



Extension Activities
St. Bede's College, Shimla

**3.4.3 NUMBER OF EXTENSION AND OUTREACH PROGRAMS CONDUCTED
BY THE INSTITUTION THROUGH ORGANIZED FORUMS INCLUDING
NSS/NCC WITH INVOLVEMENT OF COMMUNITY DURING THE LAST FIVE
YEARS**



Extension Activities
St. Bede's College, Shimla

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EXTENSION ACTIVITIES
SESSION-2024-2025

NSS

TREE PLANTATION DRIVE

Collaborating Agency: Community

No. Of Participants: 55

Date: August 3, 2024

Objective: To contribute significantly towards environmental sustainability and community wellbeing by fostering a sense of responsibility among our volunteers.

Description: The NSS unit of St. Bede's college organized a tree plantation drive under the 'Ek Ped, Maa Ke Naam' on August 3, 2024. The NSS volunteers participated enthusiastically in this drive. Around 100 saplings were planted in the Bhattakufer area. The event was inaugurated by the chief guest, Prof. (Sr.) Molly Abraham, the principal of the college. Along with the principal, the teachers in charge of NSS unit and some officers of forest department also participated in this event by planting the saplings. Refreshments were given to the volunteers.

Outcome: The outcomes of an NSS tree plantation drive extend beyond the physical act of planting trees, influencing the community, raising environmental awareness, and contributing to the broader goals of sustainability and ecological well-being.



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Tree Plantation Drive (August 3, 2024)



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Tree Plantation Drive (August 3, 2024)

SWACHHATA HI SEVA CAMPAIGN

Collaborating Agency: Community

No. of Participants: 179

Date: September 17 to October 2, 2024

Objective: The objective of Swachhata Hi Seva Campaign is to promote cleanliness and community service among NSS volunteers. It aims to educate students on recycling and environmental benefits to promote environmental conservation, enhance campus aesthetics, encourage sustainable practices and promote eco-friendly practices within the college and community. The Campaign under the theme “Swabhav Swachhata Sanskaar Swachhata” Aims to encourage NSS volunteers to take responsibility for maintaining clean spaces to promote sustainable practices by educating students on composting and encouraging active participation in waste management.

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



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Outcome: The event successfully fostered a sense of responsibility and teamwork among the volunteers. It reinforced the values of community service and environmental cleanliness, aligning with the program's theme.



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(Day 4) Cleanliness Drive (September 20, 2024)

No. of Participants: 30

Description: The NSS unit of St. Bede's College organized a cleanliness drive from Navbahar to the nearby petrol pump. The volunteers, who cleaned litter and debris while educating local residents on the importance of hygiene.



Cleanliness Drive (September 20, 2024)



Extension Activities *St. Bede's College, Shimla*



Cleanliness Drive (September 20, 2024)



Cleanliness Drive (September 20, 2024)

(Day 9) Cleanliness Drive (September 25, 2024)

No. of Participants: 19

Description: The NSS unit of St. Bede's College organized a cleanliness drive in the college campus and nearby areas, focusing on collecting and segregating waste to ensure proper disposal. The drive fostered a sense of responsibility among students regarding their environment.



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Cleanliness Drive (September 25, 2024)



Cleanliness Drive (September 25, 2024)

(Day 11) Cleaning of Water Bodies (September 27, 2024)

No. of Participants: 15

Description: The NSS unit of St. Bede's College organized a cleaning strike at Sanjauli, focusing on cleaning the water bodies. Volunteers actively participated in removing waste and debris from the area. The initiative aimed to contribute to the environmental improvement of the local community while emphasizing the importance of keeping water resources clean and safe.



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Cleaning of Water Bodies (September 27, 2024)



Cleaning of Water Bodies (September 27, 2024)

(Day 12) Cleanliness Drive and Nukkad Natak (September 28, 2024)

No. of Participants: 15

Description: The NSS unit of St. Bede's College, organized a cleanliness drive and Nukkad Natak (street play) in China-Tilla Village, under Panchayat Dhalli. Volunteers performed the Nukkad Natak to highlight the importance of a clean environment to an audience of villagers and gram



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panchayat members. Additionally, they collected waste, including plastics and wrappers, during their journey to and from the village, further contributing to the cleanliness initiative.



Cleanliness Drive and Nukkad Natak (September 28, 2024)



Cleanliness Drive and Nukkad Natak (September 28, 2024)

(Day 13) Mega Cleanliness Drive (September 30, 2024)

No. of Participants: 100

As per guidelines from Regional Directorate of NSS, Chandigarh and Ministry of Youth and Sports, Govt. of India, NSS unit of the college was directed to conduct Swachhata hi Seva Campaign 2024 with the financial support of Rs. 25,000/-.

The NSS unit of St. Bede's College organised the Mega Cleanliness Drive on September 30, 2024 under the theme "Swabhav Swachhata Sanskaar Swachhata". The following activities were performed as part of the event:



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1. Cleanliness Drive around Navbahar Ward and Waste Segregation

The NSS volunteers went on a cleanliness drive around the Navbahar area and also segregated the plastic and biodegradable waste collected by them.



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Cleanliness Drive around Navbahar ward and waste Segregation (September 30, 2024)



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2. Awareness through Nukkad Natak at Ridge and Skit on Waste Management at Govt. School, Sanjauli.

The NSS volunteers performed a Nukkad Natak at Mall to raise awareness about cleanliness and also a skit was performed in Govt. School, Sanjauli on waste management.



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Extension Activities *St. Bede's College, Shimla*



Awareness through Nukkad Natak and Skit (September 30, 2024)

3. Swachhata Rally from St. Bede's College Gate to Directorate of Horticulture via Project Deepak

A Swachhata Rally was organized from the St. Bede's College Gate to the Directorate of Horticulture, passing through Project Deepak, with participation from NSS volunteers



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Swachhata Rally from St. Bede's College Gate to Directorate of Horticulture via Project Deepak (September 30, 2024)



शिमला : स्वच्छता हो सेवा अभियान के अंतर्गत सेंट बेडुस कॉलेज की छात्राएं जागरूकता रैली निकालती हुई।

(चित्र)



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*Swachhata Rally from St. Bede's College Gate to Directorate of Horticulture via
Project Deepak (September 30, 2024)*

BLOOD DONATION DRIVE

Collaborating Agency: IGMC, Shimla

No. of Participants: 60

Date: October 4, 2024

Objective: To promote awareness about the importance of blood donation and encourage community service.

Description: The NSS unit of St. Bede's College organized a Blood Donation Drive under the guidance of Principal Professor Sister Molly Abraham and Program Officers Dr. Kanu Mehta and Mr. Anoop Diltia. Supported by Dr. Siddharth's team from IGMC, the event successfully collected over 60 units of blood from students, faculty, and staff. The principal felicitated Dr. Siddharth for his contribution, and NSS volunteers coordinated the drive efficiently. Donors received refreshments and certificates as tokens of appreciation.

Outcome: The drive successfully raised awareness about the significance of blood donation and reinforced the spirit of community service within the college.





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Blood Donation Drive (October 4, 2024)



Blood Donation Drive (October 4, 2024)



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DIWALI CELEBRATION

Collaborating Agency: Community

No. of Participants: 20

Date: October 24, 2024

Objective: To spread joy and light to the underprivileged residents of the Bangala Colony slum area in Sanjauli by distributing toys, candles, diyas, chocolates, and clothes, while promoting social responsibility among students.

Description: The NSS Unit of St. Bede's College, under the guidance of Principal Professor Sister Molly Ibrahim, Programme Officers Dr. Kanu Mehta and Mr. Anoop Diltia, and led by the NSS President and Secretary, collected donations from NSS students. These included diyas, candles, toys, chocolates, and clothes, which were distributed to the residents of Bangala Colony. Volunteers also spent time with the families, lighting diyas and candles, and sharing the festive spirit of Diwali.

Outcome: The event brought smiles to the residents of the slum area, particularly the children, and encouraged a deeper sense of empathy and community service among the NSS volunteers, making it a meaningful and impactful Diwali.



Diwali Celebration (October 24, 2024)



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Diwali Celebration (October 24, 2024)

NSS ANNUAL CAMP (2024-2025)

Collaborating Agency: Community

No. of Participants: 61

Date: February 15-February 21, 2025

Objective: The objective of NSS annual camp is to provide students with an opportunity to engage in community service and social welfare activities. The camp is designed to foster a sense of responsibility, social awareness, personality development, skill development and national integration among the students. The camp objective is to instill values such as discipline and team work among the students.

Description: The NSS Annual Camp (2024-2025) was organized from February 15-February 21, 2025 on the theme “Youth for my Bharat and Digital Literacy”. The camp focused on health education, discipline, environmental conservation, and social responsibility, aligning with the NSS motto, “Not Me, But You.” Each day featured different activities, including awareness programs,



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cleanliness drives, fitness sessions, disaster preparedness training, and community visits, ensuring a well-rounded learning experience for the volunteers.

Outcomes: The outcomes of the NSS annual camp contribute to creating well-rounded individuals who are not only aware of the issues facing society but are also equipped to bring about positive changes. Camp also plays a crucial role in nurturing future leaders and responsible citizens.

February 16, 2025 (Day 2)

The day started with a morning assembly, boosting enthusiasm. Volunteers travelled to Dhanain, adopted village of NSS where they conducted a Cleanliness Drive, ensuring a cleaner environment. A Nukkad Natak on Nasha Mukht Bharat and Swachh Bharat was performed to educate the community about addiction free living and hygiene. An interactive session on Digital Literacy and Cybercrime at the village school helped students and locals understand cyber safety and responsible internet use.



NSS Annual camp Day 2 (February 16, 2025)



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NSS Annual camp Day 2 (February 16, 2025)

February 19, 2025 (Day 5)

Description: Volunteers visited IGMC Cancer Hospital, Shimla, for Langar Sewa, where they actively participated in serving food to patients and their attendants. Also, volunteers interacted with the patients in the cancer hospital and learned the values of humanity. Mr. Sarabjeet Singh Bobby, who runs a free langar sewa at the hospital, shared his experiences and motivated volunteers to engage in blood donation and social work. Additionally, Dr. Manish Gupta from IGMC spoke about cancer treatment and patient care, educating volunteers on health challenges and the need for empathy.



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NSS Annual camp Day 5 (February 19, 2025)



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NCC

WORLD ENVIRONMENT DAY

Collaborating Agency: Community

No of Participants: 12

Date: June 5, 2024

Objective: The objective was to promote environmental awareness and sustainability among NCC Cadets and foster critical thinking on environmental issues.

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

The NCC Cadets enthusiastically participated in a slogan writing competition. The theme focused on land restoration, desertification, and drought resilience. Cadets showcased their creativity with slogans on "Our Land, Our Future" and engaged in thought-provoking debates on prioritizing endangered species versus overall biodiversity. In the competition, Arpita secured the First Prize, Vasundhara Sharma came Second.

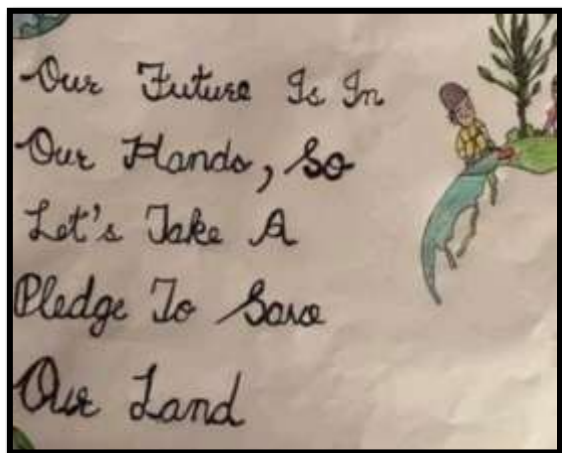
Outcome: The event successfully instilled environmental consciousness and responsibility among the Cadets.





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World Environment Day (June 5, 2024)

INTERNATIONAL YOGA DAY

Collaborating Agency: St. Edward's School, Shimla

No of Participants: 15

Date: June 21, 2024

Objective: The primary objective of International Yoga Day was to promote physical and mental well-being among NCC Cadets through yoga.

Description: International Yoga Day is celebrated on June 21st every year to promote the ancient practice of yoga, which harmonizes the body, mind, and soul. Established by the United Nations in 2014 following India's proposal, this day highlights the numerous health benefits of yoga, including improved flexibility, stress reduction, and overall well-being. Yoga, which originated in India over 5,000 years ago, has now gained global recognition as a powerful tool for physical and mental wellness. Each year, the celebration follows a specific theme, encouraging people worldwide to adopt yoga as a part of their daily routine for a healthier and more balanced life.

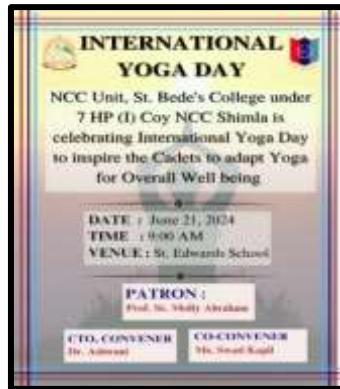
On June 21, 2024, NCC Cadets celebrated International Yoga Day at St. Edward's School, Shimla. 15 Cadets from the college joined their peers from various other colleges and schools for a morning yoga session. Under expert guidance, they performed a series of yoga asanas with enthusiasm and dedication. The event successfully inspired cadets to adopt yoga for overall well-being, fostering a sense of community and teamwork.



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Outcome: The event inspired cadets to adopt yoga for overall well-being, fostering a sense of community and teamwork



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International Yoga Day (June 21, 2024)

INDEPENDENCE DAY CELEBRATION AT DHALLI

Collaborating Agency: Dhalli Gram Panchayat

No of Participants: 15

Date: August 15, 2024

Objective: The objective was to foster unity, patriotism, and national pride among the local community and NCC Cadets of St. Bede's College by participating in the Independence Day Flag Hoisting Ceremony.

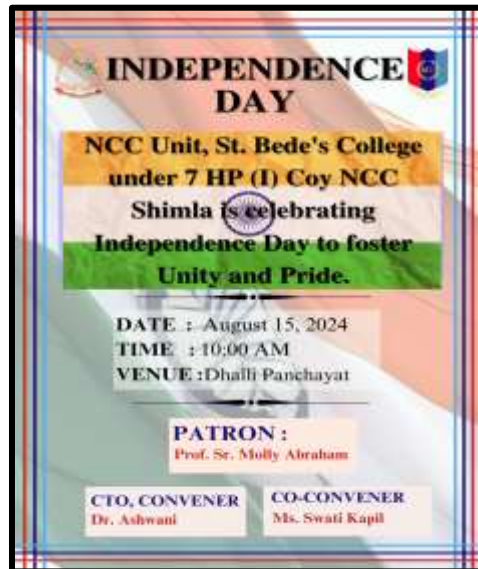
Description: The Independence Day celebration at Dhalli Gram Panchayat was held on August 15, 2024, with great patriotic fervour, where the cadets were warmly welcomed by the Panchayat members and the local community. The event was a simple yet dignified ceremony, focusing on the flag hoisting to honour the nation's freedom.

The program commenced at 10:00 a.m. with cadets accompanied by CTO Dr. Ashwani Kumar, faculty, and staff gathering in the premises. The Panchayat members along with the cadets unfurled the National Flag, followed by the singing of the National Anthem, filling the atmosphere with patriotism. A brief address was delivered, highlighting the sacrifices of freedom fighters and the importance of upholding national unity and integrity. The event concluded with a sense of pride and respect for the nation, reminding everyone of their responsibilities as citizens of India.

Outcome: The event successfully highlighted the importance of unity and patriotism, fostering a sense of togetherness and national pride among the participants and the local community.



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Independence Day Celebration (August 15, 2024)



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Independence Day Celebration (August 15, 2024)

PLANTATION DRIVE

Collaborating Agency: Community

No of Participants: 22

Date: September 17th, 2024

Objectives: The primary objectives of the plantation drive are to raise awareness about environmental conservation, encourage responsible citizenship, and foster a sense of community engagement. These initiatives also aim to improve air quality, enhance the college environment, and instill a love for nature among students and the general public.

Description: The NCC Unit, in collaboration with the Scouts and Guides and the Photography Cell of St. Bede's College, organized a Plantation Drive on campus under the theme “*Ek Ped Maa Ke Naam*”, as part of the Unnat Bharat Abhiyan (UBA). The event was conducted in the presence of the college Principal, Prof. (Sr.) Molly Abraham.

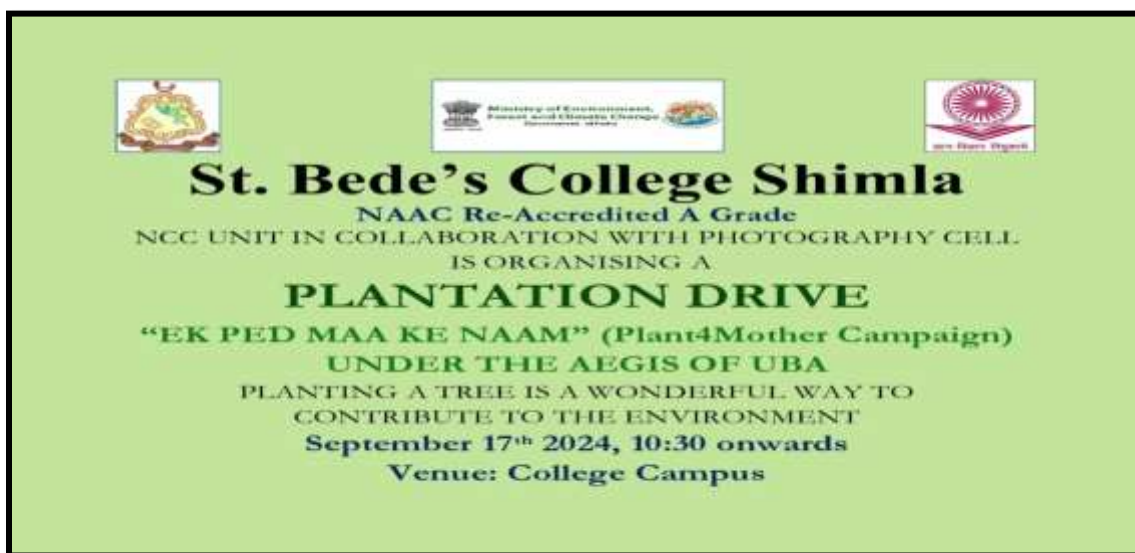


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This unique drive promoted environmental sustainability while paying tribute to mothers by planting trees in their honor. Students and faculty participated with great enthusiasm, planting saplings across the college campus and strengthening the bond between people and nature.

Outcomes: Through participation in the plantation drive, students gained a deeper understanding of environmental issues and were encouraged to continue engaging in eco-friendly practices. Such experiences also foster a lifelong commitment to sustainability and community well-being.



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Extension Activities *St. Bede's College, Shimla*



Plantation Drive, September 17th, 2024



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SUICIDE PREVENTION RALLY

Collaborating Agency: Community

No of Participants: 32

Date: September 18, 2024

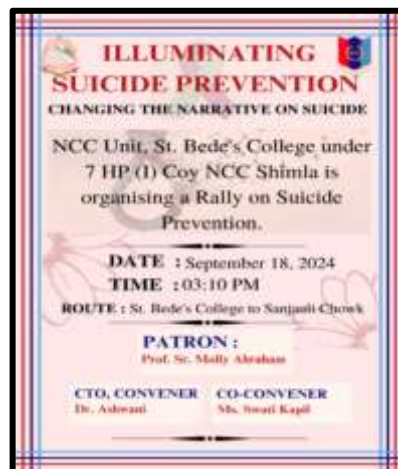
Objective: The primary objective of the rally was to raise awareness about suicide prevention and mental health issues, emphasizing the importance of open conversations and support systems.

Description: On September 18, 2024, the NCC cadets organized a rally titled 'Illuminating Suicide Prevention', starting from the college gate and culminating at Sanjauli Chowk. The theme of the rally was 'Changing the Narrative on Suicide', emphasizing the need to shift public perception about suicide and mental health.

The cadets actively participated by preparing placards and posters with powerful slogans to create awareness among the general public. These visuals carried messages of hope, encouragement, and support, aiming to inspire open conversations about mental well-being. The rally attracted considerable attention from residents, shopkeepers, and passersby, many of whom stopped to engage with the cadets and learn more about the cause.

During the event, the cadets interacted with the public, shared vital information on mental health resources, and encouraged people to support those experiencing emotional distress. The rally concluded on a hopeful note, with participants reaffirming their commitment to spreading awareness and fostering a supportive environment for mental health.

Outcome: The rally successfully achieved its objectives by engaging with the community and promoting awareness.





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Suicide Prevention Rally (September 18, 2024)

JAKHOO TREK

Collaborating Agency: Community

No of Participants: 25

Date: September 25, 2024

Objective: To promote physical fitness, teamwork, and resilience among NCC cadets through an adventurous trek to Jakhoo Temple.

Description: The Ist Year NCC Cadets embarked on an exhilarating trek to Jakhoo Temple, a journey that tested their physical endurance while offering breathtaking views and a chance to strengthen team spirit.

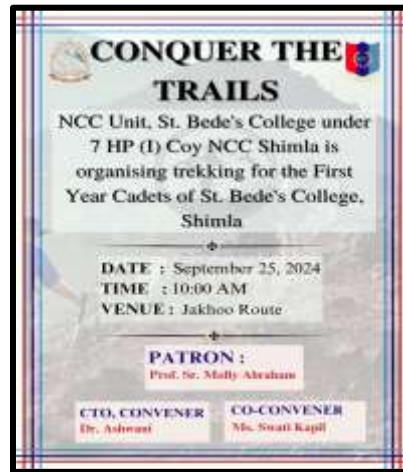
The trek was not just about reaching the summit but about embracing the experience-navigating steep paths, enjoying nature's beauty, and fostering camaraderie among fellow cadets. Along the way, cadets encouraged each other, demonstrating teamwork and determination.

Upon reaching Jakhoo Temple, cadets took a moment to appreciate the surroundings, reflect on their journey, and pay respects at the temple. The trek concluded with a sense of achievement and renewed enthusiasm, reinforcing the importance of fitness, perseverance, and unity.

Outcome: Cadets completed the trek, enhancing their endurance, camaraderie, and appreciation for nature while fostering a spirit of adventure.



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Jakhoo Trek (September 25, 2024)

NUKKAD NATAK

Collaborating Agency: Community

No of Participants: 20

Date: October 14, 2024

Objective: To raise awareness about pollution, environmental degradation, and the harmful effects of plastic use through an engaging street play.

Description: The NCC Unit of St. Bede's College organized a Nukkad Natak (Street Play) on the theme "Pollution and Environmental Degradation" under the aegis of UBA at Dhalli and Khalini area, Shimla. The primary objective of the performance was to spread awareness about the detrimental effects of plastic usage and to encourage people to adopt eco-friendly alternatives like cloth bags.

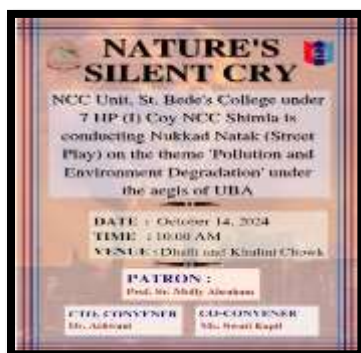
The cadets, through their powerful dialogues, expressive acting, and engaging storytelling, effectively conveyed the urgency of environmental conservation. The play highlighted the adverse impacts of plastic pollution on nature, wildlife, and human health, urging the audience to take small yet significant steps toward a cleaner environment. The performance attracted a large crowd, including local residents, shopkeepers, and passersby, who actively engaged with the message. Many spectators expressed appreciation for the initiative and pledged to reduce plastic use in their daily lives. The event concluded with an interactive session where cadets encouraged the public to switch to sustainable habits, emphasizing that collective action is key to environmental preservation. The street play successfully



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sparked conversations on eco-conscious living, making it a meaningful and impactful awareness campaign.

Outcome: The Nukkad Natak successfully educated the audience on the importance of reducing plastic usage and adopting sustainable alternatives like cloth bags, fostering a sense of environmental responsibility.



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Nukkad Natak (October 14, 2024)

SWACHHATA HI SEVA CAMPAIGN



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Collaborating Agency: Department of Geography and Community

No of Participants: 29

Date: November 9, 2024

Objective: To promote awareness and support the implementation of the ban on single-use plastic through a community-oriented cleanliness and sensitization drive.

Description: As part of the nationwide initiative to promote cleanliness and environmental sustainability, the NCC Unit of St. Bede's College, Shimla, under 7 HP (I) Coy NCC Shimla in collaboration with the Department of Geography, organized a "Swachhata Hi Seva" campaign. The central theme of the activity was the Implementation of Ban on Single-Use Plastic. This campaign aimed to raise awareness about the detrimental effects of single-use plastic on the environment and to encourage the adoption of sustainable practices among students and the local community.

Two groups comprising enthusiastic NCC Cadets and students from the Geography Department were formed for the activity. The first group conducted their drive along the route from the College Campus to Sanjauli, while the second group covered the stretch from the College Campus to Horticulture Road, Navbahar. During the activity, the Cadets actively picked up plastic waste from roadsides, public spaces, and shop fronts. They also interacted with local residents, vendors, and pedestrians to spread awareness about the hazards of single-use plastic.

The campaign not only helped in cleaning up public areas but also served as a live educational experience for both the cadets and the public. The visibility of the campaign and the disciplined efforts of the cadets left a positive impression on the community.

Outcome: The campaign effectively engaged students and NCC cadets in practical environmental action, resulting in cleaner surroundings and enhanced awareness among the public regarding the harmful effects of single-use plastic and the importance of sustainable alternatives.



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

**NATIONAL CADET CORPS
(NCC)**

IN COLLABORATION WITH
**GEOGRAPHY
DEPARTMENT**

IS ORGANISING A
**SWACHHATA HI SEVA
CAMPAIGN**

—+—
DATE : NOVEMBER 9, 2024
TIME : 2:00 PM
—+—

**VENUE : COLLEGE CAMPUS TO SANJAULI
COLLEGE CAMPUS TO HORTICULTURE DTE.
OFFICE, NAVBAHAR**

**THEME- IMPLEMENTATION OF BAN ON
SINGLE USE PLASTIC**

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Swachhata Hi Seva Campaign” (Implementation of Ban on Single Plastic Usage) (November 9, 2024)



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INDIAN ARMY DAY

Collaborating Agency: Community

No of Participants: 15

Date: 15 January, 2025

Objective: The primary objective was to honour the bravery and sacrifices of the Indian Army by spreading awareness and patriotism through a virtual tribute.

Description: On January 15, 2025, the NCC Cadets of St. Bede's College under 7 HP (I) Coy NCC Shimla celebrated Indian Army Day virtually, paying tribute to the bravery, dedication, and sacrifices of the Indian army.

To mark the occasion, cadets created a special Instagram Reel, featuring a synchronized salute to the armed forces. The reel also included motivational messages, visuals of the Indian Army in action, and heartfelt tributes, emphasizing the indomitable spirit of Indian soldiers. Through this initiative, cadets aimed to spread awareness, inspire patriotism, and express gratitude to the heroes safeguarding the nation.

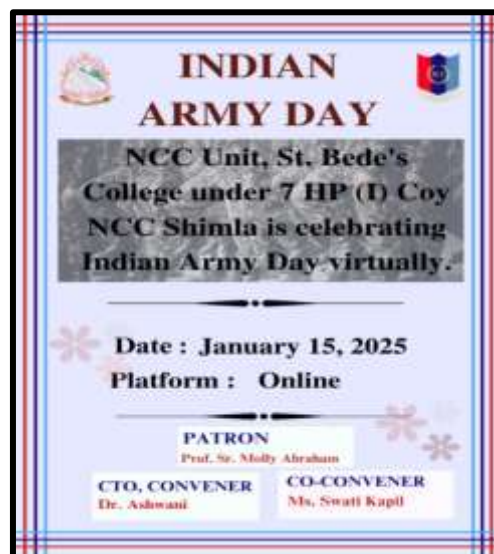
The virtual celebration received an overwhelming response, with wide engagement, shares, and positive feedback from students, faculty, and online viewers. This innovative approach not only amplified the reach of the message but also encouraged youth participation in honouring the armed forces. The event concluded with cadets reaffirming their commitment to national service, making the celebration a memorable and meaningful tribute to the Indian Army.

Outcome: The celebration successfully engaged cadets and the online audience, fostering respect for the armed forces and spreading patriotic spirit through social media.

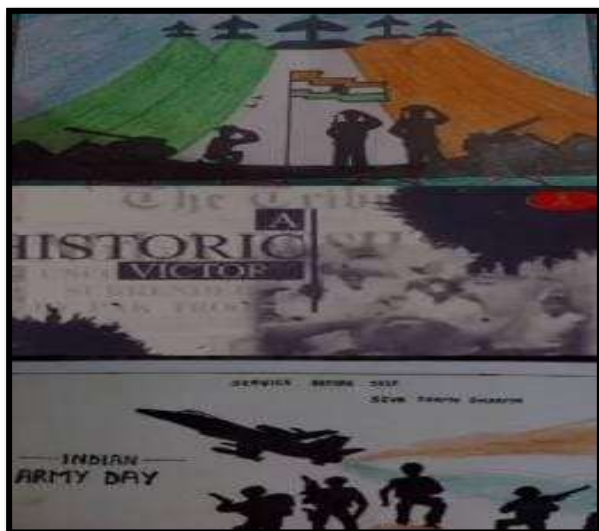
Video Link: <https://www.instagram.com/reel/DE1T2fpzKiv/?igsh=MXdjMWhiYnloeHQ4dg==>



Extension Activities
St. Bede's College, Shimla



Brochure



Celebration of Indian Army Day, Virtual (January 15, 2025)



Extension Activities
St. Bede's College, Shimla

REPUBLIC DAY CELEBRATION

Collaborating Agency: Community

No of Participants: 10

Date: January 25, 2025

Objective: To celebrate Republic Day by spreading awareness, patriotism, and unity through an engaging virtual tribute.

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

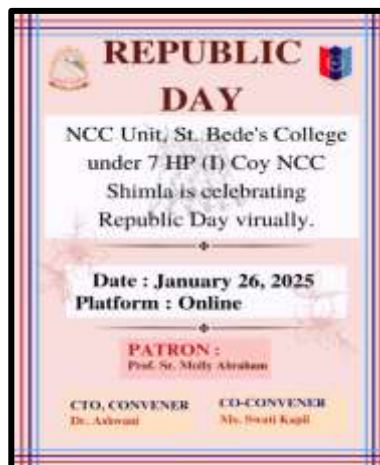
The initiative aimed to spread awareness about the significance of Republic Day, reminding the audience of India's constitutional values and the sacrifices of its freedom fighters. The cadets expressed their pride and respect for the nation, encouraging viewers to reflect on their role as responsible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

The virtual celebration gained widespread engagement on social media, with likes, shares, and positive feedback from students, faculty, and the broader community. By leveraging a digital platform, the cadets effectively connected with a larger audience, making the celebration more inclusive and impactful.

The event concluded with cadets reaffirming their dedication to the values of unity, discipline, and service to the nation, making the Republic Day tribute a meaningful and memorable success.

Outcome: The celebration successfully connected cadets with their peers and community, fostering national pride and appreciation for the significance of Republic Day.

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





Extension Activities
St. Bede's College, Shimla

Brochure

Brochure



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

RALLY ON PEACE OVER VIOLENCE

Collaborating Agency: Community

No of Participants: 20

Date: February 14, 2025

Objective: To promote peace, solidarity, and awareness about non-violence while honouring the sacrifices made in the Pulwama Attack.

Description: On February 14, 2025, the NCC Cadets of St. Bede's College, organized a peace rally titled "Peace over Violence, Building a Safer Future", commemorating the Pulwama Attack and advocating for global harmony and non-violence.

The rally aimed to spread awareness about the significance of peace, condemning terrorism while emphasizing the need for unity and collective strength. The cadets carried placards with powerful messages, urging society to stand together against violence and build a safer, peaceful world.



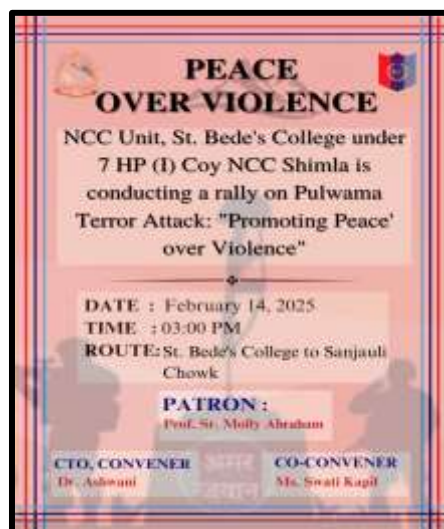
Extension Activities

St. Bede's College, Shimla

As they marched through St. Bede's College, their slogans and banners captured the attention of local residents and passersby, encouraging meaningful discussions on peace, national security, and the sacrifices made by soldiers. The event also served as a tribute to the martyrs of the Pulwama Attack, reinforcing the importance of standing in solidarity with the armed forces.

The rally concluded with a brief address by the cadets, where they reaffirmed their commitment to being responsible citizens advocating for non-violence and harmony. The initiative received positive feedback from the community, successfully delivering its message of peace, unity, and resilience against acts of violence.

Outcome: The rally successfully inspired collective action for a safer world, spreading messages of peace and unity against terrorism and violence.



Brochure





Extension Activities
St. Bede's College, Shimla

Rally on Peace over Violence (February 14, 2025)



Rally on Peace over Violence (February 14, 2025)

RED RIBBON CLUB

STATE LEVEL YOUTH DAY CELEBRATION AT PETERHOFF, SHIMLA

Collaborating Agency: Peterhoff, Shimla

No of Participants: 9

Date: August 12, 2024

Objective: To create awareness on HIV & AIDS among youth.

Description: State Level Youth Day function was held at Peterhoff, Shimla on August 12, 2024. The Chief Minister Shri Sukhvinder Singh Sukhu was the chief guest. The student volunteers of the red ribbon club of the college participated in the function. Also exhibition of the paintings (umbrella, tile

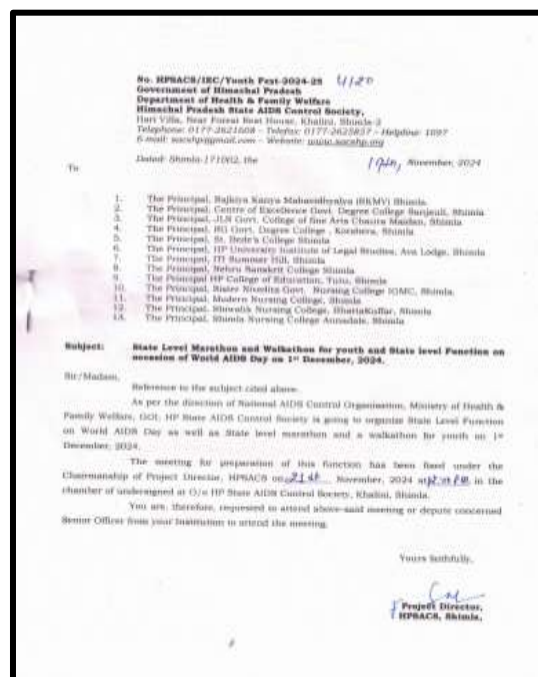


Extension Activities

St. Bede's College, Shimla

and posters) on HIV&AIDS awareness was showcased by the students. All the selected paintings and posters were presented in the State level function on 12th August, 2024 at Peterhoff, Shimla.

Outcome: This event helped in spreading awareness about the importance of HIV& AIDS testing among Youth and also talked about fighting stigma and discrimination associated with HIV/AI



Brochure for State Level Youth Day Function (August 12, 2024)



Extension Activities *St. Bede's College, Shimla*



RRC student members at Exhibition Stall on HIV/AIDS awareness at Peterhoff (August 12, 2024)



NCC students of St. Bede's College escorting the Hon. Chief Minister of Himachal Pradesh (August 12, 2024)



Extension Activities
St. Bede's College, Shimla

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

Collaborating Agency: Community

No of Participants: 6

Date: August 11, 2024

Objective: Awareness on HIV& AIDS through Marathon Competition

Description: On 11th August, 2024, six students of RRC participated in Red Ribbon Club-Youth Fest marathon held at Chaura Maidan, Shimla.

Outcome: This event helped in spreading awareness about HIV& AIDS through participation of youth in marathon.



Brochure



Extension Activities
St. Bede's College, Shimla



Student participants in Red Ribbon Club-Youth Fest marathon (August 11, 2024)

ELECTORAL LITERACY CLUB

NATIONAL VOTER'S DAY “For Democracy, For Everyone”

Collaborating Agency: Community

No of Participants: 20

Date: January 25, 2025

Objective: To celebrate National Democracy Day and sensitize students and society about their voting rights, the Department of Political Science with Electoral Literacy Club organized multifarious activities on National Voters' Day. The objective for celebrating this day was to ensure that students understand their duty towards the country as voters and exercise the precious right with full knowledge, responsibility and pride.

Description: Activities such as video/ Documentary Making, reel making, essay, poetry and slogan writing were performed by students while enjoying their winter vacations in January 2025. The time was suitable for running a sensitization campaign, as it got easier for students to not just perform

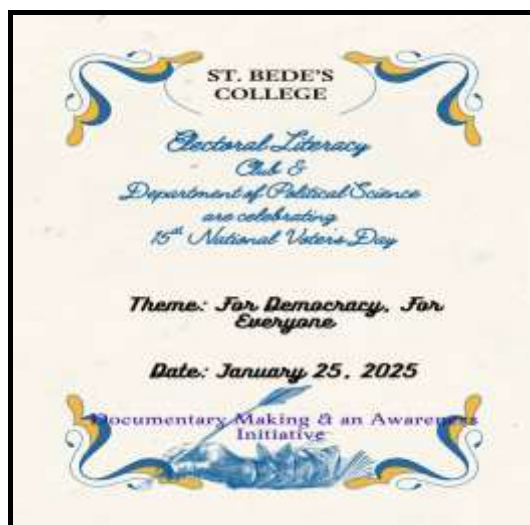


Extension Activities

St. Bede's College, Shimla

these activities with their family members but also spread awareness amongst neighborhoods and friends about rights and responsibilities of aware citizens. Students participated in these activities with great enthusiasm and reached out to the general public through active conversation and means of social media platforms such as Instagram.

Outcome: The activities organized by the Department on the occasion of National Voters' Day turned out very fruitful and encouraged the students to take part in electoral process and sensitize their communities while balancing rights and responsibilities of aware citizens. It helped not just the students to understand about their duties but also enthused them to spread awareness among common men in society.



Brochure





Extension Activities
St. Bede's College, Shimla



Documentary Making & an Awareness Initiative on 15th National Democracy Day (January 25, 2025)



Extension Activities
St. Bede's College, Shimla



Documentary Making & an Awareness Initiative on 15th National Democracy Day (January 25, 2025)

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Extension Activities
St. Bede's College, Shimla

WOMEN CELL

INTERNATIONAL DAY OF THE GIRL CHILD

Collaborating Agency: Government Senior Secondary School, Sanjauli.

No of Participants: 5

Date: October 10, 2024

Objectives: The primary aim of the session was to create awareness about menstrual hygiene among the students and also make them learn about stress management.

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

Before the session started the students were segregated into two groups. Group-A included girls from classes 5-8 and Group-B included students from classes 9-10. The groups were taken to different classes with different Women Cell and Gender Club members.

For both groups, the session started with a friendly interaction with the students and a bit of introduction.

For Group -A after the introduction and power point presentation was presented to the students from the Gender Champion Club Member which involved basic knowledge and topic about menstruation.

Some of the main topics covered were:

- What is menstruation
- Biological Reasons for menstruation
- Early signs of menstruation (including PMS and cycle of menstruation)
- Problems faced during menstruation
- Importance of menstrual hygiene.
- How to maintain hygiene during menstruation
- Easy ways to deal with problems faced.

After the presentation session, all the questions from the students were addressed and answered thoroughly to clear any doubts in their minds and to inform them about hygienic menstruation.



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St. Bede's College, Shimla

On the other hand, Group B also delivered a PowerPoint presentation to the students on stress management, considering the perspective of teenagers and their upcoming career-building years.

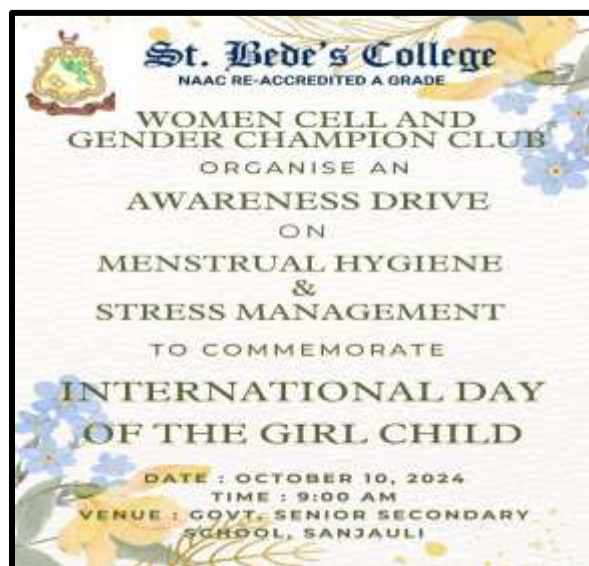
Topics covered in the session included-

1. What is stress?
2. How does it dominate our brain?
3. Outcomes of stress.
4. How to deal with stress?

After the session, various games were played with the students to refresh their minds, and different exercises were introduced to help release stress. Questions from the students were also answered at the end, leaving them with a clear mind.

Outcome: The workshop had a significant impact on students by increasing awareness about menstrual health, promoting better hygiene practices, and reducing the stigma associated with menstruation. It empowered students with effective stress management techniques, improving their emotional well-being and ability to handle academic pressures. The session fostered a supportive environment, encouraging open discussions and peer support.

As a result, students demonstrated improved confidence, healthier habits, and better focus, contributing to reduced absenteeism and enhanced academic performance. The knowledge gained is expected to have a lasting impact, enabling students to make informed health decisions and advocate for well-being.



Brochure



Extension Activities
St. Bede's College, Shimla



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



Extension Activities
St. Bede's College, Shimla



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

IGNITING CHANGE FOR WOMEN'S RIGHTS ON CAMPUS: A SOCIAL MEDIA CAMPAIGN

Collaborating Agency: Women's Cell and Gender Champion Club

No of Participants: 6

Date: December 2, 2024

Objectives: The campaign aimed to raise awareness about the state of women's rights on the college campus, focusing on gender equality, sexual harassment prevention, mental health, and academic opportunities. Educate students about their legal rights regarding sexual harassment, gender discrimination, and other related topics to empower them to raise their voices and take necessary action wherever and whenever required.

Description: On December 2, 2024, the Women's Cell and Gender Champion Club launched a social media campaign to raise awareness about women's rights. The aim was to empower the students with the



Extension Activities

St. Bede's College, Shimla

knowledge and resources about women's rights so that they can advocate for themselves and others in future, encouraging them to become active participants in promoting social justice and equality.

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

After posting the Reel on the official Instagram handle of Women Cell, students are encouraged to share it within their WhatsApp groups—whether with classmates, friends, or specific student organization groups on campus. Additionally, some students also shared the reel on their Instagram stories, further spreading the message.

Outcomes: The reel quickly gained attention due to the ease of sharing within WhatsApp groups, which are often used for group studies, class announcements, or social gatherings. Additionally, posting this reel on Instagram resulted in reaching a greater audience, especially young adults who generally use Instagram frequently. Students reported feeling more empowered to speak up about women's rights on their campuses. Through this campaign, we reached a broad audience, encouraged dialogue, and provided resources for advocacy and support for women's safety and social justice. All in all, this campaign proved to be a great success.



Extension Activities
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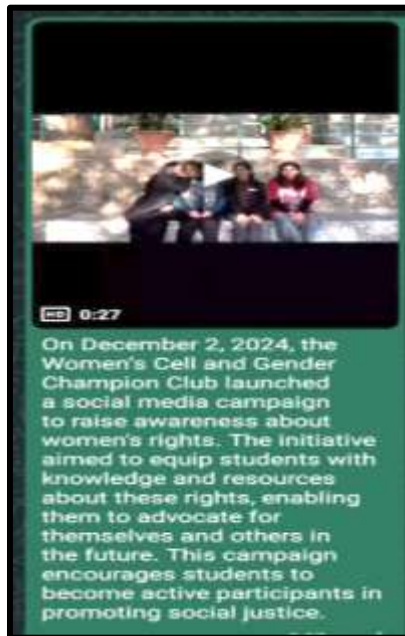


Igniting Change for Women's Rights on Campus: A Social Media Campaign (December 2, 2024)



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

THE GIFT OF TOGETHERNESS: CELEBRATING CHRISTMAS WITH ADOPTED SCHOOLS IN DHALLI PANCHAYAT

Collaborating Agency: UBA Cell, Government Primary School, Dhanain and Government Middle School, Panjog, both in Dhalli Panchayat.

No of Participants: 6

Date: December 18, 2024

Objective: The program aimed to spread the festive spirit of Christmas, educate students about its cultural and historical significance, and encourage meaningful interactions between college representatives and the village school community. The program also aimed to motivate and support the students by engaging them in creative and recreational activities and by providing small tokens of appreciation to uplift their spirits

The event was graced by the presence of the college principal, Professor Sr. Molly Abraham, along with faculty members and students. The festivities included a Christmas celebration program aimed at engaging activities such as discussions on the true meaning of Christmas, poetry recitations, and lively



Extension Activities

St. Bede's College, Shimla

dance performances. The celebration concluded with the distribution of sweets and stationery, creating a joyful atmosphere and enhancing the sense of community among everyone involved.

Description: On December 18, 2024, the Women Cell and Gender Champion Club of St. Bede's College, in collaboration with the UBA Cell, organised a joyful Christmas celebration at the Government Primary School, Dhanain and Government Middle School, Panjog, both in Dhalli Panchayat.

Women Cell and Gender Champion Club, in collaboration with the UBA Cell, organized a vibrant and meaningful Christmas celebration program at Government Primary School Dhali, an adopted village school. This program was designed to spread the festive cheer of Christmas and foster a deeper connection between the college and the village school community. The event was honoured by the presence of College Principal Professor Sr. Molly Abraham, along with an enthusiastic team of teachers and students who actively participated in the event.

The program's primary aim was to create a joyful and inclusive atmosphere, enabling meaningful engagement between the school and the college. It sought to highlight the significance of Christmas while promoting the spirit of sharing and unity. The celebration began with an interactive session that brought together school students, teachers, and the visiting team from the college. This session set a welcoming tone for the day, encouraging open dialogue and a sense of camaraderie. The interactions were not just limited to festive discussions but also aimed to inspire and motivate the school students through meaningful conversations.

As part of the program, the college representatives explained the cultural and historical significance of Christmas to the young students. They shared insights into the festival's origins and traditions, emphasizing the universal values of love, kindness, and togetherness that Christmas represents. This educational component of the event allowed the school children to gain a deeper understanding of the festival and its relevance beyond mere celebrations.

The celebration also featured a series of engaging activities that added enthusiasm and energy to the occasion. Poem recitations and dance performances were among the highlights of the day, providing a platform for the school students to showcase their talents. These activities were carefully planned to not only entertain but also encourage creativity and self-expression among the children. The participation of students in such events fostered confidence and a sense of accomplishment, making the day even more memorable for them.

In keeping with the spirit of Christmas, the program concluded with the distribution of sweets and stationery to the students. This gesture symbolized the festival's core message of sharing and caring,



Extension Activities

St. Bede's College, Shimla

leaving a lasting impression of goodwill and support. The thoughtful distribution of gifts not only brought smiles to the students' faces but also reinforced the values of generosity and kindness, which are integral to the festive season.

Beyond the festivities, the program had a profound impact on everyone involved. It provided an opportunity for the college students to step out of their regular academic routines and contribute meaningfully to the development and welfare of the village school. For the school students, it was a day filled with learning, joy, and encouragement, leaving them with cherished memories and a renewed sense of motivation.

The Christmas celebration program at Government Primary School Dhali reflected the dedication and commitment of the Women Cell, the Gender Champion Club, and the UBA Cell to fostering positive community relationships. It demonstrated how educational institutions can play a vital role in promoting cultural awareness and social harmony. The active participation of all stakeholders, from the college principal to the students, ensured the success of the event and highlighted the importance of collective efforts in achieving common goals.

In conclusion, the program was not merely a celebration but a meaningful initiative to bring joy, share knowledge, and build stronger community ties. It exemplified the true spirit of Christmas by spreading happiness, fostering togetherness, and creating lasting memories for everyone involved. Such events serve as a reminder of the transformative power of kindness, education, and unity in making a positive impact on society.

Outcomes: The event fostered a joyful and inclusive atmosphere, enabling meaningful connections between the college representatives and the village school community. Students gained a deeper understanding of the cultural and historical significance of Christmas, appreciating the universal values of love, kindness, and togetherness. The interactive sessions and creative activities such as poem recitations and dance performances encouraged confidence, self-expression, and participation among the school students. Additionally, the distribution of sweets and stationery reinforced the spirit of sharing and caring, leaving a lasting impression of goodwill and support. Overall, the event succeeded in promoting cultural awareness, community engagement, and a sense of unity, making it a memorable and impactful experience for all participants.



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Brochure





Extension Activities
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Christmas Celebration at the Government Primary School, Dhanain and Government Middle School, Panjog, both in Dhalli Panchayat (December 18, 2024)



Christmas Celebration at the Government Primary School, Dhanain and Government Middle School, Panjog, both in Dhalli Panchayat (December 18, 2024)



Extension Activities
St. Bede's College, Shimla



Media Coverage

CELEBRATION ON INTERNATIONAL WOMEN'S DAY

Collaborating Agency: Women Cell and Gender Champion Club and Computer Science Department with Gram Panchayat, Dhalli

No of Participants: 11

Date: March 8, 2025

Objectives: The primary aim of the celebration was to highlight the progress made by women in various fields while also acknowledging the challenges that they face. Another key objective was to foster dialogue among individuals on sensitive topics related to gender biases and stereotypes prevailing in society.

Description: On March 8, 2025, the Women Cell and Gender Champion Club, in collaboration with the Computer Science Department of St. Bede's College under the aegis of Unnat Bharat Abhiyan, celebrated International Women's Day at St Bede's College and also an outreach programme at Gram Panchayat, Dhalli was



Extension Activities

St. Bede's College, Shimla

organised to commemorate this meaningful day. The day was celebrated to honour and recognize the achievements of women around the world and advocate for women's rights and gender equality. The event included a series of activities designed to engage and empower the students and faculty.

International Women's Day serves as a global platform to raise awareness about women's empowerment and the social injustices faced by them. The students of St. Bede's College commenced the celebration by presenting a short PowerPoint presentation on the historical significance of the day and its relevance in the contemporary world. The ppt elaborated on issues such as gender discrimination, gender-based violence and patriarchy. The importance of education as an instrument to uplift women and equip them with the knowledge and skills necessary for leading an independent lifestyle was also highlighted. This was followed by a heartfelt musical play by the students on a woman's journey through different stages of life. The spectacular performance left a lasting impact on the audience as they could feel a deep emotional connection with the characters.

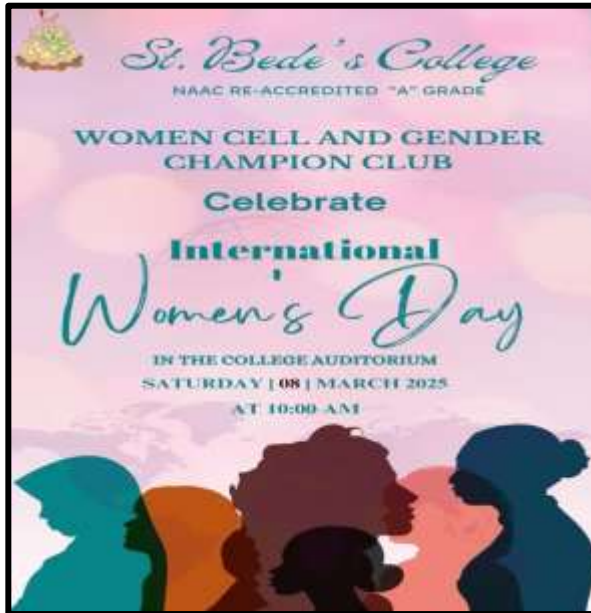
To continue the celebration and build a sense of community engagement, the students along with their teachers went for an outreach programme at Gram Panchayat, Dhalli to commemorate the meaningful day. The musical play was re-performed in front of the women and official members of the Panchayat. The soul-stirring performance won the hearts of the audience as it made them explore the diaspora of a woman's character and her unwavering courage to tackle every obstacle. The play celebrated the strength and resilience of women as they challenged stereotypes, and encouraged dialogue about gender roles and expectations.

Another aspect of the event was the creation of awareness regarding digital literacy and cyber security. The students of the Computer Science Department presented a PowerPoint presentation on the topic to educate the general public of rural areas about the importance of developing safe online practices and being vigilant about online scams. This was done to promote cyber awareness and ensure the digital safety of people. Discussions on various types of online frauds, protection strategies, relevant laws and regulations etc. were discussed in detail with the audience.

Conclusion: The celebration of International Women's Day was a successful initiative that aimed to create an inclusive environment for all individuals. It encouraged everyone to come together and become instruments of change in a society that has long been dominated by men. By engaging in active discussions, it provided a platform for a better understanding of the importance of women's empowerment and upliftment.



Extension Activities
St. Bede's College, Shimla



Brochure



International Women's Day celebration at St Bede's College (March 8, 2025)



Extension Activities *St. Bede's College, Shimla*



International Women's Day celebration at Gram Panchayat, Dhalli (March 8, 2025)



Extension Activities
St. Bede's College, Shimla

<p style="text-align: center;">सेंट बीड्स कालेज में छात्राओं ने महिला दिवस पर संगीत नाटक किया प्रस्तुत</p> <p style="text-align: center;">सिटी रिपोर्टर-शिमला</p> <p>सेंट बीड्स कालेज में शनिवार को उन्नत भारत अभियान के तत्वावधान में कंप्यूटर साइंस विभाग के सहयोग से महिला प्रकोष्ठ और जेंडर चैंपियन क्लब ने अंतर्राष्ट्रीय महिला दिवस मनाया। साथ ही इस सार्थक दिन को मनाने के लिए ग्राम पंचायत, ढली में एक आउटरीच कार्यक्रम भी आयोजित किया गया। छात्राओं ने कालेज के सभागार में महिला सशक्तीकरण और लैंगिक समानता पर पावरपॉइंट प्रेजेंटेशन और जीवन के विभिन्न चरणों के माध्यम से महिलाओं की यात्रा पर एक भावपूर्ण संगीतमय नाटक का प्रदर्शन किया गया। संगीत नाटक में दीक्षा उनियाल,</p>		
<p>हर्षिता ठाकुर, निकिता ठाकुर, वृंदा दत्त शर्मा, भारती शर्मा, सान्या झिंगटा, श्रेया ठाकुर, वृत्ति शर्मा, पलक ठाकुर, अदिति ने भाग लिया।</p> <p>महिलाओं और पंचायत के आधिकारिक सदस्यों के सामने संगीतमय नाटक का फिर से प्रदर्शन किया गया। नाटक में महिलाओं की ताकत का जश्न मनाया गया। साथ ही कंप्यूटर विज्ञान विभाग के विद्यार्थियों ने ग्रामीण क्षेत्रों के आम लोगों को सुरक्षित ऑनलाइन व्यवहार विकसित करने और ऑनलाइन घोटालों के प्रति सतर्क रहने के महत्व के बारे में शिक्षित करने के लिए विषय पर एक संक्षिप्त पावर पॉइंट प्रेजेंटेशन प्रस्तुत किया।</p>		
सेंट बीड्स गर्ल्स कॉलेज में अंतर्राष्ट्रीय महिला दिवस पर जेंडर चैंपियन क्लब और कंप्यूटर साइंस विभाग ने उन्नत भारत अभियान के तहत कार्यक्रम आयोजित किया। इस मौके पर प्ले में छात्र दीक्षा, हर्षिता,	निकिता ठाकुर, वरिंदा दत्त शर्मा, भारती शर्मा, सान्या झिंगटा, श्रेया ठाकुर, वृत्ति शर्मा, पलक ठाकुर और अदिति ने अभिनय कर महिलाओं की समस्याओं और सामाजिक बदलाव की कहानी को बताया। आरकेएमवी में	एनसीसी, एनएसएस, रोड सेफ्टी क्लब और महिला प्रकोष्ठ ने महिला दिवस पर एक्सलरेट एक्शन थीम पर कार्यक्रम आयोजित किया। कार्यक्रम में कॉलेज की कार्यवाहक प्राचार्य डॉ. प्रतिमा कपूर,

Media Coverage



Extension Activities
St. Bede's College, Shimla

INSTITUTIONAL SOCIAL RESPONSIBILITY CELL

COLLABORATIVE SKILL DEVELOPMENT INITIATIVE AT BALIKA ASHRAM, MASHOBRA

Collaborating Agency: Balika Ashram, Mashobra

No of Participants: 2

Date: November 24, 2024

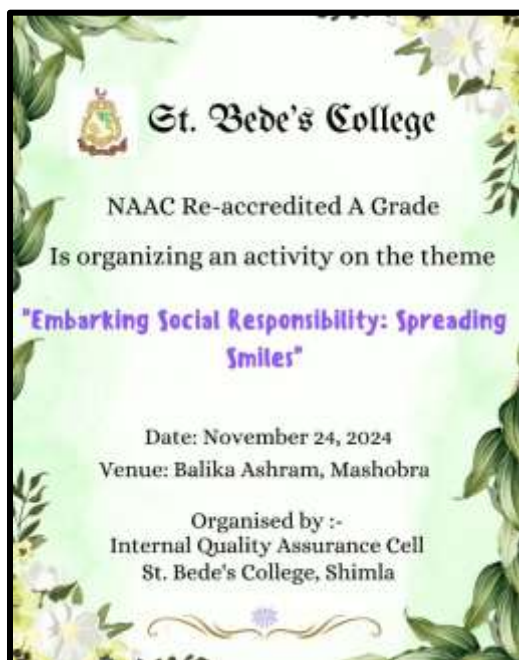
Objective: The visit to Balika Ashram, Mashobra, aimed to initiate a collaborative skill development program to empower the girls by identifying and nurturing their interests in sports, creative arts, music, English communication, painting, and dance.

Description: On November 24, 2024, a team from the college, including Principal Prof. Sr. Molly Abraham, Dr. Shweta Thakur Assistant Professor, and the students Ms. Dianoor and Ms. Niharika visited Balika Ashram, Mashobra, to initiate a collaborative skill development program to make the girls of Balika Ashram empowered. During the visit, they identified the girls' interests in sports, creative arts, music, English communication, painting and dancing. Going forward, college students and faculty will volunteer to train the girls in these areas, fostering self-reliance and enhancing their talents. Activities will be conducted every Sunday, starting in December, following a structured schedule with the necessary resources provided by the college.

Outcome: This initiative will not only enhance the artistic, linguistic and athletic abilities of the ashram girls but also instill a sense of social responsibility and gratitude in the participating college students.



Extension Activities
St. Bede's College, Shimla



Brochure



Collaborative Skill Development Program at Balika Ashram (November 24, 2024)



Extension Activities
St. Bede's College, Shimla

EMPOWERING YOUNG MINDS THROUGH ART AND CULTURE: A CREATIVE LEARNING INITIATIVE AT BALIKA ASHRAM

Collaborating Agency: Balika Ashram, Mashobra

No of Participants: 3

Date: February 18, 2025

Objective: The visit to Balika Ashram aimed to foster creative expression and cultural awareness among the students through interactive learning sessions.

Description: On February 18, 2025, a group of teachers and students visited Balika Ashram to conduct interactive and creative learning sessions. They introduced the students to the graceful art of semi-classical dance, helping them explore rhythm, expressions and storytelling through movement. Additionally, the group taught a unique mashup of Pahari songs, celebrating the rich cultural heritage of the Himalayan region and encouraging the children to connect with their roots through music. The session also included sketching activities, where students were guided in expressing their creativity and emotions through art. The initiative aimed to nurture artistic talents, boost confidence, and provide the students with an enriching and joyful learning experience.

Outcome: The students actively engaged in the sessions, gaining exposure to semi-classical dance techniques, rhythm and storytelling through movement. Learning a mashup of Pahari songs helped them connect with their cultural heritage, while the sketching activities encouraged self-expression and creativity. The experience not only nurtured their artistic talents but also contributed to their overall personal growth and confidence.

ST. BEDE'S COLLEGE VISIT TO BALIKA ASHRAM: A DAY OF LEARNING, CREATIVITY AND JOY

Collaborating Agency: Balika Ashram, Mashobra

No of Participants: 3

Date: February 23, 2025

Objective: The visit to Balika Ashram, Mashobra, aimed to uplift and empower the young girls through a series of skill-building and well-being activities.



Extension Activities

St. Bede's College, Shimla

Description: On February 23, 2025, faculty and few students from St. Bede's College visited Balika Ashram, Mashobra, organizing a series of meaningful activities for uplifting the young girls.

One of the key highlights of the visit was a semi-classical dance training session, where students from the college shared their expertise. They guided the girls through graceful movements, helping them understand rhythm, expressions, and the art of storytelling through dance.

Another significant part of the event was a meditation session conducted by a faculty member, focusing on the power of positivity and mindfulness. The session was divided into three stages:

1. **Laughter Therapy** – A series of engaging laughter exercises that helped relieve stress, boost energy, and create an atmosphere of happiness.
2. **Silent Sitting with Affirmations** – The girls were introduced to the concept of positive affirmations, encouraging self-belief and inner peace.
3. **Musical Celebration** – The session concluded with a joyful celebration through music, leaving everyone refreshed and motivated.

This meditation session proved to be a powerful stress reliever, helping the girls embrace positivity, mindfulness, and emotional well-being.

Beyond dance and meditation, the students of St. Bede's College also conducted engaging music sessions, helping the girls prepare group songs that enhanced their teamwork and musical expression. Additionally, they explored visual arts, including painting and sketching, allowing the girls to unleash their creativity and develop new artistic skills.

Another unique activity introduced was jewellery making, where the girls learned the basics of designing and crafting jewellery.

Outcome: The ashram girls actively participated in the sessions, gaining exposure to dance techniques, mindfulness practices, music, and artistic expression. The semi-classical dance training boosted their confidence and self-discipline, while the meditation session fostered emotional well-being through laughter therapy, affirmations and musical celebration. Jewellery-making workshop introduced them to a practical skill with potential future applications.



Extension Activities
St. Bede's College, Shimla

EMPOWERING YOUNG LEARNERS THROUGH ART: A STUDENT'S TALENT IN TEACHING

Collaborating Agency: Balika Ashram

No of Participants: 1

Date: March 2, 2025

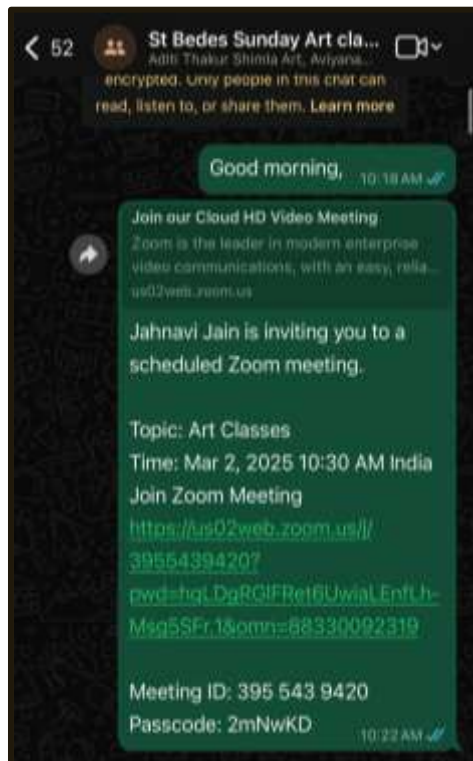
Objective: To provide young learners with a creative platform for artistic expression while enabling the student to utilize her skills in teaching, fostering both personal growth and entrepreneurial development.

Description: St. Bede's College is fostering entrepreneurial skills among students by providing diverse platforms for skill development and business exposure. The college has initiated art classes where Ms. Jhanvi, a first-year student, teaches sketching and painting to children aged 5–15 years in and around Shimla region. She conducts both online and offline sessions on Sundays, successfully earning through her talent.

Outcome: The young children of the Shimla region have been able to make productive use of their time by learning sketching and painting from a talented student of St. Bede's College. This initiative not only provides them with a creative outlet but also helps reduce screen time while fostering cognitive development and artistic skills.



Extension Activities *St. Bede's College, Shimla*



Art Classes Conducted for the Young Student (March 2, 2025)



Extension Activities
St. Bede's College, Shimla

DISASTER MANAGEMENT CELL

SWABHAV SWACHHATA SANSKAAR SWACHHATA

Collaborating Agency: Community

No. of Participants: 15

Date: October 22, 2024

Objective: To promote hygiene and cleanness in the community as they affect our health and environment and therefore develop a sustainable society.

On October 22, 2024, under the Aegis of Special Campaign 4.0 for Swachhata and Minimizing Pendency the Swachhata Campaign drive with the Disaster Management cell was successfully conducted outside the college and Navbahar Chok to Forest Road. This joint effort aimed to not only promote cleanliness but also educate the community on the importance of hygiene. The campaign saw active participation from 15 volunteers, who worked diligently to pick up plastic waste and promote a cleaner, safer environment. The initiative aimed to enhance the environment and spread awareness about the negative impacts of pollution. Before the campaign, organizers surveyed to understand the extent of waste accumulation. Volunteers were equipped with garbage bags and cleaning tools with colour-coded bags used to separate waste types. Participants were divided into teams to cover specific 1 km sections of the road. Each group collected and sorted waste. The campaign successfully cleaned the targeted road section and educated participants on waste segregation. For future campaigns, regular clean-ups, educational workshops, and better public engagement through special media are recommended to sustain the momentum and widen the initiative's impact.

Outcome: The event was very informative and eye-opening to all the participants, revealing how small plastic packets thrown by individuals can create major environmental issues therefore is a learning lesson for all the students to follow environmental ethics.



Extension Activities *St. Bede's College, Shimla*



Brochure



Swabhav Swachhata Sanskaar Swachhata (October 22, 2024)



Extension Activities
St. Bede's College, Shimla



Swabhav Swachhata Sanskaar Swachhata (October 22, 2024)

DEPARTMENT OF BOTANY

WORLD ENVIRONMENT DAY CELEBRATION (POTTER'S HILL)

Collaborating Agency: Himalayan Forest Research Institute

No. of Participants: 25

Date: June 5, 2024

Objectives

- To raise awareness about the conservation of environment, biodiversity loss and environmental pollution.
- To foster global cooperation on environmental protection and share knowledge.
- To highlight the importance of sustainable practices and encouraging the adoption of green technologies.
- To provide a platform for interacting with experts in the field.

Description: To celebrate World Environment Day, students of Department of Botany participated in an inter-college quiz, skit and painting competition based on the theme 'Land restoration, desertification and drought resilience'. The event was organized by Himalayan Forest Research Institute, Panthaghati. This initiative aimed to create a global movement towards a healthier and more sustainable environment. Notable writer and historian Raja Bhasin delivered a talk highlighting the importance of sustainable environmental practices in Shimla town. The occasion was graced by renowned public figures like Dr. Sandeep Sharma, (Director In-charge), Dr. Vaneet Jishtu, (Scientist), HFRI, Mr. Shahnawaj Ahmad Bhat (DFO, Shimla) and Mr. Gur Harsh (IFS, Shimla). Students also interacted with senior scientists and other dignitaries from esteemed organizations. Teams from various local colleges participated in diverse competitions, based on issues related to environmental and biodiversity conservation. St. Bede's secured second prize in the Intercollege Skit Competition, third prize in the Quiz Competition and a consolation prize in the Painting Competition. These achievements highlighted the students' knowledge and commitment to environmental issues, as well as their creative and collaborative spirit.

Outcomes: The event raised awareness about environmental issues among the students. They became more informed about topics such as climate change, biodiversity loss, pollution, and sustainable living. This fosters a sense of community and collective responsibility for the environment. The outcomes were successful, as evidenced by the students' commendable performances and the enriching experiences gained through interactions and competitions.



St. Bede's College, Shimla

Extension Activity



Invitation Letter



World Environment Day Celebration (June 5, 2024)



St. Bede's College, Shimla

Extension Activity



World Environment Day Celebration (June 5, 2024)



St. Bede's College, Shimla

Extension Activity



World Environment Day Celebration (June 5, 2024)



SKIT ON WASTE MANAGEMENT AT GOVT. SCHOOL, SANJAULI

Collaborating agency: NSS and Government Primary School, Sanjauli

No. of Participants: 9

Date: September 30, 2024

Objectives:

- To raise an awareness among young students about proper waste disposal and segregation.
- To instill a sense of responsibility towards cleanliness and sustainability.
- To inspire students to adopt eco-friendly habits in their daily lives.
- To strengthen the participation of educational institutions in community welfare initiatives.

Description: Department of Botany, in collaboration with the NSS Unit of St. Bede's College, organized an awareness skit on waste management at Government Primary School, Sanjauli, under the Swachhata Hi Seva, 2024 campaign. The initiative aimed to educate students about the importance of proper waste disposal, segregation, and environmental sustainability through an engaging and interactive performance.

Outcomes:

- Students gained knowledge about waste management practices.
- Interactive performance encouraged students to engage in discussions on cleanliness.
- Inspired students to adopt waste management habits at home and in their communities.



St. Bede's College, Shimla

Extension Activity



Skit on Waste Management at Govt. School, Sanjauli (September 30, 2024)



INTERACTIVE SESSION FOR SCHOOL CHILDREN ON WORLD FOOD DAY

Collaborating Agency: Govt. Primary School, Sanjauli

No. of Participants: 16

Date: October 16, 2024

Objectives:

- To spread awareness about World Food Day and its importance.
- To encourage children for the consumption of healthy food and to avoid junk food.

Description: To celebrate World Food Day, the Department of Botany, St. Bede's College organized an interactive session for the children of Govt. Primary School, Sanjauli. The activity was based on theme for World Food Day, 2024. *i.e.* "Right to Foods for a Better Life and a Better Future" and the topic was 'Rainbow of Food'. This topic emphasized on the crucial role healthy food and healthy habits for the betterment of human life.

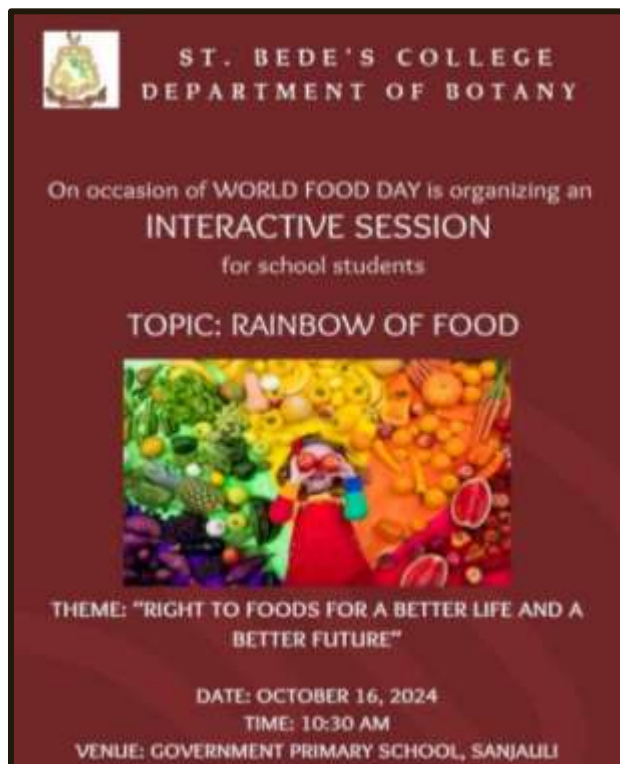
16 students from M.Sc. Botany 1st and 2nd Year have participated in the interactive session with the school children. The interaction started with pictorial demonstrations by the students. Some questions about the food habits have been asked and the appreciation gifts were also given to the children to motivate them. Students demonstrated "Healthy vs. Unhealthy food" which portrayed benefits of eating healthy and ill effects of eating unhealthy /junk food. They also demonstrated 5 keys for safer food and about the role of balanced diet. The consequences of eating unhealthy food like pizza, burger, chips, momos and the importance of healthy food like fruits and vegetables in human life were also highlighted in the session. A total of 42 school children were benefited by the activity.

Outcomes: Participants and the school children gained a deeper understanding about healthy and unhealthy eating habits. They became aware about consequences of consumption of unhealthy food.



St. Bede's College, Shimla

Extension Activity



Brochure



Interactive Session for School Children on World Food Day (October 16th, 2024)



Interactive Session for School Children on World Food Day (October 16th, 2024)

DEPARTMENT OF COMPUTER SCIENCE

ONE DAY WORKSHOP ON “BASIC WORD PROCESSING TOOLS FOR SCHOOL STUDENTS

Collaborating Agency: Sanatan Dharam Senior Secondary School, Ganj Bazaar, Shimla

No. of Participants: 10

Date: September 20, 2024

The students of Department of Computer Science organized a workshop on “Basic Word Processing Tools” at Sanatan Dharam Senior Secondary School, Ganj Bazaar, Shimla on September 20, 2024, from 10:00 am to 3:00 pm.

Objectives: The workshop was organized for school students to create awareness among school students about fundamentals of Word Processing packages.

Description: The workshop was for the students of IXth and Xth standard. The workshop was led by students from the BCA Vth semester students, who aimed to educate the students on the fundamentals of Word Processing packages. Students demonstrated its usage on the systems and school students tried the same.

Outcomes: The school students got a platform to know about the about fundamentals of Word Processing packages. The interactive session was an eye-opener for the school students.



St. Bede's College, Shimla

Extension Activity



Brochure



One Day Workshop on “Basic Word Processing Tools for School Students (September 20, 2024)



One Day Workshop on “Basic Word Processing Tools for School Students (September 20, 2024)

FIVE-DAY "HTML AND CSS" TRAINING FOR SCHOOL STUDENTS

Collaborating Agency: Sanatan Dharam Senior Secondary School, Ganj Bazaar, Shimla

No. of Participants: 10

Date: April 7 to 11, 2025

The Department of Computer Science under the aegis of IQAC conducted a five-day training program on "HTML and CSS" at Sanatan Dharam Senior Secondary School, Ganj Bazaar, Shimla, from April 7 to 11, 2025, between 1:00 PM and 3:00 PM.

Objectives: The primary goal of the training was to introduce school students to the fundamentals of web development, including how websites function and the critical roles of HTML and CSS in building and designing web pages.

Description: The training sessions were specifically designed for students of classes 9 and 10. The sessions were facilitated by 6th-semester BCA students, who focused on delivering core web design concepts through practical demonstrations. Students were given opportunities to apply what they learned through hands-on exercises on computers.

On the final day, an assessment was conducted to evaluate the students' understanding, and e-certificates were awarded to those who successfully completed the course. This five-day training effectively provided students with foundational skills in web development, empowering them to create and style basic static web pages with confidence.

Outcomes: By the end of the training program, participating students were able to:



1. Understand the Basics of Web Development:

- Explain how websites work, including the structure and role of front-end technologies.

2. Create Web Pages Using HTML:

- Use basic HTML tags to structure content such as headings, paragraphs, images, links, lists, and tables.

3. Apply CSS for Styling Web Pages:

- Implement CSS properties to enhance the visual appearance of web pages through color, fonts, spacing, and layout.

4. Combine HTML and CSS Effectively:

- Integrate HTML structure with CSS styling to design cohesive and attractive static web pages.

5. Demonstrate Hands-On Coding Skills:

- Practice writing and editing HTML and CSS code independently using computer systems during guided lab sessions.

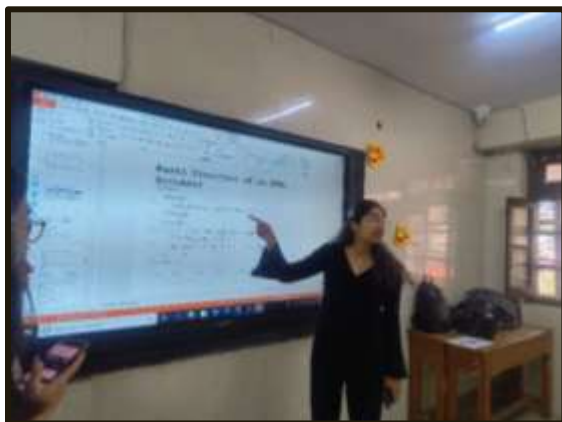


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St. Bede's College, Shimla

Extension Activity



Five-Day "HTML And CSS" Training for School Students (April 7 to 11, 2025)

DEPARTMENT OF GEOGRAPHY

TREE PLANTATION DRIVE

Collaborating Agency: RKMV College and Healing Himalaya

No. of Participants: 20

Date: July 28, 2024

Objective: To raise awareness regarding the importance of trees for earth's ecosystems.



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

The drive commenced with the Cycling Rally from the Mall Road, Shimla to Chamiyana Hospital and the rally was flagged off by **Shri Kehar Singh Khachi**, Chairman, Forest Cooperation, Himachal Pradesh. The worthy **Mayor Surinder Chauhan**, MC, Shimla was the Chief Guest of plantation Drive at Chamiyana Hospital. Dignitaries from RKMV College, Healing Himalaya, and St. Bede's College shared their insights on the significance of tree planting. The hospital administration also expressed their gratitude for the initiative, highlighting the positive impact on patients and staff. Participants, including students, faculty and local residents, planted saplings around the hospital grounds. Each participant was guided on the proper planting techniques to ensure the healthy growth of the trees.

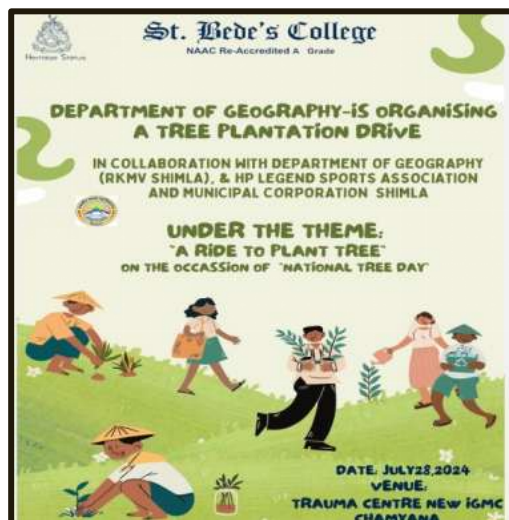
Outcomes:

1. Number of Trees Planted: A total of 500 saplings were planted around Chamiyana Hospital.
2. Community Involvement: The event attracted a diverse group of participants, fostering a sense of shared responsibility for environmental conservation.
3. Increased Awareness: The educational sessions and workshops effectively raised awareness about the importance of trees and encouraged sustainable practices.



St. Bede's College, Shimla

Extension Activity



Brochure



Tree Plantation Drive (July 28, 2024)



CLEANLINESS CUM AWARENESS DRIVE

Collaborating Agency: Community

No. of Participants: 31

Date: September 16, 2024

Objective: To raise awareness regarding Ozone Depletion into the Atmosphere and its harmful impacts on the Earth.

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

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

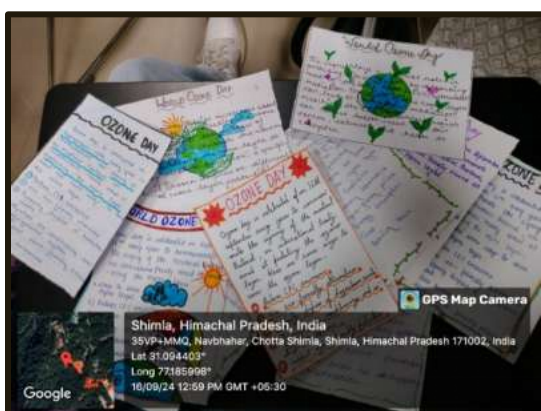


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St. Bede's College, Shimla

Extension Activity



Cleanliness cum Awareness Drive (September 16, 2024)



Cleanliness cum Awareness Drive (September 16, 2024)

DEPARTMENT OF NUTRITION AND HEALTH EDUCATION

VISIT TO ANGANWADI

Event Name: Nutritional Assessment of pre- schoolers by anthropometry measurements.

Collaborating Agency: Anganwadi Kendra Vihar, Sanjauli, Shimla

No. of Participants: 2

Date: September 9, 2024

Objectives:

- To understand the methods used to assess the nutritional status of individuals, with a focus on measuring weight and height in pre- schoolers.
- To identify clinical signs of common nutritional disorders.
- To do the Dietary assessment.

Description: On 9th September, 2024 an educational session was conducted with the objective of providing students with knowledge about malnutrition, methods of assessing nutritional status, and the importance of national programs in addressing this issue. Students of BA III rd. year visited **Anganwadi Kendra Vihar Sanjauli Shimla**, to assess the nutritional status of pre- schoolers. The anthropometry



measurements were taken by the students and result was calculated accordingly. Dietary intake was taken by the mother of the child and counselling was done on the basis of the food intake.

Outcome: By the end of the session, the students successfully achieved the desired outcomes. They acquired knowledge about the methods used to assess nutritional status, specifically in pre-schoolers. The students developed practical skills in measuring weight and height. Additionally, the students gained an understanding of the importance of national programs and policies in combating malnutrition.



Visit To Anganwadi - Nutritional Assessment of pre- schoolers by anthropometry measurements (September 9, 2024)



St. Bede's College, Shimla

Extension Activity



*Visit To Anganwadi - Nutritional Assessment of pre- schoolers by anthropometry measurements
(September 9, 2024)*



DEPARTMENT OF POLITICAL SCIENCE

CLEANLINESS DRIVE

Collaborating Agency: Rotaract Club, Shimla

No. of Participants: 11

Venue: Navbahar Locality, Shimla

Date: 01-10-2024

Objective: The Department of Political Science initiated a cleanliness drive in collaboration with the Rotaract Club, Shimla, to commemorate the birth anniversary of “Father of Nation” M.K. Gandhi and spread an awareness of keeping the environment clean and green promoting ideal of ***Swaccha Bharat, Shreshtha Bharat.***

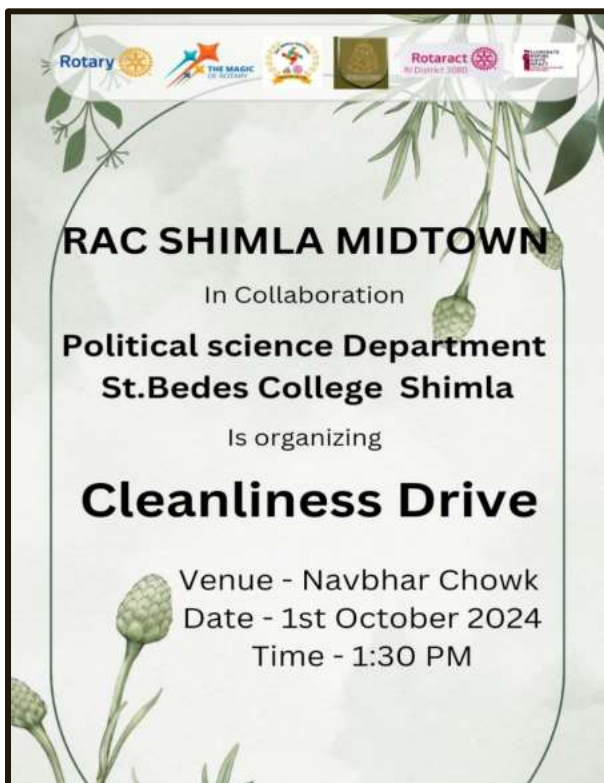
Description: The students of the Department of Political Science, with the members of Rotaract Club, Shimla organized a cleanliness drive in the Navbahar locality on October 01, 2024. The alumni of the department Ms Shivangni Chauhan with her team guided the students to conduct the program and encouraged them to become active society contributors. To carry out this initiative smoothly, the students were divided into two teams and allocated the respective areas. Around three garbage sacks were collected by them, which they disposed off with Municipal Corporation Shimla. The students further spoke to the youngsters of the area and reminded them their responsibility of keeping our environment neat and clean.

Outcome: This collaboration enthused the students to contribute more towards ‘Mother Earth’ and become pioneers in protecting and preserving the environment.



St. Bede's College, Shimla

Extension Activity



Brochure



Cleanliness Drive (October 01, 2024)



DEPARTMENT OF ZOOLOGY

RAISING AWARENESS ON BIODIVERSITY CONSERVATION

Collaborating Agency: Frontline Public School in Thanedar, Shimla

No of Participants: 4

Date: October 23, 2024

Objectives: The awareness activity aimed to educate students on the importance of preserving biodiversity and its role in ecosystem health. It highlighted major threats, including habitat destruction, climate change, pollution, and overexploitation of resources.

Description: On October 23, 2024, students from the Zoology Department conducted an awareness activity through PowerPoint presentation on biodiversity conservation at Frontline Public School in Thanedar, Shimla. This initiative was aimed at raising awareness among school students about the critical importance of preserving our planet's biodiversity. The event was organized to engage young minds in discussions about environmental issues and to inspire them to act in their communities.

The presentation was delivered by four enthusiastic students: Sanyogita Chauhan, Shourya Sharma, Rishika Negi, and Abha Verma. They skillfully outlined some of the most pressing threats to biodiversity, including habitat destruction, climate change, pollution, overexploitation of resources, and the introduction of invasive species. Each speaker emphasized the urgent need to address these challenges to ensure the survival of various species and ecosystems. They discussed the critical role of biodiversity in sustaining life on Earth and how its loss can have severe consequences for humanity, including food security and health impacts and provided an insight about the flora and fauna of Himachal Pradesh.

In addition to discussing the reasons behind biodiversity loss, the presenters highlighted the importance of conservation efforts. They explained how biodiversity contributes to ecosystem services such as pollination, water purification, and climate regulation, which are essential for human survival and well-being. The students shared various strategies for restoring biodiversity, including habitat restoration, sustainable resource management, and community engagement in conservation initiatives.

To enhance the learning experience, the event featured an interactive feedback session at the end of the presentation. This allowed the school students to ask questions, share their thoughts, and engage in meaningful dialogue with the presenters. The feedback session aimed to evaluate the effectiveness of the presentation and encouraged students to think critically about biodiversity issues and their roles in fostering conservation efforts.



Outcome: The awareness program successfully increased students' awareness of the significance of biodiversity and the urgent need for its conservation. The presentation provided practical conservation strategies, encouraging students to consider their contributions to environmental efforts. The event inspired students to become advocates for biodiversity conservation and take part in stewardship activities.



Awareness activity through PowerPoint Presentation on Biodiversity Conservation at Frontline Public School in Thanedar (October 23, 2024)



St. Bede's College, Shimla

Extension Activity



Awareness activity through PowerPoint Presentation on Biodiversity Conservation at Frontline Public School in Thanedar (October 23, 2024)



Appreciation letter



DEPARTMENT OF ECONOMICS

BUILDING BRIDGES TO LITERACY: INSPIRING CREATIVITY AND LEARNING YOUNG LEARNERS

Collaborating Agency: Government School, Sanjauli

No of Participants: 20

Date: September 8, 2024

Objectives: To mark the occasion of the World Literacy Day on September 8, 2024, the Economics Department of St. Bede's College organized an excursion to celebrate the transformative power of literacy and to cultivate a genuine passion for learning beyond the classroom walls among the young learners. This collaborative initiative involved both faculty and students, converging at the Government School, Sanjauli, Himachal Pradesh, to create an unbaiting impact on the students from LKG to 5th class.

The primary objective of the excursion was to cultivate a love for reading and learning, inspire creativity and self-expression, and promote literacy among young minds.

The day began with an interactive session between college and school students, which helped foster genuine connections and build camaraderie. This exchange of ideas and experiences created a positive environment where school students felt encouraged and supported.

Following the session, a series of games were organized that created a vibrant and energetic atmosphere. These activities allowed the students to step out of their comfort zones and showcase their talents, fostering confidence and teamwork.

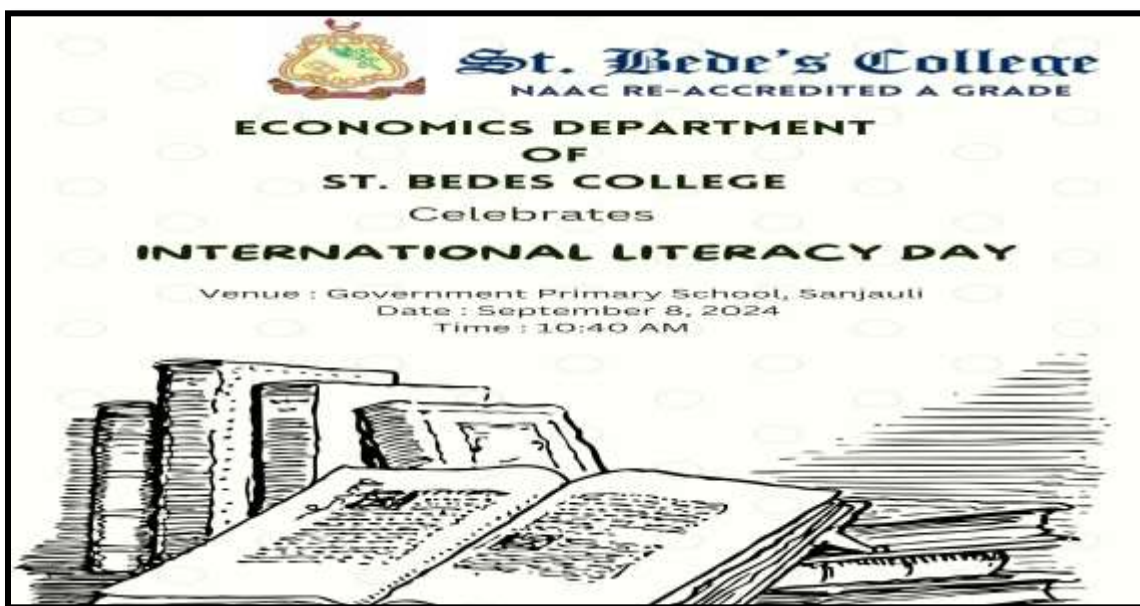
As a gesture of support and encouragement, the Economics Department distributed stationery items, including notebooks, colors, pencils, and erasers, to help ease the students' educational journeys and provide them with the tools needed for success. The students displayed remarkable enthusiasm and creativity throughout the day. It was evident that the event sparked a newfound interest in reading and writing among the participants.

Outcomes: The Literacy Day at Government School, Sanjauli, was a resounding success. It not only celebrated the joy of literature but also cultivated a community spirit around reading and writing. This initiative, a collaboration between the Economics Department, college students, and the dedicated staff at the Government School, highlighted the power of community involvement. It demonstrated how educational institutions can play a vital role in raising awareness about literacy and supporting students' educational journeys.



St. Bede's College, Shimla

Extension Activity



Brochure



Literacy Day at Government School, Sanjauli (September 8, 2024)



St. Bede's College, Shimla

Extension Activity



Literacy Day at Government School, Sanjauli (September 8, 2024)



DEPARTMENT OF HINDI

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

Collaborating Agency: दूरदर्शन हिमाचल

No of Participants: 2

तिथि: सितम्बर 13, 2024

उद्देश्य:

- हिंदी भाषा और साहित्य किस प्रकार भारतीय संस्कृति के संवर्धन में योगदान देता है, इसका प्रसार दूरदर्शन मंच के माध्यम से आम जन तक करना।
- छात्राओं को महाविद्यालय से बाहर, अपने विचारों को साझा करने का महत्वपूर्ण मंच प्रदान करना।
- छात्राओं को अपनी संचार कला को निखारने का अवसर प्रदान करना और उनके आत्म-विश्वास को बढ़ाना।

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

परिणाम:

- हिंदी भाषा और साहित्य के माध्यम से संस्कृति का संवर्धन किस प्रकार किया जा सकता है, दर्शकों तक यह विचार पहुँचाया गया।
- छात्राओं ने आत्म-विश्वास और सुचारु रूप से अपने विचार साझा किये। उनके लिए सार्वजनिक मंच पर लाइव प्रस्तुति देने का यह अनुभव दिलचस्प रहा।
- अपनी संचार कला को निखारते हुए, उन्होंने हिंदी भाषा की गरिमा को पहचाना।

हिंदी सप्ताह के दौरान हिमाचल कला, संस्कृति एवं भाषा अकादमी, शिमला द्वारा गेयटी थियेटर, मॉल रोड शिमला में आयोजित विभिन्न अंतर-विद्यालय गतिविधियों में सेंट बीड्स महाविद्यालय की छात्राओं ने भाग लिया जिनको खास प्रशिक्षण हिंदी विभाग की प्राध्यापिका, श्रीमती अंजना देवी ने दी।

12 सितम्बर को आयोजित विभिन्न गतिविधियों एवं प्रतिभागी छात्राओं का विवरण इस प्रकार है –

- निबंध लेखन - सुश्री रिया शर्मा, बी.ए. तृतीय वर्ष
- कविता पाठ - सुश्री सहर शर्मा बी.ए. तृतीय वर्ष
- भाषण - सुश्री सेज़ल सेज़ल बी.ए. द्वितीय वर्ष



St. Bede's College, Shimla

Extension Activity

- प्रश्नोत्तरी - सुश्री हिमानी बी.ए तृतीय वर्ष

निबंध लेखन प्रतियोगिता में सुश्री रिया शर्मा प्रथम स्थान पर रही। इन सभी आयोजनों में छात्राओं की भागीदारी ने हिंदी भाषा के प्रति उनके समर्पण और इसके संवर्धन के प्रति निष्ठा को दर्शाया।



ब्रॉशर



दूरदर्शन हिमाचल में सेंट बीड्स कॉलेज की छात्राएँ (13 सितम्बर, 2024)



पुरस्कार वितरण समारोह में सुश्री रिया शर्मा (13 सितम्बर, 2024)

DEPARTMENT OF PSYCHOLOGY

SPECIAL SESSION ON MEDITATION WITH SCHOOL STUDENTS

Collaborating Agency: GSSS, Sanjauli

No of Participants: 4

Date: October 8, 2024

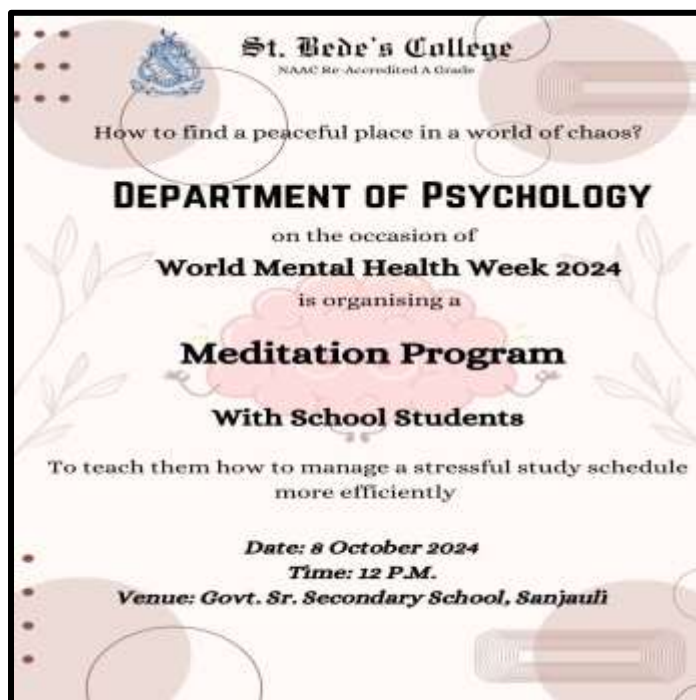
Objective: The objective of this program was to educate students about mindfulness meditation to manage study related stress.

Description: The Department of Psychology, St. Bede's College, Shimla, organized a special session on October 8, 2024, in celebration of "World Mental Health Week", aimed at educating students about mindfulness meditation and its benefits. Four B.A. Psychology Honours students—**Aishna Mittal**, **Himanshi Prashar**, **Jahnvi Wali**, and **Kashish Shakhya**—along with Ms. Pratiksha Tomar, Assistant Professor in the Psychology Department, facilitated this session at GSSS, Sanjauli. The target audience for this workshop was 9th and 10th grade students. The session began with simple games and exercises to allow the students to engage in physical activity before moving on to meditation techniques. The games included Dance Freeze, Simon Says, and Jumping Jacks. Following these activities, the students were introduced to basic meditation techniques that they could practice independently and regularly. These techniques included breathing exercises such as **Anulom Vilom** and **Kapal Bhati**. The school



students were highly engaged throughout the session and actively interacted with the facilitators. They provided positive feedback on the mindfulness meditation techniques and reported feeling the benefits of these practices. Overall, the program received encouraging responses from the students.

Outcome: The session successfully increased students' awareness of mindfulness meditation and provided them with practical techniques for managing stress. Feedback indicated that the students found the activities engaging and expressed a desire to incorporate these practices into their daily routines.



Brochure



St. Bede's College, Shimla

Extension Activity



***Empowering Young Minds through Mindfulness: A Celebration of Mental Health at GSSS, Sanjauli
(October 8, 2024)***