



Session- 2022-2023

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.

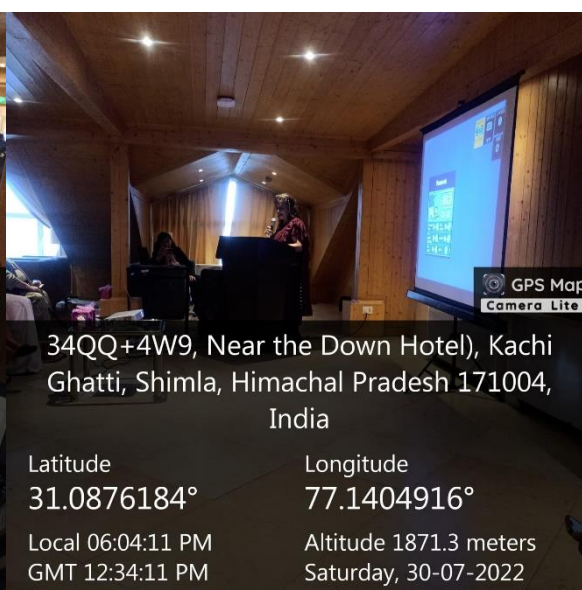
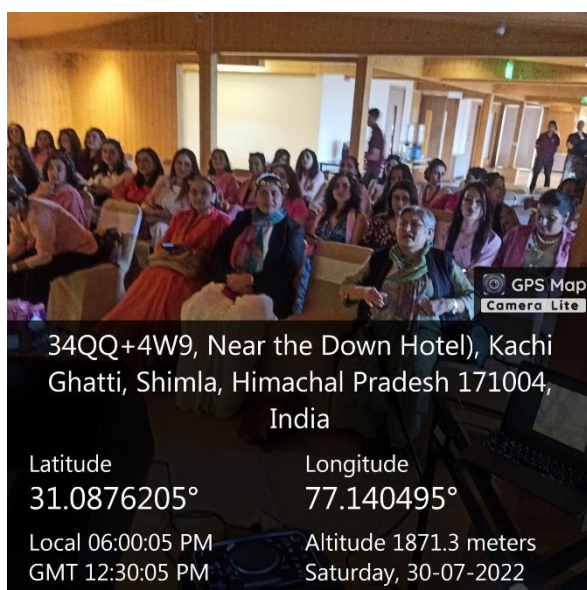


The EBA vision to converge was evident in the scintillating, zest filled Shimla alumni dinner meet held in Zion hotel, Shimla, on 30th July, 2022 aptly titled “It’s Yesterday Once More”.



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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, and 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!



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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...”





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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!





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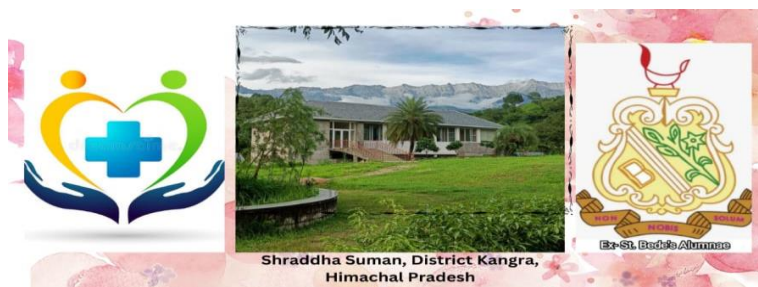


What a note to end the magical year 2022 leaving the alumni wanting more of sharing warm nostalgic moments that bind us in so many ways!... As we bid adieu to 2022 and welcome 2023 our core team in conversations with the alumni on WhatsApp groups launched 4 missions that would strike a chord with most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



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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,



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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.





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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!

OTHER ACTIVITIES:

A TALK AND SCREENING OF A DOCUMENTARY ON HARI RAI TEMPLE

The Department of History arranged a talk and documentary screening on August 10, 2022, featuring Miss Mrinalini Marh, an alumna of the department who produces documentaries on the history and culture of Chamba. The focus of the session was the Hari Rai Temple in Chamba, and it proved to be an informative and enlightening experience for the students. They gained valuable insights into the distinctive architectural characteristics of the Chaba style of temple architecture.



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ISSUES OF DOMESTIC VIOLENCE AGAINST WOMEN

SEPTEMBER 3, 2022

An interactive meeting on "Issues of Domestic Violence Against Women" and gender sensitization was organized by the HP State Commission for Women on September 3, 2022, at D C Office, Bachat Bhawan, Shimla. The event was graced by our alumna Dr. Daisy Thakur, Chairperson of HP State Commission for Women, as the chief guest. The meeting also saw the presence of other important guests, including Law Officer HPSCW Adv. Anuj Verma, Prof. Meenakshi F. Paul, and Prof. Shiv Nath Ghosh. During the meeting, an awareness questionnaire was introduced for college students regarding the issue of domestic violence against women.



INVESTITURE CEREMONY



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On September 10, 2022 an Investiture Ceremony was organized at St. Bede's College to officially administer the oath of office to the newly elected Student Council for the academic session 2022-23. The ceremony was followed by an orientation program for the parents and guardians of the first-year students. The event was graced by the presence of Smt. Satwal Atwal Trivedi, ADGP (Additional Director General of Police), who is an esteemed alumna of the college.

As the chief guest, Smt. Satwal Atwal Trivedi delivered a powerful address that inspired and motivated the students. She emphasized the importance of bravery and encouraged the students to become fearless individuals capable of overcoming any obstacles they may encounter in life. Her words resonated deeply with the audience, instilling a sense of confidence and determination in the students.

In addition to inspiring individual bravery, Smt. Satwal Atwal Trivedi also emphasized the significance of community and staying connected. She highlighted the importance of maintaining strong relationships with fellow students and the college community, fostering a sense of unity and support. Her message encouraged the students to collaborate and help one another, creating a conducive environment for growth and success.

The presence of Smt. Satwal Atwal Trivedi, an esteemed alumna and an accomplished professional in the field of law enforcement, served as a source of inspiration and pride for the college. Her achievements and success exemplified the potential of St. Bede's College in shaping individuals who can make significant contributions to society.

The Investiture Ceremony and orientation program not only marked the formal induction of the new Student Council but also provided an opportunity for the parents and guardians of first-year students to become acquainted with the college's environment and ethos. The event showcased the college's commitment to holistic education and the development of well-rounded individuals.



ORIENTATION PROGRAM

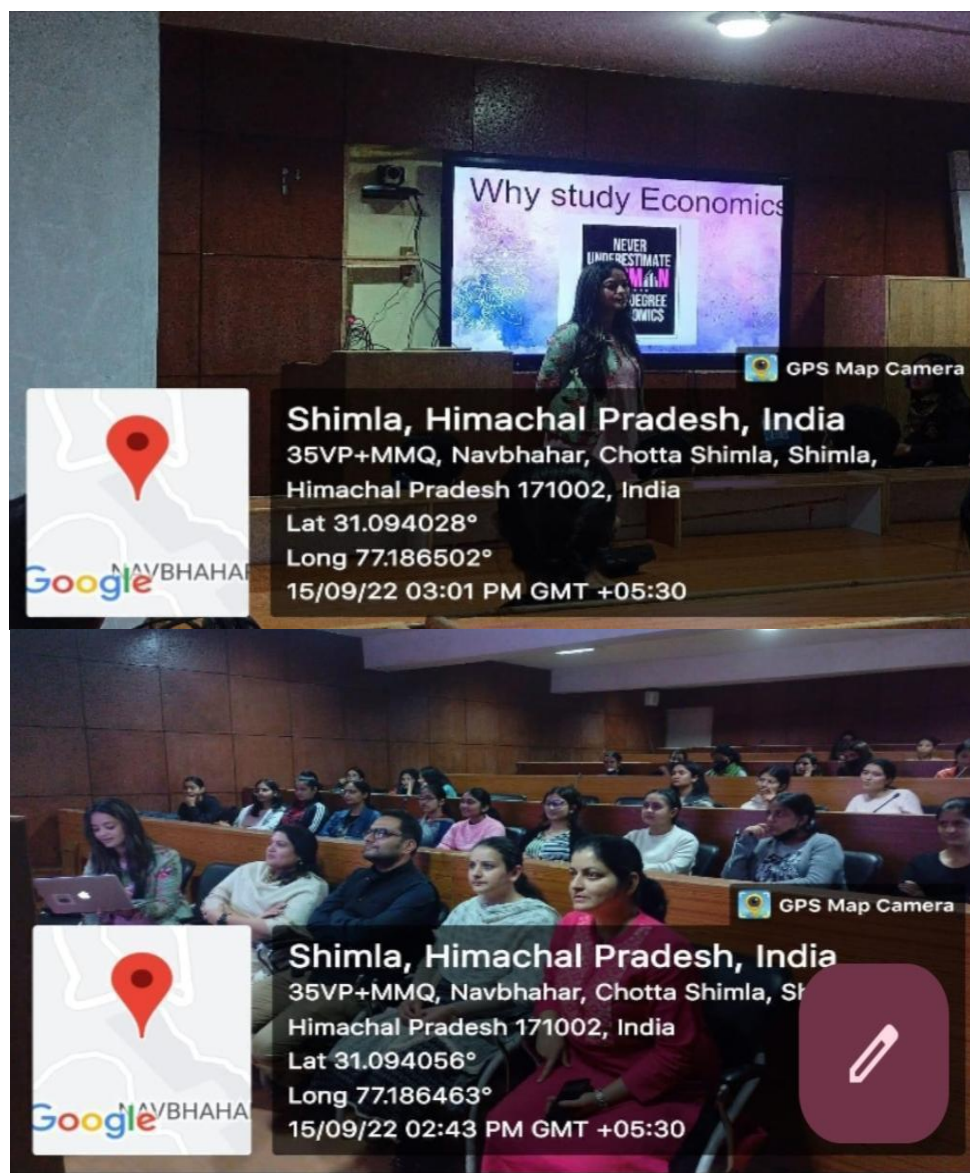
The Economics Department's faculty, sophomore and final year students organised a remarkable orientation programme for the newly admitted economics students on 15th September 2022. The event was made even more special by the presence of the esteemed Ms. Maheema Dutt, an alumna of our college, who graced the occasion as the main celebrant. The programme was designed with the primary objective of familiarising the freshers with various academic aspects such as the curriculum, premises, course, rules and regulations of the institute. It also aimed to encourage active participation of the students, foster a healthy relationship between the students and faculties, and educate the students about the college culture and the code of conduct. Additionally, the programme was focused on preparing the students for their career goals and providing them with essential tips on how to achieve them. The third-year students took the initiative of presenting a PowerPoint presentation that brilliantly put together all the above-mentioned objectives in a comprehensive manner. Ms. Maheema Dutt also gave a remarkable presentation that emphasised the importance of economics and how it can be applied in our day-to-day lives. She highlighted the significance of active participation in college activities, citing it as the reason behind her success and edge over others.

The orientation programme was a huge success, with the freshers exhibiting great enthusiasm and interest in the curriculum and college culture. The seniors and faculty members warmly welcomed the students and offered valuable insights and advice that would help them navigate their way through college life successfully. The interactive session helped the students break the ice and form meaningful connections, leading to a sense of inclusivity and camaraderie. In conclusion, the orientation programme organised by the Economics Department was a remarkable initiative that provided the freshers with essential insights and



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guidance. Ms. Maheema Dutt's presentation was a valuable addition that helped the students understand the practical application of economics. Overall, the programme helped bridge the gap between the seniors and the freshers, fostering a sense of belonging and togetherness in the college community.



FRESHERS' WELCOME

On October 1, 2022, St. Bede's College organized an exciting Freshers' Welcome event called "Masquerade Party- Querencia" to warmly greet the newly admitted first-year students. The event aimed to create a vibrant and inclusive atmosphere where the newcomers could showcase their talents and skills. It provided them with a platform to express themselves and establish connections within the college community.



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To participate in the event, all the freshmen eagerly took part in various talent rounds, including singing, dancing, poster making, creative writing, poetry recitation, debates, and dramatics. These rounds allowed the students to showcase their unique abilities and creative flair in different artistic and intellectual domains. The talent displayed by the participants was commendable, reflecting their enthusiasm and passion.

From the talented pool of participants, the top scorers in each talent round advanced to the finals, where they competed for the highly coveted title of "Ms. Fresher." The final round witnessed an impressive showcase of talent and charisma as the participants gave their best performances. Among the contestants, Sharrin Verma emerged as the winner, earning the prestigious title of 'Miss Fresher.' Her exceptional talent and stage presence captivated the audience and set her apart. Akshita Chauhan secured the first runner-up position, showcasing her remarkable skills, while Mehak Chauhan achieved the title of the second runner-up, impressing everyone with her abilities.

Adding prestige to the event, the Chief Guest for the evening was Mrs. Geeta Kapoor, Director (Personnel) of SJVN Limited and an esteemed alumna of St. Bede's College. Mrs. Kapoor's presence as a distinguished alumna served as an inspiration for the students. Her accomplishments and success exemplified the potential and opportunities that await the students as they embark on their academic journey.



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A 10-DAY LEADERSHIP PROGRAM

From 7th to 17th November 2022, St. Bede's College organised an Online Leadership Program for our students residing in the college hostel. Our resource person for this 10-day workshop was Ms Pavan Kukreja, an entrepreneur, blogger, industry expert in corporate event management and an Ex-Bedeian. The program was organised via Bangkok Online Workshops, which is Ms Kukreja's enterprise.

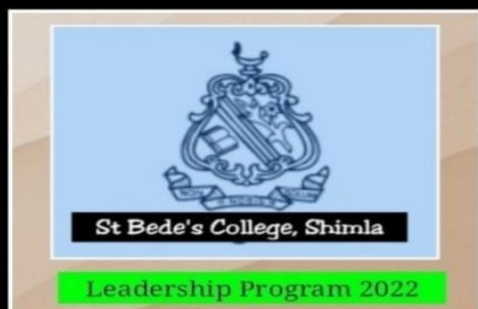
Every session began with a bit of homework. Each day, Ms Kukreja would share an information sheet with some quotes, methods or activities. Our students' first task was to read the panel and try to demystify the sections. Following this, our hostel students gathered in Dina Hall to meet and interact with Ms Kukreja virtually via Zoom.

The topic for the first day was "Emotional Intelligence" and how to develop it for themselves. This session began with an interactive group activity which divided our students into four groups, who were then asked to answer a few questions collectively. The questions were as follows: "Why do you wish to be a part of the Leadership Program?" and "What is your life's purpose, as of your current status quo?" The answers provided by each team were unique to their own experiences as a student and as young adults. Following this, each group was assigned a topic to discuss and present in front of everyone. The topics ranged from cryptocurrency to unicorn start-up trends in India. The first day ended with our students having practically applied and learnt the need for emotional intelligence in a social situation. Similarly, the second day focused on "Self-Esteem", the third on "Zero Ambiguity and Logical Clarity", the fourth on "Smart Goals", and so on.

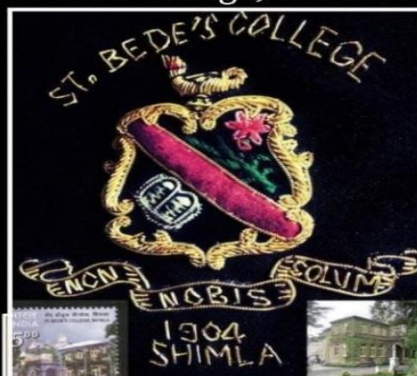
Each session focused on one leadership aspect, helping our students grasp skills to lead a better daily and professional life. Our students looked forward to each day as it was engaging and informative. Overall, the program was an enlightening experience for our students, giving them an insight into new leadership skills that would help in their professional and personal growth.



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Leadership Program
Nov 7th - Nov 17th, 2022
At St Bede's College, Shimla H.P.



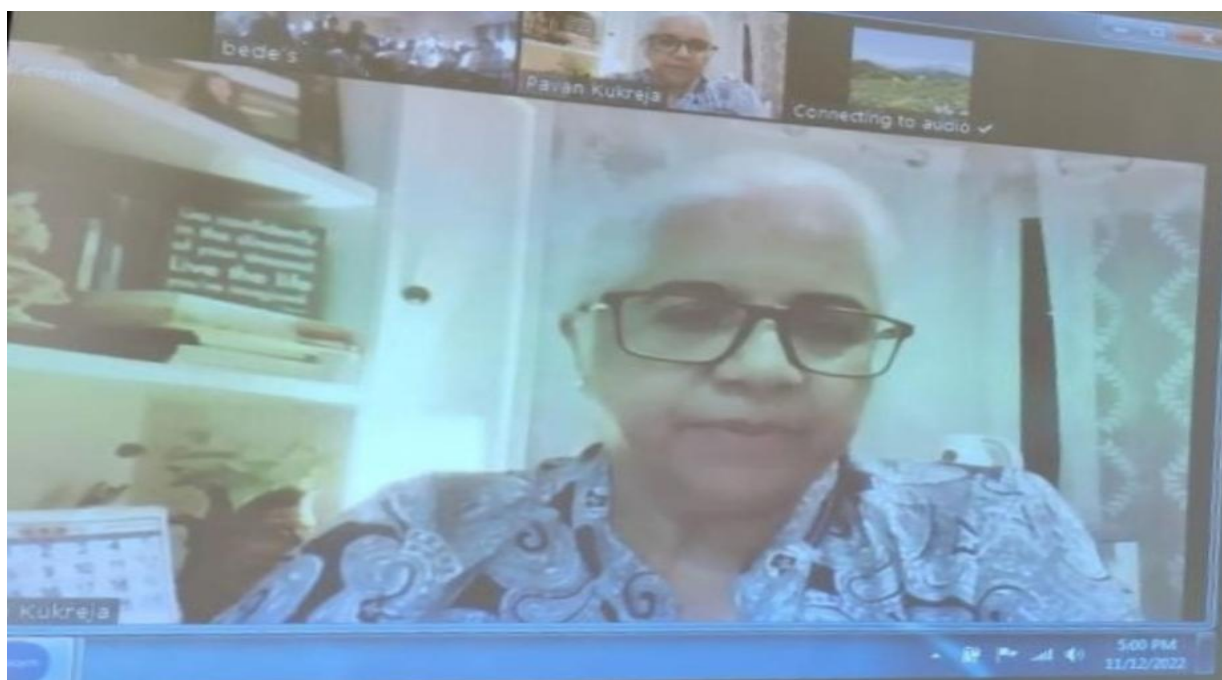
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WORKSHOP ON HOW TO CRACK BANKING EXAMS

NOVEMBER 18, 2022

On November 18, 2022, the Placement and Career Guidance Cell of St. Bede's College, Shimla, organized a highly beneficial workshop on 'How to crack the Banking Exam' specifically designed for the B.Com students. The workshop aimed to provide valuable insights and guidance to help students excel in their pursuit of a career in the banking sector.

The guest speakers for the workshop were Ms. Kanik Kuthiala, Deputy Manager and an esteemed alumna of our college, and Mr. Rajender Singh, a Messenger from the State Bank of India (SBI). Ms. Kanik, with her expertise and firsthand experience, served as a role model for the students, inspiring them with her success story in the banking industry.

During the workshop, Ms. Kanik passionately motivated the students and provided them with valuable tips and strategies on how to crack the banking exams. She shared her knowledge about the exam pattern, syllabus, and preparation techniques that can significantly enhance their chances of success. Her guidance and insights provided the students with a clear roadmap and instilled confidence in their abilities to excel in the competitive banking sector.





CELEBRATION OF INTERNATIONAL WOMENS' DAY 2023

On March 9, 2023, St. Bede's College's Women Cell commemorated International Women's Day. The United Nations theme for this year's Women's Day was DigitALL: Innovation and Technology for Gender Equality, which emphasized the importance of technology in raising awareness of gender issues. The institute's students exhibited their talents and confidence through a Nukkad Natak, followed by an interactive session with the guest speaker, Professor Neelima Kanwar, the current Dean of the Faculty of Languages at Himachal Pradesh University and an alumna of St. Bede's College. Dr. Kanwar engaged the students in a discussion on various issues faced by women in today's world, and the students shared their experiences and concerns. As part of the celebration, a rally was organized to promote women's empowerment and raise awareness of gender issues, which was successful.





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