



**SUPPORTING DOCUMENT
FOR
7.1.9
ACTIVITIES ORGANISED BY THE INSTITUTION TO SENSITIZE STUDENTS
AND
EMPLOYEES TO CONSTITUTIONAL OBLIGATIONS VALUES, RIGHTS, DUTIES
AND RESPONSIBILITIES OF CITIZENS**



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WORLD ENVIRONMENT DAY

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 NCC Cadets enthusiastically participated in a slogan writing competition. The celebration served as a reminder that small efforts can lead to a greener and healthier planet.



World Environment Day, June 5, 2024

YOGA CAMP AND NATIONAL WEBINAR ON INTERNATIONAL YOGA DAY

From June 13th-14th & 21st, 2024 The Health Club, in collaboration with the Department of Physical Education, St. Bede's College, Shimla, organized a Two-Day Yoga Camp under the aegis of the Ministry of AYUSH. Yoga Day — 'Yoga for Women Empowerment'. The sessions were expertly led by Dr. Rinku Kumar, a renowned yoga expert from the Department of Yogic Sciences, Himachal Pradesh University (HPU). Over 50 college students actively participated in the camp and gained valuable insights into the physical, mental, and emotional benefits of yoga. The primary objective of the program was to raise awareness about the benefits of



practicing yoga. The camp was conducted on 13th and 14th June 2024, aligning with the theme of this year. The yoga camp helped promote a sense of balance and harmony between the mind and body among the participants. This unity is crucial for the emotional and psychological stability of young students and contributes significantly to their holistic development and empowerment.

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Yoga Session Day-I



Yoga Session Day-II

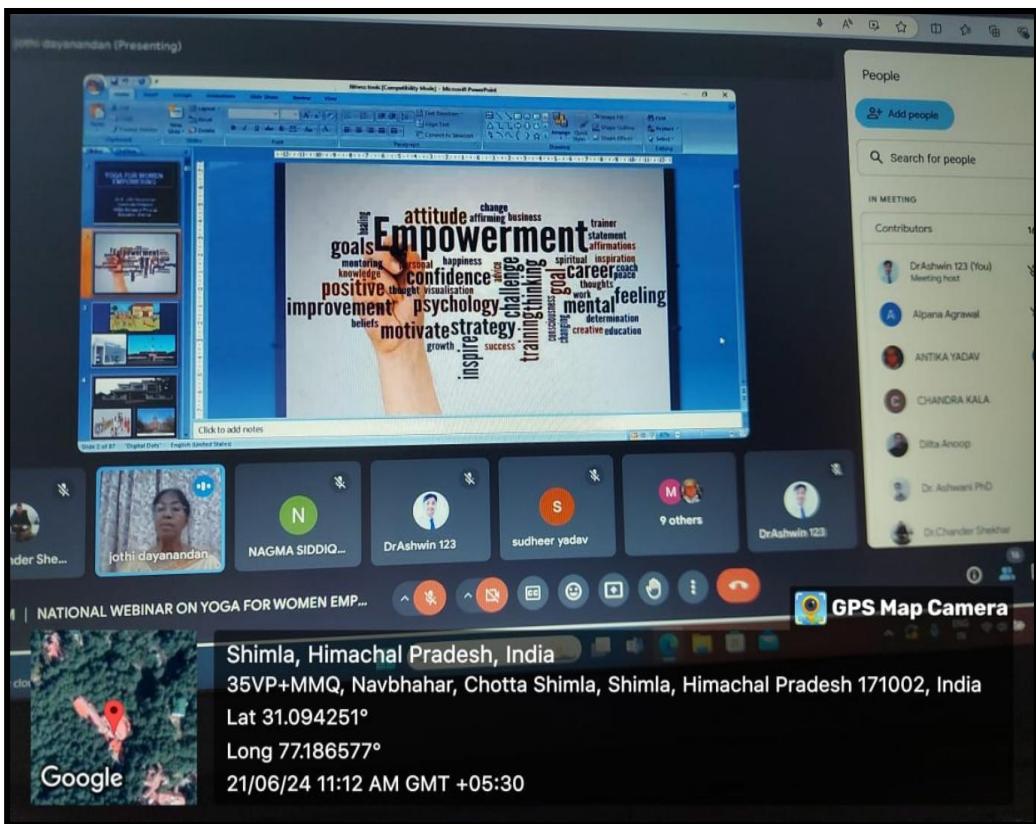


Yoga Camp on International Yoga Day, June 13-14, 2024



NATIONAL WEBINAR ON “YOGA FOR WOMEN EMPOWERMENT”

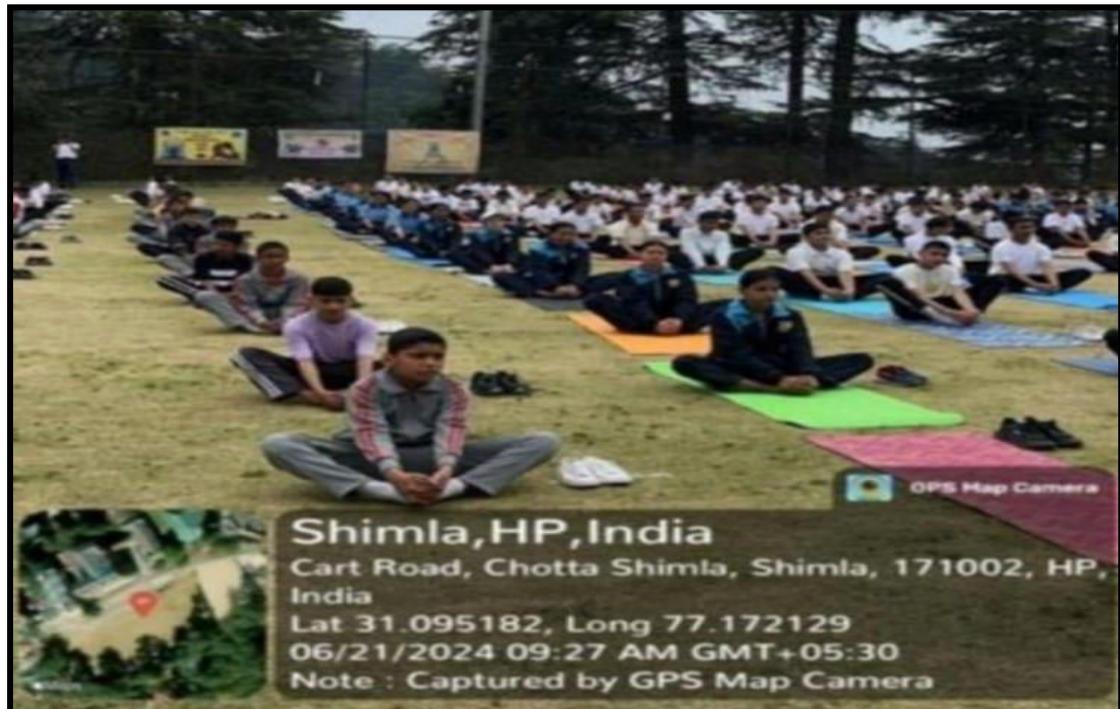
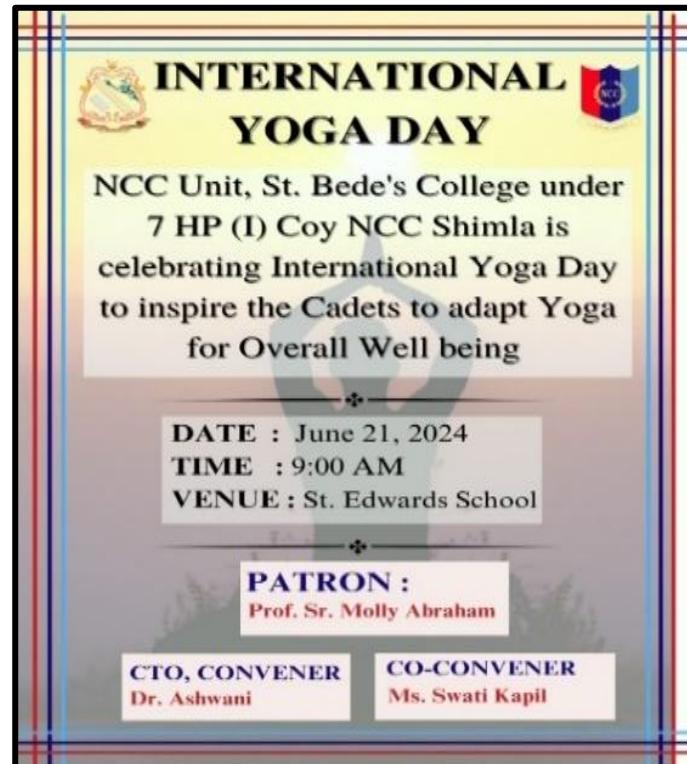
On the occasion of International Day of Yoga, the Department of Physical Education and Health Club of St. Bede's College, Shimla, jointly organized a National Webinar on “Yoga for Women Empowerment”. Participants gained enhanced awareness of their inner strengths, capabilities, and emotional well-being. The session motivated attendees to make empowered life choices and trust their personal decisions



National Webinar on International Yoga Day, June 21, 2024

INTERNATIONAL YOGA DAY

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 asana with enthusiasm and dedication. The event successfully inspired cadets to adopt yoga for overall well-being, fostering a sense of community and teamwork. The event inspired cadets to adopt yoga for overall well-being, fostering a sense of community and teamwork.

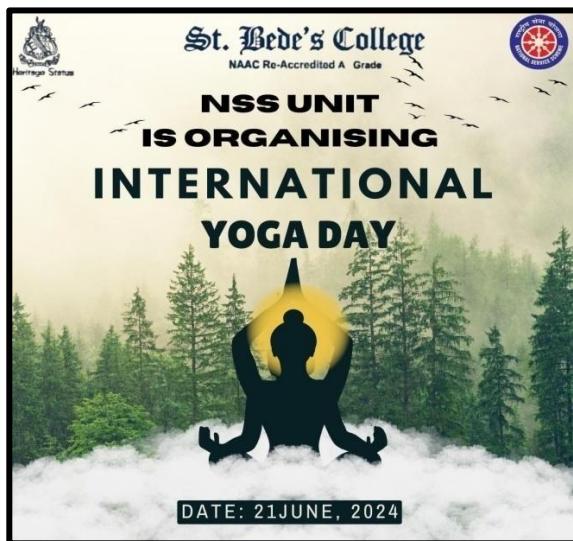


International Yoga Day (June 21, 2024)



CELEBRATING INTERNATIONAL YOGA DAY

To encourage Yoga practice for well-being among students, staff and their families, and to extend this awareness to the local community. The NSS unit of St. Bede's college organized "International Day of Yoga" on June 21, 2024. The activity for the same was "Yoga at home with the family". The students as well as staff of St. Bede's College along their family members, practiced the Yoga Asanas at their respective places and posted their photos in social media. This event raised awareness about the importance of Yoga for physical and mental well-being among students, staff, and their families.



International Yoga Day, June 21, 2024



CATC CAMP 1

A Combined Annual Training Camp (CATC) was successfully conducted under the aegis of 7 HP (I) Coy NCC Shimla at Sunni, District Shimla. The camp was organized in two phases: CATC-194, held from July 4th to July 13th, and CATC-198, which took place from July 4th to 13th July 2024. The event witnessed the active participation of cadets who showcased their enthusiasm, discipline, and competitive spirit throughout the duration of the camp.



Cadets during the Camp, July 4 - 13, 2024

CATC CAMP 2

A total of 21 cadets were present for the second phase starting from 15th to 24th July 2024. The second phase of the camp continued with the same zeal and enthusiasm. The activities conducted during this phase included advanced training, where cadets received further instruction in field tactics, map reading, and leadership skills to enhance their NCC knowledge and practical application. They once again participated in cultural programs such as group dance and group song, demonstrating their artistic abilities and teamwork. The CATC Camp at Sunni under 7 HP (I) Coy NCC Shimla was a resounding success, providing cadets with



valuable training and exposure to various aspects of NCC life. The camp not only enhanced their physical and mental abilities but also instilled discipline, leadership qualities, and a sense of camaraderie.



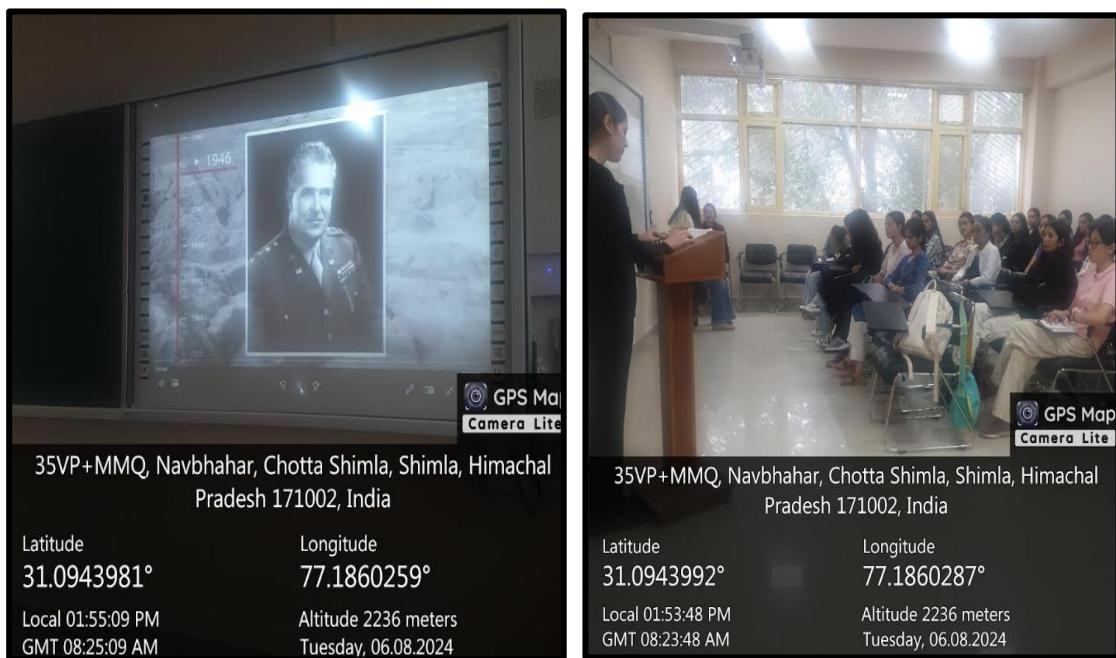
Cadets during the Camp, July 15- 24, 2024

HIROSHIMA DAY

The Heritage Club Miraasa of St. Bede's College, Shimla, organized an awareness program to commemorate Hiroshima Day on August 6, 2024. The event aimed to educate students and faculty about the historical significance of the Hiroshima bombing and its lasting impact on global peace and disarmament efforts. The main objective of the program was to engage students through a documentary screening that provides a deep insight into the events of August 6, 1945. The Hiroshima Day awareness program successfully educated and inspired the participants. By revisiting history, the event emphasized the need for a peaceful world and the dangers of nuclear weapon.



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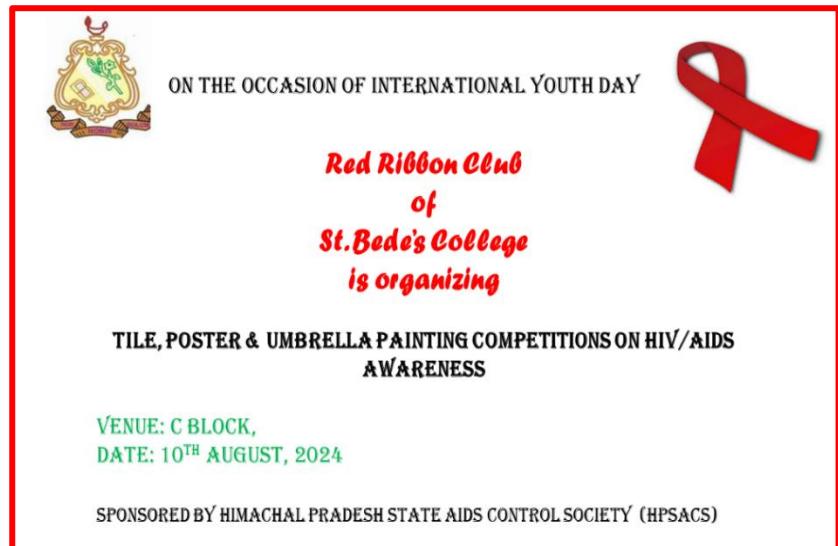
Screening of a Documentary, August 6, 2024

YOUTH DAY PAINTING COMPETITIONS (UMBRELLA. TILE AND POSTER) FOR HIV& AIDS AWARENESS

To Celebrate International Youth Day, different activities on HIV/AIDS awareness and prevention were organized by the Red Ribbon Club (RRC) of St. Bede's College from 10th to 12th August, 2024 under the theme "Let communities Lead". The objective of the program was



to create awareness on HIV& AIDS among youth. 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/AIDS.



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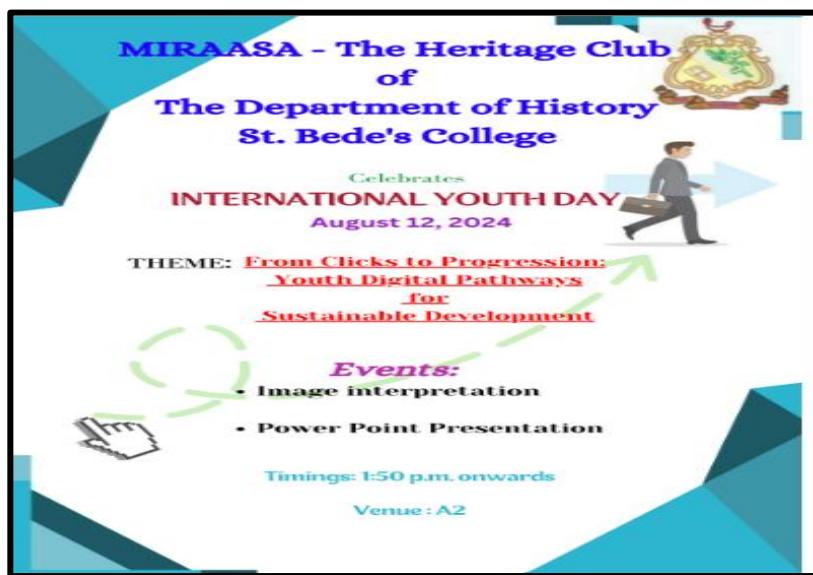
Poster and Umbrella Painting on HIV/AIDS awareness, 10th to 12th August, 2024

INTERNATIONAL YOUTH DAY

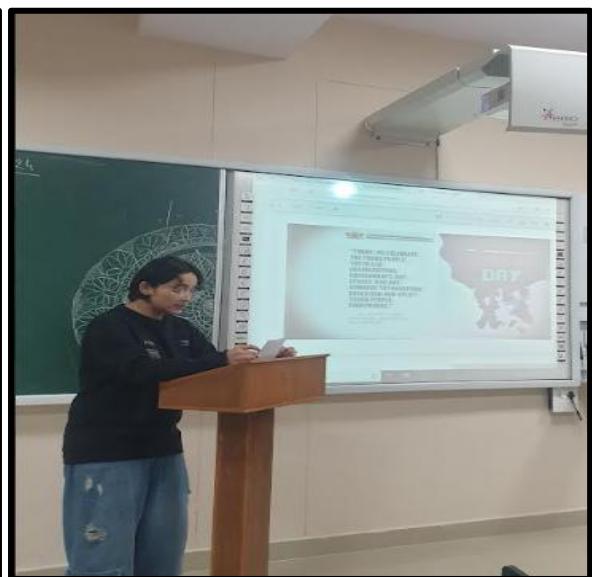
The Heritage Club "Miraasa" of the Department of History, St. Bede's College, Shimla, organized a special event to celebrate International Youth Day on August 12, 2024. This event



aimed to highlight the role of youth in digital transformation and sustainable development through various engaging activities. The main objective of the celebration was to provide a platform for students to discuss the opportunities and challenges of digital technology in shaping a sustainable future. The International Youth Day celebration was a successful and impactful event that emphasized the role of digitalization in achieving sustainable development.



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Power point Presentations by Students and Image Interpretation by the Students International Youth Day, August 12, 2024.



SIGNATURE CAMPAIGN “A SIGNATURE CAMPAIGN TO COMMEMORATE ANTI-RAGGING DAY.”

Ragging includes any conduct that has the effect of teasing, treating, or handling a student with rudeness, or indulging in indiscipline activities that cause annoyance, hardship, or psychological harm. It can also include physical abuse, mental abuse, or infringement of fundamental human rights therefore on 12th August 2024 the Anti-Ragging Committee of St. Bede's College started the Anti-Ragging Week celebration with the Anti-Ragging signature campaign to spread awareness among students about the importance of anti-ragging. Conducting this campaign at the college level has made students understand the ragging and its consequences and inculcate moral values and ethics by showing their commitment through signature for saying no to ragging.



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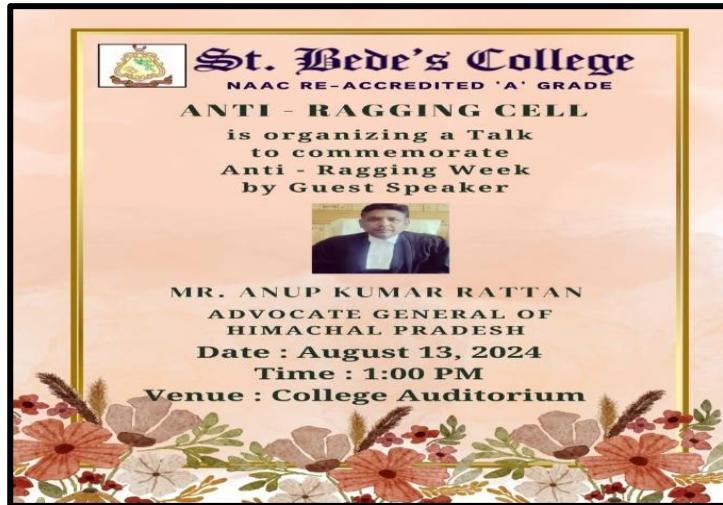
Anti-Ragging Signature Campaign, August 12, 2024

A TALK ON ‘PREVENTION OF RAGGING IN HIGHER INSTITUTIONS’ TO OBSERVE ANTI-RAGGING WEEK

On August 13, 2024 the Anti-Ragging Cell of St. Bede's College organized a talk on ‘Prevention of Ragging in Higher Institutions’ to observe Anti-Ragging Week in which Sh. Anup Kumar Rattan, Advocate General of Himachal Pradesh was invited as the guest speaker.



The activity plays an important role in making students aware of their legal rights and the different acts passed by the government for the safety of Ragging.



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Talk on 'Prevention of Ragging in Higher Institutions', August 13, 2024

INDEPENDENCE DAY CELEBRATION UNDER THE THEME 'HAR GHAR TIRANGA': DAY 1

This activity's main objective is to emphasize the value of solidarity, the strength of united efforts, and the importance of safeguarding hard-earned independence for upcoming



generations. It also serves to acknowledge past accomplishments and renew our dedication to upholding and enhancing our liberty. On August 13, 2024, the Hindustan Scouts and Guides conducted an initiative called 'HarGharTiranga' as part of the 'AzadiKaAmritMahotsav' campaign. This event was organized to honour India's 78th Independence Day and pay tribute to the freedom fighters who sacrificed their lives for the nation. This activity successfully created a sense of togetherness and belonging towards the nation. It instilled a sense of pride in their nation and inspire them to contribute positively to society.

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

HINDUSTAN SCOUTS AND GUIDES
is organising
"HAR GHAR TIRANGA"
under the theme of
"Azadi ka Amrit Mahotsav"

Date : 13 to 15 August, 2024

Har Ghar Tringa

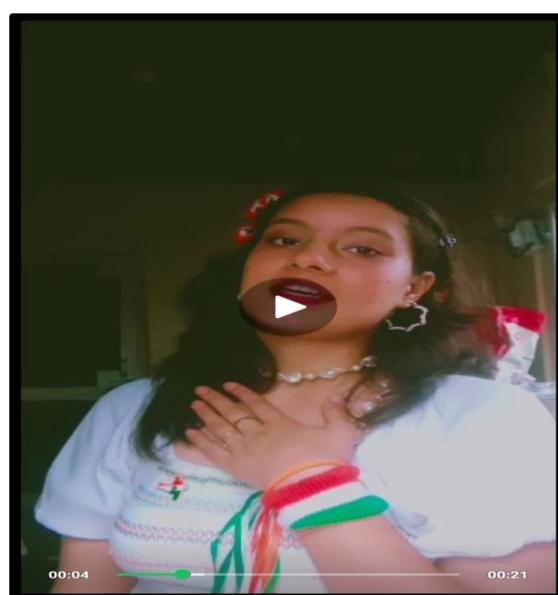
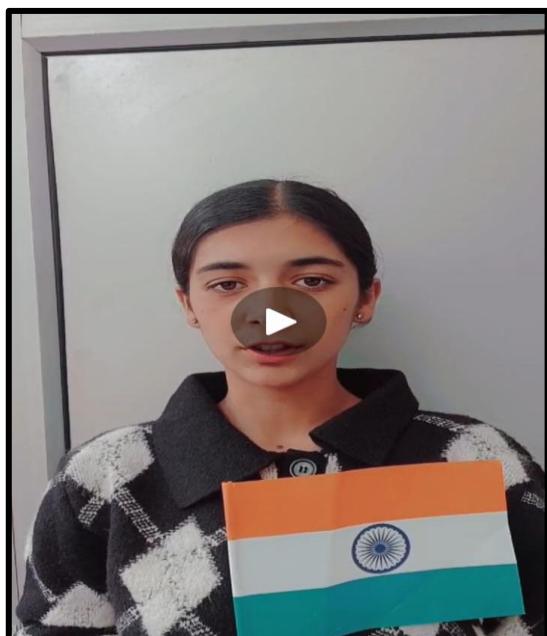
Independence Day Celebration under the theme 'HarGharTiranga': Day 1 (August 13, 2024)

INDEPENDENCE DAY CELEBRATION UNDER THE THEME 'HAR GHAR TIRANGA' DAY 2

This activity's primary objective was to celebrate our country's independence by showcasing patriotism through poetry. It sought to deepen students' appreciation for Independence Day's importance while also developing their abilities to speak in public. On August 14, 2024, the Hindustan Scouts and Guides conducted an event called 'HarGharTiranga' as part of the 'AzadiKaAmritMahotsav' initiative. This event was held to mark India's 78th Independence Day and honor the Indian freedom fighters who sacrificed their lives for the nation. The celebration included a poetry recitation activity featuring the national flag to observe



Independence Day. The poetry recitation event proved to be a triumph, effectively capturing the spirit of Independence Day through verse. Participants demonstrated their abilities while gaining a deeper appreciation for the importance of liberty and national pride. The gathering was well-received by all in attendance and served as a fitting homage to the country's sovereignty.



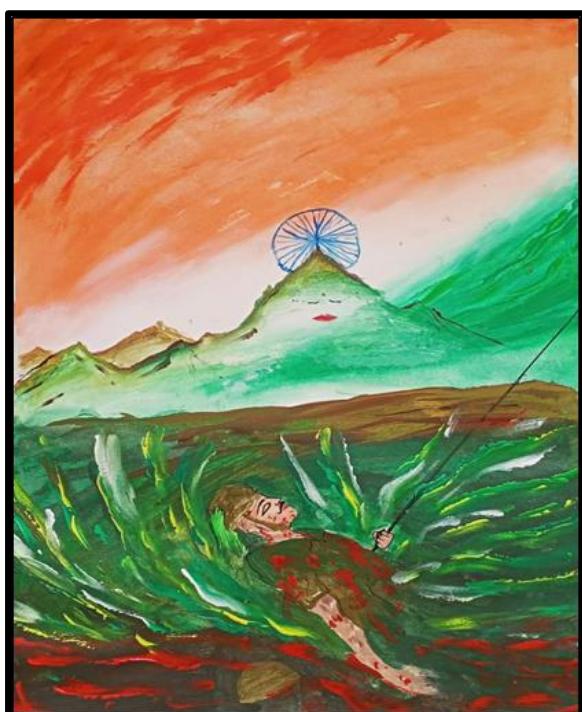
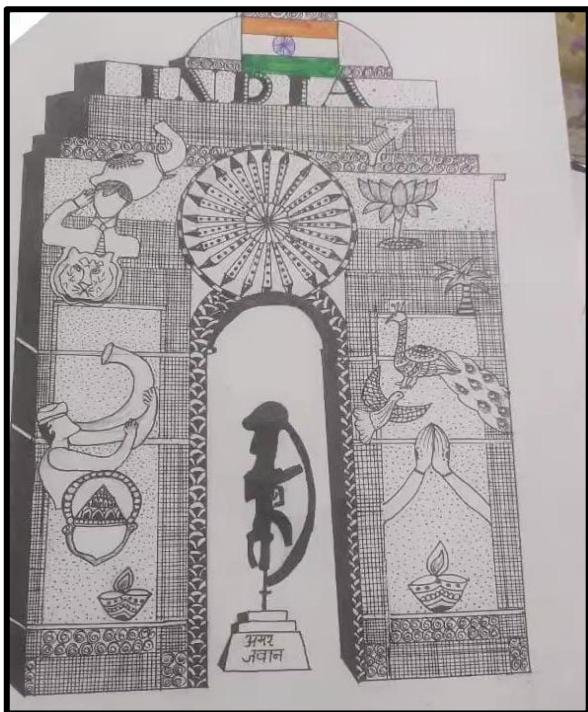
Independence Day Celebration under the theme 'HarGharTiranga': Day 2

(August 14, 2024)



INDEPENDENCE DAY CELEBRATION UNDER THE THEME ‘HAR GHAR TIRANGA’: DAY 3

The event offers an innovative space for attendees to showcase and honor their national pride, along with the principles of liberty and sovereignty that their country embodies. On August 15, 2024, the Hindustan Scouts and Guides conducted an event called 'HarGharTiranga' as part of the 'AzadiKaAmritMahotsav' celebration. To commemorate Independence Day, they organized a painting activity that encouraged participants to express their patriotism through art. The initiative served multiple purposes: fostering creativity, educating young women about the importance of Independence Day, and strengthening community ties through artistic expression. The community-wide painting event proved to be a tremendous hit, drawing enthusiastic participants from all walks of life. A wide array of artworks was produced, each offering a unique perspective on the Independence Day motif.



Independence Day Celebration under the theme ‘HarGharTiranga’ Day 3 (August 15, 2024)

INDEPENDENCE DAY CELEBRATION

On August 15, 2024 The Cadets of St. Bede’s College NCC visited Dhali Gram Panchayat under UBA for the Independence Day Flag Hoisting Ceremony. They were warmly welcomed



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by the Panchayat members and the local community. Alongside the Panchayat head, the Cadets actively participated in the flag hoisting. The event symbolized a strong bond between the Cadets and the villagers, emphasizing the values of unity and patriotism. The Independence Day celebration at the Gram Panchayat served as a powerful reminder of the nation's journey to freedom. It helped cultivate a spirit of patriotism, unity, and a deeper appreciation for the sacrifices made by freedom fighters.

Social Media Link:<https://www.instagram.com/p/C-tHlyKnq/?igsh=ZGM5M2loN2oxZnc0>



“Participating Institute UBA Banner and Brochure



Independence Day Celebration August 15, 2024



INDEPENDENCE DAY CELEBRATION

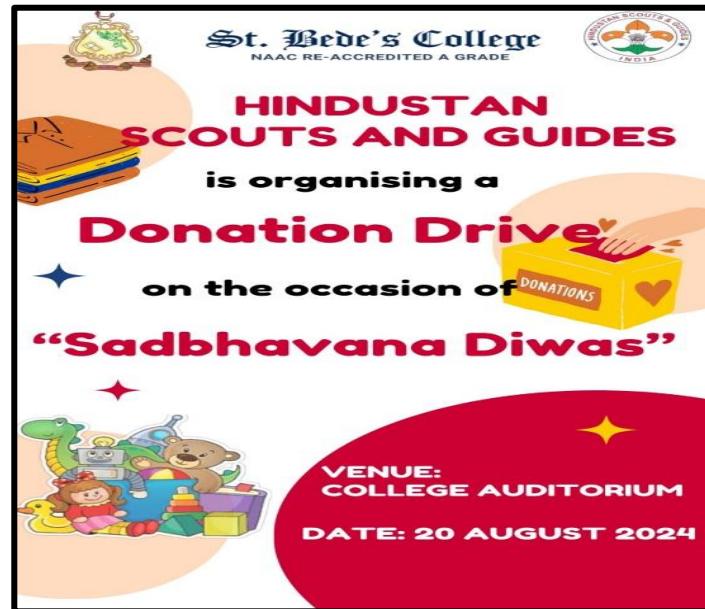
On August 15, 2024 to celebrate the 78th Independence Day and instill a sense of patriotism, unity, and national pride among the students, faculty, and staff of St. Bede's College. St. Bede's College commemorated the 78th Independence Day with great enthusiasm. Students, teachers, and non-teaching staff actively participated, showcasing their respect and love for the country. The event concluded with the national anthem and distribution of sweets, fostering a spirit of togetherness.



Independence Day Celebration, August 15, 2024

DONATION DRIVE ON THE OCCASION OF "SADBHAVANA DIWAS"

The main objective of the donation campaign was to gather garments or generate money for acquiring additional resources. Additionally, it sought to boost public involvement and understanding of local community needs. On August 20, 2024, a charitable event called "SadbhavanaDiwas" was organized to gather clothing and monetary contributions for local families in need. College students participated by donating garments, with every student making a contribution to assist others. This initiative was highly successful and aimed to provide support for individuals experiencing financial hardship while also enriching the educational experience.



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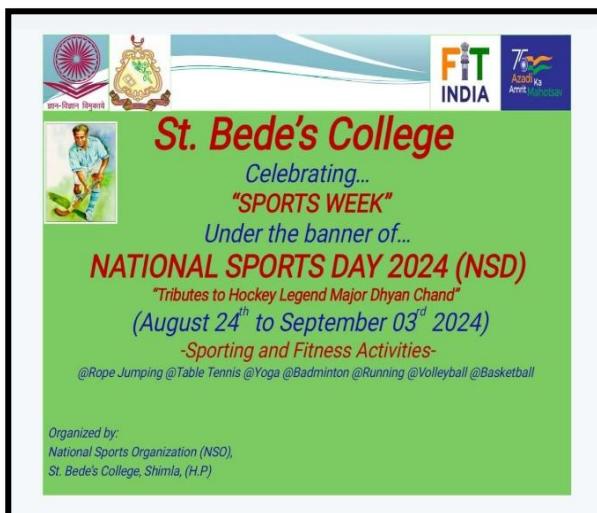


Donation Drive on the occasion of "SadbhavanaDiwas" (August 20, 2024)



CELEBRATION OF NATIONAL SPORTS DAY

The main objective of the sports week was to promote awareness about the significance of sports and being physically active. The National Sports Organization (NSO), St. Bede's College Shimla, organized Sports Week under the banner of National Sports Day (August 24th to September 3rd, 2024) to commemorate the birth anniversary of legendary hockey player Major Dhyan Chand, "The Wizard." The program was conducted under the guidelines of UGC. The college thus organized various sports activities such as Table tennis, Badminton, Yoga, Track Races, Basketball and Volleyball. It brings together people from all spheres of life, transcending boundaries of age, gender, and background, to collectively celebrate the incredible feats of athletes who represent the nation on various platforms.

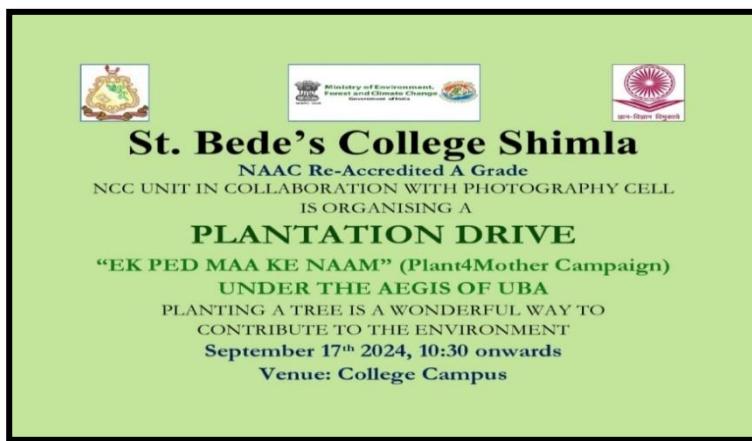


Celebration of National Sports Day, August 24th to September 3rd, 2024



PLANTATION DRIVE

On September 17th, 2024 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 MaaKeNaam*”, as part of the Unnat Bharat Abhiyan (UBA). This unique drive promoted environmental sustainability while paying tribute to mothers by planting trees in their honour. The primary objectives of the plantation drive are to raise awareness about environmental conservation, encourage responsible citizenship, and foster a sense of community engagement. Through participation in the plantation drive, students gained a deeper understanding of environmental issues and were encouraged to continue engaging in eco-friendly practices.



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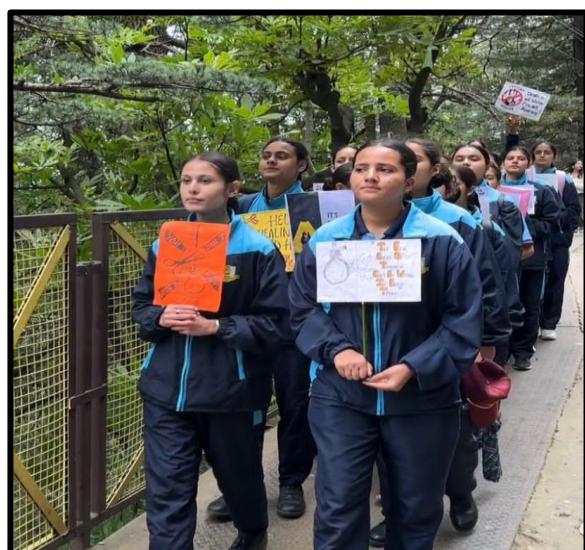
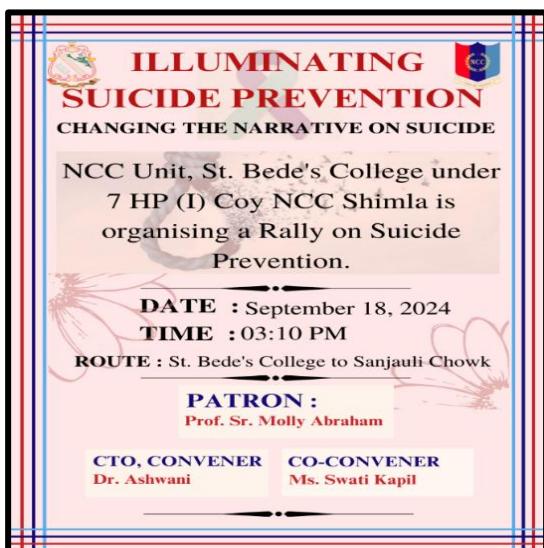


Plantation Drive, September 17, 2024



SUICIDE PREVENTION RALLY

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



Suicide Prevention Rally, September 18, 2024



WORLD TOURISM DAY CELEBRATION

On September 27, 2024 to commemorate the occasion of World **Tourism Day**, YUVA tourism Club of St Bede's College organised a *Nukkad Natak* based on the theme “Tourism & Peace”. The objective of the program was to raise awareness about the importance of tourism and its role in promoting cultural understanding, economic growth, and sustainability.



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Nukkad Natak, Theme: Tourism & Peace, September 27, 2024



CLEANLINESS DRIVE: SWABHAV SWACHHATA SANSKAAR SWACHHATA

The NSS unit of St. Bede's College, organized a cleanliness drive and a Nukkad Natak (street play) in China-Tilla Village, under Dhalli Gram Panchayat on **September 28th, 2024**. Volunteers performed the Nukkad Natak to educate the villagers and Gram Panchayat members on the significance of maintaining a clean environment. The objective of the Cleanliness Drive and Nukkad Natak, conducted under the theme “*Swabhav Swachhata Sanskaar Swachhata*,” was to raise awareness about the importance of cleanliness and to foster a sense of community responsibility in China-Tilla Village under the Unnat Bharat Abhiyan (UBA). The initiative effectively increased awareness about the importance of cleanliness and showcased the NSS unit's active role in promoting environmental conservation and community engagement. It also emphasized the value of behavioral change in achieving a cleaner and healthier society.



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"Cleanliness Drive: Swabhav Swachhata Sanskaar Swachhata," September 28th, 2024



QUIZ COMPETITION ON ELECTORAL AWARENESS AND PARLIAMENTARY PROCEEDINGS

Model United Nations in collaboration with the Electoral Literacy Club organized a quiz competition to promote electoral literacy, general awareness, foster team work, and encourage critical thinking among students. The quiz competition took place on 1st October 2024 at 2:20 P.M. in the Seminar room. The competition consisted of multiple rounds, participant's knowledge on various topics.



Quiz Competition organized by Electoral Literacy Club in collaboration with Model United Nations, October 1, 2024

GRAM SABHA MEETING UNDER UBA

The UBA Cell of St. Bede's College, Shimla, along with 10 community outreach students, represented the college at a Gram Sabha Meeting held at Dhalli Gram Panchayat on October 2, 2024. The primary objectives of a Gram Sabha meeting under the Unnat Bharat Abhiyan (UBA) are to understand the development needs of the village, identify potential solutions, and engage the local community in participatory planning and implementation of UBA activities.



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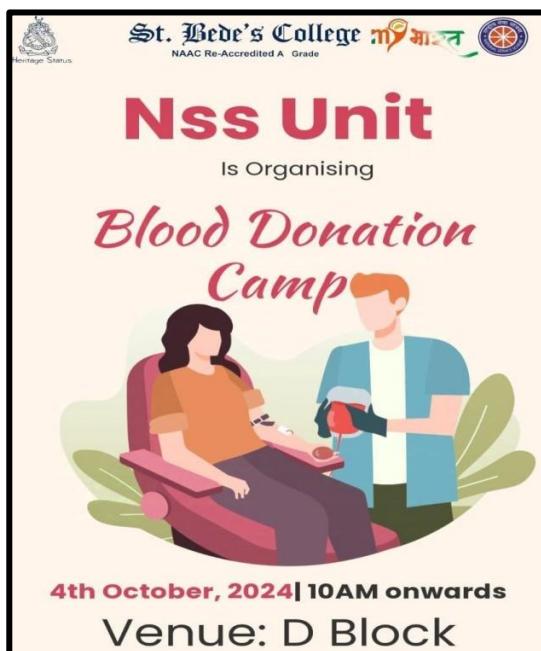


Gram Sabha Meeting under UBA, October 2, 2024



ACTIVITY: BLOOD DONATION DRIVE

On October 4, 2024 to promote awareness about the importance of blood donation and encourage community service. 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 Dilta. Supported by Dr. Siddharth's team from IGMC, the event successfully collected over 60 units of blood from students, faculty, and staff. The drive successfully raised awareness about the significance of blood donation and reinforced the spirit of community service within the college.



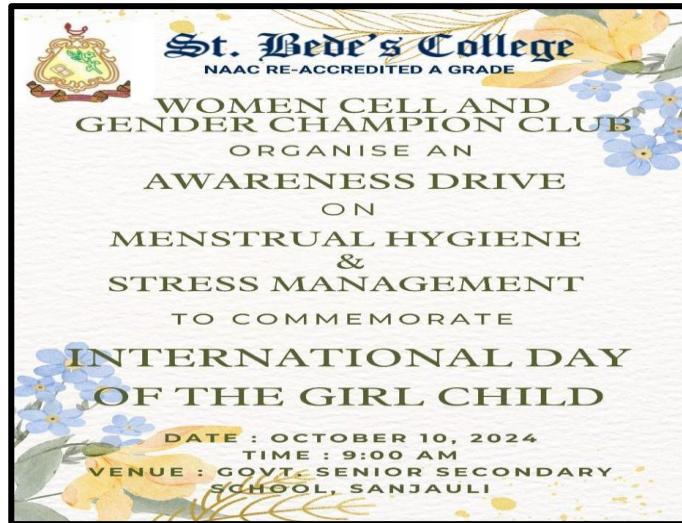
Blood Donation Drive, October 4, 2024

INTERNATIONAL DAY OF THE GIRL CHILD

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 on **October 10, 2024**. The primary aim of the session was to create awareness about menstrual hygiene among the students and also make them learn about stress management. 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. The knowledge gained is



expected to have a lasting impact, enabling students to make informed health decisions and advocate for well-being.



Brochure



Celebration of International Day of the Girl Child on October 10, 2024

INTER-SHIP POETRY WRITING COMPETITION ON “PREVENT ADDICTION, INSTILL CONVICTION”

The Poetry Society of St. Bede's College, Shimla organized an inter-ship poetry writing competition on October 14, 2024. The theme of the event was “Prevent Addiction, Instill



Conviction" in view of the alarming increase in substance abuse cases in Himachal Pradesh and the neighboring states. The theme was kept with the objective of educating students to understand the repercussions of drug addiction and how it can be avoided. It also aimed at sensitizing the young minds that falling prey to such malpractices comes from lack of self-confidence and unease to share one's feelings to others. Students also understood the value of true peer learning and safe environment for self-expression.



Brochure

A Light Within

In shadows deep where whispers dwell,
A restless heart, a silent hell,
The pull of chains, a tempting song,
A fleeting comfort, but it feels so wrong.

Each spark of joy, a fleeting trace,
Lost in the grip of a hollow embrace,
But hope ignites like dawn's first light,
A flicker, a promise, to end the night.

With every choice, a path to take,
To rise again, for freedom's sake,
In valleys low, where spirits break,
Believe in strength, for your own heart's sake.

Reach out your hand, let love's warmth flow,
A friend beside you, together you'll grow,
With every step, the burden will fade,
A brighter future, no longer afraid.

So stand with courage, face the storm,
In every struggle, let your heart be warm,
For life is rich, with dreams to weave,
And in conviction, you will believe.

Let not the shadows steal your grace,
In every moment, find your place,
For in the battle, you're never alone,
Together we rise, and together we've grown.

*IST
Sp. 2024
14/10/24*

The Silent Invader's Grasp

Dear Reader,
Do you recall the monsters of our
childhood fears,
The creatures that lurked beneath our
beds and in our tears?
Those terrifying beings that haunted our
dreams,
And filled our young hearts with primal
screams.

But now, a far more sinister monster
roams,
Addiction, a thief of dreams and shattered
homes.
It's grasp is tight, it's claws dig deep,
Stealing tomorrow's, in an endless sleep.

It starts innocently enough,
A subtle invasion begins, quietly.
Peer pressure's whispered promises, of
thrill and delight,
Lure unsuspecting hearts, into the deadly
night.

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Sp. 2024
14/10/24*

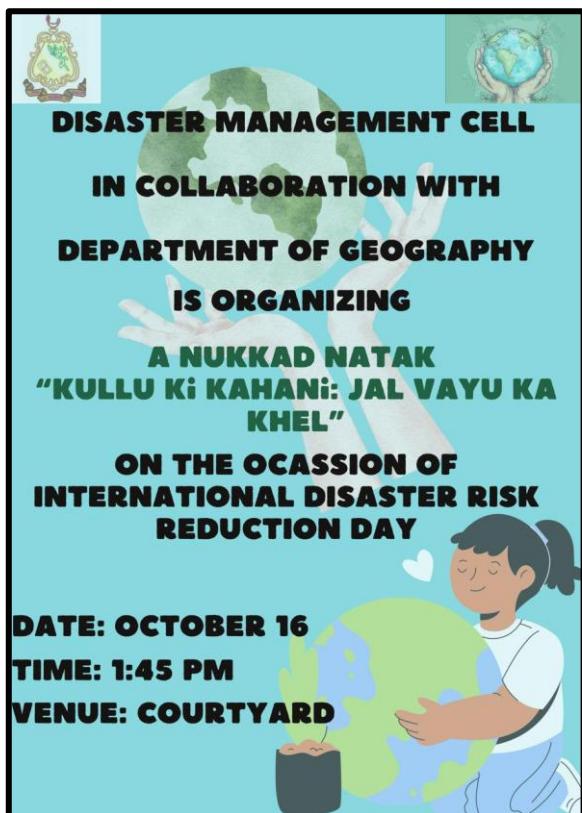
At first, it's excitement, a rush of the new,
A feeling of belonging, a false sense of
"cool."
But soon, the highs fade, and the lows
prevail,
And the youth, once bright, begins to fail.

Poetry writing competition, October 14, 2024



A LECTURE AND POSTER-MAKING COMPETITION

To raise awareness about the unique geographical challenges and risks associated with disaster management in the Northwestern Himalayas and to provide a platform for participants to express their understanding creatively through posters, enhancing engagement and retention of information. On October 16, 2024, the Department of Geography in collaboration with the Disaster Management Cell conducted a successful lecture and poster-making competition focusing on "Understanding the Geography of Disaster Management and Preparedness Northwestern Himalayas." The event aimed to raise awareness about the unique geographical challenges in the region and promote effective disaster management strategies. The event included interactive sessions where participants shared experiences related to disaster management. This fostered a collaborative atmosphere for exchanging ideas and experiences related to disaster management.



Lecture on disaster management in the Northwestern Himalayas October 16, 2024



Lecture and Poster making Competition, October 16, 2024



DIWALI CELEBRATION

On October 24, 2024 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. The NSS Unit of St. Bede's College, collected donations from NSS students. These included diyas, candles, toys, chocolates, and clothes, which were distributed to the residents of Bangala Colony. 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



OBSERVANCE OF “RASTRIYA EKTA DIWAS (NATIONAL UNITY DAY)

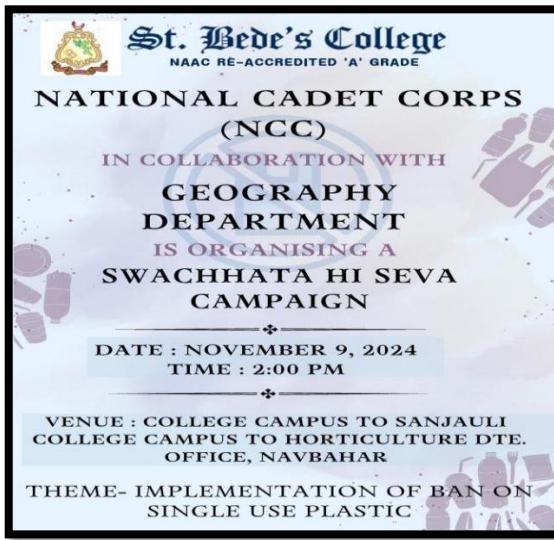
To commemorate National Unity Day and reinforce the unity, integrity, and security of our nation. EBSB cell of St. Bede's college organized a pledge taking ceremony on 31st October, 2024. The ceremony encouraged students to promote a sense of belonging and mutual respect among the diverse communities of India. RastriyaEktaDiwas instilled a feeling of national pride and belongingness among the students towards country's integrity. The pledge taking ceremony fostered oneness and unity among students.



Brochure, Observance Of “RastriyaEktaDiwas (National Unity Day), 31st October, 2024

SWACHHATA HI SEVA CAMPAIGN

To promote awareness and support the implementation of the ban on single-use plastic through a community-oriented cleanliness and sensitization drive. On November 9, 2024 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.

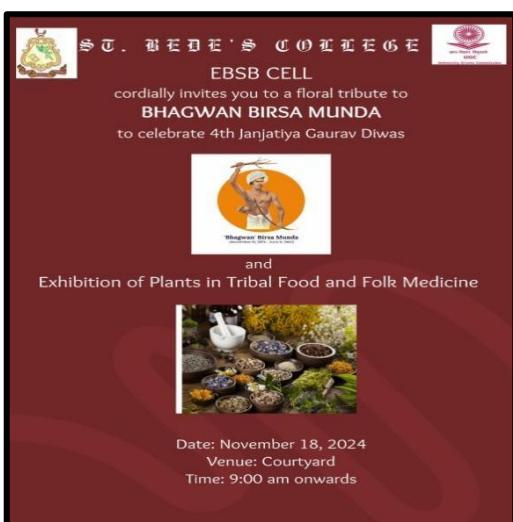


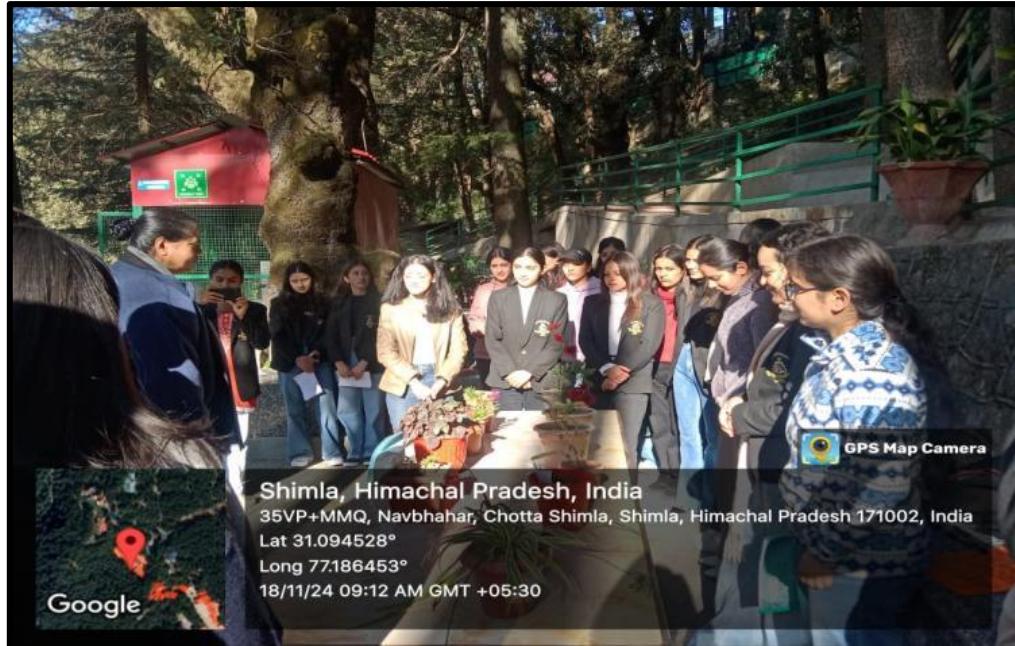
Swachhata Hi Seva Campaign" November 9, 2024

4TH JANJATIYA GAURAV DIWAS

(18th, 19th and 21st November, 2024) Event 1. Floral Tribute to Bhagwan Birsa Munda and Exhibition of Plants in Tribal Food and Folk Medicine

On 18th November, 2024 Ek Bharat Shreshtha Bharat Cell of St. Bede's College, in collaboration with The Department of Botany, celebrated the 4th Janjatiya Gaurav Diwas with great energy and enthusiasm. To make the coming generations aware about **Bhagwan Birsa Munda**'s sacrifices. An exhibition was held which was related to ethno medicinal plants in tribal food and folk medicine. It showcased the plants used by tribal communities. This exhibition gives information of the medicinal plant used to cure common diseases and in the treatment of diabetics, blood pressure and related disorder.





4th Janjatiya Gaurav Diwas, November 18, 2024

Event 2: Special Lecture on “Tribes of Himachal Pradesh”

The Ek Bharat Shreshtha Bharat Cell of St. Bede's College organized a special lecture on November 19, 2024, to commemorate the 4th Janjatiya Gaurav Diwas. The lecture focused on the theme “Tribes of Himachal Pradesh,” highlighting the state's diverse tribal heritage. The lecture offered students a valuable opportunity to learn about the unique traditions and ecological wisdom of the state's tribal population.



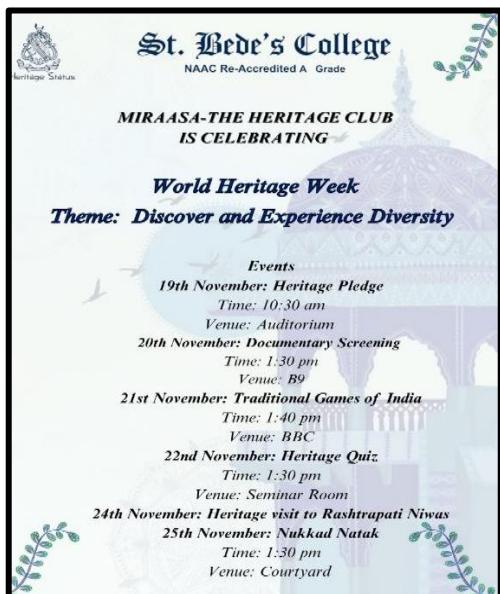
Special Lecture on “Tribes of Himachal Pradesh”, November 19, 2024



Special Lecture on “Tribes of Himachal Pradesh”, November 19, 2024

WORLD HERITAGE WEEK CELEBRATIONS

On November 19, 2024 the inaugural event of World Heritage Week organised by the Heritage Club -Miraasa commenced with a focus on raising awareness about the importance of protecting and preserving our cultural and natural heritage. The **World Heritage Week Celebration** aimed to educate students about the significance of cultural and natural heritage while encouraging engagement through interactive activities. Cultural performances like *NukkadNatak* served as a platform for creative expression, reinforcing the importance of heritage preservation and social awareness.



Brochure

Heritage Pledge

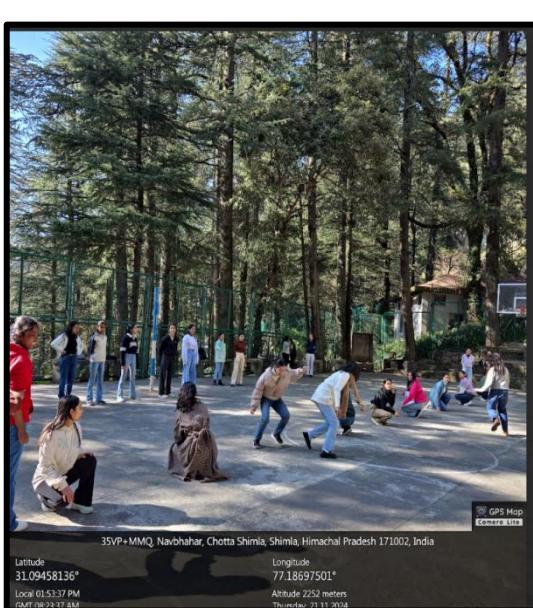


A special documentary screening on Indian heritage was organized for the students to highlight the rich and diverse cultural and historical legacy of India. The event aimed to foster awareness and appreciation for India's heritage and its role in shaping the world's history and identity.

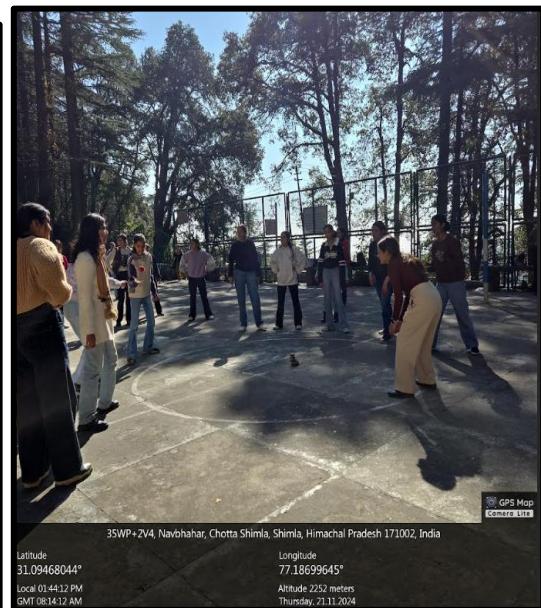


Screening of a Documentary on the Heritage of India

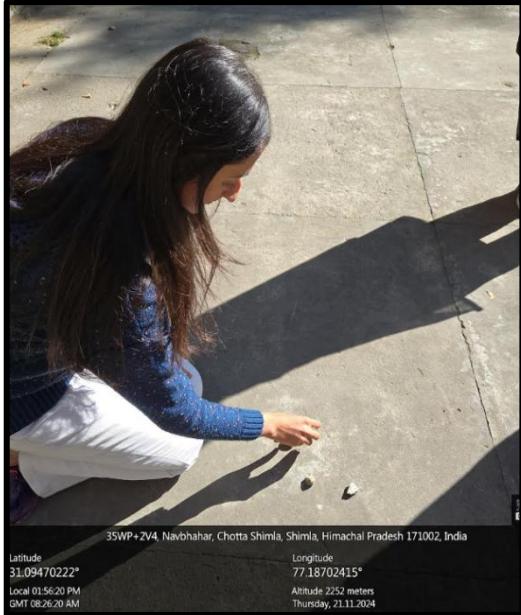
To commemorate *World Heritage Week*, a day dedicated to traditional games was organized for students on November 22, 2024 at the Basketball Court of the college. The event aimed to revive interest in India's rich heritage of indigenous games, promoting cultural appreciation and encouraging physical activity among the younger generation.



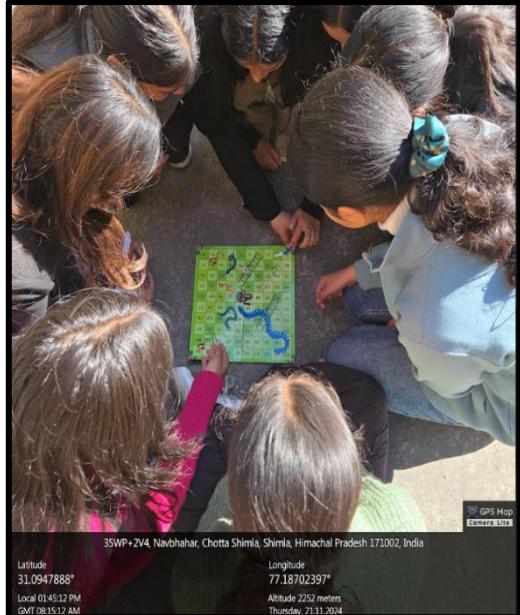
Pithtu



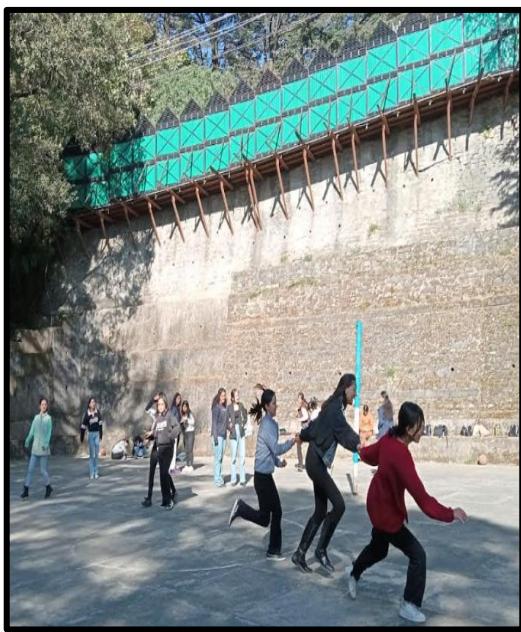
Kho Kho



Gutte (Five Stones)



Moksha Patam (Snake & Ladders)

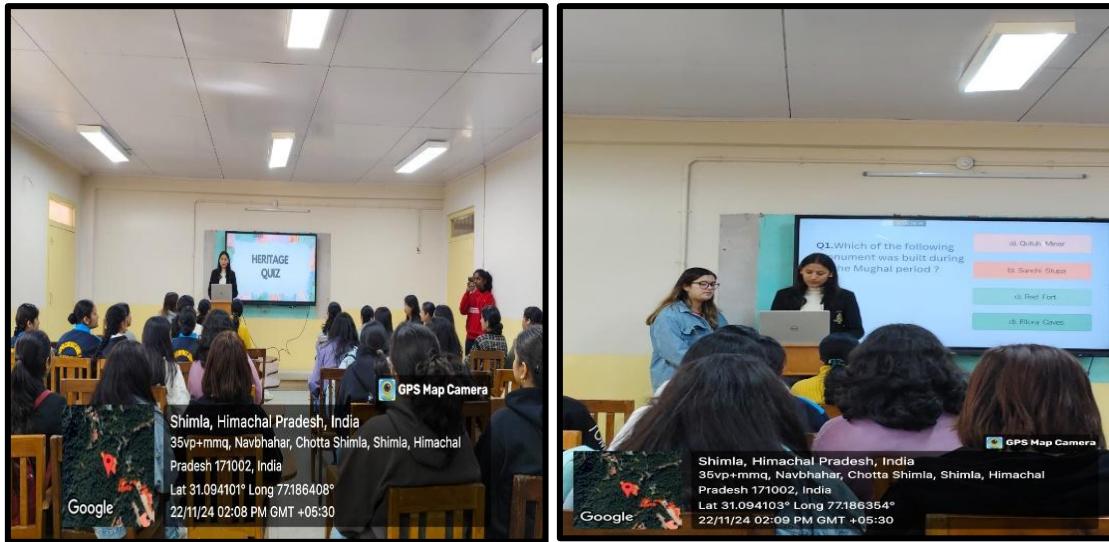


Chain Game



Posham Pa

A Heritage Quiz competition was successfully organized for students on November 22, 2024, in B9. The event aimed to foster awareness and appreciation for the rich cultural and historical legacy of our nation while encouraging a spirit of healthy competition among participants. The questions covered a broad spectrum of topics, including historical monuments, art forms, famous personalities, cultural festivals, and UNESCO World Heritage sites of our nation. The quiz not only tested the students' knowledge but also inspired them to delve deeper into the heritage and traditions.



Heritage Quiz, November 22, 2024

On the 24th of November 2024, a group of enthusiastic students from the Department of History embarked on an enriching heritage visit to Rastapati Niwas, Mashobra. The excursion was organized as part of the World Heritage Week Celebrations fostering cultural awareness and appreciation for India's rich historical legacy. Rastapati Niwas, a magnificent architectural marvel nestled in the serene hills of Mashobra, is a significant historical site. The students toured the premises, observing the intricate woodwork, expansive lawns, and well-preserved interiors. Guides shared fascinating stories about the role of Rastapati Niwas in India's colonial past and its subsequent transformation into a heritage site. The visit proved to be a profound learning experience, as students developed a greater appreciation for historical preservation and heritage, understood the cultural significance of heritage sites and strengthened their knowledge of India's colonial history and its architectural history.



Students Visit to Rashtrapati Niwas, Mashobra



As part of the World Heritage Week celebrations, a vibrant and thought-provoking NukkadNatak was performed by the students of History Department on 25th November 2024. The event aimed to spread awareness about the importance of preserving cultural heritage and traditions. The NukkadNatak was titled "**Sanskriti Bachao**" ("Save Our Culture") and was staged in the college courtyard. The storyline revolved around a group of youngsters discovering the beauty of India's cultural diversity while confronting modern challenges such as urbanization, neglect of traditions, and cultural erosion.



NukkadNatak- Theme: “SanskritiBachao” World Heritage Week,

November 19- 25, 2024

The NukkadNatak on cultural preservation during World Heritage Week was a resounding success. It not only showcased the talent and dedication of the students but also fostered a collective resolve to protect and celebrate India's heritage.

Events 3: Interdepartmental Write up and Quiz Competition

On 21th, November, 2024 in celebration of 4th Janjatiya Gaurav Diwas, Ek Bharat Shreshtha Bharat Cell of St. Bede's organized an inter-departmental short write up and quiz competition focusing on the topic “Tribal Culture, Tribal Craft and Tribal freedom Fighters”. This event aimed to enhance the understanding of students related to rich

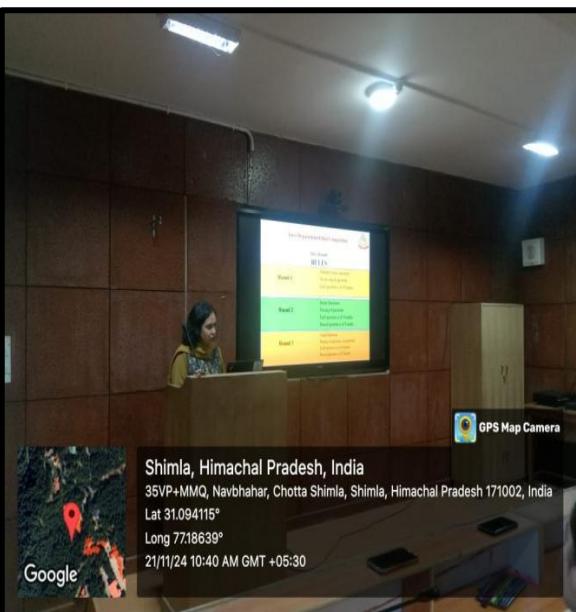


cultural heritage of tribal communities. The activity provided students with an opportunity to showcase their writing skills and present their findings to their peers, encouraging meaningful discussion and collaboration.

Through this exercise, they honed their ability to craft detailed write-ups, a vital skill. Additionally, the activity served as a final assessment, evaluating their knowledge and understanding of tribal affairs.



Brochure



Interdepartmental Write up and Quiz Competition, November 21, 2024



Name- Harshita Thakur
ENGLISH HONS III Year

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Tribal Achievers

India's rich cultural tapestry is woven with diverse threads of culture & variations in traditions, which is enriched majorly by the tribes of India. Despite the discrimination & prejudice faced by them, they still manage to be the trailblazers for the future generations. Historically, one of the first tribal leader to lead a rebellion against the Britishers was Jhila Manjhi, who fought for his tribe & killed one British official. Later in the 19th century, Birsa Munda & Rani Laxmibai left their footprints, fighting bravely & securing place among the tribal achievers.

In the realm of sports, Jagat Singh Munda led the national hockey team and dedicating his exquisite achievements to his activist background. Many from Manipur, not only became a sensation for women but also for men by winning 5 world championships.

Many tribal achievers have emerged out from the fields of textile production, craft making, metal work etc. People from these tribal areas use their expertise to produce their art but also spread it globally. Tribes like Koli, Gond, Santhal produce accessories which are used on a daily basis.

Signature: _____

The Tribal Achievers

Ist

Imagine growing up in a world where your culture, language and traditions are constantly marginalized. A world where your identity is erased from History books, and your voice is silenced. This is the reality for tribal achievers in India, where India's tribal communities, comprising 8.6% of the population.

From Birsa Munda's brave rebellion against British colonial rule to Mayo Kuri's triumph in the boxing ring, these people have broken barriers, defied stereotypes and consistently demonstrated exceptional resilience and determination.

Starting from Birsa Munda, a legendary tribal leader who spearheaded a tribal religious millenarian movement in the Bengal Presidency, now Jharkhand, during the British Raj. Fast forward to today, India's tribal community has produced numerous achievers who have

Short Write up, *Interdepartmental Write up Competition, November 21, 2024*

NCC CARNIVAL – NCC DAY CELEBRATION

On November 23, 2024, the NCC Cadets organized a vibrant NCC Carnival to commemorate NCC Day. The event was a blend of cultural performances and exciting food stalls, highlighting the creativity, teamwork, and organizational skills of the cadets. The carnival featured an exemplary cultural showcase, where cadets presented music, dance, and theatrical performances, reflecting the discipline and enthusiasm of NCC. The event witnessed active engagement from students, faculty, and visitors, who thoroughly enjoyed the performances and relished the food. The carnival not only served as a celebration of NCC spirit but also strengthened the bond among Cadets, enhancing their teamwork, leadership, and management skills. The carnival created a lively and engaging atmosphere, strengthening camaraderie among Cadets while providing an enjoyable experience for attendees.



Brochures

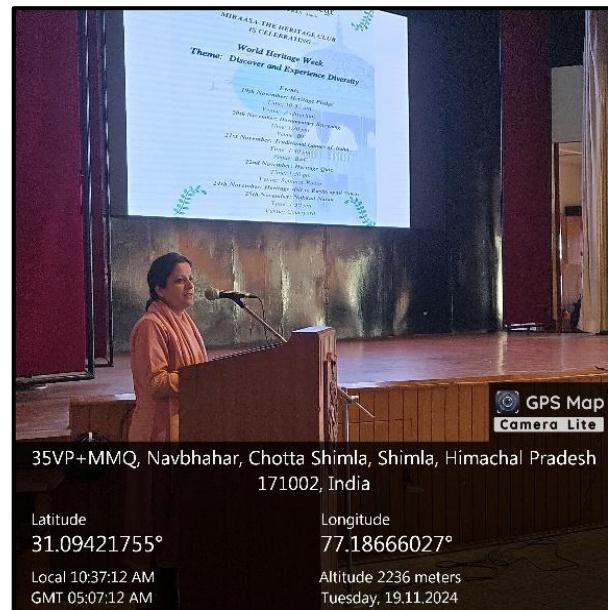
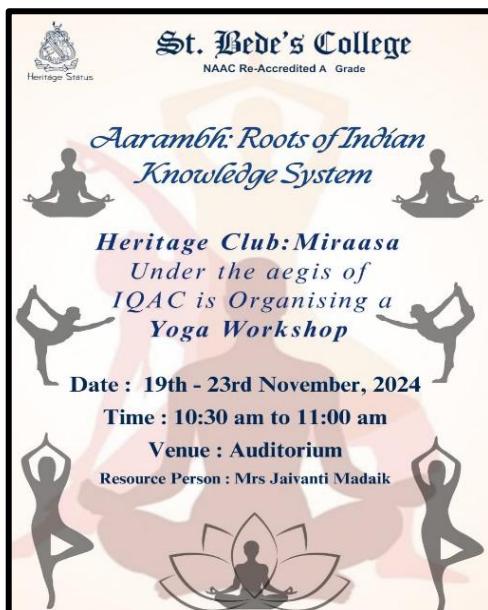


NCC Carnival (November 23, 2024)

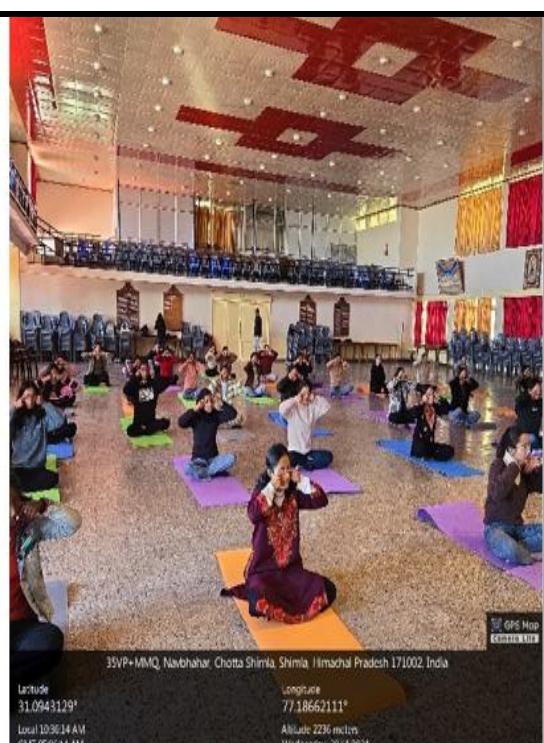


WORKSHOP ON YOGA

From 19th to 23rd November, 2024 The History Department of St. Bede's College, under the initiative "**Aarambh: Roots of Indian Knowledge System**", organized various activities to highlight and promote India's rich traditional wisdom. These events were conducted under the aegis of the **Heritage Club: Miraasa** with the support of IQAC.



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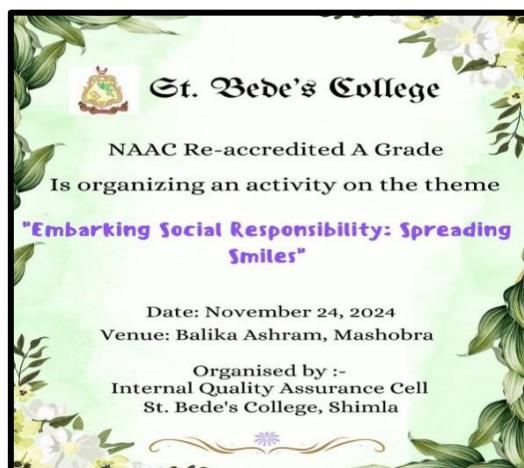


Student practicing Yoga, 19th to 23rd November, 2024



COLLABORATIVE SKILL DEVELOPMENT INITIATIVE AT BALIKA ASHRAM, MASHOBRA

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. On November 24, 2024, a team from the college, 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. 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.



Brochure



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



INTERNATIONAL DAY FOR THE ELIMINATION OF VIOLENCE AGAINST WOMEN

The Women Cell at St. Bede's College commemorated the "International Day for the Elimination of Violence against Women" on November 25, 2024, with an engaging session to raise awareness about women's rights and empower young girls. The primary aim of this session was to educate the students about the various rights they are entitled to and make them aware of the use of it. The focus was on raising awareness about the prevalence and impact of gender-based violence. This was done to encourage students to speak out against any form of violence and become advocates of change.



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



SPECIAL SESSION FOR JANJATIYA GAURAV DIWAS

To honor the legacy of Bhagwan Birsa Munda and promote awareness about the rich cultural heritage, languages, and lifestyles of India's tribal communities. The NSS Unit of St. Bede's College organized a session as part of the Janjatiya Gaurav Diwas celebrations on **November 26, 2024**. The session enhanced awareness of tribal heritage and fostered respect for the contributions of tribal communities, successfully aligning with the objectives of Janjatiya Gaurav Diwas.



Brochure, Special Session for Janjatiya Gaurav Diwas, November 26, 2024.

WORKSHOP ON "PROMOTING INTERGENERATIONAL BONDING WITH COLLEGE STUDENTS"

On November 27, 2024, the Women Cell and Gender Champion Club of St. Bede's College organised a workshop titled "Promoting Intergenerational Bonding with College Students", sponsored by the National Institute of Social Defense. The objective of the workshop was to foster meaningful connections between generations by encouraging college students to engage, share experiences, and build mutual understanding with older generations, promoting empathy, respect, and stronger community ties.



A Workshop titled “Promoting Intergenerational Bonding with College Students”

November 27, 2024

INTERSHIP DANCE COMPETITION

The Dance Society of St. Bede's College organized an Intership Dance Competition on the theme Tribal/ Folk Dances of India on November 30th, 2024, showcasing India's rich and diverse cultural heritage. The highlight of the event was the participation of the college's four ships each representing the four cardinal regions of the country: North, South, East, and West. The participants developed a stronger sense of teamwork, coordination, and collaborative spirit through their performances and preparation. The competition provided a platform to the students to showcase their talent, along with gaining recognition for their skills, creativity, and commitment to cultural art forms.



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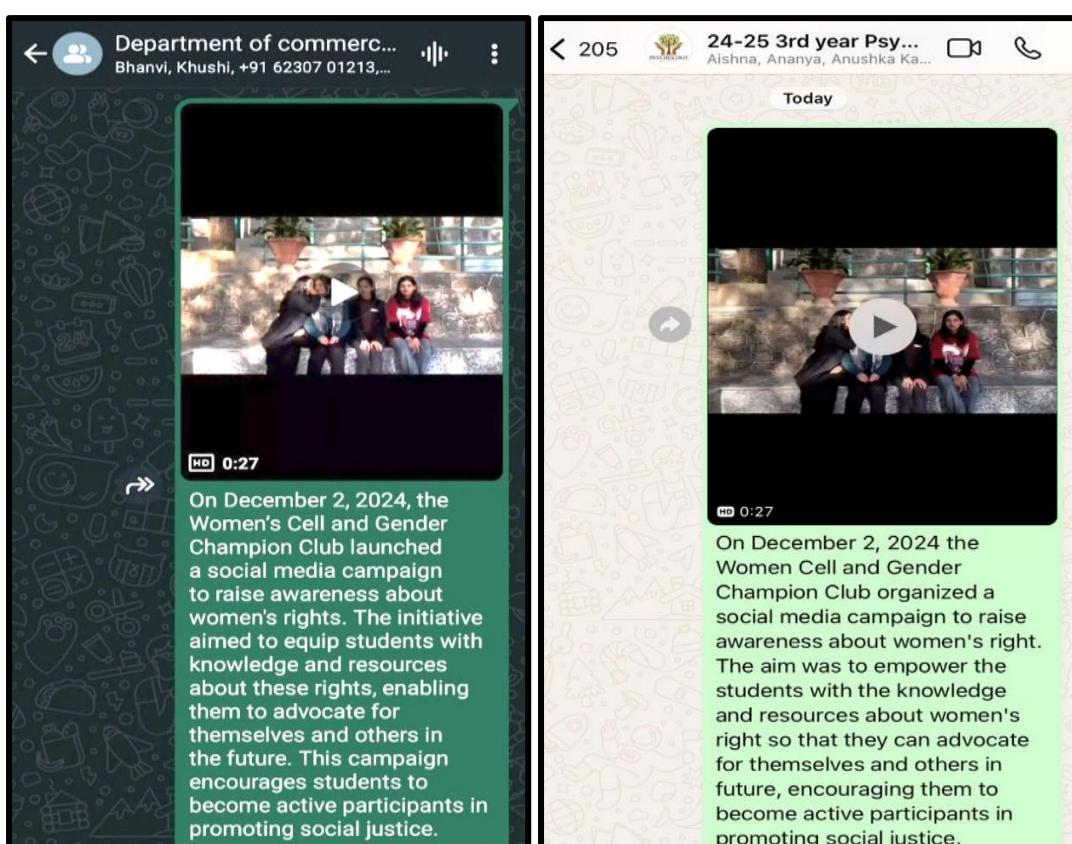
Inter-ship dance Competition (November 30th, 2024)

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 launched a social media campaign to raise awareness about women's rights. The aim was to empower the students with the 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 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.

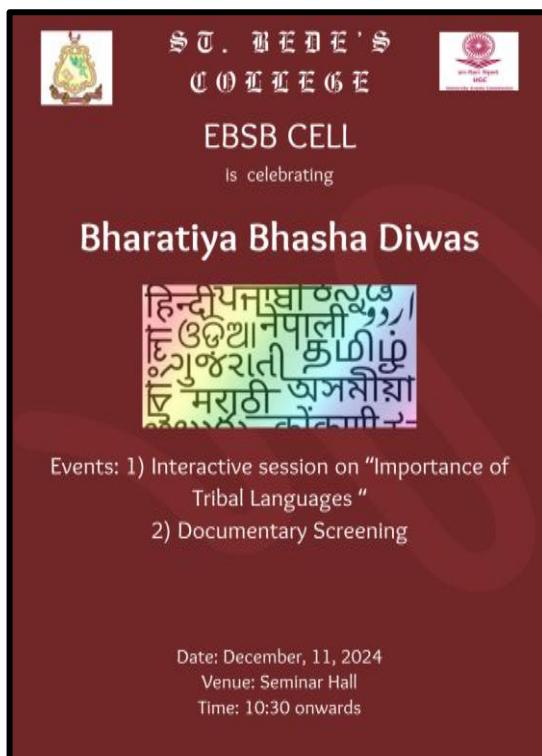


Igniting Change for Women's Rights on Campus: A Social Media Campaign Organised on December 2, 2024



BHARATIYA BHASHA DIWAS

The Ek Bharat Shreshtha Bharat Cell of St. Bede's College celebrated BharatiyaBhashaDiwas on **11th December, 2024** to honor the birth anniversary of MahakaviBharathi. The event aimed to emphasize the importance of indigenous tribal languages in fostering unity and national pride. As part of the celebration, an interactive session on the “Importance of Tribal Languages” was conducted, along with the screening of a documentary in college seminar hall. The program featured a presentation highlighting MahakaviBharathi's contributions to Indian literature and the promotion of native languages. The event underscored the crucial role of tribal languages, particularly their significance in preserving the cultural heritage of the country.



Brochure, Bharatiya Bhasha Diwas, 11th December, 2024

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

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. 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.



Brochure



Christmas Celebration on December 18, 2024, at the Government Primary School, Dhanain and Government Middle School, Panjog, both in Dhali Panchayat

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

The visit to Balika Ashram aimed to foster creative expression, cultural awareness through a series of skill-building and well-being activities among the students through interactive



learning sessions. On February 18 and 23, 2025, a group of teachers and students visited Balika Ashram to conduct interactive and creative learning sessions. 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. These initiatives aimed to nurture artistic talents, boost confidence, and provide the students with an enriching and joyful learning experience. Also, these initiatives not only provide them with a creative outlet but also help reduce screen time while fostering cognitive development and artistic skills.



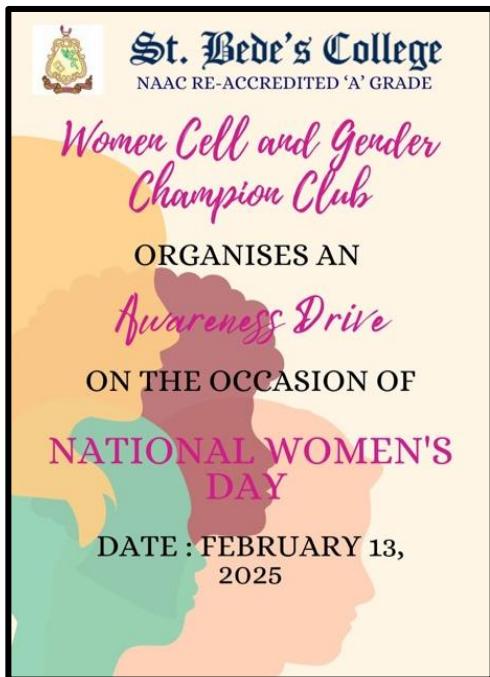
A Creative Learning Initiative at Balika Ashram, February 18 and 23, 2025.

NATIONAL WOMEN'S DAY CELEBRATION

On February 13, 2025, the Women Cell at St. Bede's College commemorated National Women's Day with an awareness drive that celebrated Sarojini Naidu's legacy and highlighted the importance of gender equality. The event included interactive discussions, poster exhibitions, and pamphlets showcasing women's contributions to society. The Awareness Drive on National Women's Day was conducted to educate students about its



significance and history, foster discussions on women's empowerment and gender equality, highlight the barriers that women still face in society, and raise awareness about women's rights among students. The initiative effectively created awareness and encouraged students to be more conscious of gender-related issues in their communities.



Brochure



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



ARTICLE WRITING COMPETITION

On March 04, 2025 to foster awareness and encourage discourse on gender equality in politics, an article writing competition was held on the theme "*Breaking the Glass Ceiling: Women's Political Participation.*" The event aimed to highlight the challenges faced by women in political spheres and celebrate the strides made toward equal representation and empowerment. The competition successfully generated insightful discussions and highlighted the urgent need for inclusive governance. It also showcased the intellectual and creative abilities of young individuals in addressing pressing societal issues. The article writing competition was a resounding success, achieving its goal of encouraging dialogue and awareness around women's political empowerment.

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 reliable, to prove that leadership is a privilege granted by 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 rules and regulations that prevent 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 some women are breaking through. They are refusing to be symbolic figures. She walked away from a corporate career to govern her village on her terms, proving that leadership not granted, it is taken.

Women are not just stepping into politics; they are redefining it. Jacinda Ardern of New Zealand brought a crisis with her company, not them. Samira Mutha challenges 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 from centuries of conditioning that equates leadership with masculinity. Why must women prove their 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.

Brochure

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

Written by Anushka Sharma BA 1ST YEAR

In a world where women make up roughly half of the world's population , they hold a mere fraction of political leadership positions. From Begum Hazrat Mahal 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

Gender	Percentage
Men	75%
Women	25%

Data compiled data by UN Women show that women represent 24.3 per cent of Cabinet members heading Ministries, leading a policy area as of 2014 (1).

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 , to their attire and other upbringings . Women often have to prove their worth and 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 a constitutional 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.

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 from political leadership. In general being 'divorced,corrupt,dangerous' doesn't help either.

Redundant Mindsets

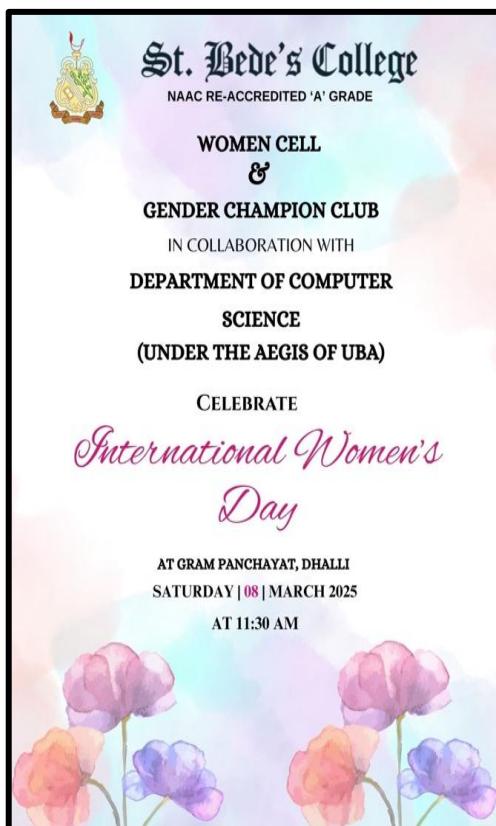
People believe that women inherently do not possess the decision-making , problem-solving skills often required to be strong leaders. Stereotypes in the media perpetuate the idea that women

Article Writing Competition on the theme, breaking the Glass Ceiling: Women's Political Participation



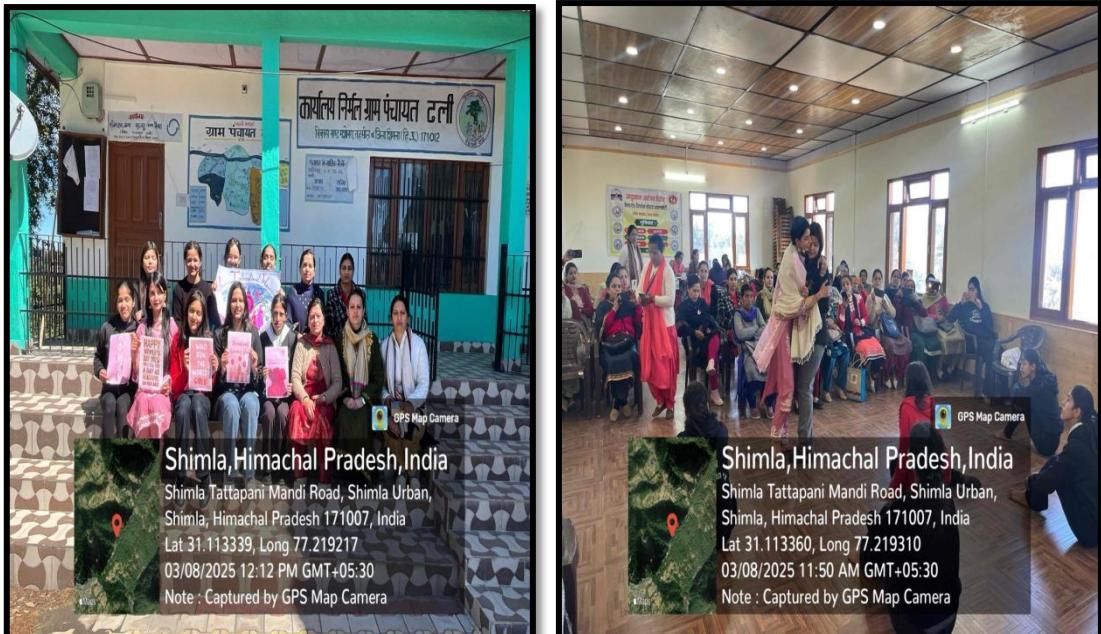
CELEBRATION OF INTERNATIONAL WOMEN'S DAY

On March 8, 2025, the Women Cell and Gender Champion Club, in collaboration with the Computer Science Department of St. Bede's College, celebrated International Women's Day under the aegis of Unnat Bharat Abhiyan (UBA). The celebration took place on the college campus and also extended to Gram Panchayat Dhalli through an outreach program, emphasizing both institutional and community-level engagement. The primary aim of the International Women's Day celebration was to highlight the achievements and progress made by women across various fields while acknowledging the challenges they continue to face. A key objective was to foster meaningful dialogue around gender biases and stereotypes still prevalent in society, and to promote awareness and empowerment through education and engagement. By combining cultural expression with education and outreach, the event created a platform for reflection, learning, and solidarity in the ongoing pursuit of gender equality and women's upliftment.



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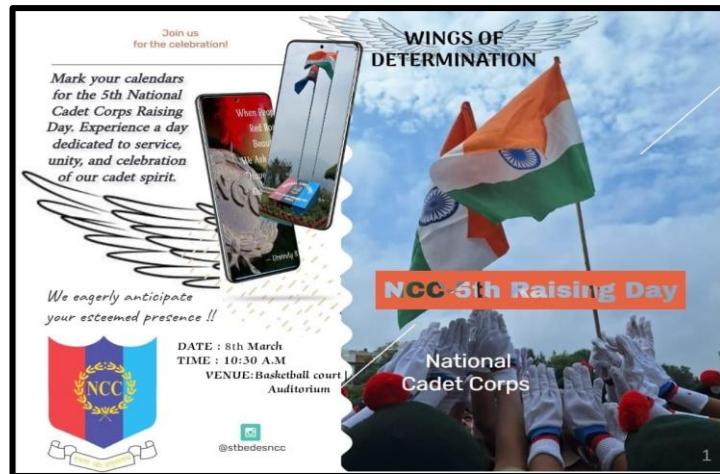
Celebration of International Women's Day, March 8, 2025



Celebration of International Women's Day, March 8, 2025

NCC RAISING DAY

To celebrate NCC Raising Day by honoring the spirit of service, discipline, and unity while recognizing the achievements of cadets. On March 8, 2025, the NCC Cadets of St. Bede's College under 7 HP (I) Coy NCC Shimla, celebrated NCC Raising Day with great enthusiasm and patriotic fervor. The event was graced by JCO Shyam Lal, as the Chief Guest, whose words of wisdom and leadership deeply inspired the cadets and attendees. The celebration successfully showcased Cadets' discipline and talent, inspired attendees through leadership insights, and reinforced the core values of the NCC.



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NCC Rising Day, March 8, 2024

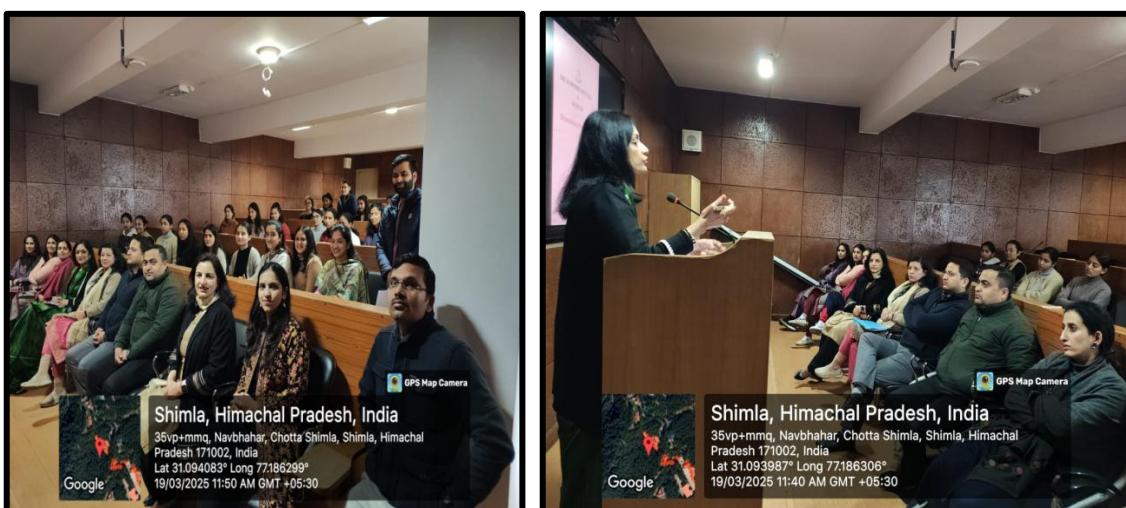


AN ORIENTATION PROGRAMME BY EQUAL OPPORTUNITY CELL & SC/ST CELL

On March 19, 2025, Equal Opportunity Cell & SC/ST Cell of St. Bede's College organized an orientation programme aimed at raising awareness about the University Grants Commission (UGC) guidelines for students from disadvantaged communities. This event was hosted by the Equal Opportunity Cell and the SC/ST Cell. The orientation programme proved to be an insightful and enriching experience, providing the students with the tools and knowledge to navigate their academic journeys in an inclusive and supportive environment.



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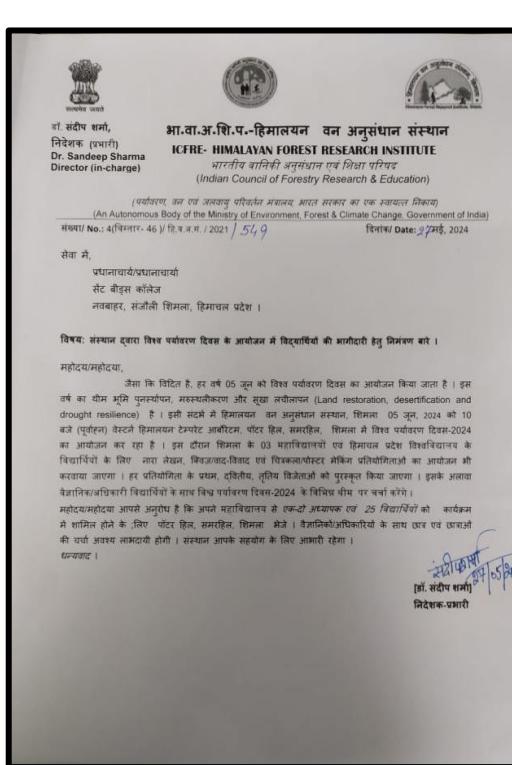
An Orientation Programme by Equal Opportunity Cell & SC/ST Cell, March 19, 2025



DEPARTMENTS ACTIVITIES

WORLD ENVIRONMENT DAY CELEBRATION

On June 5, 2024, students of Botany Department participated in an inter-college quiz, skit and painting competition based on the theme 'Land restoration, desertification and drought resilience'. The objectives of the activity were to raise awareness about the conservation of environment, biodiversity loss and environmental pollution. To foster global cooperation on environmental protection and share knowledge. The event was organized by Himalayan Forest Research Institute, Panthaghati, and Shimla. This initiative aimed to create a global movement towards a healthier and more sustainable environment. The event raised awareness about environmental issues among the students. This fosters a sense of community and collective responsibility for the environment.



Invitation letter

World Environment Day Celebration, 5th June, 2024

TREE PLANTATION DRIVE

On July 28, 2024 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 objective of the drive is to raise awareness regarding the importance of trees for earth's ecosystems. 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 event attracted a diverse group of participants, fostering a sense of shared responsibility for environmental conservation.



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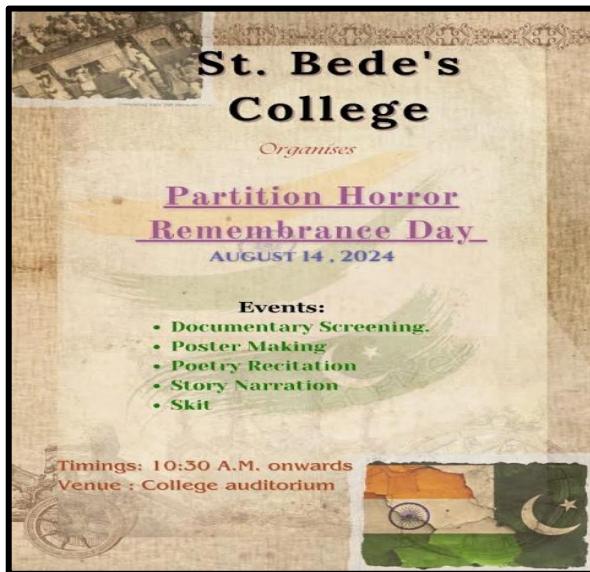
Tree Plantation Drive, July 28, 2024

PARTITION HORRORS REMEMBRANCE DAY

On August 14, 2024, the Department of History observed Partition Horrors Remembrance Day to pay tribute to the millions affected by the tragic events of the Partition of 1947. This event aimed to educate students about the historical significance and human cost of the



Partition while fostering a deeper understanding of its lasting impact on society. Various activities were conducted like poster making, screening of documentary, storytelling session and skit performance. The main objective of the programme was to educate students about the historical events, struggles, and consequences of the Partition and also to provide a platform for students to engage emotionally and intellectually with the impact of the Partition through creative activities. By the end of the event students gained deeper insights into the pain and challenges faced by people during the Partition.



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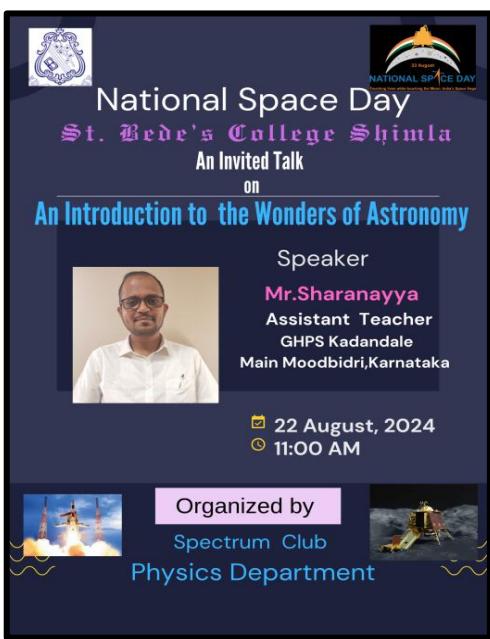


Partition Horrors Remembrance Day, August 14, 2024



CELEBRATION OF NATIONAL SPACE DAY

On August 22, 2024, the department organized an engaging online talk titled "An Introduction to the Wonders of Astronomy," featuring Mr. Shranayya, Assistant Teacher at GHPs Karnataka, as the guest speaker. He delved into the pivotal role of astronomy in ancient societies, highlighting its functions as a navigational aid, its influence on agricultural practices through calendar systems, and its impact on religious and cultural beliefs. This celebration not only honored past achievements but also emphasized the enduring significance of astronomy in shaping human society and culture. By fostering awareness and appreciation of space science, the Physics department aims to inspire students and nurture their interest in exploring the cosmos and pursuing careers in related fields.



Brochure, Celebration of National Space Day, On August 22, 2024

Students of B.Sc (NM) along with Faculty Dr. M.S. Thakur (Assistant Professor, Chemistry Department) attended and participated in a two-day workshop organized by the Himachal Pradesh Council for Science, Technology & Environment (HIMCOSTE) in collaboration with the Centre for Science Learning and Creativity in Shoghi on August 22-23, 2024. A quiz competition was also organised by HIMCOSTE, students of the college, Roopanshi Gupta, and Nishtha Verma, won the first prize. They were awarded certificates and a trophy by the organizers in recognition of their outstanding performance.



Workshop organized by the Himachal Pradesh Council for Science, Technology & Environment August 22-23, 2024

- i. Students of B.Sc along with Faculty Dr. Sr. Susai Assistant Professor, Physics Department attended and participated in Popular Science Lecture “***Upcoming ISRO missions & Career Opportunities in ISRO***” organized by Himachal Pradesh Council for Science, Technology & Environment (HIMCOSTE) in collaboration with RKMV Shimla.



Students and faculty participated in Popular Science Lecture “Upcoming ISRO missions & Career Opportunities in ISRO”



ii. Department of Physics St. Bede's College, Shimla, and Department of Physics and Photonics Science NIT Hamirpur in collaboration with IAPT RS-23 organised an online invited talk by Prof. P.K. Ahluwalia, President, Indian Association of Physics Teachers (IAPT) on the topic "Space Odyssey of India: A Journey of Self-Reliance."



Brochure



National Space Day Celebration, August 26, 2024

A TALK ON HEALTH, CAREER AND LEADERSHIP

Department of Political Science, organized a talk on the theme “Health, Career and Leadership” on August 28, 2024 to aware the students about the importance of sound health, available career prospects after graduation and leadership skills. The students were



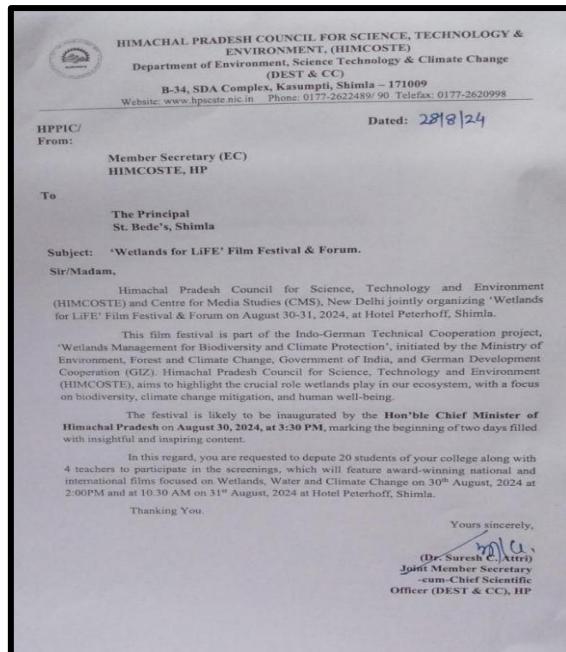
inspired to adapt to a healthy lifestyle and follow their dreams through their dedicated efforts. They felt enthused to face life challenges with great courage and wisdom. Overall, the lecture helped in sensitizing students about the problems faced by young people these days, their acceptance and management.



A Talk on “Health, Career and Leadership”, August 28, 2024

‘WETLANDS FOR LIFE’ FILM FESTIVAL AND FORUM

On August 30, 2024, the post-graduate students and faculty members of Department of Botany, St Bede's college attended the ‘Wetlands for LIFE’ Film Festival and Forum organized by Himachal Pradesh Council for Science, Technology and Environment (HIMCOSTE), Department of environment, science technology and climate change (DEST & CC), HP State Wetland Authority and Centre for Media Studies, New Delhi. The event highlighted the crucial role of wetlands in ecosystem with special focus on biodiversity conservation, human well-being and climate change mitigation. The event was a part of the Indo-German technical cooperation project, ‘Wetlands management for biodiversity and climate protection’ initiated by Govt. of India and German Development Cooperation (GIZ). The program was aimed to **acquire knowledge about** the threats to wetlands, such as pollution, habitat loss, and climate change. Such awareness programs about various Ramsar sites and Wetlands of Himachal fostered collaboration between students, environmentalists, film-makers and policy makers.



Invitation letter



'Wetlands for LIFE' Film Festival and Forum, August 30, 2024

CELEBRATION OF NUTRITION WEEK

A cooking competition was conducted on 6th September, 2024 by the Department of Nutrition and Health Education with collaboration with NSS keeping in mind the theme 'iron rich recipe' students executed it by cooking healthy and interesting recipes on



iron rich foods. The competition was aimed to create awareness among students about the benefits of healthy eating and also to promote traditional cooking and fostering creativity.

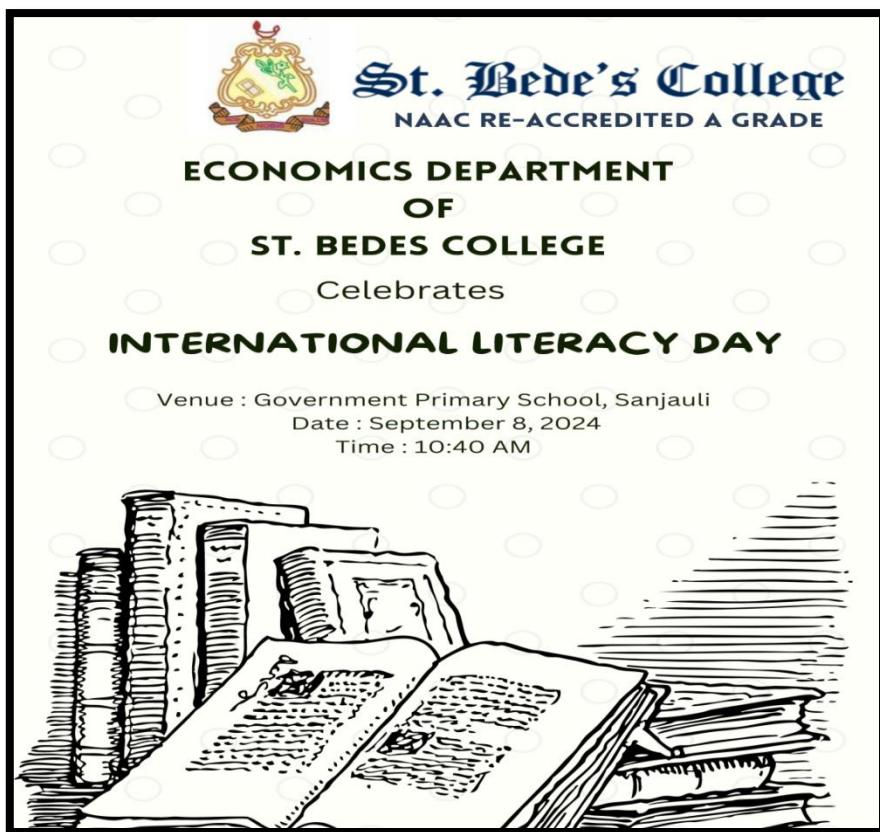
St.bedes College
**DPT. OF NUTRITION AND EDUCATION
WITH COLLABORATION NSS**
is Organising

Cooking Competition
on a occasion of
Nutrition Week
Theme : Iron rich recipe
Date :6th September 2024
Venue: Nutrition lab

Brochure, Cooking Competition to Celebrate Nutrition Week, 6th September, 2024

BUILDING BRIDGES TO LITERACY: INSPIRING CREATIVITY AND LEARNING YOUNG LEARNERS

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 unabating 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 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. It demonstrated how educational institutions can play a vital role in raising awareness about literacy and supporting students' educational journeys.



Brochure





Celebration of World Literacy Day, September 8, 2024

VISIT TO ANGANWADI

Nutritional Assessment of Pre-Schoolers by Anthropometry Measurements.

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. 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

हिंदी दिवस समारोह

हिंदी दिवस 2024 के अवसर पर, सेंट बीड़स कॉलेज, शिमला के हिंदी विभाग द्वारा 14 सितंबर, 2024 को महाविद्यालय के सभागार में एक भव्य समारोह का आयोजन किया गया। 'हिंदी और सामाजिक समरसता' विषय पर आयोजित इस सांस्कृतिक कार्यक्रम में संगीत विभाग का भी योगदान रहा। महाविद्यालय के समस्त शिक्षण और गैर-शिक्षण स्टॉफ की उपस्थिति में छात्राओं ने मिलकर हिंदी भाषा की महिमा – गान किया और उस दिन को याद किया जब 1949 में इसे भारत की केंद्र सरकार की आधिकारिक भाषा का दर्जा दिया गया था। महाविद्यालय की प्रबंधिका महोदया, सिस्टर ग्रेस जोसेफ द्वारा दिए गए भाषण के बाद, बी.ए, बी.कॉम और डी.एल.एड. विभाग की छात्राओं ने भाषण, गीत, नाटक तथा नृत्य की सुन्दर प्रस्तुति दी, जिनके माध्यम से भारतीय संस्कृति और मानवीय मूल्यों के प्रचार-प्रसार और सामाजिक समरसता को बनाए रखने में हिंदी भाषा की प्रासंगिकता उल्लिखित होती है।



ब्रांशर



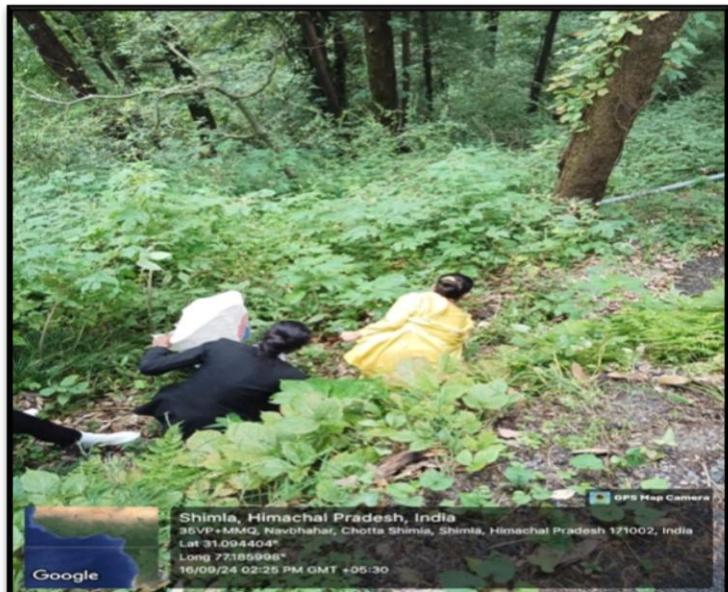
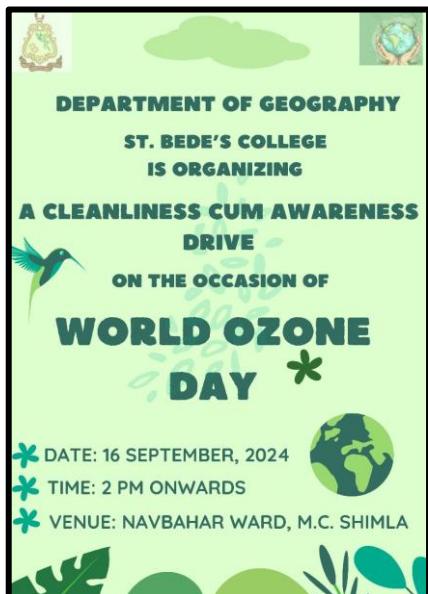
हिंदी दिवस पर छात्राओं की कलात्मक प्रस्तुति, 14 सितंबर, 2024

CLEANLINESS CUM AWARENESS DRIVE

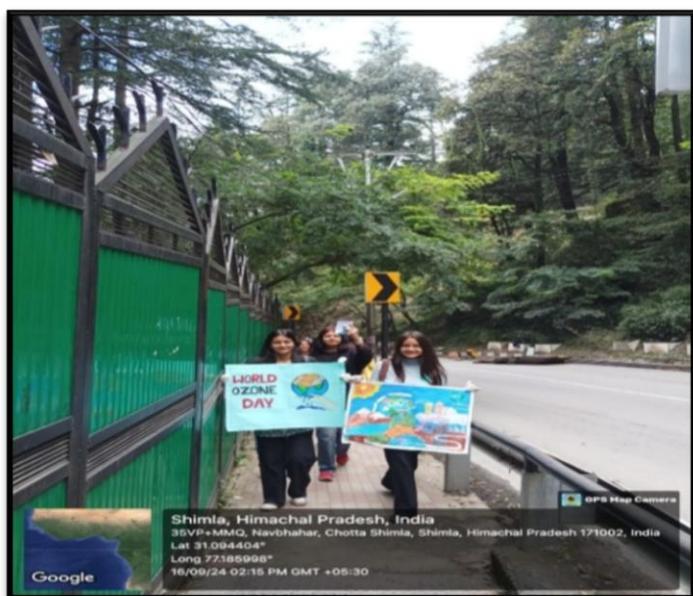
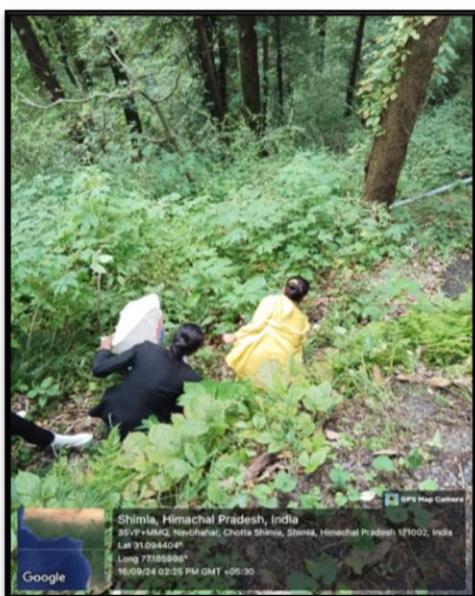
To raise awareness regarding Ozone Depletion into the Atmosphere and its harmful impacts on the Earth. The Department of Geography, St. Bede's College, Shimla celebrated the World Ozone Day on September 16, 2024 by conducting a Cleanliness cum Awareness Drive, around the Navbahar Ward of Shimla City. The 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 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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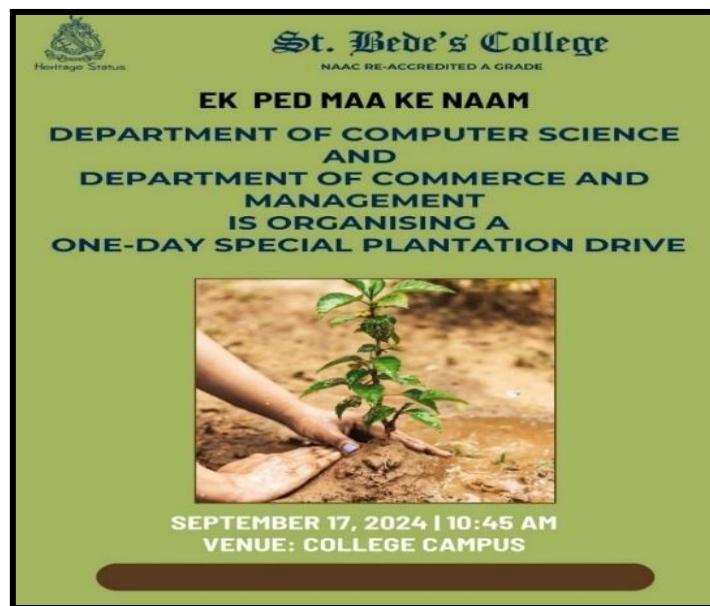
Cleanliness cum Awareness Drive, September 26, 2024

ONE-DAY SPECIAL PLANTATION DRIVE

Department of Computer Science and Commerce and Management organised a One-Day Special Plantation Drive on 17th September 2024 in the college campus from 10:45 am onwards on the theme 'Ek Ped Maa Ke Naam' Campaign, launched on the occasion of World Environment Day. The objective is to instil a sense of responsibility towards nature



and contribute to environmental education, aligning with the broader goals of sustainable development. By participating in the plantation drive, students and faculty members will be able to recognize the Importance of Environmental Conservation and to develop a Sense of Environmental Responsibility



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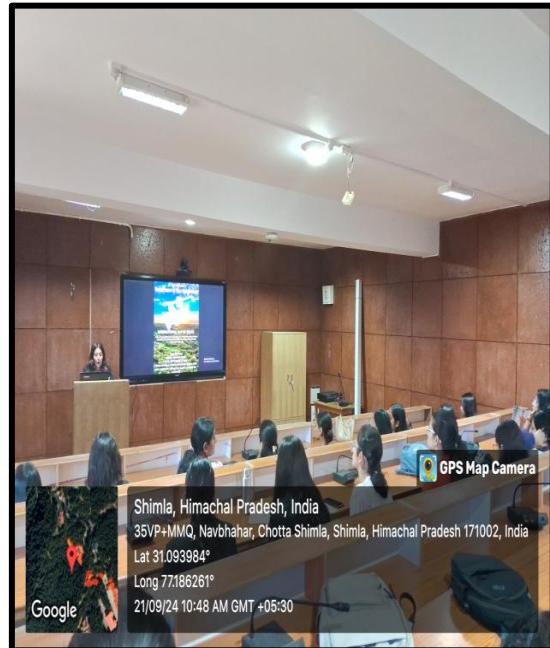
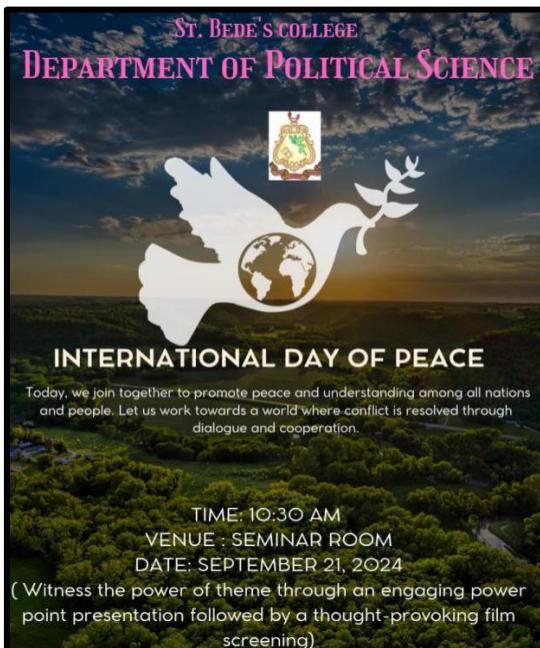


One-Day Special Plantation Drive, September 17, 2024



POWER-POINT PRESENTATION, FILM SCREENING & DIALOGUE

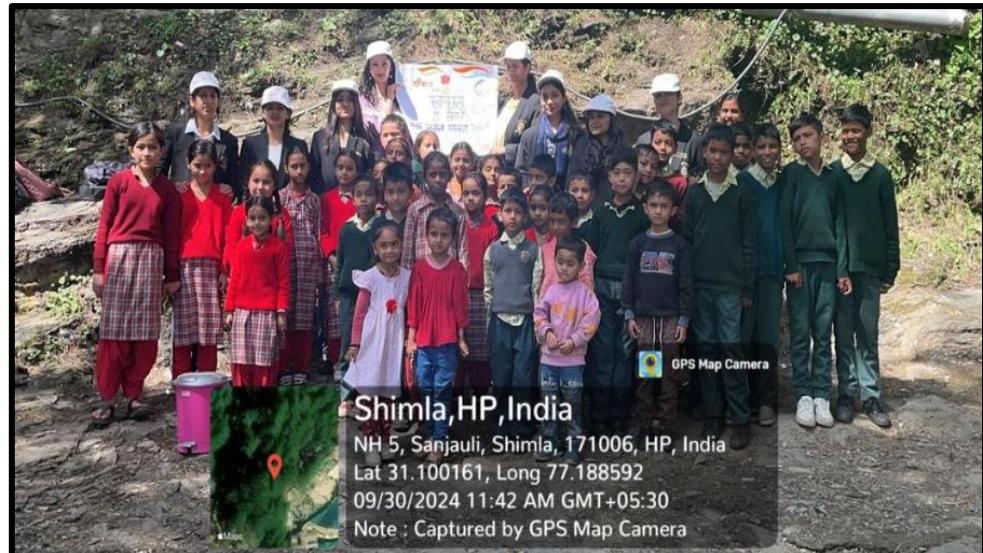
On September 21, 2024 Department of Political Science organised an engaging PowerPoint presentation followed by a thought-provoking Film screening to observe International Day of Peace. It aimed at promoting peace and understanding among the students and creating awareness about the impact of conflict on innocent civilians. It spread the message of working towards a world where conflict is resolved through dialogue and cooperation. The event ended on a successful note by creating an awareness about the ongoing conflicts in contemporary times, the attainment of conflict resolution and their impact on the lives of civilians. It successfully imparted the message of the role the general masses can play in creating a harmonious and peaceful world.



Observing International Peace Day, September 21, 2024

SKIT ON WASTE MANAGEMENT AT GOVT. SCHOOL, SANJAULI

On September 30, 2024 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. **By the end** interactive performance encouraged students to engage in discussions on cleanliness. The programme inspired students to adopt waste management habits at home and in their communities.



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

CLEANLINESS DRIVE

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 of 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. This collaboration enthused the students to contribute more towards



‘Mother Earth’ and become pioneers in protecting and preserving the environment.



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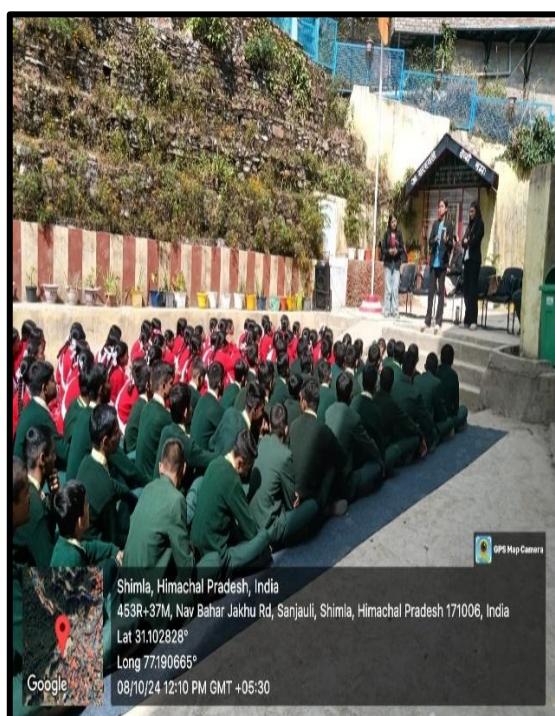
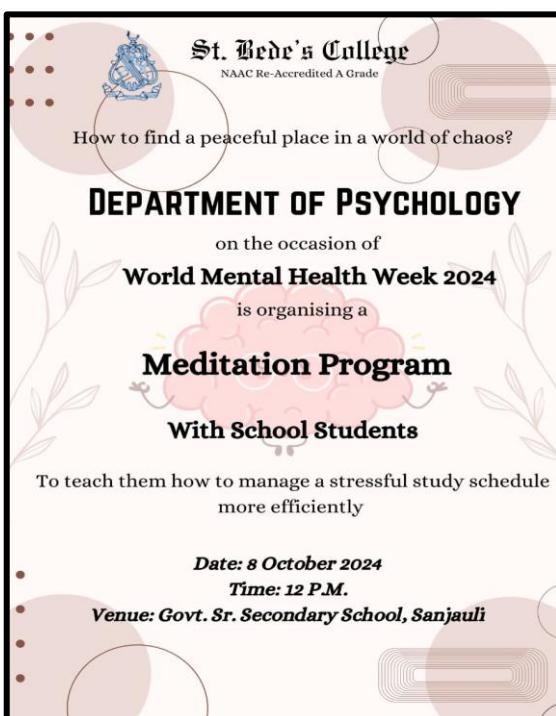
Cleanliness Drive, October 1, 2024

SPECIAL SESSION ON MEDITATION WITH SCHOOL STUDENTS

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



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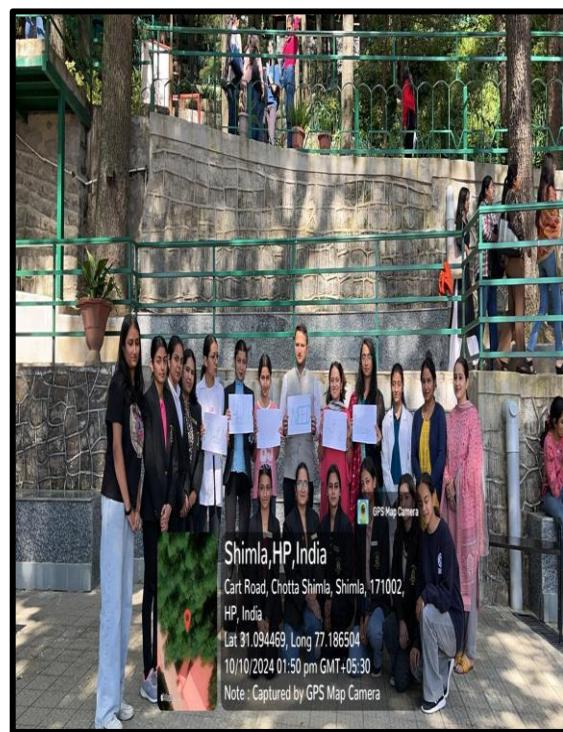
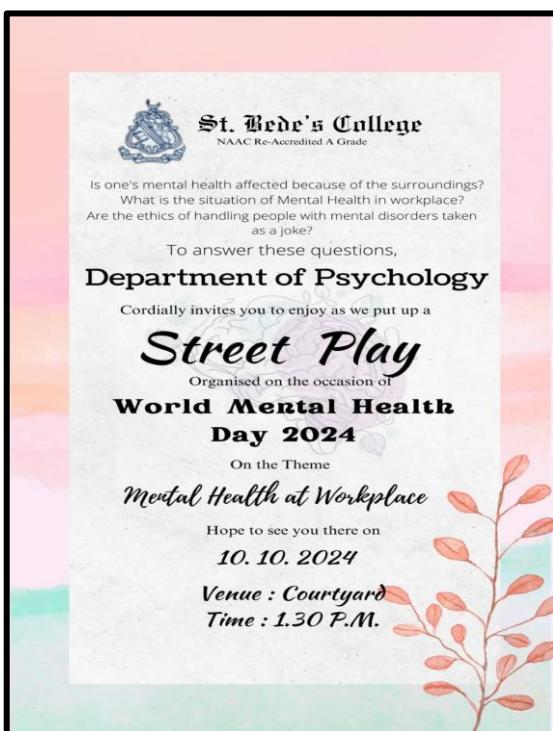


Special Session on Meditation with School Students, October 8, 2024



STREET PLAY

The Department of Psychology of St. Bede's College, Shimla, organised a Street Play on October 10th, 2024 to celebrate the World Mental Health Day. The theme of this play was to educate the audience about the importance of mental health in all the different kinds of work places. The play emphasized the importance of mental health in the work places, which comprised of not just offices, but also hospitals, schools, universities, clinics, banks, etc. The audience was totally engrossed in the play till the end and it received a positive response from the viewer. The play successfully captured the audience's attention and received positive feedback, demonstrating the effectiveness of creative expression in promoting mental health awareness and encouraging dialogue about its significance in all work settings



Department of Psychology Celebrates World Mental Health Day with a Captivating Street Play, October 10th, 2024

INTERACTIVE SESSION FOR SCHOOL CHILDREN ON WORLD FOOD DAY

On October 16th, 2024 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. And to encourage children for the consumption of healthy food and to avoid junk food. 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
DEPARTMENT OF BOTANY

On occasion of WORLD FOOD DAY is organizing an
INTERACTIVE SESSION
for school students

TOPIC: RAINBOW OF FOOD



THEME: "RIGHT TO FOODS FOR A BETTER LIFE AND A BETTER FUTURE"

DATE: OCTOBER 16, 2024
TIME: 10:30 AM
VENUE: GOVERNMENT PRIMARY SCHOOL, SANJAULI



GPS Map Camera

Shimla, Himachal Pradesh, India
35XQ+VMR, Sangti, Engine Ghar, Sanjauli, Shimla, Himachal Pradesh 171006, India
Lat 31.10024°
Long 77.188514°
16/10/24 11:20 AM GMT +05:30

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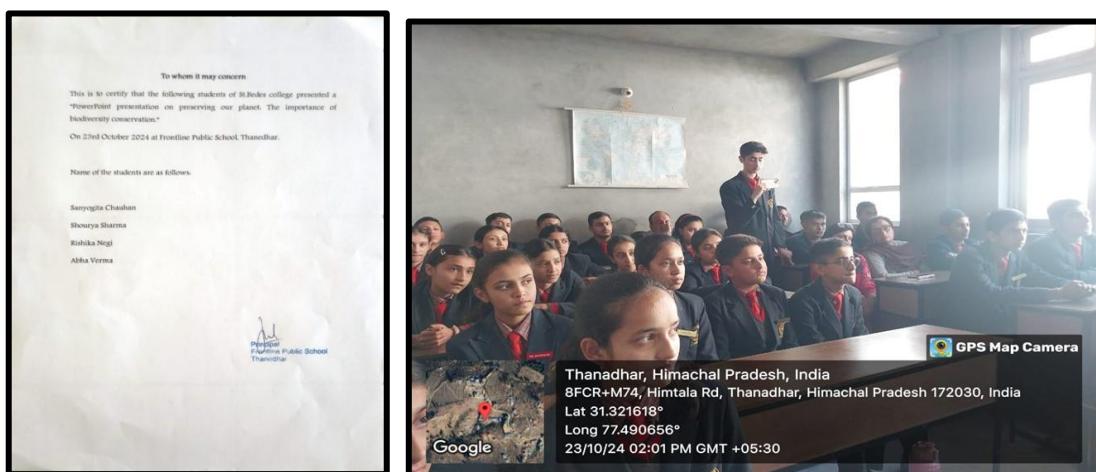


Interactive Session for School Children on World Food Day, October 16, 2024



RAISING AWARENESS ON BIODIVERSITY CONSERVATION

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. 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. The program successfully increased student's 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.



Appreciation letter

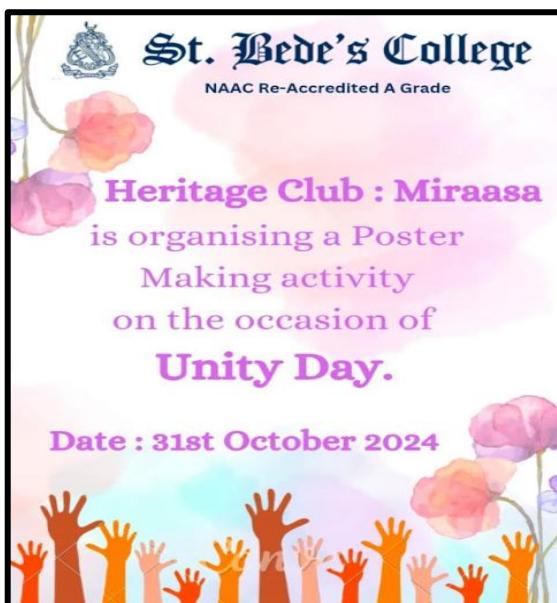


*Awareness activity through PowerPoint presentation on biodiversity conservation at
Frontline Public School in Thanedar, October 23, 2024*



NATIONAL UNITY DAY

As part of the National Unity Day (RashtriyaEktaDiwas) celebrations, a poster-making competition was organized by the Department of History St. Bede's College on October 31,2024, to promote the spirit of national integration and unity among students. The event was inspired by the vision and legacy of SardarVallabhbhai Patel, whose birth anniversary is celebrated as National Unity Day. The competition aimed to encourage creativity amongst students while instilling the values of unity, diversity, and patriotism. Students showcased their artistic talents by creating visually captivating posters. It served as a platform for creative expression and inspired participants to reflect on the importance of staying united as a nation.



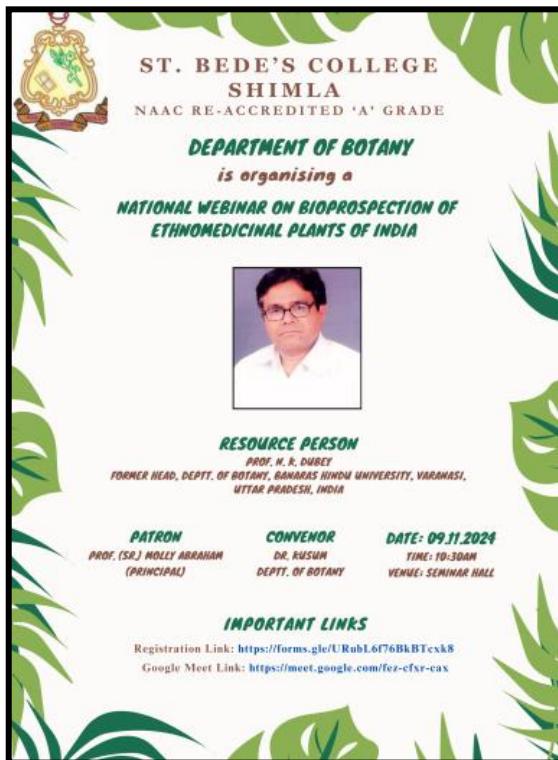
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National Unity Day Celebration, October 31, 2024

NATIONAL WEBINAR ON “BIOPROSPECTATION OF ETHNOMEDICINAL PLANTS OF INDIA”

St. Bede's College, Department of Botany organized a National Webinar on “Bioprospection of Ethnomedicinal Plants of India” on November 9, 2024. A total of 80 participants from different Colleges and Universities (BHU, AMU, Delhi University and HPU etc.) joined online and 41 students from (M.Sc and B.Sc Botany) St. Bede's College have participated offline in the webinar. Overall the session was very informative and interactive. In the end of the programme students get acquainted with the traditional uses and the chronic diseases that can be cured with the help of ethnomedicinal plants.



Brochure



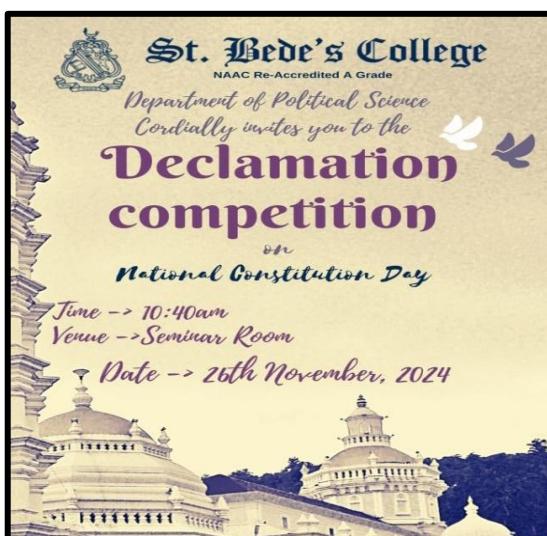
National Webinar on “Bio Prospection of Ethnomedicinal Plants of India,

November 9, 2024



NATIONAL CONSTITUTION DAY: DECLAMATION COMPETITION

The Department of Political Science organized a declamation competition on November 26, 2024 to commemorate 75th year of the making of Indian Constitution and sensitize students about their constitutional obligations. With an aim to reach out to the young generation and sensitize them about their constitutional values, this competition was organized on the theme “**Relevance of Constituent Assembly Debates**”. This 75th Year of Constitution Day marks great significance, as with all other educational developments it is even more vital to imbibe constitutional values among the youth. Therefore, as an effort in the similar direction this competition sensitized students about the relevance of Constitution, constitutional values and their duties towards society and the Nation.



*Brochure, Declamation Competition on ‘Relevance of Constituent Assembly Debates’,
November 26, 2024*



AWARENESS SESSION ON SPECIAL RIGHTS UNDER "BHARTIYA NAGRIK SURAKSHA SANHITA 2023"

The Department of History, St. Bede's College organized an awareness session on the "*BhartiyaNagarik Suraksha Sanhita 2023*" to educate students about the recently enacted laws and policies aimed at ensuring the safety and empowerment of women. The session was held on November 29, 2024 in the Seminar Hall,. The session aimed to create awareness about the provisions and significance of the *BhartiyaNagarik Suraksha Sanhita 2023*. To empower students with knowledge about women's rights and safety measures. The awareness session proved to be highly informative and engaging. Students gained a deeper understanding of their rights and responsibilities under the *BhartiyaNagarik Suraksha Sanhita 2023*. The interactive nature of the event helped address specific concerns and scenarios, making the session relevant to their daily lives.

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

DEPARTMENT OF HISTORY
ORGANISES AN
AWARENESS SESSION ON
SPECIAL RIGHTS UNDER
"BHARTIYA NAGRIK SURAKSHA SANHITA 2023"

YOUR SAFETY, YOUR RIGHTS
BE AWARE, BE SECURE!

Date : November 29, 2024
Time : 11:00 am
Venue : Seminar Room

JUDGEMENT OF RAPE

- Statement of rape victims will be recorded by woman police officer in presence of her guardian or relative and medical reports have to come within 7 days.
- The new laws guarantee free first aid or medical treatment to victims of crimes against women and children at all hospitals.
- Under the new laws, victims of crime against women are entitled to regular updates on the progress of their case within 90 days.

Awareness Session on Special Rights under BhartiyaNagarik Suraksha Sanhita 2023,
November 29, 2024

WEBINAR ON SIR JAGADISH CHANDRA BOSE

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



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

A WEBINAR on
Innovations in Science by Sir J C Bose

Date 3-12-24 **Organized by:** किनान भारती हिमाचल प्रदेश (VIBHA-HP) **Time** 11:00 AM

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

Speaker Dr. Amarjeet Singh
Treasurer VIBHA-HP

Webinar Link: meet.google.com/bf1-rwnx-tqw

Convenor Dr. Raman Sharma
Secretary VIBHA-HP

Brochure, Webinar on Sir Jagadish Chandra Bose, December 3, 2024

SEMINAR ON MIND MASTERY: ACHIEVING EXCELLENCE AND PERSONAL GROWTH THROUGH PSYCHOLOGY

On December 9, 2024, the Department of Psychology hosted a one-day seminar titled "Mind Mastery: Achieving Excellence and Personal Growth through Psychology." The seminar explored techniques for mastering the mind to foster personal and professional growth, with Prof. Goyal sharing insights on managing mental health issues like depression. Ms. Goel discussed the negative applications of mind mastery, highlighting how cybercriminals manipulate emotions in cybercrimes. Participants gained a deeper understanding of how psychological factors influence personal development and how mastering the mind can lead to improved mental health and resilience. Attendees received valuable insights into managing mental health challenges, particularly depression, and learned how to apply psychological techniques to enhance personal and professional growth. Overall, the seminar empowered individuals to adopt healthier mental practices,



understand psychological perspectives, and use mind mastery techniques for positive personal growth and contribution to society.

<p>Date: December 09, 2024 Timings : 10.30 A.M. to 12.30 P.M. Venue: Auditorium</p> <p>Target Audience: College & School Students</p> <p>Registration link: https://forms.gle/SuXWfbQ8loTWYcNq8</p>	<p>St. Bede's College NAAC Re-Accredited A Grade</p> <p>DEPARTMENT OF PSYCHOLOGY Under the Aegis of IQAC is organizing a seminar on</p> <p>MIND MASTERY: ACHIEVING EXCELLENCE AND PERSONAL GROWTH THROUGH PSYCHOLOGY</p> <p>Resource Persons</p> <p>Patron: Prof. Sr. Molly Abraham</p> <p>Prof. N. K. Goyal Chairman Emeritus, TEMA, President CMAI/CSAI</p> <p>Ms. Anjali Verma Director, Cyber Security Association of India</p> <p>Convener: Mr. Mohit Kumar</p> <p>Co-Conveners: Ms. Jagriti & Ms. Pratiksha Tomar</p> <p></p>
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Brochure



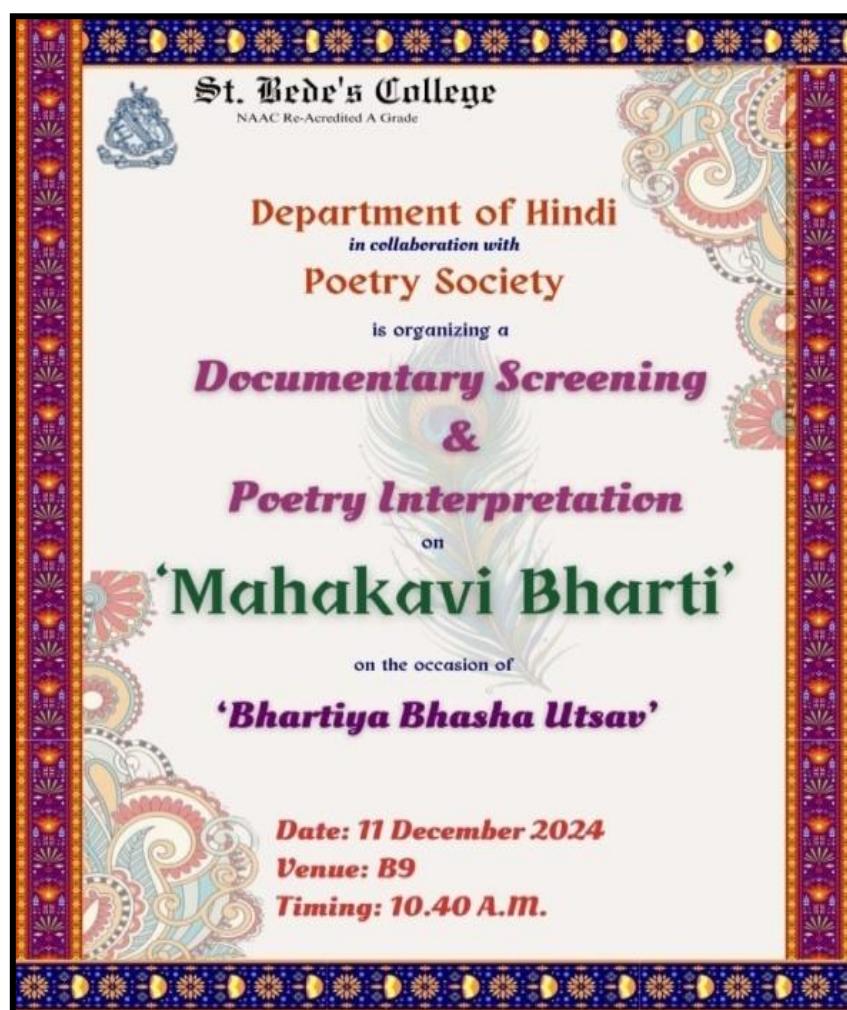
Seminar on Mind Mastery, December 9, 2024

भारतीय भाषा दिवस 2024 के अवसर पर डॉक्यूमेट्री स्क्रीनिंग

भारतीय भाषा दिवस 2024 के अवसर पर, सेंट बीड़स महाविद्यालय, शिमला के हिंदी विभाग और पोएट्री सोसायटी की सहभागिता में 11 दिसंबर, 2024 को महान भारतीय कवि सुब्रमण्य भारती के जीवन और उपलब्धियों पर एक डॉक्यूमेट्री स्क्रीनिंग का आयोजन किया



गया, जिसके बाद उनकी साहित्यिक कृतियों की व्याख्या छात्राओं द्वारा की गयी। छात्राओं को 'महा कवि भारती' और भारत के स्वतंत्रता संग्राम में उनके साहित्यिक योगदान के बारे में अवगत कराया गया, जो समानता, बंधुत्व और शांति आदि मूल्यों पर रआधारि तथा। छात्राओं ने बहु-भाषिकता और बहु-सांस्कृतिक समाज की विशेषता को समझा। छात्राओं को भारतीय भाषाओं में रचित साहित्य में देश-भक्ति और स्वतंत्रता प्राप्ति की उत्कृष्ट इच्छा के बारे में ज्ञात हुआ।



ब्रांशर



सुब्रमण्य भारती पर डॉक्यूमेंट्री एवं साहित्यिक व्याख्या, 11 दिसंबर, 2024

COMPOST SALE

The Environment Awareness Cell along with the department of Biotechnology and Microbiology of St. Bede's College, Shimla organized a sale of compost on December 12, 2024. The compost was prepared in the composting unit of the college using the food waste material collected from the college mess and canteen. The idea is to promote proper waste collection and its disposal. The sale helped promoting team work among students for the purpose of selling objectives to increase sales, and maximizing profits.



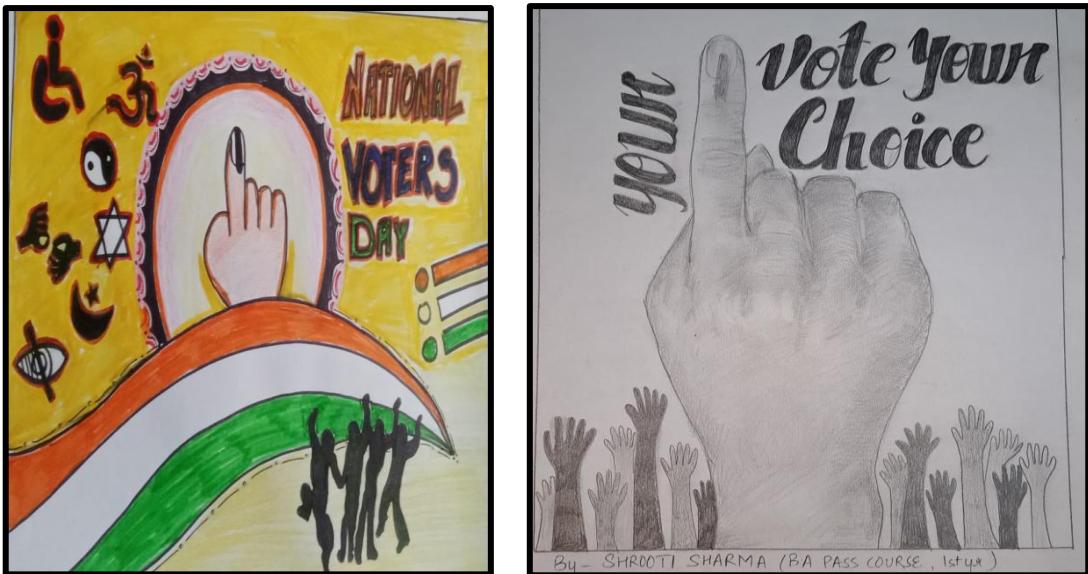
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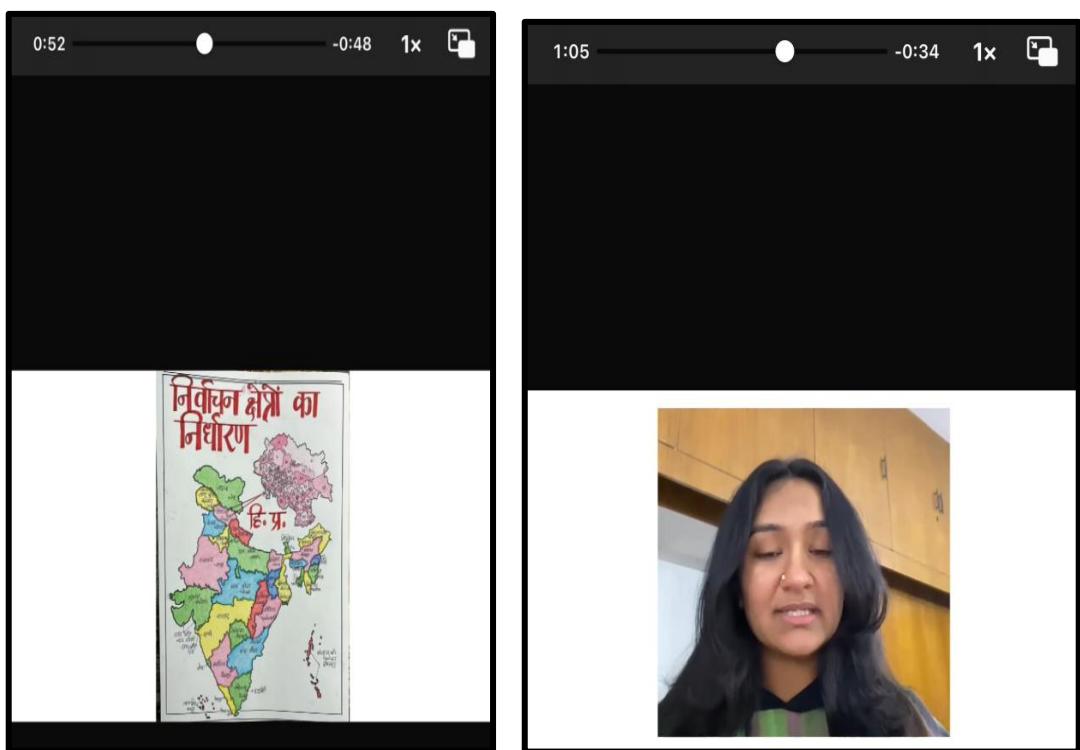
Compost Sale, December 12, 2024

NATIONAL VOTER'S DAY: THEME: "FOR DEMOCRACY, FOR EVERYONE"

Activities such as video/ Documentary Making, reel making, essay, poetry and slogan writing were performed by students while enjoying their winter vacations in January. On January 25, 2025 the activities were organized by the Department of Political Science on the occasion of National Democracy Day. The activities 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



Poster Making Competition, National Democracy Day



Voting Awareness through Video Making, National Democracy Day, January 25, 2025

SAVE PAPER, SAVE TREES

On 18th February 2025, the Department of Chemistry, in collaboration with the Paper Recycling Unit of St. Bede's College, organized a paper recycling activity for B.Sc. students. The event aimed to create awareness about sustainability and educate students on the process of making craft paper from waste paper. Students were then guided



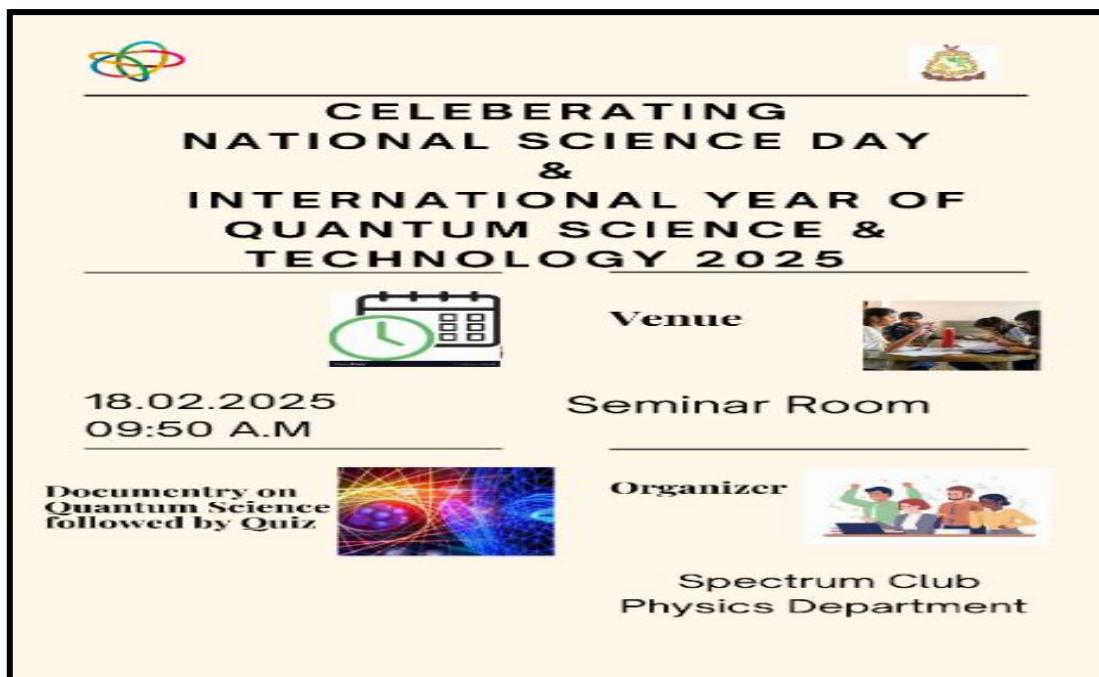
through a hands-on session, where they actively participated in converting discarded paper into new craft paper. The activity successfully enhanced students' awareness of eco-friendly practices while fostering creativity and innovation. Participants gained hands-on experience in recycling and understood the practical applications of sustainability.



Save Paper, Save Trees 18th February 2025

CELEBRATING THE INTERNATIONAL YEAR OF QUANTUM SCIENCE & TECHNOLOGY (IYQ 2025)

The Spectrum Club of the Physics Department organized an engaging and enlightening event to celebrate the International Year of Quantum Science & Technology (IYQ 2025) on February 18, 2025. The event aimed to raise awareness of quantum mechanics and its transformative role in modern science and technology. The celebration provided an opportunity for students to deepen their understanding of the subject. The documentary was well-received by the students, who were engaged by the historical perspective as well as the exciting prospects of future quantum innovations. Following the documentary, the Spectrum Club organized an interactive quiz to test the student's comprehension and to spark further interest in quantum science. The IYQ 2025 significantly raised the awareness of quantum science and technology.



Brochure



*Celebrating the International Year of Quantum Science & Technology (Iyq 2025),
February 18, 2025*

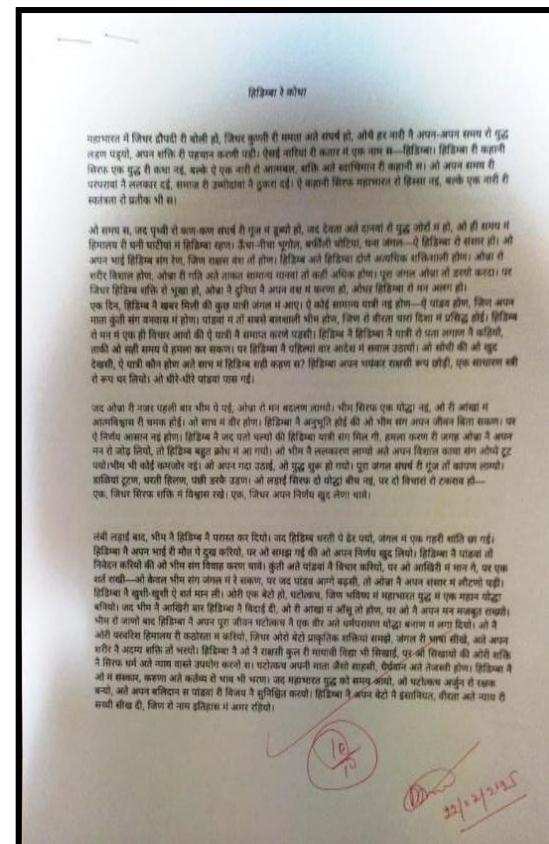


अंतरराष्ट्रीय मातृभाषा दिवस 2025

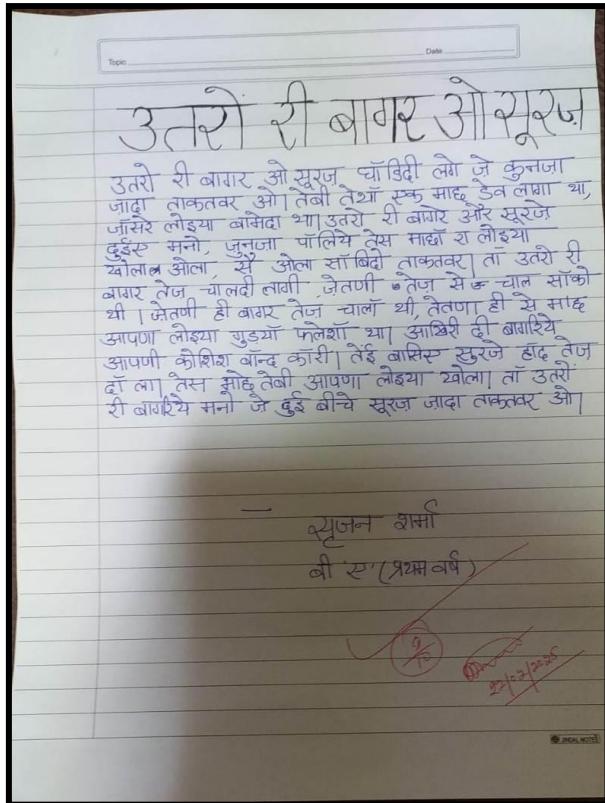
अंतरराष्ट्रीय मातृभाषा दिवस 21 फरवरी 2025 के अवसर पर सेंटबीड्स महाविद्यालय के हिंदी विभाग द्वारा छात्राओं के लिए लघु-कथा लेखन प्रतियोगिता का आयोजन किया गया। छात्राओं को अपनी रचनात्मकता को अपनी क्षेत्रीय भाषा या बोलियों में प्रस्तुत करने के लिए प्रोत्साहित किया गया, जिससे न केवल उनकी भाषा बल्कि संस्कृति का भी संरक्षण हो सके। परिणाम छात्राओं ने इस प्रकार की गतिविधि की सराहना की। वे अपनी स्थानीय बोलियोंका उपयोग करने के लिए प्रेरित हुईं। छात्राओं ने क्षेत्रीय भाषाओं और संस्कृति को बढ़ावा देने के पीछे उद्देश्य को समझा।



अंतरराष्ट्रीय मातृभाषा दिवस 2025 के अवसर पर हिंदी विभाग एक कथा लेखन प्रतियोगिता का आयोजन कर रहा है। छात्राओं को अपनी कथा अपनी क्षेत्रीय भाषा में लिखने को प्रोत्साहित किया जाएगा। प्रविष्टि जमा करने की अंतिम तिथि -



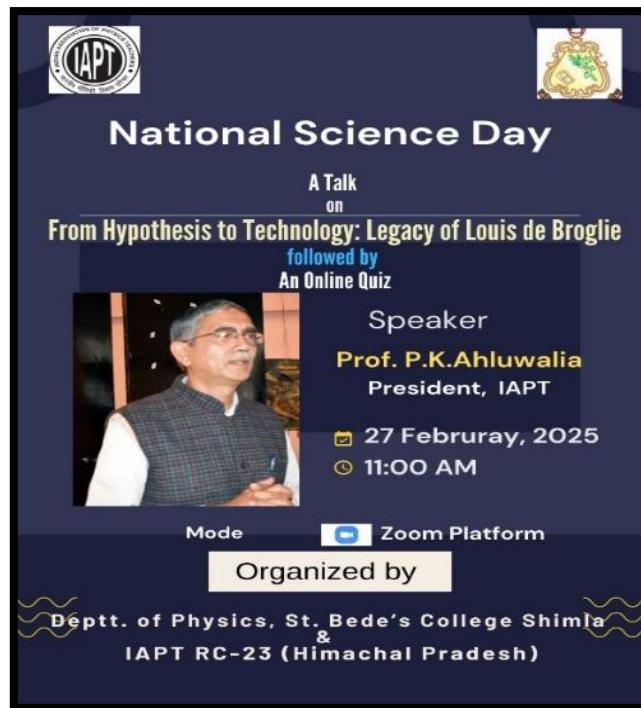
ब्रांशर



अंतरराष्ट्रीय मातृभाषा दिवस 21 फरवरी 2025 के अवसर पर विजेता प्रतिभागियों की प्रविष्टियाँ

NATIONAL SCIENCE DAY

On February 27, 2025 Physics Department of St. Bede's College, Shimla, in collaboration with IAPT RC-23 Himachal Pradesh, hosted an insightful and thought-provoking online talk titled "*From Hypothesis to Technology: Legacy of Louis de Broglie*" by renowned physicist and National President of IAPT, Prof. P.K. Ahluwalia to celebrate National Science Day. The event was an exceptional opportunity for students, faculty, and science enthusiasts for students, faculty, and science enthusiasts to explore the lasting impact of Louis de Broglie, a pioneer in the field of quantum physics, whose ground-breaking contributions continue to shape the world of modern science and technology. Participants gained a deeper appreciation of Louis de Broglie's revolutionary ideas on wave-particle duality and their significant impact on the development of quantum mechanics and modern physics.



Brochure



National Science Day, February 27, 2025

CELEBRATION OF NATIONAL SCIENCE DAY

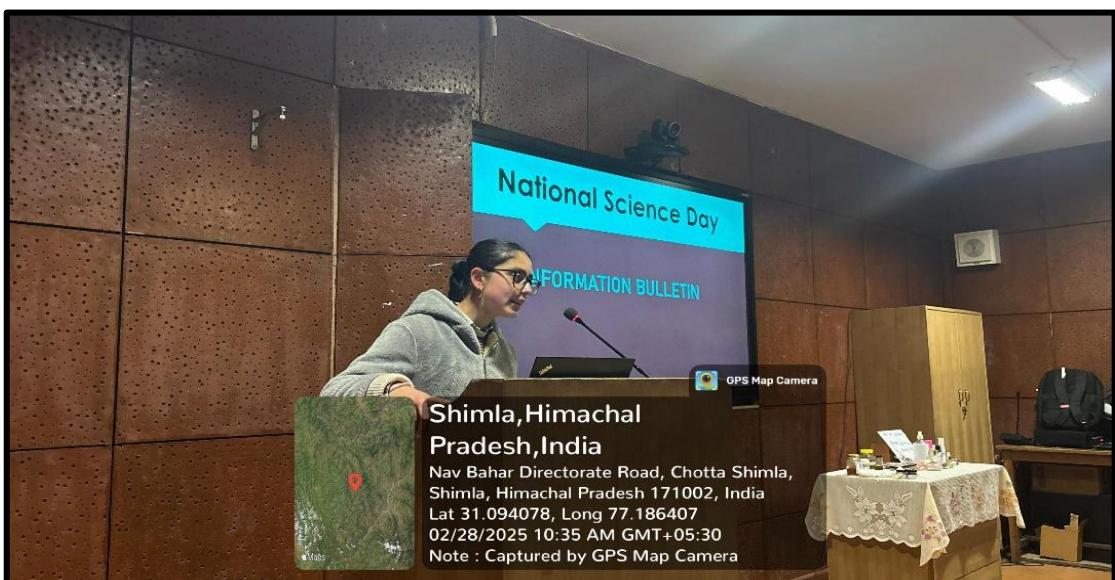
On February 28, 2025, the Department of Sciences at St. Bede's College celebrated National Science Day under the theme “Empowering Indian youth for global leadership in science and innovation for Viksit Bharat”. The event featured a diverse range of



activities. Students gained valuable insights into career opportunities in science and technology while developing research, presentation, and problem-solving skills through hands-on activities. The integration of science with mathematics, technology, and real-life applications enhanced their appreciation for scientific advancements. Idea-pitching sessions and creative competitions encouraged innovation and practical application of scientific concepts, while group activities fostered teamwork and collaboration among participants.



Brochure And Career guidance by Dr. Rahul Shrivastava, Professor at Jaypee University of Information Technology



Information Bulletin by Students on Latest Discoveries in the Field of Science



Vedic Mathematics Session Focusing on Simplifying Complex Mathematical Calculations



Idea Pitching by the Students



Presentation of Beauty and Wellness Products Synthesized in the Chemistry Lab.



Poster and Slogan-Making Competitions, National Science Day Celebration, February 28, 2025

50TH INTERNATIONAL WOMEN'S DAY CELEBRATION

On the occasion of the 50th International Women's Day, Department of Botany, St. Bede's College, Shimla, organized week-long activities from **Date: 8th-15th March, 2025** to celebrate women's achievements and advocate for gender equality. The main purpose of the week-long celebration was to raise awareness of women's rights and the need to end gender discrimination. Various activities were carried out by the students of department of Botany to promote these causes.

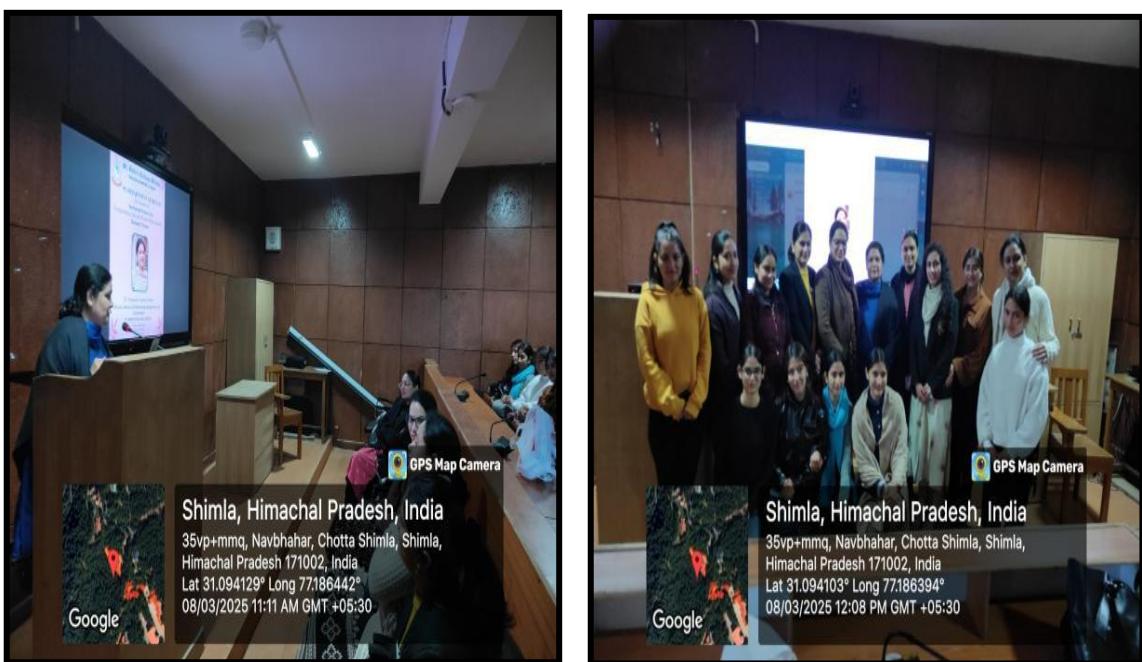


Brochure



DAY-1: 8th March, 2025 – Talk on Women Empowerment

The celebration commenced on 8th March 2025, i.e., International Women's Day, with a talk on *Women Empowerment*. The session was held in the Seminar Hall at 11:00 AM, with Dr.AnupamaTandanTomar, Head and Associate Professor of the Department of Economics at St. Bede's College, Shimla, as the resource person. Dr.Tomar inspired the students by highlighting the importance of literacy, skills, and independence for women. She also shared her personal life experiences, which motivated the students to focus on empowerment and self-reliance.



Talk on Women Empowerment, 8th March 2025

DAY-2: 10th March, 2025 – Poem Recitation Competition

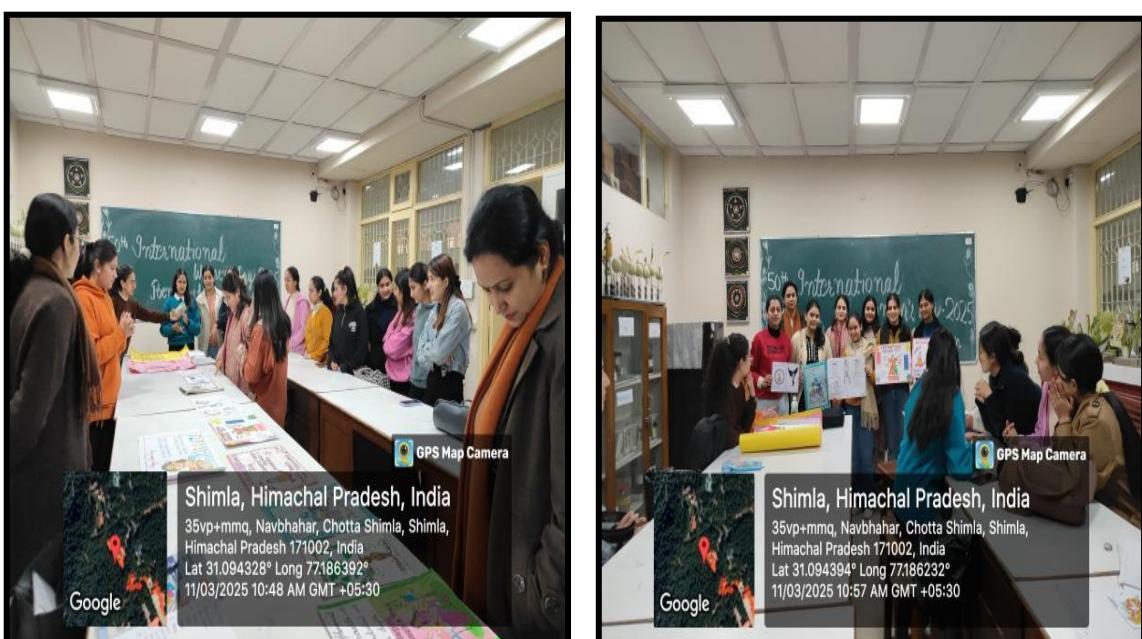
On Day 2, 10th March 2025, the Department of Botany organized a *Poem Recitation Competition* on the theme “*Essence of being a Women*”. Students recited various poems titled “Still I rise”, “VigyaankijyotiNari Shakti”, “Chu le harUnchaitu”. Students also shared their original compositions, adding a personal touch to the competition. These poems reflected the diverse perspectives and voices of young women today, each exploring different aspects of womanhood, from personal empowerment to societal challenges.



Poem Recitation Competition, 10th March 2025 –

DAY-3: 11th March, 2025 – Poster Making Competition

On Day 3, 11th March, 2025, a Poster Making Competition was organized on the theme “*Accelerate Action*” to raise awareness about women’s rights and gender equality. The event aimed to engage students creatively, encouraging them to express their perspectives on social issues through visual art. A total of 12 M.Sc. Botany students participated in the competition, showcasing their artistic talents and their commitment to advocating for gender equality.



Poster Making Competition, 11th March, 2025



DAY-4: 12th March 2025 – Declamation Competition

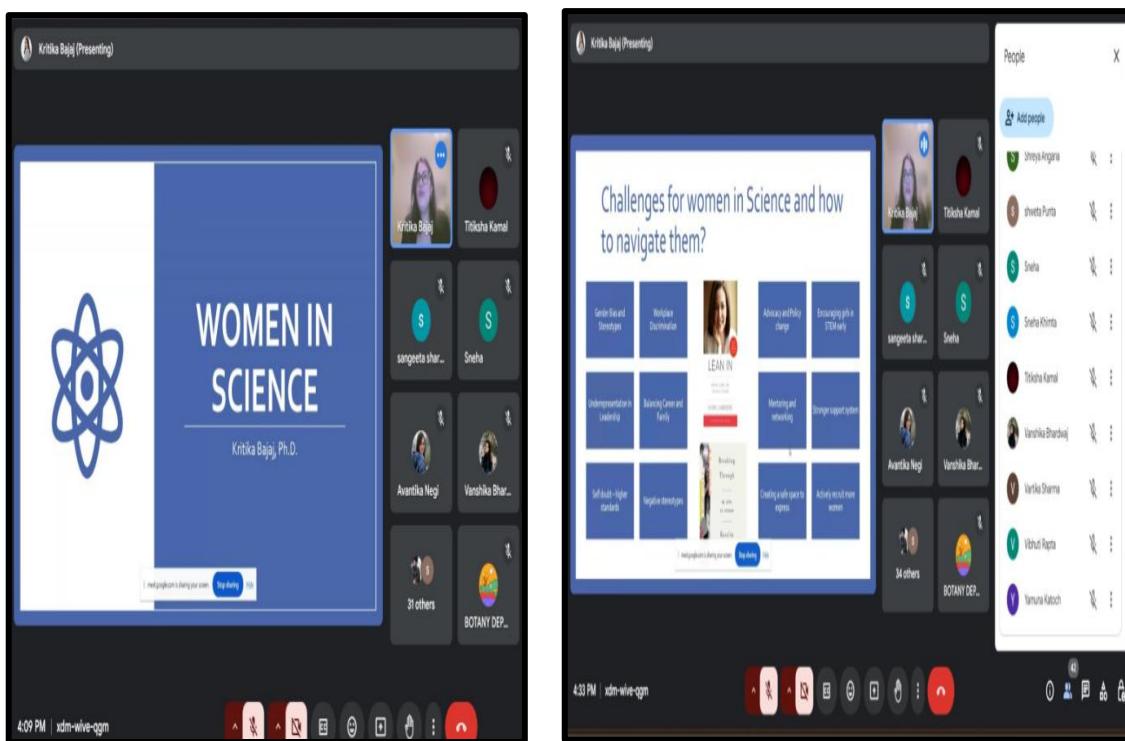
On the fourth day of the event series, a **Declamation Competition** was organized on **12th March 2025**, centered around the theme "Redefining Strength: Women Beyond Stereotypes". The event provided a platform for students to voice their perspectives on gender equality, women's rights, and societal progress, making it an engaging and thought-provoking session.



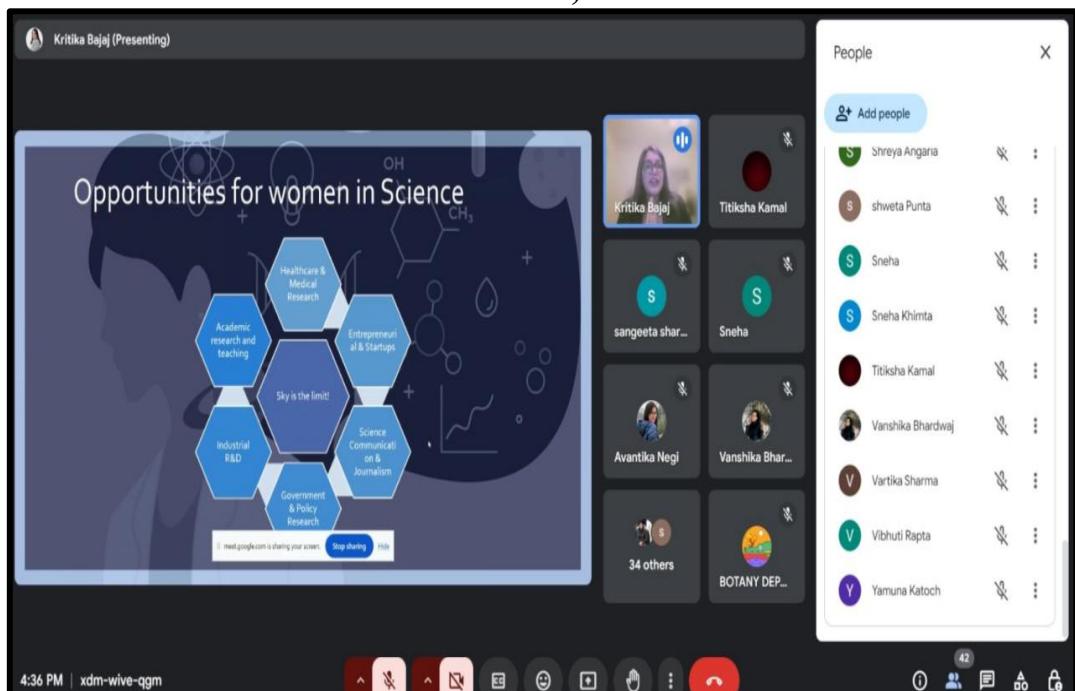
Declamation Competition, 12th March, 2025

DAY-5: 13th March, 2025 – Online talk on *Opportunities and Challenges in Research for Women*

On Day 5, 13th March, 2025, the Department of Botany hosted a online talk on *Opportunities and Challenges in Research for Women* via Google Meet. The session was conducted by Dr.Kritika Bajaj, a Research Scientist at Croda's Princeton Innovation Centre, Plainsboro, New Jersey, United States.



Online Talk on *Opportunities and Challenges in Research for Women*, 13th March, 2025



Online Talk on *Opportunities and Challenges in Research for Women*, 13th March, 2025

DAY-6: 15th March, 2025- Skit on “NarikoSiksha, Samman, is se hogadeshmahan”

On 15th March, 2025, the students of M.Sc. Botany performed a skit titled **“NarikoSiksha, Samman, is se HogaDesh Mahan”**. The skit focused on the critical role of education in empowering women and its direct impact on the progress of the nation.



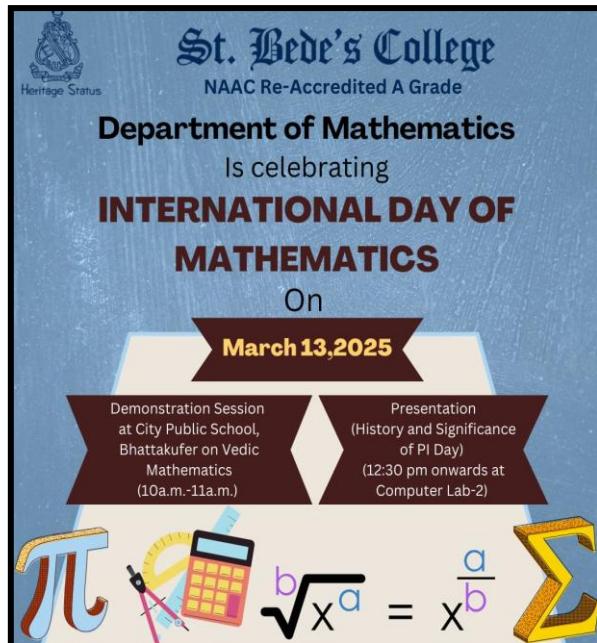
The performance highlighted key societal issues related to women's education, gender equality, and the significance of empowering women through knowledge and respect. The final message of the skit pointed out that a nation can only truly progress when both men and women have equal access to education and opportunities. Educated women can become leaders, innovators, and role models, driving positive change across all sectors.



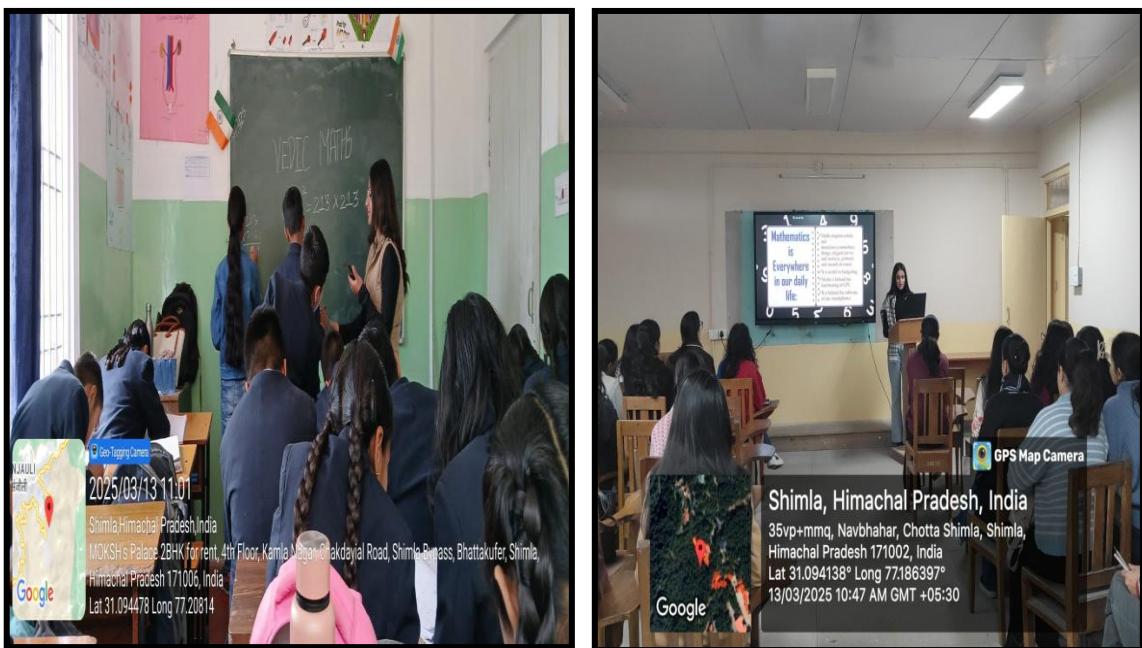
Skit on “NarikoSiksha, Samman, is se hogadeshmahan” 15th March, 2025

CELEBRATING INTERNATIONAL DAY OF MATHEMATICS

The objective of celebrating the International Day of Mathematics observed on March 14th, 2025. The Mathematics Department of **St. Bede's College** organized an insightful presentation to celebrate **Pi Day** by exploring its history and significance. As a part of this, three mathematics students took the initiative to visit City public school, Bhattacharjee, where they introduced the ancient Indian system of mathematics known as Vedic Mathematics to the school students. The students got a deeper understanding of Pi and its mathematical importance, especially in geometry and circle-related calculations. The Pi Day celebration not only made the concept of Pi more accessible but also highlighted its role in everyday life and scientific calculations.



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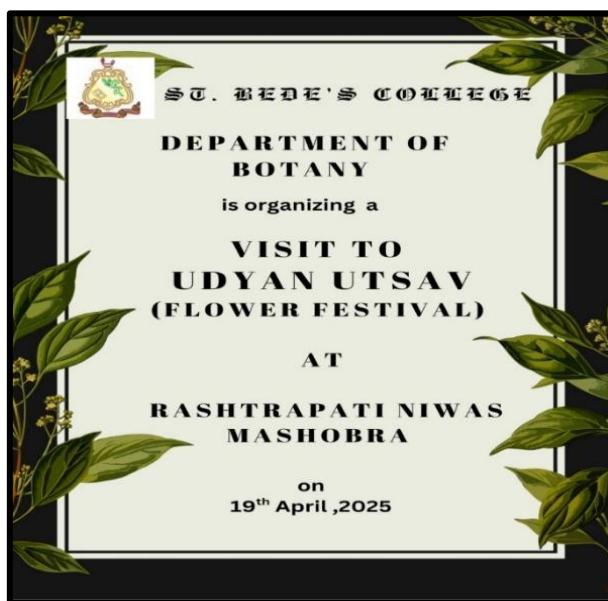
International Day of Mathematics, March 14th, 2025

VISIT TO UDYAN UTSAV (FLOWER FESTIVAL) AT RASHTRAPATI NIWAS, MASHOBRA, SHIMLA

To provide experiential learning by exposing students to a diverse range of plant species and floral displays in a natural setting and also to promote awareness of ecological and cultural biodiversity of Himachal Pradesh. **On April 19, 2025** the Department of Botany, St. Bede's College, Shimla, organized a one-day educational visit to the Udyan Utsav



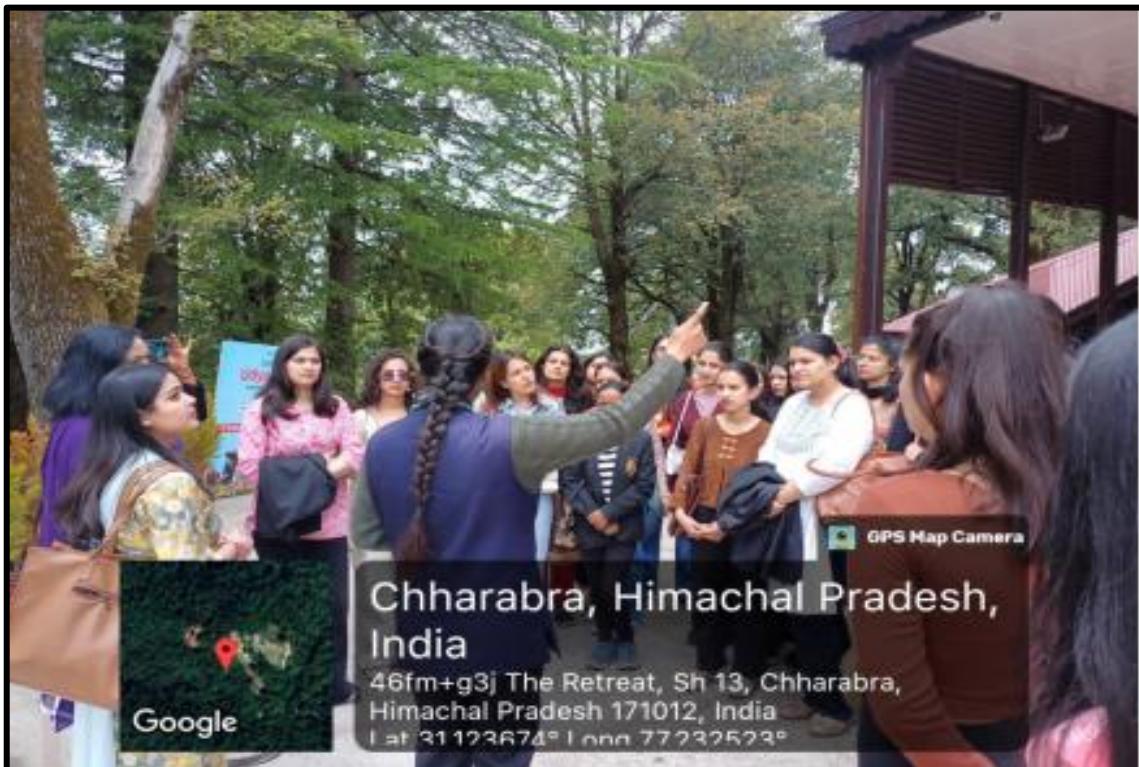
(Flower Festival) held at Rashtrapati Niwas, Mashobra, Shimla, for the M.Sc. Botany students. The visit provided them with a valuable opportunity to learn about various plant species and gain insights into the ecological and cultural heritage of Himachal Pradesh, making it a truly enriching educational experience. Overall, the trip was very informative and knowledgeable for the students as well for faculty.



Brochure



Visit to Udyan Utsav, at Rashtrapati Niwas, Mashobra



Visit to Udyan Utsav (Flower Festival) at Rashtrapati Niwas, Mashobra, Shimla

(April 29, 2025)