



Session- 2021-2022

The alumnae of our college actively returned to their alma mater, delivering guest lectures, conducting workshops, and participating in discussions. These valuable engagements offered students a unique opportunity to gain insights into real-world experiences, stay updated with industry trends, and acquire practical knowledge that complements their academic studies.

WEBINAR

On July 15th, the Department of English at St. Bede's College organized a highly informative webinar on the intersection of Social Media, Quality Education, and Mental Health. The event featured three esteemed alumnae, Astha Singhanian, an educator based in London, Taruna Kaushal, a counselor, and Puneet Kaur, an event manager. Despite being in different countries, they joined together on the online platform to share their insights and expertise on the topic.

During the webinar, Astha Singhanian, Taruna Kaushal, and Puneet Kaur sensitized the students about the significant impact of social media on education and mental health. They shed light on the potential negative influences of media, such as distractions, information overload, cyberbullying, and unrealistic expectations. The alumnae also discussed the importance of maintaining a healthy balance between online and offline activities.

Furthermore, the speakers provided valuable strategies and tools for combating the negative effects of social media and utilizing it in productive ways. They emphasized the need for critical thinking, digital literacy, and responsible online behaviour. The alumnae encouraged students to harness the power of social media for educational purposes, networking, and promoting mental well-being.

The webinar facilitated an engaging and interactive session where students had the opportunity to ask questions and seek guidance from the experienced panel of alumnae. The session created awareness among the students about the potential risks and benefits of social media, equipping them with the knowledge to make informed decisions and protect their mental health in the digital age.

The participation of Astha Singhanian, Taruna Kaushal, and Puneet Kaur as alumnae speakers added immense value to the webinar. Their expertise in their respective fields and their experiences navigating the digital landscape provided students with practical insights and relevant advice. The event exemplified the strong bond between the college and its alumni, highlighting their continuous support in guiding and mentoring the current generation of students.



Alumni
St. Bede's College, Shimla

 The IQAC of St. Bede's College in collaboration with the Department of English organises a webinar on "SOCIAL MEDIA, QUALITY EDUCATION AND MENTAL HEALTH"
Guest speakers


Aastha K. Singhania
(Ex-Bedian)


Taruna Kaushal
(Ex-Bedian)


Puneet Kaur
(Ex-Bedian)
Moderator

JULY 15, 2021
4:00 PM
GOOGLE MEET





WEBINAR

The IQAC of St. Bede's College in collaboration with the department of English organized a webinar titled "Life Skills and Emotional Intelligence" featuring Preeti Kansal, an esteemed alumna and an Enlighten Intellect Coach currently based in Canberra, Australia. The purpose of the webinar was to empower students with essential tools for gaining clarity about their life vision and goals, enhancing their mental well-being, and contributing to self-realization. The interactive session was conducted on November 15, 2021, from 5 p.m. to 6:30 p.m. through Google Meet.

During the webinar, Preeti Kansal delved into the concept of SMART goals, providing students with practical insights on setting Specific, Measurable, Achievable, Relevant, and Time-bound objectives. This framework enabled students to effectively plan and work towards their aspirations while maintaining a sense of direction and purpose.

Additionally, the speaker introduced the concept of the "Wheel of Life," which is a powerful tool for self-assessment and achieving a balanced and fulfilling life. The Wheel of Life allows individuals to evaluate and prioritize various aspects of their lives, such as personal growth, relationships, career, health, and more. Through this exercise, students gained a deeper understanding of their current life situation and identified areas that required attention and improvement.

The webinar created an interactive and engaging platform for students to actively participate, ask questions, and seek guidance from Preeti Kansal, leveraging her expertise as an Enlighten Intellect Coach. Her practical approach and insights equipped students with valuable life skills and emotional intelligence, fostering personal growth and self-awareness.

By featuring Preeti Kansal as an alumna speaker, the college highlighted the significant contributions and accomplishments of its graduates, reinforcing the strong bond between the institution and its alumni network. The webinar not only provided students with practical tools but also served as an inspiration, showcasing the potential and success that can be achieved through the educational foundation provided by St. Bede's College.



Alumni St. Bede's College, Shimla




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

Preeti Kansal,
Ex-Bedeian, batch
1994-1999 is a Life Coach,
Mentor & Social Worker at
Enlighten Intellect Coaching
(Canberra, Australia).

She is collaborating with St. Bede's
College (Shimla, India) her Alma Mater,
by organising a series of webinar to
empower its students with tools that
bring clarity about:

- LIFE VISION AND GOALS
- ENHANCING MENTAL WELL-BEING
- SELF-REALIZATION

RSVP
IQAC St. Bede's College.



Preeti Kansal
FOUNDER & COACH




1st Session  **Via ZOOM**

Monday, 15th Nov. 2021
Timings 05:00 PM to 06:30 PM, IST

2nd Session - Tuesday, 30th Nov. 2021
3rd Session - Wednesday, 15th Dec. 2021
4th Session - Thursday, 30th Dec. 2021

To be continued after winter break on 15/2/2022

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PANEL DISCUSSION

The Women Cell of St. Bede's College, Shimla, organized a highly informative and engaging Panel Discussion on November 23, 2021, centered around the theme 'Women: The Pillars of Life.' The event aimed to provide valuable insights and knowledge to students on topics related to the empowerment of women, laws concerning women's rights, and feminism. The panel featured three eminent speakers, including Dr. Daisy Thakur, Chairperson of the H.P. State Commission for Women and an esteemed alumna of the college.




Dr. Daisy Thakur, as an alumna and an influential figure in the field of women's rights, shared her valuable thoughts during the panel discussion. She provided an in-depth understanding of the workings of the State Commission for Women in Shimla and other parts of the state, highlighting its role in addressing women's issues and promoting gender equality. Dr. Thakur emphasized the importance of education as a catalyst for societal change, emphasizing that it plays a crucial role in empowering women and fostering their progress.

Furthermore, Dr. Thakur shed light on the significance of women's rights and the laws in place to protect and promote them. She discussed the various legislations and policies aimed at ensuring equal opportunities and safeguarding the rights of women. Her insights provided students with a broader perspective on the legal framework and avenues available to address gender-based discrimination and injustice.

By inviting Dr. Daisy Thakur as an esteemed alumna and a prominent figure in the field, the college demonstrated the impactful contributions of its graduates in advocating for women's rights and driving social change.

Women Cell of St. Bede's College, Shimla
Cordially invites you to a Panel Discussion on
"Women: The Pillars of Life"
Date: 23/11/21
Time: 02:00pm-04:00pm
Venue: Auditorium, St. Bede's College

SPEAKERS:

 <small>Dr. Daisy Thakur Chairperson of H.P. State Commission for Women Topic: 'Women Empowerment in Contemporary Society'</small>	 <small>Mr. Navesh Verma Renowned Advocate of Shimla, H.P. Topic: 'Women Rights and the Law'</small>	 <small>Dr. Priyanka Vaidya Associate Professor in the Department of English, H.P.U. Topic: 'Indian Feminism'</small>
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Alumni
St. Bede's College, Shimla

