



## **Session- 2020-2021**

Many alumnae graciously returned to their beloved alma mater to contribute through guest lectures, workshops, and engaging in meaningful discussions. These interactions proved invaluable to the students, offering them first-hand insights into real-world experiences, industry trends, and practical knowledge that complemented their academic studies.

### **SPECIAL VIRTUAL LECTURE**

The department of economics at St. Bede's College organized a highly informative virtual lecture focused on career prospects in the field. The guest speaker for the event was Professor Aparna Negi, an esteemed alumna of the college and currently the Head of the Economics Department at Himachal Pradesh University in Shimla. Her valuable insights shed light on the diverse opportunities available to students pursuing economics as a career.

During the lecture, Professor Negi emphasized the importance of economics in developing logical reasoning and critical thinking skills, which are highly sought-after in various professional domains. She highlighted the wide range of career paths open to economics graduates, including opportunities in multinational corporations (MNCs), banking institutions, Niti Aayog (National Institution for Transforming India), Indian Economic Services, Ministry of Economic Affairs, as well as further academic pursuits such as pursuing an MBA, PhD, or a master's degree in economics.

The presence of Professor Negi as an accomplished alumna and Head of the Economics Department at a reputed university added immense value to the lecture. Her personal experiences and professional achievements served as a powerful example for the students, demonstrating the possibilities and success that can be achieved through pursuing a career in economics.





## **SESSION ON PERSONAL GROWTH AND DEVELOPMENT**

On March 19, the NSS unit of St. Bede's College organized a special session featuring Miss Neelam Bali, an esteemed Ex-Bedeian and Behavioural Counsellor. Miss Bali's presence and expertise added immense value to the event as she shared her professional experiences and provided valuable guidance to the students.

During the session, Miss Bali emphasized the importance of effectively solving individual problems, making realistic decisions, and improving one's abilities and skills. Her insights and advice served as a source of inspiration and motivation for the students, empowering them to overcome challenges and make informed choices in their personal and academic lives.

Miss Bali's professional experiences as a Behavioural Counsellor allowed her to provide practical strategies and techniques for personal growth and development. By sharing her own journey and expertise, she offered the students valuable insights into navigating various life situations and enhancing their overall well-being.

The session organized by the NSS unit was both informative and motivating, leaving a lasting impact on the students. Miss Bali's presence as an Ex-Bedeian and her guidance served as a testament to the strong alumni network and the continuous support provided by the college's alumni.

Overall, the session led by Miss Neelam Bali, a Behavioural Counsellor and Ex-Bedeian, provided students with practical guidance and valuable insights into personal problem-solving, decision-making, and skills improvement. It was an enriching experience that motivated and empowered the students to enhance their abilities and make positive choices in their lives.





## **WOMEN EMPOWERMENT AND DOMESTIC VIOLENCE**

On March 21st, the NSS Activity at St. Bede's College featured another esteemed alumna, Ms. Neelanshi Bhatnagar, a Counsellor at the Himachal Pradesh Women State Commission. Ms. Bhatnagar conducted a session on women empowerment and domestic violence, providing valuable insights and guidance to the student volunteers.

During the session, Ms. Bhatnagar created a safe and interactive environment where the volunteers could openly discuss their concerns and issues related to women empowerment and domestic violence. The students had the opportunity to share their personal experiences and challenges they faced, seeking guidance on how to address them effectively at an individual level.

Ms. Bhatnagar's expertise as a Counsellor at the Women State Commission equipped her with the necessary knowledge and experience to offer practical solutions and strategies. Her guidance and support were instrumental in empowering the students, providing them with the tools and confidence to tackle issues related to women's empowerment and combat domestic violence.

The interactive nature of the session allowed the volunteers to actively participate and engage in meaningful discussions. Ms. Bhatnagar's expertise and personal experiences resonated with the students, fostering a deeper understanding of the challenges faced by women in society and the importance of working towards their empowerment.

The session served as a reminder of the valuable role that alumni play in the development and guidance of current students. Ms. Bhatnagar's presence as an alumna showcased the strong bond between the college and its graduates, and her commitment to making a difference in the field of women empowerment and domestic violence prevention served as an inspiration to the student volunteers.

