



## **Activities for the session 2017-2018**

### **1.) EFFECTIVENESS OF MUSIC ON STRESS MANAGEMENT**

**Dated:** 28<sup>th</sup> Nov 2017

**Event Name:** The Effectiveness of Music on Stress Management

**Description:** Nov 2017: An inter-disciplinary activity was organized in collaboration with the Department of Psychology on the topic: 'The Effectiveness of Music on Stress Management' for the year 2017-2018. Several interesting and interactive sessions with a group of Psychology students along with the students of the music department were conducted on 28th November and 29<sup>th</sup> November and also on the 5th December and 7th December, 2017. Topics discussed were the soothing power of music and how it can act as a stress management tool, monitoring the various physiological functions and stress hormones in our body.

### **2.) HINDI DIWAS**

**Dated:** 14th Sept 2017

**Event Name:** Hindi Diwas

**Description:** Like every year this year also St. Bede's College celebrated Hindi divas on 14th September 2017 with great enthusiasm. The programme commenced with the lighting of the panchdeep by the Principal Dr. (Sr.) Beena John and a few teachers. Several competitions were held by the Hindi department on this occasion. The students displayed their talents in various inter-ship competitions. They participated in poetry recitation, declamation, solo dance, solo singing, mono acting and skit competitions. The judges were selected from among the college staff. About 200 students participated in various activities organized in the previous week comprising poster making, collage making, slogan writing, creative writing, dialogue delivery, poetry recitation, essay writing and handwriting competitions. Indeed, the Hindi department did a commendable job in creating awareness and respect amongst the students for their mother tongue. The music department assisted in Solo-singing:



*Department of Music*  
*St. Bede's College, Shimla*

First- Aamna Tyagi INS Vikas

Second- Sunanda INS Vikrant

