



SUPPORTING DOCUMENT

FOR

7.1.1

**MEASURES INITIATED BY THE INSTITUTION FOR THE PROMOTION OF
GENDER EQUITY: SPECIFIC FACILITIES FOR WOMEN**



TABLE OF CONTENTS

Sr. No.	NAME OF THE ACTIVITY	LINK/PAGE NUMBER
(A)	SPECIFIC FACILITIES FOR WOMEN	
1.	Safety and Security	1-5
2.	Counselling	6
3.	Common Room	7-8
4.	Day Care Centre for Young Children	9
5.	Washroom Facilities	9
(B)	ANY OTHER RELEVANT INFORMATION	
	Committees	10
(C)	GENDER EQUITY ACTIVITIES	
1.	National Webinar On “Yoga For Women Empowerment”	11-12
2.	Ncc Felicitation Ceremony	12-13
3.	Celebration of World Breast Feeding Week	14
4.	Online Webinar on Menstrual Health and Hygiene	15
5.	Self Defense Session	16
6.	Inter-SHIP Debate Competition on “Latest Amendments Pertaining To Women: Boon or Bane for their Career Aspirations”	17
7.	International Day of The Girl Child	18-19
8.	Hpu Inter College Table Tennis (Women) Championship	19-21
9.	Collaborative Skill Development Initiative at Balika Ashram, Mashobra	22
10.	International Day for the Elimination of Violence Against Women	23-25
11.	Raising Awareness on Self-Breast Examination	26-27
12.	Documaentary Screening on Domestic Violence Act, 2005	28



13.	Awareness Drive on "Emergency Response for Quick Access to Services"	29
14.	Igniting Change for Women's Rights on Campus: A Social Media Campaign By The Women Cell and Gender Champion Club	30
15.	Awareness Session on “Breast and Cervical Cancer” In Collaboration With The Tyacan Foundation	31-33
16.	National Women’s Day Celebration	34-35
17.	Article Writing Competition on “Breaking The Glass Ceiling: Women’s Political Participation”	36-37
18.	Celebration On International Women's Day	38-41

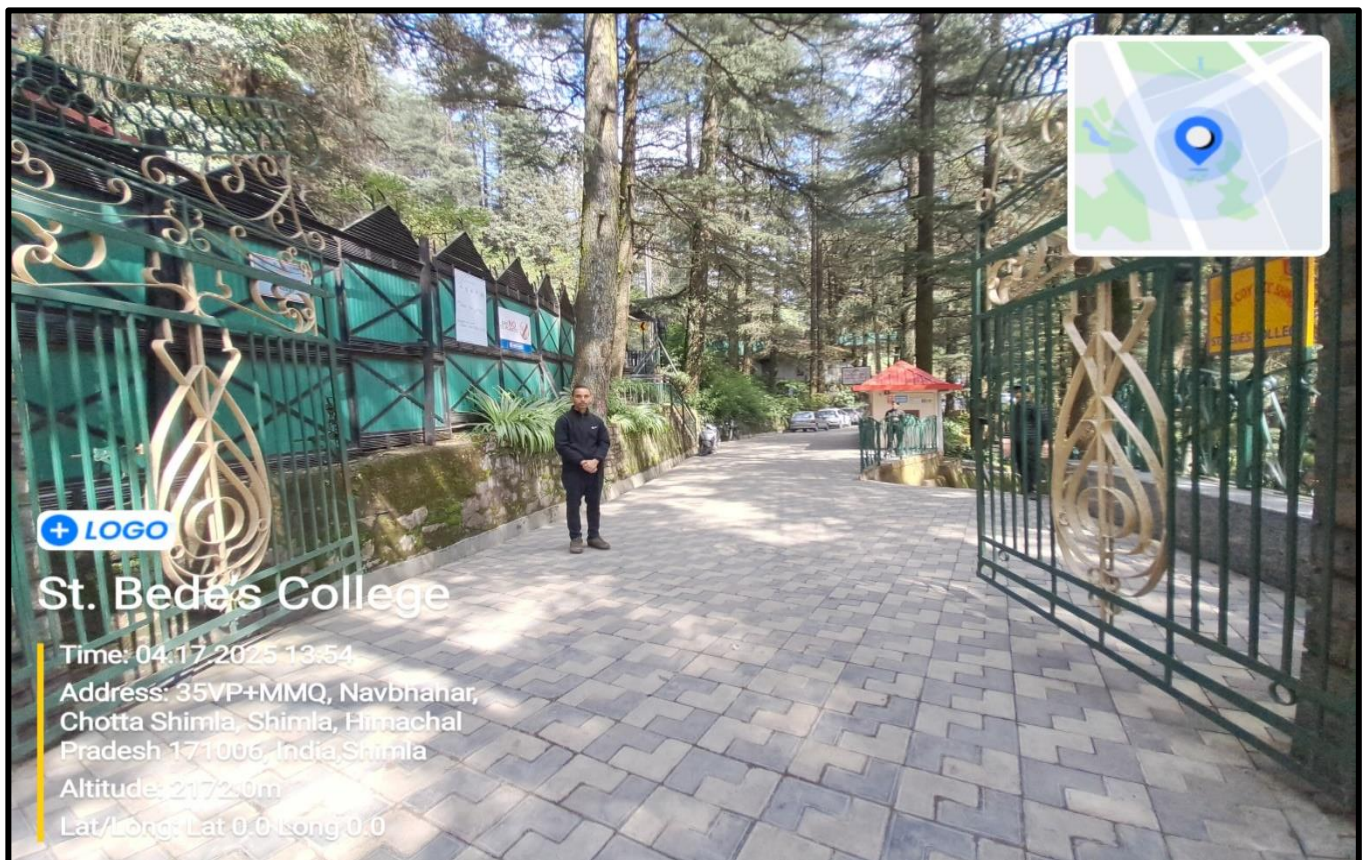


(A) SPECIFIC FACILITIES FOR WOMEN

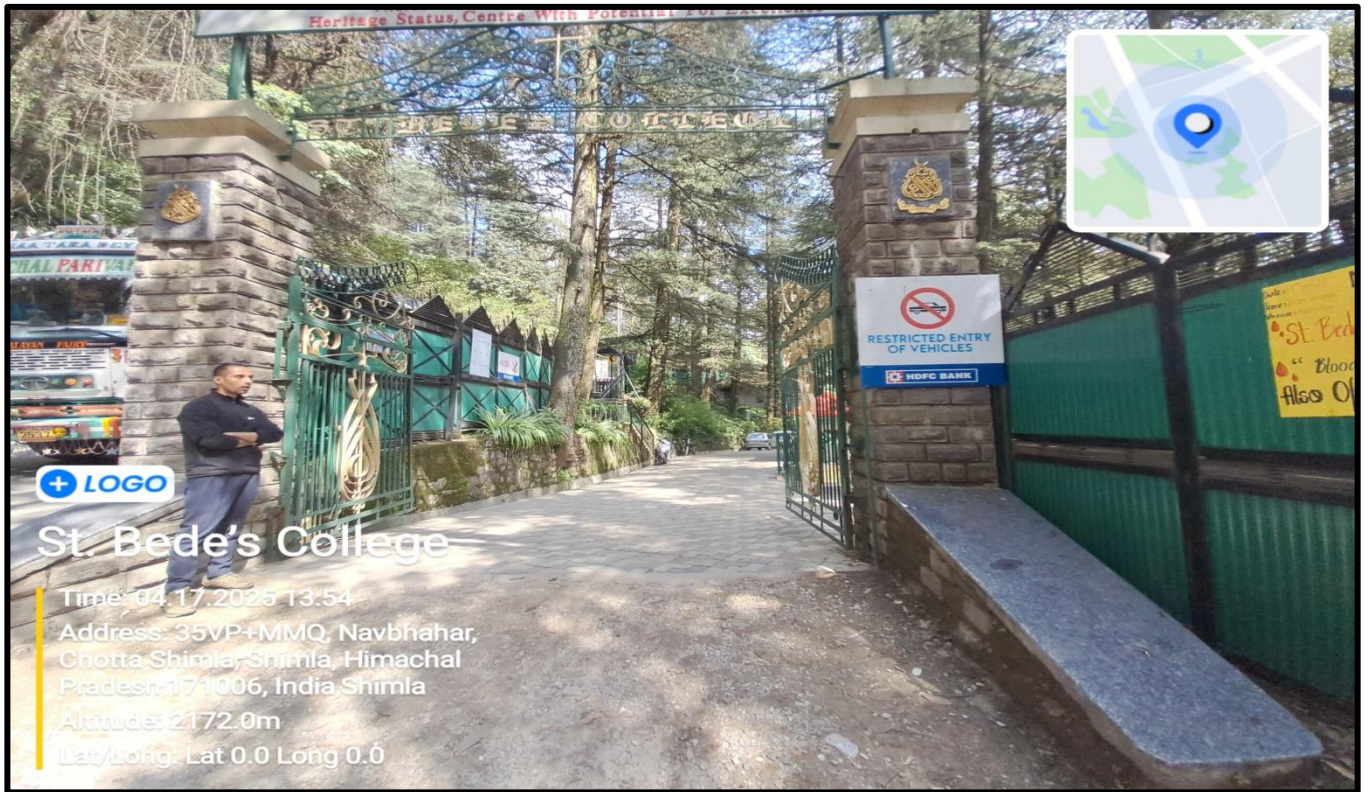
1) SAFETY AND SECURITY

At St. Bede's College, the safeguarding and welfare of all individuals affiliated with the institution—students, educators, administrative staff, and stakeholders—constitute a principal concern. The college has implemented various effective security measures in pursuit of this objective. Both male and female security personnel, expertly trained to handle different situations, are stationed around the clock to monitor access points and prevent unauthorised individuals from entering the campus. Additionally, they maintain vigilant oversight of student activities to promote a secure atmosphere.

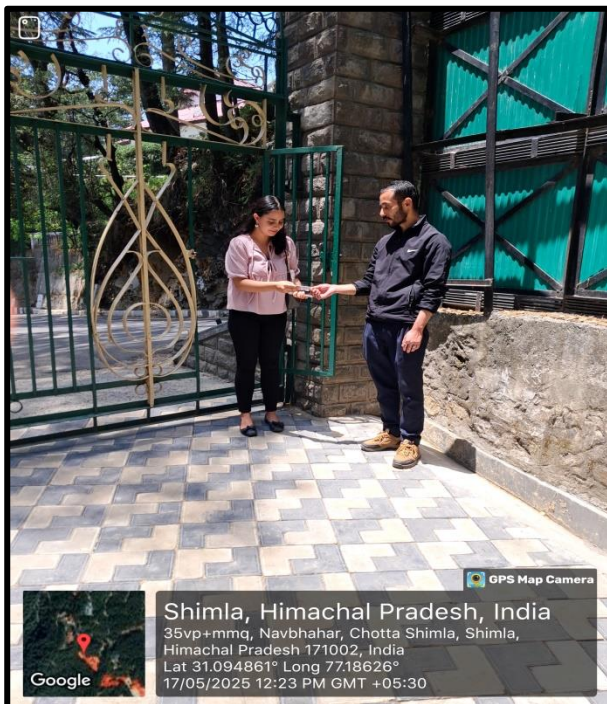
To enhance safety protocols, rigorous regulations are enforced regarding vehicular access, thereby contributing to preserving a secure environment. Furthermore, closed-circuit television (CCTV) cameras are strategically positioned throughout the campus to enable continuous surveillance. These initiatives collectively create a safe environment that promotes trust and peace for everyone in the St. Bede's College community.



Security Guards are stationed at the Main Gate of the College



Restricted Entry into the College



Regular Checking of ID Cards of the Students



St. Bede's College

VISITOR'S REGISTER

S. No.	Date	Visitors Name	Address	Telephone/ Mobile No.
1	15/04/2025	Mr. S. S. Sharma	Chhota Shimla	9915-36722
2	15/04/2025	Mr. S. S. Sharma	Chhota Shimla	9915-36722
3	15/04/2025	Mr. S. S. Sharma	Chhota Shimla	9915-36722
4	15/04/2025	Mr. S. S. Sharma	Chhota Shimla	9915-36722
5	15/04/2025	Mr. S. S. Sharma	Chhota Shimla	9915-36722
6	15/04/2025	Mr. S. S. Sharma	Chhota Shimla	9915-36722
7	15/04/2025	Mr. S. S. Sharma	Chhota Shimla	9915-36722
8	15/04/2025	Mr. S. S. Sharma	Chhota Shimla	9915-36722
9	15/04/2025	Mr. S. S. Sharma	Chhota Shimla	9915-36722
10	15/04/2025	Mr. S. S. Sharma	Chhota Shimla	9915-36722
11	15/04/2025	Mr. S. S. Sharma	Chhota Shimla	9915-36722
12	15/04/2025	Mr. S. S. Sharma	Chhota Shimla	9915-36722
13	15/04/2025	Mr. S. S. Sharma	Chhota Shimla	9915-36722
14	15/04/2025	Mr. S. S. Sharma	Chhota Shimla	9915-36722
15	15/04/2025	Mr. S. S. Sharma	Chhota Shimla	9915-36722
16	15/04/2025	Mr. S. S. Sharma	Chhota Shimla	9915-36722
17	15/04/2025	Mr. S. S. Sharma	Chhota Shimla	9915-36722
18	15/04/2025	Mr. S. S. Sharma	Chhota Shimla	9915-36722
19	15/04/2025	Mr. S. S. Sharma	Chhota Shimla	9915-36722
20	15/04/2025	Mr. S. S. Sharma	Chhota Shimla	9915-36722

Shimla

REGISTER

Vehicle No.	Purpose	In Time	Out Time	Visitors Signature	Remarks
1	Visit	10:30	11:30		
2	Visit	11:30	12:30		
3	Visit	12:30	13:30		
4	Visit	13:30	14:30		
5	Visit	14:30	15:30		
6	Visit	15:30	16:30		
7	Visit	16:30	17:30		
8	Visit	17:30	18:30		
9	Visit	18:30	19:30		
10	Visit	19:30	20:30		
11	Visit	20:30	21:30		
12	Visit	21:30	22:30		
13	Visit	22:30	23:30		
14	Visit	23:30	00:30		
15	Visit	00:30	01:30		
16	Visit	01:30	02:30		
17	Visit	02:30	03:30		
18	Visit	03:30	04:30		
19	Visit	04:30	05:30		
20	Visit	05:30	06:30		

St. Bede's College

Time: 04.17.2025 13:59
Address: 35VP+MMQ, Navbhahar, Chhota Shimla, Shimla, Himachal Pradesh 171006, India, Shimla
Altitude: 2190.0m
Lat/Long: Lat 0.0 Long 0.0

St. Bede's College

VISITOR'S REGISTER

S. No.	Date	Visitors Name	Address	Telephone/ Mobile No.
1	15/04/2025	Mr. S. S. Sharma	Chhota Shimla	9915-36722
2	15/04/2025	Mr. S. S. Sharma	Chhota Shimla	9915-36722
3	15/04/2025	Mr. S. S. Sharma	Chhota Shimla	9915-36722
4	15/04/2025	Mr. S. S. Sharma	Chhota Shimla	9915-36722
5	15/04/2025	Mr. S. S. Sharma	Chhota Shimla	9915-36722
6	15/04/2025	Mr. S. S. Sharma	Chhota Shimla	9915-36722
7	15/04/2025	Mr. S. S. Sharma	Chhota Shimla	9915-36722
8	15/04/2025	Mr. S. S. Sharma	Chhota Shimla	9915-36722
9	15/04/2025	Mr. S. S. Sharma	Chhota Shimla	9915-36722
10	15/04/2025	Mr. S. S. Sharma	Chhota Shimla	9915-36722
11	15/04/2025	Mr. S. S. Sharma	Chhota Shimla	9915-36722
12	15/04/2025	Mr. S. S. Sharma	Chhota Shimla	9915-36722
13	15/04/2025	Mr. S. S. Sharma	Chhota Shimla	9915-36722
14	15/04/2025	Mr. S. S. Sharma	Chhota Shimla	9915-36722
15	15/04/2025	Mr. S. S. Sharma	Chhota Shimla	9915-36722
16	15/04/2025	Mr. S. S. Sharma	Chhota Shimla	9915-36722
17	15/04/2025	Mr. S. S. Sharma	Chhota Shimla	9915-36722
18	15/04/2025	Mr. S. S. Sharma	Chhota Shimla	9915-36722
19	15/04/2025	Mr. S. S. Sharma	Chhota Shimla	9915-36722
20	15/04/2025	Mr. S. S. Sharma	Chhota Shimla	9915-36722

Shimla

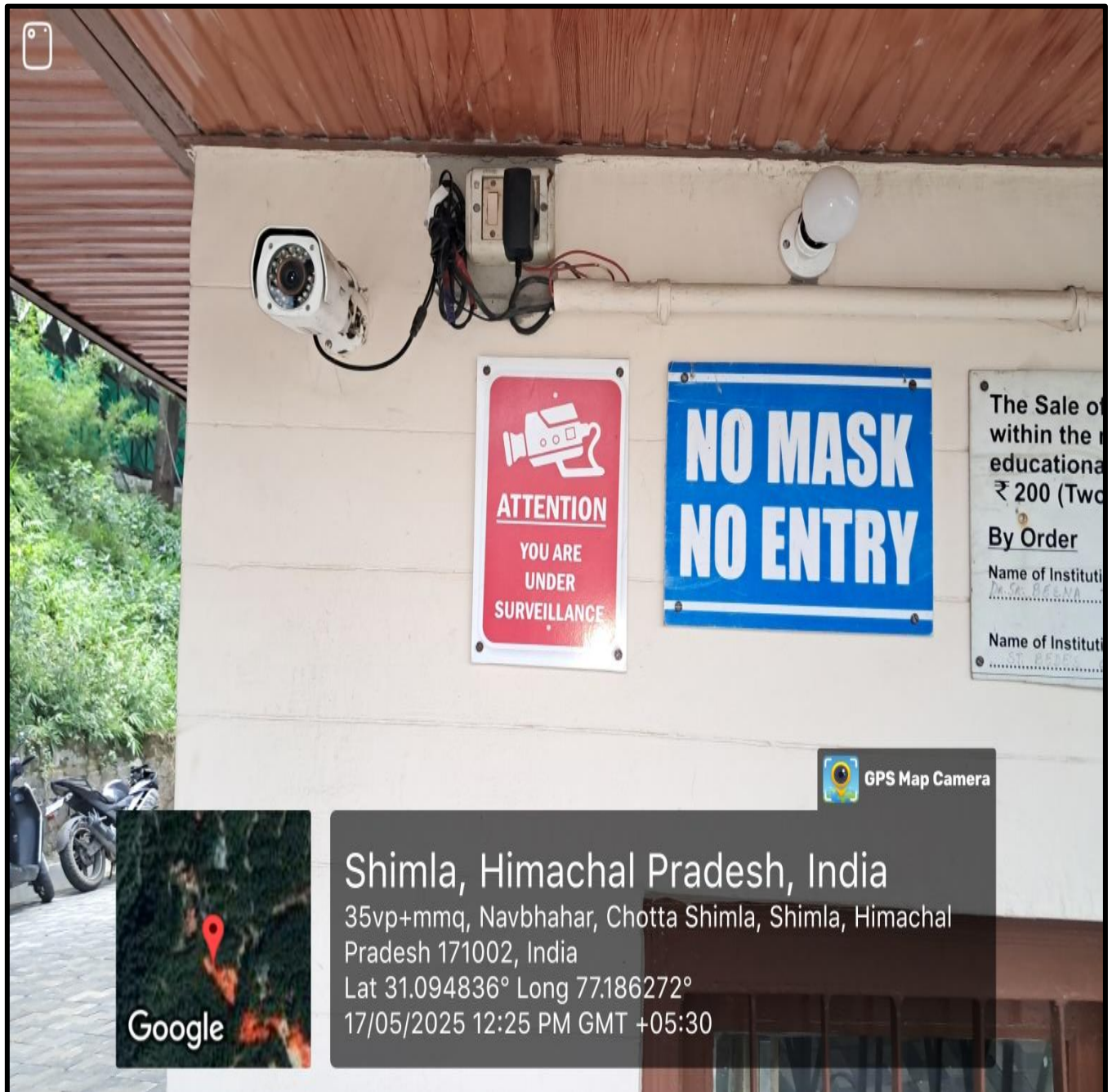
REGISTER

Vehicle No.	Purpose	In Time	Out Time	Visitors Signature	Remarks
1	Visit	10:30	11:30		
2	Visit	11:30	12:30		
3	Visit	12:30	13:30		
4	Visit	13:30	14:30		
5	Visit	14:30	15:30		
6	Visit	15:30	16:30		
7	Visit	16:30	17:30		
8	Visit	17:30	18:30		
9	Visit	18:30	19:30		
10	Visit	19:30	20:30		
11	Visit	20:30	21:30		
12	Visit	21:30	22:30		
13	Visit	22:30	23:30		
14	Visit	23:30	00:30		
15	Visit	00:30	01:30		
16	Visit	01:30	02:30		
17	Visit	02:30	03:30		
18	Visit	03:30	04:30		
19	Visit	04:30	05:30		
20	Visit	05:30	06:30		

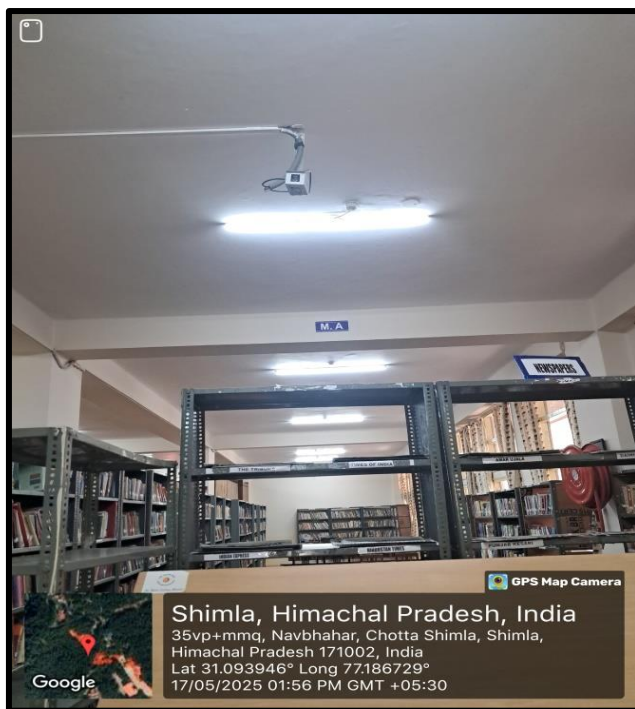
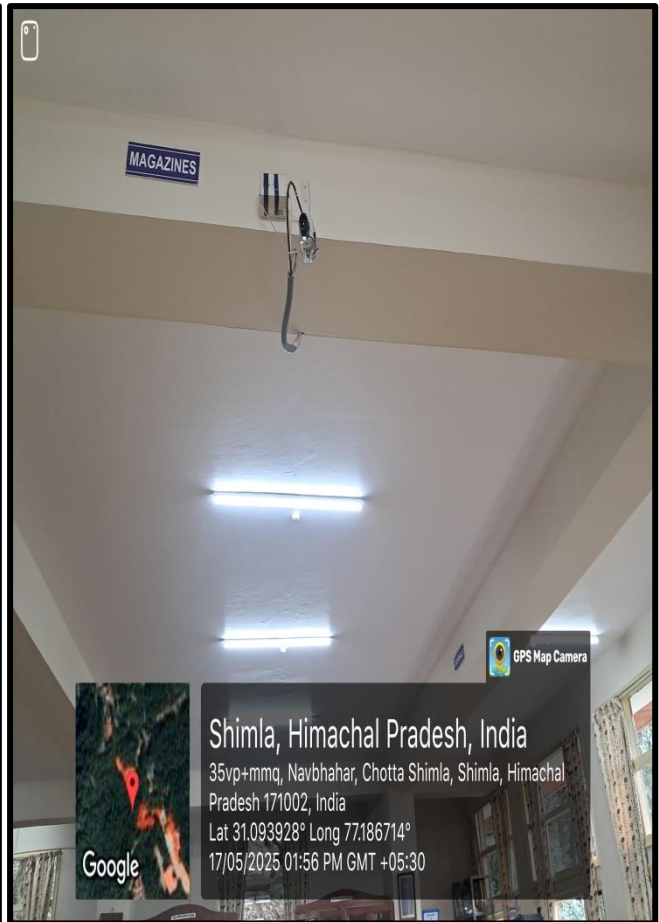
St. Bede's College

Time: 04.17.2025 13:59
Address: 35VP+MMQ, Navbhahar, Chhota Shimla, Shimla, Himachal Pradesh 171006, India, Shimla
Altitude: 2190.0m
Lat/Long: Lat 0.0 Long 0.0

Visitors' Register at the College Entrance Gate



CCTV cameras installed at the college gate

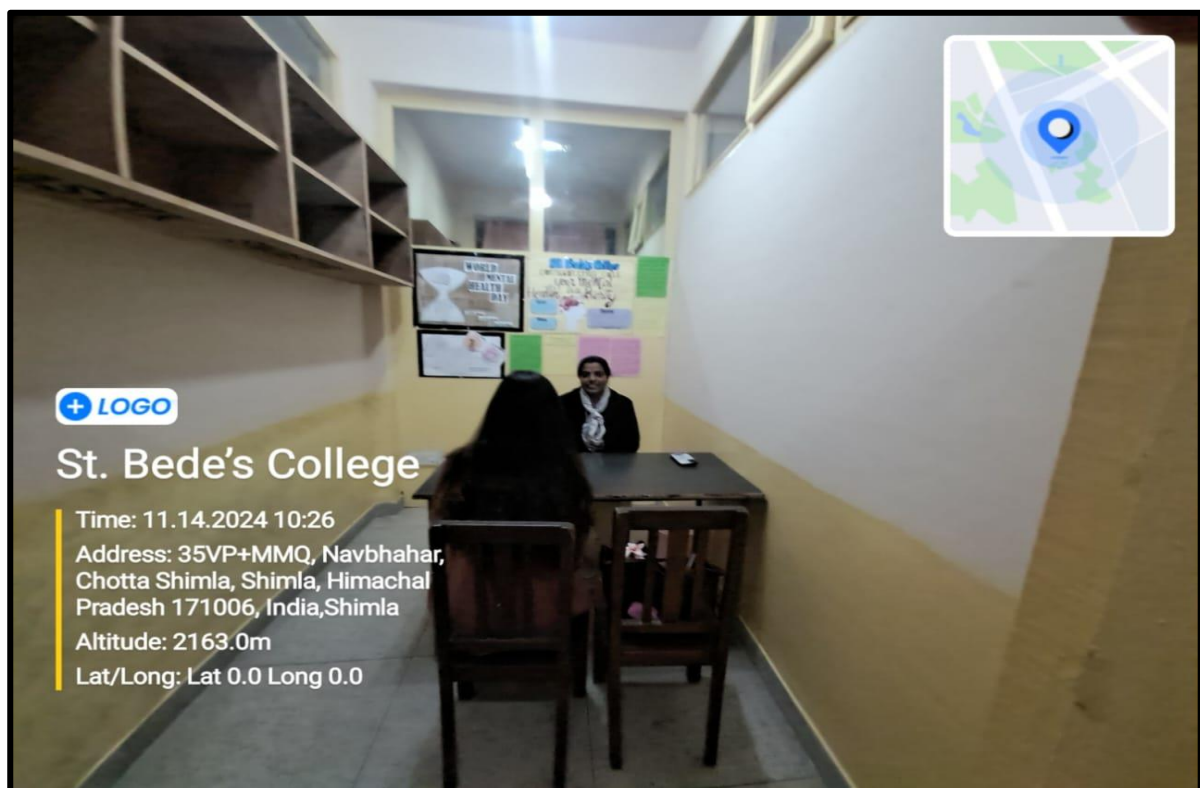


CCTV cameras installed throughout the campus



2) COUNSELLING

St. Bede's College offers counselling services to help its students' well-being and address any psychological issues they may be experiencing. The institution has set up a separate counselling space where students may seek expert advice and assistance. This environment is intended to be secure and confidential, allowing students to voice their problems and get support from experienced counsellors openly. By providing access to these services, the college recognises the importance of mental health and seeks to provide a friendly atmosphere that improves its students' overall well-being.



Counselling Services

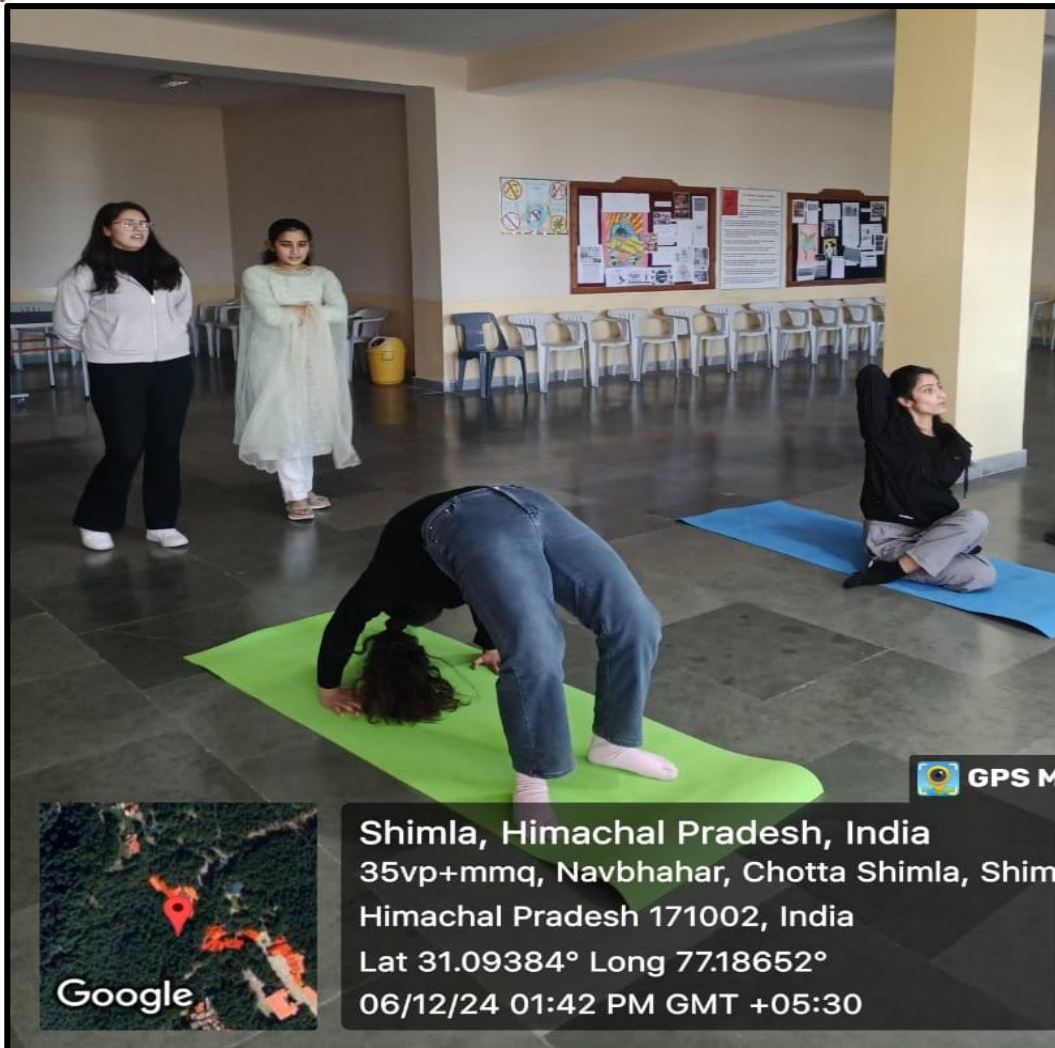


3) COMMON ROOM

St. Bede's College offers a spacious, well-lit common room designed to accommodate a large number of students comfortably. This vibrant space has various indoor games like carrom and table tennis, encouraging friendly competition and relaxation. An LED television is also available, enabling students to stay updated with news and educational programs during their downtime. The welcoming environment promotes a strong sense of community, supporting students' overall growth and well-being.



Common Room



Common Room



4) DAY CARE CENTER FOR YOUNG CHILDREN: Facility not available

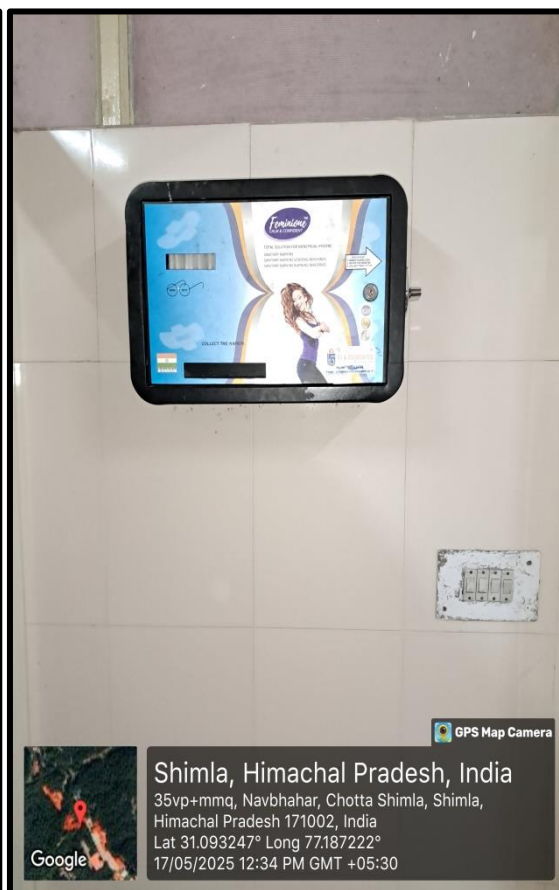
5) WASHROOM FACILITIES

The availability of clean washroom facilities at St. Bede's College is essential for promoting the health and well-being of students. The college provides comprehensive washroom amenities, including:

- Washrooms are located in every block of the college
- Safe toilets equipped with interior door latches
- Adequate lighting inside and outside of the toilets
- Covered trash bins for the disposal of menstrual products
- Fully functioning taps
- Liquid hand wash is available in all washrooms
- Regular cleaning and sanitization of all facilities
- Sanitary napkin vending machines installed in the washrooms



Washroom Facility



Sanitary Napkin Vending Machine



(B) ANY OTHER RELEVANT INFORMATION:

St. Bede's College follows the Ministry of HRD guidelines and has established an Internal Complaint Committee to address grievances and ensure student safety. Additionally, the college upholds student welfare through its Anti-Ragging Committee, Discipline Committee, and Grievance Redressal Cell, fostering a supportive and positive learning environment. Female students benefit from specialized self-defense programs that include firefighting and first aid training, further promoting their safety and preparedness. These initiatives reflect the college's dedication to creating a secure, inclusive atmosphere that prioritizes student well-being and enhances the educational experience.

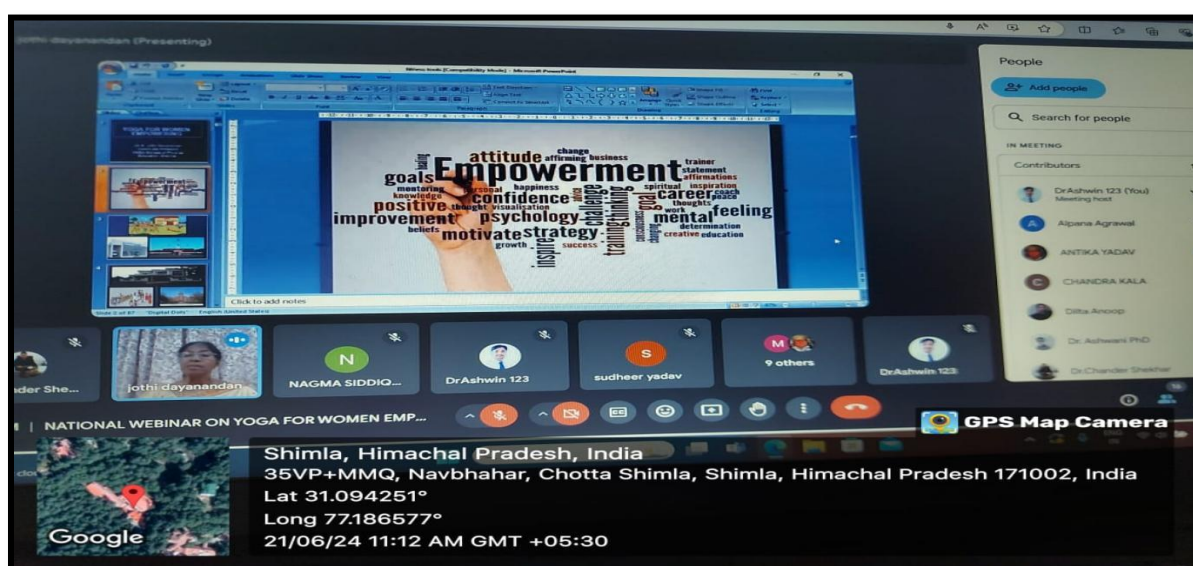
Sr. no.	Name of Cell / Committee	Links
1.	WOMEN CELL	<u>VIEW</u>
2.	ANTI-RAGGING CELL	<u>VIEW</u>
3.	INTERNAL COMPLAINT COMMITTEE	<u>VIEW</u>
4.	STUDENT GRIEVANCE REDRESSAL COMMITTEE	<u>VIEW</u>
5.	DISCIPLINE COMMITTEE	<u>VIEW</u>



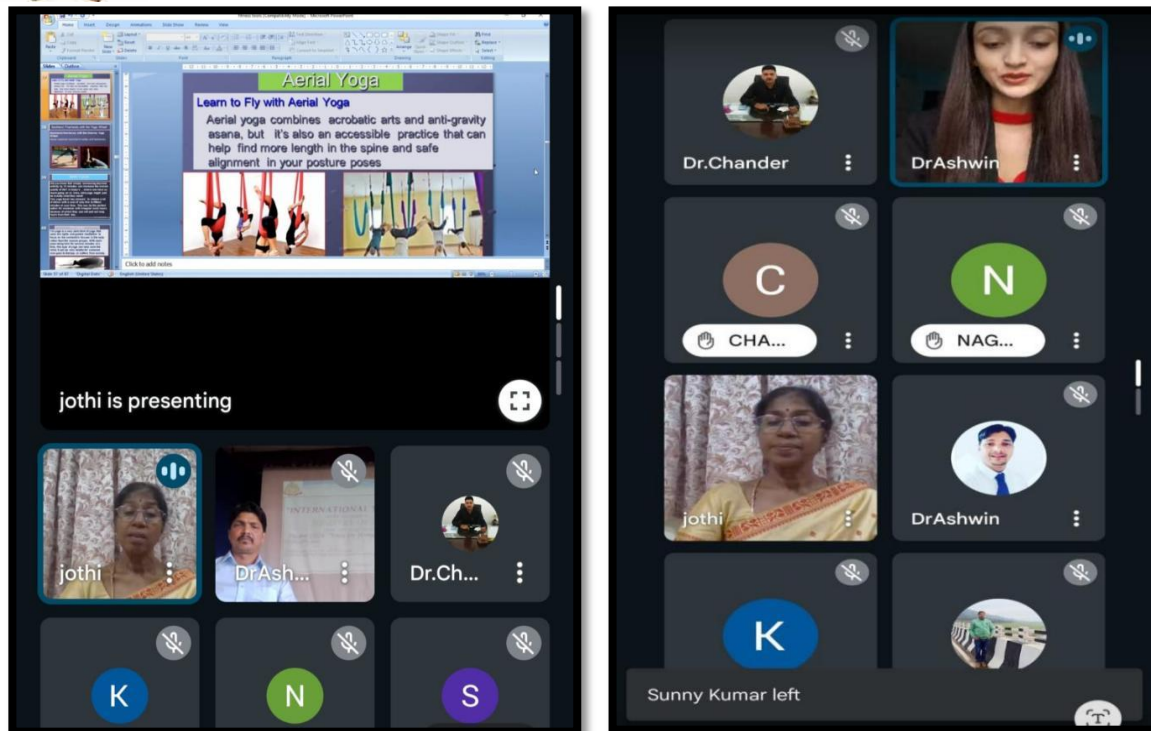
(C) GENDER EQUITY ACTIVITIES

NATIONAL WEBINAR ON “YOGA FOR WOMEN EMPOWERMENT”

On **June 21, 2024**, the **Department of Physical Education and Health Club** of St. Bede's College organized a **National Webinar on “Yoga for Women Empowerment”**. The event, held under the **Ministry of AYUSH**, featured a keynote address by **Dr. Jothi K. Dayanandan** and moderation by **Dr. Chander Shekhar**. The webinar highlighted yoga's role in enhancing women's physical, emotional, and mental well-being, self-confidence, and inner strength. **Prof. (Sr.) Molly Abraham**, Principal, emphasized the importance of harmony between body, mind, and soul through regular yoga practice. The session empowered participants with knowledge, motivation for personal growth, and appreciation for yoga as a lifelong practice.



International Day of Yoga on June 13-14, 2024

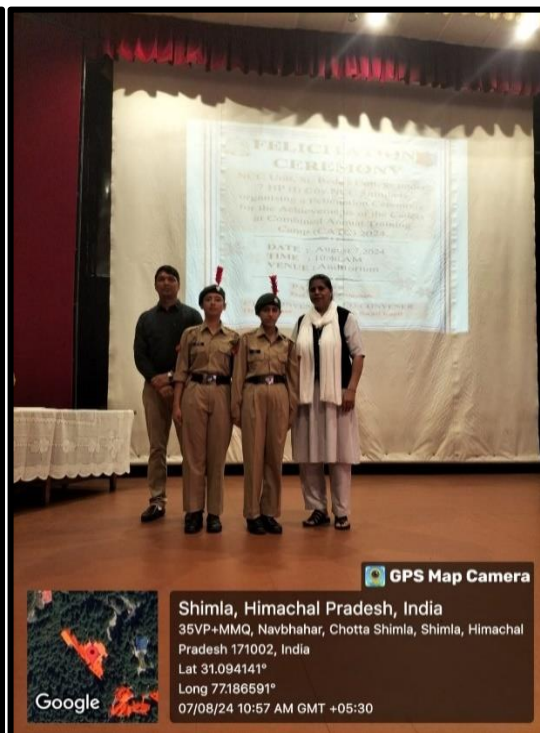


International Day of Yoga on June 13-14, 2024

NCC FELICITATION CEREMONY

On **August 7, 2024**, St. Bede's College organized a **Felicitation Ceremony** to honor NCC cadets for their outstanding performance in the **CATC Camp** of 7 HP (I) Coy NCC Shimla. The event, held in the college auditorium, recognized cadets' achievements in drill, sports, and leadership activities. Certificates, medals, and rank promotions were awarded, and cadets shared experiences highlighting teamwork, resilience, and patriotism. **Principal Sister Molly Abraham** lauded the cadets' dedication and encouraged continued service to the nation. The ceremony inspired cadets to pursue excellence and reinforced the values of discipline, commitment, and personal growth.



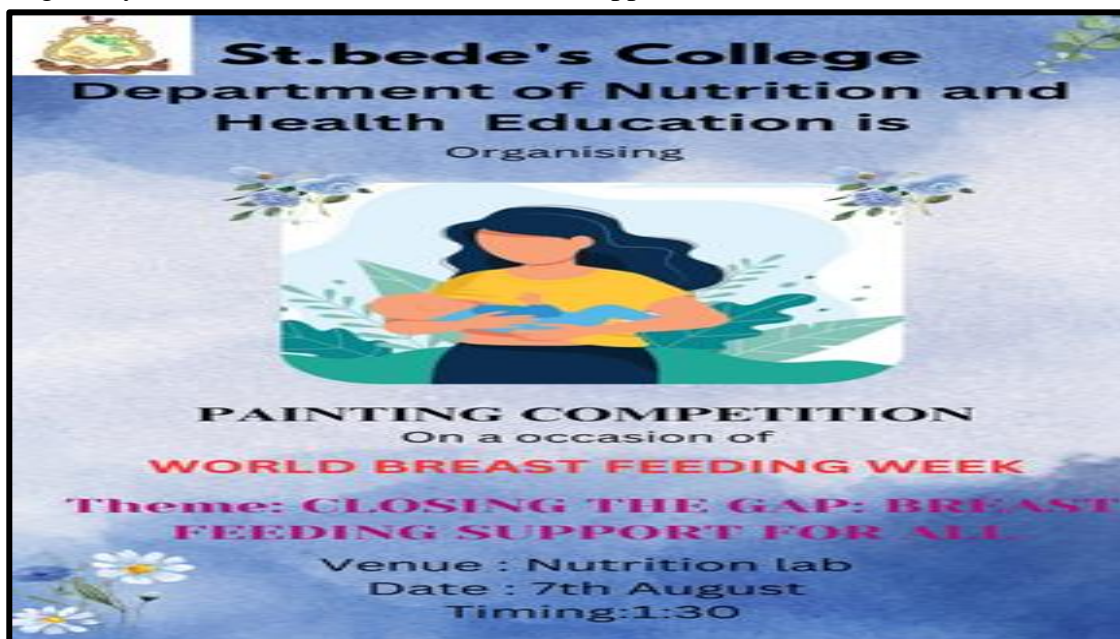


NCC Felicitation Ceremony, August 7, 2024



CELEBRATION OF WORLD BREAST FEEDING WEEK

The Department of Nutrition and Health Education celebrated *World Breastfeeding Week* on August 7, 2024, by organizing a fabric painting competition on the theme “*Closing the Gap: Breastfeeding Support for All.*” The event aimed to raise awareness about breastfeeding, highlight the importance of nutrition for lactating mothers, and offer students a creative outlet to express their views artistically. BA 3rd-year students participated enthusiastically, showcasing beautiful and meaningful designs on T-shirts. Entries were judged on creativity, originality, relevance to the theme, and visual appeal.

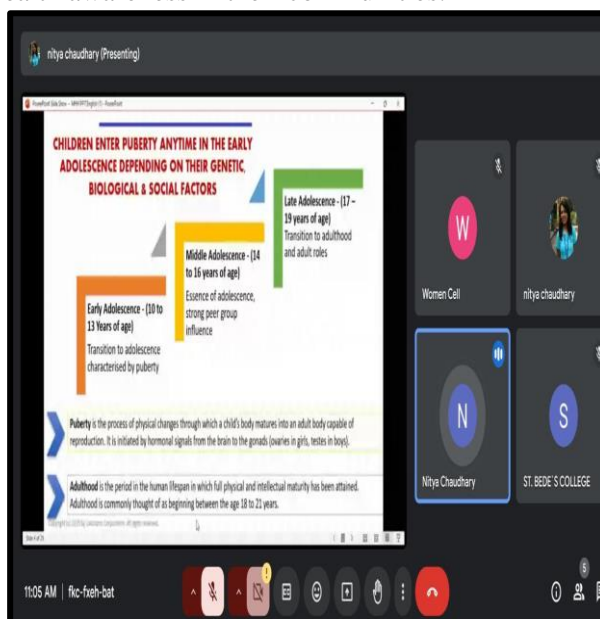


Celebration of World Breastfeeding week, August 7, 2024



ONLINE WEBINAR ON MENSTRUAL HEALTH AND HYGIENE

The Women Cell and Gender Champion Club of St. Bede's College, in collaboration with Unicharm India and Global Hunt Foundation, organized an online webinar on "Menstrual Health and Hygiene" on August 14, 2024. Mrs. Nitya Chaudhary, CSR Executive at Unicharm India, served as the resource person. The session aimed to educate participants on menstrual health, hygiene practices, and breaking societal taboos. Topics included menstrual awareness, hygiene management, product usage, and the role of self-care and nutrition. The webinar enhanced understanding, encouraged open dialogue, and empowered students to advocate for menstrual health awareness in their communities.

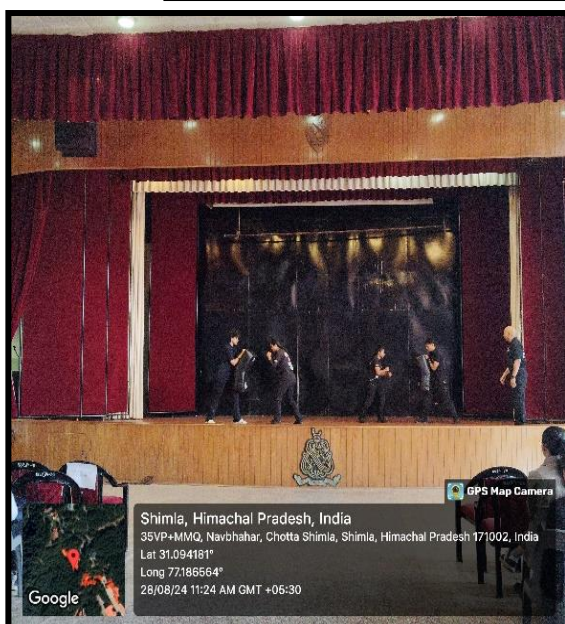
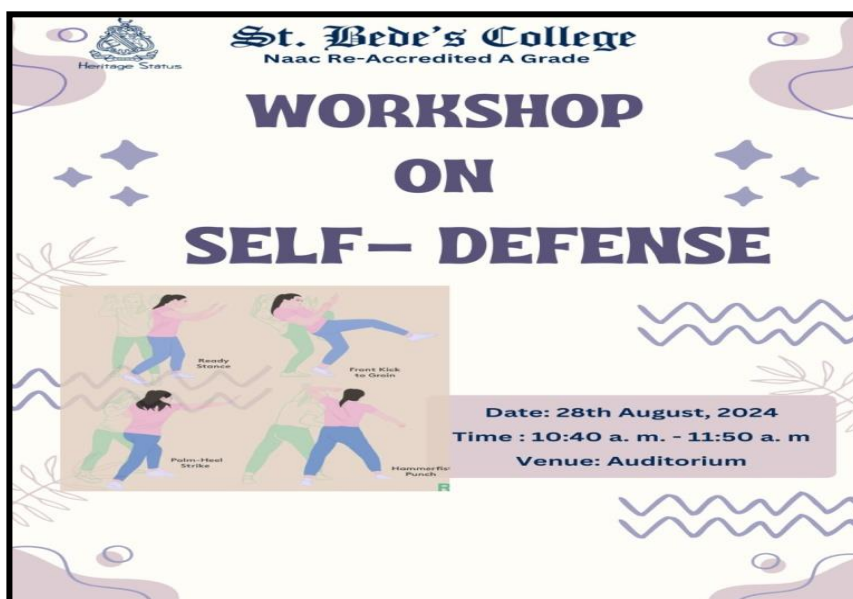


Online Webinar on "Menstrual Health and Hygiene" organized on August 14, 2024



SELF DEFENSE SESSION

The Department of Computer Science organized a self-defense session on August 28, 2024, for all college students to promote personal safety and confidence. Conducted by Mr. Anuj Panwar, Co-founder and Director of A:iConfida Services Pvt. Ltd., Noida, along with his team, the session included demonstrations of practical self-defense techniques. Mr. Panwar emphasized the importance of self-defense, especially for girls. Students participated enthusiastically and learned to identify risky situations, apply preventive strategies, and enhance their confidence and mental preparedness.

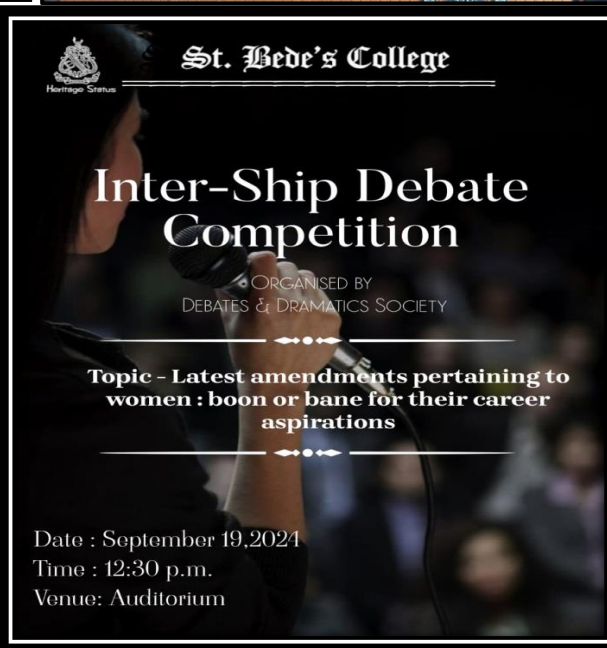


Self Defense Session, August 28, 2024



INTER-SHIP DEBATE COMPETITION ON “LATEST AMENDMENTS PERTAINING TO WOMEN: BOON OR BANE FOR THEIR CAREER ASPIRATIONS”

On September 19, 2024, the Debates and Dramatics Society of St. Bede's College organized an Inter-Ship Debate Competition in the college auditorium. The debate focused on the topic, “Latest amendments pertaining to women: boon or bane for their career aspirations”, with each ship presenting arguments for and against the motion. Participants had four minutes each to present their views, followed by a 1 minute 20 seconds rebuttal round based on the Cambridge debate format. The competition, adjudged by Dr. Sapna Sharma, Dr. Sr. Susaiammal Arokiasamy, and Ms. Komal Sharma, encouraged critical thinking, articulation, and audience engagement. Overall, the event provided a platform for intellectual exchange, constructive discourse, and appreciation of diverse perspectives among participants and the audience.

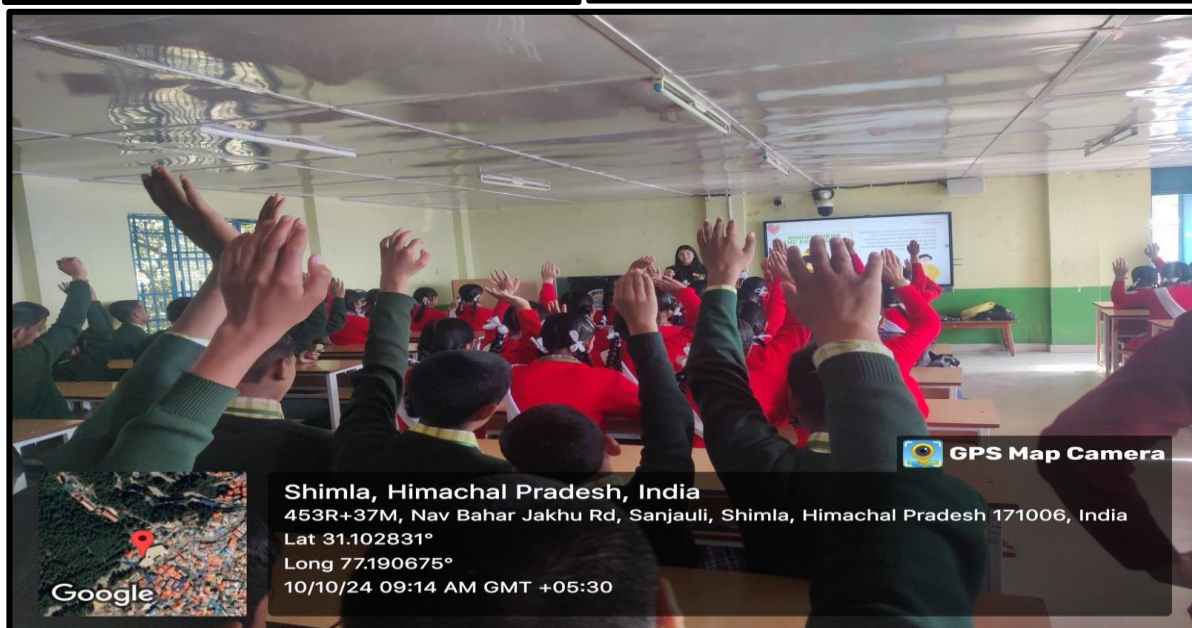
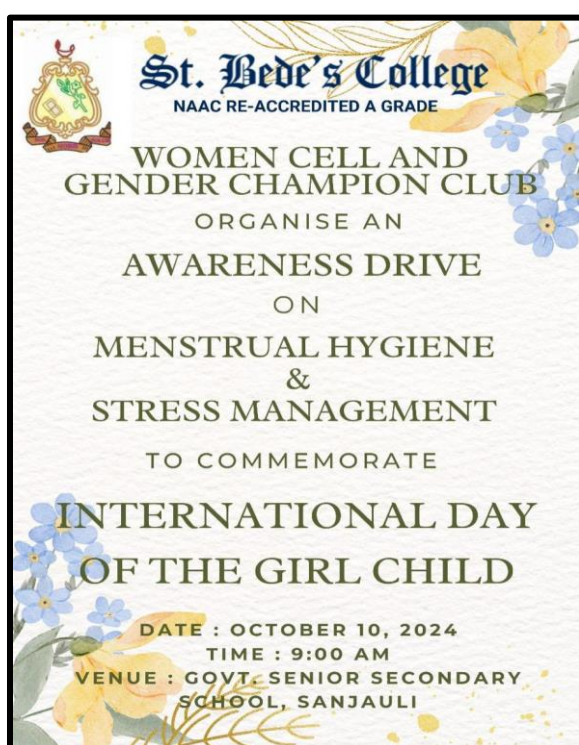


Inter-Ship Debate Competition on “Latest Amendments Pertaining to Women: Boon or Bane for Their Career Aspirations”, September 19, 2024



INTERNATIONAL DAY OF THE GIRL CHILD

The Women Cell and Gender Champion Club of St. Bede's College organized a session on Menstrual Hygiene and Stress Management at Government Senior Secondary School, Sanjauli, on October 10, 2024, to mark the International Day of the Girl Child. The session aimed to raise awareness about menstrual health and teach effective stress management techniques. Students were divided into two groups—junior girls learned about menstruation and hygiene, while senior students discussed stress and coping strategies. Interactive presentations, discussions, and activities made the session engaging and informative. The workshop successfully enhanced awareness, reduced stigma, and empowered students to maintain good health and emotional well-being.





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

HPU INTER COLLEGE TABLE TENNIS (WOMEN) CHAMPIONSHIP

The HPU Inter-College Table Tennis (Women) Championship was held on October 18–19, 2024, under the aegis of the Department of Physical Education and NSO. The event aimed to promote healthy competition, teamwork, and sportsmanship among students. Nine colleges with over 60 participants competed, with Government College Dharamsala securing 1st place, RKMV Shimla 2nd, and Government College Kotshera 3rd. The inauguration and valedictory functions were graced by distinguished guests and faculty, including Prof. Sanjay Sharma and Prof. Hari Singh. The event fostered discipline, teamwork, and a spirit of fair play among participants.

Social Media Link: <https://www.facebook.com/share/p/1MuzjWeYaN/>



St. Bede's College, Navbahar, Shimla (H.P)
NAAC Re-Accredited A Grade
(College with Potential for Excellence)



The Principal, Staff Members, PTA & Students,

Cordially invite you to the
H.P University Inter College Table Tennis (W) Championship
(18th to 19th October 2024)

Inaugural Function

Prof. Sanjay Sharma

(Chief Guest)

Director, Physical Education & Youth Programme,
H.P University, Shimla (H.P)
(18th Oct. at 12.30 p. m.)

Closing Ceremony

Prof. Hari Singh

(Chief Guest)

Chairman, Physical Education Department,
H.P University, Shimla (H.P)
(19th Oct. at 12.30 p. m.)

Dr. Ashwani Kumar
(Organizing Secretary)

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





टेबल टेनिस में धर्मशाला कॉलेज ने जीता खिताब

आरकेएमवी को हराया, कोटशेरा तीसरे स्थान पर



सेंट बीड्स कॉलेज में विजेता खिलाड़ियों को सम्मानित करते हुए। -संवाद

अमर उजाला ब्यूरो

शिमला। सेंट बीड्स कॉलेज में आयोजित इंटर कॉलेज महिला टेबल टेनिस प्रतियोगिता के फाइनल में धर्मशाला डिग्री कॉलेज की टीम ने राजकीय कन्या महाविद्यालय को 3-2 से हराकर ट्रॉफी जीती।

राजीव गांधी महाविद्यालय कोटशेरा ने सरकाघाट को हरा तीसरा

स्थान पाया। विजेता धर्मशाला की टीम से भाग्या, श्रुति, वैश्ववी, आरकेएमवी से रिधिमा, अंजली, मुस्कान और साक्षी जबकि कोटशेरा से अंजली, मधु और ईशा ने प्रतिभा दिखाई। समापन समारोह में विश्वविद्यालय के शारीरिक शिक्षा विभाग के विभागाध्यक्ष डॉ. हरि सिंह ने विजेता और उप विजेताओं को पुरस्कार देकर सम्मानित किया।

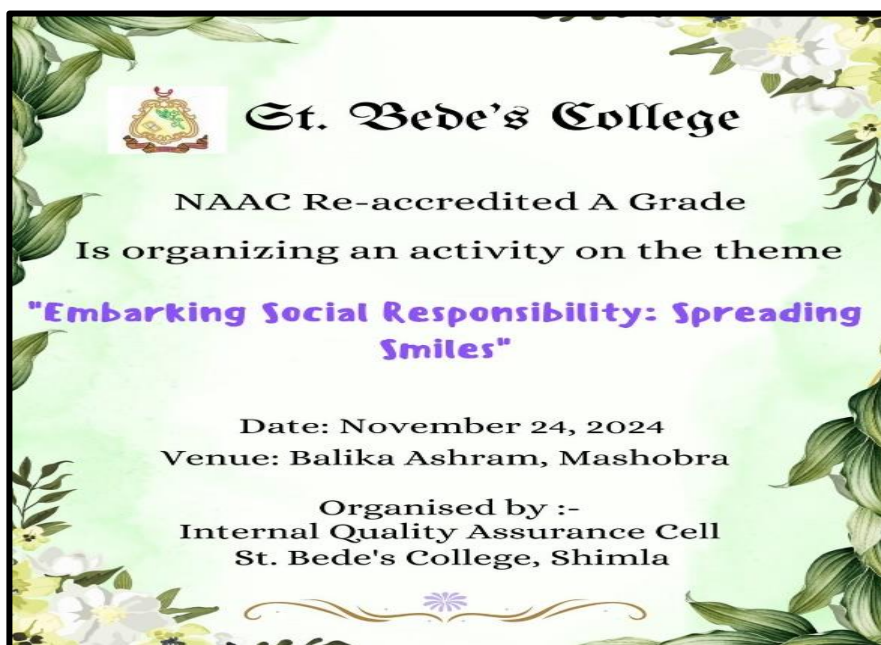


HPU Inter College Table Tennis (Women) Championship, October 18-19, 2024



COLLABORATIVE SKILL DEVELOPMENT INITIATIVE AT BALIKA ASHRAM, MASHOBRA

On **November 24, 2024**, a team from St. Bede's College, led by **Principal Prof. Sr. Molly Abraham** and faculty members, visited **Balika Ashram, Mashobra** to initiate a **collaborative skill development program**. The program aimed to empower the girls by identifying their interests in sports, creative arts, music, English communication, painting, and dance. College students and faculty will volunteer to train the girls every Sunday, following a structured schedule with resources provided by the college. The initiative fosters self-reliance, enhances talents, and provides hands-on learning opportunities for the girls. It also instills a sense of social responsibility and gratitude among participating college students.




Collaborative Skill Development Program at Balika Ashram, November 14, 2024



INTERNATIONAL DAY FOR THE ELIMINATION OF VIOLENCE AGAINST WOMEN

The Women Cell of St. Bede's College observed the International Day for the Elimination of Violence Against Women on November 25, 2024, with an awareness session led by Dr. Seema Kashyap, Associate Professor of Law, UILS Shimla. The session focused on educating students about women's rights and laws protecting them from gender-based violence. Dr. Kashyap discussed various forms of violence and emphasized the importance of legal awareness and community engagement. Poster-making and slogan-writing competitions were also held, showcasing students' creativity on the theme. The event successfully empowered participants with legal knowledge, strengthened awareness on gender equality, and inspired advocacy against violence toward women.




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

WOMEN CELL & GENDER CHAMPION CLUB

ORGANISES
SESSION
ON




**"INTERNATIONAL DAY FOR
ELIMINATION OF VIOLENCE AGAINST WOMEN"**

RESOURCE PERSON



Dr. Seema Kashyap
ASSOCIATE PROFESSOR OF LAW,
UNIVERSITY INSTITUTE OF LEGAL STUDIES, SHIMLA

DATE: NOVEMBER 25, 2024
TIME: 10:15 AM
VENUE: SEMINAR ROOM





Commemoration of “International Day for the Elimination of Violence Against Women”, November 25, 2024

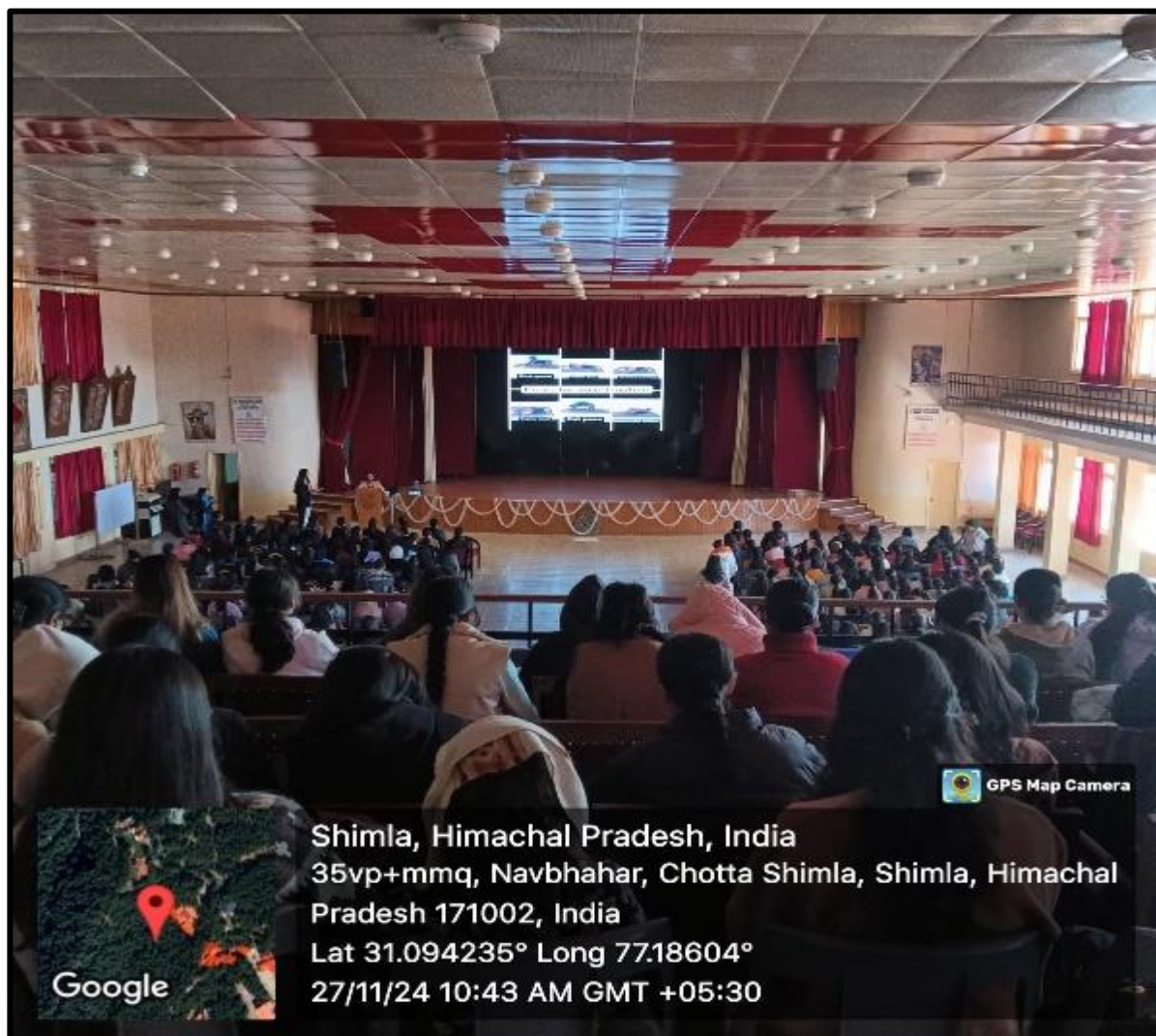


Commemoration of "International Day for the Elimination of Violence Against Women" on November 25, 2024




RAISING AWARENESS ON SELF-BREAST EXAMINATION

On November 27, 2024, the **Department of Zoology**, under **IQAC**, organized an awareness session on **Self-Breast Examination** to promote early detection and prevention of breast cancer. **Dr. Kalpana**, a social worker and breast cancer awareness advocate, led an interactive session covering risk factors, symptoms, diagnosis, treatment, and preventive strategies. Participants, including students from Shimla Nursing College and local residents, learned the importance of regular self-examinations and proactive health practices. A key feature was a **video demonstration** by Dr. Kalpana, providing step-by-step guidance on self-breast examination techniques. The program successfully empowered attendees with knowledge and practical skills, fostering a proactive approach toward women's health and well-being.



Awareness Program on Self-Breast Examination, November 7, 2024





St. Bede's College


NAAC Re-Accredited A Grade

Organised by Department of Zoology
under the aegis of IQAC

AN INITIATIVE TO RAISE
AWARENESS ON

Self Breast Examination

Resource person -Dr. Kalpana



Target Audience-
College Students and Local
Residents of Shimla

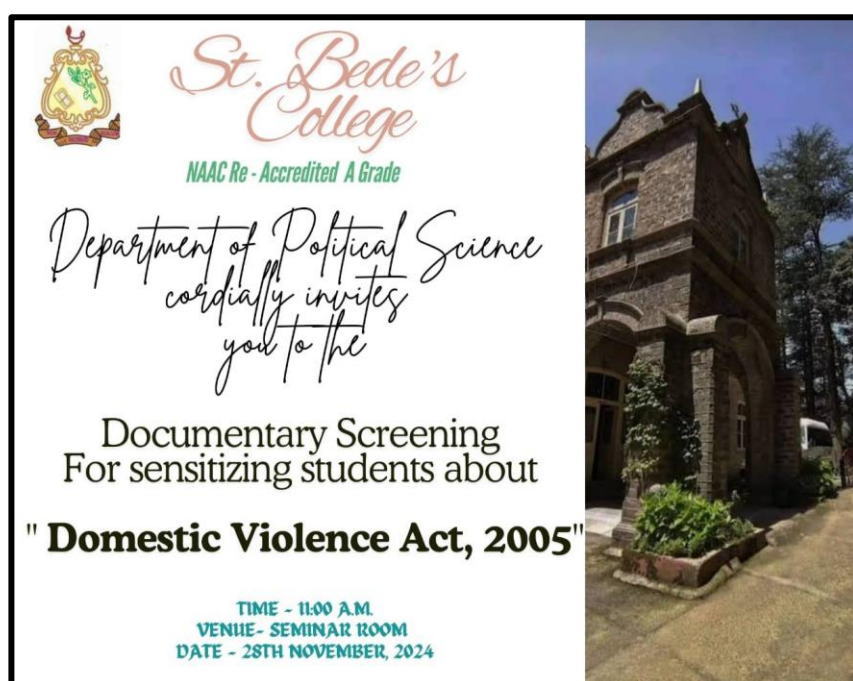
Date:
November 27, 2024
Time:
10:30 - 11:15am

Awareness Program on Self-Breast Examination, November 7, 2024



DOCUMAENTARY SCREENING ON DOMESTIC VIOLENCE ACT, 2005

The Department of Political Science organized a documentary screening on the *Domestic Violence Act* on November 28, 2024, in the Seminar Room to raise awareness about domestic violence and legal protections for victims. The documentary explored the evolution and key provisions of the Act, featured survivor testimonies, and included insights from legal experts and activists. It also highlighted challenges such as underreporting, stigma, and delayed justice. The post-screening discussion encouraged students to reflect on societal attitudes and the need for reforms. Overall, the event deepened understanding of the Act's importance and emphasized the need for stronger enforcement and support systems.

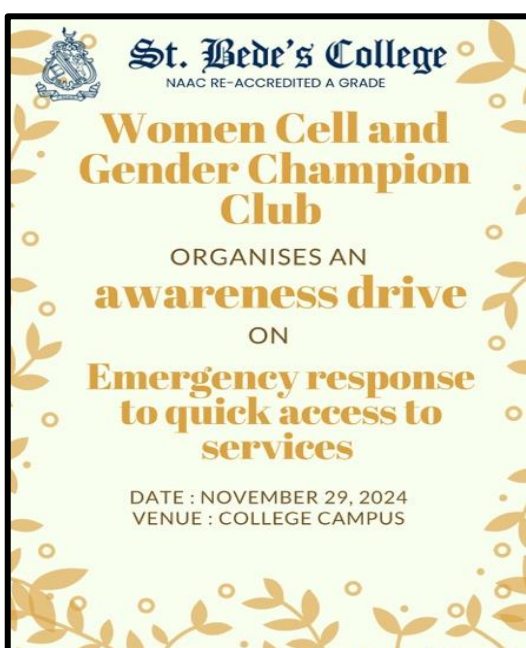


Movie Screening on Domestic Violence Act, 2005, November 28, 2024



AWARENESS DRIVE ON "EMERGENCY RESPONSE FOR QUICK ACCESS TO SERVICES"

The **Gender Champions Club** and **Women Cell** of St. Bede's College organized an awareness drive titled **"Emergency Response for Quick Access to Services"** on **November 29, 2024**, on campus. The initiative aimed to educate students about essential government helpline services and their proper use during emergencies. Gender Champions spread awareness using placards and explained the importance of key helpline numbers such as **100, 101, 102, 1091, and 112**. The interactive campaign encouraged students to ask questions and understand how to access support in critical situations. The drive successfully empowered students with crucial safety knowledge, fostering a more aware and prepared campus community.

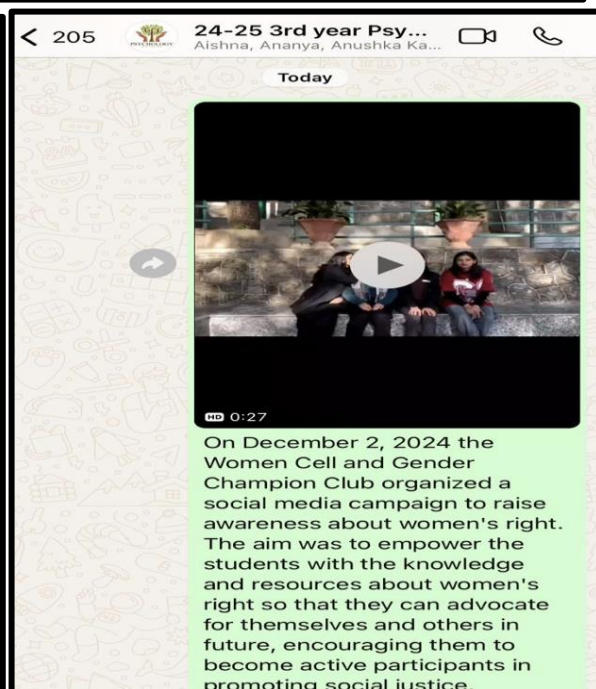
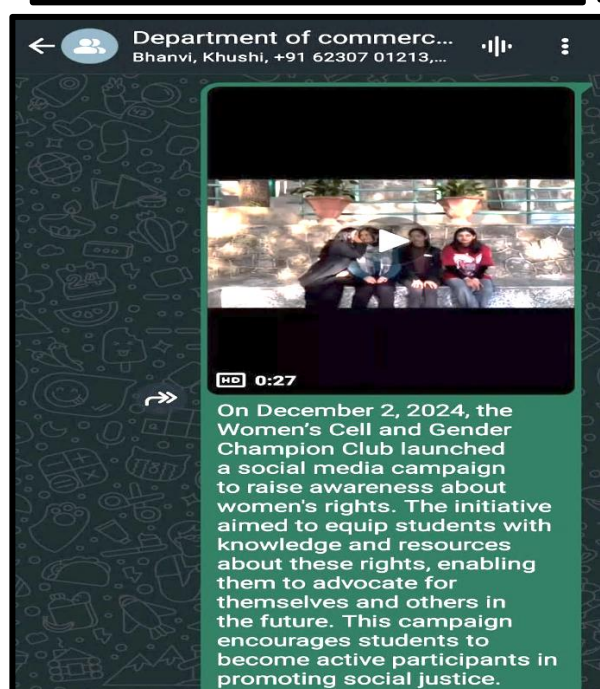
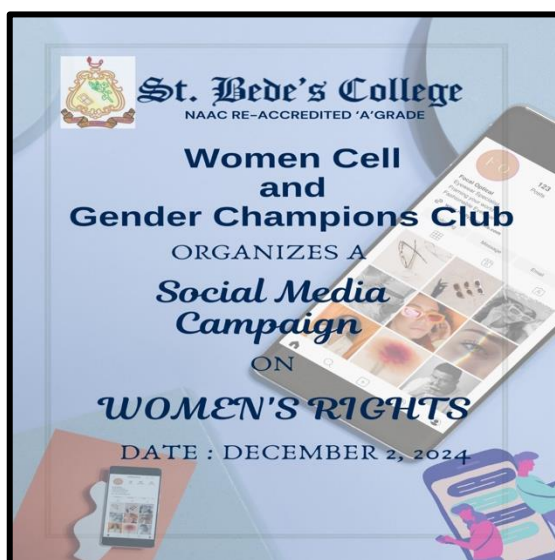


Awareness Drive on "Emergency Response for Quick Access to Services", November 29, 2024



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

On **December 2, 2024**, the **Women's Cell** and **Gender Champion Club** of St. Bede's College launched a **social media campaign** to raise awareness about women's rights. The initiative aimed to empower students with knowledge about gender equality, legal rights, and social justice. An engaging **Instagram Reel** highlighted key women-related laws and encouraged students to share the message across social media platforms. The campaign successfully reached a wide audience, fostering dialogue and collective action for women's empowerment. Overall, the initiative inspired students to become advocates for equality, safety, and women's rights on campus.

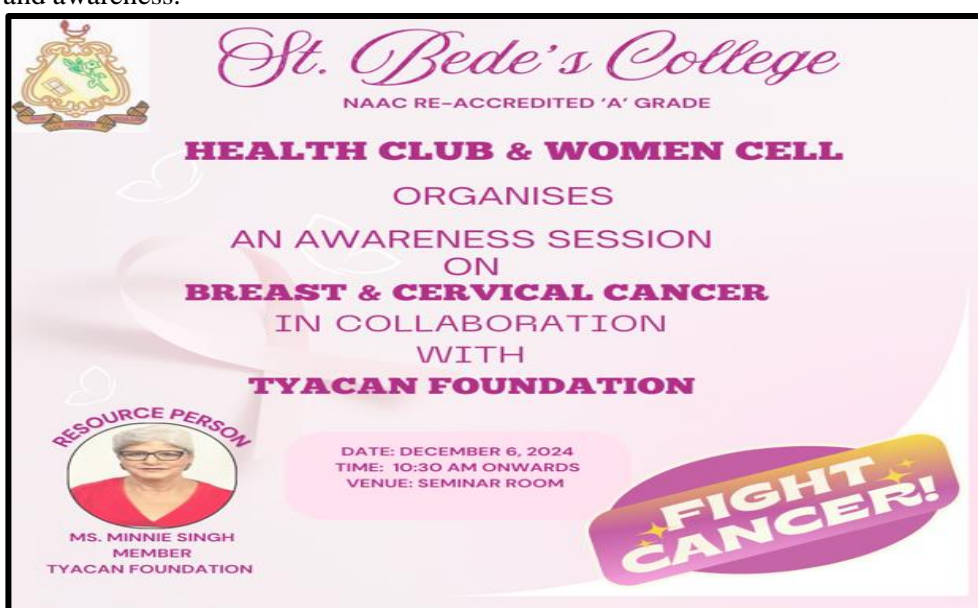


Igniting Change for Women's Rights on Campus: A Social Media Campaign, December 2, 2024



AWARENESS SESSION ON “BREAST AND CERVICAL CANCER” IN COLLABORATION WITH THE TYACAN FOUNDATION

On **December 6, 2024**, the **Health Club and Women Cell** of St. Bede's College organized an awareness session on “**Breast and Cervical Cancer**” in collaboration with the **TYACAN Foundation**. The session, led by **Ms. Minnie Singh**, along with **Ms. Simran Jagga** and **Ms. Shivali**, focused on early detection, prevention, and healthy lifestyle practices. Students learned about risk factors, symptoms, and the importance of regular self-examinations and screenings. The interactive session dispelled myths and emphasized holistic health through exercise, yoga, and nutrition. Overall, the program empowered students with vital knowledge on women's health and encouraged proactive self-care and awareness.



Awareness Session on “Breast and Cervical Cancer” in Collaboration with the TYACAN Foundation, December 6, 2024



Awareness Session on "Breast and Cervical Cancer" in Collaboration with the TYACAN Foundation, December 6, 2024



छात्राओं को गर्भाशय ग्रीवा कैंसर पर जागरूक

सेंट बीड्स कालेज में एक दिवसीय कार्यक्रम का किया आयोजन, सुझाव भी दिए



सिटी रिपोर्टर--शिमला

सेंट बीड्स कालेज के हेल्थ क्लब और महिला सेल द्वारा शुक्रवार को टीवाईएसीएन फाउंडेशन के सहयोग से स्तन और गर्भाशय ग्रीवा कैंसर पर एक जागरूकता सत्र का आयोजन किया गया। इस

कार्यक्रम की रिसोर्स पर्सन मित्री सिंह, सदस्य टायकन फाउंडेशन रहीं। उनके साथ सिमरन जग्गा, एक परामर्श मनोवैज्ञानिक और शिवाली, टीवाईएसीएन की एक स्वयंसेवक और सामाजिक कार्यकर्ता भी शामिल रही। इस सत्र का उद्देश्य छात्रों को दो सबसे

गंभीर स्वास्थ्य मुद्दों से अवगत कराना रहा। जो कई लोगों के जीवन को प्रभावित करते हैं। स्तन और गर्भाशय ग्रीवा के कैंसर महत्वपूर्ण स्वास्थ्य चुनौतियां हैं जिन पर लोगों के ध्यान और कार्रवाई की आवश्यकता है। छात्रों को इस सत्र के माध्यम से सीखे गए

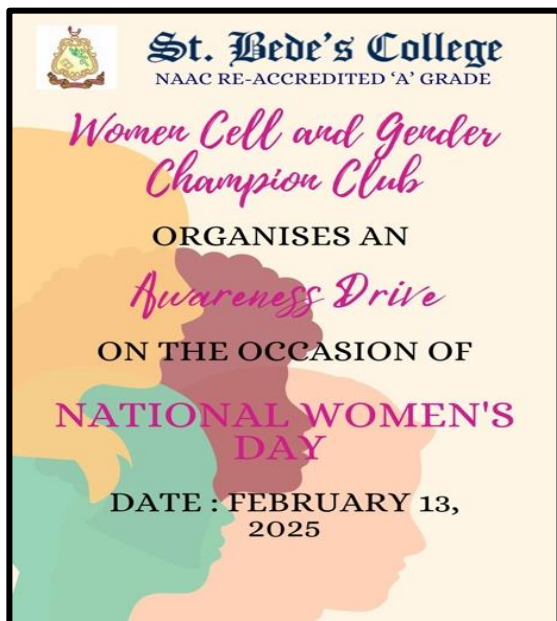
ज्ञान और संसाधनों को अपने आसपास के लोगों, विशेषकर अपनी माताओं के साथ साझा करने के लिए प्रोत्साहित किया गया। सत्र का समापन प्रश्नोत्तरी दौर के साथ हुआ जिसमें छात्रों ने चर्चा किए गए विषयों के संबंध में अपने संदेह और चिंताएं व्यक्त की।

. Awareness Session on "Breast and Cervical Cancer" in Collaboration with the TYACAN Foundation, December 6, 2024



NATIONAL WOMEN'S DAY CELEBRATION

On **February 13, 2025**, the **Women Cell and Gender Champions Club** of St. Bede's College celebrated **National Women's Day** with an awareness drive honoring **Sarojini Naidu's legacy**. The event featured interactive discussions, poster exhibitions, and pamphlets highlighting women's contributions and rights. Students were engaged in classroom discussions on gender equality, empowerment, and societal challenges faced by women. The initiative fostered awareness and inspired students to advocate for inclusivity and women's rights. Overall, the drive effectively promoted gender sensitivity and encouraged active participation in building an equitable society.



An Awareness Drive to Celebrate National Women's Day, February 13, 2025



सेंट बीड्स कालेज में राष्ट्रीय महिला दिवस पर किया जागरूक



शिमला। सेंट बीड्स कालेज की महिला प्रकोष्ठ ने गुरुवार को राष्ट्रीय महिला दिवस पर एक जागरूकता अभियान का आयोजन किया। इसमें सरोजिनी नायडू की विरासत और लैंगिक समानता को बढ़ावा दिया। इस कार्यक्रम में इंटरैक्टिव चर्चा, पोस्टर प्रदर्शनियां और पंपलेट्स वितरण किए गए, जिसमें समाज में महिलाओं के योगदान को उजागर करते हुए चित्रित किया गया। महिला प्रकोष्ठ के सदस्यों ने सशक्तिकरण की चल रही आवश्यकता पर बल देते हुए छात्राओं को लिंग अधिकारों और चुनौतियों पर बातचीत करने के लिए प्रेरित किया। इस पहल ने उत्साही भागीदारी प्राप्त की, जो वकालत और जागरूकता के लिए कालेज की प्रतिबद्धता को मजबूत करती है। इस घटना के माध्यम से सेंट बीड्स कालेज ने एक अधिक सूचित और न्यायसंगत समाज को बढ़ावा देने के लिए अपने समर्पण की पुष्टि की।

शिमला | शुक्रवार, 14 फरवरी 2025

6

सेंट बीड्स में जागरूकता कार्यक्रम आयोजित

शिमला। सेंट बीड्स कॉलेज शिमला के महिला प्रकोष्ठ ने राष्ट्रीय महिला दिवस के उपलक्ष्य पर कॉलेज में लैंगिक समानता पर जागरूकता कार्यक्रम का आयोजन किया। इसमें सरोजिनी नायडू की लैंगिक समानता संदेश को लेकर चर्चा की तथा पोस्टर प्रदर्शनी लगाई गई। पोस्टरों में महिलाओं के योगदान को उजागर करते हुए चित्रित किया गया। बीए तृतीय वर्ष से वृंदा, मनोविज्ञान विभाग बीए तृतीय वर्ष से दीक्षा उनियाल, बीए तृतीय अर्थशास्त्र से आस्था नृष्ट, बायोटे आनर्स तृतीय वर्ष से शेफाली रापटा और बीकॉम तृतीय वर्ष की छात्रा ममता बायोटेक ऑनर्स ने पोस्टर बनाकर लैंगिक समानता का संदेश दिया। ब्यूरो

An Awareness Drive to Celebrate National Women's Day, February 13, 2025



ARTICLE WRITING COMPETITION ON “BREAKING THE GLASS CEILING: WOMEN’S POLITICAL PARTICIPATION”

On **March 4, 2025**, St. Bede’s College organized an **article writing competition** on the theme **“Breaking the Glass Ceiling: Women’s Political Participation.”** The event aimed to raise awareness about challenges women face in politics and celebrate strides toward gender equality and empowerment. Students submitted thoughtful entries exploring historical exclusion, successful female leaders, and policy recommendations to enhance participation. The top winners, **Anushka (B.A. 1st Year)** and **Saizal Sharma (B.A. 2nd Year)**, were awarded for their insightful and well-researched articles. The competition successfully fostered dialogue on women’s political empowerment and showcased students’ analytical and creative abilities.

Breaking the Glass Ceiling: Women's path to political leadership.

For centuries, political power has been concentrated in the hands of men, not by merit but by design. A man’s ambition is seen as natural ; a woman’s as defiance. Women have been told to wait, to prove themselves repeatedly, to accept that leadership is a privilege granted, not a right earned. But the tide has turned. Women are no longer waiting, they are dismantling the very structures built to exclude them.

The glass ceiling in politics is not just a metaphor, it is a system of resistance. Resistance against women holding authority, against their ability to command without being questioned, against their right to exist in power without justification. And yet, they are breaking through.

In Himachal Pradesh, 50% of panchayat seats are now held by women. However, many still struggle against deep-seated patriarchy, where male relatives attempt to govern in their name. But a shift is underway. Women like Chhavi Rajawat have refused to be symbolic figures. She walked away from a corporate career to govern her village on her terms, proving that leadership is not granted, it is taken.

Women are not just stepping into politics; they are redefining it. Jacinda Ardern led New Zealand through a crisis with competence, not theatrics. Sanna Marin changed perceptions of leadership in Finland. Nirmala Sitharaman commands India’s economy, a space once dominated by men.

Yet, every time a woman rises to power, the world hesitates. **“Can she handle it?”** The question echoes, not out of genuine curiosity, but out of centuries-old conditioning that equates leadership with masculinity. Why must women prove competence while men are assumed to have it? The glass ceiling is not just cracking, it is collapsing. Women are not merely entering politics, they are transforming it.

— Saizal Sharma
BA 2nd year.

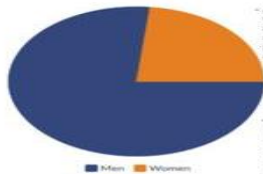


Breaking the glass ceiling : Women's path to political leadership

Written by Anushka Sharma BA 1ST YEAR

In a world where women makeup roughly half of the world's population , they hold a mere fraction of political leadership positions. From Begum Hazrat Mehal to Rani Laxmi Bai of Jhansi , women have played important diplomatic and administrative roles in the past yet they are not encouraged to take active participation in politics.

Women in executive government positions



- As of 1 June 2024, there are 27 countries where 28 women serve as Heads of State and/or Government (1). At the current rate, gender equality in the highest positions of power will not be reached for another 130 years.

- Just 18 countries have a woman Head of State, and 15 countries have a woman Head of Government.

- The five most commonly held portfolios by women Cabinet Ministers are Women and gender equality, followed by family and children affairs, social inclusion and development, social protection and social security, and Indigenous and minority affairs

Data compiled data by UN Women show that women represent 23.3 per cent of Cabinet members heading Ministries, leading a policy area as of 1 January 2024 (4).

P for politics , P for patriarchy

Politics being male dominated leads to patriarchal social structures and policies which therefore lead to the exclusion of women. Attitude towards politics in general being 'dirty, corrupt, dangerous' doesn't help either.

Redundant Mindsets

People believe that women inherently do not possess the decision making , problem solving and other skills required to be strong leaders. Stereotypes in the media perpetuate the idea that women

are less legitimate and capable leaders than men.

Women in politics and structural Challenges

Women in political spheres face sexual harassment, other microaggressions , judgement and stringent scrutiny. From their marital status , to their personal decisions of having children or not , every aspect is commented upon. Women also often have less access to the resources necessary for successfully seeking a party nomination or running in an election than men. This includes limited access to financial networks and political patronage. Despite there being 33% of reservation for women on the local government level in India , very few women take the lead.

Breaking the glass ceiling

The 'glass ceiling' is an invisible barrier preventing women from rising beyond a certain level of hierarchy in politics.



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

MUN Club is Organising an Article Writing Competition!!!

**Topic: Breaking the Glass Ceiling:
Women's Path to Political Leadership**

**You can submit your article
online to the provide ID.**

**Last date for the submission is
4th March 12:40PM !!!**

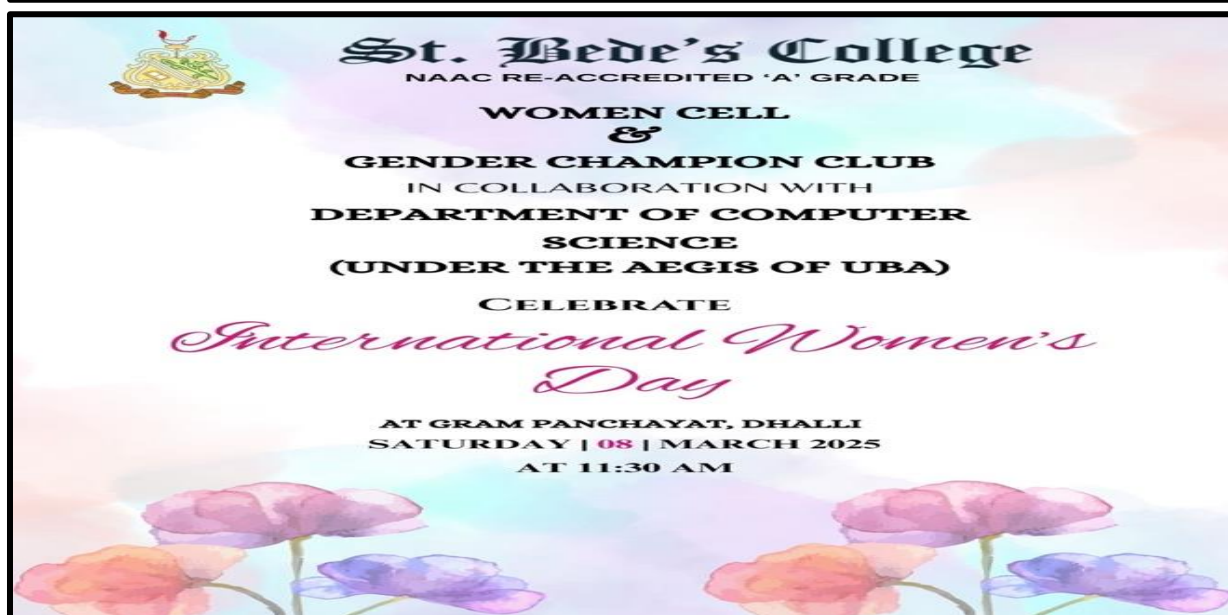
President: Samaira Sharma
Secretary: Nishtha Verma





CELEBRATION ON INTERNATIONAL WOMEN'S DAY

On **March 8, 2025**, the **Women Cell and Gender Champion Club**, in collaboration with the **Computer Science Department** of St. Bede's College under **Unnat Bharat Abhiyan**, celebrated **International Women's Day** both on campus and at **Gram Panchayat, Dhalli**. The event honored women's achievements and addressed challenges related to gender inequality and bias. Activities included a PowerPoint presentation on women's empowerment, a touching musical play depicting a woman's life journey, and a digital literacy session on cyber safety. The outreach programme connected students with the community, promoting awareness and dialogue on women's rights and online security.



International Women's Day celebration at St Bede's College and also an Outreach Programme at Gram Panchayat, Dhalli on March 8, 2025



International Women's Day celebration at St Bede's College and also an Outreach Programme at Gram Panchayat, Dhalli on March 8, 2025



International Women's Day celebration at St Bede's College and also an Outreach Programme at Gram Panchayat, Dhalli on March 8, 2025



सेंट बीड्स कालेज में छात्राओं ने महिला दिवस पर संगीत नाटक किया प्रस्तुत

सिटी रिपोर्टर-शिमला

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,

हर्षिता ठाकुर, निकिता ठाकुर, वृंदा दत्त शर्मा, भारती शर्मा, सान्या झिंगटा, श्रेया ठाकुर, वृत्ति शर्मा, पलक ठाकुर, अदिति ने भाग लिया।

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।

International Women's Day celebration at St Bede's College and also an Outreach Program at Gram Panchayat, Dhalli on March 8, 2025