designation/Class	Height	Weight	BP	Knee Knee	(FACULTY) AND GENERAL PUBLIC	
							Flat Feet	Signature
1	Dr. Anwar	Teacher	5'3	58.2	90/61	X	X	[Signature]
2	Ananya	"	5'2	60.4	147/81	X	X	[Signature]
3	Ashwin	"	5'4	55.3	139/89	X	X	[Signature]
4	Sohil	"	5'5	65.9	149/83	X	X	[Signature]
5	Rohini	"	5'7	72.7	105/69	X	X	[Signature]
6	Rishi	"	5'5	56.9	110/85	X	X	[Signature]
7	Rishi	"	5'2	51.3	115/85	X	X	[Signature]
8	Rishi	"	5'3	58.6	100/71	X	X	[Signature]
9	Rishi	"	5'5	57.1	145/83	X	X	[Signature]
10	Rishi	"	5'4	52.2	115/80	X	X	[Signature]
11	Arkhya	"	5'3	47.6	80/51	X	X	[Signature]
12	Arushi	Teacher	5'3	67.4	117/73	X	X	[Signature]
13	Arushi	Teacher	5'6	57.2	130/90	X	X	[Signature]
14	Arushi	"	5'1	44.6	113/81	X	X	[Signature]
15	Arushi	"	5'3	68.2	105/69	X	X	[Signature]
16	Arushi	"	5'2	54.2	124/83	X	X	[Signature]
17	Arushi	"	5'3	70.4	125/70	X	X	[Signature]
18	Arushi	"	5'5	55.3	141/82	X	X	[Signature]
19	Arushi	"	4'10	48.2	115/79	X	X	[Signature]
20	Arushi	"	5'6	67.2	142/80	X	X	[Signature]
21	Arushi	"	4'7	76.35	157/93	X	X	[Signature]
22	Karla Devi	Farmer	5'6	72.5	135/72	X	X	[Signature]
23	Sahni Devi	Housewife	5'10	68.2	116/80	X	X	[Signature]
24	Rajju	Shopkeeper	5'6	58.1	105/69	X	X	[Signature]
			5'6	73.5	138/90	X	X	[Signature]

Principal
 St. Bede's College
 Shimla
 25/9/24

[Signature]
 25-09-24

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	Nishuika Kashyap	BSC (AM) 2024	[Signature]
2	Somya	BSC (AM) 2024	[Signature]
3	Nancy	BSC (AM) 2024	[Signature]
4	Anushka Thakur	"	[Signature]
5	Ranganaika Gupta	"	[Signature]
6	Akhika Kaur	"	[Signature]
7	Vaishvi Sharma	"	[Signature]
8	Surya Sharma	"	[Signature]
9	Akhika Sharma	BSC (AM) 2024	[Signature]
10	Pooja Sharma	BSC (AM) 2024	[Signature]
11	Akhika Kaur	BSC (AM) 2024	[Signature]
12	Tanika Sharma	BSC (AM) 2024	[Signature]
13	Anika	BSC (AM) 2024	[Signature]
14	Kanshika Chaudhary	BSC (AM) 2024	[Signature]
15	Kingamoni Sanyal	BSC (AM) 2024	[Signature]
16	Ananya Tarek	BSC (AM) 2024	[Signature]
17	Vaishvi	BSC (AM) 2024	[Signature]
18	Dhruvika	BSC (AM) 2024	[Signature]
19	Shreya	BSC (AM) 2024	[Signature]
20	Himani	"	[Signature]
21	Sanya Thakur	BSC (AM) 2024	[Signature]
22	Manshu Kaur	BSC (AM) 2024	[Signature]
23	Ananya Khosla	BSC (AM) 2024	[Signature]
24	Ashika Sharma	BSC (AM) 2024	[Signature]
25	Surishi Sharma	BSC (AM) 2024	[Signature]
26	Akhika Sharma	BSC (AM) 2024	[Signature]
27	Papri Mittal	BSC II (AM)	[Signature]
28	Rishika Mittal	BSC II (AM)	[Signature]
29	Simran Thakur	BSC II (AM)	[Signature]
30	Akhika	BSC II (AM)	[Signature]

mollys
03/10/24
Principal

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 1st, 2nd and 3rd prize winners of the ideation competition, respectively. The winners of the ideation competition were as follows:

1st prize: Vidit Sood (Auckland House School for boys)

2nd prize: Ajatshatru Singh Pathania (UIT, Shimla)

3rd 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.

**TWO DAYS WORKSHOP
ON
SKILL DEVELOPMENT FOR YOUNG BUDDING ENTREPRENEURS**

Organised By
Biotechnology Incubation Center
&
Department of Biotechnology
HIMACHAL PRADESH UNIVERSITY
in collaboration with
St. Bede's College
Associated to
HIMACHAL PRADESH UNIVERSITY

Date: 4th and 5th October, 2024
Venue: St. Bede's College
Time: 10 A.M. Onwards

SUPPORTED BY:

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 Jasvika Sharma	BSc (Non-Med) 1 st year	Jasvika
② Sonam Thakur	BSc (Non-Medical) 1 st Year	Sonam
3. Musi	"	Musi
4. Anshika	BSc (Non-Med) 1 st Year	Anshika
5. Pehal Verma	BSc (Medical) 1 st Year	Pehal
6. Ananya Soodia	BSc (Medical) 1 st Year	Ananya
7. Nishal Sharma	BSc (Medical) 1 st Year	Nishal
8. Manya	BSc (Medical) 1 st Year	Manya
9. Vanshika	BSc (Medical) 1 st Year	Vanshika
10. Anshu	BSc (Medical) 1 st Year	Anshu
11. Shreya Dand	BSc (Medical) 1 st Year	Shreya
12. Saha Gupta	BSc (Medical) 1 st Year	Saha
13. Lakshmi Verma	BSc (Medical) 1 st Year	Lakshmi
14. Pranshal	BSc (Medical) 1 st Year	Pranshal
15. Anu Kaur Sharma	BSc (Medical) 1 st Year	Anu
16. Nishita	BSc (Medical) 1 st Year	Nishita
17. Harna Chaurasia	BSc (Medical) 1 st Year	Harna
18. Sushant Rana	BSc (Medical) 1 st Year	Sushant
19. Lakshmi Pathan	BSc (Medical) 1 st Year	Lakshmi
20. Nisha Thakur	BSc Biotechnology (Gen) 1 st Year	Nisha
21. Samiksha Sharma	BSc Medical - II year	Samiksha
22. Ashritha Verma	BSc Medical - II year	Ashritha
23. Simran Thakur	BSc (Med) - II year	Simran
24. Pooja Choudhary	"	Pooja
25. Anushi Mehra	BSc (Med) II year	Anushi
26. Varshika	BSc (Med) II year	Varshika

Date: 5/10/24
 Principal
 Dr. Sushila Chandra
 Durgam

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. Deeya Bali	BSc II year (med)	Deeya Bali
20. Divya Thakur	BSc II year (med)	Divya Thakur
31. Pranjana Sharma	MSc I sem	Pranjana
32. Anura Chandna	BSc Biotech (ur) 2 nd	Anura Chandna
33. Shatakshi Kaur	"	Shatakshi Kaur
34. Anshu Kaur	"	Anshu Kaur
35. Ananya Bhatt	"	Ananya Bhatt
36. Manika Mehra	"	Manika Mehra
37. Nishita Verma	BSc (IT) Mod	Nishita
38. Mehak Chauhan	"	Mehak
9. Deepika	MSc I sem	Deepika
0. Anika Kaur	"	Anika
1. Yamuna Kaur	MSc - III	Yamuna
1. Anshika Singh	MSc I sem	Anshika
5. Samrati Thakur	MSc 3 rd	Samrati
Devi Thakur	BSc II year	Devi
5. Sakshi (Bharadwaj)	TWO DAYS WORKSHOP MSc III sem	Sakshi
Kanika Bhandari	MSc I sem	Kanika
Jayna Verma	BSc Biotech	Jayna

Attendance Sheet



St Bede's College

TWO DAYS WORKSHOP

ON

SKILL DEVELOPMENT FOR YOUNG BUDDING ENTREPRENEURS

October 4-5, 2024

Attendance Sheet

Ms. Mallory
05/10/24

Principal
St. Bede's College
Gurgaon

Name	Class	Signature
Shravya Sharma	B.Ec. Med (Ind yr)	[Signature]
Rishika Negi	"	[Signature]
Sanyogita Chauhan	"	[Signature]
Hanshita Bhanjal	"	[Signature]
Ridhima	"	[Signature]
Aditi Sharma	"	[Signature]
Swati	"	[Signature]
Pranjal Azad	"	[Signature]
Bakshi	"	[Signature]
Shagun	BSc (Med) 1 st Year	[Signature]
Shahat Kalia	B.Sc (Med) 2 nd Year	[Signature]
Yashasvi	B.Sc (Med) 3 rd Year	[Signature]
Shreya Khuntia	B.Sc (Med) 2 nd Year	[Signature]
Pooja Mehta	B.Sc (Non-Med) 1 st Year	[Signature]
Ananya Khosla	B.Sc (Non-Med) 2 nd Year	[Signature]
Suneha Sharma	BSc (Non-Med) 2 year	[Signature]
Aditi Sharma	"	[Signature]
Jasmeet Kaur	"	[Signature]
1. Adha Sharma	BSc (Non) Biology 1st Year	[Signature]
2. Anshika Jha	"	[Signature]
3. Samriddha	BSc (Non) Botany 1st Year	[Signature]
4. Aditi Sharma	BSc (Non) Botany 1st Year	[Signature]
5. Tanvi Sharma	BSc (Non) Botany 1st Year	[Signature]
6. Saakshi	BSc (Non) Botany 1st Year	[Signature]
7. Sakshi Bhanjal	BSc (Non) Botany 1st Year	[Signature]

TWO DAYS WORKSHOP

Attendance Sheet



NAME	Courses	Signature
Ayushi	BSC Biotech (Hons) 1st year	
Muskan	BSC Biotech " "	
Aastha	" " " "	
Riya	M.Sc Botany Sem - I	
Sakshi Agrawal	M.Sc Botany - Sem - I	
Pooja	M.Sc Botany - Sem I	
Supriya	M.Sc Botany 1st sem	
Lakshmi Sharma	M.Sc Botany 1st sem	
Shubhanta	M.Sc Botany 1st sem	
Aishwariya Sharma	B.Sc (New Med) I st year	
Aastha Verma	BSC (N.M) I st year	
Pooja Sharma	BSC (N.M) I st year	
Rakshita Kamal	BSC (N.M) I st year	
Sujal Sharma	BSC (N.M) I st year	
Kushika Rathore	BSC (N.M) I st year	
Pooja - Thakur	BSC (N.M) I st year	
- Nika Parihal	BSC Med. 2 nd year	
- Shweta	BSC Med. 2 nd year	
Anshika	BSC Home Biotech II year	
Tansha	" "	
Nigati Sharma	" "	
Ainika	" "	
Anshika	" "	
Yuvika	" "	
Auni	BSC Home Biotech II year	
Swigatha	" "	
Anshika	" "	
Disha	" "	
Yashika	" "	
Shweta	" "	
Kanika Sharma	" "	
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	Soravi	COE Sanjauli	[Signature]
2	Pantay	COE Sanjauli	[Signature]
3	Ashish	COE Sanjauli	[Signature]
4	Atul	COE Sanjauli	[Signature]
5	Gyanendra Thakur	COE Sanjauli	[Signature]
6	Vinod Singh	COE Sanjauli	[Signature]
7	Sujin	COE Sanjauli	[Signature]
8	Ishtiaq Hussain	COE Sanjauli	[Signature]
9	Seloni Sharma	COE Sanjauli	[Signature]
10	Hansraj Thakur	COE Sanjauli	[Signature]
11	Neha Singh	COE Sanjauli	[Signature]
12	Angel Datta	COE Sanjauli	[Signature]
13	Parvika Chauhan	COE Sanjauli	[Signature]
14	Riya Verma	COE Sanjauli	[Signature]
15	Muskan	COE Sanjauli	[Signature]
16	Himani	COE Sanjauli	[Signature]
17	Aayushi	COE Sanjauli	[Signature]
18	Nandini	COE Sanjauli	[Signature]
19	Rohan	HPU	[Signature]
20	Abhishek	Kotliara College TWO DAYS WORKSHOP	[Signature]
21	Chetani Chaudhary	Kotliara College	[Signature]
22	Jatin Kumar Sharma	Kotliara College	[Signature]
23	Rajat Thakur	Kotliara College	[Signature]
24	Rishabh Chaudhary	Kotliara College	[Signature]

[Signature]
25/10/24
Principal
St. Bede's College
Shimla

[Signature]
5/10/24

Attendance Sheet

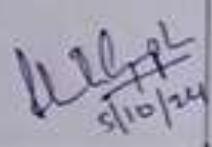


**TWO DAYS WORKSHOP
ON
SKILL DEVELOPMENT FOR YOUNG BUDDING ENTREPRENEURS
October 4-5, 2024**

Attendance Sheet

	Name	College / Institute name	Signature
1)	Shivain	Rajin Gandhi College	Shivain
2)	Aditya Verma	Rajin Gandhi College	Aditya
3)	Gurmanj	UIT, HPU	Gurmanj
4)	Lehna Lalanki	UIT, HPU	Lehna
5)	Pritya Rani	HPU (Microbiology)	Pritya Rani
6)	Komal Thakur	HPU (Microbiology)	Komal Thakur
7)	Royal Shama	HPU, Microbiology	Royal Shama
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)	Lohit	SILB Solan (Micro)	Lohit
15)	Gargi	SILB Solan Microbiology	Gargi
16)	Manish	SILB Solan Microbiology	Manish
17)	Arpit	SILB Solan Microbiology	Arpit

TWO DAYS WORKSHOP


 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**

The poster features a central image of a hand pointing at a glowing blue shield with a keyhole, surrounded by various cybersecurity icons. To the right, the text reads: 'St. Bede's College NAAC Re-Accredited A Grade' with the college logo. Below this is the title 'Workshop on AI and Cybersecurity: Empowering Entrepreneurs for the Digital Future' and 'Organised by Department of Computer Science (Under the Aegis of IQAC)'. Two resource persons are listed: Sh. Vijayant Gaur, Director of Cyber Security Association of India, and Ms. Anjali Verma, Director of Cyber Security Association of India. Thrust areas include Cybersecurity and Cybercrime, The Cybercrime Landscape Today, Cybersecurity for Everyone, Cybersecurity Courses and Certification, Legal Framework Against Cybercrime, Laws and Regulations, Future Trends in Cybercrime, and The Role of Technology in Cybersecurity & AI. The patron is Prof. Sr. Molly Abraham, Principal, and the convener is Ms. Neha Wallia, Assistant Professor. The date is October 15, 2024, venue is Auditorium, and time is 11:00 A.M. onwards. Contact information for queries is provided at the bottom right.

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 Regulations
- 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

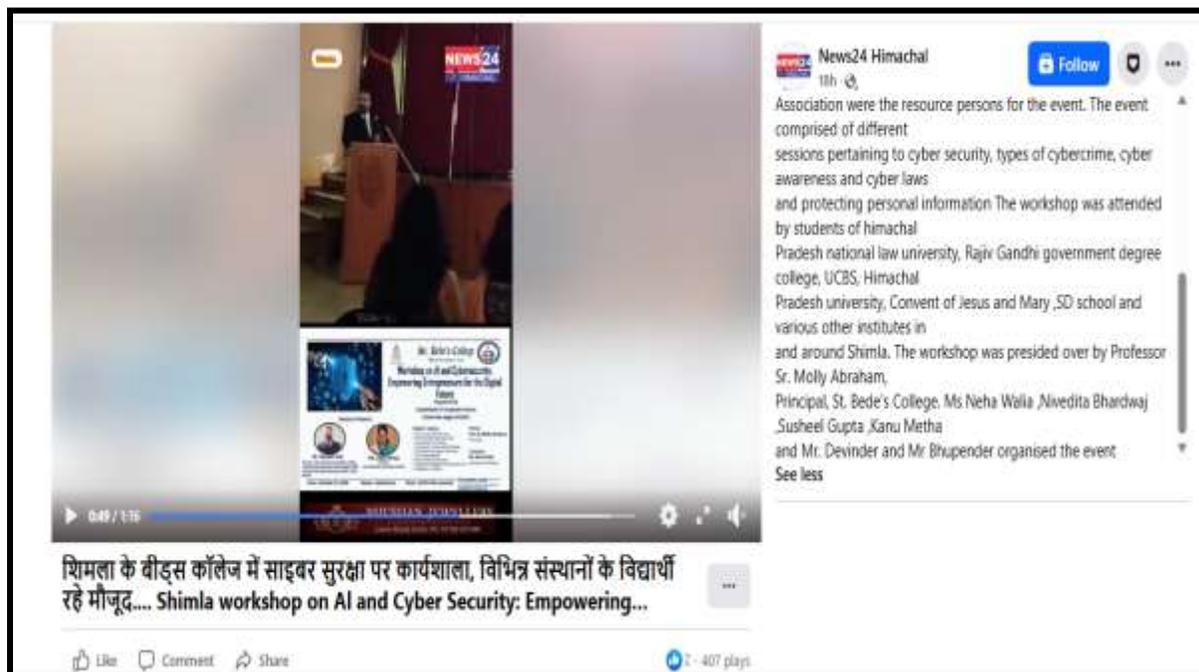
Date : October 15, 2024 **Venue : Auditorium** **Time : 11:00 A.M. onwards**

For any queries, contact
aicyberguard.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.in
E-mail: bedescollege@gmail.com

One Day Work shop on AI and Cyber Security Convnet of Jesus and Mary,
Chelsea Shimla

Sr No	Name of Student	Class	Signature	Remarks	
1	Harshita Thakur	XII		100	11
2	Krishna Dhanta	XI		100	12
3	Jaarti Kumari	XI		100	13
4	Arshya Pal	XI		100	14
5	Jannat Thakur	XI		100	15
6	Kashish	XII		100	16
7	Suhani Karol	XI		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



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Shimla-171002
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"Heritage Status" by UCC
www.stbedescollege.in
E-mail : bedescollege@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	()			78

15/10/24
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St. Bede's College
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 "Heritage Status" by UOC
 www.stbedescollege.com
 Email: bedescollege@gmail.com

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

Sr. No.	Name of Student	Class	Signature	Marks	
1	Aaryan Kashyap	B.Sc-2nd year	[Signature]	100	29
2	Shivani	B.Sc-2nd year	[Signature]	100	30
3	Mansha	B.Sc-2nd year	[Signature]	100	31
4	Adarsh Adarash kumar	B.Sc-2nd year	[Signature]	100	32
5	Aditya Raj	B.Sc-2nd year	[Signature]	100	33
6	Deepali	B.Sc-2nd year	[Signature]	100	34
7	Lakshay Sharma	B.Sc-2nd year	[Signature]	100	35
8	Mayak Ranga	B.Sc-2nd year	[Signature]	100	36
9	Neha Gupta	B.Sc-2nd year	[Signature]	100	37
10	Nikhil Bundel	B.Sc-2nd year	[Signature]	100	38
11	Paras	B.Sc-2nd year	[Signature]	100	39
12	Pranshu Thakur	B.Sc-2nd year	[Signature]	100	40
13	Priksht	B.Sc-2nd year	[Signature]	100	41
14	Ronit Thakur	B.Sc-2nd year	[Signature]	100	42
15	Shrikant Dogra	B.Sc-2nd year	[Signature]	100	43
16	Sojal Sharma	B.Sc-2nd year	[Signature]	100	44
17	Vanshika Thakur Paras Thakur	B.Sc-2nd year	[Signature]	100	45
18	Chhering Chhemden	B.Sc-2nd year	[Signature]	100	46
19	Vishaka	B.Sc-2nd year	[Signature]	100	47
	Sakshi Sharma	B.Sc-2nd year	[Signature]	100	48
	Pawan Kumar	B.Sc-1st year	[Signature]	100	49
	Tanishq Raj	B.Sc-1st year	[Signature]	100	50
	Ruchika	B.Sc-1st year	[Signature]	100	51
	Jatin	B.Sc-1st year	[Signature]	100	52
	Kartik	B.Sc-1st year	[Signature]	100	53
	Shrutika Thakur	B.Sc-2nd year	[Signature]	100	54
8	Vivek Chaudhary	B.Sc-2nd year	[Signature]	100	
7	Mangal	B.Sc-2nd year	[Signature]	100	
6	Chhering	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 Resakta	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

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11/11/24

Attendance Sheet



Sl. No.	Name	Contact No.	Email	Name of College	Name of Department	Score
10-10-2024 10:53:57	Akashika Rana	981081207	akashikarana35@gmail.com	Himachal Pradesh National Law University, Shimla	Law	
10-10-2024 11:04:28	Shari	8278112752	sho52598@gmail.com	Himachal Pradesh university	Data science and artificial intelligence	Shanti ✓ 10
10-10-2024 12:53:38	Shweta	783320236	shwetakum709@gmail.com	Indira Gandhi National Open University	School of Computer and Information Sciences (SCIS)	Shalika ✓ 7
10-10-2024 12:54:19	Rishani	889485443	anuramad8948@gmail.com	SJ Bedi's college	Computer science	
10-11-2024 12:26:12	Neelesh Verma	9809857364	veerlesh04@gmail.com	Himachal Pradesh university Shimla	Data science and AI	
10-11-2024 14:58:22	Ayaz Sharma	620753693	ayazsharma2144@gmail.com	University College of business studies	BCA	
10-12-2024 12:13:14	Ashya Dhanan	707644628	ashyadhanan7878@gmail.com	University College of Business Studies	BCA	
10-12-2024 16:44:48	Vikas Singh Guleri	9817026535	vika.yad27@gmail.com	Govt. Degree College Indora Dist.(Kangra)(P)-176401	Computer Science	
10-12-2024 17:32:21	Suryy Sharma	9781626516	sharmal73@gmail.com	Government Degree College Indora	BCA Department	
10-14-2024 14:56:27	Aditya Kumar verma	98288 60985	adityaverma5713@gmail.com	Rajiv gandhi govt degree college	Commerce	Aditya ✓ 9
10-14-2024 15:05:12	Gann Chaitan	9015139491	chaitanrajiv@gmail.com	Rajiv gandhi govt degree college	Commerce	Chaitan ✓ 8
10-14-2024 15:06:14	Prerazdeep	9805813877	prerazdeep448@gmail.com	Rajiv gandhi govt degree college	Commerce	
10-14-2024 16:15:11	Karan Malik	9679013277	myanmalik55@gmail.com	Rajiv Gandhi Government Degree College, Kotshera, Chaura Madan	Bachelor in Computer Application	
10-14-2024 16:26:15	Shivan	7018426558	shivanikumar2464@gmail.com	Rajiv Gandhi Government Degree College, Kotshera, chaura Madan	B.C.A	
10-14-2024 16:28:38	Amit Thakur	7807217212	gvr.thondraampur@gmail.com	Rajiv Gandhi Government Degree College	BCA	

Attendance Sheet



3. Rang (819100265) rangachata2608@gmail.com BA Psychology Hons II yr
4. Praveen (9761201520) bhannapraveen44@gmail.com BA Geography Hons II yr
5. Anam Sewal (9317076506) sewalashini@gmail.com BA Pass course
6. Arambhika Aliza (6306720699) arambhika2@gmail.com BA Programme IInd year
7. Samreen Kaur (9926371979) smreenkaur@gmail.com BA Programme IInd year
8. Karish Grewalia (8307353712) karishgrewalia@781gmail.com BA Programme II year
9. Anura Chandua (701533855) anurachandua16@gmail.com BSc Biochem (H)^{2nd} yr
10. Anya minhas (9805707844) anya.minhas.20@gmail.com BA Psy (H)^{2nd} year
11. Gunvika Morya (740980006) gunvikamorya@gmail.com BA Programme IIIrd year
12. Sneha (8628837707) snehakapoor136@gmail.com BA Programme IInd year
13. Viveka (9465309106) keetna.viveka4@gmail.com BA Psychology IInd year
14. Violet Mary George (9560736404) violetmarygeorge@gmail.com BA Eng Hons IIIrd year
15. Shagun Shukla (7505995101) sharmachagun098@gmail.com CBA Ist sem
16. Dianora Hulath (8188000033) aulathdianora@gmail.com BA IIIrd pass course
17. Prachi Singh (7807589903) prachi22005@gmail.com BA (II) Pass course
18. Kritika Sharma (7973154126) kritikasisth2007@gmail.com B.A. Psy. Hons Ist year
19. Yuvika Kanwar (7876933943) kanwar_yuvika5@gmail.com B.A. Psy. Hons Ist year
20. Nisha Bahukhandi (BA Eng Hons 3rd) bahukhandi.dishabahukhandi4@gmail.com (9653862279)
21. Jahnvi Wali (BA Psy. Hons 3rd) (9811828898) jahnvivali1326@gmail.com
22. Mitali Kaisha (BA Eng Hons 2nd) (9015037598) kaisha.mitali@gmail.com
23. Deeksha Janyal (BA Eng Hons II) (7807135535) deekshajanyal@gmail.com
24. Sunidhi Sharma (BSc 2nd year - Hon Med) (9805108821) sunidhisarma294@gmail.com
25. ~~Osheen Paul (BA Pass course 1st year) 7807127211 osheenpaul3800@gmail.com~~
26. ~~Osheen Paul (BA Pass course 1st year) 7807127211 osheenpaul3800@gmail.com~~

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

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Attendance Sheet



Sl No	NAME	Class	Ph Number	Email
1	Pragya Sen	BBA 1 st yr	9816126005	pragya.sen012@gmail.com
2	Martakar Mishra	BA Geo Home I st yr	9815511619	martakarjwal04@gmail.com
3	Arisoleep Kaur	BA Poly Home I st yr	6239593022	deep2004ansh@gmail.com
4	Akshara Chauhan	BA Eng Home I st yr	9266130634	aksharachauhan16@gmail.com
5	Nupur Thakur	Bsc Biochem Home I st yr	8744083247	nupurthakur210@gmail.com
6	Shivanshi	BA Geography Home I st yr	9816311473	shivanshisharma04@gmail.com
7	Karuna	BA Geography Home I st yr	6398170568	karunabachrajwal@gmail.com
8	Mauli	BBA 1 st yr	90561-50401	mauligarg402@gmail.com
9	Saksh	BA Eng (H) I st yr	944429987	sakshibajaj207@gmail.com
10	Harsha	BSC Biochem 1 st yr	9805116815	amrityadiga112@gmail.com
11	Janya Chauhan	B Com I st yr	9318079369	chauhanjamp567@gmail.com
12	Yashika Gulerbati	BA Eng Home I st yr	824058086	snaj131340@gmail.com
13	Jamaira	BA Economics I st yr	7876586584	samaira02@gmail.com
14	Shreyas Sharma	BSC I st yr (N.M)	7876784291	Shreyassharma809176@gmail.com
15	Rishma Singh	Bsc I st yr (N.M)	680046050	Rishmatriving184@gmail.com
16	Pooja Hehta	Bsc I st yr (N.M)	7010717198	pooja.mosta.04259@gmail.com
17	Aastha Salwan	BA - 1 st yr	98055 9805514807	aasthasalwan11@gmail.com
18	Komal	BA Geog Home I st yr	6030211146	komal1922917@gmail.com
19	Ani	BSC Biotech I st yr	9418780040	aanu19agwal868@gmail.com
20	Ajya Sharma	Eng Home I st yr	7975352998	ajyasharma52993@gmail.com
21	Kharishka Doria	Eng Home I st yr	8627081773	kg07kharishka07@gmail.com
22	Mansha Sharma	Poly Home I st yr	701809226	manshasharma112015@gmail.com
23	Medhai Sharma	Poly Home I st yr	8979394657	medhaisharma.025@gmail.com
24	Tejasvini Arora	Eng Home I st yr	6006519914	tejasvinibhat@gmail.com
25	Saizal Shama	BA Pass Course	787811426	Saizalshamaw03@gmail.com
26	Rishika	BA Pass II nd yr	7737465110	randanyrishi04@gmail.com

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Attendance Sheet



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	
1	Smita DURGESH	BCA 1st Year	Durgesh	29
2	Nishkanti Verma	BCA 2nd Year	Nishanti	99
3	shriange Kankaria	BCA 2nd Year	shriange	100
4	Pavul Prabhu	BCA 2nd Year	Pavul	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	Shivani Verma	BCA 2nd Year	Shivani	105
9	Sangam	BCA 1st Year	Sangam	90
10	Shivani Sharma	BCA 1st Year	Shivani	91
11	Neha	BCA 1st Year	Neha	92
12	Ridhi Verma	"	Ridhi	93
13	Urushi Kankaria	"	Urushi Kankaria	94
14	Ritika	"	Ritika	95
15	Divanshi Sharma	"	Divanshi	97
16	Surya Tejaswini	"	Surya	96
17	Vandana Tiwari	"	Vandana	98

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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 10:30 AM

SR NO.	STUDENT NAME	CLASS	SIGNATURE	
18	Tania Pal	BCA 3 rd Year	Tania Pal	81
19	Sejal Granate	"	Sejal Granate	88
20	Palak Thakur	"	Palak	87
21	Hardika Verma	"	Hardika	83
22	Muskan Kapoor	"	Muskan	86
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	Sunishi Sharma	BSC 2nd year (N.M)	Sunishi	
30	Aditi Sharma	"	Aditi	
31	Jasmeet Kaur	Ist 11 11	Jasmeet	
32	Vedika Thakur	" 11 11 11	Vedika	

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Attendance Sheet



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
33	Anushi	Bsc (I year)	Anushi
34	Anshika	Bsc (Non-Med) 1st	Anshika
35	Shriya	BA II year	Shriya
36	Radhika	BBA II	Radhika
37	Akriti Bhargava	BA III rd year	Akriti
38	Bhumika Sharma	B.com III	Bhumika
39	Ritika Sharma	B. Com III	Ritika
40	Jambhavi Bhatia	B. Com III	Jambhavi
41	Tammi Hotta	B.A. Eng Ken II	Tammi
42	Urvashi	BA III rd year	Urvashi
43	Mitika Thakur	BA III rd year	Mitika
44	Asha Sharma	Bsc Biotech (I Year)	Asha
45	Anshika Thakur	Bsc Biotech (I year)	Anshika Thakur
46	Mannat	BA III rd 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) - 1st year	Aastha

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St. Bede's College
Shimla

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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
99	Riya Devi	BSc 3rd Year (Med.)	Riya
100	Diya Thakur	BSc 3rd Year (Med.)	Diya
101	Gunvika Sharma	MSc 1st Semester	Gunvika
102	Ashal Chauhan	MSc 1st Semester	Ashal
103	Ravika Sharma	MSc 1st Semester	Ravika
104	Akshita Thakur	M.Sc 1st sem	Akshita
105	Shashi Manita	MSc 1st Sem	Shashi
106	Gunvika Sharma	M.Sc 1st Sem	Gunvika
107	Darika Damuthi	M.Sc 1st Semester	Darika
108	Ankita Kaushal	MSc 1st Semester	Ankita
109	Anita	MSc 1st Semester	Anita
110	Preriti	MSc 1st Semester	Preriti
111	Anjali Chauhan	BA 2nd Pass Course	Anjali
112	Smriti Paul	BA Geography Hons II	Smriti
113	Aastha Sharma	"	Aastha
114	Aarti Kumari	"	Aarti
115	SHRUTI SHARMA	BA 2nd yr. (Pass Course)	Shruti

102/4/24
15/10/24

Principal
St. Bede's College
Shimla

Attendance Sheet



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
116	Priyam Rukta	BA 2 nd YEAR.	<i>[Signature]</i>
117	Lakshmi Kamwar	BA 1 st Year?	<i>[Signature]</i>
118	Monika Sharma	BA (1 st Year)	<i>[Signature]</i>
119	Rishika Sharda	BA 1 st Year Geo Honr	<i>[Signature]</i>
120	Parul Samjpal	BA 2 nd Year (Geo Honr)	<i>[Signature]</i>
121	Saba Thakur	BA 1 st Year (Geo Honr)	<i>[Signature]</i>
122	Adhya Sharma	BA 1 st Year (Geo Honr)	<i>[Signature]</i>
123	Sparsh Tega	BA 1 st Year (Geo Honr)	<i>[Signature]</i>
124	Kina Stair	BA 1 st Year (Geo Honr)	<i>[Signature]</i>
125	Anishi Singh		<i>[Signature]</i>
126	Amaris Thakur	BA 1 st Year (Geo Honr)	<i>[Signature]</i>
127	Anjali Thakur	BA 1 st Year?	<i>[Signature]</i>
128	Shruti Thakur	BA 1 st Year (Geo Honr)	<i>[Signature]</i>
129	Vanshika Raza	BA 1 st Year (Geo Honr)	<i>[Signature]</i>
130	Tanvi Chauhan	BA 1 st Year (Geo Honr)	<i>[Signature]</i>
131	Kashish Shyam	BA 1 st Year (Geo Honr)	<i>[Signature]</i>
132	Sara chandhary	BA 2 nd year (pass)	<i>[Signature]</i>

[Signature]
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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
84 133	Aruni	BA Gen. Mans 2 nd year	Aruni
85 134	Bhavana	"	Bhavana
86 135	Arushi	BA Psychology 2 nd year	Arushi
87 136	Nityanshi	B.Sc (Non-Med) I st year	Nityanshi
88 137	Nityanshi Sharma	B.A Pass. C.I st year	Nityanshi
89 138	Pooja Kumar	B.A Pass course I st year	Pooja
90 139	Aaksha Singh Kanwar	BSc-Med III Year	Aaksha
91 140	Riya Chauhan	-do-	Riya
92 141	Sanskha Varma	-do-	Sanskha
93 142	Valhaseni Jaiswal	-do-	Valhaseni
94 143	Sonika Varma	BA 1st Year (Pass Course)	Sonika
95 144	Shivangi	B.Com. 1st Year	Shivangi
96 145	Aprita Chauhan	BA 1st Year (Pass Course)	Aprita
97 146	Natasha Sharma	BA 1st Year	Natasha
98 147	Aruni	BA Eng. Hons I st Year	Aruni
99 148	Riya Sharma	BA-I (English Hons.)	Riya Sharma
100 149	Pooja Sharma	BBA 1st year	Pooja Sharma

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INTELLIGENCE AND CYBER SECURITY" ON OCTOBER 15, 2024 AT 9:30 AM to 4:30 PM

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

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SR NO.	STUDENT NAME	CLASS	SIGNATURE	
118	167	Somali	BA Eng (H) 1st year	Panshi
119	168	Arunika Gupta	B.A. Eng (H) 1st year	
120	169	Tia Sharma	B.A. Eng (H) 1st year	Tia
121	170	Shreyal S. Sahai	BA Eng (H) 1st year	Shreyal
122	171	Aisha Kataria	BA Eng (H) 1st year	Aisha
123	172	Aparita	BSC Biotech (H) 1st year	Aparita
124	173	Arunika Kaur	BA Eng (H) 1st year	Arunika
125	174	Swishati Kapta	"	Swishati
126	175	Shivanshu Sharma	"	Shivanshu
127	176	Mansi Sharma	BA Eng (H) 1st year	Mansi
128	177	Swishati	B.com (H) 2nd year	Swishati
129	178	Aditi	"	Aditi
130	179	Sukhiti	"	Sukhiti
131	180	Sukhiti	"	Sukhiti
132	181	Shagun	B.A. (Hons) 1st year	Shagun
133	182	Mahak	B.com 2nd year	Mahak
134	183	Sneha	"	Sneha

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SR NO.	STUDENT NAME	CLASS	SIGNATURE
135	184 Muskan Sharma	BA Gen Hons. 2nd year	[Signature]
136	185 Alpita Vohra	"	[Signature]
137	186 Anidhi Thakur	"	[Signature]
138	187 Sneha Verma	BA I st year	[Signature]
139	188 Rakshita Sharma	BA 1st year	[Signature]
140	189 Parul Chaudhan	BA 1st year	[Signature]
141	190 Anjan Sharma	"	[Signature]
142	191 Kritika Thakur	English Honours 2nd	[Signature]
143	192 Parul Kapoor	"	[Signature]
144	193 Vihanti	"	[Signature]
145	194 Aaksha	"	[Signature]
146	195 Kavushi Choudhan	B.com 1st year	[Signature]
147	196 Kalpana Jaisam	B.com 1st year	[Signature]
148	197 Shweta	B.Sc. Med 1st year	[Signature]
149	198 Alka Parihar	B.Sc. Med 1st year	[Signature]
150	199 Disha Bahukhandi	BA Eng (H) 2nd year	[Signature]
151	200 Jahnavee Wali	BA Psy (H) III year	[Signature]

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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
152	201 Anushka Kumbhal	B.A. 4th year Pass C	Anushka
153	202 Anushka Verma	B.Sc. - II year (Medical)	Anushka
154	203 Aditi	B.Sc. - II year (Med)	Aditi
155	204 Ashanya Verma	B.Sc. - II year (Med)	Ashanya
156	205 Ranjan Thakur	B.Sc. - II year (Med)	Ranjan
157	206 Pooja Chauhan	B.Sc. - II year (Med)	Pooja
158	207 Anshika Sharma	"	Anshika
159	208 Shaqun Khimta	BA III Year	Shaqun
160	209 Mavy Dutta	"	Mavy
161	210 Ashish Rajta	"	Ashish
162	211 Varshika Sharma	"	Varshika
163	212 Anshika Sharma	"	Anshika
164	213 Yashika Chakra	BA 2nd year Eng Hons	Yashika
165	214 Anshika Chhatrakar	"	Anshika
166	215 Alisha Raut	B.COM 2nd year	Alisha
167	216 Prabhakar Kaur	B.Com 1st year	Prabhakar
168	217 Neha Sharma	BA Psychology (H) I	Neha

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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
169	50 Jessica Sharma	Bsc (Non-Med) 2 nd yr	Jessica Sharma
170	51 Simran Thakur	Bsc (Non-Med) 1 st yr	Thakur
171	52 Devyani Chauhan	BA English Hons	Chauhan
172	53 Mehak Chauhan	BA English Hons	Mehak
173	54 Komal Sawant	BA Pass Course III rd yr	Komal
174	55 Srijal Kholta	BA Pass Course III rd yr	Srijal
175	56 Akshita	BA Pass Course III rd yr	Akshita
176	57 Anvesha Chauhan	BA Pass Course II nd yr	Anvesha
177	58 Niyati Thakur	BA Pass Course II nd yr	Niyati
178	59 Sishyan	BA Eng Hons II nd yr	Sishyan
179	60 Karuna Srangil Pal	BA Geography (H)	Karuna
180	61 Marbaker Inai Mukhim	BA Geography (H) I st yr	Mukhim
181	62 Komal	BA Geography (H) I st yr	Komal
182	63 Aneti	BSC Biotech Hons 1 st yr	Aneti
183	64 Sumira	BSC Biotech Hons 1 st yr	Sumira
184	65 Sahaj Kalyal	BA Eng Honours I st yr	Sahaj
185	66		

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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
185 67	JANNAVI JAIN	BA Geography (I) (Hons)	Jannavi Jain
189 68	NIJUR THAKUR	BSc. BIOTECHNOLOGY (I) Hons	Nijur
188 69	SHIVANSHI	BA Geography (I) Hons	Shivanshi
189 70	PRIYAMVADA PATHAK	BA III YEAR (PASS COURSE)	Priyamvada
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 Hinto	BSc (I st year) (NM)	Rajni
194 75	Reshma Minj	BSc (I st year) (NM)	Reshma
195 76	Shreya Sharma	BSc II nd year (NM)	Shreya
196 77	Narehita Banyal	BSc II nd year (Med)	Narehita
197 78	Aishwarya Kanyap	BSc II nd year (Med)	Aishwarya
198 79	Perna Tashi	BA Pass Course II nd year	Perna
199 80	Himani Taksar	Msc III sem	Himani
200 81	Ishraja	Msc III sem	Ishraja

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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

SER NO.	STUDENT NAME	CLASS	SIGNATURE	
82	Yamuna Katoch	M.Sc. III sem		201
83	Amatika Negi	M.Sc. III Sem.		202
84	Riya Koundal	B.A III year		203
85	Jyotsna Patyal	"		204
86	Mitali Chauhan	"		205
87	Deepshika	M.Sc I sem		206
88	Travani Thakur	B.A III Year		207
89	Ridhima Thakur	B.A III Year		208
90	Jahnuj	B.A III Year		209
91	Hiteshi Jakta	B.A III Year		210
92	Riya Sharma	B.A III Year		211
93	Ranya Saroch	B.A III Year		212
94	Arushka Thakur	B.A III Year		213
95	Medhani Sharma	BA Eng (H) 3 rd Year		214
96	Tejaswini Khandel	BA Eng (H) 3 rd Year		215
97	THANIYA	BA Eng (H) 2 nd year		216
98	Manisha Thakur	BA Eng (H) 2 nd year		217

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SR NO.	STUDENT NAME	CLASS	SIGNATURE	
1	Sheha Sharma	BA 2nd 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	Siddhi Thakur	B.Com. Iy	Siddhi	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	Shanya Jarit	BSC. IY	Shanya	241
13	Charvi Singh Rane	B.com IY	Charvi	242
14	Vanshika Kaljaha	B.A. IY	Vanshika	243

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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 nd year	Paveena
2	Sandeep	D. el. ed II nd year	Sandeep
3	Vanshika Sharda	D. el. ed II nd year	Vanshika
4	Akshika	D. el. ed I st year	Akshika
5	Muskan Thakur	D. el. ed I st year	Muskan Thakur
6	Khushbu	D. EL. ED 2 nd year	Khushbu
7	Rashika Sharma	D. EL. ED 2 nd year	Rashika
8	Smriti Sharma	D. EL. ED 2 nd year	Smriti
9	Shivani Sharma	D. EL. ED 2 nd year	Shivani
10	Ritu	D. EL. ED 2 nd year	Ritu
11	Komal Thakur	D. el. ed 2 nd year	Komal
12	Pooja Sen	BBA I st yr	Pooja
13	Manshika Jaisi Mukhim	BA Geography (H) I st year	Manshika
14	Anshu Kaur	BA Psychology (H) I st year	Anshu
15	Ishita Sharma	D. el. ed 2 nd year	Ishita
16	Shivani	D. el. ed 2 nd year	Shivani
17	Kirti Thakur	"	Kirti Thakur

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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	<i>Vaishali Kaushal</i>
2	Havshita	D.EL.ED 2nd year	<i>Havshita</i>
3	Garima	D.EL.ED 2nd year	<i>Garima</i>
4	Chetally Thakur	D.EL.ED 2nd year	<i>Chetally Thakur</i>
5	Kajal Thakur	D.EL.ED 1st year	<i>Kajal Thakur</i>
6	Bhaski Mathu	D.EL.ED 1st year	<i>Bhaski</i>
7	Deepthi Thakur	D.EL.ED 1st year	<i>Deepthi</i>
8	Dshini Verma	D.EL.ED 1st year	<i>Dshini</i>
9	Deepika	D.EL.ED 1st year	<i>Deepika</i>
10	Kanika	D.EL.ED 1st year	<i>Kanika</i>
11	Sahar Bhardwaj	D.EL.ED 1st year	<i>Sahar</i>
12	Kashish	D.EL.ED 1st year	<i>Kashish</i>
13	Rana	D.EL.ED 1st year	<i>Rana</i>
14	Smitika Sharma	D.EL.ED 1st year	<i>Smitika</i>
15	Sadiya	D.EL.ED 2nd Year	<i>Sadiya</i>
16	Himani Sharma	D.EL.ED 2nd Year	<i>Himani</i>
17	Shivani Verma	D.EL.ED 2nd Year	<i>Shivani</i>

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SR NO.	STUDENT NAME	CLASS	SIGNATURE	
18	1. Ananya Sharma	Psych (Hons) I	Ananya	273
19	2. Gargi Verma	Psy (Hons) II nd YEAR	Gargi Verma	279
20	3. Anushi Gupta	BSc (med) II nd year	Anushi Gupta	280
21	4. Anshika	BSc (med) II nd year	Anshika	281
22	5. Ridhima	BA I st year	Ridhima	282
23	6. Uratika Kaur	BA Ist Year Pass C	Uratika	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. Rajvanshi Rattner	BA Ist Year Pass C	Rajvanshi	286
27	10. Anshika Chauhan	B.Sc III year (med)	Anshika	287
28	11. Anshika Verma	B.Sc III year (med)	Anshika	288
29	12. Shagun Sharma	B.Sc Biotech Ist year	Shagun Sharma	289
30	13. Tanvi Sharma	"	Tanvi Sharma	290
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32	15.			
33	16.			
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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	
01	Dinyanshi	BA Eng Hons III year	<i>Dinyanshi</i>	291
02	Nanda Sukkur	BA Eng Hons III year	<i>Nanda Sukkur</i>	292
03	Priyanka Verma	BA Eng Hons III year	<i>Priyanka</i>	293
04	Arjunan	Bcom III year	<i>Arjunan</i>	294
05	Saijal	Bcom III year	<i>Saijal</i>	295
06	Samiti	Bcom III year	<i>Samiti</i>	296
07	Mitali	Bcom III year	<i>Mitali</i>	297
08	Jahnvi Jain	BA Hons Geography ^(2nd)	<i>Jahnvi Jain</i>	298
9	Anin Katta	Bcom I year	<i>Anin Katta</i>	299
10	Samiya Sharma	Bcom I year	<i>Samiya</i>	300
11	Palak Verma	BA Eng Hons 1 st year	<i>Palak</i>	301
12	Aditi Pathania	Eng Hons 1 st year	<i>Aditi</i>	302
13	Sakiba Khuman	BA Eng Hons 1 st year	<i>Sakiba</i>	303
14	Simran Thakur	BSc (IT) 1 st year / Med	<i>Simran</i>	304
15	Riddhika	BA II year (Pass)	<i>Riddhika</i>	305
16	Shimona Jandev	BA pass course - 1 st	<i>Shimona</i>	306
17	Anushka Sharma	BA pass course - 1 st	<i>Anushka</i>	307

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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.	Gurjan	D.El.Ed 1st	Gurjan
2)	Anjali	"	Anjali
3)	Sheh	"	Sheh
4)	Jasvika	"	Jasvika
5)	INDIRA	"	Indira
6)	Dixitika Shandil	B.A. Pass Course II year	Dixitika
7)	Shreya Nadra	"	Shreya
8)	Kritika Verma	"	Kritika Verma
9)	Shrouti Sharma	"	Shrouti
10)	Priyanshu Rukta	"	Priyanshu
11.)	Monika	D.El.ed II nd year	Monika
12)	Sakshi	"	Sakshi
13)	Rukhsad	D. el. ed II nd year	Rukhsad
14)	Kiranj	D. el. ed 2 nd year	Kiranj
15)	monika Dastguyan	"	Monika
16)	Taruna Khanna	D.El.Ed. 1 st Year	Taruna
17)	Meha	"	Meha

18) Shweta
19) Panchal Sharma
20) Akanksha
21) Alisha

Shweta
Panchal
Akanksha
Alisha

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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

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**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**

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

 **Seminar Room**

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)

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 formulas 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:

- 1. *Lilavati*: Arithmetic
- 2. *Bhaskara's Algebra*
- 3. *Shatgaganita*: Mathematics of the planets
- 4. *Ganitabhyasa*: Spheres

18 October, 2024

16 Sutras continued...

Sl. No.	Sutra	Meaning
10	Chaitanya-katanabhavam	Differential calculus.
11	Yavadakramam	By the deficiency.
12	Vyasti Samanam	Specific and general.
13	Sanyamantana Samanya	The numerators by the last den.
14	Samanyasanyamantana	The numerators and last den. are numerators.
15	Ekanyashamanyam	By one less than the previous term.
16	Samanyasanyamantana	The product of the sum.
17	Gunitasamantana	All the multipliers.

18 October, 2024

GPS Map Camera

Shimla, Himachal Pradesh, India
35VP+MMQ, Navbhahar, 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

33	1	33
33	2	66
33	3	99
33	4	132
33	5	165
33	6	198
33	7	231
33	8	264
33	9	297
33	10	330
33	11	363
33	12	396
33	13	429
33	14	462
33	15	495
33	16	528
33	17	561
33	18	594
33	19	627
33	20	660
33	21	693
33	22	726
33	23	759
33	24	792
33	25	825
33	26	858
33	27	891
33	28	924
33	29	957
33	30	990
33	31	1023
33	32	1056
33	33	1089

18 October, 2024

GPS Map Camera

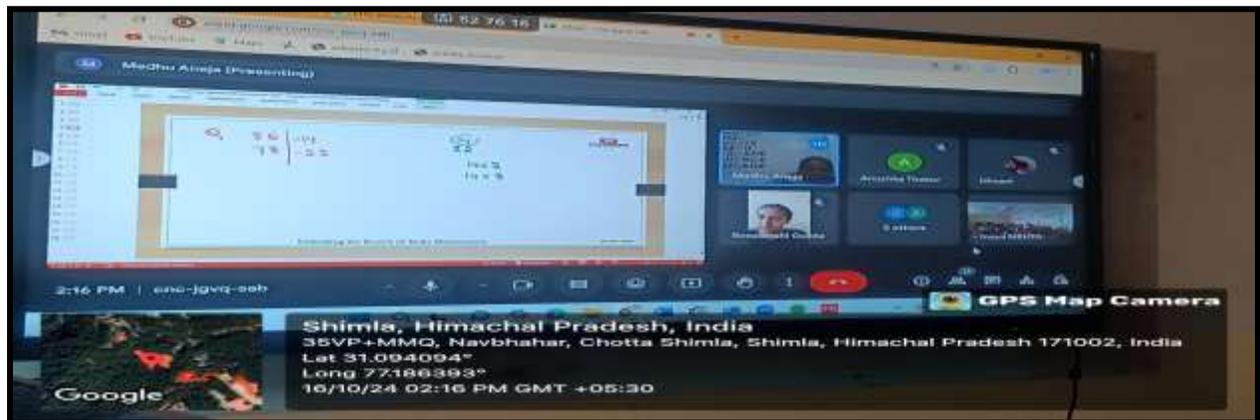
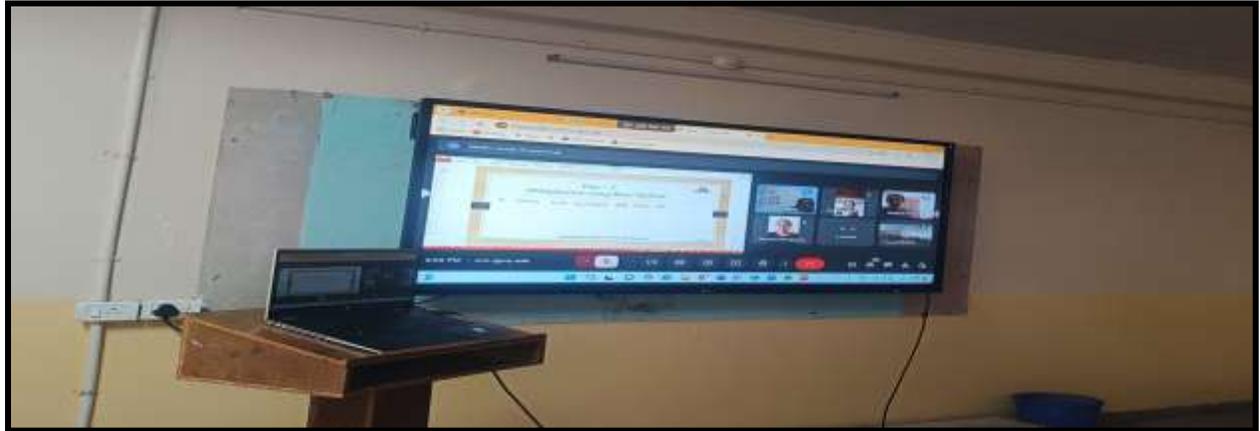
Shimla, Himachal Pradesh, India
35VP+MMQ, Navbhahar, Chotta Shimla, Shimla, Himachal Pradesh 171002, India
Lat 31.094199°
Long 77.186273°
15/10/24 09:44 AM GMT +05:30

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.

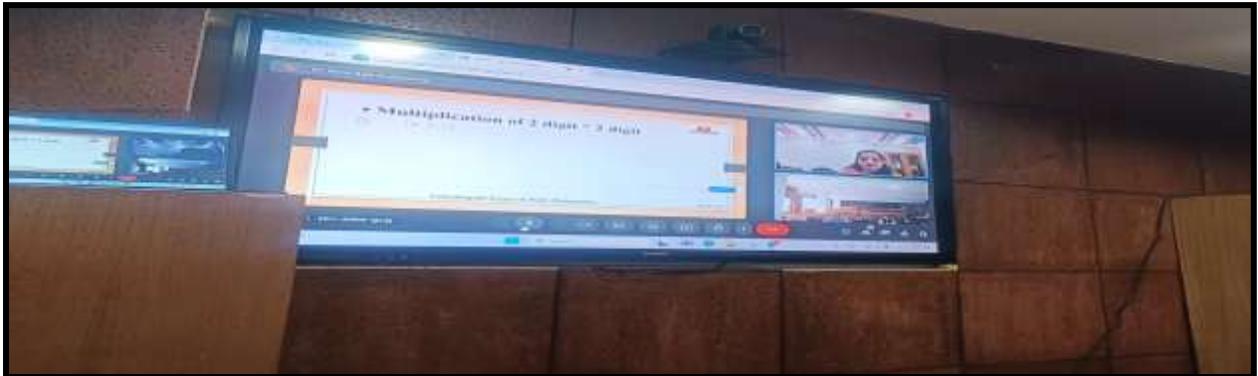


Workshop on “Unlocking the Secrets of Vedic Mathematics” (October 15-19, 2024)



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.

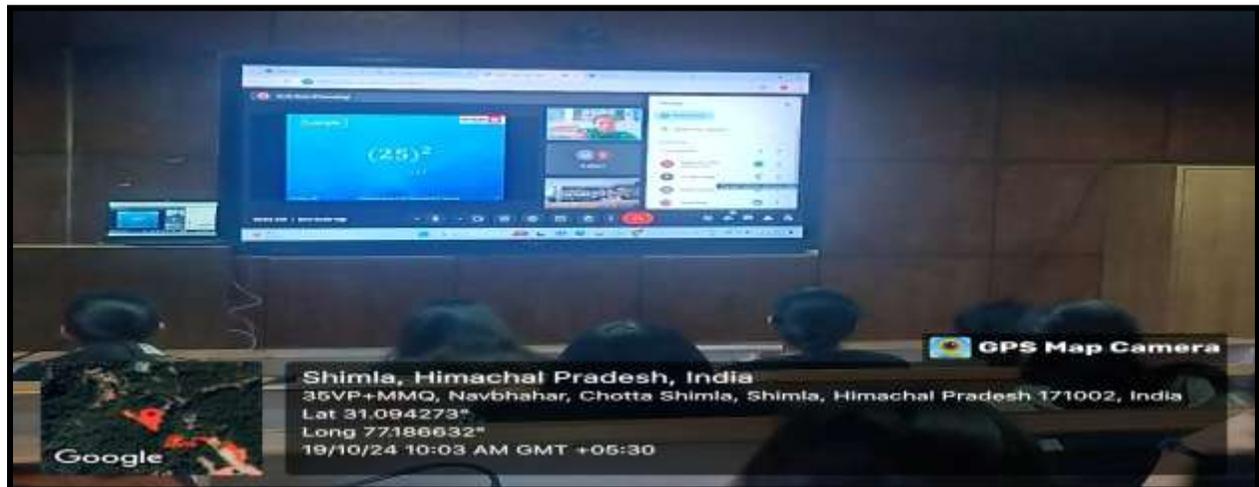


Workshop on “Unlocking the Secrets of Vedic Mathematics” (October 15-19, 2024)



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	Anshika Verma	Anshika	Anshika	Anshika	Anshika	Anshika
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	Jasmeet Kaur	Jasmeet	Jasmeet	Jasmeet	Jasmeet	Jasmeet

Rane

20/10/24

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

Neha
26/10/24

NEHA WALIA

(CONVENER)

26/10/24
Prof. Sr. Molly Abraham

(PRINCIPAL) St. Bede's College
Shri...

Attendance Sheet



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	
2	MS. ANNIE THOMAS	
3	Mr. FRANCIS A.A.	
4	MR. REGGI P	
5	MR. SANJEEV PETER	
6	MR. KHUB RAM	
7	MR. BHISHAN DUTT VERMA	
8	MS. RUCHI RANGTA	
9	MR. NAVEEN KUMAR	
10	MS. AMBILY	
11	MR. AMIT	
12	MS. POOJA	
13	MR. MANOJ KUMAR	
14	MR. DEVENDER SINGH	
15	MR. SANDEEP KUMAR	

26/10/24
NEHA WALIA
(CONVENER)

26/10/24
PROF. SR. MOLLY ABRAHAM
Principal
(Principal of 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. K. DIXEY
FORMER HEAD, DEPTT. OF BOTANY, BANARAS HINDU UNIVERSITY, VARRANASI,
UTTAR PRADESH, INDIA

PATRON PROF. (SR.) MOLLY ABRAHAM (PRINCIPAL)	CONVENOR DR. RUSUM DEPTT. OF BOTANY	DATE- 09.11.2024 TIME: 10-30AM VENUE: SEMINAR HALL
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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

Timestamp	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	avantikaneg56@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 Samrati Thakur	F	St.Bede's	Botany	Himachal Pradesh	India	samrattakur72@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	Prishka Dogra	Female	St.bedes	Botany	Himachal Pradesh	India	Parikshadogra@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 Chauhan,2000@gmail.com

malya
09/11/24

Principal
St. Bede's College
Shimla

R
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	vibharaptal@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	priyankasharmagarp22052002@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

mallym
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	ashnyavatsa483@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	moghnashikha@gmail.com
11/7/2024 21:51:32	Vartika	Female	St. Bedes HPU	Botany	HP	India	vartika358@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	nishtha049@gmail.com
11/7/2024 22:14:37	Smran Thakur	Female	College	Bsc(medical)	Himachal pradesh	India	thakur260mean@gmail.com
11/8/2024 1:29:45	Miss Muskan Sharma	Female	College	BSC medical	Himachal Pradesh	India	muskansharma7876799@gmail.com
11/8/2024 7:19:26	Ananya sisodia	Female	St. Bedes college Shimla	B.sc.	Himachal Pradesh	India	ananya sisodia692@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	Vanshika Chandel	Female	College	Botany	Himachal Pradesh	India	vanshikachandel14@gmail.com
11/8/2024 9:01:44	Miss Shriya Sawant	F	St bedes college Shimla	Botany	Himachal Pradesh	India	swantshriya30@gmail.com

msd/ps
29/11/24
Principal
St. Bede's College
Shimla

29-11-24

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	Iko. 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 Chattervedi	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	nbubotany123@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

29/12/25
Principal
St Bede's College
Shimla

29/12/25

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 9:22:51	Manya Kashyap	Female	St. Bede's college shimla	Botany	Himachal Pradesh	India	kashyap.manya11@gmail.com
11/8/2024 9:51:09	Sitruhi Mantu	Female	St. Bede's college	Botany	HP	India	sitruhimantu1111@gmail.com
11/8/2024 9:49:06	Miss Shreya Verma	F	St. Bede's College	BSE Medical	Himachal Pradesh	India	vermasshreya02128@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	sarachaudhary1407@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	India	chauhansanna23@gmail.com

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

09.11.24

Attendance Sheet



11.9.2024 11.16.44	Priyanka Sharma	Female	College	Botany	Himachal Pradesh	India	priyankam2244@gmail.com
11.9.2024 14.12.55	Pooj	Female	St. Bede's College Shimla	Botany	Himachal Pradesh	India	sharmapoojapal@777@gmail.com
11.9.2024 14.12.55	Prof. Stephen	Male	Kerala, Horticulture Department	Sciences	Kerala	India	director@horticulture@gmail.com

molly19
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:

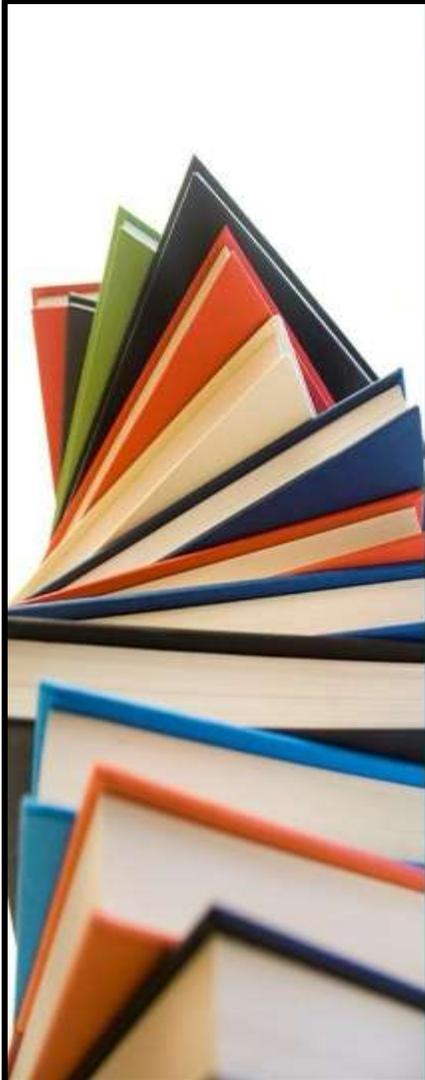
- **Student Involvement:** Participants actively engaged in the session by posing thoughtful questions, reflecting their deep interest in the topic. Their curiosity and enthusiasm were rewarded with books, encouraging a spirit of inquiry and learning. Students from nearby colleges also attended the event.
- **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
NAAC Re-Accredited A Grade

SAI
TEMA
CMAA

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)

Convener:
Dr. Shweta Thakur
(IQAC Coordinator)

Co-Conveners:
Ms. Neha Walia
(IQAC Member)

Organising Secretaries:
Ms. Snigdha 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
Digit. Treasury
Shimla

Registration

- No Registration fee. Though, prior registration is necessary for the participants.
- Register before November 30, 2024 5:00 PM.
- For registration, click on the following link <https://forms.gle/7GzZMK2gZUAlv8WNS>

Target Audience:

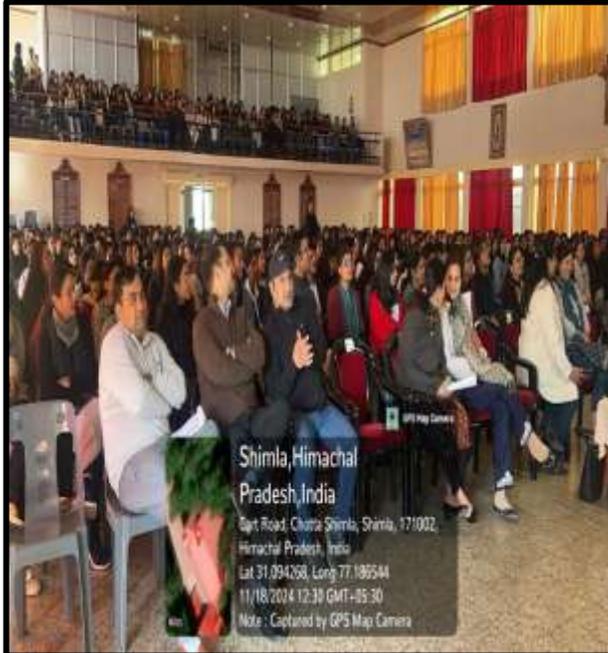
- Faculty members
- College & School Students

Date: NOVEMBER 2024
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	
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
10	Sanvi rana	BA 2nd year	23522010	9805301607	Sanvirana5@gmail.com	Sanvi
11	Chunni Lal	BA 1st year	24528006	9015340789	chunnilalazad001@gmail.com	
12	Viraj banchta.	BA 1st year	24525003	8628930575	virajbanchta20068@gmail.com	Viraj

Attendance Sheet



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

13	Bhawna Nehta	B.com 2nd year	23120024	7018085980	nehtabhawna4@gmail.com	<i>Shawna</i>
14	Pankaj Niltu	Bsc 2nd year	23402012	8219678305	mail-pankajniltu2005@gmail.com	<i>Pankaj</i>
15	Smriti Sharma	BA 1st year	24274002	7018536737	smritisharma6002@gmail.com	<i>Smriti</i>
16	Vedika Sharma	BA 2nd year	23507011	7807786132	vedikasharma765@gmail.com	<i>Vedika</i>
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	<i>Yashika</i>
21	Bhaskar	B.com 2nd year	231200411	8219234725	bhaskarzintoo@gmail.com	
22	Bhavesh Kumar	B.com 2nd year	23120007	9317136727	bhaveshpraness209@gmail.com	<i>Bhavesh</i>
23	Divya	BA 2nd year	23521015	8580921334	divya26155@gmail.com	<i>Divya</i>
24	Palak Ronta	BA 1st year	24506051	9418078861	palakronta@gmail.com	<i>Palak</i>
25	Abhishek Chauhan	BA 3rd year	22525010	7018864246	abhi03246hr@gmail.com	

Tiya BA 2nd yr 23527016 88942244 Shazma jiyo 658@gmail.com *Shazma*

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

No.	Name	Class	Mobile No.	Enrollment	Signature
1	Nidul Mary George	BA Eng(H) III	9560736404		
2	Rishna Mittal	BA Psy(H) III	9813100399		
3	Risha Bakuhandi	BA Eng(H) III	9653862279		
4	Anayata Chauhan	BA Psy H (II)	9015059591		
5	Kiana Thakur	D.EL.Ed II	9459821789		
6	Smriti Shurma	D.EL.Ed II	7876693182		
7	Pooja Devi	D.EL.Ed II	7018001351		
8	Sandeepa	D.EL.Ed II	8988215727		
9	Vanshika Bhardwaj	D.EL.Ed II	7650970017		
10	Preema	D.EL.Ed II	9805978976		
11	Meemakshi	D.EL.Ed II	7018462629		
12	Rashika Sharma	D.EL.Ed	8219998991		
13	Rukmani	D.EL.Ed	9418401253		
14	Arasmita Sharma	B.COM-2	787661630		
15	Vanshika Sharma	B.COM-2	7876797740		

Attendance Sheet



St. Bede's College

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

NAAC Re-Accredited A Grade

Name	Class	Mobile No.	Signature
16 Riya	BSC 3rd Year	7876881224	
17 Diya Thakur	"	7018163994	
18 Suwati	BSc. III rd Year	8219543313	
19 Ruakuti	BSC III rd Year	9015197243	
20 Anshita	BAPS (H) II	8629053066	
21 Sonal	"	9816764355	
22 A Harshita Jaisal	"	7807476428	
23 Somshweta Bura	BA (H) II	8091281011	
24 Anshu Chauhan	BA Pass (H)	8629826758	
25 Reema Fatima K.	B.A - II nd Year	8953451607	
26 Parul Sharma	BA - I st Y.	8627895677	
27 Ishika	BSc III rd Year	7010244200	
28 Namrata	BSc III rd Year	6230712257	
29 Pranjal Arad	BSc III rd Year	9459345764	
30 Harshita Banyal	"	9660386645	
31 Aditi Sharma	"	7876800065	
32 Ridhima Kashyap	"	7018986814	
33 Samiksha Verma	"	8091736684	
34 Aahna Kanwal	"	7876011139	
35 Riya Chauhan	"	7807285602	
36 Aastha Kanwar	BA III rd Year	8219925868	

Attendance Sheet



St. Bede's College

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

Date : November 18, 2024

NAAC Re-Accredited A Grade

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 SHIVONI PAUL	"	9418983776		
39 Preeti Kujur	"	8219195521		
40 Tija Negi	BA Ist year	9317527553		
41 Angel Shakur	"	7018335486		
42 Sonal Bhalia	"	9882780828		
43 Tanu	Bsc. Hons B.Ed II year	7876770903		
44 Anshika	"	8219933522		
45 Anshita	"	7807894739		
46 Yuvika	"	9015186605		
47 Tamanna	"	9905682974		
48 Angulima	"	9488085007		
49 Sakshi	"	9015374675		
50 Niyati	"	7818998121		
51 Aarika	"	7807200263		

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
52	Manpreet Kaur	BSC 1 st year N.M	9055205103	Manpreet Kaur
53	Amanya Khanna	BSC 1 st year N.M	8091369172	Amanya
54	Aditi Sharma	BSC 2 nd year N.M	8091716068	Aditi
55	Sunidhi Sharma	BSC 2 nd year N.M	9805108221	Sunidhi
56	Payal Hehta	BSC 2 nd year	9418756933	Payal
57	Reshmi Singh	BSC 2 nd year	6201446050	Reshmi
58	Shreyas Sharma	B.Sc 2 nd year	7878784291	Shreyas
59	Tejasvini Abrol	BA Eng(H) I st year	6006519914	Tejasvini
60	Akanksha Gupta	BA Eng(H) I st year	7876582139	Akanksha
61	Atheeva Bhalai	B.A Eng(H) I st year	7876099375	Atheeva
62	Sajal Jansoni	BA Eng(H) I st year	9017568993	Sajal Jansoni
63	Ishika Chaudhary	BA Eng(H) I st year	9959291564	Ishika
64	Anwesha Chauhan	BA II Pass	8894061012	Anwesha
65	Niyati Thakur	BA II Pass	9317749373	Niyati
66	Kashish Verma	BA II Pass	9459781655	Kashish
67	Smruti Sharma	BA II Pass	8091790105	Smruti
68	Yashika Nareet	B.A. II Pass	6230348948	Yashika
69	Osmin Mojta	B.A II Pass	7876782549	Osmin
70	Ishita Sharma	B.A. II nd "	7807042458	Ishita
71	Smriti Ramlak	"	901503505	Smriti
72	Aashna Nette	"	9418343142	Aashna
73	Shigal Shalme	"	9816003111	Shigal

Attendance Sheet



Seminar on
St. Bede's College "Building Excellence in Life and Career Through Work Ethics and Culture"
Date : November 18, 2024

NAAC Re-Accredited A Grade

Sl. No.	Name	Class	Mobile No.	Signature	
70	Ridhima Bharota	BA. Key hours II year	9418860515		
71	Ananya Sisodia	B.Sc. Med(Ty)	8091287342		
72	Lehal Verma	" "	6230776369		
73	Nidhi Sharma	" "	8279740357		
74	Hanna Chauhan	" "	9816736008		
75	Priyanki Rajput	" "	7876810081		
76	Nandha Luhta	" "	8580471193		
77	Shreya Sawant	" "	7876428143		
78	Vanshika Chandel	" "	8219194820		
79	Navya Mehta	BA Eng(hons)(I)	8988216681		
80	Kritika Verma	BA End Year	8219697023		
81	Arpita	BA Eng(Hons)(I)	8629022334		
82	Sheryl P. Faridar	BA Eng(H)(I)	7018994697		
83	Snover Tomar	BA Eng(H)(I)	9816787706		
84	Shweta	B.Sc. Med.(I)	7876365970		
85	Alka Parihar	B.Sc. Med(I)	9317576121		
86	Shagun	B.Sc. Med.(I)	9816637317		
87					

Attendance Sheet



St. Bede's College

“Building Excellence in Life and Career Through Work Ethics and Culture”

Date : November 18, 2024

NAAC Re-Accredited A Grade

Seminar on

	Name	Class	Mobile No.	Signature	
88	Mehak Sohal	BA 2nd year	7807711347	Mehak	
89	Prisha	"	9015380010	Prisha Kaur	
90	Reya	"	8580431728	Reya	
91	Lambhavi Sharma	BA(Honours) Eng 3 rd Year	9816626025	Lambhavi	
92	Gaivima Kainiyal	BA(Honours) Eng	9310694070	Gaivima	
93	Deekha Singh	BA Eng Hon II	7807735535	Deekha	
94	KAJAL	BA Psy Hon II		Kajal	
95	Ridhisha Gaudhary	BA Pass II	7737425110	Ridhisha	
96	Lysmilan	BA Pass II		Lysmilan	
97	Hitali	BA Eng(H) II	9015037598	Hitali	
98	Prayan Rukta	BA II ND YEAR	9015399110	Prayan Rukta	
99	Shreoti Sharma	"	6230312627	Shreoti	
100	Mehak Chauhan	Bsc II Year	6230902005	Mehak Chauhan	
101	Sneha Khimta	"	7876880661	Sneha	
102	Chahat Kelta	"	6230448457	Chahat	
103	Harampreet Kaur	B.A. Psy Hon II	8091062875	Harampreet	
104					

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
106 Archi Chavla	B.Ed 2nd year	9015058087	Archi
107 Abhishek Verma	BA 1 st year (Eng/H)	8091041054	Abhishek
108 Ritika	BA 1 st year (Eng/H)	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 Anvika Chauhan	Bsc Biotech (3 rd year)	7807200263	Anvika
120 Nupri Sharma	"	7018998121	Nupri
121 Shaili Kalyani	BA 3 rd year Psy Hon	8627862131	Shaili Kalyani
122 Pranjal Sharma	"	7876696160	Pranjal
123 Swigatha Kamra	Bsc III Biotech Hon	7807937548	Swigatha

Attendance Sheet



St. Bede's College

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

NAAC Re-Accredited A Grade

No.	Name	Class	Mobile No.	Signature
124	Vivika	Poly. II nd year	9465309106	Vivika
125	Sneha	BA II nd year	8628837707	Sneha
126	ARNIMA SHARMA	BA FCO HONS II nd year	8219038789	Arnima
127	MANSIMREEN	II nd year	6230010100	Mansimreen
128	Aruni	Geo Hons II nd year	9216295703	Aruni
129	Sara	BA II nd year	0595412495	Sara
130	Muskaan Sharma	BA II nd year	7876789928	Muskaan
131	Kritika Thakur	BA B nd year	7876480855	Kritika
132	Dikshita Shandil	BA II nd year	98162-48270	Dikshita
133	Gaunima Shandil	BA I st year	98160-98877	Gaunima
134	Mehak Gupta	BA I st year	8219045987	Mehak
135	Radhika Verma	B.Com I st year	7801932018	Radhika
136	Shivangi Sharma	B.Com I st year	89884-87760	Shivangi
137	Pooja	BA - I year	9805350902	Pooja
138	Sneha Verma	BA - I st year	9816840524	Sneha
139	Anni Gupta	BA II Year	7876601004	Anni
140	Subani Ghai	BA II year	7807321813	Subani
141	Himanshi Prushov	BA III year	9280225679	Himanshi
42.	Manisha Thakur	B.Sc I st year	8580932174	Manisha
43.	Alisha	"	9418463402	Alisha
44.	Vedika Thakur	"	8965366289	Vedika

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No.	Name	Class	Mobile No.	Signature	
160	Sakshi Maltu	D.ed.ed 1st year	6230664687	Sakshi	
161	Kojal Thakur	"	9418162095	Kojal	
162	Komal Thakur	D.ed.ed 2nd year	8580924868	Komal	
163	Anupriya	D.ed.ed 2nd year	8544720608	Anupriya	
164	Khushi	D.ed.ed 2nd year	9816249958	Khushi	
165	Ritu	D.ed.ed 1st year	7876484444	Ritu	
166	Shirani	D.ed.ed 2nd	7018615941	Shirani	
167	Vandna	D.ed.ed 1st year	78763-15111	Vandna	
168	Kiran Sharma	D.ed.ed 1st	7807191067	Kiran Sharma	
169	Pranjal	D.ed.ed 1st	8544780491	Pranjal	
170	Anshita Verma	D.ed.ed 1st	8219520388	Anshita	
171	Aditi Kashyap	D.EI.Ed 1st	9015040130	Aditi	
172	Devyansh Chakraborty	BA III yr Honors	8353014722	Devyansh	
173	Mehwish Sawta	BA III Eng Honors	8580407445	Mehwish	
174	Sudiksha Mehta	BA Psy honors			
175	Pooja Joseph Reddy	BA Pass course	6398571904	Pooja	
176	Ritul Chauhan	BA Psy honors			
177					

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	Name	Class	Mobile No.	Signature	
178	Tanvi Chauhan	BA-1 st year (Gen-1)	8580758064	Tanvi	
179	Anjali	BA-2 nd year (Gen-1)	8580560305	Anjali	
180	Shakshi	BA-1 st year (Gen-1)	8627002903	Shakshi	
181	Vanshika Dogra	BA-1 st year (Gen-1)	6230043907	Vanshika	
182	Tishya Thakur	BA II nd year	8278870133	Tishya	
183	Pooja Soni	BA II nd year	8894541883	Pooja	
184	Nayan Sharma	BA II nd year	82198-89177	Nayan	
185	Vanshika Nanda	BA II nd year	93179-04560	Vanshika	
186	Priyanka Negi	D.El.ed 2 nd year	98822-52590	Priyanka	
187	Kidhi Sharma	1)	98054-12554	Kidhi	
188	Mouka	2)	8580775604	Mouka	
189	Ripraj	1)	88949-01360	Ripraj	
190					
191					
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	Name	Class	Mobile No.	Signature	
196	Kashish	BA 2 nd year	8307353712	Kashish	
197	Bhavana	BA 2 nd ^{Hons} new	9761801530	Bhavana	
198	Oshin	BA 2 nd year	93170-76506	Oshin	
199	Archita	BA Reg(H) 2 nd	8191800265	Archita	
200	Akanisha Sharma	Bsc Biotech III rd year	7018569842	Akanisha	
201	Vanshika Sharma	Bsc Biotech III rd year	9806292630	Vanshika	
202	Vishnavi Sharma	Bsc Biotech III rd year	8278730163	Vishnavi	
203	Muskan Klegi	BA Hons III rd year	8544799518	Muskan	
204	Riya Verma	BA Eng Hons III	8219248819	Riya	
205	Smriti	BA Eng Hons III	8219384753	Smriti	
206	Sansiti Sharma	BA Eng Hons III	8278855128	Sansiti	
207	Azushi Pathania	BA Eng Hons III	8219151406	Azushi	
208	Brekhsha Verma	BA Eng Hons IV	9418438534	Brekhsha	
209	Manshika Ansari	BA Eng Hons III	9805283461	Manshika	
210	Ishika Verma	BACre Hons III	8219358623	Ishika	
211	Parul Hehta	BACre Hons III	9805402574	Parul	
212	Megha Panwar	BA III	8278700973	Megha	
213	Seelal Rawat	BACre Hons III	7456972527	Seelal	

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	Name	class	mob no.	Signature
214	Riya Kamwar	B.Sc Biotech 1 st	7876812259	
215	Asha Sharma	Bsc. Biotech. (I)	8851959971	
216	Yuvika Kamwar	Psy Hons (I)	7876933943	
217	Kanya Sharma	"	8580501809	
218	Vagisha Sharma	"	7018138453	
219	Muskan Chandel	BAT Ind	8218351837	
220	Nitika Thakur	"	7876623345	
221	Levashi	BA 3 rd year	9805134139	
222	Yasho Rajyashree	BA Eng Hons (I)	9418021138	
223	Ishika Sharma	BA Eng Hons (I)	5230192711	
224	Pranjal Sharma	BA Eng. Hons (I)	8091044349	
225	Aarablika	BA II Ind yr	6306720699	
226	Samreen Kaur	BA II nd year	9928372999	
227	Aanya Mishra	BA Psy Hons II	9805707844	
228	Chyruil Thomas	BA Eng Hons II	9027847677	
229	Anura Chandra	Bsc. Biotech (I)	7018538851	
230	Courmilan Monge	BA Pass II	7409800010	
231				

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	Name	Class	Roll no.	Signature	
232	Saizal	BA2		Saizal	
233	Joonvi	BA2		Joonvi	
234	Aarushi	BA2		Aarushi	
235	Isha	B.A. 3 rd		Isha	
236	Kritika Shandil	B.A. 3 rd		Kritika	
237	Rakshita Kamal	Bac. I year		Rakshita	
238	Aastha Verma	BSc I st year		Aastha	
239	Chetally Shakur	D.Ed. 1 st year		Chetally	
240	Ashin Verma	D.Ed. 1 st year		Ashin	
241	Sahar Bhardwaj	D.Ed. 1 st year		Sahar	
242	Kanika Sharma	D.Ed. 1 st year		Kanika	
243	Shagun Khimta	BA III year		Shagun	
244	Mavy Dutta	BA III year		Mavy	
245	Monika Sharma	BA I. year		Monika	
246	Aakshi Kanwar	BA. 1 year		Aakshi	
247	Priyanshi Sharma	B.Sc. 1 st year		Priyanshi	
248	Priyanka Verma	BA 1 st year		Priyanka	
249	Priyanshi Sharma	BA 1 st year		Priyanshi	

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	Name	Class	Mobile No.	Signature	
250	Smelha Bansal	B.com 2nd Year	7876910792	Smelha	
251	Kritika Dhyam	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 Kofta	B.com 2nd Year	7018741960	Dufali	
256	Bhumika Sharma	B.com III	7018926623	Bhumika	
257	Tanya Chauhan	B.com 2nd Year	8219498859	Tanya	
258	Shri 8821	11	8380805287	Shri 8821	
259	Surbhi	11	9321057891	Surbhi	
260	Aditi	B.com 3rd	7876795557	Aditi	
261	Awesome Shasmita	BSC 1st Year	8988950555	Awesome	
262	Tanvi Sharma	Bac Bachel 1st Y.	7018983089	Tanvi	
263	Shravya	B.com-1st year	7876740399	Shravya	
264	Smriti	11	9736697704	Smriti	
265	Mehak Tanwar	BA III year	8318540002	Mehak	
266	Shubamshu Shakti	BA PSY-I	7018808521	Shubamshu	
267	SUHANI NEGI	"	9805138505	Suhani	
268	Subani Rana	Bac Bachel 1st year	8219680906	Subani	
269	Subani Pathania	11	8787619563	Subani	

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

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Sl. No.	Name	Class	Roll no.	Signature	
268	Sharnam Thakur	BA II year.	78078-79617	Sharnam.	
269	Shrey Nodda	BA II nd year	62300 86635	Shreye	
270	Ridhima	BA I st year	98160 37092	Ridhima	
271	Ayushika	BA I st year	9015040346	ayushika.	
272	Mannat Sood	BA III year	7876836421	Mannat	
273	Ashantika	BA III year	8278783697	Ashanti	
274	Divyanshi Gautam	B.Com I year.	7591050105	Divyanshi	
275	Pratishtha Sharma	BA I st year	7018500187	Pratishtha	
276	Ayali Thakur	BA I st year	8988334278	Ayali	
277	SAKSHI RANA	BA I st year	7018176584	Sakshi	
278	Sujjan Sharma	BA I st year	8894065644	Sujjan.	
279	Shweta Bhardwaj	BA I st year	7876951451	Shweta	
280	Pooja Chauhan	BA I st year	8091733585	Pooja	
281	Pratishtha Kaur	BA I st year	9817147502	Pratishtha	
282	Domina Sharma	BA Ecob III	7876586554	Domina	
283	Divyanti Gupta	BA Ecob III	7876577285	Divyanti	
284					
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Sl. No.	Name	Class	mob. no	Signature	
286	Ushita Prashar	BA - III year	78078-98908		
287	Prabhgun Kaur	B.Lot I st year	9805001663		
288	Nikita	B.Com I st year	8626891337		
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	Isha Thakur	Bsc Biotech I st year	9317468698		
293	Mohima S. Pandey	BA Eng II I st year	9906183271		
294	Arshdeep Kaur	BA Eng (H) I st year	6269553022		
295	Simran Thakur	Bsc (NM) I st year	8894281964		
296	Jessica Sharma	Bsc (NM) I st year	9418430975		
297	Anshika	Bsc (NM) I st year	9317967011		
298	Aashi	Bsc (NM) I st year	8278838104		
299	Palak	BA II year	7807529531		
300	Rashi Shrivastava	BA II year	9317732806		
301					
302					
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	Name	class	mobile no :	Signature	
304	Kritika Shukla	Eng Honours 2 nd yr	7018645619		
305	Rahul Kapoor	"	7876883799		
306	Vibhuti Pandey	"	8580569224		
307	Andrija Chaudhary	"	8878869555		
308	Shayonika Chakraborty	Eng Honours 2 nd yr	8224038696		
309	MANU SHARMA	ENGL HONOURS 2 nd yr	7650087405		
310	Ridhima Munjal	Eng Honours 2 nd year	814627818		
311	Romy	D. el. el 1 st year	88944-49949		
312	Medhavi Nautiyal	Psych honours 2 nd yr	7060378323		
313	Mannat Kapoor	"	9418152248		
314	Prachi Singh	BA (Hons) Pass Course	7807589903		
315	Kiteshi Jekka	BA III Pass Course	9418665411		
316	Riya Sharma	"	7876208588		
317	Aanya Sarochi	"	7876393870		
318	Akriti Bhardwaj	"	7018914106		
319					
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	Name	Class	Roll no.	Signature	
322	Vidya - Sharma	BA III rd year	9317129987		
323	Iskita - Rakhore	BA II nd year	862788-0222		
324	Luvanya Bhatt	Biotech (Hons) II	8894322356		
325	Ashwini Mehta	Biochem - II	9419200249		
326	Shradha Rawat	Biochem II	7018719322		
327	Mehvesh Keprate	BA Psy III(H)	7876128405		
328	Drishti Chauhan	BA Psy III(H)	9459543050		
329	Iskita Bhardwaj	BA Psy III(H)	9917442033		
330	KAYKA ACHARYA	BA ECO II(H)	8628535684		
331	Avani Trakur	BA ECO II(H)	8580798250		
332	GARBETA Ray	"	8580816492		
333	Silvi	"	7876321876		
334	Mehak	"	8580769870		
335	Nikita Srivastava	BA ENG III(H)	8628825063		
336	Poojika Trakur	BA (HON) II	7018509950		
337	Arpita Varma	"	7807537443		
338	Muskan Sharma	"	8219659478		
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	Name	Class	Mobile no.	Signature
340	Rashi Gupta	B.Com 1 st yr	8894252549	Rashi
341	Tanya Chandra	B.Com 1 st yr	7018138808	Tanya
342	Aakanksha Sharma	B.Com 1 st year	8352992991	Aakanksha
343	Aska Kumari	B.Com 1 st year	6230021130	Aska
344	Anita Soderota	BA II nd yr	9015391046	Anita
345	Swijal Khata	BA III rd yr	9459913146	Swijal
346	Komal Sawant	BA III rd yr	9459708824	Komal
347	Aditi Singh Desai	BA III rd yr	9001238590	Aditi
348	Kamakhshi Sharma	BA II nd yr	7876796244	Kamakhshi
349	Ammandita Sharma	BA II nd yr	8626994089	Ammandita
350	Aarsha Verma	B.Sc 1 st yr	8580985055	Aarsha
351	Apurvi Chauhan	"	6219476203	Apurvi
352	Muskan Gang	"	7016078676	Muskan
353	Vanshika	B.Sc III rd year	8351881457	Vanshika
354	Muskan Tegwan	B.A II nd year	9805223532	Muskan
355	Vedika	B.Sc II nd year	8091343452	Vedika
356	Rashika Sharma	B.Com II nd year	7807842462	Rashika
357	Sachi	B.Com II nd year	8091189693	Sachi
	Mahak	"	78724057	Mahak
	Kritika Azeed	"	7876883460	Kritika
	Anshika Bhatia	"	7018928418	Anshika
	Sneha Sharma	"	7876761660	Sneha

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Sl. No.	Name	Class	Mobile No.	Signature	Name	Class	Mobile No.	Sign
358	Kamna Verma	Geo Honors 3 rd yr	7807832620		Pragneshi Taneja	BA I st yr	8627045520	
359	Gaunima Shikawat	"	8112207780		Dikshita Neel	BA I st yr	7476933197	
360	Rozali Thapa	Eng Honors 3 rd yr	8791692505		Sanya Sharma	B.A - I st year	997199955	
361	Jhanya Mishra	Eng Honors 3 rd yr	639759754		Sharmista Jandev	BA - I st year	8580804559	
362	Pooja Chauhan	BSc II year	7976525229		Prerna	"	9805122757	
363	Prajwal Thakur	BSc II year	9776575981		Kritika Pandey	III rd yr	7560042243	
364	Samiksha Verma	BSc II year	8580416680		Loyal Yadav	III rd yr	8219055225	
365	Aditi	BSc II year	6230739907		Adarsh Kanti	III rd yr	86607313	
366	Deeya Bali	BSc II year	7876636854		Riya Kaurdal	III rd yr	787614192	
367	Aarsha Sharma	BSc II yr	7018722356		Jyotsna Patyal	BA III rd year	7018642541	
368	Akhanya Verma	BSc II year	6230041973		Nishita Chauhan	BA III rd yr	858067719	
369	Kajal	"	6230294451		Aaliya Awif	B.com 2 nd yr	897058800	
370	Vanshika	"	7876440753		Mansee Yadav	"	95204420	
371	Aarashi	"	8899360262		Tannu Kaur	"	787611635	
372	Anshika Tannuwal	BA III year	9882756742		Himanshi Sharma	"	283406120	
373	Diya Mankotiya	BA III year	4070707070		Amrita Shaker	I st year (Geo H)	899815552	
374	Rishika Sharda	BA Honors 1 st yr	9580882969		Sonal Chhabra	BA Honors 1 st yr	9805379097	
375	Paul Sambrhal	BA Honors 1 st yr	7017733061		Smita Taneja (Geo H)	"	9736216929	
376	Sanyogita Chauhan	B.Sc II year	9041573291		Avishi Singh (Geo H)	"	9015122175	
377	Shravya Sharma	B.Sc III year	7876204077		Adhya Sharma (Geo H)	"	8213882726	
378	Asha Verma	"	8627022876					
379	Rishika Neel	"	8628028751					

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Name	Class	mob no.	Signature
376 Harshita Thakur	Eng Hons III	8219464096	<i>Harshita</i>
377 Anchal	"	9857352295	<i>A</i>
378 Nihar Segun	"	8894019284	<i>N. Segun</i>
379 Smridhi Gupta	Psy Hons (I)	9459552726	<i>Smridhi</i>
380 Eirikka Koundal	"	7986181770	<i>Eirikka</i>
381 Sahiba Ahimam	Psy Hons (I)	7018350321	<i>Sahiba Ahimam</i>
382 Abhiti Pathoria	Psy. Hons (I)	8091918818	<i>Abhiti</i>

- Sukana Verma Bsc Medical 9015436756 *Sukana*
- Sneha Gupta " 8628826908 *Sneha*
- Somiksha Sharma B.El.Ed (I) 8988349571 *Somiksha*
- Kashish Saklari B.El.Ed (I) 8844829240 *Kashish*
- Payal Jarnwal B.A P.C.II 7018551144 *Payal*
- Rudhima Chauhan Psy Hons II 9736502647 *Rudhima*
- Adisha Sharma " " 8219246108 *Adisha*
- Tenzin Lhamo " " 9205014288 *Tenzin*
- Kashish Shukya BA. Psy Hon III 8219920669 *Kashish*
- Nupur Thakur Bsc Botany Hons I 8949093247 *Nupur*
- Ashkaha Chauhan BA English Hons I 9266130634 *Ashkaha*
- Shivanshi BA Geo Hons I 9816311473 *Shivanshi*
- Nayana BA Psy Hons I 9244323800 *Nayana*
- Divya B.S. Ed. Botany Hons I 9805116815 *Divya*



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Name	Class	Mobile No.	Signature
Sevita Sharma	BA-Eco Honors III	7878200458	Sevita
Vaivida Sharma	B.A. 1 st Year	7876642797	Vaivida
Nivya Uniyal	BA Eco Honors III	8443644392	Nivya
Piksha Uniyal	BA Eco Honors III	8439373356	Piksha
Tamanna Sharma	"	9736051534	Tamanna
Kashish Pooja	BA Pass course III	9817860174	Kashish
Hanshika Thakur	BA Eco Honors II	980700452	Hanshika
Tanishka Wadhwa	B.Com 1 st Year	9876656141	Tanishka
Shubhi Sharma	B.Com I st Year	7876735792	Shubhi
Shweta	B.Com I st Year	9816488530	Shweta
Anamika	B.Com I st	7018666641	Anamika
Neha Naina	B.Com 1	8091570000	Neha
Akshara Sharma	B.Com 1 st year	9317422974	Akshara Sharma
Sevita Thakur	B.Com 1 st year	7807405625	Sevita
Mamata Thakur	BA 1 st Year	7018947201	Mamata
Shweta Chauhan	B.S. 1 st Year	6280689628	Shweta
Vanshika Kalyan	B.A. 1 st Year	7807587360	Vanshika
Chanya Jarek	B.S.C 1 Year	9317928619	Chanya
Niharika Sharma	B.S. C. 1 st Year	9857708670	Niharika

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402	Tyotika	BA. Eng Hons II	9459264504	Erhandel
403	Shakti Negi	" "	7876234880	Shakti Negi
404	Yashita	" "	9418022233	Yashita
405	Seishiti	" "	7015839581	Seishiti
406	Pooja	BA Pass Courses	7876311425	Pooja
407	Sakshi	BA Eng Hons II	7876164507	Sakshi
408	Vanshika	BA Psy. Hons I	9015110689	Vanshika
409	Priyanshi	BA Psy. Hons I	9459512337	Priyanshi
410	Pranchal	BA Psy Hons I	7018640560	Pranchal
411	Kashish Chaudh	B. Com I st year	6230701213	Kashish
412	Kashish	B. Com 1 st year	7807337718	Kashish
413	Aashika	B. Com 1 st year	8629886921	Aashika
414	Aashika	B. Com 1 st year	6230856799	Aashika
415	Shreeta Sharma	BA Pass Course 1 year	7807261695	Shreeta
416	Sakshi Sharma	BA Pass Course 1 year	9317577378	Sakshi
417	Rajhandini Rathour	BA Pass Course - I	7807839132	Rajhandini
418	Kashish Dnyam	BA Eng. Hons - I	8278718542	Kashish
419	Aanya Chaudh	BA English Hons I	9317909035	Aanya
420	Kritika Chaudha	BA Eng Hons - I	8894461009	Kritika
421	Mehak Verma	"	7876609850	Mehak
422	Vanshika Negi	"	787672963	Vanshika
423	Hishiti Chhabra	"	9418017978	Hishiti

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Name	Class	Mobile no.	Signature
Nandini Thakur	B.COM III year	9018195477	
Ruschal Sharma	B.COM III year	9857200098	
Grunjan	B.COM III year	82195 00045	
Gurleen	B.com II year	9805896560	
Vidushi	B.com II year	7018402358	
Ruby	B.Com II year	7807794416	
Diana Kaith	BA II year	9015226164	
Kritika Pundir	B.Com II Year	8544996343	
Vasundhara Sharma	B.com II year	9317625628	
Smita Smita Thakur	B.Com II Year	7876626647	
SRIJATI RAPTÀ	PSY HONS (1 ST YR)	9015912234	
MISHMI CHAMBAL	ENG HONS (1 ST YR)	9418017889	
VANSHIKANEGI	ENG HONS (1 ST YR)	7876772963	
Shriya Thakur	BA Geo Hons III	6210636133	
Devangi Sharma	BA Geo Hons III	7650011413	

Attendance Sheet



EVA STAN - GEO HONS 1ST YEAR - 9015305812 - Quarta
Yashasvi Parikh - GEO HONS " " - 9816575777 - Padma
Srishti - GEO HONS " " - 7807256320 - Srishti
Mairakar - GEO HONS " " - 9862877169 - Mairakar
Isha Thakur - GEO HONS " " - 9317116715 - Isha



Name	Class	Mobile no	Signature
Aasti	BSc Biotech Hons I	9418780690	
Komal	BA Yeag Hons I	6230241146	

Attendance Sheet



ATTENDANCE FOR 18th NOV (SEMINAR)

FACULTY

S.no.	Name	Phone No.	Signature
1.	Komal Sharma	9780608039	
2.	Dr. Shanti Gupta	9459224137	
3.	Dr. Anupam Tandon Tandan	9816028058	
4.	Smigdha 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. Sarveena	9459742867	
15.	Dr. Kanu	7018342815	
16.	Dr. Raman Bassi	9857508011	
17.	Divya Sharma	8894551874	
18.	Rena Thakur	9418200293	



ATTENDANCE FOR 18th NOV. (SEMINAR)

FACULTY

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Dr. Sujanjali Mahendre	9816022297.
Mr. Anoop Datta	3805035120
Mr. Mohit Kumar	8894391960
Dr. Pankaj Ashish	9817051965
Ms. Anvatti 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
Dakshin Sharma	9882401033
Asmita Sharma	9459543255
Tinksha Kamal	8219607734
Swati Kapil	7807379361
Dr. Birendra Kaundal	7018705334



- | | |
|-------------------------|-------------|
| 21. Dr. Sangeeta Sharma | 6280697067 |
| 22. Pratiksha Tomar | 9882635052. |
| 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=MW95aHFsjBraXI4eQ>



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

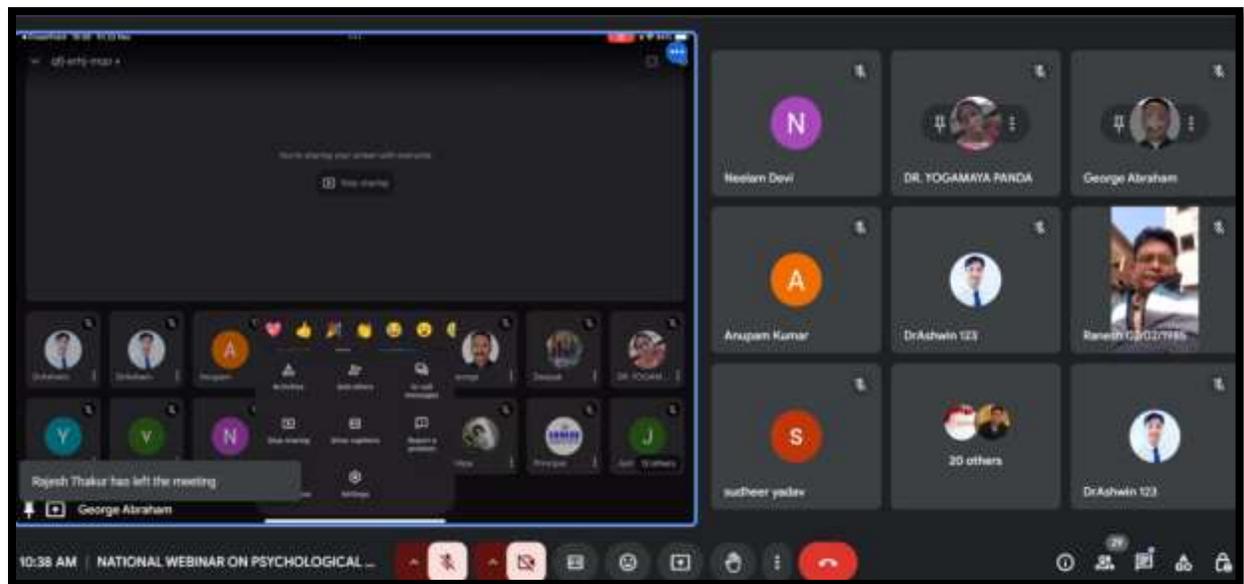
Dr. Yogamaya Panda
Department of Psychology, Shailabala Women's Autonomous College,
Cuttack, Odisha, India, Google Scholar:<https://scholar.google.com/citations?user>

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

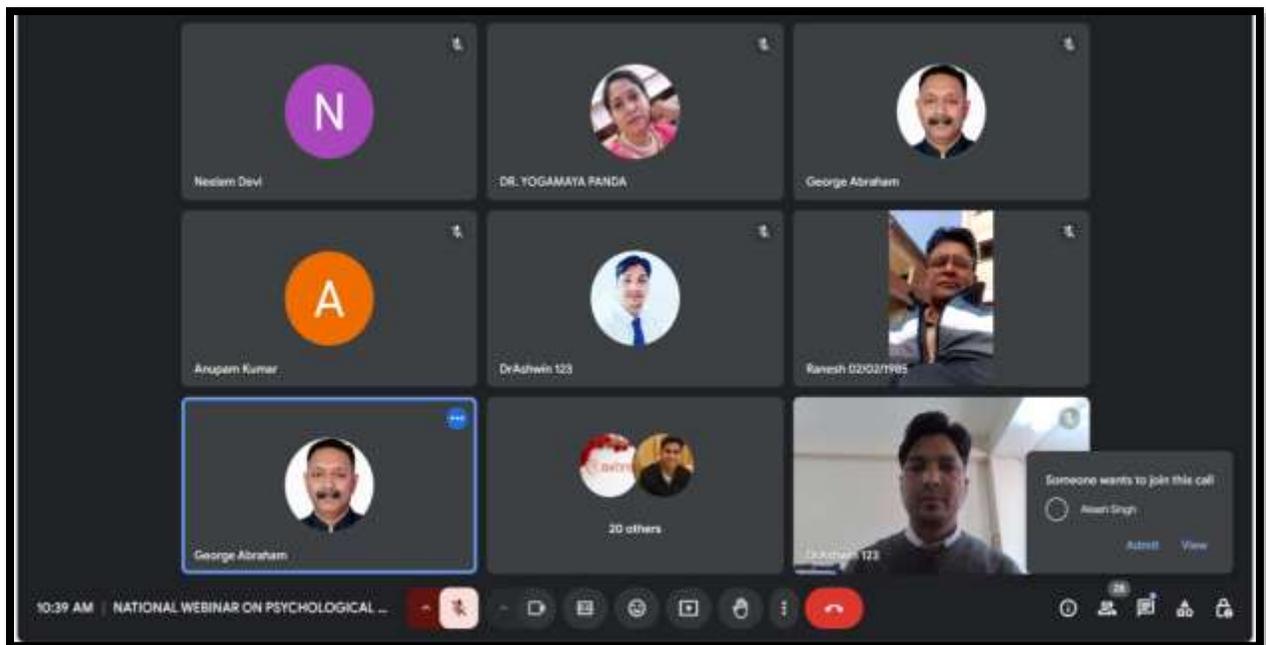
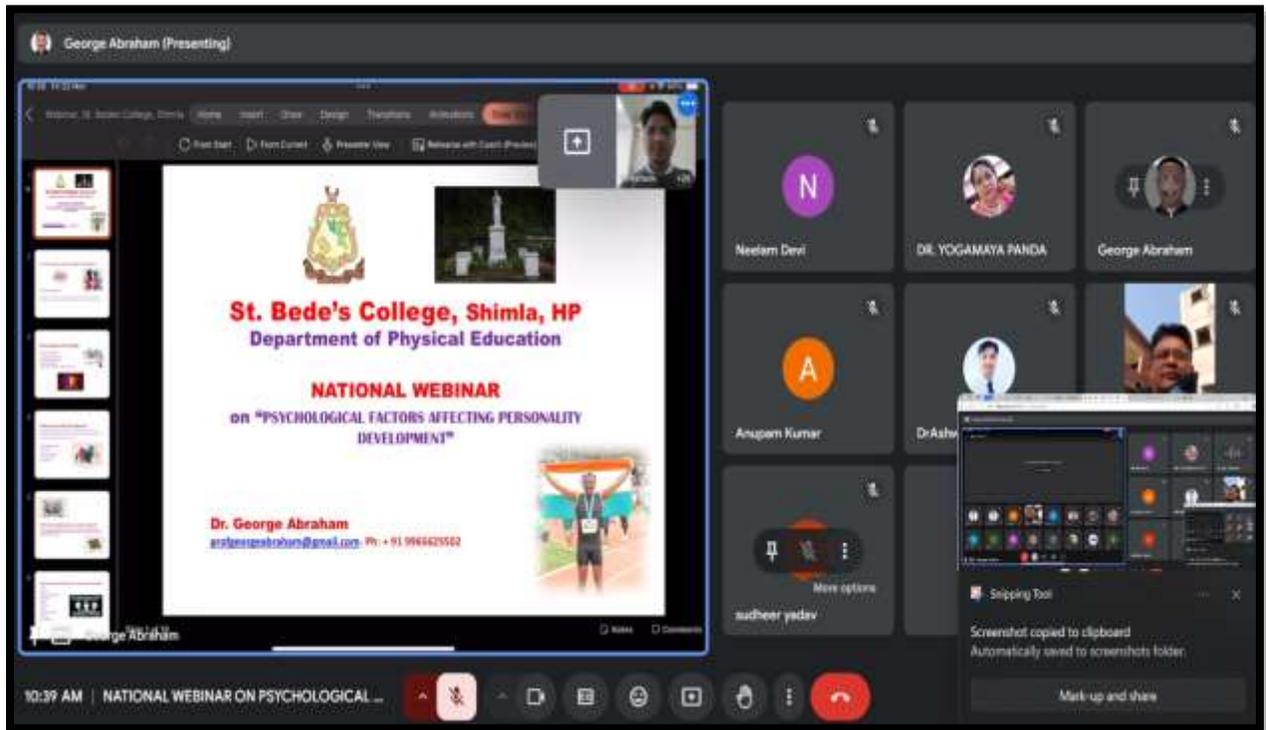
Convener
Dr. Ashwani Kumar
(Deptt. Phys. Edu.)

Google Meet Link: <https://calendar.app.google/njNw7YnzxqF51VNr8>

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



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

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



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

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

PERSONALITY
PSYCHOLOGY

10:56 AM | NATIONAL WEBINAR ON PSYCHOLOGICAL F...

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

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 F...

Participants: Sumit rana Rana, PREM CHAND, 44 others.

People panel: Add people, Search for people, Related hands: PREM CHAND, Sumit rana Rana, Contributors: Dr Ashwin 123 (You), Anukul kathi 67%, abrahamnegi.

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.



Participants will understand fundamental cybersecurity principles, current industry trends, and emerging threats. This knowledge will help them stay informed about the challenges and opportunities in the field and be better prepared to tackle real-world cybersecurity problems.

Participants will learn about the critical skills required for different cybersecurity roles, such as risk management, penetration testing, threat analysis, and incident response. They will also be informed about essential cybersecurity certifications (e.g., CompTIA Security+, CISSP, CEH) that will enhance their employability and credibility in the field.



St. Bede's College
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TEMA
Training for the Technical Revolution



CMAI-CSAI-IHRO



DEPARTMENT OF COMPUTER SCIENCE

WEBINAR ON
"CMAI-CSAI-IHRO CYBER WARRIOR MISSION:
A PATHWAY TOWARDS EMPLOYABILITY"
 THEME : SECURE OUR WORLD

Registration

- No Registration fee. Though, prior registration is necessary for the participants.
- Register before November 21, 2024 5:00 P.M.
- For registration, click on the following link
<https://forms.gle/7N1FhCLsa4VS2b7>

Meeting Link

https://teams.microsoft.com/join/19%3Amozilla_MZR/OTQzZGY1YmZuMS60NTInLTgzYTktMzcvZjQ2NnZjZlU3U%40f8eadc29?context=%7b%22id%22%3a%220696c5f34cd403c83a8a6aeb04176%22%2c%22oid%22%3a%2202af8c9-d230-4616-a864-b61b45e6379%22%7d

Patron:
Prof. Sr. Molly Abraham

Convener:
Ms. Neha Walia

ORGANISED BY
 DEPARTMENT OF COMPUTER SCIENCE
 (UNDER THE AEGIS OF IQAC)



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



Ms. Anjali Verma
Director
Cyber Security Association
of India



Ms. Hepisha
Cyber Security &
Crime Intelligence
Researcher



Ms. Shonal
Anti-crime Strategist
& Cyberpsychology
Practitioner



Mr. Sandeep Arya
Deputy Director General
Department of Telecom
Ministry of
Communications
HP LSA, Shimla



Mr. Ravi Chhawal
Director Security
Department of Telecom
Ministry of
Communications
HP LSA DeT

Target Audience

- Faculty members
- College & School Students

Date : November 22, 2024
 Platform: Ms-Teams
 Time : 10:30 A.M. - 4:00 P.M.

Brochure



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


St. Bede's College
 SAC-Hosur City

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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 Date: 22/11/24

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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32					
33					

[Signature]
Principal

Attendance Sheet



St. Bede's College

NAAC Re-Accredited A Grade

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

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mollyjo
22/11

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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Attendance Sheet



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Webinar on
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 A Pathway Towards Employability"
 organised by Department of Computer Science,
 Date : November 22, 2024

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Date : November 22, 2024

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A Pathway Towards Employability"
organised by Department of Computer Science,
Date : November 22, 2024

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A Pathway Towards Employability"
organised by Department of Computer Science,
Date : November 22, 2024

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A Pathway Towards Employability"
organised by Department of Computer Science,
Date : November 22, 2024

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343	Disha Mishra	Psy(H) 3 rd year		Aditi Sharma	BSc 1 st year
344	Srishti Thakur	B.Com I st		Sumitri Sharma	BSc 2 nd year
345	Akshra Sharma	B.Com I st			
346	Shelali Rakta	B.Com III			
347	Ritika Sharma	B.Com III			
348	Janhavi Bhatia	"			
349	Tashita Thakur	"			
350	Bhumiika Sharma	"			
351	Namrata Chauhan	B.Sc II nd year			
352	Kanjool Azad	B.Sc III rd year			
353	Lakshya Sharma	B.Sc III rd year			
354	Medhavi Sharma	BA(H) 1 st year			
355	Tanish	B.A. 1 st year			
356	Mehra Sarah Bessedy	BA Eng(H) 1 st year			
357	Shranya Sharma	B.Sc III rd year			

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 organised by Department of Computer Science,
 Date : November 22, 2024

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Attendance Sheet



S.No.	Names	Signature
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2.	Mohit Kumar	
3.	Dr. Parul Aashish	
4.	Dr. Vishal Chauhan	
5.	Amroop Dilla	
6.	Dr. Amit Chauhan	
7.	Rena Thakur	
8.	Dr. Shanti Gupta	
9.	Nishant	
10.	Dr. Sarveena	
11.	Kiran Negi	
12.	Oshen Sharma	
13.	Ankita Verma	
14.	Asmita Sharma	
15.	Sanjeev Kumar	
16.	Tanika Thakur	
17.	Pratiksha Tomar	
18.	Dr. Devina A.	
19.	MANOJ KUMAR	
20.	Ritesh 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 2nd and 3rd 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 28-29, 2024

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2.	Ashwini Saurav	Biotech - II	Ashwini
3.	Jayvee Verma	Biotech - II	Jayvee
4.	Sakshi Chauhan	Biotech - II	Sakshi
5.	Anshika	Biotech - II	Anshika
6.	Ashika Chauhan	Biotech - II	Ashika
7.	Janama	Biotech - II	Janama
8.	Angelina Nishi	Biotech - II	Angelina
9.	Niyati Sharma	Biotech - II	Niyati
10.	Ashika Sharma	Biotech - II	Ashika
11.	Mansi	Biotech - II	Mansi
12.	Ananya	Biotech - II	Ananya
13.	Vaidhvi Sharma	Biotech - II	Vaidhvi
14.	Sanku Thakur	Biotech - II	Sanku

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Department of Biotechnology
St. Bede's College, Shimla



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17	Kanan Sharma	BSc (Hons) Biotech IInd year	Kanan
18	Neelika Nandan	BSc (Hons) Micro. III rd year	Neelika
19	Snigdha Karmali	BSc. Biotech (Hons) III rd year	Snigdha
20	Anchal Ujjain	BSc. Biotech (Hons) III rd year	Anchal Ujjain
21	Ami Thingta	BSc (Hons) Biotech III rd year	Ami
22	Priya Thakur	" "	Priya
23	Yashika Kishore	" "	Yashika
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Attendance Sheet



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.

The brochure is a vertical poster with a light yellow background. At the top, it features the St. Bede's College logo and name, along with the NAAC re-accredited 'A' grade status. Below this, it identifies the organizing body as the Women Cell & Gender Champion Club under the aegis of IQAC. The main title of the workshop is 'Promoting Intergenerational Bonding with College Students', sponsored by the National Institute of Social Defence, Ministry of Social Justice & Empowerment, Government of India. Two resource persons are listed: Prof. Sr. Molly Abraham, Principal of St. Bede's College, and Mr. Mohit Kumar, Assistant Professor in the Department of Psychology at St. Bede's College. The event details at the bottom specify the date as November 27, 2024, starting at 9:30 AM onwards, and the venue as the Auditorium.

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

श्वेता सिंघर-शिमला



श्वेता सिंघर-शिमला

सेंट बीड्स कॉलेज में कार्यशाला का आयोजन किया गया। डॉ. कल्पना ने छात्राओं को जागरूक किया।

कार्यशाला में डॉ. कल्पना ने छात्राओं को जागरूक किया।

कार्यशाला में डॉ. कल्पना ने छात्राओं को जागरूक किया।

कार्यशाला में डॉ. कल्पना ने छात्राओं को जागरूक किया।



कार्यशाला में डॉ. कल्पना ने छात्राओं को जागरूक किया।

कार्यशाला में डॉ. कल्पना ने छात्राओं को जागरूक किया।



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 st year	
2)	CHARVI SINGH RANA	B.COM 1 st year	
3)	SANCHI	B.Com 2 nd year	
4)	KRITIKA SHYAN	B.Com 2 nd year	
5)	SNEHA BANSAL	B.Com 2 nd year	
6)	SNEHA SHARMA	B.Com 2 nd year	
7)	VASUNDHRA SHARMA	B.Com 2 nd year	
8)	KRITIKA PUNDEER	B.COM 2 nd year	
9)	SUHANI THAKUR	B.Com 2 nd year	
10)	MAHAK	B.Com 3 rd year	
11)	RASHIKA SHARMA	B.Com 2 nd year	
12)	KRITIKA AZAD	B.Com 2 nd year	
13)	IRSHITA VASISHTA	B.Com 2 nd year	
14)	Anshika CHUGH	B.Com 2 nd year	
15)	ANSHIKA BHATIA	B.COM 2 nd year	
16)	GURLEEN	B.Com 2 nd year	
17)	RUBY BHARDWAJ	B.Com 2 nd year	
18)	HIMANI SHARMA	B.Com 2 nd year	

19/11/24



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

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

19/11/21
Principal
St. Bede's College
Shimla

Attendance Sheet



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

41)	PANVI SHARMA	B.Com IIIrd	Pansvi
42)	MEHAK NEGI	B.Com Ist	Mehak
43)	SANSKRITI SHARMA	B.Com Ist	Sanskriti
44)	DIVYANSHI GASTAM	B.Com Ist	Divyanshi
45)	ANAMIKA PANWAR	B.Com Ist	Anamika
46)	SHWETA	B.Com Ist	Shweta
47)	SANIYA SHARMA	B.Com Ist	Saniya
48)	RASHI GUPTA	B.Com Ist	Rashi
49)	ANKANSHA SHARMA	B.Com Ist	Ankansa
50)	Asha Kumari	B.Com Ist	Asha
51)	NTKITA	B.Com Ist	Ntkita
52)	PRABHGUAN KAUR	B.Com Ist	Prabhguan
53)	Jankhni Khatri	B.Com Ist	Jankhni
54)	RITVIKA SHARMA	B.Com III	Ritvika
55)	SUKRITI SHARMA	B.Com III	Sukriti
56)	CHARVES KANWAR	B.Com III	Charves
57)	SAMRITI THAKUR	B.Com III	Samruti
58)	SAIJAL MEHTA	B.Com III	Saijal
59)	GUNJAN	B.Com III	Gunjan
60)	KHUSHI MEHTA	B.Com III	Khushi
61)	HIMANSHI SHARMA	B.Com III	Himanshi
62)	TANMAET KAUR	B.Com III	Tanmaet

19/11/20
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.	
64)	TANIA WALIA	B. Com III	
65)	DIJANOOR AULAKH	BA III	
66)	NIKHIREN P. GUNJIAN	BA III	
67)	GURMILAN MONGA	BA II	
68)	AANYA MINHAS	BA II	
69)	CHYRIEL THOMAS	BA II	
70)	MEHVISH SAUHA	BA ENGL HONS III	
71)	HARHANPREET KAUR	BA PSY HONS II	
72)	Tanni Hella	Eng. Hon	
73)	SHAYANTIKA CHAKRABORTY	Eng Hons II	
74)	AKSHRA SHARMA	B. Com 1st	
75)	Jyotika	BAC Eng II	
76)	TARSHITA THAKUR	BA Eng 2nd	
77)	ISHITA SARMA	BA II	
78)	SRIJATI VERMA	BA ENGL HONS	
79)	HIMANSHI PRASHAR	BA BY HONS II	
80)	PRAPTI JOSEPH REDDY	BA. II	

Convener
Women Cell & Gender Champion Club

14/11/20
14/11/20
Nivedita
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

Date
3-12-24

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

Time
11:00 AM

Speaker
Dr. Amarjeet Singh
Treasurer VIBHA-HP

Webinar Link: meet.google.com/bfv-rwnx-tqw

Convener
Dr. Anshu Chhabra
Secretary VIBHA-HP

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.



Brochure



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



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



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 AUSPICES 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. Umzatti 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 चैपियन क्लब ने बुधवार को राष्ट्रीय सामाजिक रक्षा संस्थान के सहयोग से छात्राओं के लिए अंतर पीढ़ी संबद्ध 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 ढांचे 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 कालेज में अंतर-पीढ़ी संबंध पर कार्यशाला



शिमला। सेंट बीड्स कालेज की महिला प्रकोष्ठ और जेंडर चैपियन क्लब द्वारा बुधवार को राष्ट्रीय सामाजिक रक्षा संस्थान द्वारा प्रायोजित कालेज 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।

Media Coverage



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 rd yr)	<i>Khushi</i>
2)	HARSHITA BANYAL	"	<i>Harshita</i>
3)	SANYOGITA SINGH CHAUHAN	"	<i>Sanyogita</i>
4)	Aishika Negi	"	<i>Aishika</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)	SUJANA VERMA	Bsc Medicals ^{1st}	<i>Sujana</i>
10)	MUSHAN SHARMA	"	<i>Mushan</i>
11)	NEETIKA MEHTA	BSc Nursing III	<i>Neetika</i>
12)	ADITI SUMAN	B.Sc.Biochem.III	<i>Aditi</i>
13)	ADITI SHARMA	BSc III yr	<i>Aditi</i>
14)	RIDHIMA	BSc III rd yr	<i>Ridhima</i>
15)	SHREYA SAWANT	BSc 3 rd yr	<i>Shreya</i>
16)	VAANSHIKA CHANDEL	"	<i>Vaanshika</i>
17)	PEHAL VERMA	"	<i>Pehal</i>
18)	PRITHVI RAJPUT	BSc Med 3 rd yr	<i>Prithvi</i>

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

Attendance Sheet



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

19)	SHWETA	Bsc Medical 1 st Year	Shweta
20)	ALKA PARIHAR	"	Alka
21)	Shagun	"	Shagun
22)	SWAGNA KANWAR	Bsc Biotech (Hons) 1 st year	Swagna
23)	Aruni Thingta	"	Aruni
24)	Mehak Chauhan	B.Sc (Med) (Hons)	Mehak
25)	CHAUAT KALTA	B.Sc (Med) 1 st year	Chauat
26)	PRANJAL	B.Sc (Med) 1 st year	Pranjali
27)	TANVI SHARMA	BSc (Nurs) 1 st year	Tanvi
28)	LUVINA DOGRA	BSc Biotech 1 st year	Luvina
29)	Aarti	BSc Biotech 1 st year	Aarti
30)	SUHANI RANA	"	Suhani
31)	SHAGUN SHARMA	"	Shagun
32)	VAISHNAVI SHARMA	BSc (Nurs) 1 st year	Vaishnavi
33)	Yashika Sharma	"	Yashika
34)	AKANKSHA SHARMA	"	Akanksha
35)	ISHITA THAKUR	"	Shikha
36)	NISHITA VERMA	BSC-II	Nishita
37)	SIMRAN THAKUR	"	Simran
38)	VANSHIKA	"	Vanshika
39)	Sumitri Mehra	"	Sumitri
40)	PRANJAL THAKUR	"	Pranjali

Principal
St. Bede's College
Shimla

Attendance Sheet



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

41)	POOJA CHAUHAN	BSC II (MED)	Prisha
42)	SHARDESHI RAWAT	BSC III RD	Sharadehi
43)	LAVANYA BHATT	BIO TECH RD	Shruti
44)	ADITI	BSC II (MED)	Adi
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 CHAUDHARI	BSC II (Med)	Rishka
51)	ANSHITA	BSc. Botany II	Anshita
52)	YUVIKA	BSc. Botany II	Yuvika
53)	ANGELINA NOOR	"	Angelina
54)	ANSHIKA THAKUR	"	Anshika
55)	NIMATI SHARMA	"	Nimati
56)	SAKSHI CHAUHAN	"	Sakshi
57)	JANVEE VERMA	"	Janvee
58)	NEHA TANEJA	BSc. Botany II	Neha
59)	ADYASHA CHANDEL	BA Engg (H) I	Adyasha
60)	SHWAMI PATHANIA	BSc. Botany II	Shwami
61)	NAVYA UPADHAYAY	BSc. Botany II	Navya
62)	SARITA SHARMA	BA Education III	Sarita

ms/llm
24/12/24
Principal
St. Bede's College

Attendance Sheet



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

63)	SHRANTHA CHAKRABORTY	B.A. HONS 2	Shranta
64)	Rihel Chauhan	B.A. HONS	Rihel
65)	SUBHINA MISHRA	B.A. HONS	Subhina
66)	VEDIKA NEOH	B.Sc. III	Vedika
67)	VANSHIKA GUPTA	B.A. HONS III	Vanishika
68)	ISHITA SHARMA	B.A. (HONS) PSY. I YEAR	Ishta
69)	HIMANSHI PRACHAR	B.A. POLY (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.Sc. I year	Jahanvi
78)	VANSHIKA	B.Sc. II year	Vanishika
79)	AAYUSHI	"	Aayushi
80)	SANIYA VERMA	B.Sc. B.A.	Saniya


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 & School Students</p> <p>Registration link: https://forms.gle/3oASvBd79rG1D3Yz2oE</p>	<p> St. Bede's College NAAC Re-Accredited A Grade</p> <p> </p> <p>DEPARTMENT OF PSYCHOLOGY Under the Aegis of IQAC is organizing a seminar on</p> <p>MIND MASTERY:  ACHIEVING EXCELLENCE AND PERSONAL GROWTH THROUGH PSYCHOLOGY</p> <p>Resource Persons</p> <p>Patron: Prof. Sr. Molly Abraham</p> <p> Prof. N.K. Goyal Chairman Emeritus, TEMA, President CMAI/CSM</p> <p> Ms. Anjali Verma Director, Cyber Security Association of India</p> <p>Convener: Mr. Mohit Kumar Co-Conveners: Ms. Jagriti & 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.	Bhuzika Verma	
3.	Kaisha Sharma	
4.	Smriti Gupta	
5.	Jahnavi Wali	
6.	Mehak Sharma	
7.	Mannat Kapoor	
8.	Medhavi Nautiyal	
9.	Niharika Raj Chauhan	
10.	Shruti Thakur	
11.	Priyanka Bhanota	

11/12/24

Principal
09/12/24

Principal
St. Bede's College
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.	Giargi Verma	
3.	Suhani Negi	
4.	Eirikka Koundal	
5.	Aanya Mimbas	
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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10/12/20
09/12/24
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St. Bede's College
Shimla

Attendance Sheet



Department of Psychology
St. Bede's College, Shimla

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

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(Signature)

2024/2025
29/12/24
Principal
St. Bede's College
Shimla

Attendance Sheet



Department of Psychology
St. Bede's College, Shimla

40	Ayushi Mehta	Ayushi
43	Prabisha Soni	Prabisha
44	Tiba	Tiba
45	Shruti Sharma	Shruti
46	Neha Maraina	Neha
47	Prerna Chandel	Prerna
48	Sneha Verma	Sneha
49	Samridhi Sharma	Samridhi
50	Garima Sharma	Garima
51	Mauli Garg	Mauli
52	Aditi Sharma	Aditi
53	Payal Mehta	Payal
54	Shreya Sharma	Shreya
55	Aditi	Aditi
56	Chahat Katta	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

8/1/20

Mauli

rochiro
29/12/21
Principal
St. Bede's College
Shimla

Attendance Sheet



Department of Psychology
St. Bede's College, Shimla

65	Samruddhi R. Rama	Flora
66	Srijal Sharma	Ravi
67	Ashna Mehta	Ash
68	Smarshi Ramlalk	St
69	Shriya Thakur	Sh
70	Devangl Sharma	Bhavana
71	AKankha Rana	Bhavana
72	Urmali Shree	Urmali
73	Tarvi Chauhan	Harvi
74	Pranjal	Pranjal
75	Pehal	Pehal
76	Aranya Sisodia	Aranya
77	Vrity Sharma	Vrity
78	Harmanpreet Kaur	Harmanpreet
79	Sanskriti Virla	Sanskriti
80	Muskan Negi	Muskan
81	Yachna	Yachna
82	Alisha Ranpa	Alisha
83	Mannat Thakur	Mannat
84	Parvi Bhardwai	Parvi
85	Shweta	Shweta
86	Yashika Noret	Yashika
87	Skshli Sharma	Skshli

21/11/22

Mallyra
09/12/22
Principal
St. Bede's College
Shimla

Attendance Sheet



Department of Psychology
St. Bede's College, Shimla

88.	Divyanshi Gautam	Sharma
89.	Pratishtha Sharma	Intarva
90.	Priyanshi Sharma	Sharma
91.	Pranchal Sharma	Pranchal
92.	Samira Sharma	Sharma
93.	Awesome Sharma	Sharma
94.	Rashi Thakur	Thakur
95.	Aurika Dhandu	Sharma
96.	Muskan Verma Kapoor	Muskan
97.	Krisha Chandel	Sharma
98.	Mahima Khanna	Khanna
99.	Kudika Mehta	Mehta
100.	Shivani Chauhan	Shivani
101.	Shivanshi Kumar	Shivani
102.	Pragya Kaur	Pragya
103.	Mansi Prashar	Mansi
104.	Priyanshi Kaur	Pragya
105.	Kunishi Khanna	Kunishi
106.	Krisha Khanna	Khanna
107.	Vanshika Dogra	Vanshika
108.	Khushi Khanna	Khushi
109.	Niharika Khanna	Niharika
110.	Vanshika Kalra	Vanshika

5/1/20

Principal
09/12/24
St. Bede's College
Shimla

Attendance Sheet



Department of Psychology
St. Bede's College, Shimla

111	Mahima Kaur Boudry	Noting
112	Narbhata Jami Mukhim	Mukhim
113	Riya Sharma	Riya Sh
114	Katuna K. Dal	Katuna
115	Shivamli	Shivamli
116	Nusja Upadhyaya	Nusja
117	Gunvillan Mongh	Gunvillan
118	Kizzel Pava	Kizzel
119	Khushi Bhadury	Khushi
120	Archita Garg	Archita
121	Swachi Singh	Swachi
122	Pidhima Bhavata	Pidhima
123	Disha Baisakhandi	Disha
124	Harish Sharma	Harish
125	Sheetal Thakur	Sheetal
126	Arjuni	Arjuni
127	Pooja	Pooja
128	Shweta Praveen	Shweta
129	Yukti Khandil	Yukti
130	Vidhi Lahaoti	Vidhi
131	Anshdeep Kaur	Anshdeep
132	Sania chandhary	Sania
133	Kulvika Sharma	Kulvika

6/1/20

(Signature)

29/12/24
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St. Bede's College
Shimla

Attendance Sheet



Department of Psychology
St. Bede's College, Shimla

134	Ashen Paul	<u>Sunid</u>
135	Jahnavi Jain	<u>Jahnavi</u>
136	Achint Mann	<u>Achint Mann</u>
137	Kritika Sharma	<u>Kritika</u>
138	Darshita	<u>Darshita</u>
139	Devi Karyal	<u>Devi</u>
140	Ashen Simal	<u>Ashen</u>
141	Shagun Sharma	<u>Shagun</u>
142	Vidya Mary George	<u>Vidya</u>
143	Maya Mittal	<u>Maya</u>
144	Anushka	<u>Anushka</u>
145	Srishti	<u>Srishti</u>
146	Arushi	<u>Arushi</u>
147	Isbika Verma	<u>Isbika</u>
148	Aditi Singh	<u>Aditi</u>
149	Garima Shikawat	<u>Garima</u>
150	Nimrat Kaur	<u>Nimrat</u>
151	Mehak Sharma	<u>Mehak</u>
152	DEVANSHU CHADHAN	<u>Devanshu</u>
153	Tarifa Pal	<u>Tarifa</u>
154	Sejal Tanale	<u>Sejal</u>
155	Palak Thakur	<u>Palak</u>
156	Himanshi Prashar	<u>Himanshi</u>

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Prof

10/11/23
29/12/23
Principal
St. Bede's College
Shimla

Attendance Sheet



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
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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. I	
2)	BURGESH	BCA 1st Year	
3)	NIKITA THAKUR	BA ENG (H) III	
4)	SHREYA THAKUR	B.A. Eng (H) III	
5)	PARUL HEHTA	BA (HONS) III	
6)	Shriya Thakur	BA (HONS) III	
7)	DEVANGI SHARMA	BA (HONS) III	
8)	ANUSHKA KAINTHLA	BA (HONS) III	
9)	MISHA THAPA	BA (HONS) III	
10)	POONAM BHENGERA	BA (HONS) III	
11)	DINYA VERONICA BAGE	BA (HONS) III	
12)	SAHAJIA SHARMA	BA (HONS) III	
13)	ROZALI THAPA	BA Eng H III	
14)	VIDUSHI GAUR	BA Eng H III	
15)	HARSHITA THAKUR	BA Eng H III	
16)	SARITA SHARMA	BA Eng H III	
17)	JAHNAVI WALI	BA Eng (H) III	
18)	SAKSHI SHARMA	BA Eng (H) III	

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

Attendance Sheet



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

19)	SRIJAL SHARMA	B.A. 1 st year	Shri
20)	KRITIKA CHANDEL	Engg II	Shri
21)	MEHVISH SAUHTA	Engg II	Shri
22)	NIHARIKA P. LINDHAN	B.Sc. 1 st year	Shri
23)	DIJANOR AULAKH	BA III	Shri
24)	ABHINA MITTAL	B.Sc. 1 st year	Shri
25)	NANDNA MEHTA	B.Sc. 1 st year	Shri
26)	PEHAL VERMA	"	Shri
27)	ANANYA SISOJA	"	Shri
28)	VANSHIKA CHANDEL	"	Shri
29)	Shreya Suman	"	Shri
30)	PRITHVI RASPUT	B.Sc. 1 st year	Shri
31)	JANVI CHADHAN	BA II nd year	Shri
32)	SHARMAN TIAGUR	BA II nd year	Shri
33)	SHRUTI BHARWAT	BA II nd year	Shri
34)	ARNITMA SHARMA	BA II nd year	Shri
35)	HARSHITA JASRAL	BA II nd year	Shri
36)	AASTHA GROVER	BA II nd year	Shri
37)	KRITIKA SHANDIL	BA II nd year	Shri
38)	YASHIKA	BA II nd year	Shri
39)	Mehak	BA II nd year	Shri
40)	STUVI	"	Shri

11/12/24
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St. Bede's College



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

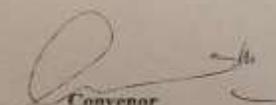
41)	SHATAKSHI RAWAT	Bachelor Hons II	Shatakshi
42)	SRIJAN SINGHA	BA I	Sri-Jan
43)	SAKSHI RANA	BA I	Sakshi
44)	NIHARIKA SHARMA	BBA I	Niharika
45)	SNEHA VERMA	BBA I	Sneha
46)	NAVYA BHARDWAS	BBA I	Navya
47)	ARSHITA GOSWAMI	BBA I	Arshita
48)	ANANYA KHORND	BSC II nd year	Ananya
49)	RESHMA MINT	BSC II nd year	Reshma
50)	PAYAL MEHTA	BSc II nd year	Payal
51)	SHREYA SHARMA	BSc III rd year	Shreya
52)	ADITI SHARMA	BSc II nd year	Aditi
53)	SUNIDHI SHARMA	BSC III rd year	Sunidhi
54)	OSHEEN PAUL	BA I st year	Osheen
55)	LUVINA KOBRA	BSC I st year	Luvina
56)	AARTI	BSc I st year	Aarti
57)	RIYA SHARMA	BA I ENG HONS	Riya
58)	MUKAN CHANDEL	BATI	Mukan
59)	USHAKI	BA III	Ushaki
60)	ARSHITA CHANDAN	Eng Hons II	Arshita
61)	KUSUM THAKUR	BIOGEN HONOURS I ST YR	Kusum
62)	NANGA UPADHYAYA	B.A. Philology I ST YR	Nanga

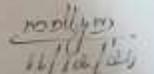
20/11/20
Principal
St. Bede's College
Shimla



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	Eco Hons III	Divya
68)	YASHO RAJYASHREE	ENG HONS I	Yasho
69)	Idhika Sharma	ENG HONS	Idhika
70)	PRANJAL SHARMA	Eng Hons II	Pranjali
71)	Priyansu Larzou	BA II year	Priyansu
72)	Rishika Rawal	BA II year	Rishika
73)	SMRITI SHARMA	BA Eng Hons III year	Smriti
74)	Divyanshi	BA Eng Hons III year	Divyanshi
75)	HARSHITA THAKUR	BA ENGLISH HONS III	Harshita
76)	SANDEEPA MITTA	BA ENGLISH HONS III	Sandeepa
77)	Himanshi Prabhakar	BA Eng Hons III	Himanshi
78)	Minika Thakur	BA II year	Minika
79)	Medhani Naniyal	BA II year	Medhani
80)	Saizal Sharma	BA II year	Saizal


Convenor
Women Cell & Gender Champion Club


16/10/20
Principal
St. Bede's College
Shimla

Attendance Sheet



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
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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 कालेज में पीढ़ीगत संबंध पर कार्यशाला



शिमला। सेंट बीड्स कालेज के महिला प्रकोष्ठ और जेंडर चैंपियन क्लब द्वारा मंगलवार को राष्ट्रीय सामाजिक रक्षा संस्थान द्वारा प्रायोजित कालेज 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

Media Coverage



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	//	
3)	PARUL THAKUR	//	
4)	TARANA SHARMA	//	
5)	ANSHIKA THAKUR	//	
6)	NIHARIKA SHARMA	//	
7)	KANIK A	//	
8)	DIVYA VERMA	//	
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)	MARSHITA 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 st year	Sneha
20)	DIVANSHI SHARMA	"	Divanshi
21)	URUSHI KANWAR	"	Urushi
22)	RIIKA	"	Ritika
23)	RIDHI VERMA	"	Ridhi
24)	GAJIMA HETTA	BBA III	Gajima
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)	Suzel Rana	BBA III	Suzel
34)	Dhagen Sharma	BBA III	Dhagen
35)	Disha Rohal	BBA III	Disha
36)	PALAK RAWAT	BBA - 3	Palak
37)	Priyanshu Thakur	BCA - 2	Priyanshu
38)	VIDISHA	BCA 2 nd	Virishi
39)	Shruti	"	Shruti
40)	Mauli Garg	BBA 1 st Year	Mauli

Mallam
17/10/24
Principal
St. Bede's College
Shimla

Attendance Sheet



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	Mannat
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-III 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 Prakash	BBA 2nd	Manu
57)	Sejal HimRAL	BCA 1st	Sejal
58)	ADRIKA THAKUR.	BBA 2nd	Adrika
59)	PREMIKA VERMA	BA I Sem	Premika
60)	RAJNANDINI RATHOUR	BA 3rd YEAR	Rajnandini
61)	VANSHIKA KALJOTRA	BA 3rd YEAR	Vanshika
62)	SHRISATI GUPTA	Eco. Hons III	Shrisati

20/1/20
17/12/24
Principal
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Shimla

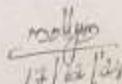
Attendance Sheet



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

63)	CHAHAT KALTA	B.Sc Ind yr 1st year	Kalta
64)	SNEHA KHIMTA	B.Sc Ind yr 1st year	Sneha
65)	MEHAK CHAUHAN	B.Sc Ind yr 1st year	Mehak
66)	SHARONIKA CHAKRABORTY	EMBA HANDE	Sharonika
67)	Jyoti Singhla	BBA Ind yr 1st year	Jyoti
68)	FAYAL MEHTA	B.Sc Ind yr 1st year	Fayal
69)	RESHMA MINT	B.Sc Ind yr 1st year	Reshma
70)	SUNIDHI SHARMA	B.Sc Ind yr 1st year	Sunidhi
71)	ADITI SHARMA	B.Sc Ind yr 1st year	Aditi
72)	Ananya Khosla	B.Sc Ind yr 1st year	Ananya
73)	Manpreet Kaur	B.Sc Ind yr 1st year	Manpreet
74)	Lavanya Bhatt	B.Sc Ind yr 1st year	Lavanya
75)	JANHAVI BHATIA	B.com III	Janhavi
76)	USHITA THAKUR	"	Ushita
77)	TANYA	"	Tanya
78)	Shatabdhi Banat	niclear	Shatabdhi
79)	BHUMIKA SHARMA	B.com III	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.



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

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

Organises Workshop
on

**PROMOTING INTERGENERATIONAL BONDING
WITH COLLEGE STUDENTS**

sponsored by

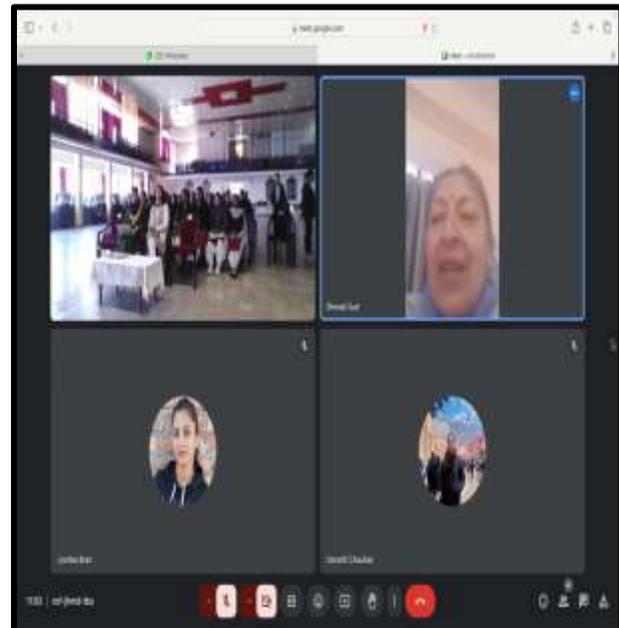
NATIONAL INSTITUTE OF SOCIAL DEFENCE
(MINISTRY OF SOCIAL JUSTICE & EMPOWERMENT, GOVERNMENT OF INDIA)

RESOURCE PERSONS

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

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

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



Brochure



Workshop on " Promoting Intergenerational Bonding With College Students (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 रहीं। 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 महत्त्व 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। ब्यूरो

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.EI.ED 1 st	Ankanksha
2)	AANCHAL SHARMA	D.EI.ED 2 nd year	Aanchal Sharma
3)	ANANIKA	D.EI.ED 2 nd year	Ananika
4)	SHWETA KUMARI	D.EI.ED 2 nd year	Shweta
5)	RITIKA KUMARI	D.EI.ED 2 nd year	Ritika
6)	Chanchla Devi	D.EI.ED 2 nd year	Ch
7)	MINAKSHI	2 nd year	minakshi
8)	RAJNI	D.EI.ED 2 nd year	Rajni
9)	DEEPIKA	D.EI.ED 2 nd year	Deepika
10)	Tasuma Khatoon	D.EI.ED 2 nd year	Tasuma
11)	NEHA SHARMA	D.EI.ED 2 nd year	Neha
12)	Anshika	D.EI.ED 2 nd year	Anshika
13)	SUMERA	D.EI.ED 2 nd year	Sumera
14)	MITALI PUNDIR	D.EI.ED 2 nd year	Mitali
15)	Kajal Thakur	D.EI.ED 2 nd year	Kajal
16)	SAKSHI MAITU	D.EI.ED 2 nd year	Sakshi
17)	Kashish Thakur	D.EI.ED 2 nd year	Kashish
18)	RIKUNDESHWARI Thakur	D.EI.ED 2 nd year	Rikunde

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 Nanda
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)	DEEPA SHARMA	D.El.Edist	Deepa
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	Deepthi
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	Deepika
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)	Navrati Negi	D.El.Edist	Navrati

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	D.ELED 1 st	
42)	INDIRA	D.ELED 1 st	
43)	PARUL	D.ELED 1 st	
44)	RIDHI	"	
45)	PALAK	D.ELED 1 st	
46)	REJUL	D.ELED 1 st	
47)	JAGRITY	D.ELED 1 st	
48)	ANJALI SHARMA	D.ELED 1 st	
49)	GIUNJAN SHARMA	D.ELED 1 st	
50)	SANIA	D.ELED 1 st	
51)	ADITI	D.ELED 1 st	
52)	ANUVA	B.ED 1 st	
53)	ISHITA THAKUR	B.COM 1 st	
54)	MEHAK CHUNDL	D.ELED 1 st	
55)	REXA SHARMA	"	
56)	Shreya Thakur	"	
57)	JANVEE	B.ED 1 st	
58)	Ashmita mehta	"	
59)	JAHNAVI SISODIA	"	
60)	PRIYA METTA	"	
61)	NIHA SHARMA	D.ELED 1 st	
62)	ARPITA	D.ELED 1 st	

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)	Nikita Thakur	19/02/25	
64)	AARUSHI SHARMA	"	
65)	NAINA VERMA	"	
66)	Urinda Gupta	"	
67)	VRITY SHARMA	"	
68)	Abni Sharma	"	
69)	Snigdha Thakur	"	
70)	ANCHAL DHANAN	"	
71)	SHREYA THAKUR	"	
72)	VANSHIKA	"	
73)	POOJA	"	
74)	NIKITA SHARMA	"	
75)	SANIA KUMARI	"	
76)	ANGELINA	"	
77)	ANCHAL SHARMA	"	
78)	SHROUTI	"	
79)	ADITI JHINGRA	"	
80)	MANIKA	"	

Convener
Women Cell & Gender Champion Club

19/02/25
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

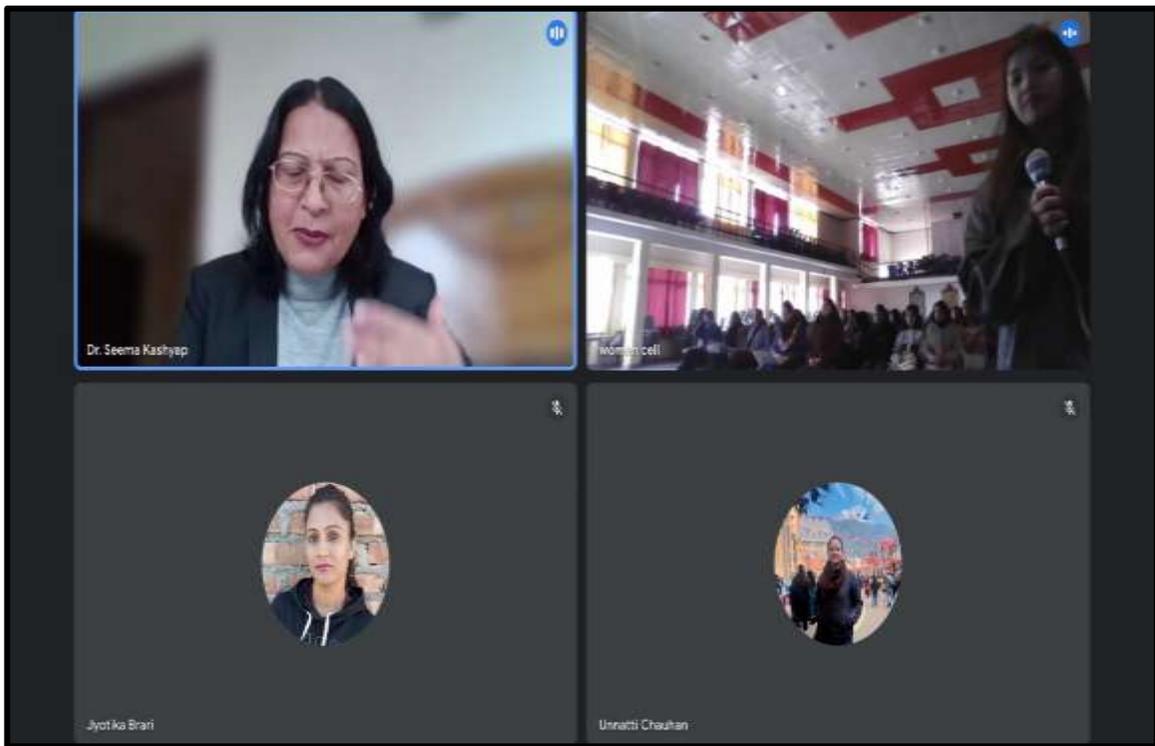
University Institute of Legal Studies
Chaura Maidan, Shimla

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 अक्वल 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 स्केच 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 महत्त्व 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)	IMANNA	B.A. III rd	Tamanna
2)	JAHNVI	B.A III rd	Jahnvi
3)	HITESHI	B.A III rd	Hiteshi
4)	NIYIKA	B.A III rd	Niyika
5)	URVASHI	B.A III	Urvashi
6)	NANCY	B.A III	Nancy
7)	ASHIMA	B.A III	Ashima
8)	RIYA SHARMA	BA III	Riya
9)	SRIJAL KIWOLA	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)	PRIYAL SHARMA	BA III	Priyal
18)	SONAM ANAND	BA III	Sonam

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

Attendance Sheet



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

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

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

Attendance Sheet



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

41)	ANJALI THAKUR	BA I st	Anjali
42)	PRIYANSHI SHARMA	BA I st	Priyanshi
43)	PRITYANKA VERMA	BA I st	Prityanka
44)	SNEHA VERMA	BA I st	Sneha
45)	PRIYANSHI THAKUR	BA I st	Priyanshi
46)	DIKSHITA NEGI	BA I st	Dikshita
47)	APRAJITA CHAUDHAN	BA I st	Apajita
48)	SHURUTI	BA I st	Shuruti
49)	JANVI KANWAR	BA I st	Janvi
50)	DJANODE AULICH	BA III	Djanode
51)	SHIMONA JAINDEV	BA - I	Shimona
52)	PREMA	BA - I	Prema
53)	ANUSHKA SHARMA	BA - I	Anushka
54)	JANSHIKA BHARWAT	M.Sc II	Janshika
55)	Jsha Jiwari	M.Sc IV	Jsha
56)	SARGAM THAKUR SAWANT	M.Sc IV	Sargam
57)	TANVI THAKUR	BAI year	Tanvi
58)	ANUSHKA THAKUR	B.A III year	Anushka
59)	LAVANYA BIATT	Biotech-2	Lavanya
60)	ARIKA CHAUDHAN	Biotech-2	Arika
61)	SHATAKSHI RANJAT	Biotech-2	Shatakshi
62)	ASTHA	BA III year	Astha

Principal
St. Bede's College

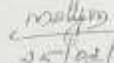
Attendance Sheet



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

63)	DIVYA UNIYAL	BS All India (CSC II)	Tiya
64)	KRITIKA CHAUDHARY	BA III rd year	Kritika
65)	TASHI WANGMO	BA III rd year	Tashi
66)	SAMREEN KAUR	BA II year	Samreen
67)	Suhani GHAI	BA II year	Suhani
68)	PALAK KHARWAL	BA II nd year	Palak
69)	ARCHE CHAUHAN	BA II nd year	Arche
70)	Auni Gupta	BA II nd year	Auni
71)	Varshika Kalyan	BA I st year	Varshika
72)	Jahnvi Sharma	BA II nd year	Jahnvi
73)	Shreya Kumari	BA II nd year	Shreya
74)	Aastha Pansari	BA II nd year	Aastha
75)	AISHWARYA	BA I st year	Aishwarya
76)	SAUMYA THAKUR	BA I st year	Saumya
77)	ANCHAL SHARMA	BA I st year	Anchal
78)	NAVYA THAKUR	BA I st year	Navya
79)	ANKITA KATHOKE	BA I st year	Ankita
80)	POOJA	BA I st year	Pooja


Convenor
Women Cell & Gender Champion Club


25/02/25
Principal
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)




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
alcyberguard@stbedes@gmail.com
9418903075, 9826313266

Brochure



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



छात्राओं ने जाने पायथन प्रोग्रामिंग के गुरु

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

Sr. NO	NAME	CLASS	SIGNATURE MARCH 12, 2025	
			MORNING SESSION	EVENING SESSION
1	DIVANSHI SHARMA	B.C.A. - II SEM		
2	DURGESH	B.C.A. - II SEM		
3	NEHA MARAINA	B.C.A. - II SEM		
4	RIDHI VERMA	B.C.A. - II SEM		
5	RITIKA NEGI	B.C.A. - II SEM		
6	SARGAM SHARMA	B.C.A. - II SEM		
7	SEJAL HIMRAL	B.C.A. - II SEM		
8	SIRUTI SHARMA	B.C.A. - II SEM		
9	SNEHA VERMA	B.C.A. - II SEM		
10	SURYA TEJASVNI CHANDEL	B.C.A. - II SEM		
11	URVASHI KANWAR	B.C.A. - II SEM		
12	VRINDA TIGALA	B.C.A. - II SEM		
13	HARSHITA HASTA	B.C.A. - II SEM		
14	ANSHIKA THAKUR	B.C.A. - IV SEM		

Attendance Sheet



Heritage Status

St. Bede's College

NAAC Re-Accredited A Grade

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>Nihari</i>	<i>Nihari</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>

Nevalia
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



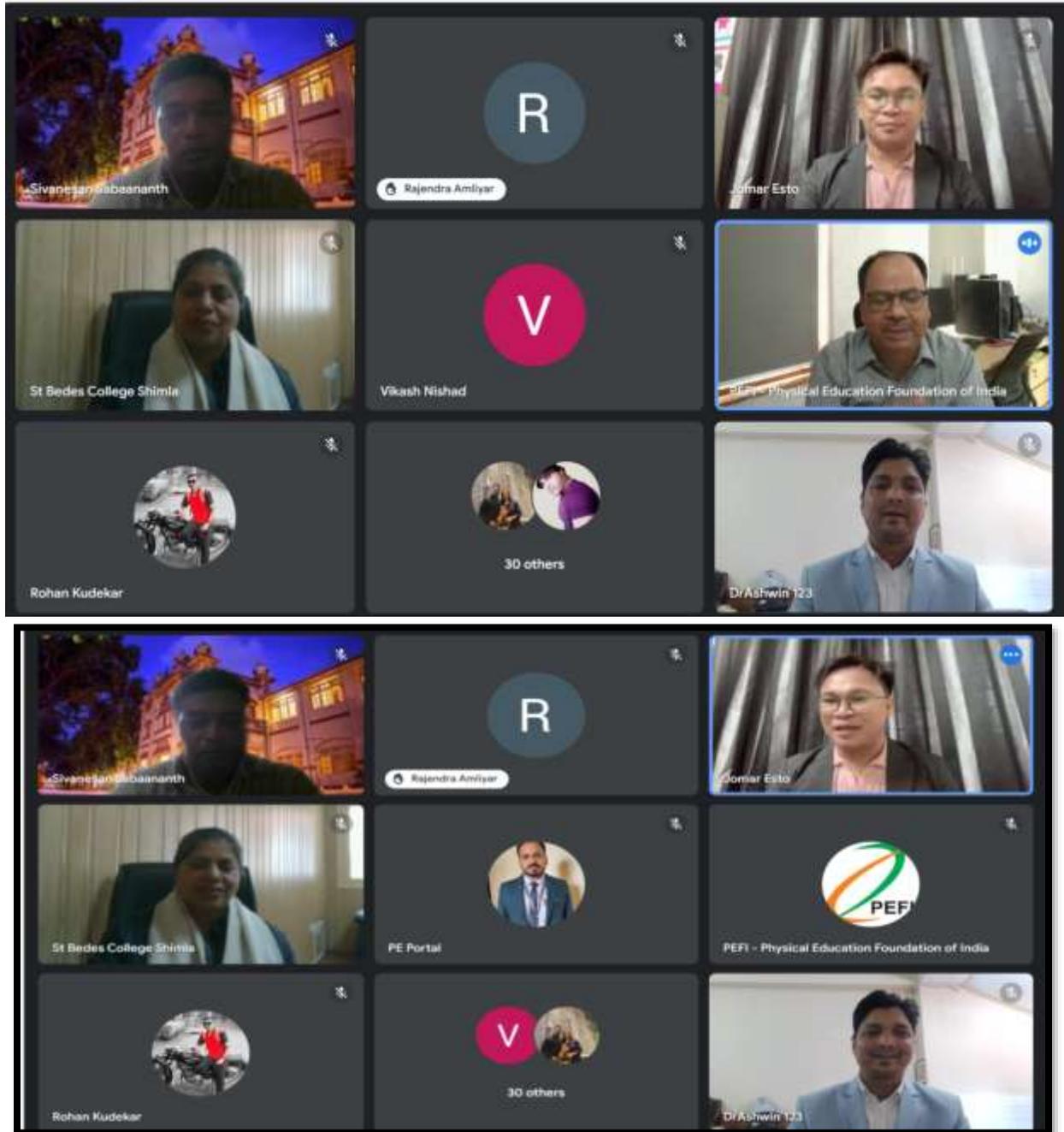
*Dr. Ashwani Kumar
(NSO)*

Google Meet link: International link: <https://meet.google.com/guv-entb-ujy>

Brochure



Glimpses of the International Seminar:



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



The screenshot shows a Zoom meeting interface. The main window displays a presentation slide titled "Thoracic outlet syndrome". The slide contains an anatomical diagram of the human torso and neck, showing the path of nerves and blood vessels from the neck down to the arms and hands. The diagram is labeled with various anatomical structures: "Nerves and blood vessels pass through a small 'outlet' down to the arms and hands.", "Subclavian vein", "Subclavian artery", "Thoracic outlet", "Clavicle", "Pectoralis minor muscle", "Scalene muscles", "1st rib", and "Trapezius muscle". The Zoom interface includes a toolbar at the top with options like "Share", "Mute", and "Unmute", and a grid of participant video thumbnails on the right side.

The screenshot shows a Zoom meeting interface. The main window displays a presentation slide titled "Introduction to Peacebuilding". The slide contains the following text:

- 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

The Zoom interface includes a toolbar at the top with options like "Share", "Mute", and "Unmute", and a grid of participant video thumbnails on the right side. The bottom of the screen shows the system tray with the time "11:12 AM" and the meeting title "International online seminar on PEACE BUILD...".

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



CHRONIC STRESS AND WEIGHT GAIN

STRESS CONTROL OPTIM ENERGY WORKER GET STRONG TEND WEIGHT

When you are under a lot of stress, your body produces cortisol, a hormone that can lead to weight gain. This is because cortisol increases your appetite and encourages you to eat more. Additionally, cortisol can slow down your metabolism, making it easier to gain weight. To combat this, it's important to manage your stress levels through techniques like meditation, exercise, and a healthy diet.

Mindfulness and Presence

- Meditation:** Regular meditation can help calm the mind and reduce stress.
- Mindful Breathing:** Pay attention to your breath, focusing on the sensation of air entering and leaving your body.
- Present Moment Awareness:** Engage fully in the current moment, rather than dwelling on the past or worrying about the future.
- Observe Thoughts:** Notice your thoughts and feelings without judgment, allowing them to pass like clouds.

10:47 AM

Check In

GPS Map Camera

Shimla, Himachal Pradesh...
35vp+mmq, Navbhar, Chotta Shimla,
Shimla, Himachal Pradesh 171002, India
Lat 31.094318° Long 77.186505°
29/03/2025 10:47 AM GMT +05:30

Google

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



INTERNATIONAL ONLINE SEMINAR

Total = 138
Attendance sheets and
Feedback

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

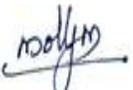
In collaboration with Physical Education Foundation of India: Ministry of Youth Affairs & Sports

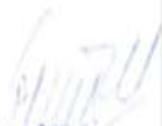
* Indicates required question

1. Email *

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

3. Affiliation (College/University):


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	Department	State	Country	E.mail:
2025/03/2	jbесто@us	Dr. University M	M	Physical Ed	Kabacan, C	Philippines	jbесто@usm.edu.ph
2025/03/2	drashwin2	Dr. Ashwar St. Bede's	Male	Physical Ed	Himachal F	India	drashwin263@gmail.c
2025/03/2	abhijeetbh	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 Univi	Male	Sports Scie	Jakarta	Indonesia	Alpinzain@gmail.com
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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 7th - 9th 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 7th, 8th and 9th 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 7th, 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 8th, 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 9th, 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 is 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 Rusta Ampoza
Lecturer,
Cebu Normal University
PHILIPPINES



Dr. Yagarrico Peralta
Department of Psychology,
S.W. Aklan National College
Coroico, Cebu,
DALA

8th April, 2025



Prof. Jyoti Chakraborty
P.K.S. University (Bapat)
Chhatrapati,
INDIA



Prof. Justin B. Estrella
University of Southern
Mindanao,
PHILIPPINES

9th April, 2025



Prof. Oliver S. Villalvera
Faculty of Pharmacy,
Uni. of Santo Tomas,
PHILIPPINES



**Prof. Janeth Rose
G. Amilober**
University of Teachers
Mindanao,
PHILIPPINES

Topic Covered

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

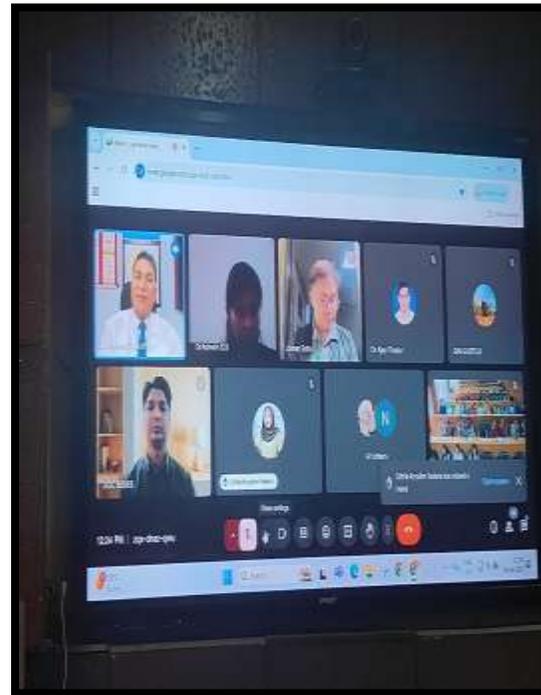
Organisers

Patron Prof. Dr. J. Mody Abraham	Chairman Dr. Hassan Sharma
V.C. In-Charge Dr. Ashwani Kumar	Co-Chairman Ms. Anvita Sharma
Organising Secretaries	
Dr. Preeti Kaundal	Dr. Sangita Sharma
Ms. Tinkha Kamal	Mr. Nalin Sharma

TIME
10:30 am - 12:30 pm IST

Google meet link:
<https://meet.google.com/xqx-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)



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

3. Designation

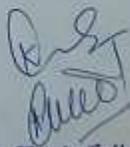
4. College/University

5. Department

6. Country

7. Email


Principal
St. Bede's College
Shimla


St. Bede's College
Physical Education

Attendance Sheet



Attendance Sheet

Activity: Three days International Workshop on Research Methodology (70702-231)

Date: 7, April 2025

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

Mollym

Principal

Principal
St. Bede's College
Shimla

[Signature]
Teacher in-charge

St. Bede's College
Physical Education
Department

Depa

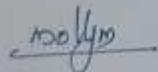
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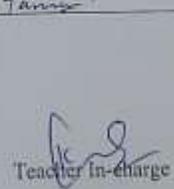


Attendance Sheet

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 Dhawan
14.	Shruti Manta	Shruti Manta
15.	Shreya Angaria	Shreya Angaria
16.	Anuja Mehta	Anuja Mehta
17.	Avantika Negi	Avantika Negi
18.	Himani Thakur	Himani Thakur
19.	Isha Jamwal	Isha Jamwal
20.	Priksha Dogra	Priksha Dogra
21.	Priyanshu Chandel	Priyanshu Chandel
22.	Radhika Singh	Radhika Singh
23.	Ridhi Dhanta	Ridhi Dhanta
24.	Sakshi Sharma	Sakshi Sharma
25.	Sakshi Bhardwaj	Sakshi Bhardwaj
26.	Samriti Thakur	Samriti Thakur
27.	Sanjana Thakur	Sanjana Thakur
28.	Sargam Thakur Sawant	Sargam Thakur Sawant
29.	Shivani Thakur	Shivani Thakur
30.	Shweta Punta	Shweta Punta
31.	Sneha Thakur	Sneha Thakur
32.	Vanshika Bhardwaj	Vanshika Bhardwaj
33.	Vartika Sharma	Vartika Sharma
34.	Vibhuti Rapta	Vibhuti Rapta
35.	Yamuna Katoch	Yamuna Katoch


Principal
St. Bede's College
Shimla


Teacher in-charge
St. Bede's College
Vigyan Education
Department

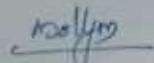
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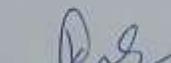


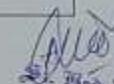
Attendance Sheet

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

S. No	Name	Signature
1.	Akshita	Akshita
2.	Anisha Lakra	Anisha
3.	Arushita Ghezta	ABSENT
4.	Ankita Kaushal	Ankita
5.	Anita	Anita
6.	Deepika Damseth	Deepika
7.	Deepshika	Deepshika
8.	Kanika Sharma	Kanika
9.	Ojhal Chauhan	Ojhal
10.	Priyanka Sharma	Priyanka
11.	Priyanka Sharma	Priyanka
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
23.	Ridhi Dhanta	Ridhi
24.	Sakshi Sharma	Sakshi
25.	Sakshi Bhardwaj	Sakshi
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
St. Bede's College
Shimla


Teacher in-charge


Head of Department
Physical Education
Department

Attendance Sheet



Registration No.	Name	Gender	Designation	College/University	Department	Country	Email
21/01/2023 184832	Dr. Ashwin Kumar	Male	Head	St. Bede's College Shimla	Physical Education	India	ashwin101@gmail.com
8/07/2023 203041	Dr. Ratan	Female	Assistant Professor	St. Bede's College Shimla	Botany	India	ratana101@gmail.com
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4/1/2023 141020	MR. KANAK SINGH	Male	PCT	Surinder Public School	Physical Education	India	kanak101@gmail.com
4/1/2023 141837	Seelam Singh Pathak	Male	Sports Officer	Government College Shimla	Physical Education	India	seelam101@gmail.com
4/1/2023 141627	A. Vikash K. S. Bhatnagar	Female	Professor	University of Southern Mindanao	Social Sciences	Philippines	vikash101@gmail.com
4/1/2023 141608	Dr. Shubam Bawa	Female	Assistant Professor	MATS University	MATS School of Physical Education	India	shubam101@gmail.com
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4/1/2023 142251	Dr. JAYNATH CHALANIK	Male	DRS in College	V. J. S. P. T. SCHOOL	Physical Education	India	jaynath101@gmail.com
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4/1/2023 142638	Dr. Elpasa Kaur	Female	Assistant Professor	Dr. Bhaiji University Punjab	Department of Sports Education	India	elpasa101@gmail.com
4/1/2023 141825	Dr. H. Harsh	Male	Assistant Professor	Malla Pally University	Department of Physical Education	India	harsh101@gmail.com
4/1/2023 141620	Prerna	Female	PGT	Talwara University of Sports		South Africa	prerna101@gmail.com
4/1/2023 141120	Dr. Anshul Singh	Male	Assistant professor	Surajwadi Institute of Education	Department of Physical Education	INDIA	anshul101@gmail.com
4/1/2023 141030	Divyanshu Tiwari	Male	Assistant Professor	MATS UNIVERSITY RAIPUR	Physical Education	INDIA	divyanshu101@gmail.com
4/1/2023 141010	Ms. Anshu Kaur	Female	Assistant Professor	MATS UNIVERSITY RAIPUR	Physical Education	INDIA	anshu101@gmail.com
4/1/2023 141010	Dr. Shubham Yadav	Male	Assistant Professor	MATS UNIVERSITY RAIPUR	Physical Education	INDIA	shubham101@gmail.com
4/1/2023 141010	Dr. Rajendra Lal	Male	Assistant Professor	Deekshambhu College Shimla	Physical Education and Sports	INDIA	rajendra101@gmail.com
4/1/2023 141010	Dr. Sandhya Kaur	Female	Assistant professor	Government Degree College	Physical Education	INDIA	sandhya101@gmail.com
4/1/2023 141010	Dr. Anju	Female	Assistant Professor	SVCC Chamba	Physical Education	INDIA	anju101@gmail.com
4/1/2023 141010	Dr. Anshu Kaur	Female	Teacher	Surajwadi Institute of Education	Physical Education	INDIA	anshu101@gmail.com
4/1/2023 141010	Dr. Anshu Kaur	Female	Asst. Prof	MATS University Raipur C. T. College		INDIA	anshu101@gmail.com
4/1/2023 141010	Dr. Anshu Kaur	Female	Scholar	INDIAN INSTITUTE OF PHYSICAL EDUCATION		INDIA	anshu101@gmail.com
4/1/2023 141010	Dr. Anshu Kaur	Female	Asst. Research Officer	DCI	Physical Education	INDIA	anshu101@gmail.com
4/1/2023 141010	Dr. Anshu Kaur	Female	Assistant professor	MATS UNIVERSITY RAIPUR	Biomedical Engineering	INDIA	anshu101@gmail.com
4/1/2023 141010	Dr. Anshu Kaur	Female	Assistant Professor	St. Bede's College Shimla	Biotechnology	INDIA	anshu101@gmail.com
4/1/2023 141010	Dr. Anshu Kaur	Female	Student	College of Business Administration	Accountancy Department	Philippines	anshu101@gmail.com

Principal
St. Bede's College
Shimla

Dr. Anshu Kaur
St. Bede's College
Physical Education
Shimla

Attendance Sheet



Registration No.	Name	Gender	Description	School/University	Department	Country	Email
4/2/2025 143626	Hyatt-Zoe Laveja	Female	Student	University of Southern M	Accountancy Department	Philippines	ayhollaveja@gmail.com
4/2/2025 143178	Rommeliah Agapin	Female	Student	University of Southern M	Accountancy	Philippines	rommeliahagapin@gmail.com
4/2/2025 142741	Katharine Sastigan	Female	BS Agriculture/Economics	University of Southern M	Department of Agriculture	Philippines	ksastigan@sun.edu.ph
4/2/2025 143023	DR SHARDA PURNIMA	FEMALE	ASSOCIATE PROFESSOR	MATS UNIVERSITY	MATS SCHOOL OF PHYSICS	INDIA	shardapurnima2@gmail.com
4/2/2025 150438	DR ANAZ AHMED KHAN	MALE	PROFESSOR	MATS UNIVERSITY	MATS SCHOOL OF PHYSICS	INDIA	anaz177@gmail.com
4/2/2025 154441	Dr Natsu Sata	Female	Assistant professor	New Shonan Maunabo	Physical Education	INDIA	natsu0404@gmail.com
4/2/2025 154945	Rafel padin	Male	Physical education teacher	San Isidro Senior School	Department of Education	INDIA	rafelpadin27@gmail.com
4/2/2025 153417	Dr Meremakis Tripathi	Female	Assistant professor	Krishna Devi Girls Degree	Physical Education	INDIA	merem199@gmail.com
4/2/2025 153518	Joseph B. Bongolus	Male	Student	College of Business Dev	Agricultural Economics	Philippines	jboingolus@sun.edu.ph
4/2/2025 174818	Ashishak Madala	Male	Student	W.S.S.C College, Kanya	Department of Physical	INDIA	ashishakmadala73@gmail.com
4/2/2025 184937	ADNWAR JAU SANGH	Male	Assistant Professor	Sri P.O College Ludhiana	Physical Education	INDIA	adnwarjau@gmail.com
4/2/2025 190809	Dr Praveena M Chatterjee	Female	Assistant Professor	MATS University	Department of Physical	INDIA	praveenam19@gmail.com
4/2/2025 193024	Kyle Guejano	Male	Student	University of Southern M	Accountancy	Philippines	kuejano@sun.edu.ph
4/2/2025 201304	Shreka Jyoti Singh	Male	Research scholar	Sarvesh College	Physical Education	INDIA	shreka1820@gmail.com
4/2/2025 210021	Chetan Kumar Sharma	Male	Sports Officer	Sri M. V. P. G. College	Physical Education and	INDIA	chetan48@gmail.com
4/2/2025 211737	DR. BAHAMANI RAJENDR	Male	Sports Officer	Government College K	Department of Physical	INDIA	drbahamani@gmail.com
4/2/2025 213147	Raksha Jais	Female	Research Scholar	D. B. K. Ambedkar Univer	Department of Library	INDIA	drakshajais@gmail.com
4/2/2025 214234	SEEMA BHAGI	Female	PhD research scholar	Dr. B. K. Ambedkar Univer	Department of Library	INDIA	seemabhagi@gmail.com
4/2/2025 221456	DR AJAY NANDIYA	MALE	SPORTS OFFICER	GOVT COLLEGE PONDICHERY	PHYSICAL EDUCATION	INDIA	drnandiyaajay@gmail.com
4/2/2025 230914	Yogesh Chandra	Male	Professor	Sports University of Hary	Department of Physical	INDIA	yogeshchandra17@gmail.com
4/2/2025 230537	Dr. Waseem Raja Malik	Male	Assistant professor	Lalbahar University	Physical Education	INDIA	waseem191@gmail.com
4/2/2025 230141	SARANYA SHARMA	MALE	Co-ordinator	Government Academy	Physical Education	INDIA	saranyasharma1487@gmail.com
4/2/2025 231544	Ashishak Kumar Bawaal	Male	PhD Scholar	Sports University of Hary	Statistical Psychology	INDIA	ashishakbawaal@gmail.com
4/2/2025 232436	Mukhy Kumar	Male	Research Scholar	Hemachal Pradesh Univer	Physical Education	INDIA	mukhykumar@gmail.com
4/2/2025 244004	Yashu Gupta	Male	PhD scholar	DGU University	Department of Physical	INDIA	yashugupta@gmail.com
4/2/2025 244425	Rafel Louis E. Labuyan	Male	Student	University of Southern M	Department of Accounta	Philippines	rafaellouislabuyan@gmail.com
4/2/2025 250517	Dr Manoj Kumar Tripathi	Male	Assistant Professor & H	Sri Aurobindo Subh	Literature & Humanities	INDIA	manojktr@gmail.com
4/2/2025 254549	Prachiya Tomar	Female	Assistant Professor	St. Bede's College Shimla	Psychology	INDIA	prachiya1971@gmail.com
4/2/2025 262004	Dr Vinod Kumar	Male	Assistant Professor	Government College J	Physical Education	INDIA	vinodkumar18@gmail.com
4/2/2025 268642	MADAN BONDH YADAV	MALE	Research Scholar	Central University of Pu	Physical Education	INDIA	madanbondh@gmail.com
4/2/2025 268033	Dr. Jatin Kumar	Male	Assistant Professor	J. J. S. S. Khanna College	Ag Department of Physic	INDIA	jatin194@gmail.com
4/2/2025 268011	Rishi Kumar	Male	Research Scholar	Central University of Pu	Physical Education	INDIA	rishikumar14@gmail.com
4/2/2025 268029	Tanya Shukla	Female	Student	Sree college Mysore	Physical Education	INDIA	tanyashukla22@gmail.com
4/2/2025 267139	viya singh maishak	Male	senior professor	government college k	History	INDIA	viyasingh1811@gmail.com
4/2/2025 267046	Jyoti	Female	Assistant Professor	St. Bede's College	Psychology	INDIA	jyoti1984@gmail.com
4/2/2025 266608	Mohd. Kameel	Male	Assistant Professor	St. Bede's College, Shimla	Psychology	INDIA	mohdkameel@gmail.com
4/2/2025 261814	Sahaj Sharma	Male	Assistant Professor	Sanjivani College for	Physical Education	INDIA	sahajsharma@gmail.com
4/2/2025 268823	Sudha Mishra	Male	Research Scholar	Banarus Hindu University	Department of Physical	INDIA	sudhamishra@gmail.com
4/2/2025 261818	Ashar Akbar	Male	Research Scholar	Banarus Hindu Univer	Department of Physical	INDIA	asharab07@gmail.com
4/2/2025 261732	Dr Ajay Kumar	M	Assistant Professor	Uttar College Jaunpur	Physical Education	INDIA	ajaykumar12@gmail.com
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4/2/2025 261816	Dr. SHARMA MISHA SUMA	M	Asst professor	University of Aiz	Physical education	INDIA	sharmamisha@gmail.com
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4/2/2025 261821							
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4/2/2025 261899							
4/2/2025 261900							

Principal
St. Bede's College
Shimla

Dr. J. P. Singh
Principal
St. Bede's College
Shimla

Attendance Sheet



Sl. No.	Name	Gender	Employment	Subject/University	Department	Country	Email
4/4/2023 9:08:33	K.J. JATOO MEDICAL	Male	None				
4/4/2023 9:11:28	Rachela	Female		University of Southern M. PILLALON, CARMEN, C		Philippines	april2004101@gmail.com
4/4/2023 9:12:17	Carlos Miguel Camarero	Male	Student	USMEXICO	SEPLAM	Philippines	carlosmiguels@gmail.com
4/4/2023 9:12:38	Peter Dan D. Tingzon	Male		University of Southern M. Agaña		Philippines	carlosmiguels@gmail.com
4/4/2023 9:14:25	Jerry Adriano Sanghain	Male		University of Southern M. Institute of Sports, Physio		Philippines	jerriadrino@gmail.com
4/4/2023 9:20:14	Sakana, James Ryan L.	Male	3rd Year	University of Southern M. Agaña		Philippines	akana000@gmail.com
4/4/2023 9:20:34	Carlo Angelo Ochoa	Male	Student	University of Southern M. SPEAR		Philippines	carlochoa19@gmail.com
4/4/2023 9:23:40	Devika Parner	Female	Assistant professor	Agriem Maharashtra	Commerce and manager	India	devikaparner54@gmail.com
4/4/2023 9:24:48	Mrs. Ekrami Agrewal	Female	Assistant Professor	Agriem Maharashtra	Department of social wo	India	ekrami@gmail.com
4/4/2023 9:25:27	Ms. SHYAMA GARHEY	Female	Assistant professor	Agriem Maharashtra	Commerce & Management	India	shyamagruwal1982@gmail.com
4/4/2023 9:36:26	SANDH ZEUS D. FALCON	MALE	STUDENT	UNIVERSITY OF SOUTHERN M	SPEAR	PHILIPPINES	sandhzeus@gmail.com
4/4/2023 9:52:45	Jared Dourson	Male		University Southern mind. Agaña		Philippines	jaredourson2@gmail.com
4/4/2023 10:34:58	Edwina Israni	Female	Asst. Prof	Agriem Maharashtra	Commerce & Management	INDIA	edwina.israni@gmail.com
4/4/2023 10:43:04	Haidi Agawal	Female	Assistant Professor	Agriem Maharashtra	Commerce	India	haidiagawal1993@gmail.com
4/4/2023 12:24:30	Saunabh Raj	Male	Assistant professor	S.A. V COLLEGE, JALANDHAR	Physical Education	India	saunabhraj1992@gmail.com
4/4/2023 12:10:08	Mahesh Agrawal	F	Student	University of Southern M.	Accountancy	Philippines	maheshagrawal.edu.ph
4/4/2023 12:22:19	Vineetha Varma	Female	Academic coordinator	KJ Somaiya	Education	India	vineetha1983@gmail.com
4/4/2023 12:34:36	Sudhakar Bhowmik	Male	Assistant Professor	The ICRI, University Tripura	Physical Education	India	sudhakarbhaskar@gmail.com
4/4/2023 14:25:01	Dr. Anand Sachan	Male	Assistant Professor	Chaudhary Basant Lal Univ.	Physical Education	India	anand333@gmail.com
4/4/2023 17:12:53	Edgar Aja Hermosa	Male		University of Southern M.	SPEAR	Philippines	edgarajahermosa@gmail.com
4/4/2023 17:53:40	Dr. Pradyumn Kumbhar	Male	Assistant Professor	Mumbai University Dist.	Faculty of Business admn.	India	pradyumnkumbhar@gmail.com
4/4/2023 18:45:47	Dr. Young Chakravarti	Male	Professor	Laxmi Professional Univ.	Physical Education	India	young44@gmail.com
4/4/2023 22:33:04	B Saravathi	Female	Teacher	MSP UNIVERSITY	Physical Education	India	bsaravathi@gmail.com
4/4/2023 22:40:11	DR. VIKENSHI BIRSHI (M)	MALE	ASSOCIATE PROFESSOR	VSSO PG COLLEGE RAIPUR	PHYSICAL EDUCATION	INDIA	vikenashi@gmail.com
4/5/2023 19:40:39	Dr. Devi Bhatia	Female	Dr. Lecturer	Davang Institute of Edu.	Education, Physical educ.	India	devibhatia1@gmail.com
4/5/2023 19:41:33	Dr. Vikash Bhartiya	Male	Guest/ Assistant prof	IPU Shimla	Directorate physical Edu.	India	vikas1983@gmail.com
4/5/2023 19:42:34	Bhuvanika Sharma	Female	Student	IPU	Physical education	India	bhuvanika007@gmail.com
4/5/2023 19:29:23	Jerome K. Pardo	Male	Professor	University of Santo Tomas	Institute of Physical Edu.	Philippines	jpardo@ustm.edu.ph
4/5/2023 19:49:42	Dr. Divyanshu Singh Chahal	Male	Assistant Teacher	S. H. S. Gurukul, Panchsari	Physical Education	India	divyanshu143@gmail.com
4/5/2023 19:42:18	Sudish Kumar	Male	Assistant Professor	Government College Jhansi	Physical Education	India	sudishkumar77@gmail.com
4/5/2023 20:04:39	Dr. Rajesh Kumar	Male	Asst. Prof	MATS University Raipur	Yoga	India	rajeshkumar2004@gmail.com
4/5/2023 19:39:45	Dr. Shivakshi Sharma Yadav	Female	Assistant professor	Chhatrapati Shivaji Maharaj	Physical education	India	shivakshi03@gmail.com
4/5/2023 19:38:58	Rohit Yadav	Male	Physical education teach	G.R.S.S. Sahasra Jagdhar	Education	India	rohit0304@gmail.com
4/5/2023 21:24:28	DR. MENAKASANI SANKI	Female	Assistant Professor of S.	SIMULABALA WANDER, SANKRIT		INDIA	menakasani@gmail.com
4/5/2023 21:34:49	Dr. Dipendra Singh Parmar	Male	Assistant Professor	VSSO PG COLLEGE RAIPUR	Physical Education	India	dipendrasingh@gmail.com
4/5/2023 9:00:20	Ashutosh Mishra	Male	Student	O.S.J.M. University	Department of Physical	India	ashutoshmishra73@gmail.com
4/5/2023 17:21:24	Dr. Sanjay Kumar Yadav	Male	Assistant Professor	Kyrgyz University Naryn	Physical Education	India	sanjaykumar1983@gmail.com
4/5/2023 22:00:11	Priyanshu Jaiswal	Female	Assistant Professor	K.S. SANKETI P.G. COLLEGE	PHYSICAL EDUCATION	India	priyanshu774@gmail.com
4/5/2023 9:02:24	Dr. Ashwini Kumar	Male	Associate professor phys	Government Degree Coll.	Physical education	India	ashwinik02@gmail.com
4/5/2023 18:22:11	Dr. Gurjeet Singh	Male	Assistant Professor	National College of Phys.	Physical Education	India	gurjeetsingh1804@gmail.com
4/5/2023 21:44:47	Thakur Raj Meena	Male	Assistant professor	Sure Shiksha Kendra	Physical Education	India	thakurrajmeena@gmail.com
4/5/2023 8:17:10	Shubhraj Singh	Male	Assistant Professor	Dei Sahasra college for Phys.	Physical Education & Sp.	India	shubhraj031@gmail.com

Total = 216 + 35 = 251

mallya
Principal
St. Bede's College
Shimla

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



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

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: Participate...

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"

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- Live Coding + Mini Projects
- Certificate of Participation
- Expert IT Trainers
- Flexible Timing

[Register Now](#)

Mode: Google Meet (Link via Email)

Key Highlights:

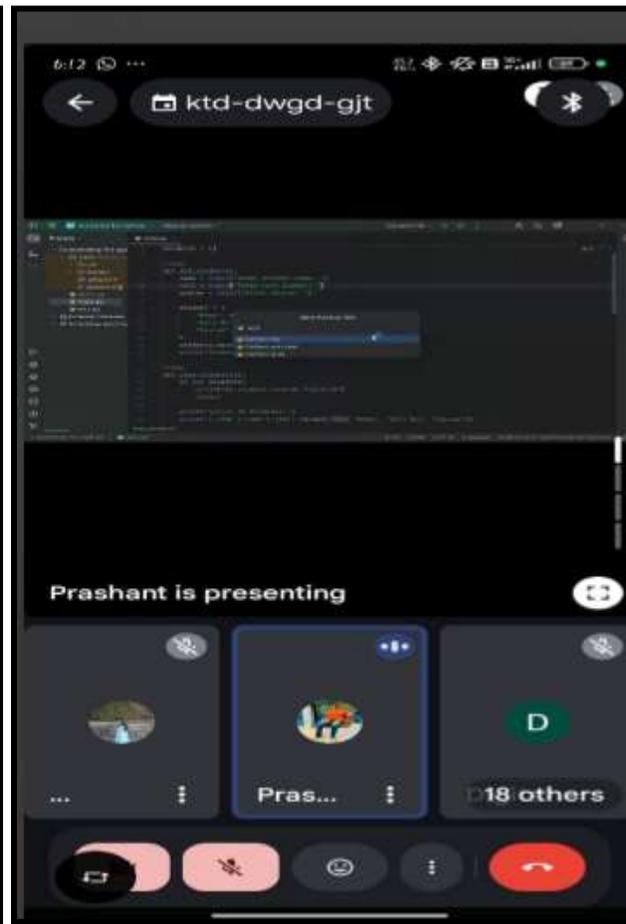
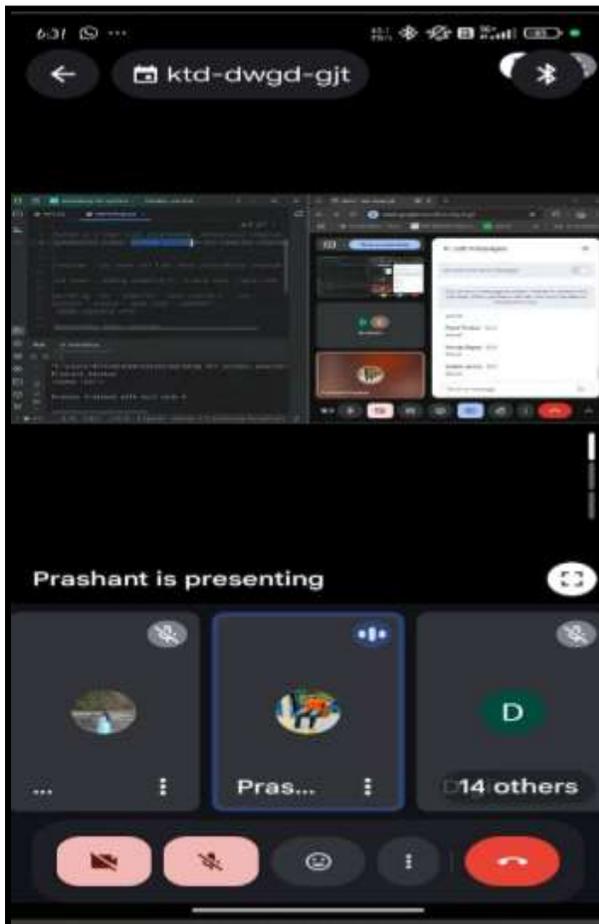
- 100% Free (No Fees)
- Python, HTML, CSS, JavaScript with ChatGPT
- Live Coding + Mini Projects
- Certificate of Participation
- Expert IT Trainers
- Flexible Timing

[Register Now](#)
<https://forms.gle/46sUJe58eW51Khj69>

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

Contact: Satish Chandra - 7830542333
Website: 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
Divyanshi Sharma	BCA 2nd	divyanshisharma225115@gmail.com
Kanika	BCA 4th	kanikasharma22399@gmail.com
Vrinda	-	vrindatigala27@gmail.com
Harshita	BCA 2nd	hastaharshita@gmail.com
Shivangi Kaushik	BCA 4th	Sanaahere0@gmail.com
Sejal	BCA 2nd	sejalhimral2308@gmail.com
Urvashi	BCA 2nd	urvashikanwar250@gmail.com
Palak Thakur	BCA 6th	paiakthakur1504@gmail.com
Tania Pal	BCA 6th	Tpal68193@gmail.com
Prerna Thakur	BCA 4th	prthakurml@gmail.com
Neha	BCA 2nd	ranaag503@gmail.com

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.



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

**A THOUGHT PROVOKING WORKSHOP ON
PROFESSIONAL ETHICS AND VALUES**

**CREATING A POSITIVE WORK
ENVIRONMENT TOGETHER**




Date: May 14, 2025
Time: 10:00am onwards
Venue: Auditorium

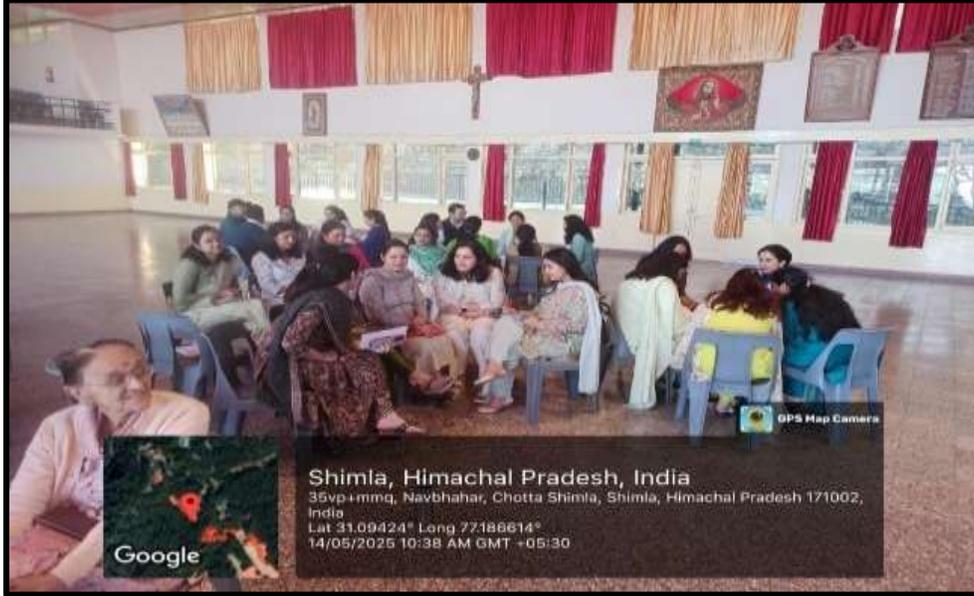
Resource person:
Prof. Sr. Molly Abraham
Principal

Organised by
IQAC, St. Bede's College, Shimla

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)

सकारात्मक वातावरण से बढ़ती है एकाग्रता : मॉली
शिमला। सेंट बीड्स कॉलेज में सकारात्मक कार्य वातावरण विषय
पर कार्यशाला का आयोजन किया गया। इसमें बताया कि कैसे
सामूहिक रूप से सकारात्मक कार्य वातावरण को बनाया जा सकता
है। कॉलेज की प्राचार्य प्राचार्या डॉ. सिस्टर मॉली अब्राहम ने कहा कि
कार्य स्थल में सकारात्मक वातावरण से कार्यकुशलता और काम में
एकाग्रता बढ़ती है। इसमें कर्मचारियों के बीच पेशेवर नैतिकता और
मूल्यों को बढ़ावा मिलता है। कार्यशाला में एक गतिविधि भी आयोजित
की गई। इसमें सात समूह बनाकर उनके बीच कार्य स्थल के
वातावरण और उनके अभावों को बताने का मौका दिया गया।
Amarujala 15/5/25

सेंट बीड्स कॉलेज में छात्रों
को समझाया नैतिक मूल्य
का महत्व
शिमला। सेंट बीड्स कॉलेज के
आंतरिक गुणवत्ता आश्वासन प्रकोष्ठ
आईक्यूएसो ने बुधवार को कॉलेज
के सभागार में सामूहिक रूप में
सकारात्मक कार्य वातावरण कैसे
निर्मित करें, पर कार्यशाला
आयोजित की गई। इसका संचालन
कॉलेज की प्राचार्या प्रोफेसर सिस्टर
मॉली अब्राहम ने किया। कार्यशाला
का उद्देश्य कार्यस्थल पर कर्मचारियों
के बीच पेशेवर नैतिकता और मूल्यों
को बढ़ावा देना था।
Divya Himachal 15/5/25

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	
2.	Dr. Deepti Pajri	
3.	Dr. Sapra Sharma	
4.	Dr. Neeta Khanna	
5.	Dr. Devina Anandpur	
6.	Mr. Anoop Datta	
7.	Dr. Shanti Gupta	
8.	Dr. Kusum	
9.	Dr. Jyoti Bani	
10.	Dr. Anupama Tandon	
11.	Kamal Khanna	
12.	Mohit Kumar	
13.	Dr. Kame MEHTA	

Attendance Sheet



14.	Smriti Sharma	At
15.	Nalin Sharma	Shalin
16.	Punam Chauhan	Maulani
17.	Dr. Raman Bansi	Ramay
18.	Dr. Anita Chauhan	Anita
19.	Meena Kumari	Meena Kumari
20.	Sangeeta Sharma	Sangeeta
21.	Dr. Vishal Chauhan	Vishal
22.	Tarika Thakur	Tarika
23.	Nivedita Bhargava	Nivedita
24.	Smigdha Bhatt	Smigdha
25.	Sanjeer Kumar	Sanjeer
26.	Nishant	Nishant
27.	Dr. Parag Aashish	Parag
28.	Titiksha Kamal	Titiksha
29.	Dr. Sarvesh	Sarvesh
30.	Dr. Madhu Bala	Madhu
31.	Dr. Anurag Kulkarni	Anurag
32.	Dr. Preeti Kaur Dal	Preeti
33.	Pratiksha Tomar	Pratiksha

Attendance Sheet



34.	Ms. Sneha Sharma	
35.	Dr. Nav Deep Thakur	
36.	Dr. Savita Rana	
37.	Dr. Shweta Thakur	
38.	Dr. Reema Thakur	
39.	Ms. Neha Walia	
40.		
41.		
42.		
43.		
44.		
45.		
46.		
47.		

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14/5/25

Attendance Sheet