

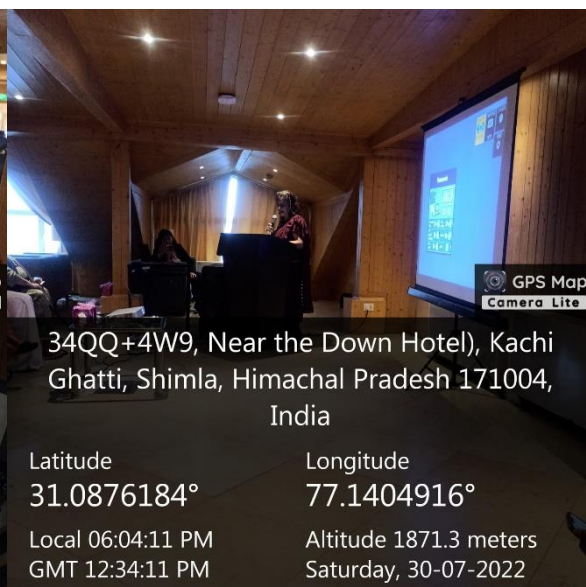
St Bede's Alumnae Association Activities 2022-23

The new executive body of the Ex-Bedeian Association was formed on 27th May 2022 for a term of two years. Sr. Molly Abraham nominated Dr. Purnima Chauhan as the President, Mrs. Sheetal Sharma as the General Secretary, Mrs. Guneet Kaur as the Treasurer, Dr. Deepti Pajni as the Convener of the EBA, and Dr. Gitanjali Mahendra, Mrs. Neha Walia, Mrs. Preeti Koundal, Ms. Snighda Bhatt and Ms. Jyotika Brari as the executive members.

Next, the following **vision statement of the EBA** was finalized and launched: “**St. Bedes alumni association seeks to converge, connect and catalyze student alumni interface on the edifice of past and present goodwill for creating a social capital as assets to the contemporary society.**” Later Nupur Sood, Devyani Goyal, Sheetal Vyas and Anjali Sharma were co-opted into the EBA while Sheetal Sharma tendered her resignation from the post of General Secretary on 4th Nov, 2022.



The EBA vision to converge was evident in the scintillating, zest filled Shimla alumni dinner meet held in Zion hotel, Shimla, on 30th July, 2022 aptly titled “*It’s Yesterday Once More*”. Despite the invite going out only to Shimla alumni Bedeians enthusiastically converged from Chandigarh, Panchkula, Gurgaon, Ludhiana to reconnect with old friends. As each girl arrived sporting different shades of pink the mood also turned into this soft colour! Excited chatter filled the hotel lobby, the lift, the terrace. The spontaneous warmth was infectious. Time seemed to stand still as the meet and greet flowed into sumptuous dinner, DJ, dancing, spontaneous singing and the inevitable Antakshri around the bonfire under the starry summer sky. The clock striking the midnight hour went unnoticed as the girls savoured each minute. Precious moments were captured in candid camera by Vandana Bhagra creating new memories to cherish as each girl reconnected with classmates with the promise “till we meet again”.



And then came the mega Alumnae Meet on 19th and 20th of November, 2022, titled “Bedeian Alumnae Catch-up, Mash-up!”. The Bedeian students and the fantastic EBA Core Team just pulled out all the stops to make this November meet memorable!

Day 1: The first day saw the arrival of Ex-Bedeians from across the country. After their welcome in Hotel Marina, a traditional Himachali lunch was served. Braving the crisp mountain air and armed with an online heritage map of Shimla the Bedeians made many heads turn as they chirped on in a jubilant walkathon down the heritage Mall road. This map was designed by the Ex-Bedeian Association President, Dr Purnima Chauhan, a retired IAS officer, with her team when she was Secretary of the Culture Department and launched the revival of cultural heritage under the “Aaj Purani Raahon Se” (APURSA) scheme that maps hundreds of lesser known cultural intangibles of Himachali heritage.

Each girl donned a vibrant blue hoodie and cap emblazoned with the Bedeian logo that was painstakingly designed by the EBA Core Team and professionally procured for each of us by Devyani Goel. All the girls posed under the Indian tricolour on the Ridge proudly holding a poster of St Bede’s College! Age became just a number as the girls enthusiastically headed back to change into their dinner best! Dinner with antakshri around the bonfire and the DJ igniting spirits fuelled animated memories when “we had joy we had fun...”



Day 2: Next morning St Bede's College hosted the girls with friends and family to enjoy the cultural show. The public response was overwhelming! The riot of a Batch walk covered 27 batches over 5 decades! This was followed by a rocking carnival with Tambola flavoured with food aromas from stalls set up by enterprising students and alumni to evoke entrepreneurship among the eager students.

To showcase another vanishing practice, St Bede's had invited the ancient *Sancha* (fortune teller) of Chopal to the carnival on the second day in the college. The lines of eager youngsters waited to peep into the future as the Sancha wala rolled his mysterious twin dice (*paasa*) and then read fortunes from his centuries old *laal kitaab* called *sancha*.

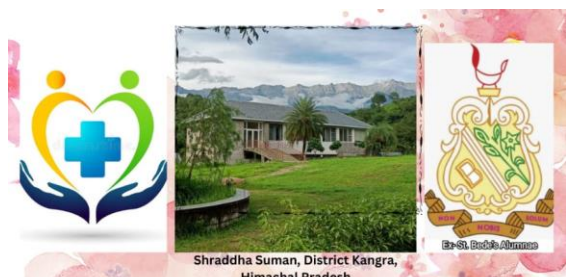
All the fatigue of the EBA Core group in organising this two day event down to the minutest detail vanished as we shared dinner in the Shimla Club after bidding adieu to our Bedeian family!





What a note to end the magical year 2022 leaving the alumni wanting more of sharing warm nostalgic moments that bind us in so many ways!... As we bid adieu to 2022 and welcome 2023 our core team in conversations with the alumni on WhatsApp groups launched 4 missions that would strike a chord with most of us and garner active online and physical support. These missions are:

Mission #1: HEALTH IN YOUR HANDS - "the health orientation will share the spectrum from natural healing to telemedicine" options. On 11th Feb 2023 Ms Anuradha Vashisht who advocates a holistic organic lifestyle in her Ashram Shradha Suman through her organisation Nivritti in Shahur, near Dharamsala, HP took a fascinating online session and later conducted a workshop to heal from 17-20th March 2023. Her work speaks louder than any words!




Shradha Suman, District Kangra,
Himachal Pradesh

St. Bede's College EBA#1 MISSION: 'HEALTH IN YOUR HANDS'
Presents
FREEDOM FROM FEAR FREEDOM FROM DISEASE
A Webinar on the way to live a disease-free and drug-free life,
naturally
Date: 11 February 2023 (10.30 am to 12.30 pm)

Every disease in the world, from Asthma to diabetes to BP to cancer, is curable through effective health management and without use of medicines. Even more important:
EVERY DISEASE IS PREVENTABLE!

Take that first step towards your natural health and complete Wellbeing
Begin your journey today with
ANURADHA VASHISHT
(Researcher, writer, farmer, educationist, nutritionist and natural health consultant)

For registration:
 OR <https://forms.gle/U3JKFho6fVcBKjRJ6>

Mission #2: ARE YOU FUTURE READY? - An expose to metaverse, artificial intelligence, drones that will soon change our known world and an awareness will help us adapt our curriculum, work and home professionalism, job profiling to be future ready or else the Brave New World will leave us panting behind! Dr Ruchi

Verma from JP University will soon be taking a session online on this emerging sunshine sector.

Mission #3: HEAL THE EARTH - On 5th June, 2022, World Environment Day, in close collaboration with the (EDN) Earth Day Network Asia- Pacific, (where Dr Purnima Chauhan is an Advisor) the students, Principal and alumnae of St. Bede's College participated very energetically to "clean the Naldera Heights mountain" 20 km beyond Shimla where the pristine beauty is threatened by rampant garbage littering! Naldera Heights was one out of 39 sites cleaned. Donning EDN T-shirts, Bedeians guided by Forest Department and in close collaboration with other NGOs like Inner Wheel Club, SAGES, converged with the local Mahila Mandal volunteers to clean the mountain of 1.5 tons of garbage. Perceiving waste as a resource rather than mere nuisance was pinpointed so that the possibility of generating "wealth out of waste" (WOW) takes root through source segregation of trash to help recycle, reuse, reduce and generate livelihoods. Flowers and trees were planted in June and July. The pictures tell the story of this wonderful experience that EBA hopes to expand.





Mission #4: REVIVE N RE-INVENT OUR RICH INTANGIBLE CULTURAL HERITAGE TO HELP GENERATE IMMERSIVE TOURISM AND SHAPE NEW LIVELIHOODS - The initiative taken on 20th November 2022, of getting futures read by the traditional Sancha reader of Chopal has shone the spotlight on this dying tradition while generating his livelihood since he is much in demand now thanks to the Alumnae efforts.

Mission #5: AAWARA BHAWRE EBA literally means travelling to lesser-known destinations with a free mind. Bespoke National and International tour packages will be designed for the Bedeians, by the Bedeians, since we do have alumni who deal in this sector. We will soon take you to the Sancha villages to unlock their mysteries!