



Session- 2019-2020

The alumni of our college have played a significant role in the growth and development of our institution, making diverse and impactful contributions across various activities. The following are some of the areas in which the alumni, referred to as Ex-Bedeians, have actively contributed to their alma mater:

A SEMINAR ON 'MANAGING STRESS'

On July 4th, 2019, the Department of Psychology organized a seminar on 'Managing Stress' for the students and faculty members. The seminar featured Mrs. Aruti Nayyar, an esteemed Ex-Bedeian, as the Resource Person. Mrs. Nayyar, a renowned motivational speaker and counsellor with a reputable background in journalism, delivered an insightful session on stress management.

During the seminar, Mrs. Nayyar extensively discussed various aspects of stress management, providing valuable insights on how to effectively deal with stress. She highlighted different stress management techniques, emphasizing practical strategies to cope with stressors in everyday life.

The seminar proved to be highly beneficial for both students and faculty members, equipping them with valuable knowledge and practical tools to manage stress effectively. Mrs. Nayyar's expertise and experience in the field contributed to the success of the event, providing participants with valuable guidance on maintaining their mental well-being.

FRESHERS' WELCOME

On August 8th, 2019, the seniors and teachers of St. Bede's College organized a fresher's welcome event. The chief guest for the occasion was Mrs. Puneeta Bhardwaj IPS, an esteemed alumna of the college. The event showcased various cultural programs performed by second and third-year students, creating an engaging and entertaining atmosphere for the freshers.

The fresher's welcome included a series of talent rounds designed specifically for the new students. These rounds provided an opportunity for the freshers to showcase their skills and talents in a friendly and supportive environment.

Mrs. Puneeta Bhardwaj, in her address to the gathering, focused on the importance of women empowerment. She highlighted that while women should strive for equality with men, they should also embrace and value the unique feminine qualities bestowed upon them by nature. Her insightful speech encouraged the freshers to be confident, embrace their individuality, and pursue their dreams without compromising their inherent feminine strengths.

The fresher's welcome event served as a platform for fostering a sense of belonging and camaraderie among the students. It provided an opportunity for the freshers to interact with their seniors and teachers, creating a supportive and inclusive atmosphere within the college community.



WORKSHOP ON 'TRANSLATION STUDIES & THEORIES'

On August 21st, 2019, the Department of English at St. Bede's College organized a Translation Workshop titled "Theory and Practice of Translation." The primary objective of the workshop was to provide participants with a deeper understanding of the techniques and intricacies involved in the translation process.

The workshop welcomed students and teachers from R.K.M.V., Kotsheera College, Chaura Maidan, and Centre of Excellence, Sanjauli, expanding the learning opportunities and promoting collaboration among different educational institutions.

One of the three esteemed resource persons for the workshop was Prof. Meenakshi Faithpaul, an eminent writer and translator who is also an alumna of St. Bede's College. Prof. Meenakshi brought her expertise and experiences to the table, enlightening the participants on the techniques of translation and providing valuable insights into the process.

During her session, Prof. Meenakshi emphasized the struggles and challenges faced in the field of translation, highlighting the importance of preserving the essence and meaning of the original text while conveying it effectively in the target language. Her session allowed the participants to gain a better understanding of the nuances and complexities involved in the art of translation.

The Translation Workshop served as a platform for participants to enhance their knowledge and skills in translation and develop a deeper appreciation for this important aspect of language and literature. The presence of Prof. Meenakshi Faithpaul, as an accomplished alumna, added immense value to the workshop, inspiring and motivating the attendees to pursue excellence in the field of translation.



"Transforming Lives: Alumni Inspires Bedeian Girls to Embrace Fitness and Overcome Adversity"

A special session was organized by the College's Health Club on the morning of 9th September 2019 for the Bedeians. The session was led by Vasundhara Sharma, a Zumba fitness programmer, and Bindu Khanna Sood, both alumni of the college. The duo aimed to emphasize the importance of fitness and taught the girls various exercises and Zumba steps. They also highlighted the significance of a post-workout regime and how Zumba promotes self-positivity.

However, the morning was not just about fitness activities and dancing to the beat. It also involved the inspiring story of Bindu Khanna Sood, a strong-minded woman who faced the hardships of society. She shared her personal journey with the girls, urging them to never give up in life, regardless of the circumstances.

Addressing the college girls, Bindu spoke about the time and effort required to create a better and stronger version of oneself. She emphasized that fitness is not merely a mantra but a way of life. She candidly shared her own struggles, both physical and mental, and how she felt victimized at times. Bindu expressed her belief that taking care of one's body is crucial.

Recounting her experiences, Bindu revealed that her life had been a rollercoaster ride since her marriage. She faced challenges such as rheumatic arthritis, spinal injuries, two major surgeries, and severe depression. However, she made a significant decision in her life by transforming from being an "option" to being a "priority." Three years ago, she joined a gym, which proved to be a tough period for her but ultimately the best decision she made. Bindu credited her education for teaching her to never give up.



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She expressed her gratitude to the officiating Principal, Ms. Nandini Pathania for believing in her and her trainer, Vasundhara, for helping her regain confidence and fitness. Bindu concluded by stating that willpower and fitness were the driving forces behind her success. She also emphasized that fitness is not solely determined by what one eats but also by what one hears, thinks, and engages in.



POWER POINT PRESENTATION ON GENDER MAINSTREAMING

On 25th September, 2019 the women cell of St. Bede's college organized a power point presentation on Gender Mainstreaming. The chief guest for the function was Professor Aparna Negi, the Chairperson of Department of Economics and Institute of Tribal Studies in Himachal Pradesh University. She made



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the students aware about the difference between gender and sex. She also stressed about how empowerment does not only mean the empowerment of women but also of the LGBTQ.



BOOK TALK

On December 3, 2019, the college library organized a book talk event, featuring Professor Mita Biswas, a distinguished alumna of the college, as the chief guest. The program aimed to celebrate and appreciate the efforts of students who had taken part in book reviews.

During the event, Professor Mita Biswas acknowledged the hard work and dedication of the students in reviewing multiple books. She emphasized the importance of cultivating a habit of reading and provided valuable tips to encourage the participants to engage in extensive reading.

The book talk event also served as a platform to recognize and honour the participants for their outstanding performance. Awards were presented to all the participants as a token of appreciation for their wonderful contributions.

The event not only encouraged a culture of reading but also provided an opportunity for the students to interact with a distinguished alumna, Professor Mita Biswas. Her presence and words of encouragement motivated the participants to continue exploring the world of literature and expand their knowledge through reading.



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COLLOQUY WITH MS. ILMİ

St. Bede's College proudly hosted its alumnus Ms. Shazia İlmi, in December 2019, an acclaimed Indian politician and a former television journalist. The students got a golden opportunity to interact with her, they were all agog. In an interaction with the students, she talked about the importance of politics, social activism and economic journalism as the elements of national advancement and the need for the youth to take up a career in these fields to become a catalyst in the process. She recounted how her anti-corruption bill media campaign had created a cult in the common people to question those in power and seek accountability. The campaign grew to national prominence, giving voice to the voiceless. She further talked about the documentaries she had produced that highlighted the poor economic condition of the marginalised sections of the society, encouraging us to think about economic journalism as a future metier option. The session was not only thought provoking but also gave us refreshing perspectives and valuable insights.

