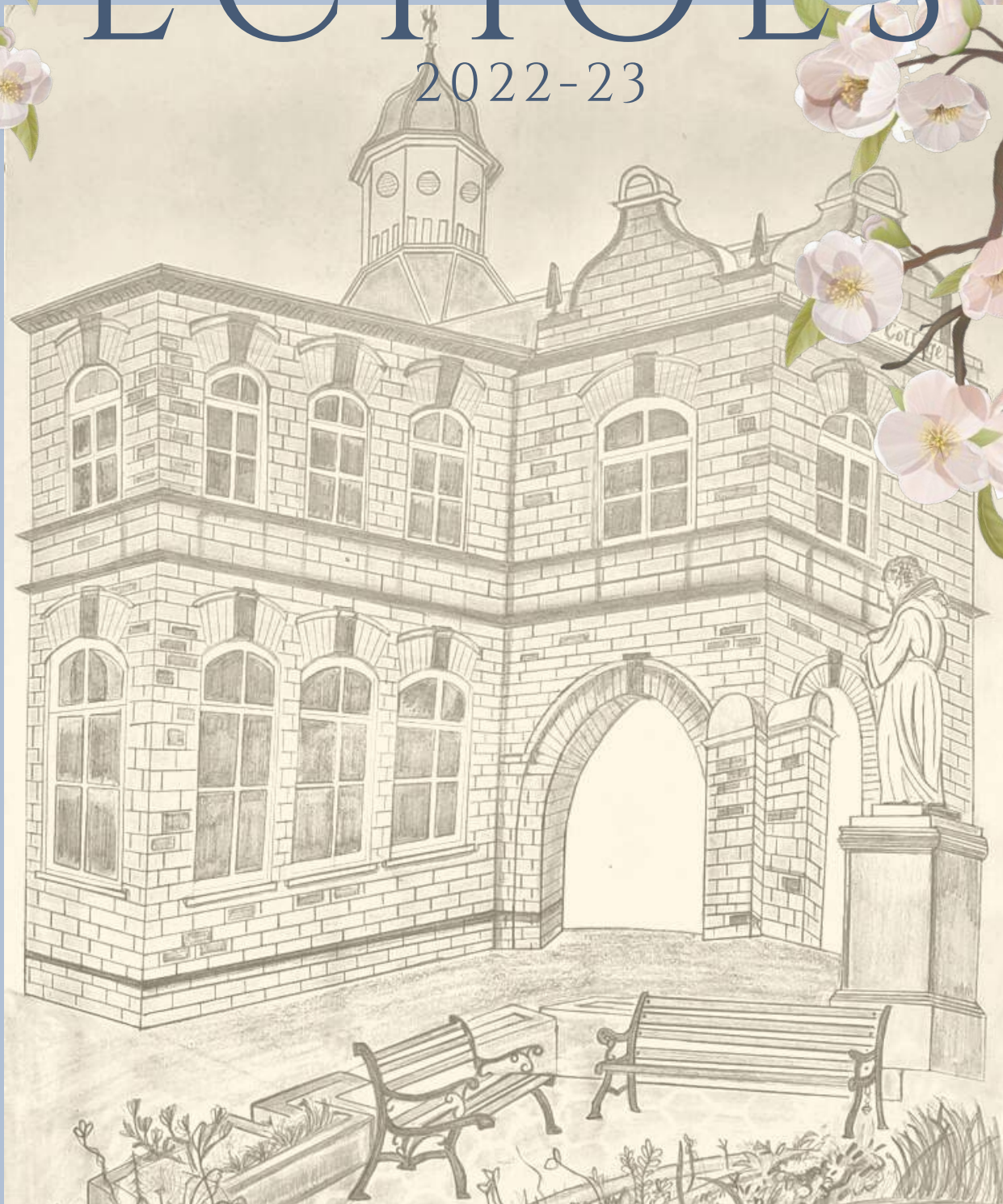




ECHOES

2022-23



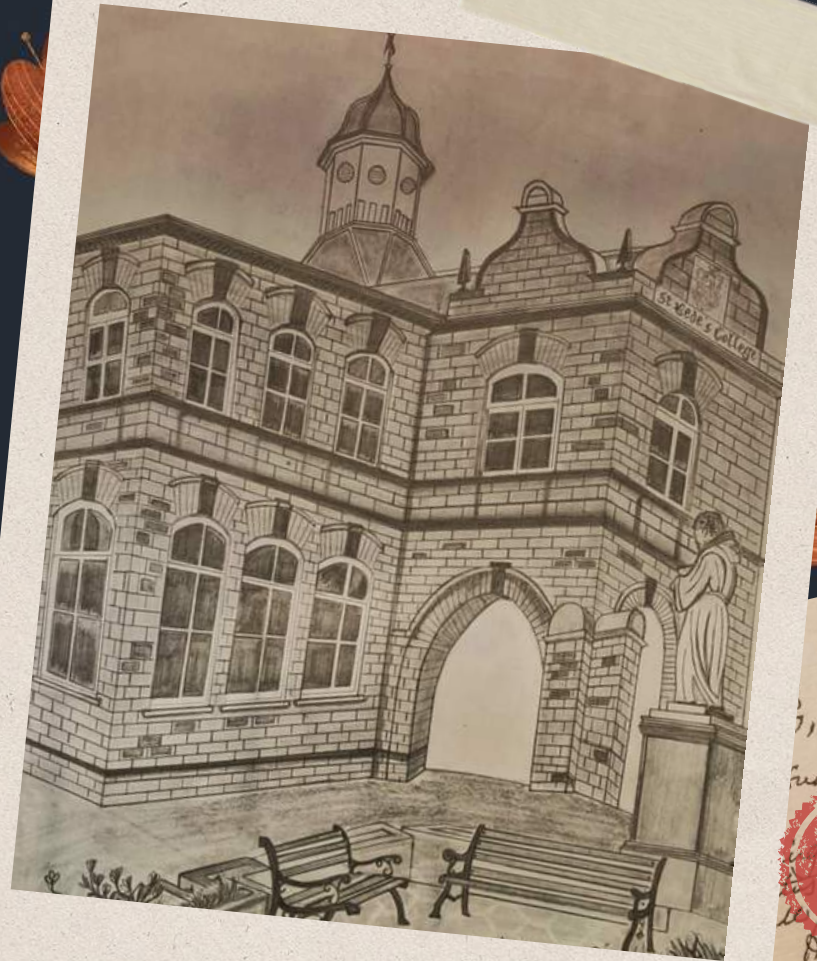
WABI SABI - PERFECTION IN IMPERFECTION



Wabi-sabi

[wah-bee saa-bee]

(n.) Wabi-Sabi is a world view centered on the acceptance of imperfection and appreciating beauty that is "imperfect, impermanent, and incomplete" in nature.



“But when does something's destiny finally come to fruition? Is the plant complete when it flowers? When it goes to seed? When the seeds sprout? When everything turns into compost?”

— Leonard Koren

The world has made the concept of beauty into something that is becoming more and more refined, as well as more and more unachievable with each passing day and it distorts the idea of natural beauty and accepting the flaws of existence.

However, on the contrary, the Japanese belief and concept of Wabi-Sabi embraces just that and allows the people to be more accepting and open to embracing the beauty of flaws and rawness.

Offer yourself an escape from the modern world's obsession with perfection and accept imperfections as all the more meaningful and, in their own way, beautiful.

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FROM THE PRINCIPAL'S DESK



“Education is the passport to the future, for tomorrow belongs to those who prepare for it today.”
- Malcolm X

Established in 1904, St. Bede's College has a glorious 119-year-old history. It indicates a continuous journey marked by careful unremitting attention to soar into an ever-continuing explorative experience in quality education. Many Ex-Bedeians excelled themselves in civil services, politics, judiciary, academics and in other spheres in the State of Himachal and elsewhere. Such institutional legacies, rooted in the past that persist over time in the academic community, serve as inspiration for the present students. St. Bede's College has been awarded A+ grade by National Assessment and Accreditation Council (NAAC).

Our college motto is Non Nobis Solum - that is, 'Not for Ourselves Alone'. This must be the guiding principle of our students as well as our teachers. Teachers are called builders of the Nation. Teachers at St. Bede's are working with dedication and commitment in order to foster a climate conducive to the pursuit of excellence. Also, there is a greater emphasis on value education, so that the Bedeians can face the challenges of the outside world with right attitude and with confidence in themselves. Through such valuable education, our students can come to know what is right and wrong, and what is really important in life.

God's Blessings!

Prof. Sr. Molly Abraham
Principal

THE EDITORIAL

All things in life, including you, are in an imperfect state of flux, so strive not for perfection, but for excellence instead.

Welcome to Echoes, a yearly magazine about the life and prestige at St. Bede's College. Every edition is a medium through which the ingenuity and hard work of the students of this esteemed institute are valued. This year's edition- "Wabi-Sabi for Echoes" is yet another representation of the same. The students throughout the session have strived for excellence, they have put their best foot forward and made every event a huge success throughout the academic session 2022-23. And so, the Japanese concept of "Wabi-Sabi" emerged to represent the true Bedeian spirit. Compiling the student's colossal effort into a hundred pages wasn't an easy task and wouldn't have been possible without the wonderful core team of Echoes 2022-23.

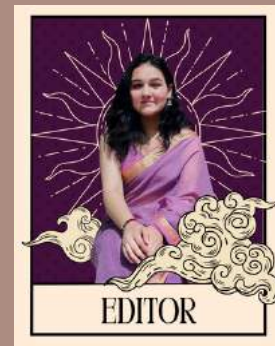
It has been a wonderful journey working for the magazine, more so an unparalleled learning experience.

The editorial offers its sincere thanks to Prof. Sr. Molly Abraham for entrusting us with this honourous responsibility. We are veritably grateful to Ma'am Gitanjali Mahendra, for being a constant source of motivation and support. Having worked in the core teams of the previous editions of Echoes, our gratitude extends to our seniors Angel Shan and Rohita Gharu who always resided their faith in our capabilities.

This year's magazine brings you the concept of imperfection after completely rejecting it as being "the opposite" of that fictional construct that is perfection. The constant state of change in this universe leads to everything being transient and incomplete. That is the reason why perfection doesn't exist. Let's strive toward excellence over perfection. Here's to appreciation and acceptance of imperfection's existence. Cheers!

Aanchal Sharma (Editor)

Khushi Shekhawat (Co-Editor)



Meet the team!

All of us are masterpieces and also work in progress. Echoes 2022-23 has made us discover how acceptance of imperfections in life makes us realise that we all are unique in our own way. Wabi-Sabi teaches us to be happy wherever we are in life, even if it's not exactly where we hoped to be. There are endless possibilities and there is no finishing line because things are always changing. We hope this edition brings you the joy of looking at things keeping the philosophy of Wabi-Sabi in mind--finding beauty in the imperfections of nature and life.



DR. GITANJALI MAHENDRA
ASSOCIATE PROFESSOR
DEPARTMENT OF ENGLISH



Aanchal Sharma
(English Editor)
BA Pass Course -3rd Year

It is an honor to continue an age old legacy and I hope our efforts do justice to the same. This edition will surely be a reminder of the wonderful years we've spend at St. Bede's. Each member of the team has contributed to a pivotal role in making Wabi-Sabi for Echoes a success. We hope our readers indulge in nostalgic reminiscence of their time at Bede's through this edition.

As they say, 'Enjoy every moment you have, because in life, there are no rewinds, only flashbacks'. While working on Echoes, I learned the ability to think, be on my feet and respond to events as they happened, to multitask and also to take constructive criticism. Now as I look back in fondness and gratitude I realize what honor and privilege I was bestowed upon as the Co-editor of Echoes and the experience that came along this remarkable journey is priceless, worth treasuring. Thanks for checking out Echoes, we hope you will like it as much as we did.



Khushi Shekhawat
(English Co-Editor)
BA ENG HONS -2nd Year



Consequently, a college magazine that successfully represents Wabi-Sabi, provides quality content, and engages the college community. It is one that successfully represents imperfection, simplicity, and inclusivity. Together with my team, we created an engaging and thought-provoking magazine that highlighted the experiences of our gorgeous Bedeians.

-NANDINI NANDAN SINGH (2nd YEAR ENG HONS)

Living and studying at St. Bede's made each day seem like a side quest. From playing with the lady bugs to writing reports every two days, I can say it will surely be a time I will never forget. And how grateful I am to be able to share it through Echoes, a major part of me lies within these pages. From reading BL Manhwas to running away from monkeys with an ice cream in my hand, I have experienced it all. Quite the smooth operator one would say.

-AISHNA RAHI (3rd YEAR ENG HONS)



Dedicated, smart, fearless, strong, eager to change the world and willing to stay up late to pursue their passion. Those are just a few words that describe the Bedeians you will meet in the next pages of this issue. As my team and I pulled together the articles and images, we couldn't stop talking about them. "Wow, look at this student!" "No, look what this one has done!" This issue also features student researchers whose passion for discovery takes them to some unusual places. We think you'll be impressed.

-SUHANI SINGH (2nd YEAR ENG HONS)

Maybe if I keep telling the story, it won't have to end that is how I felt about the magazine. Being in the team helped me grow and presented me with opportunities. We may never know how much our words or actions influence the lives of those around us. But we can choose daily to be a positive influence on others, in a way that could change the rest of their lives even if it's just within the walls of where you work.

-TRIPAT DILLON (2nd YEAR PSY HONS)



It's been a journey, a journey of honour, and pride being associated with something that feels larger than life itself and is an undying legacy of St Bede's College. I am grateful to this college for things beyond my ability to list. More than the people, more than the writers, editors and everyone else who diligently contributed their part in making this magazine, it is the magic of its glory that shaped all of us and helped our quills' ink the pages. Working for the magazine wasn't just a chapter in my life but a real character that helped me through some tough times like a true friend and for that I am forever grateful. So I thank you, for making me a part of this wonderful journey and giving me the opportunity to work for it.

-STUTI SOOD (3rd YEAR BA PASS COURSE)

"The meaning of life is to find your gift. The purpose of life is to give it away." - Pablo Picasso. I hope that the works presented in this magazine inspire you all to discover and share your own unique gifts with the world. As a first-time editor for this magazine, I am thrilled to present this diverse collection of literature, art, photography and several other memories throughout the year. Enjoy!

-AKSHITA CHAUHAN (1st YEAR BA ENG HONS)



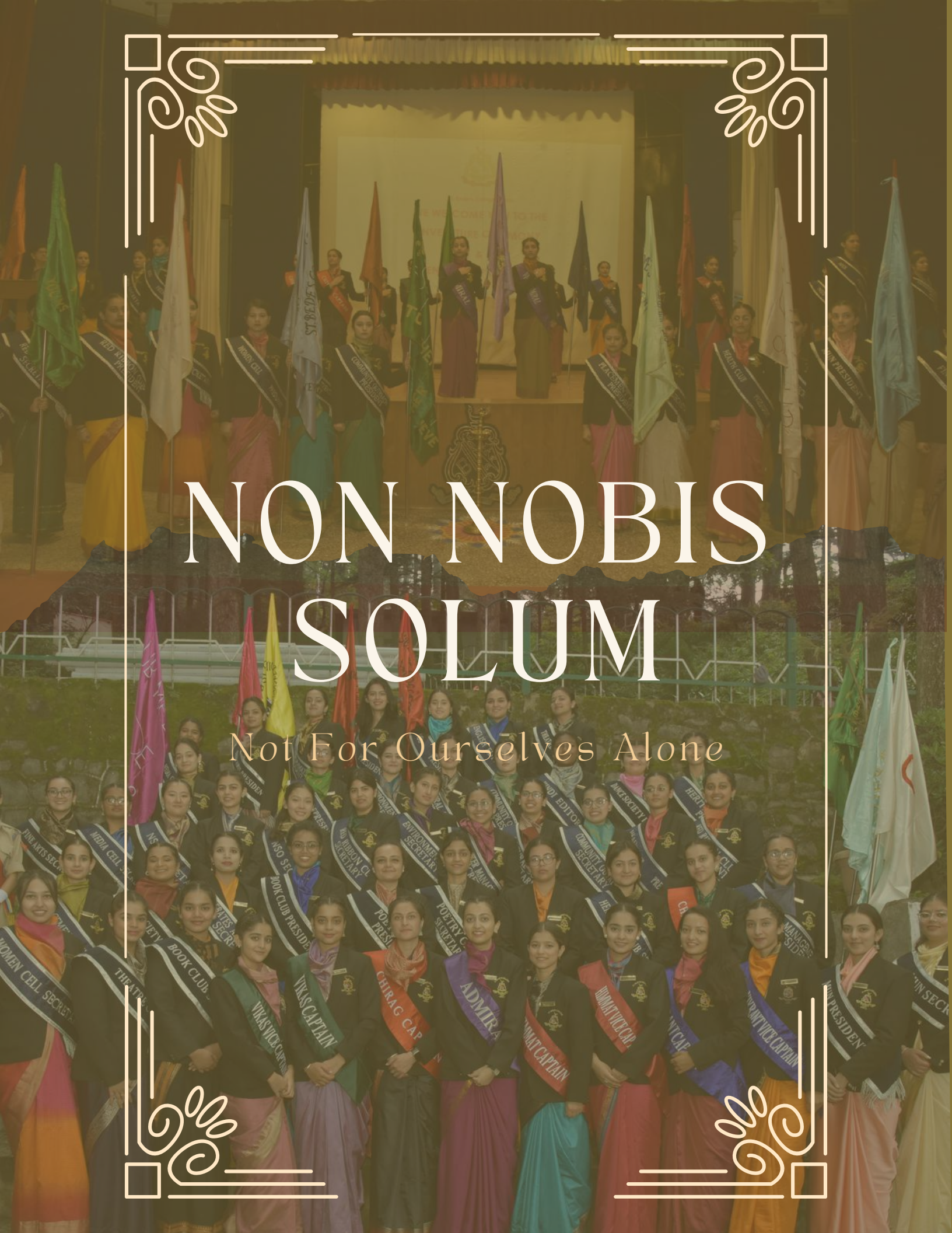
"These last three years in St Bede's and Shimla have been an experience I will never forget. The towering mountains and the quiet dawns here have had a profound effect on me. This magazine has given me the space and opportunity to express those experiences and I will always cherish that. I will always look back on my time here with a certain fondness and adoration.

NANDINI THAKUR- (3rd YEAR ENG HONS)

My experience working for Echoes has been rather easygoing and pleasant. Getting to design and edit articles has been a fun experience, and seeing that creative seed spurt has been rather fulfilling. Thank you!

ANOUSHKA MOSES- (3rd YEAR ENG HONS)





NON NOBIS SOLUM

Not For Ourselves Alone

STUDENT COUNCIL

2022-23

ADMIRAL

Being a student at St. Bede's College was like living my dream life. I progressed from being the Class Representative to Vice-Captain of INS Vikas to becoming the Admiral of the college. It has been a beautiful journey with so many memories, lifelong friends, and many lessons learned. Being the Admiral has taught me what it takes to be a leader. I'm extremely grateful to Prof. Sr. Molly Abraham for always being my guiding light and honoring me with the most coveted prize the Bedeian Pin. I want to thank my loving parents and my sister, without their support it could not have been possible. I would like to conclude by saying it's not about perfection but the effort. When that effort is put in every single day, that's when things begin to work in your favor. The words "Be the change you want to see in the world" always inspire me.

Smriti Thakur



VICE ADMIRAL



You'll always come across difficulties and tiresome situations in life but how you rise out of them, will be something, you'll learn and be grateful for, for the rest of your life. "Grateful" is the word I would like to use for all that has happened during my days spent at the college. Being the Vice- Admiral of this prestigious institute has been a journey full of joy. The greatest treasure of life is the personality one carries. Now that I go ahead toward my goal of being an army officer, I feel confident and empowered after holding the position of Vice Admiral. A special thank you to Prof. Sr. Molly Abraham and all the teachers who believed in me and made me believe in myself. My advice to all the Bedeians is that you should keep striving for more because Bedeians never settle for less.... Best of luck.

Maanika Sethi



Pallavi Sharma
Captain



Anushka Dhalta
Vice-Captain

INS CHIRAG

- Looking back on our experiences and achievements, we are confident enough that they have set a strong foundation that will allow us to succeed in the future.
- We're thankful to all our teachers, mentors, batchmates, and everyone who stood by us, had faith in us, and supported us throughout.
- It was a lovely experience, one which will forever stay with us.



Ruby Verma
Captain



Aakshi Dharma
Vice-Captain

INS HIMMAT

- Being a Bedeian is in itself a proud feeling and it gives us immense pleasure to pen down our message as the Ship Captain and Captain of INS Himmat, St. Bede's College.
- A big thank you to the principal, the management, and everyone involved in the process of selecting us for the honorable and prestigious post of this exceptional institution. At the end of the day, we are the fruits of the same tree and we need to always have each other's backs and show the true spirit of camaraderie.



Nikita Chauhan
Captain



Praneeta Kamal
Vice-Captain

INS VIKAS

- Being the Captain and Vice-Captain of INS-Vikas, has been fruitful, as we learnt to work as a team. It was all possible because of the hard work, dedication, and active participation of the students of our ship.
- Starting from the internship debate competition, dance competition, singing competition, and poetry competition we bagged the first position in all these activities. All this has been possible because of the attitude of the students of never giving up under any circumstance. We can proudly say that our Ship INS-Vikas has been the best because of the team effort. We are falling short of words to describe our journey and hope this legacy of carries on forever.



Ananya Verma
Captain



Muskan Verma
Vice-Captain

INS VIKRANT

- We would sincerely like to thank our principal, teachers, and students who have always believed in us and in our abilities to lead as Ship Captains. We feel proud to say that we have thoroughly enjoyed our journey and got to learn a lot of new things, especially how to be responsible. Meaningful values have been instilled in us, that will always stay wherever we go. It has helped in shaping us as individuals and has been an eye-opening experience. We have learned, grown, and evolved to be better individuals, for this we are grateful to St. Bede's.

COMMUNITY OUTREACH

As part of the Community Outreach Cell, we led the organization of a silent march against 'eve teasing' in our town. The event was a powerful display of solidarity against this unacceptable behavior, and the somber yet determined atmosphere was palpable. We also got the opportunity to celebrate Christmas with the local school children, spreading joy and holiday cheer. It was heart warming to see the smiles on their faces as they participated in the festivities. We are proud of the progress that has been made toward creating a safer and more inclusive environment for all.



Tavisha Negi
President



Sakshi Chauhan
Secretary

CULTURAL SOCIETY

Being the President and Secretary of the Cultural Society was a great experience indeed. It has always been our aim to organize events in the college so that students can come forward and enhance their skills. Our main motive was to push and uplift the co-curricular activities and creatively so that it helps in the overall personality development. We are thankful to the principal and teachers for giving us an opportunity to work for the society, which was a fulfilling experience.



Ayushi Pundir
President



Aashi Gaba
Secretary

DISASTER MANAGEMENT

It was an incredible and prestigious revel in being a part of the Disaster Management Cell. The opportunity and the faith bestowed through the scholars in addition to our instructors helped us attain triumph over and cope with all of the conditions and occasions actively and with an extraordinary command.



Ananya Garg
President



Navya Bhatia
Secretary

DEBATES AND DRAMATICS SOCIETY

Drama & Debates Society members took an active part in all events both inside and outside of the college, from selecting students to represent the college in other fests to holding debates within the ships. The audience always enjoyed and found the society's activities insightful. We hope this society continues working in this way in the years to come so that the banner of college can fly higher.



Sunidhi Verma
President



Samridhhi Tripathi
Secretary

ENVIRONMENT AWARENESS CELL

We conducted several activities with the active participation of students. Starting with a tree plantation drive in which several tree saplings were planted across the college, followed by other activities like nukkad natak, cleanliness drive, poster poetry, and slogan writing competitions. We are proud of the progress made by the Environment Cell.



Riya Thakur
President



Arshita Chauhan
Secretary

NSO

As a member of the student council, we were taught leadership skills, management skills, and working together as a team. Through our work, we have learned to plan events, manage tasks and even develop a special talent for event organization, planning, and management. We enjoyed organizing every event and making arrangements. We express our deep sense of gratitude to the staff and our fellow students for giving us this opportunity.



Ananya Thakur
President



Tenzin Palkey
Secretary

NSS

The session 2022-23 has been a fruitful one. Working as President and Secretary, we gained exposure in different areas such as organizing events, working for the society, etc and it definitely enhanced our qualities as leaders. Under National Service Scheme, various activities are performed and organized. Volunteers in large numbers participate in these activities therefore team building and working as a team are also some qualities that we learned.



Sakshi
President



Neesa Negi
Secretary

WOMEN CELL

During our tenure as the President and Secretary of Women Cell, the significant experiences we had shaped us into the responsible persons that we are today. Some of the experiences including interaction with the college community, growing in our faith, and participating in student council made us responsible and hardworking this enhanced our leadership skills that we had. All in all, being a member of the student council has brought out the best version of ourselves and we will forever be grateful and thankful to the college for this opportunity.



Parul Khangta
President



Priyeshwari Mewara
Secretary

THEATRE CLUB

It was an absolute pleasure to be a part of the student council this academic session. Working for the Theatre Club was a great learning experience. Our activities were fun and made us explore and work in different areas related to theatre. Overall our experience was very good and we are extremely thankful for this wonderful experience.



Rozi Rashid
President



Shubhangi
Secretary

MUSIC SOCIETY

Music is a universal language and the Music Club works to prove it. Throughout the year the music room saw in it, the likes of Adele to A.R. Rahman. Be it competitions or events, the music club took great interest in all activities. From opening the show with the College Anthem to closing it by proudly singing the National Anthem, we can say that the club had a rather eventful year.



Ananya Singh
President



Gunjan Kashyap
Secretary

DANCE SOCIETY

Being a part of the dance society provided us with many opportunities that allowed us to showcase our talents on different platforms. This was all possible with the help of our dance convener Ma'am Akshita Dhiman and the constant support of our Principal Prof. Sr. Molly Abraham. We could experience this thrilling journey with so much love and appreciation because of the enthusiastic participants without them we couldn't have presented such versatile and amazing dances for the audience.



Riya Negi
President



Anushka Singla
Secretary

PHOTOGRAPHY CLUB

Photography is the art of observation. It has little to do with the things you see and everything to do with the way you see them. The beauty of photography lies in capturing a moment that is gone forever and is impossible to reproduce. Both of us started doing photography in school itself. It was only a hobby then, but now it has become a passion. With the help of our teachers and our mentor ma'am Madhu, we look forward to contributing all that we can to the college and improving the photography skills of the students. We would also like to thank our college faculty for letting us be a part of all the events hosted at our college.



Priyanshu
President



Suhani Singh
Secretary

POETRY SOCIETY

The past year has been a fruitful and educational experience for me as the Poetry Society's President. We organised two events while taking part in many others as a new society. I hope that the society will gain new members in the upcoming academic year with creative ideas for planning entertaining activities.



Muskan Thakur
President



Samridhi Pathak
Secretary

BOOK CLUB

Book Club has been a very transformative opportunity for us as the President and the Secretary and the entire student fraternity at large as it has given us myriad learning opportunities in the form of management and competitive activities. The club played an important role in developing critical thinking abilities, the art of eloquent delivery of literature, and the profound imagination of the student diaspora.



Shree
President



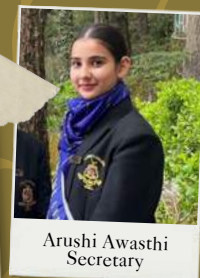
Manya Pandey
Secretary

PLACEMENT CELL

The Placement Cell arranges training programs like mock interviews, group discussions, internships, and communication skills workshops and guest lecturers to impart the right training and instill confidence in them to face the corporate world. It was a great experience to be a part of the placement cell. This position provided us with administrative, management, and leadership experience along with honing soft skills. We are thankful to the teachers for guiding and supporting us.



Riya Sharma
President



Arushi Awasthi
Secretary

MEDIA CELL

Becoming a part of Media Cell as President and Secretary opened more opportunities for us than we expected. The amount of exposure we received after partaking in nearly every event at the institute, has built up our knowledge of various spheres in life. It was our absolute pleasure to be responsible for assisting students and faculty in creating memories that would otherwise go unnoticed. Even mundane tasks like writing reports will be missed. As council members, we feel proud to say that we contributed our efforts to St. Bede's progress.



Aishna Rahi
President



Vasuki Thakur
Secretary

FINE ARTS SOCIETY

Fine arts society had versatile experiences throughout the year. It was somewhat challenging too. We were somehow involved in every event of the college and got a chance to work with every society. We extracted the best out of the waste, conducted activities in collaboration with other departments, and our painting competitions, went out for inter-college youth festivals. We were also able to send our paintings for International painting competitions, and many other platforms.



Aanam Ansari
President



Suhani Pathak
Secretary

HEALTH CLUB

Happiness begins with good health; these words truly define the essence of the health club. The vision of this club was to create awareness among students regarding the importance of good health, and as the President and Secretary of this club, we thoroughly enjoyed organizing and working on fulfilling this vision. We will always be grateful to this prestigious institute for giving us the opportunity and adding meaning to our college life. We would also like to thank our club conveners, Dr. Ashwani Kumar, Dr. Kusum Sharma, and Miss Jagriti Chauhan for guiding us throughout this journey.



Vasundhra
President



Muskan Sharma
Secretary

RED RIBBON SOCIETY

It was a pleasure to serve in the Red ribbon club. We learned a lot by holding HIV awareness campaigns to celebrate Youth Day and Worlds AIDS day and being vigilant and ready to help each other in times of need. We are grateful to the scholars and instructors for bestowing their faith in us and allowing us to serve our prestigious college.



Aastha Raizada
President



Muskan Chauhan
Secretary

MUN

If we have to accentuate everything that we as the MUN society did over the past year merely in a paragraph it would honestly be as strenuous as literally nailing jelly to a tree. We as a society developed impeccable soft skills, enhanced our speaking and presentation skills, and mastered research skills forsooth. MUNers have this unparalleled exposure which was showcased in our sessions here at Bede's attended by our coveted conveners. As a whole, these enthralling sessions that we had were sheer wonders and would always be cherished by us.



Rashi Bhardwaj
President



Suvidhi
Secretary

HERITAGE CLUB

It's rightly said by Cicero, "To be ignorant of the past is to be forever a child". 'MIRAASA', The Heritage Club of our college works to preserve and celebrate the rich heritage of our country. It was a very rewarding, fulfilling, and enriching experience to be the President and Secretary of the Heritage Club. We had the opportunity to organize a lot of activities, all devoted to building a better future by preserving and uplifting the past.



Anjali Verma
President



Deepri Sood
Secretary

Bedeian Log

2022-23

APRIL

- **April 4, 2022**

Students of BCA IVth and VIth semesters presented a lecture on the topic “Artificial Intelligence” for students of class VIIIth and IXth at Government Senior Secondary School, Chotta Shimla.



- **April 25, 2022**

The Hon'ble Governor of Himachal Pradesh, Sh. Rajendra Vishwanath Arlekar released the 13th annual edition of the Peer-reviewed Multidisciplinary Journal - The Bede Athenaeum. Students of the Department of History participated in a “Talk cum Archives Exhibition” organised by the State Archives, Language and Culture Department, Himachal Pradesh, at Sanskriti Bhavan, Kasumpti, Shimla.



- **April 26, 2022**

The students of M.Sc.(Botany) II and IV semesters were taken on a field visit to the Indian Institute of Advanced Studies.



MAY

- **May 5, 2022**

Under the “Azaadi Ka Amrit Mahotsav”, the students of the BBA IV Semester presented role plays on the theme “Pioneer Indian Women Entrepreneurs”.

Under “Azaadi Ka Amrut Mahotsav” a Power Point Presentation on the topic “Pioneer Women Entrepreneurs in India” and “Introduction to Managerial Accounting” was presented by the students of M.Com 4th semester.

- **May 24, 2022**

A Plantation Drive on the occasion of International Biodiversity Day was conducted by the students. This was followed by an invited talk by Dr. Vaneet Jishtu (Scientist, HFRI) on the topic "Mountain forests in a changing environment - Realizing mountain Biodiversity and community involvement".

- **May 30, 2022**

A Financial Lab cum Incubation Centre (FLIC) was inaugurated in the college to support the local women micro-entrepreneurs.

JUNE

- **June 4, 2022**

On June 4, 2022, the NCC Unit, St. Bede's College Shimla organised an event to acknowledge and appreciate their cadets who successfully qualified to appear for SSB Interview. The selected cadets were SUO Rutuja Kulkarni and Cadet Anjali Kainthla from 7HP(I) Coy, NCC Shimla, along



with Captain Cadet Chavi Tewari and PO Cadet Arundhati Chandel from 1HP Naval Unit NCC Bilaspur.

- **June 5, 2022**

An online faculty orientation was held on the topic “Who is a Teacher and what makes you an Effective Teacher”. The resource person was Justice Kurian Joseph, former judge Supreme Court of India and former Chief Justice , H.P. High Court.

- **June 4-14, 2022**

Cadet Manisha Sharma attended the ‘ Ek Bharat Sreshtha Bharat ’ Camp. The camp was held with the Bihar and Jharkhand Directorate in Malout, Punjab.

- **June 21, 2022**

The NSS unit and Department of Physical Education, celebrated International Yoga Day. A week-long yoga camp was organised and a rally about the Importance of yoga was also conducted. International Yoga Day was celebrated by the NCC Unit. The cadets visited St. Edward's School, Shimla. Cadets participated in the event and performed yoga with the school children.

- **June 26, 2022**

The volunteers from St. Bede’s College, Shimla attended a state-level awareness program organised on the occasion of International Drug Prevention Day.

JULY

- **July 1, 2022**

Cadets from the college became a part of a CATC camp under 7HP (I) Coy NCC Shimla was held at Karsog, district Mandi. The camp was divided into two phases- CATC-224 and CATC-225.



• July 13, 2022

An induction program was organised for the students of first year. The resource person was Ms. Maheema Dutt, an alumni of the college, she motivated and guided students to live life with enthusiasm, and honesty and influenced the students to help others selflessly.

• July 23, 2022

The NSS unit of the college conducted a plantation drive in the college as well as the adopted village.

• July 25, 2022

A special assembly was held at St. Bede's College to recognize the cadets for their outstanding accomplishments during Combined Annual Training Camps- 224 and 225.

• July 26, 2022

A recognition rally on the Battle of Tiger Hill, under the theme 'Chotiyon ke Baaz' was conducted by the cadets of St. Bede's. A painting and a slogan-writing competition was organised to commemorate the day.

AUGUST

• August 1-7, 2022

A canteen was organised by the students on the theme, "Different Flavours of the World" to celebrate the Nutrition Week.

• August 6, 2022

The Heritage Club, "MIRAASA" in collaboration with the NCC unit of St. Bede's College, organised a Heritage Walk to the State Museum. The event was organised under, 'Azadi Ka Amrit Mahotsav', based on the theme 'History of Independence'.



• August 12, 2022

On the occasion of International Youth Day, a state level function was organised by the HP State AIDS Control Society and DTE, Health and Family Welfare, Shimla. On this occasion the volunteers of Red Ribbon Club participated in an umbrella painting based on the topics –Promoting HIV testing, Toll-Free Number 1097, NACO App and Stigma and Discrimination, at JLN Fine Arts College, Chaura Maidan, Shimla. NSS unit of the college organised a rally to celebrate 75 years of Indian Independence under the motto ‘Azadi Ka Amrit Mahotsav’.

On the occasion of International Youth Day, ‘MIRAASA’ The Heritage Club of St. Bede’s College, organised an online Inter- college essay writing competition. The topic of the same was, “Love your folks: Importance of Intergenerational Relationships.” Poster/Slogan writing and rangoli making competitions were organised to commemorate the day.

• August 13, 2022

NSS unit celebrated Azadi ka Amrit Mahotsav in their adopted village, Dhanan.

• August 13-15, 2022

Independence Day was celebrated under the “Har Ghar Tiranga” initiative of the Government, for three days.

• August 15, 2022

The students of the Department of History under the “Awareness Program on Indian Independence” approached and interviewed the general public in Shimla town.

On Independence Day the National flag was hoisted in the college by the principal. and the Cultural Society organised a cultural program. Cadets of St. Bede’s College Shimla participated in the district-level Independence Day celebration.





• August 17, 2022

A Physical Fitness Test was conducted on the college campus. The test was conducted under the banner of NSO & Health Club.



• August 18, 2022

An awareness talk for the faculty members on the topic "Making a Difference as a Teacher" was held.

A Seminar on the topic, "Winners' Edge" was organised by the Department of Commerce and Management.

The Department of Geography organised a tree plantation drive within the college campus, with the motto: "Let's plant hope".



• August 19-26, 2022

Cadet Ivy Bhattan attended Basic Leadership Camp (BLC) in Malout, Punjab.

• August 20, 2022

A 'society fair' to enrol the second and third-year students into various ships and societies was held in the college.

The students of the Department of Political Science participated in an, 'anecdote narration' competition. The theme of the event was 'The Unheard Voices'



• August 24, 2022

Elections for the student council 2022-23 of the college were held online.

• August 25, 2022

The Additional Director General of Police, Smt. Satwal Atwal Trivedi, visited the college and addressed the students. She also felicitated the students who had previously helped the force in organisation of their event.



• August 26, 2022

The Red Ribbon Club of the college organised, Intra-college activities for the “ HIV Prevention and Awareness Campaign”, to celebrate International Youth Day.

- **August 27, 2022**

A visit to CPRI was organised for students of the science stream.

- **August 29, 2022**

A Health Awareness Program for students on “Breast Cancer” was conducted in the college. National Sports Day was celebrated in the college campus under the banner of NSO and the Department of Physical Education.

- **August 30, 2022**

The Placement Cell organised a webinar on ‘Digital Detoxification’. An Exhibition of books was conducted in the college library. More than 200 books were displayed.

- **August 31, 2022**

Head of Department English, Associate Professor, Ms. Anuja Sharma, retired after a dedicated and committed service of 37 years in St. Bede's College.



SEPTEMBER

- **September 1-30, 2022**

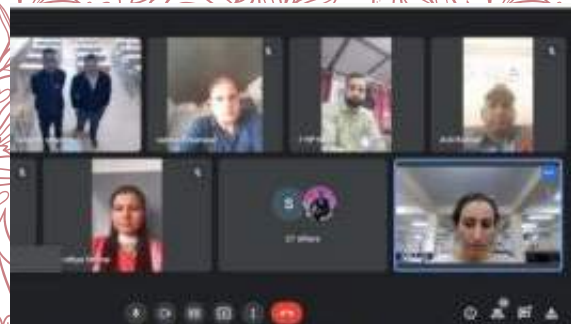
Poshan Maah was celebrated throughout September by the NSS unit.

- **September 5, 2022**

Teacher’s Day was celebrated. Retired faculty members, Mr. Ravi Bhushan, Mr. V.K. Sanoria, and Mrs. Anuja were also invited to the celebrations.

- **September 7, 2022**

The NCC unit of the college organised a virtual organizational outreach program to acquaint the cadets with the NCC e-enrolment process.





• September 7-18, 2022

Head of the Department of Geography, Mr. Pankaj Aashish, along with twenty-six students of the college participated in a seminar organised by Rajiv Gandhi Government Degree College, Kotshera in collaboration with the Department of State Taxes and Excise, Himachal Pradesh concerning GST awareness.

Cadet Ivy was selected for Advance Leadership Camp (ALC) which was held at Malout, Punjab.

• September 8, 2022

The Economics Department organised an extension activity in Government Primary School, Sanjauli, to celebrate International Literacy Day.

• September 9-10, 2022

Students of B. Sc. III attended a two-day workshop on "Frontier Areas in Materials Research".

• September 9, 2022

Students from St. Bede's College registered themselves for the Miss Himachal Princess Contest.

• September 10, 2022

An Investiture Ceremony was organised to administer the oath of office to the newly elected Student Council 2022-23, followed by an orientation program for the Parents/guardians of the first-year students of the academic session 2022-23. Smt. Satwal Atwal Trivedi, ADGP graced the occasion as the chief guest and addressed the audience.

• September 12, 2022

The NCC unit of the college in collaboration with the Zoology department organised a voluntary blood donation initiative on International Day of Charity.

An orientation program was organised by the

Department of Music in which the batch of first-year students were formally introduced to the department.

- **September 13, 2022**

The Department of Zoology organised an educational research with the students of (Zoology SEC) B.Sc. 3rd year at the Himalayan Forest Research Institute, Panthaghati, Shimla.

- **September 14, 2022**

Music Society participated in the activities organised on 'Hindi Diwas'.

- **September 15, 2022**

The Group Commander of Shimla Group, Brig. Rohit Dutta, visited the college, along with Col. D.R Gargey, Commanding Officer, 7HP(I)COY NCC Shimla.

A book review competition was organised by the Book Club in collaboration with the library committee in the college library.

An orientation program was organised by the Department of Biotechnology for the 1st year students.

The Economics Department organised an orientation program to familiarize and help the students acclimatize to the working of the department.

A Mass of the Holy Spirit for the new academic session 2022-2023 was conducted by Fr. Anil, principal of St. Edward School.

- **September 16, 2022**

On the occasion of World Ozone Day Department of Geography organised an Inter-college quiz competition. Five local colleges also participated in the event

The Department of History apprised the first-year students about the various departmental activities organised throughout the year. They were acquainted to the Heritage Club, "MIRAASA".





• September 17, 2022

The Department of Microbiology celebrated International Microorganism Day. Various Interdepartmental competitions were organised, such as poster making, power point presentations, and quizzes.

Dr. Devinder Sharma, Professor in Commerce, from Himachal Pradesh University, delivered a guest lecture on the topic "Research Methodology" to M.Com students.

The NCC unit of St. Bede's College 7HP (I) COY Shimla, conducted an orientation program for first-year students.

• September 19-21, 2022

Youth Festival 2021-22 of Himachal Pradesh University was held in Rajkiya Kanya Mahavidyalaya, Longwood, Shimla. The students of the college participated in activities like quiz competitions, elocution, and cartoon-making competition.

• September 19-23, 2022

Department of Geography, organised a field survey of Tirthan valley, Banjar, and Kullu to gain practical knowledge related to the subject.

• September 19-26, 2022

The Department of Mathematics organised a 7-day orientation program on "Real world Applications on Table of Numbers or Data".

• September 20, 2022

A "Chhatra Samvaad" was organised, to create awareness among the students and staff about National Education Policy- 2022.

• September 21, 2022

The Department of Political Science organised a PowerPoint presentation competition for the students of B.A- I to observe 'International Peace Day'.

• September 22, 2022

The Department of Computer Science and Mathematics organised a seminar on “Computer Awareness” for the students of Class VIII of Govt. Model Girls Senior Secondary School, Portmore, Shimla.

• September 23, 2022

An online IPR awareness program was conducted by the Department of Biotechnology, in association with The Patent Office, Kolkata under the Department for Promotion of Industry and Internal Trade (DPIIT), Ministry of Commerce & Industry.

The Department of Zoology conducted a Health and Fitness Workshop.

• September 24, 2022

The NSS Unit celebrated NSS Day. The students of the Electoral Literacy Club, with the nodal officer Ms. Komal Sharma, attended an event organised by the State Election Commission, Himachal Pradesh, in the Gaiety Theatre, Shimla.

• September 28, 2022

A workshop on Career Guidance and Counselling was conducted in the college.

An orientation session for BCA and B.A./B.Sc first-year students took place in the computer science lab.

Students from the college visited Bishop Cotton School, Shimla for a social social.

• September 30, 2022

The MUN Society of St. Bede's College organised a mock United Nations Session on the theme “Russian Invasion of Ukraine”.



OCTOBER



• October 1-31, 2022

The college observed clean India to create awareness about a clean and green environment. The volunteers conducted a cleanliness drive within the college campus and the surrounding areas.

• October 1, 2022

To welcome the first-year students to the college the seniors organised a Freshers' party. The theme of the party was, "Masquerade Party~ Querencia".

• October 2-8, 2022

Wildlife week was celebrated by the Department of Zoology and Botany under the 'Azadi Ka Amrit Mahotsav' initiative. Various activities like Inter-college poster making competitions, and lecture series on 'Raising Awareness on Biodiversity Conservation,' were delivered by the students at various government schools in the Shimla region.

• October 2, 2022

On the occasion of Gandhi Jayanti, NSS volunteers went to an adopted village in Dhalli to put together a meaningful event.

• October 10, 2022

The Department of Psychology celebrated World Mental Health Day on the theme "Make Mental Health and Wellbeing For All a Global Priority".

• October 10-19, 2022

In October 2022, Cdt Anika went to EBSB-II Camp at JNV Piprakothi, Bihar. It was a ten days National Level camp, held between two directorates: Punjab, Haryana, Himachal Pradesh and Chandigarh Dte and Bihar & Jharkhand Dte. The cadets received EXPA Training and also got a chance to visit various historical sites.

• October 11, 2022

To celebrate the occasion of the International Day of the Girl Child, the students of the Department of Economics presented an informative street play at the Navbahar Chowk.

- **October 12, 2022**

The NCC Unit enrolled the new batch of students for the academic session 2022-23. The students were interviewed and made to undergo certain physical tests for the same.

To celebrate World Music Day a workshop was conducted by the Music Department in collaboration with the Cultural Society and Music Club of the college.

- **October 13, 2022**

To celebrate Karwa Chauth, the Department of Economics organised a mehendi competition in which students showcased their skills in mehendi making.

- **October 14, 2022**

Debates and the Dramatics Society organised an Inter-ship Debate Competition on the topic 'Women's Attire Expression or Repression'.

- **October 15, 2022**

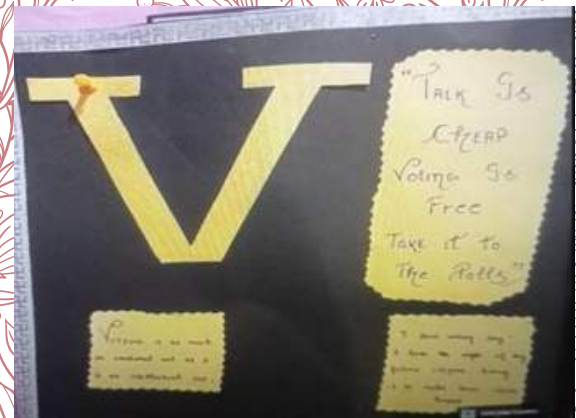
St. Bede's Electoral Literacy Club in collaboration with the Political Science Department organised a slogan writing competition on the topic 'Use your power to vote'.

- **October 17, 2022**

An exhibition was organised in the courtyard of handmade items made by Himachal Pradesh Prisoners.

- **October 18, 2022**

A district level quiz competition was organised by the District AIDS Program Officer, at RKMV Shimla. Red Ribbon Club volunteers of St. Bede's College, Aditi Thakur and Alisha of B.Sc. (Hons.) Biotechnology 2 nd Year participated in the quiz based on the topics – HIV/AIDS, Blood Safety/ Blood Transfusion, STI, Covid 19, Drug Abuse/ Mental Health, Youth Issues, Diet and Nutrition, and Human Anatomy.





• October 19, 2022

To keep the Diwali spirit alive, the Department of Economics set up a hand-painted diya stall in the college courtyard. Around twenty students and teachers of the department displayed their hand-painted diyas.

The Department of English organised an online Session on “ How to Build an Amazing Resume/CV. The resource person was, Dr. Deepika Pant, Department of English, Kumaun University, Nainital.

• October 20, 2022

Students of B. Sc. 2 nd year, visited Government Primary School, Engine Ghar, Sanjauli for an awareness activity, to celebrate ‘World Food Day’ they performed a Nukkad Natak and played games to educate the children about the importance of nutritious food.

Students of M.Sc. Botany visited Western Himalayan Temperate Arboretum to study the flora of that area and its surroundings.

On the occasion of World CRISPR day, the Department of Biotechnology of St. Bede’s College organised a debate between the second and third-year students of B.Sc. (Hons.) Biotechnology and Microbiology. The theme for the debate was “Confronting CRISPR: The Ethical, Social and Scientific Issues around CRISPR”.

• October 21, 2022

The Department of Biotechnology of St. Bede’s College organised an intra-department Ideathon Competition on the occasion of World Food Day. The theme for the occasion was “Leave No One Behind’.

• October 28-31, 2022

A lecture series on the Life Lessons of Subhash Chandra Bose was conducted in various schools. The cadets went to Government Sr. Sec. School,

Rajhana, Government Sr. Sec. School, Phagli and Government Sr. Sec. School, Dhali to deliver the lectures. During the lectures, the cadets also conducted a short quiz and showed a movie on Subhash Chandra Bose.

- **October 29, 2022**

The NCC cadets visited various government institutes and organised an interactive session on the life of Netaji Subhash Chandra Bose.

- **October 30, 2022**

The Department of Political Science in collaboration with The Rotaract Club, Shimla organised a ‘Clothes Donation Drive’ in Bangla Colony, Sanjauli. The students distributed the collected winter clothes amongst the needy people.

- **October 31, 2022**

The NSS Unit of St. Bede’s College, Shimla, organised “Run For Unity” to commemorate the birth anniversary of the first home minister and the ‘Iron Man’ of India, Sardar Vallabhbhai Patel. On the occasion of National Unity Day, a ‘Unity Run’ was organised by the NCC cadets. “MIRAASA”, the heritage club of the Department of History celebrated National Unity Day. To take forward the message of National unity, a poster-making competition on the theme “National Unity” was held. A ‘Run for Unity’, from Sanjauli Chowk to Navbahar Chowk was also organised.



NOVEMBER

- **November 1-5, 2022**

A library orientation program was held in the library for all first-year students. This orientation program was an informative session to guide the students about library services, facilities, resources, and policies that would be of help in their studies, research, and fieldwork.



• November 2, 2022

Nukkad Natak was enacted by the NSS volunteers on the topic 'Importance of Elections', to make everyone aware of their duties and rights.

• November 4, 2022

A painting competition was held by the Department of Hindi on the theme 'Bharat Ki Veerangana' under 'Azadi Ka Amrit Mahotsav'.



• November 5, 2022

The NCC Cadets of St. Bede's College, conducted a Mass Awareness Programme in Khanlag Village, District Solan, H.P. The cadets took up three relevant topics, Blood Donation, Elections, and National Integration to raise awareness amongst the residents of the village.

• November 9-11, 2022

'Envision'- the Legal cum Cultural Fest at the University Institute of Legal Studies, was held in the Himachal Pradesh University Auditorium. The students of St. Bede's College represented the college in various cultural and artistic events at the fest and brought laurels to the college by winning several awards.



• November 9, 2022

An informative and interactive session with Dr. Robert Furey, from Harrisburg University, USA was organised to make the students aware about the courses they could pursue in the university.



• November 10, 2022

The Department of Mathematics of St. Bede's College, Shimla organised a Quiz on transportation and game theory. The Quiz was among students of management and mathematics.



• November 11, 2022

The Economics department organised a photography competition on the theme of rich heritage.

- **November 13, 2022**

Deepti Sood, Shruti, and Aanchal Sharma from the 2nd and 3rd years reviewed the book 'Himachal ke Rang' in an event organised by Keekli Charitable Trust at the Gaiety Theatre and were facilitated by Mr. Irshad Kamil.



- **November 14, 2022**

A small function was organised by the teachers on the occasion of Children's Day.



- **November 16, 2022**

As a part of the celebration of the International Year of Glass, the Physics, Department organised an invited talk on Fiber Optics: Backbone of Present & Future Communication by Dr. Tarun Sharma, Assistant Professor ECE, UIT H.P. University, Summerhill Shimla.



- **November 17, 2022**

NSS volunteers performed a Nukkad Natak on the importance of blood donation to encourage the students to donate blood.

- **November 18, 2022**

A blood donation camp was organised by the NSS unit of the college. Many students and college staff donated blood. A total of 48 units were collected by the end of the day.



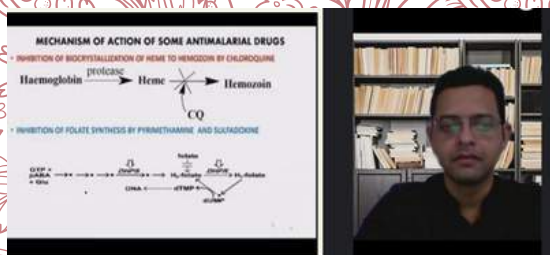
- **November 19-20, 2022**

The college organised an alumni meet. There was a cultural event followed by a fun carnival wherein several handmade products and delicious food items prepared by the students and alumni of the college were sold.



- **November 19-25, 2022**

World heritage week was organised by 'MIRAASA' the Heritage Club of the department of history to celebrate the rich heritage of our Nation.



• November 21, 2022

A silent march was organised by the Community Outreach Cell of the college, against eve teasing. The students strongly protested against this social evil by silently marching from the college towards Chotta Shimla.

• November 24, 2022

The NSS unit participated in an online webinar that was conducted on the last day of antimicrobial resistance awareness week. Different students from India and Nigeria attended the webinar.

• November 24-26, 2022

A 3-day inter-college basketball competition was organised by the Physical Education Department in collaboration with NSO.

• November 26, 2022

A book review competition organised by the Poetry Society on anthologies by contemporary poets was held on the theme – ‘Make the World A Better Place To Live In’.

The Department of Political Science in collaboration with ‘The afterthoughts -Club’ celebrated National Constitution Day. A documentary on the making of the Indian Constitution on the theme 'Samvidhan aur Hum' was screened.

• November 28, 2022

The NCC Unit organised a Carnival to celebrate NCC Day.

• November 28-29, 2022

Two day National Conference on “ Novel Progressions in Science and Technology -2022” was organised by the Science Faculty. Oral research papers and posters were presented by researchers from across the country on innovations in Science and Technology.

• November 29, 2022

7 HP (I) Coy, NCC Shimla organised a Rank



ceremony for the deserving Cadets of the second year. Cadet Arushi Awasthi was promoted to Corporal, whereas Cadet Angelina Tej and Cadet Ivy Bhattan were promoted to Lance Corporal.

- **November 30, 2022**

The Book Club organised an essay writing competition on the topic, 'The 75 years of Indian Independence'.

- **Nov 30- Dec 7, 2022**

CATC-130 PRE RDC-1 camp was conducted at NCC Academy, Rupnagar, Punjab. Two cadets Ivy Bhattan and SUO Maanika Sethi attended this camp.

DECEMBER

- **December 1, 2022**

The Red Ribbon Club commemorated World AIDS Day in the college auditorium on the theme 'Equilize'. Red ribbon club volunteers guided the gathering on the topics of HIV/AIDS, securing the rights of people living with HIV, and fighting HIV stigma and discrimination.

- **December 2-3, 2022**

Students from St Bede's College participated in day 2 of the HPU Business School fest "PRABNAAD 2022". The fest included competitions of folk and western dance and modeling followed by lunch and a Prize distribution ceremony for the winners.

- **December 3, 2022**

The Department of Computer organised a painting, slogan writing, essay writing and on-the-spot photography competition on the theme 'Future Technology'.

- **December 5, 2022**

A Placement Drive by Mr. Sitendar Seharawat from Mindful Souls in collaboration with the Department of Psychology was held for second and third-year students of Psychology in the college.

The Department of Microbiology observed World Soil Day. The students of BSc (Hons) Microbiology



III gave a power-point presentation on the topic, "Role of microorganisms in sustainable development".

• December 6, 2022

The cadets of St. Bede's College, under 7HP (I) Coy, NCC Shimla went to the Government Senior Secondary School, Dhalli and presented a lecture and role play on Major Sandeep Unnikrishnan on the day of remembrance of the 26/11 Mumbai Attack under Azaadi Ka Amrit Mahotsav. A quiz was also conducted and the cadets received a letter of appreciation from the school principal.

• December 7, 2022

The Department of English organised a mock interview for the B.A. III students. This activity helped the students to learn the skills required to prepare for an interview.

• December 8, 2022

The Department Zoology organised a 'Mass Awareness Rally' from Navbahar Chowk to Sanjauli Chowk, to spread awareness against Female Foeticide. Poster-making competitions for the second year and slogan-writing competitions for the third year students was also held.

• December 9, 2022

The NCC Cadets went to Government Sr. Sec. School Dhalli for the role play on Brave Warriors of India under Azadi Ka Amrit Mahotsav. They played a role play on Rani Laxmibai. The activity was successfully done under the guidance of Prof. Sr. Molly Abraham and CTO Dr. Shweta Thakur.

• December 10, 2022

A Slogan and Poetry Writing Competition was organised on International Mountain Day by the Environment Awareness Cell.

• December 15-22, 2022

CATC-131 PRE RDC-2 camp was conducted at NCC Academy, Rupnagar, Punjab.



REMEMBERING
THE BRAVE WARRIORS OF
INDIA

NCC Unit, St. Bede's College
under 7 HP(I) Coy NCC Shimla
is organising a Role Play on the
Brave Warriors of India

Event : Role Play - Brave Warriors of India
Date : December 9, 2022
Venue : Government Sec. Sec. School Dhalli

• December 22, 2022

The students of B.Sc. and M.Sc visited the Directorate of Horticulture, Nav Bahar. Students visited the poly houses and nurseries, exhibiting various types of flowering plants. Dr. Sangeeta, a scientist in the department delivered a talk on various aspects of floriculture and gardening techniques.

The young children from Government Primary School, Sanjauli were invited for Christmas celebration.

• December 23-30, 2022

CATC-132 PRE RDC-3 camp was conducted at NCC Academy, Rupnagar, Punjab. Two cadets SUO Maanika Sethi and LCpl Ivy Bhattan got selected for the Republic Day Camp 2023, Delhi.

• December 24, 2022

Christmas Celebration. Under the guidance of our Principal, Prof. Sr. Molly Abraham, the NSS Unit of the college visited New Langer Hall near IGMC Shimla, and donated food grains and other commodities to the NGO, 'Almighty Blessings'.

• December 30, 2022

The Dance Society "Danceteria" of St Bede's college conducted a western dance workshop by Mr. Chirag and his team from "Obstinados the fam" (a Western Dance Academy) in the college auditorium.

JANUARY

• January 1-30, 2023

Republic day camp was conducted at the DGNCC campus, Delhi SUO Manika Sethi was entitled to the all India second best master of ceremony and also got the DGNCCS's commendation card. She was also entitled to the best SUO of 7 HP(I)COY NCC Shimla and was facilitated by col. Dr. Gargey.





LCpl Ivy Bhattan participated in various activities such as NIAP, group singing competition, and Ballet. She was also a part of the all-India SW marching contingent at the prime minister's rally.

• January 12, 2023

The NSS unit on the occasion of National Youth Day organised an online photography and video-making competition on the topic 'the place I call home'.

• January 20-27, 2023

Cadet Manisha Sharma and Cadet Ayushi attended the state republic camp at Bahra University.

• January 25, 2023

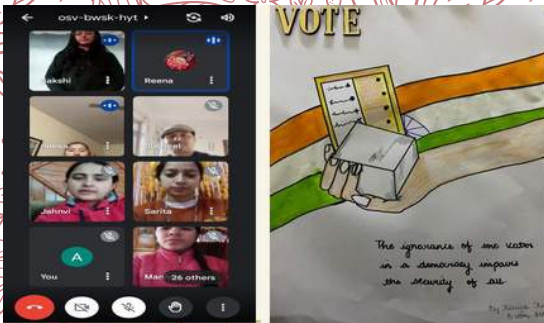
To celebrate National voters day the NSS unit of St.Bedes' college organised a virtual meeting on the topic 'nothing like voting I vote for sure'.

• January 27, 2023

The student of the college, Priyamvda Thakur was selected and got an opportunity to attend the army attachment camp for SW's conducted and organised by the 14th Rajputana Rifles.

• January 31, 2023

4-day De-kitting camp was organised at NCC Academy, Rupnagar, and the cadets were facilitated by Major General K Vinod Kumar, ADG, PHHP, and CDTE for their outstanding achievements at RDC 2023.



FEBRUARY

• February 14, 2023

SUO Maanika Sethi and LCpl Ivy Bhattan were felicitated in the college for attending Republic Day Camp, Delhi.

• February 15-16, 2023

Disaster management cell in collaboration with the environmental cell organised a donation drive for the turkey earthquake.

- **February 21-27, 2023**

A seven-day NSS special Annual camp was organised. The theme for the camp was 'goals of developed India'.

- **February 24, 2023**

An inter-ship singing competition was organised by the music society.

Suo Manika Sethi and LCpl Ivy Bhetan visited the Hon'able Governor's House along with 12 other RDC holders and were congratulated for their hard work and discipline.

- **Feb 28 - March 1, 2023**

St.Bede's College organised a two-day program on National Science Day. The theme for the event was 'Discoveries in Science and Sustainable Development' in collaboration with the Indian Association of Physics Teachers and the Indian Science Congress Association, Shimla.

MARCH

- **March 2, 2023**

The MUN society organised a Mock Indian parliament session with the agenda of citizenship Amendment Bill, 2019.

A valedictory function of 7-day special NSS camp was organised by the NSS unit.

- **March 3, 2023**

A display of medicinal plants of District Shimla was organised by the Herbal Garden Club. Students of B.Sc. III years displayed herbs like Banafsha, Brahmi, Aloe vera, Tulsi, etc with their medicinal uses and mode of propagation.

- **March 3-4, 2023**

St.Bedes college Shimla hosted the ICSSR-sponsored international seminar on the transformation of India which was organised by the Department of Economics in collaboration with the Commerce Department.





• **March 4, 2023**

Students from the Women Cell were invited by the Directorate of women and child development to the Gaiety theater for a special function on Women's Day.

• **March 7, 2023**

Debate and dramatics society in collaboration with the Department of Hindi on the occasion of Women's Day presented a Nukkad Natak on the theme 'shikshit Nari shikshit Samaj' at the amphitheater ridge



• **March 9, 2023**

The Women Cell of St. Bede's College celebrated International Women's Day. A nukkad natak prepared by the Theatre Club was showcased as well. The theme for the event was "DigitALL: Innovation and Technology for Gender Equality". The guest speaker Prof Neelima Kanwar, Dean, Faculty of Languages, HPU emphasized the importance of technology in bringing gender issues to light.

The Fine Arts Society in collaboration with the Department of English organised a painting competition on the topic 'women's writing'. The poetry society organised an inter-ship poetry writing competition on the occasion of International Women's Day on the theme of 'Sisterhood and Sustainable Society'.



• **March 10, 2023**

The 3rd NCC raising day was celebrated by the NCC cadets.

An inter-ship dance competition was organised by the dance society on the theme of regional diversity.

• **March 11, 2023**

A meeting of the parents and teachers was held in the college auditorium.

The intramural/inter-ship basketball, table tennis, and Badminton competition was organised by the department of physical education and NSO.



- **March 13, 2023**

The Placement and Career Guidance Cell of St. Bede's College, Shimla organised a Career Guidance seminar. It was conducted by ICA Education Pvt. Ltd.



- **March 18, 2023**

A "Walk for Health" was conducted by Health Club on Forest road, Shimla.

- **March 22, 2023**

The Annual Prize Distribution Ceremony was conducted. The principal, Prof. Sr. Molly Abraham presented the annual report of the academic session. Prizes were awarded to the meritorious students. The laying down ceremony of the Student Council was also held.



- **March 23, 2023**

The Department of Economics organised an Inter-college Economics Literary Meet. The event saw the participation of approximately 80 Economics students from various colleges. Inter-college competitions on various topics in the field of Economics were conducted.



- **March 24-25, 2023**

The Department of Geography organised a two-day National Seminar on "Building a Resilient Future: Integrating Environment, Economy and Technology".

Sh. Harish Janartha, Hon'ble Member of Legislative Assembly, Shimla Urban graced the event as its chief guest. The



- **March 27, 2023**

The Economics department in collaboration with the departments of BBA, BCA, and B.Com presented a skit and ppt on the topic 'Jago Grahak Jago'.





- **March 28, 2023**

The English Department organised an inter-college debate and declamation competition.

- **March 29, 2023**

A farewell party on the theme '1904- A Ballroom Celebration' was organised by the first and second-year students in the college for the graduating students of the third year.





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*Farewell to
Ma'am Anuja
Sharma*



44

*Farewell to Dr.
Shramja Munjal*



46

Natsukashi



53

*Bedeian
Influencers*



55

Travel Diaries



60

*Captured
&
Art Section*

"Not a Teacher but an Awakener" Farewell to Ma'am Anuja Sharma

Aishna: Today ma'am, is perhaps officially your last working day in a place you have devoted thirty-four years of your life, how do you feel?

Anuja Ma'am: You know, everyone is asking me this but it hasn't really sunk in because I'm so busy working. Maybe when I'm sitting at home and I won't be getting up in the morning and rushing, that is the time I will realise that my college years are over. There's a blank right now. It will never go, it's a major part of my life. I have learnt a lot and I will use that as I go ahead in life. One keeps moving.



Aishna: Certainly ma'am. The experience you have gained is vast, how do you think your interactions with the students has influenced your personality over the years as a teacher, as well as a person?

Anuja Ma'am: Both ways it impacts you. As a teacher, whenever you have even one good student in your class, that is enough for the teacher to be inspired. Others might not be listening but I know that she definitely is, and I don't want to disappoint her. My teaching skills were honed because of such students. So many times children shared new things with me. Just to keep up with them and a little more, I used to work hard. At that time there was no Mr. Google and we had to go to the library and look into books. It helped me grow as a teacher tremendously, those one or two or three students. I think till today it stands for all the teachers. And as a person of course, Literature expands your perception. For the same poem which I taught last year, I am giving a totally different perception this year, maybe adding to what I previously said. It gets better with each passing year. I evolved a lot by teaching literature.

Aishna: Could you please also talk us through your student life?

Anuja Ma'am: As a student, I was just like you. You are so full of dreams, so full of energy. "What I like, I will get it, its not impossible for me." That drive, we always had. Initially my goal was IAS since my father was an IAS officer but then St. Bede's came along. And I feel that as a teacher I am able to impact more lives rather than sitting in that closed office, feeling very powerful but not being able to connect with the people. This is perhaps the biggest advantage of being a teacher, and a teacher in one place. That feeling of belongingness, the connection and the bonding.

Aishna: What do you think you can call uniquely yours, a prominent characteristic of your personality?



Anuja Ma'am: I think I've developed this more in the last 8-10 years, when somebody is talking to me, I listen very carefully. Even if it is something that I already know. I keep evolving, I keep learning any new thing. I still show curiosity. Largely, I've learnt to listen, even if it is an angry rant. Because you understand the person's personality and also what their emotions are in that moment. And one thing good about the students these days is that they speak up their minds. In our time, with teachers and even with parents, one was not as open as you kids are now. They talk about their mental issues very normally, which I really like.

Aishna: What is that thing about Shimla, something unique or precise that keeps you here?

Anuja Ma'am: You know, I'm fascinated by the hills; because when you look at them philosophically, the zillion of years they took to shape and form. And somehow, they are the representative of the human soul, they take in so much and still stand tall and firm. In life as well, you begin your journey with a climb and your aim is right there. When you reach the top, you realise that there is a peak higher, and you want to go to that peak. But you can't jump, you can't fly. So you have to come down. That's why it is said that be nice to people while going up because you have to meet those people once you return to the base.

I have explored the country and have even travelled abroad quite a lot. But I've always wanted to come back. It's not that if I'm in Simla then I don't want to know about other places. I want to know about the whole world but this is my base.

Aishna: You have already impacted so many lives ma'am, what is the message you would like to leave for the faculty and the students?

Anuja Ma'am: For the teachers I would say that St. Bede's is young all over again. The gap is nearly twenty years, like a mother and daughter. And most of them are students that I've already taught. I hope the passion is there in that youth and they take St. Bede's to newer heights.

To my students, phones are a huge help and a huge distraction. But if you actually focus on what you like in your studies, don't just look at it from the exam point of view. Try to enjoy it and see how you'll grow. "Just discipline yourself towards your liking. You don't have to be good at everything; but just one particular thing that you like, and enjoy that".



Farewell to our Bird of Paradise: Dr. Shramja Munjal



Q. How was your overall experience after teaching for 36 years ?

A. It was a very long journey. I served this institution for 36 years. I joined St. Bedes in the year 1987. When I entered the gates of St. Bedes College, it was a mixed feeling of pride of course and then a little apprehension also. I had heard a lot about St. Bedes College being an elite college. But definitely with the passage of time I was made comfortable with the support of my seniors, my other colleagues and students. So, definitely it has been a wonderful journey.

Q. Long back what made you decide that you wanted to become a teacher?

A. The decision as such was because I am a medical student. Also, another reason due to which I decided to pickup this profession was my father. He is also from the same profession. He is an ideal for me. I have seen him working in his college and at home also. I am inspired by him. So, I chose to become a teacher.

Q. Which other teacher's class would you like to enroll even for a day and why?

A. I think Sapna has been a great friend of mine all through the journey. I know her through the students and through my observation that she is a great teacher. So, I would like to be in her class one day or other.

Q. If you have to describe your teaching style in one word what would it be and why?

A. It is prerogative of the students to define my teaching style. I cannot describe it in one word definitely but yes, I would say that I always tried to make my students comfortable in the class. What I teach is easy to understand and the students are able to acquire knowledge and information. The students in the class are a mixed lot. I have always tried to keep a balance in my classes.

Q. What was your most memorable moment during the day, in the department or in the college that you are going to miss the most?

A. All the memories will go along with me. Definitely, I will miss working in my department, with my associates – Preeti, Kusum and Poonam.



I also worked with Swati, Ankush, Madhavi and many more teachers. Above all, when I joined this college, my Head of Department – Ma'am Meenakshi, was a big support to me. She was like an elder sister to me. So, yes I will miss everyday and every kind of situation which I have faced in this institute. I will miss each and everyday of this college.

Q. What was your most favorite dish that you had with your colleagues during lunch break ?

A. Lunch break was a great time for all of us. We sat together and shared our lunch with each other. Everybody use to get something different, some special snacks or some routine dishes. Again, it is difficult to answer this question. But yes, I would also like to mention the Christmas parties held every year in the dining hall of the college. The dishes and cakes prepared by the sisters of the kitchen were relished by us.

Q. What are you feeling in this superannuated phase of your life?

A. Mornings and evenings are comfortable. I don't have to get ready according to a fixed schedule. But it does not mean that initially at this stage I am feeling very comfortable, rather at times I feel quite empty. Maybe, I will overcome it with passage of time because change of routine always disturbs you. But I am quite positive and I know that I will manage. I have some other interests which will definitely help me to overcome this situation.

Q. What song would you like to dedicate to the college ?

A. " Apki nazaron ne samjha, pyaar ke kaabil mujhe, dil ki ae dhadkan yeh keh ja mill gayi manzil mujhe"

Q. What message would you like to give to your colleagues regarding their future ?

A. To all my young friends, the only message that I would like to convey is that please do your duties sincerely with full commitment and try to learn more and more. Teamwork and cooperation with one another in an institution among colleagues is very important.





NATSUKASHI

懐かしい

'A Happy Recollection of memory in the past'



SHEETAL SHARMA VYAS

CRIMINAL LAWYER (Hon'ble High Court of Himachal Pradesh)
BATCH OF 2005



“With dreams in my eyes, I am on the path to discovering the best version of myself.”

Apna Adda was the stairs near the library, ideal for gossiping after bunking the classes. I bunked classes but I was the topper in Political Science. As a prize for topping in the subject, I got the book, “Men are from Mars, Women are from Venus”, by John Gray, which is glorifying my bookshelf even today, and I was also the 2nd topper in the subject history.

I will now recollect the innumerable memories of my college days which stay with us throughout our lives and bring a smile to our faces... Cheers to those moments spent in St. Bede's College! No doubt the time spent in college is a time full of experiences and learning many new things, it is a place that defines our personality. Self-development was the key thing imbibed in me at St. Bede's. It was the beginning of adulthood and I was becoming potent, profound and independent, and above all confident, to welcome victories and failures with grace and sincerity. There were many activities in the college, all the

programs and competitions were carried out in a good spirit and we dressed up well in sarees as ladies like Dr. Sr. Melba our principal called us. The grace with which she carried herself is still etched in my mind. I graduated in humanities with political science and history as my subjects. I share a special bond with the teachers from the science stream, this is the most precious possession that I cherish. Ma'am Shramja and Sir Pathania were the teachers with whom I could share the pain as well as happiness and I still continue to share the same bond with them. We had gone on a Mumbai-Goa trip, those are the golden memories that always make me feel nostalgic. I was groomed at St. Bede's and became more mature as time went by. My professional life made me come across myriad experiences as I met people from different walks of life. All along I consider St. Bede's as my second home because of the everlasting relationships and wonderful friends. It was a mixed phase of practical learning and enjoying with friends. I still cherish the beautiful memories of our Grads' Nite, and the fond memory of jam sessions when we danced for hours and hours together. I got married when I was twenty-four years old and I have a son who is fourteen now. I am practicing as a criminal lawyer in the Hon'ble High Court of Himachal Pradesh. I never stopped and the incessant motivation from different phases in my life has made me stand where I am today. I have passionately worked for the safety of school children after four children lost their lives in an accident. I have and always will stand for the rights of the downtrodden. St. Bede's, my alma mater has given me this unceasing spirit to hold my head high, even when there were a lot of ups and downs in my professional as well as personal and social life. I have successfully achieved my goal of becoming a criminal lawyer. Every day is arduous for me in my professional life but my intrinsic traits to struggle and emerge as a winner make me who I am.

VANDANA BHAGRA

FOUNDER OF 'KEEKLI'



Sitting idle near the old library, waiting for classes and talking about future plans was the best part.

Heading to Eagle Mount to eat paranthas was another highlight of college days. For me college life was actually the best years spent with friends. Jaret Sir, Meenakshi Faith Paul ma'am and Anuja ma'am ensured that studies were fun; the ease and expertise with which they taught was very encouraging as one would just fall in love with the subjects. Bede's was the top choice to pursue my graduation.

College never seemed like an educational institution then, what I mean to say is there was no pressure for studies or the rat race for marks. At least it wasn't for me. The best part then was that I had much free time between classes. In the morning we usually had Geography and English, and for Economics we had to wait till 3:00 p.m., our last class of the day. Of course, it was mostly spent in a drowsy state or sleeping in the last row. That was the reason I got a compartment. Can you imagine, sneaking out at 11:00 a.m. to head to Rivoli theatre to see a movie and coming back by 2:30 p.m. to attend the Economics class? We were quite notorious.

Vandana Bhagra editor, writer, publisher, and founder of KEEKLI (www.keekli.in), a children's webzine and bilingual monthly newspaper established in 2013 is a young entrepreneur from the hill town of Shimla. Having worked in the publishing industry for over twenty-five years with popular publishing spaces such as Himachal Times; Consumer Voice; Encyclopedia. Britannica, Dorling Kindersley; Oxford & IBH Publications; Energy India. This profession is not just another job for her. She has edited and proofread over eighty-plus books as a freelancer. She received the 'Encouragement in Best Women Entrepreneur Category award during the BigB Business Plan Contest as part of the Vibrant Gujarat Programme in July 2015 at Ahmedabad. In September 2022, she received the 'Swayamsiddha Srijan Samman' from a Uttarakhand-based NGO 'Being Woman', which acknowledged her work in the field of journalism and promoting creativity among children.

DR. PURNIMA CHAUHAN

RETIRED IAS OFFICER , CURRENT PRESIDENT OF EBA
BATCH OF 1980



"Frailty thy name is woman"

Dr Purnima Chauhan is a name synonymous with excellence, leadership, and perseverance. She is a retired IAS officer and the current president of the Ex-Bedeian Association (EBA), a renowned figure in the world of business and administration.

Apart from her professional accomplishments, she is also known for her love for cats and music. She owns four cats and spends her leisure time listening to music, which she finds to be a great stress buster.

Her army background and schooling at

11 different schools, Loreto Convent Tara Hall being the last one, instilled a competitive spirit in her that helped her excel in academics. Although she was never the type to study, she surprised everyone with her high scores, including her mother, who was always astonished by her academic achievements.

Her journey at St. Bede's College began in 1987 as an English Honours student. Her time at St. Bede's taught her the importance of observation, which proved to be a valuable lesson in her later life. She remembers her teacher, Ma'am Mathur, selecting her for a debate competition with the topic "Frailty Thy Name is Woman" by Shakespeare. She was a die-hard women's liberation fan and this topic infuriated her, and to make matters worse, she had to speak for the motion. But with the pressure on, she performed brilliantly and realized that pressure is important in life.

Her experience of acting on stage and facing multiple challenges taught her the importance of innovation. She believes that "connecting the dots" is what life is all about, and this will be the title of her autobiography whenever she writes it. She is an inspiration to all those who aspire to achieve greatness in life. Her journey is a testament to the fact that with perseverance, hard work, and a never-say-die attitude, anything is possible.

DEVYANI GOYAL

EVENT MANAGER 'GUIDELINES'
BATCH OF 1994



It never ceases to amaze me how magnificent St Bede's is..

At Shimla, I get five years younger; if I could stay another decade, I'd be perfect.

It was great to explore the hills, stroll through the gardens and the nearby forests, and take part in the various activities organised by the college. We always felt safe under the watchful eye of Sister Lucy and the other nuns. The

teachers were readily willing to help and guide us. I will always treasure my time spent at St Bede's and all the wonderful memories I have of it. I completed my B.A. correspondence and TTC regular under the able guidance of Dr. Neeta Khanna. I taught for 8 years at St Mary's Catholic Church, Ambala. After getting married, I moved to Kurukshetra and worked for two more years at the DAV Public School. I run an event co-ordination company 'Guidelines' to help people shape their dreams. Managing auspicious events, catering decor and tenting. As a career woman and a mother, my husband is the rock on which I stand.

Meeting new people, especially those from diverse backgrounds, can expose you to different perspectives and experiences that can help you grow as an individual. On the other hand, associating with negative people can have a detrimental effect on your personality and life.

EBA Meet 2022

St. Bede's College in the Bedeains made many heads collaboration with its Ex-Bedeian Association organised an Alumnae Meet at the college campus on the 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 the meet memorable! 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

in the Bedeains 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.

The 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 flavored with food aromas from stalls set up by enterprising students and alumni to evoke entrepreneurship among the eager students.




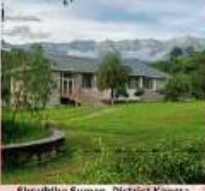

memories

nostalgia




The new executive body of the EBA 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. The 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.”

the EBA launched 4 missions that garner active online and physical support. These missions are:

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!

Mission #1: HEALTH IN YOUR HANDS - On 11th Feb 2023 Ms. Anuradha Vashisht who advocates a holistic organic lifestyle in her Ashram Shradha Suman through her organization 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!

Mission #2: ARE YOU FUTURE READY? - Dr. Ruchi Verma from JP University will soon be taking a session online on artificial intelligence to create awareness about 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, the students, Principal, and alumni of St. Bede's College participated very energetically to “clean the Naldera Heights mountain”. Naldera Heights was one out of 39 sites cleaned.

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 Alumni efforts.

Mission #5: AAWARA BHAWRE EBA literally means traveling 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!

Dr. Purnima Chauhan
EBA President

INFLUENCERS



DEVSHREE HADA

Introducing Devshree Hada, pursuing English Honours, a student of 3rd year who's been the 1st Runner-Up in the Elite Miss Rajasthan and also a participant of the Femina Miss India 2023. She was a camera person since the beginning but after a photoshoot during the lockdown she developed a passion for modelling. As it turned out, it wasn't in vain, she got published this year's edition of *Vogue Italia*.

Growing up her role models have been Susmita Sen and Catriona Gray. She has a knack for creative direction and prosthetic makeup. Quoting Devshree on her inspiration "I don't have one singular inspiration, to begin with, I am thankful to my parents and my friends for their constant support and motivation. There've been people who have tried to drag me down. If I wasn't dragged down, I wouldn't have gone flying up, draping myself in the colours of success". She further aspires to be the next Miss India, then the Miss World. She is fond of wildlife and wishes to do her bit towards its conservation. She lives by the philosophy that "If you're enjoying it, you are winning in life".



Instagram handle:
[@devshreeeeee](#)



Unleash the Inner Queen

The young diva Aakshi Dharma, pursuing Psychology Honours, has been a show stopper for various shows in Shimla. She has wielded the flag of prestige as former Miss Shimla(2022), Miss Teen Himachal (2020) and Miss Teen India (2021). The quest of seeking new lessons brought her to the door of beauty pageants and modelling. Ever since she walked the ramp for a designer at the age of eight, there has been no looking back. Such platforms for her form a means of raising a voice that needs to be heard. While performing she believes that exuding confidence not only helps her but also instills in her a sense of empowerment.



Aakshi Dharma

"Unleash the inner queen" has been her motto as she believes that she was "born with it, so why not!". Her family has been her greatest support system and inspiration. Hobbies like dancing and acting keep her going.



Instagram handle:
@aakshi_dharma

Travel Section



Travel DIARIES



IRL *Yeh Jawani hai Dewani*

MANALI TRIP

An excursion trip to Manali and Spiti was organised by St Bede's College, Shimla, on October 3-7. On the first day of the trip, students left the campus early in the morning and reached Manali by evening. The night stay was at, Himalayan Adventure Camp where the students participated in group activities and danced and enjoyed next to the bonfire.

On the next day, we went for a trek to Parsha Falls, it was an enjoyable experience. The day concluded with a visit to Nicholas Roerich Art Gallery, Naggar, where students got a chance to witness the beautiful and creative works of the great Russian painter Nicholas Roerich in his house which is now converted into an art gallery. His paintings include landscape paintings of Lahaul, Kullu, and Spiti. On the next day, we visited the Atal tunnel which is the longest highway single-tube tunnel.

We also visited Sissu, a town in Lahaul Valley, where students zip-lined across the river and hiked to Sissu waterfall. The next day included a visit to Rohtang Pass, this pass is famous for its scenic beauty and also acts as a natural divide between the Kullu Valley and Lahaul and Spiti Valleys. On October 7, students traveled back to the campus and reached back by evening. Overall the trip was a learning experience for all the students as they learned about basic survival techniques by staying at a camp.



旅行日記

GOA TRIP

Go Goa Gone

“A journey of a thousand miles begins with a single step.”

A trip to Goa was organised by St. Bede's College in collaboration with Scholastic Tours from October 2-6, 2022. We were sixteen of us and it was a five days trip. We started our journey from the college at 6:30 a.m. and reached Chandigarh by afternoon from where we took the flight to Goa. On the first day, we went to Sinqerim Beach to attend the dolphin show thereafter we visited the Aguada Fort and also went to the Mae De Deus Church, Salingao in the evening we were at Vagator Beach to experience the beautiful sunset and the day ended with relaxing in the swimming pool.

The next day began by going to Baga Beach after that to Anjuna Beach for water sports activities such as jet skiing, banana ride, bumper ride, speed boat, and paragliding, etc. We spent the evening in the Goa market. A new day meant a new beach to explore on the following day it was the Calangute beach. We visited the historic Church of St Francis of Assisi and then the beautiful Mangeshi Temple. The day ended with a cruise ride at Altinho, there we enjoyed the folk dance of Goa and the farmer's dance. We also showcased our culture by performing the folk dance of Himachal Pradesh Natti. We left Goa with renewed energy, many cherished memories, and new friends.

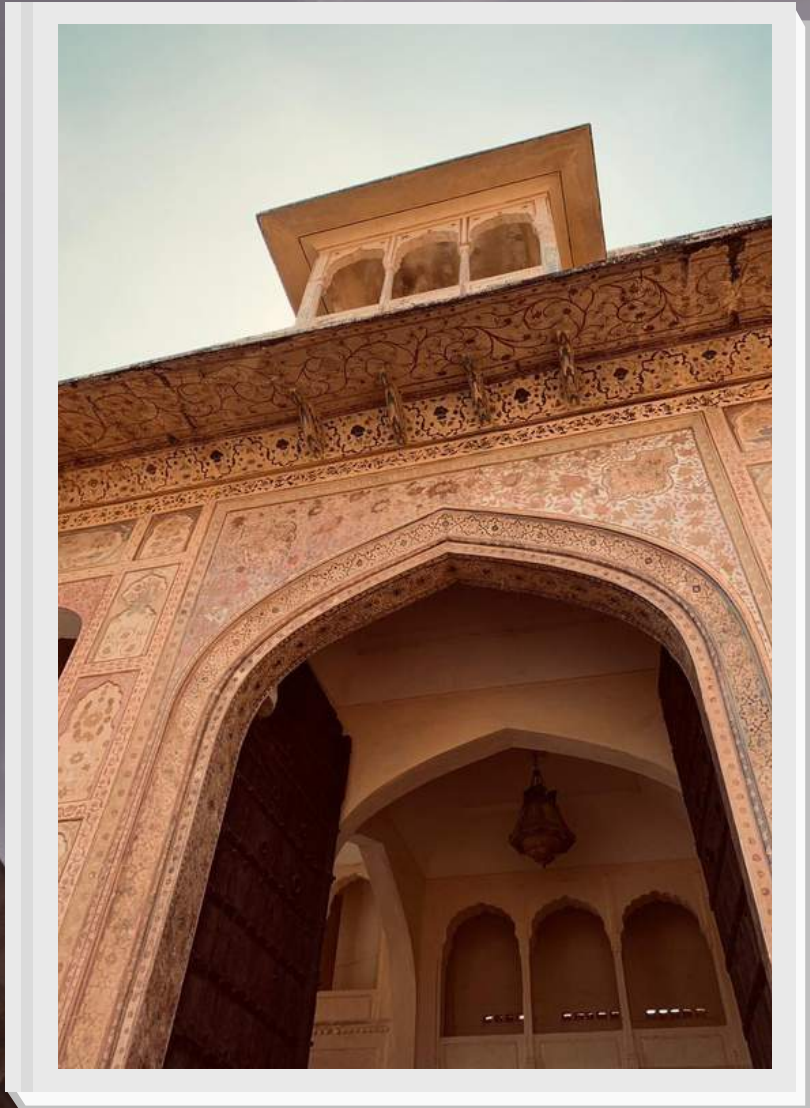
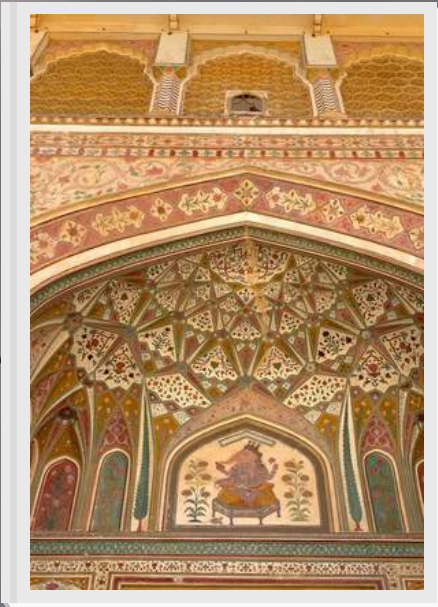


JAIPUR TRIP

On October 4, 2022, the students of St. Bede's College started their journey for the educational trip to Jaipur. There were 200 students along with 12 teachers on this trip. On our way to Jaipur we first stopped at FunCity Amusement Park Chandigarh, we enjoyed the place. After reaching the pink city we headed towards our first destination 'Jantar Mantar'. The Jantar Mantar is a collection of 19 astronomical instruments built by the Rajput king Sawai Jai Singh II, the founder of Jaipur, Rajasthan. A tour guide described the functioning of all the instruments which amazed the students as well as the teachers. We visited the 'City Palace' which is again one of the most famous historical sites in the city. It now houses the Maharaja Sawai Man Singh II Museum and continues to be the home of the Jaipur royal family. The palace complex has several buildings, various courtyards, galleries, restaurants, and offices of the museum trust. Students were mesmerized by the beauty of the palace. We also witnessed the Hawa Mahal's unique attraction from their coaches on their way back to the Hotel.

On October 6, the students started off their journey to Amer to see the principal tourist attraction in Jaipur the 'Amer Fort', elegantly nestled atop the craggy hills of Aravalli, the beautiful Amer Fort is a great example of Rajput architecture. It consists of the Diwan-e-Aam, or "Hall of Public Audience", the Diwan-e-Khas, or "Hall of Private Audience", the Sheesh Mahal. The students were spellbound by looking at the ancient architecture and the artistic style elements. After this, in the evening the coaches headed towards the most famous 'Chokhi Dhani'. It is a special location where you get a feel of a traditional Rajasthani village. From mud houses and animal rides, traditional folk dancers performed Kalbelia including tricks with fire. In Chokhi Dhani the students enjoyed the culture and heritage of the beautiful state, and the students also cherished the Rajasthani Thali. It had shops all around selling ethnic handicrafts. The next day the students visited 'Birla Mandir' It is constructed solely of white marble and is dedicated to the Hindu Goddess Lakshmi and Lord Vishnu.

"पधारो म्हारे देश"



After visiting the Birla Mandir the students went to the 'Albert Hall Museum' which is the oldest museum of the state and functions as the state museum of Rajasthan. We all gained a lot of knowledge about the ancient history of India and witnessed a rich collection of artifacts including paintings, jewelry, carpets, ivory, stone, metal sculptures, and works in crystal. The Egyptian mummy was the main attraction of the Museum. After visiting the museum the students headed towards the Hotel and on the way they enjoyed the jaw-dropping beauty of the 'Jal Mahal'. In the evening the students visited the 'Amer Fort' to enjoy the beautiful and knowledgeable light and sound show. The 50-minute show is one of Rajasthan's most brilliant light and sound shows. The evening was brought to life with the spectacle of lights and sounds, which narrated the secret history hidden behind the stone facade of the majestic fort. After the show the students visited the local market of Jaipur.

It was indeed a very knowledgeable and beautiful Educational trip.
All the students and the teachers enjoyed the trip throughout.

CAPTURED



Vasuki Thakur
BA English Hons II Year



Neesa Negi
BA English Hons II Year



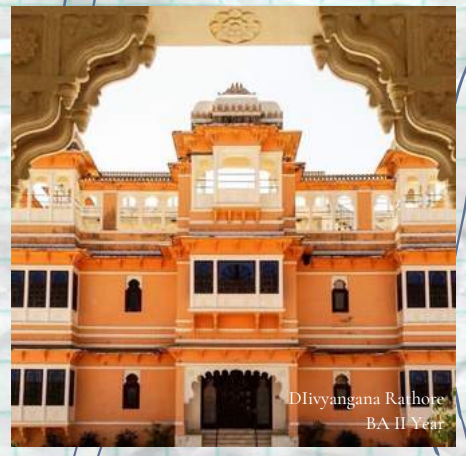
Ashmeen Kohri
BA Psychology Hons II Year



Suhani Singh
BA English Hons II Year



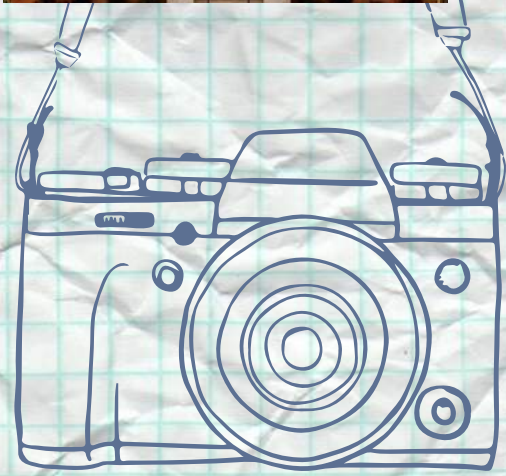
Aanchal Sharma
BA IIIrd Year



Divyangana Raichore
BA II Year



Rudrani Mepawat
BA English Hons III





Vishwambhita Chandela
BA II Year



Aanchal Sharma
BA IIIrd Year



Suhani Singh
BA English Hons II Year



Suhani Singh
BA English Hons II Year



Yogeshwari Rathore
BA English Hons II Year



Divyanshi Rathore
BA II Year

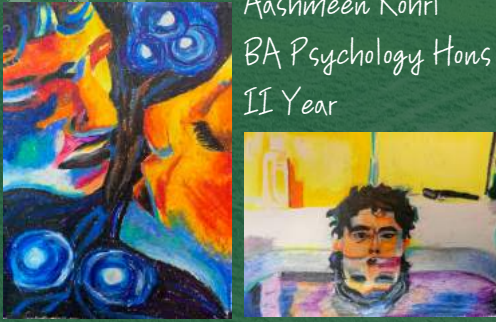


Aanchal Sharma
BA IIIrd Year



Art Section

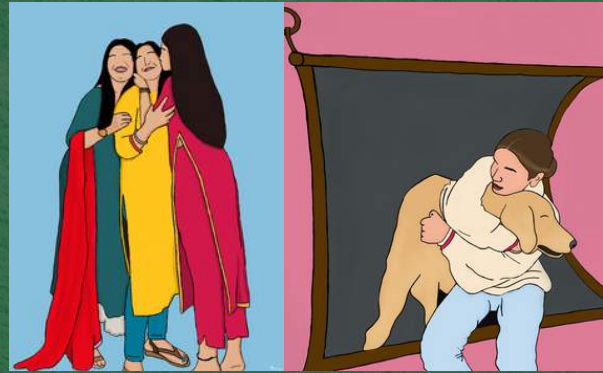
Aashmeen Kohri
BA Psychology Hons
II Year



Shreya Thakur
BA English Hons
II Year



Manya Pandey BA Economics Hons II Year



Jayati BA English Hons II Year



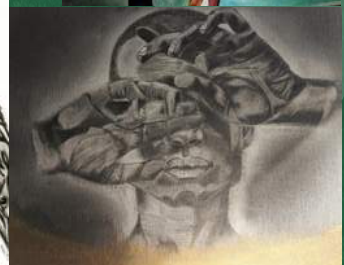
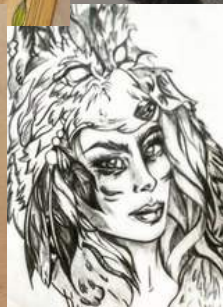
Anjali Verma BA III Year



Nandini Nandan Singh BA English Hons II Year



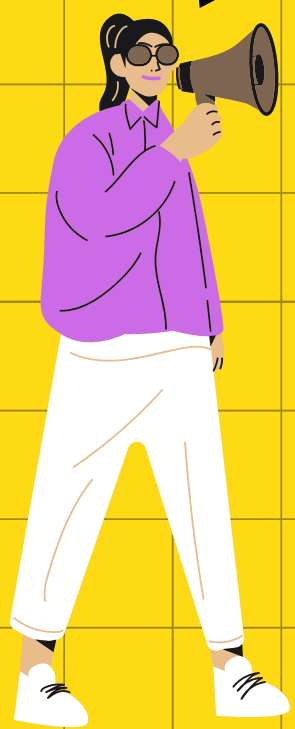
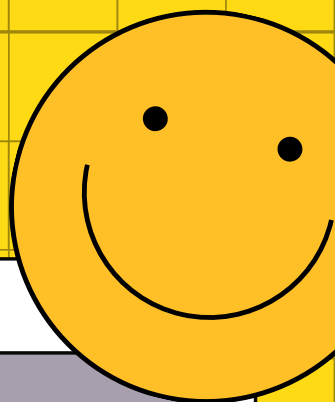
Aanchal Sharma
BA III Year





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Recognising Sorrow

The preceding year, I came to terms with dealing with a completely new situation. Something I had never given a thought to, because of the clear excuse of "not anticipating it". How to come to terms with loss. It seemed a very abstract concept before. Hearing about people losing people, things, and situations. I had followed the subconscious practice of anticipating the death of a near one once I am middle-aged. Watching how mature my parents were in dealing with the same. Little knowing they couldn't burst open the box of their emotions before their kids. But hearing about it is completely on a different page than dealing with it firsthand. The physical body decays and dies-the most natural, inevitable event- and yet those attached to the body suffer so.

We understand and sympathize. But when it comes to experiencing it, I found myself at a dead-end. The following months were spent self-teaching the art of letting go, understanding loss, the grace of the word, 'no', and also being able to look forward. As systematic as it sounds, I found it to be an immensely confusing procedure. Little things reminded me of how things used to be. The pain seemed enduring and the urge to stay in the pile of misery was strangely strong.

There is a reason so as to why hurt is so personal. The amount of sorrow we experience is our individual, albeit unconscious, choice. One might relate to words written by another, however, they can deliver you the situation, not the experience. Until we go through it, everything remains on the surface. It is when you have the experience that you dive deep. The whole process is like swimming back to the surface after that. The world cannot decide how much the loss should affect you. And so I consider it a very personal affair. Sure, a helping hand might accelerate the procedure, but most people living through this process hesitate to reach out. Not only do certain emotions get difficult to explain but also the fear of others not understanding

remains throughout. But all of this resides in the procedure of overcoming. Experiences of sorrow can be of profound aid to a seeker of truth, for such experiences convince the seeker of their existence, as no intellectual discussion could.

The root cause of suffering is ignorance of the unchanging reality. In the process of ignorance, one searches for happiness where happiness can never exist. Attachments develop and the disappointment that follows generates terrible sorrow. If one attaches oneself to something, sorrow will necessarily arise when that thing changes or is taken away. Like when you take something away from a baby when they're indulged in discovering its existence. The solution rests, therefore, in gaining knowledge of the real and permanent source of joy,

SELF.



Aanchal Sharma
BA IIIrd Year

Small Things Like These

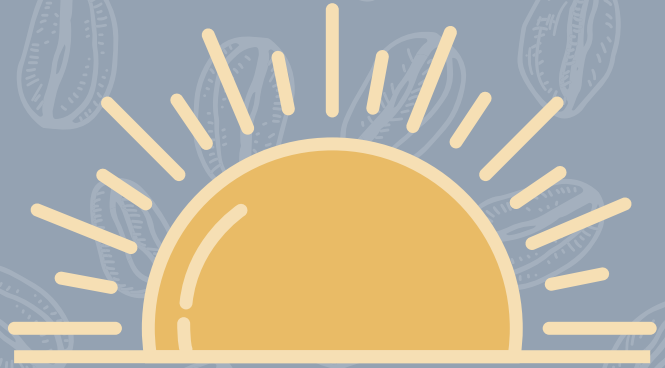
Chaucer himself could not have anticipated the outcome of the legacy that started with his cressida and troilus' story of love.

He surely did not anticipate this.

Why is it always someone and not the small little things that stayed? Small things like,

Waking up and knowing I'll see the same morning star I saw through my window last night before I closed my eyes, knowing I'll see the same colors wash up the morning skies and that silhouette will become a mountain again, fresh with snow. Knowing that in a few minutes, I'll walk out that bedroom door to my kitchen and make myself a fresh cup of coffee and start with my day—

I like the taste of my old lip balm every morning only because it's lived with me long enough to know the very shape and curve of my lips better than anyone I've known. I like to know that it sits there comfortably, in the pocket I assigned it to. I know my life would just fall apart, (being a bit



dramatic here) if i don't find my rubber band— My very weary, striped, black and white, almost fragile and borrowed, band on my right arm and I'll wear it more

often than ever on my arm than my hair, especially since we have had such a fine long relationship since december.

It's comforting to know, I'll always have a book to carry somewhere, and feel the presence of that one diary in the right side of my coat pocket, just in case.

I love how I can borrow a few habits from these characters I read and put them on, like a fresh garb and make at least a snippet of it come alive, the way I have tried, when i say i have cared for my fountain pen, a little more than I have for a few others, like tanabi—

I loved re-reading my annotations on the margins of wuthering heights this morning, and I loved how I wanted, "these pages to smell like memories" so that every time I turned a page, i would go back to feeling exactly the way I did, when I first fell in love with it.

I have loved endearingly enough and I have loved long enough in knowing that there is comfort in finding a home for yourself in small things like these.

So here's to all the small things in my life that stayed—

Stuti Sood
BA IIIrd Year





CHECKERED FLAG

“I am an artist, the track is my canvas and the car is my brush”
– Graham Hill (British Racing Driver; World Champion 1962 & 1968)

Everyone has heard names like Michael Schumacher and Lewis Hamilton. Some might have even heard of Felipe Massa and Sebastian Vettel. But the actual essence of Formula One seems to be lost to most.

Formula One, also known as F1 is the highest class of international auto racing for single-seater formula racing cars sanctioned by the Fédération Internationale de l'Automobile (FIA). The word formula in the name refers to the set of rules to which all participants' cars must conform. A Formula One season consists of a series of races, known as Grand Prix, which take place worldwide on both purpose-built circuits and closed public roads.

The Formula One series originated with the European Championship of Grand Prix motor racing of the 1920s and 1930s. Formula One was a new formula agreed upon during 1946 after World War II, with the first non-championship races taking place that year. A number of Grand Prix racing organisations had laid out rules for a world championship before the war, but due to the suspension of racing during the conflict, the World Drivers' Championship did not become formalised until 1947. The first world championship race took place at Silverstone in the United Kingdom in 1950. A championship for constructors followed in 1958.

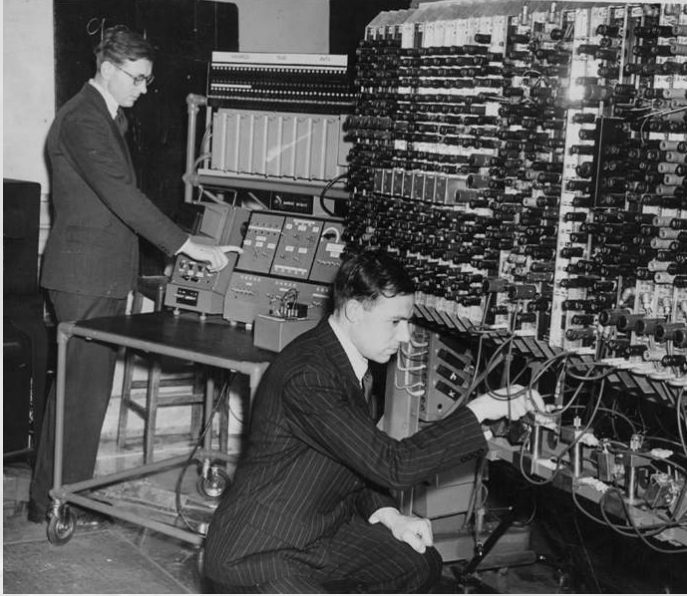
From a historical perspective, Formula One has always been a sport with a dual mission statement. However, in the recent years, there has been a strong concern that advanced technology is effectively replacing the driver as the controlling force behind the wheel. Safety of the drivers remains the top-most concern since the establishment of the sport. The ethos of Formula One back then was that if someone loses their life, it is appalling but the show must go on. Like climbing off a horse and climbing back again.

These are several moments when this beautiful sport can take a massive curveball, which remind us of how dangerous the sport can be and what a risk the drivers take every time they step into their car. An accident during a racing event is extremely dangerous. If the Race Director needs to reduce speed for safety reasons, because of an accident, to aid a driver in need of assistance, for bad weather, or for the marshals to clear the track, a safety car is deployed. Safety cars are used “whenever there is an imminent danger, but the circumstances do not cause the race to be interrupted,” according to the official regulations. Throughout the race, the driver of the safety car is on standby. The FIA have worked tirelessly to create and maintain a safe sport. In recent years, there has been no shortage of crashes in Formula One or support categories, and each one is a testament to the level of safety built into the cars. The sport has come a long way in terms of safety to say the least, but it can never be 100% safe.

In the realm of car racing there is a constant competition between performance enhancing technologies and pure driving skill. An organization worth millions of dollars, Formula One's mission statement is therefore, dual fold: to pit the world's best drivers against each other and simultaneously challenge the world's best car manufacturers in competition. Both have the opportunity to gain points in competition for two separate championships: one for the drivers and one for the car constructors.

Aishna Rahi
BA III English Honours

ENIGMA



“Sometimes it is the people no one can imagine anything of who do the things no one can imagine.”

— Alan Turing

We have all studied about the global war, World War II, which involved a vast majority of the world's countries including all of the great powers forming two opposing military alliances: the Allies and the Axis powers. The war ended with the victory of the Allied Powers. However, not many are aware of the efforts of the unsung hero, Alan Turing, who saved over 21 million lives. Until the release of the Oscar-nominated film *The Imitation Game* in 2014, the name ‘Alan Turing’ was not a popularly known name due to the nature of his work in the war. But now through the cinematic platform, people are finally learning how vital man was not just to win the war, but also to creating the technology we use every day.

Alan Mathison Turing was an English mathematician, logician, cryptanalyst, and computer scientist. Incredibly influential in the development of computer science, he provided the formulation of concepts of algorithms and computation for the Turing Machine. Turing is widely considered to be the father of computer science and artificial intelligence. Born in London in 1912, he studied at both Cambridge and Princeton universities. He was already working part-time for the British Government's Code and Cypher School at Bletchley Park, which housed Britain's code breakers who helped decipher intelligence communication to help the Allies defeat Nazi Germany before the Second World

War broke out. In 1939, Turing took a full-time role at Bletchley Park in Buckinghamshire. The main focus of Turing's work was cracking the ‘Enigma’ code. The Enigma was a type of enciphering machine used by the German armed forces to send messages securely. Although Polish mathematicians had already figured out how to read Enigma messages and had shared this information with the British, the Germans increased its security by changing the cipher system daily. This made the task of understanding the code even more difficult. In order to overcome this obstacle, Turing invented, along with fellow code-breaker Gordon Welchman, a machine called the ‘Bombe’. This device helped to significantly reduce the work of the code-breakers. From mid-1940, German Air Force signals were being read at Bletchley and the intelligence gained from them helped the Allied forces in the war.

However, the phenomenal legacy of Alan Turing's life and work did not fully come to light until long after his death. His impact on computer science was widely acknowledged through the annual ‘Turing Award’, which has been the highest accolade in the industry since 1966. But the work of Bletchley Park and Turing's role there in cracking the Enigma code was kept secret until the 1970s and the full story was not known until the 1990s. According to the estimations made, the efforts of Turing and his fellow code-breakers shortened the war by several years. They saved countless lives and helped to determine the course and outcome of the conflict.

It is a sad reality but one's efforts and loyalty may not always ensure reciprocity. Such was the case of Alan Turing. After the war, arrested for his then unacceptable sexual orientation, Turing was forced to undergo hormonal therapy which severely affected his mental and physical health. In 1954, he was found dead from cyanide poisoning, an inquest ruled that it was suicide. Nevertheless, Alan Turing's genius should never be overlooked or underestimated for without him, millions of people would have perished and an entire scientific field might have failed to even exist. He theorized a universal machine that wouldn't just be “programmable but reprogrammable” (*The Imitation Game*). They used to be called Turing machines, now we call them computers and we use them for almost everything. This is an evident example of how it is never too late to give individuals the respect they deserve.

Aishna Rahi
BA III English Honours

The Queer Jew Fairy

"WE CAN DISAGREE AND STILL BE FRIENDS
DOES NOT APPLY TO RACISM, SEXISM,
HOMOPHOBIA, OR TRANSPHOBIA."



@MATTXIV

"When I deliver those messages directly on my skin, there's an added impact because I'm taking ownership of what I'm saying; it's on my body. It's unapologetic, and that's really what I go for."

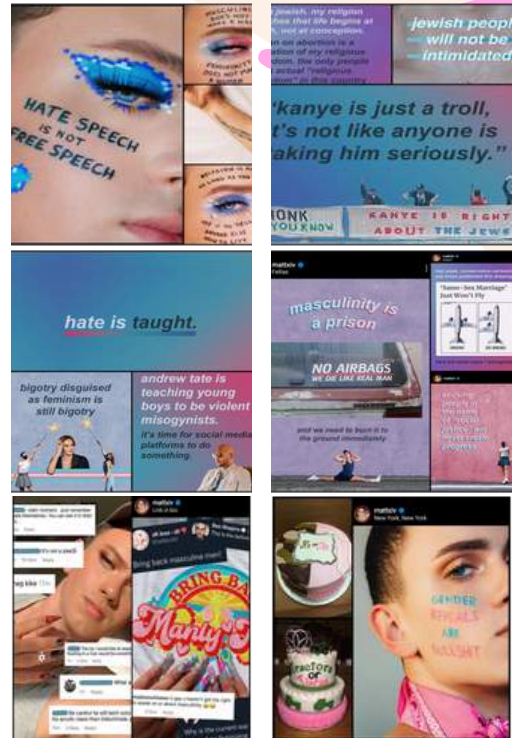
Matt Bernstein aka @mattxiv is just the influencer we need, for him doing makeup is a way to educate others, while simultaneously contouring like a pro. Bernstein has gone viral for his Infographics that focus on social justice and anti-semitism. He speaks openly about religion, politics, and homophobia.

"When I deliver those messages directly on my skin, there's an added impact because I'm taking ownership of what I'm saying; it's on my body. It's unapologetic, and that's really what I go for."

In recent years, Matt Bernstein has emerged as a leading figure in the LGBTQ+ community on social media for the attractive account they use to highlight issues of online misogyny, homophobia, and other types of bigotry.

He uses makeup to talk about issues related to gender, sexuality, public health, and violence. Many people, especially young people, are concerned with these issues, but they are not given the language in school or in the mainstream media to discuss it. He's taken on topics like HIV, gay adoption, the openly gay heroes of 9/11, and more, cultivating a community keen to share his easily digestible and platform-savvy knowledge. "People have asked what happened to the make-up posts." He says in an interview with Paper Magazine that the way he wants to communicate his ideas has changed. The content he has made during most of 2021 is straightforward, which allows him more time and energy to focus on his ideas and the points he is trying to make with each post, which, ultimately, is what he cares about most. Those ideas do not come without trolling. Bernstein is an easy target for anti-Semites because of his large scope. Bernstein is key to discussing the dogpiling that can happen online within the queer community, especially with the seemingly never-ending barrage of new "main characters on Twitter" where valuable criticism can quickly degenerate into death threats. He says that not everything he has published on the internet is perfect.

"I would not argue that it is. I will always be happy to accept criticism because I think it is how we learn. I don't want people to criticize me and say I should die." Bernstein has not been shy in sharing the hate that he receives online but explains that he turns off his phone a lot. "I try to find things to do that force me to put my phone down." He says that you have to do that. When you are young and don't know your place in the world, it's hard to see how many people are trying to legislate against your right to exist.



The impact of this work, which leads to the aesthetic of the social platform while subverting it, cannot be underestimated, especially for its youngest-skewing demy of savvy followers. For some, it may be information, for others, it's a source of inspiration.

He is fighting and encouraging people to be their true selves in a world where being queer is considered out of the natural order. He is a motivating force, he is making a difference in society, standing against what is not right, and doing his part in making a difference one post at a time.

Khushi Shekhawat
BA III English Honors



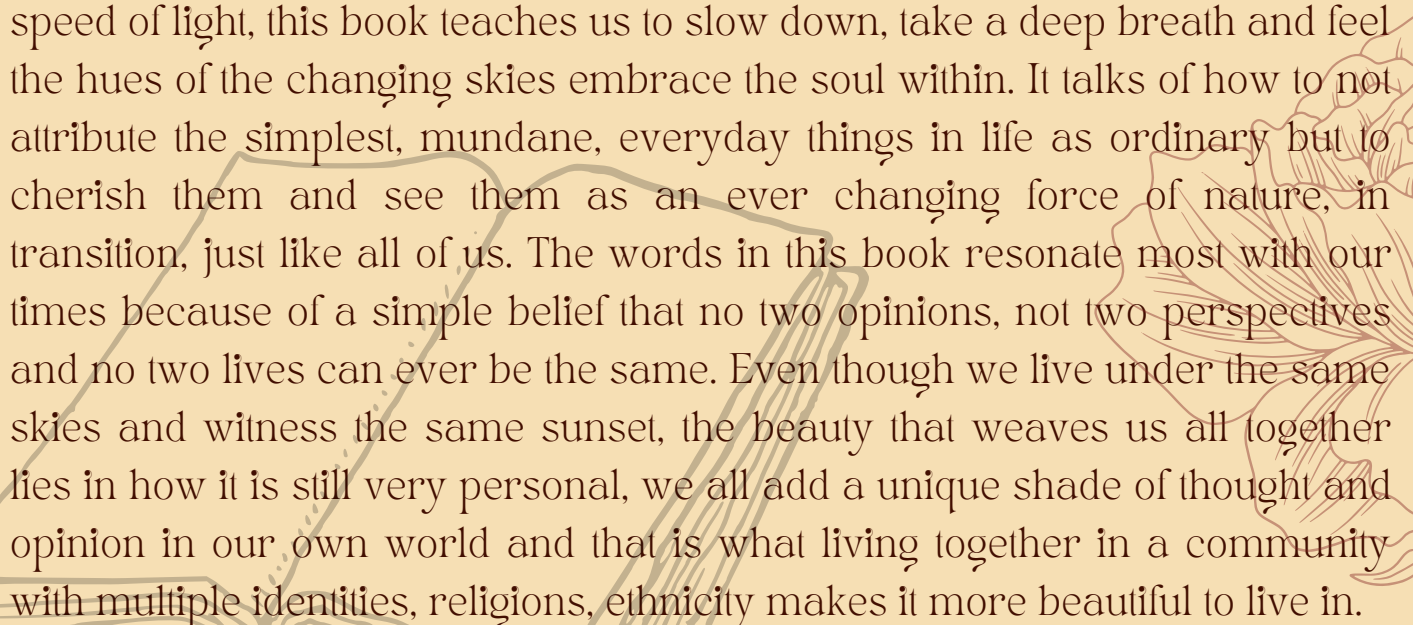
book review

ANTHROPOCENE REVIEWED

By John Green

Ever since the dawn of English literature, it is but the words of an author that defines an era, epoch or time. Be it the powerful words of Virginia Woolf and her musings to, "searching for herself" on the bookshelves of the dusty, wise buildings that despised her presence or Hemingway, bleeding to death on his typewriter in search for his "one true sentence" that resonates most with his identity as an author and thus, later a reflection of the time he lived in.

A world where people have a kaleidoscopic view of everything around them, John Green's "The Anthropocene Reviewed" carves out a marvelous picture of the simplest pleasures of life and how this post pandemic world can learn to heal itself. "In our times" where, time now travels faster than the speed of light, this book teaches us to slow down, take a deep breath and feel the hues of the changing skies embrace the soul within. It talks of how to not attribute the simplest, mundane, everyday things in life as ordinary but to cherish them and see them as an ever changing force of nature, in transition, just like all of us. The words in this book resonate most with our times because of a simple belief that no two opinions, not two perspectives and no two lives can ever be the same. Even though we live under the same skies and witness the same sunset, the beauty that weaves us all together lies in how it is still very personal, we all add a unique shade of thought and opinion in our own world and that is what living together in a community with multiple identities, religions, ethnicity makes it more beautiful to live in.



Stuti Sood
BA IIIrd Year

INSPIRATION



FEATHER IN THE CAP

From being one of the most competent and hard-working vice-admirals St. Bede's has ever witnessed to qualifying for every NCC cadet's dream, a self-written account of Maanika's iconic experience

And that is how three years came to a beautiful end.... Well, not just that! Every story needs an introduction, a plot, and thereafter a happy ending and that is how I'll describe mine. Jai Hind! A cadet, a cadet sergeant, and a cadet senior under officer, I never expected my vehicle to turn this way. I joined NCC because my mother, my father, my grandmother, and practically every person in my family had been a cadet, and their theory of "once a cadet, always a cadet" had inspired me.



“NCC GIVES YOU LESSONS, LESSONS FOR LIFE.”

I joined NCC back in 2020 and now it's 2023. Three years to a beautiful time because if I describe my college life, it's just about NCC. This was possible only because of each and every teacher who believed in me and pushed me to do wonders.

NCC for me has become more than just a co-curricular activity. It started with cleanliness activities, lots of ragda, and lots of fun and now that I am putting together the last program of my NCC journey, the 3rd Raising Day, it makes me very nostalgic to think how three years have gone by.

I've represented the group and the directorate at various camps, including the RDC 2023. This camp is a dream for all NCC cadets and I got to live it. At RDC, friends became family, a family forever. There, I was lucky enough to meet the dignitaries of the country.

Only some get a chance as golden as this one. I still remember, when I was adjudged as the 2nd All India Best MC and when I received the DG's commendation card, I was the most excited to inform our CTO, Dr. Shweta Thakur, because no matter what, ma'am always made me feel like a star.

NCC gives you lessons, lessons for life. It has made me what I have become and what I will be. One thing that I have learned over time in NCC is that you must never let anyone draw any opinions about you and if they do, you should never let it affect you. It has taught me how to handle mental pressure and if you learn this technique,

'when the going gets tough, the tough get going'.

To all those reading this, always remember one thing, the path is different but what you transform into after three years, is what the nation wants. It's not easy to leave this organization and this routine so when I become an officer and go through this piece, it'll be bliss reading about my own experience and the ones to follow.

- Maanika Sethi

Vice-Admiral

BA Psychology Honours 3rd Year



CONFERENCES & SEMINARS



NAAC SPONSORED ONE DAY WEBINAR ON “REVISED ACCREDITATION AND ASSESSMENT FRAMEWORK IN HIGHER EDUCATIONAL INSTITUTIONS”

JULY 11, 2022



With the encouragement and support from the NAAC, Bengaluru, the IQAC of St. Bede's College, Shimla organised a webinar on “Revised Accreditation and Assessment Framework in Higher Educational Institutions” on 11th July 2022 to disseminate the knowledge on latest methods involved in accreditation process. Around 140 participants consisting of Principals,

Professors, IQAC coordinators, assistant professors, associate professors from various universities and colleges across India participated in the workshop.

The objective of the webinar was to create awareness on

- Role of IQAC in Initializing quality culture in HEI
- Preparation of SSR
- Data Validation and Verification
- Preparation of IIQA
- Student Feedback and Peer Team Visit

NATIONAL CONFERENCE ON NOVEL PROGRESSIONS IN SCIENCE & TECHNOLOGY-2022

NOVEMBER 28-29, 2022

St. Bede's College hosted a two-day National Conference on “Novel Progression in Science and Technology-2022” on November 28-29, 2022. Student researchers, professors, and others gathered at conference to exchange ideas and research on the present technological developments thus facilitating the participants to expose and share various novel ideas. Through oral/poster research presentations and invited talks on current technology developments, it sought to bridge the gap between researchers working in academic and professional institutes. The conference was covered under eight subthemes.



ICSSR SPONSORED INTERNATIONAL SEMINAR ON "TRANSFORMATION OF INDIA @75"

MARCH 3-4, 2023

On the 3rd and 4th of March 2023, the Department of Economics, in collaboration with the Department of Commerce and Management, hosted an International Seminar on the theme of "Transformation of India @75" under the aegis of Azadi ka Amrit Mahotsav. The seminar was sponsored by the Indian Council of Social Science Research (ICSSR). The event was graced by the Honourable Education Minister, Shri Rohit Thakur, as the chief guest and was convened by Dr. Anupama Tandon. The two-day conclave provided a platform for academicians, foreign dignitaries, scholars, professors, and students to engage in enriching discussions and paper presentations on critical inflection points in the Indian economy. The seminar added another momentous chapter in the glorious history of the college, and the topics discussed were of immense importance and relevance for the economic development of the nation. The symposium was a great success and was appreciated by all the participants.



NATIONAL SEMINAR ON BUILDING A RESILIENT FUTURE: INTEGRATING ENVIRONMENT, ECONOMY AND TECHNOLOGY

MARCH 24-25, 2023

The Department of Geography of St. Bede's College organised a two-day National Seminar on "Building a Resilient Future: Integrating Environment, Economy and Technology".

Sh. Harish Janartha, Hon'ble Member of Legislative Assembly, Shimla Urban, graced the event as the Chief Guest. The aim of the seminar was to bring together experts, researchers, and practitioners from various fields to discuss the challenges and opportunities as well as explore the interdependence of environment protection, sustainable development, and technology in creating a more resilient and sustainable future.



ANNUAL PRIZE DISTRIBUTION AND OFFICE LAYING DOWN CEREMONY



St. Bede's College Shimla

Annual Prize Distribution Function

2022-23

B.Sc. I

Subject	Year	Position	Name Of The Student
Botany	B.Sc. I	1st	Riya Thakur
		2nd	Samriti
Zoology	B.Sc. I	1st	Khushboo Sharma
		2nd	Swati Verma
Chemistry	B.Sc. I	1st	Sadhna
		2nd	Khushboo Sharma
B.C.A.	B.C.A. I	1st	Priyamvada Thakur
		2nd	Manasvi Singh
Computer Science	B.Sc. I	1st	Shreya Chadda
		2nd	Pooja Maju
Physics	B.Sc. I	1st	Divya
		2nd	Aakriti
Maths	B.Sc. I	1st	Divyanshi Desta
		2nd	Aditi Kapoor
B.Sc. (Hons.) Microbiology	B.Sc. I	1st	Bhawana Verma
		2nd	Srijan Chauhan
B.Sc. (Hons.) Biotechnology	B.Sc. I	1st	Pranjal Verma
		2nd	Alisha



B.Sc. II

Subject	Year	Position	Name Of The Student
Botany	B.Sc. II	1st	Roopali Dilta
		2nd	Priksha Dogra
Zoology	B.Sc. II	1st	Aditi
		2nd	Anushka Kapoor Manisha Rawat
Chemistry	B.Sc. II	1st	Swati Kalia
		2nd	Mannat Puharta
B.C.A.	BCA II	1st	Arushi Thakur
		2nd	Shatakshi Sharma
Computer Science	B.Sc. II	1st In Comp Sci	Navya Thakur
		2nd In Comp Sc.	Deepanjali Thakur
Physics	B.Sc. II	1st	Vidhi Sood
		2nd	Isha Thakur
Maths	B.Sc. II	1st	Nivedita Thakur
		2nd	Navisha Rana
B.Sc. (Hons.) Microbiology	B.Sc. II	1st	Kavita
		2nd	Aakriti Sood
B.Sc. (Hons.) Biotechnology	B.Sc. II	1st	Archana Mullick
		2nd	Nivedita Sharma



B.Sc. III

Subject	Year	Position	Name Of The Student
Botany	B.Sc. III	1st	Shivani
		2nd	Shivani Rangta (D/O Guman Rangta)
Zoology	B.Sc. III	1st	Shruti Chauhan
		2nd	Megha SharmaPayal
Chemistry	B.Sc. III	1st	Shalini Kaushal
		2nd	Divya Rani
B.C.A.	B.C.A. III	1st	Aashima Chauhan
		2nd	Raveena Sharma
Computer Science	B.Sc. III	1st	Chhavi Tiwari
		2nd	Tanvi Kumari
Physics	B.Sc. III	1st In Physics	Aanchal
		2nd	Anchal Chadwal
Maths	B.Sc. III	1st	Sajal
		2nd	Aarti Thakur
B.Sc. (Hons.) Microbiology	B.Sc. III	1st	Sehaj Mehta
		2nd	Muskan Garg
B.Sc. (Hons.) Biotechnology	B.Sc. III	1st	Tanvi Chadha
		2nd	Ritika Chauhan

B.B.A I

Position	Name of the Student
1st	Simran Dogra
2nd	Kavita Sharma

B.B.A. II

Position	Name of the Student
1st	Divita Sharma
2nd	Shreya Gupta

B.B.A. III

Position	Name of the Student
1st	Palak Chauhan
2nd	Eya Khajuriya

M.Com. I

Position	Name of the Student
1st	Shivangi Sood
2nd	Sakshi

M.Com. II

Position	Name of the Student
1st	Twinkle
2nd	Samridhi

M.Sc. Botony

Subject	Year	Position	Name Of The Student
M.Sc. Botany	1st Year	1st	Gurmeet Kaur
		2nd	Tania Papta
	2nd Year	1st	Ankita Thakur
		2nd	Kamini Thakur

BA-1st Year (Computer Applications)

Subject	Position	Name Of Student
BA-1st Year (Computer Applications)	Ist	Jiya Julka
BA-1st Year (Computer Applications)	IInd	Aarshita

DEI Ed 1st Year

Position	Name of the Student
1st	Arpita
2nd	Smriti

DEI Ed 2nd Year

Position	Name of the Student
1st	Tamanna
2nd	Bhawna

B.Com. I

Position	Name of the Student
1st	Astha Mehta
2nd	Ekta Kaplas

B.Com. I (Hindi Comp)

Position	Name of the Student
1st	Jhanvi Thakur
2nd	Anamika Chauhan Sargam

B.Com. II

Position	Name of the Student
1st	Mehak Rawat
2nd	Akshita Bhatia

B.Com. II (Hindi Comp)

Position	Name of the Student
1st	Nikita Chauhan
2nd	Gunjan Gupta Mehak Rawat

B.Com. III

Position	Name of the Student
1st	Kajal Thakur
2nd	Gurmeet Kaur



B.A. II

Subject	Year	Position	Name of the Student
Nutrition	B.A. II	1st	Gorisha Chauhan
		2nd	Riya
Geography (Pass course)	B.A. II	1st	Sania Sundan
		2nd	Aditi Chauhan
History	B.A. II	1st	Anjali Verma
		2nd	Pragati Thakur
English (Compulsory)	B.A. II	1st	Abhinandani Gupta
		2nd	Harshita Sharma
English (Pass course)	B.A. II	1st	Harshita Sharma
		2nd	Ashlesha garg
Economics (Pass course)	B.A. II	1st	Abhinandani Gupta
		2nd	Mitali Mehta
Hindi Compulsory	B.A. II	1st	Anjali Verma
		2nd	Sania Sundan
Hindi	B.A. II	1st	Shikha Shandil
		2nd	Arushi Sharma
Political Science	B.A. II	1st	Ritisha Raj Disha Thakur
		2nd	Rashi Bhardwaj
Music Instrumental	B.A. II	1st	Shabnam Rajta
Psychology	B.A. II	1st	Samridhi Gupta
		2nd	Astha

Subject	Year	Position	Name Of The Student
Nutrition	B.A. I	1st	Neha Thakur
		2nd	Pallavi Seraik
Geography (Pass course)	B.A. I	1st	Sejal Verma
		2nd	Mehak Bhardwaj
History	B.A. I	1st	Shruti
		2nd	Vibhooti Chauhan
English (Pass course)	B.A. I	1st	Sudivyabanshi Nadda
		2nd	Pooja Kumari Picksy Janghu
English AECC	B.A. I	1st	Nikita Chauhan Sana
		1st	Janvi Chaudri
English Compulsory	B.A. I	2nd	Anushka
		1st	Aastha Raitka
Economics (Pass course)	B.A. I	2nd	Yashaswi Mandyal
		1st	Minakshi Sharma
Hindi Compulsory	B.A. I	2nd	Riya Chauhan
		1st	Yashika Sharma
Hindi	B.A. I	2nd	Pranjal
		1st	Palk Sharma
Political science	B.A. I	2nd	Shruti
		1st	Aditi Sankhyan
Music instrumental	B.A. I	2nd	Anushka Ranta
		1st	Muskan Verma
Psychology	B.A. I	2nd	Norzin Angmo

B.A. III

Subject	Year	Position	Name of the Student
Nutrition	B.A. III	1st	Gitanshi Bhardwaj
		2nd	Aashima Singh
Geography (pass course)	B.A. III	1st	Kiran
		2nd	Anjali Kainthla
History	B.A. III	1st	Akshita Thakur
		2nd	Shefali Chambyal Anchal Verma
English	B.A. III	1st	Akshita Chandel
		2nd	Garima chauhan
Economics (Pass course)	B.A. III	1st	Astha Sharma
		2nd	Shreya Thakur
Hindi	B.A. III	1st	Avantika Gangta
		2nd	Himanshi Sharma
Political science	B.A. III	1st	Siddhi Pandey
		2nd	Neha Thakur
Music instrumental	B.A. III	1st	Priyanka Sandu
Psychology	B.A. III	1st	Mannat Zinta
		2nd	Arushi Shaurya

M.A English I

Position	Name Of The Student
1st	Aditi Singh Chundawat
2nd	Anmol Deep

M.A English II

Position	Name Of The Student
1st	Sharil Jakta
2nd	Ivy Mary Lyngdoh

B.A. III (Honours)

Subject	Year	Position	Name
Economics (Honours)	III	1st	Pratishtha Raj
		2nd	Anchal Sharma
Geography (Honours)	III	1st	Shreya Sharma
		2nd	Cheaksha Wanganoo
Psychology (Honours)	III	1st	Angel Shan
		2nd	Rohita
English (Honours)	III	1st	Akanksha Sharma
		2nd	Mithali Dhalt

B.A. II (Honours)

Subject	Year	Position	Name
Economics (Honours)	II	1st	Shree
		2nd	Kartika Sam Lobo
Geography (Honours)	II	1st	Priyanshi Sharma
		2nd	Jyoti Kumari
Psychology (Honours)	II	1st	Himanshi Sahni
		2nd	Anika
English (Honours)	II	1st	Aishna Rahi
		2nd	Akanksha Abrol

B.A. I (Honours)

Subject	Year	Position	Name
Economics (Honours)	I	1st	Megha Antil
		2nd	Mannatverma
Geography (Honours)	I	1st	Tashika Chauhan
		2nd	Abhiramy Biju
Psychology (Honours)	I	1st	Praneeta Kamal
		2nd	Yashika Sharma
English (Honours)	I	1st	Ivy Bhattan
		2nd	Suhani Pathak

Departments Co-curricular Activities

Hindi

Name of the Occasion	Event Name	Name of the Student	Position
Hindi Saptah	Quiz Competition 'Hindi Gyansagar'	Arushi Sharma Shikha Shandil Nainika Ekka Kanika Thakur	1st
		Ritika Sharma Sandeep Kaur Gunjan Prashar Vanshika Alisha Brakta Anamika Chauhan Nandini Sharma Manita Sharma	2nd
	Poetry Writing & Recitation Competition	Sehar Sharma Manibha Sharma	1st
		Shruti	2nd
'Azadi Ka Amrut Mahotsav'	Painting Competition on 'Bharat Ki Veerangnaen'	Aditi Thakur	1st
		Aaliya Arif	2nd
Antarrashtriya Matribhasha Diwas	'Matribhasha mein Srijanatmak Lekhan Pratiyogita'	Tamanna	1st
		Minakshi Sharma Mannat Sood	2nd

Political Science

Name of the Occasion	Event Name	Name of the Student	Position
International Peace Day	End Conflict, Build Peace	Aanya Saroch	1st
		Priya Sharma	2nd
Anecdote Narration	The Unheard Voices	Sandeep Kaur	1st
		Khushi Singh	2nd
Electoral Literacy Campaign	Slogan Writing Competition	Palk Sharma	1st
		Tammana Palak Sharma	2nd
Electoral Literacy Campaign-Extension Activity	Extempore Speech	Dipti Sood	Best Speaker

Nutrition

Name of the Occasion	Event Name	Name of the Student	Position
Nutrition week	Rangoli Competition	Sneha Vibhuti	1st
		Fiza Shah	2nd

Psychology

Activity	Name	Position
World Mental Health Day: Poster Making Competition	Riya Negi	1st
	Ananya Ranta	2nd
World Mental Health Day: Slogan Writing Competition	Shubhangi Chopra	1st
	Takshika Thakran	2nd

Economics

Name Of the Occasion	Event Name	Name of the student	Position
Inter-College Online Competition	Photography Competition	Yamini Sharma	1st
		Rumjhum	2nd
	Poster Making Competition	Yamini Sharma	1st
		Article Review Competition	Shree
Karwa Chauth	Mehndi Competition	Mantasha Ansari	1st
		Yashika Kaushal	2nd

Geography

Name of the Occasion	Event Name	Name of the Student	Position
Ozone day (16 September 2022)	Inter college quiz competition	Govt. College Sanjauli	1st
		(St. Bede's college Shimla) Priyanshi sharma Ananya Rawal Aditi Chauhan	2nd
World soil day (5th December 2022)	Inter college declamation Competition	Shruti	1st
		Kritika Shandil	2nd

English

Name of the Occasion	Event Name	Name of the Student	Position
Women's Day	Painting Competition	Jyoti Verma	1st
		Pragya Sharma	2nd

Department Of Commerce & Management Intercollegiate Competition Finmahotsav

Event 1 - Winners of Bucks Portray

Name	Class	Position	Details
Enam Gupta	B. Com III	1st	Certificate with Medal
Aastha Raizada	B.A. III	2nd	Certificate
Sakshi Kataria	BBA III	3rd	Certificate

Event 2 - Winners of Money Reel

Name	Class	Position	Details
Pallavi Khangta	BBA III	1st	Certificate with Medal
Ojashwini	BBA III	2nd	Certificate
Sakshi Kataria	BBA III	3rd	Certificate

Event 3 - Winners of Treasure Hunt

Name	Class	Position	Details
Mitali Arora	B. Com III	1st	Certificate with Medal
Mehak Rawat	B. Com III	2nd	Certificate
Nikita Chauhan	B. Com III	3rd	Certificate

Event 4 - Winners of Meter Your Intelligence

Name	Class	Position	Details
Rishika Pant	B. Com III	1st	Certificate with Medal
Pallavi Sharma	B. Com III	2nd	Certificate
Divita Sharma	BBA III	3rd	Certificate

Name	Class	Position	Details
Muskaan Sood	BBA III	Second	Certificate
Isha Rana	BBA III		Certificate
Ojashwini	BBA III		Certificate
Pallavi Khangta	BBA III		Certificate

Event 5 - Winners of Knowledge Mantra

Name	Class	Position	Details
Pallavi Khangta	BBA III	First	Certificate with Medal
Isha Rana	BBA III		Certificate with Medal
Ojashwini	BBA III		Certificate with Medal
Sakshi Kataria	BBA III		Certificate with Medal

Event 6 - Winners of Financial Freedom of Speech

Name	Class	Position	Details
Divita Sharma	BBA III	First	Certificate with Medal
Aastha Raizada	B.A. III		Certificate with Medal
Sameera Batra	BBA III		Certificate with Medal
Aishna Rahi	B.A. III		Certificate with Medal

Name	Class	Position	Details
Mitali Arora	B. Com III	Third	Certificate
Akshita Bhatia	B. Com III		Certificate
Ruby Verma	B. Com III		Certificate
Ritika	B. Com III		Certificate

Societies/Clubs Extracurricular Activities

Disaster Management Cell

Name Of The Occasion	Event Name	Name Of The Student	Position
Disaster Risk Reducton Day	Poster Making Competition	Muskan Negi	1st
		Jyoti Kumari	2nd

Environment Cell

Name Of The Occasion	Event Name	Name Of The Student	Position
World Elephant Day(Theme-Haathi hamare saathi)	Painting Competition	Ruby Verma	1st
		Takshika Thakran	2nd
World Mountain Day(Theme-Pahaad hamare ghar)	Sketch Competition	Mehak Ranta	1st
	Slogan Writing Competition	Shivangi Premi	1st
	Poetry Competition	Shivangi Premi	1st
		Shruti	1st

Book Club

Event Name	Name Of The Student	Position
Book Review Competition	Arshya Roach	1st
	Shree	2nd
Essay Writing Competition	Arshya Roach	1st
	Mannat Verma	2nd

Drama & Debates

Event Name	Name Of The Student	Position	Ship
Intership Debates Competition	Praneeta Kamal Priyamvada Thakur	1st	Ins Vikas
	DeeptisoodHim anshi Sahini	2nd	Ins Himmat

Music Club

Name Of The Event	Category Name	Name Of The Student	Position
Inter-Ship Singing Competition	Solo Singing(Western)	Dhaanya Thakur (Ins Chirag)	1st
		Neesa Negi(Ins Vikas)	2nd
	Solo Singing(Indian)	Ayushi Pundir (Ins Vikas)	1st
		Sharrin Verma (Ins Chirag)	2nd
	Western Duet	Rozi Rashid Neesa Negi (Ins Vikas)	1st
		Dhaanya Thakur Akshita Chauhan (Ins Chirag)	2nd
	Indian Duet	Sharrin Verma Dhaanya Thakur (Ins Chirag)	1st
		Ayushi Pundir Kashish Kashyap (Ins Vikas)	2nd

Poetry Society

Name Of The Occasion	Event Name	Name Of The Student	Position
	Book Review Competition (Poetry Anthologies)	Muskan Thakur	1st
		Shruti	2nd
International Women's Day	Inter Ship Poetry Competition	Praneeta Kamal (Ins Vikas)	1st
		Yati Sharma (Ins Chirag)	2nd

Theatre Club

Name Of The Event	Name Of The Student	Position
Theatre Shorts! An Online Inter-College Competition	Nikita Thakur	1st
	Shefali Rapta	3rd

Heritage Club

Name Of The Occasion	Event Name	Name Of The Student	Position
International Youth Day	Inter College Essay Writing Competition	Anjali Verma Pragati	1st
Unity Day	Poster Making Competition	Anjali Verma Yamini	1st
		Ridhima Thakur Mittali Chauhan	2nd
Vigilance Awareness Week	Poster Making Competition	Vibhooti Chauhan	1st
	Essay Writing Competition	Shruti	1st
World Heritage Week	Painting Competition	Sakshi	2nd
		Himanshi Sahni	1st
	Photography Competition	Tanuja	1st
		Anjali Verma	2nd
		Mehak Khakta	1st

Red Ribbon Society

Name Of The Occasion	Event Name	Name Of The Student	Position
International Youth Day	Hat Speech	Takshikathakran	1st
		Manibha Sharma	2nd
	Reel Making Competition	Manya Pandey	1st
		Ruby Verma	2nd
	Digital Poster	Samriti	1st
		Enam Gupta	2nd
World Aids Day	Poster Making Competition	Enam Gupta & Umang Verma	1st
		Khushboo Sharma	2nd
	Slogan Writing Competition	Rhythm Sood	1st

Ship Activities

Name Of The Occasion	Event Name	Name Of The Student	Position	Ship
International Women's Day	Inter-Ship Essay Writing Competition	Deepanjali Sharma	1st	Ins Vikrant
		Divyanshi Damseth	2nd	Ins Himmat
Regional Diversity	Inter-Ship Dance Competition	Yashasvi Mandiyal Picky Suhani	1st	Ins Vikas
		Muskan Verma, Sudivya, Nandini Nandan Singh, Diya Bansal, Anushka Singhla	2nd	Ins Vikrant

Name Of The Occasion	Event Name	Name Of The Student	Position
Yoga Day	Poster Making Slogan Writing	Sakshi, Aashi Rathaur	1st
		Simran Negi, Palk Sharma	2nd
Poshan Maah	Poster Making Slogan Writing Essay Writing	Prachi, Picky, Dipti Sood	1st
		Aashmeen, Takshika, Palk Sharma	2nd
National Youth Day	Photography Video Making Competition	Prianshu, Sakshi	1st
		Shweta Chauhan, Divyanshi Desta	2nd
National Voter's Day	Poster Making Essay Writing	Jahnvi Bhardwaj, Pragma Sharma	1st
		Sanjana Gupta, Ruby Verma	2nd
Gandhi Jayanti	Poster Making Slogan Writing	Aashmeen, Suhani Pathak	1st
		Pragma Sharma, Neesa Negi	2nd
Nss Camp	Declamation Rangoli Competition	Arshya Roach, Sonamkoundal, Yashika Kaushal, Ojashwini, Sakshi Kataria	1st
		Tamanna Jamwal, Isha Thakur, Jahnvi Thakur, Navisha Rana, Abhinandini Gupta	2nd
Potion Maah Quiz Competition		Diya Bali, Aditi Thakur	1st
		Manya Pandey, Bhawana	2nd

Three outstanding students received the CDD Sports Trust Scholarship

Praveen Dhiman, B.A III Psychology Honours, **Akshita Chauhan**, B.A I English Honours and **Divya Uniyal**, B.A Ist, Economics Honour were among the recipients of the scholarship. It was announced that this scholarship will be given every year to exceptional players

Name Of The Occasion	Sports	Name Of The Student	Position
		Miss. Praveen Dhiman	Inter College Gold Medal In Shooting All India University Representation And Selection National Championship Participation In Individual And Team Categories In 2022
North Zone Women Interuniversity Basketball Championship, Kanpur	Basketball Game	Miss Arjdeep Kaur Sandhu	Interuniversity Color Holder
H.P University Women Basketball Coaching Summer Camp		Miss Akshita Chauhan	Selection In H.P. University Basketball Summer Coaching Camp
		Miss Divya Uniyal	

Library Awards

Best User of the Library

1	Aishna Rahi	B.A. 3rd	English Hon's
2	Arjdeep Kaur Sandhu	B.A. 3rd	Psychology. Hon's
3	Palk Sharma	B.A. 2nd	Pass Course
4.	Riya Chauhan	B.A. 2nd	Pass Course

Meritorious Student of the Library

1	Meenakshi Kumara	B.A. 2nd	Pass Course
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Special Awards

Special academic awards are given to students for their excellence in various subjects.

Dr. RANA NAYAR – TROPHY FOR EXCELLENCE IN ENGLISH HONOURS) -- this trophy has been constituted by one of our ex-colleague, who retired as a Professor from Panjab University, Chandigarh. This award was awarded to **PRAGYA SHARMA** of B.A. III, English Honours.

ROOPALI DILTA of B.Sc 3rd Year received a trophy and cash prize of rupees 2100/- for consistent performance in Botany over the years. This award has been constituted by Dr. Shramja Munjal (Associate Professor) Dept. of Botany.

MEE Smith Award for the most Deserving Student was awarded to **ANISHA EPHRAM**

**Sr. PASCAL MEMORIAL
SCHOLARSHIP For Academic
Excellence**



Sr. No.	Name Of The Student	Year	Subject
1.	Shikha Shandil	BA III	Hindi
2.	Simran Jhaglaik	BA I	Music
3.	Riya Negi	BA III	Dance
4.	Divya Uniyal	BA I	Economics Hons
5.	Rumjhum	BA III	Economics Hons
6.	Yashasvi Mandyal	BA II	Economics Pass
7.	Dianoor Aulakh	BA I	Course
8.	Sehar Sharma	BA I	Political Science
9.	Arushi Awasthi	B.COM II	Hindi
10.	Priyanshi Sharma	BA III	Hindi
11.	Bhumika Verma	BA I	Geog Hons
12.	Jahnvi Wali	BA I	Psychology
13.	Praneeta Kamal	BA II	Psychology Hons
14.	Dipti Sood	BA II	Psychology Hons
15.	Menak Chauhan	BA I	Pol. Sc Pol. Sc
16.	Shruti	BA II	History
17.	Akshita Chauhan	BA I	English Hons
18.	Neesa Negi	BA I	English Hons
19.	Sadhna	B.SC. II	Botany
20.	Sanyogita Chauhan	B.SC I	Botany
21.	Tanya Dhiman	B.SC II	Physics
22.	Manya Sharma	B.SC III	Physics
23.	Roopanshi Gupta	B.SC-I	Maths
24.	Swati Sharma	B.SC -II	Maths
25.	Priyamvada Thakur	BCA-II	Computer Science
26.	Khushboo	B.SC II	Zoology
27.	Samriti	B.SC II	Zoology
28.	Tavishi	B.SC III	Zoology
29.	Shefali Rapta	B.COM I	Commerce And Mng.

Name Of The Student	Year	Subject
Himanshi Sahani	BA III	Psychology Honors
Ananya Garg	BA III	Geography Honors
Shree	BA III	Economics Honors
Akanksha Abrol	BA III	English Honors
Anjali Verma	BA III	History
Rashi Bharadwaj	BA III	Political Science
Arushi Sharma	BA III	Hindi
Nikita Chauhan	B Com III	Commercial Management
Archana Mullick	B.Sc III Hons	Biotechnology
Vidhi Sood	B.Sc III	Physics
Sakshi	B.Sc III	Mats
Arushi Thakur	B.Sc III	Computer Science
Jasmine	B.Sc III	Botany
Ayushi Pundir	B.A III	Music
Aditi	B.Sc III	Zoology
Tenzin Palki	BA II Psychology Hons	Sports
Ananya Singh	BA III Psychology Hons	Cultural Activities

**Awards Sponsored By PTA
For All-Rounder Students**



BATCH OF 2022-23

GRAD'S *Nite*

1904: A BALLROOM BEGINNING

March 29th, 2023, St. Bede's College organised a farewell party, themed 1904- A 'Ballroom' It is the time when the institution bids adieu to the outgoing batch with best wishes for their future.

The heartwarming event was graced by the presence of our Chief Guest, Dr. Abhishek Jain who was felicitated by the principal Prof. Sr. Molly Abraham. The judges of the event were Dr. Shramja and Ms. Anuja Sharma. The highlight of the function were the beautiful cultural presentations. Students of the first and second year put forth a mix of scintillating dance performances, entertaining theatre, melodious songs, and pulsating music. The Chief Guest addressed the gathering and spoke encouraging words of wisdom for the final year students.

"Miss Bede's Pageant" was also conducted, the contest had three rounds namely Ramp Walk followed by the Question cum the Talent Round and lastly the Final Question Round where the Principal asked the shortlisted candidates the final question. The titles awarded to the students were:

Best Smile- Samridhi Mall

Miss Talented- Archana Mullick

Best Hairdo- Shalini Verma

Miss Congeniality- Smriti Thakur

Best Dressed- Maanika Sethi

After the final round Samridhi Mall was crowned Miss Bede's 2023, while Smriti Thakur and Archana Mullick were crowned the First and the Second Runner up respectively. Thus ended a beautiful evening marked with the mixed feeling both happiness and sorrow.



हिन्दी अनुभाग





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संपादक की कलम से

सेंट बीड्स महाविद्यालय की वार्षिक पत्रिका 'इकोज' के हिन्दी अनुभाग की छात्र सम्पादिका होने का अवसर पाकर मैं स्वयं को गौरवान्वित महसूस कर रही हूँ। हर वर्ष की तरह, इस वर्ष भी पत्रिका में अनगिनत प्रतिभाशाली छात्राओं ने अपनी मौलिक, रोचक और प्रभावशाली रचनाएँ प्रस्तुत कर अपने उन्मुक्त विचारों को अभिव्यक्ति देने का प्रयास किया है। महाविद्यालय के हिन्दी विभाग ने यह सराहनीय प्रयास किया है कि जो छात्राएँ मंच पर जाने से कतराती थीं, वे इस पत्रिका के माध्यम से अपनी प्रतिभा प्रकट करने में सफल हों, उनका आत्मविश्वास और भी बढ़े। यदि कविताओं में छात्राओं ने प्रकृति एवं पर्यावरण के प्रति अपना स्नेह जताया, तो कहानियों के माध्यम से उन्होंने अपनी –अपनी क्षेत्रीय बोलियों में किसी न किसी लोक कथा को अपने शब्दों में पिरोकर मानव मूल्यों पर जोर दिया है। छात्राओं द्वारा लिखित निबंध तथा फीचर भी हमारे समकालीन समाज की मार्मिक सच्चाइयों को ही बयाँ करते हैं। आज की नारी का उभरता सशक्त स्वरूप किस प्रकार वर्तमान हिन्दी धारावाहिकों में झलकती है, समीक्षाओं के माध्यम से उनका शोध कार्य आपसे साझा यहाँ किया जा रहा है। पत्रिका को आपके हाथ में सौंपते हुए मैं पाठकों को विश्वास दिलाना चाहती हूँ कि ढेर सारा बहुमूल्य ज्ञान तथा महाविद्यालय की छात्राओं के मन की बात इस पत्रिका में आप को जानने को मिलेगी।

मैं हिन्दी विभाग की अपनी प्राध्यापिकाओं, डॉ देविना अक्षयवर तथा सुश्री अंजना देवी का हार्दिक आभार मानती हूँ, जिन्होंने मुझे इस चुनौतीपूर्ण कार्य को पूर्ण करने का अनवरत प्रोत्साहन दिया तथा मार्गदर्शन किया। मैं उन सभी छात्राओं को भी धन्यवाद ज्ञापित करती हूँ, जिन्होंने अपनी रचनाओं से इस पत्रिका को समृद्ध किया।

विनीता
नैनिका इक्का
बी० ए० तृतीय वर्ष

मन के झरोखे से

बरसते बादल

अधूरा सा दिन, बेरंग सा आसमां
ना थी खुशी, त्वचा भी नम,
सावन ने हौले-हौले दिखाये अपने रंग।
आँखों में छाये मेघ, 'तेज' के समान आँखें लगी 'नूर' दिखाने,
फिर चंद्र घड़ी में अश्रु के समान बरसे मेघ।
मेरे अधूरेपन को मिल गई वजह
आशा रूपी किरणों ने किया चमत्कार,
उल्हास से झूमने लगी वसुधा।
रोम-रोम, कण-कण को मानो जीवन मिल गया।
किसान की खुशी का ठिकाना न रहा,
और बच्चों को दुनिया से कुछ लेना ना रहा
मिट्टी की खुशबु, सात रंगों का 'नूर'
और बूंदों की आवाज़ से मानो
कण-कण पवित्र हो गया ।
पृथ्वी स्थिर हो गयी, जब आँखों के आगे कोहरा छा गया।
भीड़ लगी नाचने और झूमने, जब पंछी आए डेरा जमाने।
मेरे उत्साह के समान नदी नालियों का स्तर भी बढ़ गया।
बरसते मेघों ने जीवन को रोमांच से भव्य कर दिया।
गरजते मेघों, बरसते मेघों से निकली ऐसी ध्वनि
कि वसुधा और मेरा मन मुग्ध हो गया।
बरसते बादलों ने तन-मन में प्रेम-प्रसन्नता रूपी प्रवाह को गति प्रदान कर दी।
अहा! मेरे अधूरेपन को वजह मिल गई।

सुश्री श्रुति
बी.ए. द्वितीय वर्ष

बारिश जब आती है

बारिश जब आती है,
देरों खुशियाँ लाती है।
प्यासी धरती की प्यास बुझाती है,
धूल का उड़ाना बंद कर जाती है।
मिट्टी की भीनी सुगंध फैलाती है,
बारिश जब आती है,
देरों खुशियाँ लाती है।

भीषण गर्मी से बचाती है,
शीतलता हमें दे जाती है,
बहारों का मौसम लाती है,
बारिश जब आती है
ढेरों खुशियाँ लाती है।
मोरों को नचाती है,
पहाड़ों में फूल खिलाती है,
बीजों से नए पौधे उगाती है,
बारिश जब आती है,
ढेरों खुशियाँ लाती है।

सुश्री मुस्कान वर्मा
बी.ए. द्वितीय वर्ष

शिक्षक

कॉलेज में कदम रखते ही,
अपनी काबिलियत पर विश्वास दिलाया।
सीनियर्स की बदमाशी और दादागिरी से बचा
हमारा आत्मविश्वास जगाया।
घर की याद आने पर,
यह शिक्षा का उद्देश्य याद कराया
और जैसे ही हम इस माहौल में बस गए,
परीक्षा के भय से रू-ब-रू कराया!
ज़िंदगी के हर भय को भुला
प्रश्न पत्र के भय से अवगत कराया
अटेंडेंस कितना आवश्यक है,
इसका परिचय हमको कराया।
झुकी हुई मैं चलती थी
सर ऊंचा रखना सिखाया,
डरी – सहमी जो मैं रहती थी,
उस डर को दूर भगाया।
जानते हुए शायद वो सबको बराबर प्यारा नहीं
अपना कर्तव्य बखूबी निभाया
और ये जानकर उनके विद्यार्थी आज अब्बल दर्जे पर हैं,
उनके दिल को सुकून भाया।
निःस्वार्थ हम सब को बराबर एक तराजू में रख



आगे बढ़ना सिखाया,
एक कलम में कितनी ताकत है, ये बता
हे शिक्षक! आपने अपना कर्तव्य बखूबी निभाया।
ओहदा ऊंचा है सबसे गुरु का
औधा ऊंचा है सबसे गुरु का
तभी भगवान स्वयं विद्या ग्रहण करने गुरुकुल जाते थे!
गुरु ही सर्वोपरि है
इसीलिए ईश भी गुरु के समक्ष
नतमस्तक हो जाते थे
गुरु की सीख से सृष्टि का निर्माण है
गुरु ना हो तो अंधियारे में ये जहान है
आज शिक्षक ही उस गुरु का रूप है
हमारी जीवन को दिशा दे उस रौशनी का स्वरूप है।

सुश्री समृद्धि पाठक
बी.ए. द्वितीय वर्ष

समय

समय की पकड़ से परे एक गांव है मेरा,
दूधिया नदी में तैरता पांव है मेरा।
यादों की बस्ती में कुछ ताले हैं,
मधम थी लौ, अब भरे उजाले हैं।
भटके रास्तों में, भूली बातों में,
दबी श्वास से, फीकी आवाज़ मे,
एक शोर सन्नाटे से भिड़ता है,
उमड़ते— उमड़ते फिर गिर पड़ता है,
न जाने कैसी रंजिश लिए रवां है मुसाफ़िर के,
हँसते—हँसते रो पड़ता है।
नई राह है, है नया सवेरा,
कुछ दूर चलते ही छंट गया अंधेरा,
हवाओं में बह कर उड़ जाना है किसी रोज़,
न रोकने को बंदिशें होंगी ,
न होंगी रंजिशें दर्मियाँ।
न पाँव में बेड़ियाँ होंगी,
न होगी नफ़रत— ए— आसमाँ।।

में ख़ाख़ से पैदा हुई, राख़ में मिल जाऊंगी,
जब अंधेरा आएगा, तो तारों में सज जाऊंगी।

सुश्री समृति शर्मा
बी.ए इंग्लिश ऑनर्स प्रथम वर्ष

पंख उड़ान के

ज़िंदगी करवटें बदलती रहती
कभी हंसती तो कभी रुलाती रहती
लक्ष्य को पाने के लिए हार जीत तो लगी रहती
मंजिल उन्हीं को मिलती
जिनके सपनों में जान है होती, पंखों से कुछ नहीं होता
हौसलों से उड़ान है होती।
तालीम नहीं दी जाती परिंदों को उड़ानों की
वे खुद ही तय करते हैं, ऊंचाई आसमानों की
रखते हैं जो हौसला आसमां छूने का
वह नहीं करते परवाह ज़मीन पर गिर जाने की
जब इरादा बना लिया कुछ पाने का,
तो ना कर परवाह दुनिया के तानों की ।
लोग तो राह में काँटे ही बिछाएंगे
और यही कांटे तेरी रफ़्तार बढ़ाएंगे
और तुझे तेरी मंजिल तक पहुंचाएंगी
इतना सशक्त तुझे खुद को बनाना है
किस्मत भी कांप उठे तेरी कोशिशों के आगे
ऐसी तूफ़ानी जोश अपने अंदर जगाना है।
बुलंद बना अपने हौसलों को अभी तुझे दूर तक जाना है।।

सुश्री खुशबू शर्मा
बी. एस. सी द्वितीय वर्ष

मजबूरी

एक सुबह,
ठण्डी सी, कोहरे वाली
रिमझिम—रिमझिम बरसे पानी।
लगा जैसे सर्दी है आने वाली

मैं भी चली थी अपने रस्ते
सोच ही कुछ हँसते – हँसते
तभी सामने मैंने देखा
छोटा सा बच्चा अपनी बहन के साथ– साथ चला था
सुबह–सुबह ठंड में दोनों
चले थे लोगों का दिल बहलाने।
नंगे पाँव, कुछ कपड़ों में दोनों
चले थे कुछ रुपये कमाने।
ठिटुरते हुए दोनों नाचे–गाये
तब दोनों ने कुछ रुपये कमाए
फिर वो छोटा बच्चा बोला
“दीदी मुझको भूख लगी है”
तब वो लड़की कुछ खरीद खाने को लाई
जिसे देख बच्चे के चेहरे पर खुशी थी आई
रोटी खाता वो बच्चा खुशी से घर की ओर चला
इतने खुश थे दोनों कि ठण्ड का उन्हें कुछ पता न चला।
तब मैंने खुद से ये सवाल किया
किस वजह ने इन बच्चों को इतना बेहाल किया?
जवाब मिला तो बस इतना कि–
गरीबी और भूख ने इन्हें इतना लाचार किया,
पढ़ने–लिखने की उम्र में रोटी कमाने को मज़बूर किया।

डॉ. वंदना ठाकुर
सहायक प्रोफ़ेसर अंग्रेज़ी विभाग

बछड़े की मौत

यह कहानी दिल्ली की है, जब एक छोटे से बछड़े की दिल को छू लेने वाली चीख सुनकर राधा रविवार की सुबह बहुत जल्दी उठ गई। इस बछड़े का रोना लगभग मानव बच्चे के रोने जैसा था। राधा परेशान थी, लेकिन वह उस बछड़े की स्थिति को पूरी तरह से समझ नहीं पा रही थी। अपने सुबह के कार्यों को करने के बाद जब बाहर रोना ओर ज्यादा तीव्र होता गया, तो राधा बैलकनी में गयी और देखा कि छोटा भूरा बछड़ा राधा के घर के सामने एक अपार्टमेंट के द्वार के पास उदास चेहरा लिए खड़ा है। बछड़ा बहुत छोटा था, यह स्पष्ट था कि बछड़ा अपनी माँ के लिए चिल्ला रहा था। “बछड़ा अपनी माँ से अलग हो गया है राधा की माँ ने कहा। या हो सकता है, इसे इस के मालिकों द्वारा छोड़ दिया गया हो। या हो सकता है कि उन्होंने बछड़े में रुचि खो दी हो क्योंकि यह एक नर है, बेईमान मालिक नर बछड़े को दूसरे इलाके में छोड़ देते हैं ताकि वह अपने रास्ते पर वापिस न जा सके।”

यह अपराधिक और अनैतिक है, राधा इसके विरुद्ध थी। राधा ने रोते हुए बछड़े को करीब से देखा और पाया कि यह एक नर बछड़ा ही है। कुछ मनुष्य अपने माता-पिता को वृद्धावस्था में इसी प्रकार त्याग देते हैं। राधा बछड़े के मानव मालिकों द्वारा विश्वासघात के इस क्रूर कृत्य पर काँप उठी। राधा की दोस्त ने राधा को बताया कि यह एक हिन्दू मालिक का मामला है, जिसके पास कुछ गायों के साथ एक गौशाला है। उसने बताया कि वह एक नर बछड़े को खिलाने पर खर्च नहीं करेगा। वह एक कसाई को बछड़ा भी नहीं बेच सकता, क्योंकि यह एक हिन्दू के लिए पाप होगा। जैसे-जैसे राधा ने सच्चाई को समझने की कोशिश की, वैसे-वैसे वह उदास और अश्रुपूर्ण हो रही थी, जैसे कि बछड़ा ऊँचे आकाश में देवताओं को अपनी स्थिति की घोषणा कर रहा हो। सड़क यातायात की तेज़ी में रोता बछड़ा दुनिया के लिए न के बराबर था। राधा दुखी, क्रोधित और असहाय भी थी। राधा ने यह पता लगाने की कोशिश की कि वह किस प्रकार से छोटे बछड़े की मदद कर सकती है। राधा की माँ ने राधा को बताया कि यह बछड़ा इस समय हैरान और स्थान से अपरिचित है, परन्तु समय के साथ यह सब भूल जाएगा और अपने जीवन को बचाने की कोशिश करेगा। परन्तु राधा उस समय बहुत दुखी थी। राधा रोते हुए बछड़े को कुछ हरी पत्तियाँ देने के लिए निकली, परन्तु बछड़ा अभी बहुत छोटा था, वह ये सब नहीं खा पा रहा था। राधा ने अपने दोस्तों से सम्पर्क करने की कोशिश की, लेकिन किसी ने कोई जवाब नहीं दिया। एक दयालु व्यक्ति ने राधा की मदद के लिए एक गौशाला से सम्पर्क करने की सलाह दी। राधा ने उनसे सम्पर्क किया, लेकिन उन्होंने मना कर दिया और कहा कि वे बछड़े को उसके कानूनी मालिक से ही प्राप्त करेंगे। राधा की सारी उम्मीदें वहीं खत्म हो गईं। संध्या निकट आ रही थी। राधा को लग रहा था मानो वह लाचारी से एक बछड़े के जीवन को केवल देख रही है, उसे समझ नहीं आ रहा था कि वह क्या करे। वह बछड़ा कई दिनों तक अपनी माँ से बिछड़ने के कारण रोता रहा। परन्तु राधा उसकी कोई मदद नहीं कर सकी। कई बेचैन रातों के बाद राधा ने पाया कि रोना बंद हो गया है। राधा को लगा कि शायद बछड़े का मालिक आकर बछड़े को उठा ले गया होगा। परन्तु जब राधा अगले दिन सोकर उठी तो राधा ने देखा कि उस बछड़े की मृत्यु हो गई है। राधा यह देखकर बहुत दुखी हुई। वह खुद को रोने से रोक नहीं पाई। राधा सोचती रही कि ईश्वर की विडंबना देखो ! मालिक ने बछड़े की माँ से महीनों दूध इकट्ठा किया और उसका बछड़ा होने पर एक माँ को अपनी संतान से अलग कर दिया गया। राधा का दिल यह सब देख कर रो रहा था। राधा ने बछड़े की आत्मा को शांति प्रदान करने के लिए ईश्वर से प्रार्थना की।

सुश्री कनिका ठाकुर

बी.ए. तृतीय वर्ष

‘धोबी और धोबन’ : कांगड़ा के गाँव की कहानी

इक गाँव च धोबी कने धोबन रहते थे धोबी एदी धोबन बड़ी सुन्दर थी दिन जालु धोबन पानीए जो लैना खुए पर जाना लगी ता धोबी ऊजो बड़ा मना कीता पर धोबन पानी लेना अपना घड़ा चुकि कने चली पई खोबित नइ मंजी धोबीए ऊजो बोलया ऊत्यु राजा शिकारे जो आया है ।

जालु धोबन पानी परना लगी ता राजे दी नज़र धोबना पर पई धोबन बड़ी ही छैल लगादी थी । राजा ऊसरा दे पीछे –पीछे नली पया ।उन्नी पहली पोड़ी उत्तरी राजे ने गिटुए मारी दूजी पोड़ी उत्तरी राजे बाँह पकड़ी । धोबन बोली इट दिया मेरी बाई जो मेरी जात कमीनी है । राजे ने बोलया जाती दा मैं क्या करना तेरी सूरत बड़ी सोनी है । अगे अगे राजा चलया पीछे धोबीनी दा डोला राजा धोबना जो लेई गया । ऊयु जालु धोबन पानी लेईके नई आयी ता धोबी उजो तोपना चली पया । धोबन कुथी भी नई मिली ता धोबी ग्राए दे लोगा तो पूछना लगा तो ऊजो पता लगाया कि धोबना ओ राजा चुकि के लेई गया ।।

ऊत्यु राजा जालु अपने महले व पूजया उन्नी अपनी रानिया जो बोलया ले में तेरी सोकन लेइ आया । रानिया धोबना जो बड़ा तंग किया । रानिया पीनीयाँ बनवाईया कन्ने पीनीयां च जहर पवाईता । रानियां धोबना जो पीनीयां खाने जो देई दीतया बोला मेरे प्योका तो आईयाँ पैली पीनी खादी धोबन गिरी गई, दूजी पीनी खांदे ही धोबन मरी गई । रानिया अपने सिपाही सदाएं कन्ने इक सन्दुक बनवाया को धोबना जो ऊस सन्दुकें च पाईके दरियाए च रुड़ाई दीती । धोबी घाट पर कपड़े तोयादा था तालु ही सन्दुक रुड़ादा – रुड़ादा धोबीए बाल पूजी गया धोबीए जालु सन्दुक खोलया तो धोबन सन्दुक च थी । धोबी धोबन जो गले लगाई के बड़ा रोया ।

सुश्री मन्नत सूद
बी. ए. प्रथम वर्ष

शोटाई और कौवा

एक बोई की बात है, एक थिया कौवा ओरो एक थी शोटाई सी दुइने आपी मुजे बड़े भाईचारे और प्रेम प्यार से रुओ थिये । एकी देसो सी दुइने की सेटों के आँगणो दे हुटे । तेसी आँगणो दा कौवा एक माशों का दाणा भेटा ओरो शोटाई भेटा चाऊलोका दाणा । तिनी दुइए बुलो जेइंदे का बणौंबे बोड़ा (बड़ी) इंदे के बाद शोटाई कोऊए खे बुलो जे आगे सात धरम दे तोबे बणाँऊगे बोड़ा । । इदे गाशी कोऊए बुलो जे सात–धरम किन्दे खे देणे? शोटाई बोली जे तू मोड़ा आपी ही ने खाए ऐसी बातों खे चेई धरम द्य कौवे धरम दिया हाव एकली खांदा ने और तिनिये ऐशो कोरियो बोड़ा बगाई पाया ।

पोरो जो सेजा कौवा सी जेशा काला वाइरो शा थिया तिन्देशा जादा काला सी भीतरों था था । तेसके मोनो दो आओ खोट ओरो तेई बुलो एशो – शोटाई शोटाई किआ देइ खाणा एसा बोड़ा । आमो कई पाणी तो आथी ने पिणो यो शोटाई बुलों तोबे का कोरणों ।कोऊआ बुलो चल पाणी खे हुटबेख ।तेई हुटे सी पाणी खे । कोऊए शोटाई केई दियो चालणो (छलनी आटे की) ओरो आधी नी लुटडी (लोटा) । सेई हुटे सी पाणी खे ।

पाणआरो गाशी आगे कोळए आपणी लुटडी भोरी ओरो तेई बुलो शोटाई से ने तुझे आपणो बासोण (बर्तन) घर भर ओरो तेई आए पुण्डी सीधी शोटाई ऐ चालणो पणिआरो गाशी बासोण भोरणी के लाओ, पोरो तिन्दो पाणी टिकणो भाजो सारा पाणी तिवारे चालणो शो उदो गिरणी लागो काफी देर तोड़ी शोटाईए पाणी भोरणो की कोशिश कोरी पोरो किए फरक ने पोड़ी । कुछ देरों दा तेथे शा एक बटोही छूटा तैने देखी जे पनिहारो गाशी शोटाई रुंदी लागी । तेने वटोही ऐ तियो पुछणी लाई जे तेरे शोटाइए का रुओं जायी शोटाईए रुदे–रुन्दे आपणी विधा गुणाई जे हाँ इथे कोऊए की गोइली पाणी खे आई थी । कोऊए आपणी बासोण भोरी पाओ और मेरे वासणो दो ने टिकणों लागो पाणी कोऊआ पाणी भोरी ओ हटी गिया ओरो हाव रोई जान्दी इथी । तियारी विधा शुनियो सेजा वटोही बुलो जे तेरे केसो देई भोरीन्दो पाणी तेरो बासोण तो फाटो योंदो ओसो एक

काम कोर जे इन्दे के छेको दे (खननी के छेदो में) पाचो (पत्तियाँ) ता औरे—पोरे से चुगीयों तोवे तेरे बासणो दो पाणी टिकली ऐशो कोरीयो लिए सी चालणी पाणी लोई मोरी पाओ ओरो (पाछु घोरों से आई गोई).

(पोरे पुजिओ लिए देखो जो कोउए सेजा बोड़ा आपी से राखा कोरी जोरों तेई हुटी रा पेड़ों के शिखरों दा शोटाई बुलो जे धरमो देख्यो तुएँ मुखे धोखा के कोरा आधा हिस्सा मेरा भी आधा ओसो इन्दा सी देइजा मुखे कोऊन आधा हिस्सा देणी खे भाजी गया। शोटाई काफी दुःखी होई गोई ओरो पेड़ों आगे बोलदी लागी पेड़—पेड़ ऐसी कोऊआ आपणे शिखरों शा भगाई दे। पेड़े तिवारी बात ने मानी। तोवे सी ऐकी वाडी (बड़ई) केई छूटी ओरों रुदै रुदै बुलदी लागी वाड़ी—बाड़ी ऐसी पेड़ काटी दे आपणी कुलाड़ी (कुल्हाड़ी) लोई ई मेरी बात ने मानदा वाही भी तैयारी बात मानणो खे तैयार नी हुंदा ऐबे सी शोटाई रुदे—रुदे लोहारों आगे हुटी ओरो बुलदी लागी लोहार लोहार ताखे मेरी ऐतोड़ी ढाल तु ऐसी वाड़ी की कुलाड़ी चुड़ी (तोड़ दे। लोहारे बुलो जे मेरे केई चुड़नी ऐसकी कुलहाड़ी सी भी गया भाजी शिंदे के बाद शोटाई दुःखी टोड़ओ बार्टो दी बेशीओ रुंदी लागी, तिआरो रुणी एकी मुझे ऐ गुणों, तेने मुझे शोटाई पुछणी लाई, केई लागी तु ऐथे बाटो दी रुन्दी शोटाई ऐ आपणी सारी कथा गुणाई ओजो बुलो मेरे साथ पोहदो देणो तु लोहारों की हवा वाली खालो दे आपणे दादो लोई काटी। मुशा तिआरी बातों मानण खे तैयार हुई गोवा ओये से खालों कादा लागा सेजो देखि ओ लोहार बुलो मुशा—मुशा मेरी खालो ने काटे, मुरो—ए बुलों जे तुएँ शोटाई की बात ने मानी ऐजो गुणीओ लौहार बुलो ठीक है हों वाडी की कुलाड़ी तोड़ी देऊगा। ऐजो बुलियो सी लौहार कुलाडी तोड़दा लागा ऐसा देई सेजा वाड़ी भी पेड़ो काटदा लागा। जेई तेने आपणी कुलाड़ी लोई पेड़ो दी लाई तेई सेजा पेड़ बुलदा लागा तुऐ शोटाई की बात कंऊ ने शुणी। पेड़ डोरीओ बोलो ठीक है हा आपणी घारी हिलाईओ ऐसी आगु भगाई देऊ। ऐशो बुलीओ तेने पेड़े जोर शी आपणी घारी (टहनियाँ)। हिलाई ओरों ऐशी देई तेसी कोऊऐ के मुओ शा सेजा बोड़ा उदा छूटा औरो शोटाई के पैरों केई पोड़ा। तोवे से कोऊआ भागी गया ओर शोटाई खे आपणा खोया हुआ बांडा (हिस्सा) भेटी गया।

शिक्षा— जोबे कोसी साथी धोखा वे कोरी तो जाणी ने के धोखा ही होन्दा, कोई न कोई सहायता कोरो तोबे कोसी साथी बुरो ने कोरनी चई।

सुश्री तमन्ना
बी. ए. प्रथम वर्ष

सुई माता मंदिर की कहानी

हिमाचल रे चंबा ना रे जिले अंदर एक बड़ा ही मशहूर मंदिर है, जिसेरा ना 'सुई माता मंदिर है। इस मंदिर रे पिछे इक बड़ी दिलचस्प कहानी है। ऐ इक बारी री मल है जैखने चंबे रा राजा थिया 'साहिल वर्मन'। तसेरी लाड़ी थी रानी सुनैना। मनु बोलदे थिये कि तिस टैमा चंबे लंबे समय तक बरखा नी भी हुँदी जिसेरी वजह कने चंबा बिल्कुल सुकी गया थिया। राजे री प्रजा पाणी री इक—इक बूंद रे ताएँ तरसी गई थी। बरखा कारणे रे ताएँ राजे ने बड़े यज्ञ किते। फिरी भी बरखा नी हुई। ताँ राजे ने ब्राहमणों का सलाह लिती। तिने राज जो बोलेया कि से अपने मुंडे या अपनी लाड़ी मेसे कुसी इक री बलि देली।

राजे ने फैसला किया कि से अपने मुंडे री बलि देला। ऐ सुणी करी तसेरी लाड़ी बड़ी दुखी हुई। कोई भी माँ अपने बच्चे जो मरदा नी दिखी सकदी। तो रानी ने फैसला किया कि से चंबे री मलाई रे ताएँ अपनी बलि देली। फिर रानी जो जिंदा दबाया गया। जाँ जाई बने चंबे बरखा हुई। दरिया रा पाणी पैले सई बदी मेया पेड़—पौधे हरे—भरे होई गे इसका बाद राजे ने अपनी रानी री याद अंदर इस मंदिर जो बनाया।

ऐ मंदिर रानी री कबर का थोड़ी थल्ले बनाया जिसजो 'सुई माता मंदिर' रे ना कने जाना जाँदा। दूरा— दूरा का मणू इस मंदिर जो दिखना इंदे।

हर साल इस मंदरा अंदर मेला लगदा ऐ मेला हर साल बसोए रे टैमा लगदा । चंबे रे मणू इस तरीके कने अपनी रानी रे बलिदान जो याद करदे ।

मेले रे पहले दिन मणू खूब धूम-धाम कने गाणे बनादे मंदरा जो जाँदै मदरा रे बार भाँत भाँति से मिटाई तथा पकवान री दुकाना हुँदी लगी । मेले रे अंतिम रोजे यात्रा निकाली जाँदी जितंदर सारे भक्त गाना गांदे—

‘गुड़क चमक भाऊआ मेघा हो, चबयाला रे देसा हो ।’

सुश्री मीनाक्षी कुमारी
बी.ए. द्वितीय वर्ष

संवेदनशीलता का आदर्श

कहा जाता है कि इंसान का मन ही उसके चरित्र का दर्पण है। यदि यह सत्य है, तो यह मानने में भी कोई बुराई नहीं होगी कि हर व्यक्ति, जिसने अपने जीवन में कभी किसी के प्रति अच्छी भावना रखी हो, या किसी के लिए कुछ अच्छा करने के बारे में सोचा हो, वह एक आदर्श व्यक्ति है। अगर आपका भी ऐसा ही मानना है तो आगे पढ़िए, यह निबंध शायद इस विषय में आपका हृदय परिवर्तन करने में सहायक हो।

यदि आप भी परमात्मा में विश्वास रखते हैं, तो आपका भी मानना यह होगा कि इंसान को बनाने में ईश्वर ने कोई भेदभाव नहीं किया। न पीड़ा का नापतोल किया, ना सुख का। न किसी को काँटों भरे पथ पर धकेल दिया, ना ही किसी को फूलों सजि राज मार्ग पर भेज दिया। परन्तु, यदि उस ईश्वर के मन में ऐसा कोई भेद का भाव नहीं, तो हर इंसान अमीर क्यों नहीं, और हर गरीब के घर दो वक्त की रोटी क्यों नहीं? यह सवाल मेरे मन में भी काफी बार उठा है लेकिन सोच – विचार व उससे भी ऊपर, दुनिया को देख समझ आता है कि हर अमीर खुश नहीं और हर गरीब दुखी नहीं। शायद ये बात आपको अटपटी लगे लेकिन सुनते चलिए। सुख – दुःख से मेरा अभिप्राय जीवन में मिलनेवाली सुविधा या कष्टों से नहीं, एक जीवन जीने की तहज़ीब से है। जीवन की सीढ़ी में कोई ऊपर है, तो कोई नीचे। कोई आगे है तो कोई पीछे। उन सब में केवल एक बात समान है। जो जीवन में जितना आगे या पीछे हो, वह हमेशा अपनी परिस्थितियों के साथ जीना सीख ही लेता है। जिसने अपनी जिन्दगी में संतुष्टि प्राप्त कर ली, वही एक सुखी व्यक्ति कहलाता है।

यह तो रही सुख दुःख की बात। शब्दों में बातों के जाल को बांधे, जहाँ से चले थे वहाँ से रस्ता भटक सुख-दुःख की बातों में आ फँसे। पर चलिए कोई नहीं, आदर्श पुरुष के जीवन में भी सुख – दुःख की बड़ी भूमिका है, इसलिए जो बात हुई सो हुई, कोई भी विचार व्यर्थ नहीं होता। पुरुषार्थ की भांति, यदि कर्तव्य की बात करें तो, एक अच्छे व्यक्ति का कर्तव्य है अच्छा कार्य करना, क्योंकि हर व्यक्ति में सब कुछ अलग होने के बावजूद, उसमें संवेदना मौजूद है। उस संवेदनशील नज़रिये से दुनिया को देखना इंसान की प्रवृत्ति है। उदाहरण के रूप में एक कथा का वर्णन करती हूँ।

मेरे मोहल्ले में रहने वाली एक वृद्ध महिला, जिनसे जान-पहचान कुछ इस प्रकार की थी कि उनकी पोती के साथ मेरा रोज़ विद्यालय तक जाना हुआ करता था। वह मुझसे उम्र में बड़ी थी पर उस समय वह मुझे 'दीदी' नहीं, दोस्त ही लगती थी। उन वृद्ध महिला को रोज़ देख व उन्हें सम्मानपूर्वक रोज़ नमस्ते करते-करते एक परिचित सा ताल-मेल बैठ गया। अब वे केवल एक वृद्ध महिला नहीं, बल्कि स्नेहपूर्वक बुलाई जाने वाली 'दादी' बन चुकी थीं।

उनकी पोती, व मेरी मित्र मुझसे कई वर्ष आगे होने की वजह से महाविद्यालय में पढ़ने चली गयी। उसके जाते ही उससे बात-चीत भी ख़तम हो गयी। अब न उसके घर सुबह-सुबह उसे बुलाने जाना होता था, ना ही दादी जी को रोज़ नमस्ते करना। राह चले कहीं मिल जाएं तो कहानी अलग थी, पर रोज़ की दिनचर्या का उनसे जुड़ा भाग अब समाप्त हो चुका था। कई वर्ष बाद के एक दिन की बात है, जब बाज़ार की ओर जाते हुए, दादी जी मिलीं। काँपती हुई आवाज़ में वे बोल उठीं – “बेटा अब चला नहीं जाता, बेटी से बात करने का मन हो उठा तो ऊपर दुकान तक गयी थी, वहाँ से फ़ोन करके वापिस आ रही हूँ। क्या जाते-जाते मुझे घर तक छोड़ देगी?” उसी समय से मन में खयाल तो उठा कि न जाने दादी जी को इतनी दूर जाकर फ़ोन करने की क्या ज़रूरत पड़ गयी जबकि उस घर में दो ऐसी पीढ़ियाँ रहती हैं जो फ़ोन में घुसे रहने के लिए बदनाम हैं! फ़ोन तो उनसे भी लिया जा सकता था, मगर किसी के घर के अंदर की बात कौन जाने, यह सोचते मैं दादी जी के साथ उनका हाथ पकड़ उनके घर की ओर चल पड़ी। थोड़ी देर चुप रहने के बाद दादी जी बोल उठीं – “बेटे से कितनी बार कहा कि बेटी से बात करा दे, लेकिन पता नहीं क्यों न करावे, ये सोचे कि कहीं उसे बता न दूँ ये और इसकी बीबी मिलकर क्या-क्या करते हैं।” रोते-रोते अपनी काँपती बाँह आगे कर दादी जी ने दिखाई। बाजू को हल्का सा ऊपर खींच बोलीं – “बेटा बहुत मारता है, ढंग से खाना भी नहीं देता, बहु भी बहुत तंग करती है, क्या करूँ, क्या करूँ?! कहता है— ‘घर

मेरे नाम कर दे', न करूँ तो मारे, करूँ तो घर से बहार फेंक देवे, बेटा तेरे पास कोई फ़ोन है, जिससे अपनी बेटी से बात कर सकूँ, घर में बात न करने देवे और बाहर अब जाया नहीं जाता ।”

यह कहना गलत होगा कि उस समय किसी भी तरह के दिल से या संवेदना भरे शब्दों से मैंने उनके मन को शांति पहुँचायी हो । सुनकर थोड़ी देर शांत रहने के बाद, बस इतना ही बोल पायी कि जो कर पाऊँगी वह ज़रूर करूँगी ।

तब तक उनके घर के काफी करीब आ चुके थे, उनका पड़ोसी, जो वहाँ से ही गुज़र रहा था, बोल उठा – “ आइये अम्मा, इससे आगे आपको मैं ले जाता हूँ ।”

उस समय मन में दुःख उठा, पर उससे बड़ा यदि कोई भाव था, तो वह था घृणा का । घृणा उस परिवार के प्रति, घृणा उस दोस्त के प्रति जो उस परिवार का एक हिस्सा थी, घृणा उस समाज के प्रति, जिसमें ऐसे लोग मुखौटे ओढ़े रोज़ निकलते हैं । गले में कंठी, उँगलियों में माला फेरते, दूसरे को ज्ञान बाँटे चलते हैं । ये ही लोग जो बन्द दरवाज़ों के पीछे अपनी जन्मदाता को भी न छोड़ें ।

आज भी कहते हुए दुःख होता है कि दादी जी से वह मेरी आखिरी मुलाकात थी । उसी के अगले हफ़्ते वे चल बसीं । खेद इस बात का है कि उनके बोलने पर भी मैं उनकी सहायता नहीं कर पायी । जब तक करने चली तब तक बहुत देर हो चुकी थी । यही अंतर है एक व्यक्ति और एक आदर्श व्यक्ति में । उस समाय यदि मेरी जगह कोई और व्यक्ति होता जो उसी समय मदद करने के लिए आगे बढ़ता, शायद दादी जी के आखिरी के कुछ दिन इस तसल्ली में बीतते कि किसी ने उनकी आवाज़ सुनी व उनका साथ दिया । शायद वे अपनी बेटी से एक और बार बात कर पातीं यदि फ़ोन उन तक समय से पहुँच जाता । चाहे जितनी लम्बी मैं इस 'शायद' की लड़ी को ले, जाऊँ, सत्य यही है कि एक आदर्श व्यक्ति उस समय उनकी सहायता कर लेता ।

हर इंसान संवेदनशील दिखता है । कहाँ, कैसे, किसके प्रति, किस वजह से, यह सब जानना ज़रूरी नहीं, जानना यह ज़रूरी है कि संवेदना एक ऐसी जन्मजात भावना है जो हर व्यक्ति में किसी रूप या प्रकार से मौजूद है । इसका छोटा सा उदाहरण होगा ब्रैडी नाम का कातिल, जिसे जानवरों से बेहद लगाव था । विषय पर वापिस आते हुए, संवेदना व्यक्त करना आसान है, उस संवेदना से एक कदम आगे बढ़कर मदद का हाथ बढ़ाना बड़ी बात है । चाहे जिस रूप में, जिसने यह कदम उठा लिया, वह संवेदनशीलों की भीड़ से अलग हो आदर्शवादियों की भीड़ में शामिल हो जाता है । किसी घटना से सम्बन्धित चर्चा करना आसान है, उस घटना में देखनेवाले पक्ष से उठकर कुछ करने के लिए आगे उठने वाले कम हैं ।

अतः संवेदनशीलता से ही आदर्शवाद नहीं आता । इस निबंध के ज़रिये जो कहानी मैंने आपको सुनाई, उससे मेरे विचार बदल गए, शायद आपका भी नज़रिया बदल जाए ।.....

सुश्री दीप्ति सूद
बी.ए. द्वितीय वर्ष

स्त्री की बदलती छवि और समकालीन धारावाहिक

‘कार्तिक पूर्णिमा’: वर्ण आधारित भेद-भाव पर विमर्श

‘कार्तिक – पूर्णिमा’ एक हिन्दी टी. वी. सीरियल है, जिसका प्रीमियर 3 फरवरी 2020 को ‘स्टार भारत’ पर हुआ था। यह मलयालम एशियानेट सीरियल ‘करुथमुथु’ का पुनर्सृजन है। 27 मार्च 2020 को भारत में कोविड –19 महामारी के कारण हुए लॉकडाउन के चलते शो को अचानक रोक दिया गया था। धारावाहिक में समाज में फैली कई कुरीतियों को उजागर किया गया है। चिंता और शर्मिंदगी की बात तो यह है कि हमारे समाज में व्याप्त ये कुरीतियाँ अभी से नहीं बल्कि सदियों पुरानी हैं।

रंग और सूरत को लेकर भेदभाव आज का शिक्षित समाज भी करता है। लोग आज के समय में भी सीरत से अधिक सूरत को प्राथमिकता देते हैं। रंग-रूप को लेकर भेदभाव तथा सूरत से ही समाज में स्त्रियों को आँका जाता है। उन्हें कई-कुछ सहना और सुनना पड़ता है। लोग उन्हें हीन भावना से देखते हैं और कई बार तो ये द्वेष भावना उनके आत्मबल को चूर-चूर कर देती है तथा वे स्वयं को समाज से बाहर मानने लगती हैं। जीवन के हर कदम पर उन्हें कई मुश्किलों और भेदभाव का सामना करना पड़ता है।

कहानी की शुरुआत पूर्णिमा नाम की लड़की से होती है जिसका रंग साँवला है। उसकी माता का बचपन में देहांत हो जाता है और उसके पिताजी भी कुछ समय बाद दूसरी शादी कर लेते हैं। वे मध्यवर्गीय परिवार से हैं। परन्तु पूर्णिमा को उसकी सौतेली माँ और सौतेली बहन से कभी प्रेम और स्नेह नहीं मिलता। पूर्णिमा पर उनका ऐसा व्यवहार फिर भी हावी नहीं होता और ना ही वह अपने मन में कड़वाहट लाती है। उसके जीवन में उसके पिताजी महत्वपूर्ण भूमिका निभाते हैं। वे पूर्णिमा के व्यक्तित्व को विकसित करते हैं, निखारते हैं। बड़ों का आदर तथा छोटों से प्रेमपूर्वक व्यवहार करना सिखाते हैं। फलस्वरूप पूर्णिमा एक आज्ञाकारी और सुलझी हुई लड़की के रूप में सामने आती है। वह आत्मनिर्भर है।

धारावाहिक का मेल लीड, कार्तिक समृद्ध घर का बड़ा बेटा है, किन्तु उसे इस बात का ज़रा भी घमण्ड नहीं है। उसे सब की सहायता करना अच्छा लगता है। इस धारावाहिक में कार्तिक पूर्णिमा के जीवन में हर कदम पर साथ देने के लिए तैयार है।

धारावाहिक में कार्तिक की माँ, सोनी, पूर्णिमा के रंग के कारण उसका बहुत तिरस्कार-अपमान करती है। समय-समय पर पूर्णिमा को नीचा दिखाने का कोई मौका नहीं छोड़ती। एक स्त्री को हमारे समाज में केवल पुरुषों का ही सामना नहीं करना पड़ता, बल्कि यहाँ तो एक स्त्री ही दूसरी स्त्री की शत्रु बन जाती है और वही उसका साथ न देकर उसके घावों को कुरेदती है।

हम लोगों को किसी की भी सूरत पर नहीं सीरत को महत्व देना चाहिए। आज के समय में भी समाज द्वारा सूरत, रंग-रूप, पहनावे को ही प्राथमिकता दी जाती है। यह एक गंभीर विषय है कि आज का शिक्षित समाज इस विकृत धारणा से अभी तक ग्रसित है। ज़रूरी नहीं कि जिस व्यक्ति की बाहरी सुंदरता से आप प्रभावित होते हैं, उसका व्यक्तित्व भी उतना ही अच्छा हो। इस तरह के निराधार मानदंडों के कारण कई तरह के पारिवारिक मन-मुटाव तथा एक-दूसरे के प्रति हीन भावना

रखना हम अक्सर देखते हैं। कहते हैं न कि 'भगवान के घर देर है, अंधेर नहीं'। इस कहानी में यह व्यावहारिक सिद्ध होता दिखाई देता है। जहाँ एक ओर पूर्णिमा को उसके रंग के कारण बचपन से भेदभाव और द्वेष का शिकार होना पड़ता है, वहीं दूसरी ओर उसकी सीरत से उसे बहुत कुछ प्राप्त भी होता है। सुलझापन, आत्मबल, सबका सम्मान तथा प्रेमपूर्वक व्यवहार करना उसकी सीरत की विशेषताएँ हैं। उसकी सीरत ही कार्तिक को प्रभावित करती है। उसे इतना अच्छा, उसका सम्मान करनेवाला कार्तिक जैसा प्रेमी उसकी सीरत के चलते मिलता है। पूर्णिमा का किरदार हमें बहुत कुछ सिखाता है। हमें जीवन में हमेशा अपने कर्मों को प्राथमिकता देनी चाहिए, जिनका परिणाम हमेशा हितकारी ही होता है।

सुश्री रीतिका शर्मा
बी.ए. तृतीय वर्ष



'निमकी मुखिया': महिला सशक्तिकरण का ग्रामीण परिप्रेक्ष्य

'निमकी मुखिया' एक हिंदी टेलीविजन धारावाहिक है, जो 'स्टार भारत' पर प्रसारित होता है। शो का मुख्य विषय महिला सशक्तिकरण है और यह दिखाता है कि कैसे एक साधारण पारिवारिक परिवेश से आयी लड़की अपने गाँव की मुखिया बन जाती है। यदि सरसरी निगाह से देखा जाए तो 'निमकी मुखिया' एक कॉमेडी और ड्रामा डेली सोप सीरियल है; परंतु इस धारावाहिक के पीछे का उद्देश्य बहुत बड़ा है। इस शो का मुख्य लक्ष्य है महिला सशक्तिकरण, जातिवाद आधारित भेदभाव का विरोध तथा महिला शिक्षा पर जोर।

निमकी मुखिया एक गरीब परिवार की जिंदादिल लड़की है जो अपनी जिंदगी को खुलकर जीती है। वह गाँव की मुखिया बन जाती है, जिसके बाद वह अपने गाँव की लड़कियों को शिक्षा की राह दिखाती है तथा उनको आगे बढ़ने की हिम्मत देती है। वह गाँव में स्कूल खोलती है, उनको मुफ्त शिक्षा दिलवाती है।

महिला सशक्तिकरण के लिए निमकी ने अपने गाँव की महिलाओं के लिए घरेलू उद्योगों की स्थापना की, फैशन शो का आयोजन कराया, लड़कियों को सरकारी नौकरियों की ओर बढ़ने की राह दिखाई, उनको अपने हकों के लिए आवाज़ उठाने के लिए प्रोत्साहित किया। जातिवाद का भेदभाव मिटाने के लिए निमकी ने अपने ससुराल वालों के खिलाफ आवाज़ उठाई तथा उसने जीत भी हासिल की।

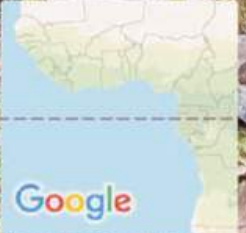
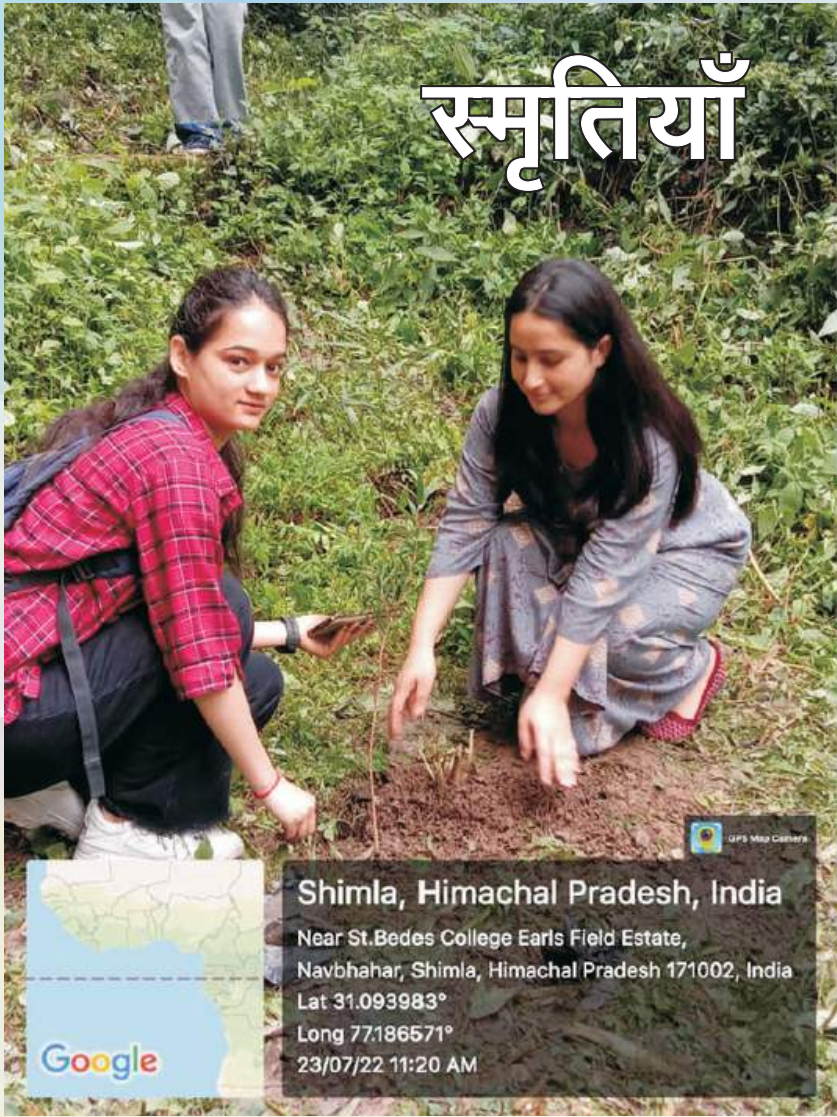
यह धारावाहिक एक नटखट, चुलबूली सी लड़की के जीवन से संबंधित है जो बहुत खुलकर अपनी जिंदगी जीती है, परंतु इन सब के साथ ही वह कई चुनौतियों का सामना भी करती है। उसके पिता की हत्या, उसका बलात्कार, उसके पति का धोखा, इन सब घटनाओं से निमकी टूटती ज़रूर है, परंतु उसके बाद निमकी एक योद्धा की तरह उभरकर आती है और अपने सारे विरोधियों का डटकर सामना करती है।

उसने अपनी गाँव की लड़कियों और महिलाओं को आगे बढ़ाने की मुहिम शुरू की, उन्हें शिक्षा का महत्व समझाया, उनमें जिंदगी में कुछ करने की लालसा जगाई, गाँव के लोगों के लिए उद्योगों की स्थापना की, लघु व्यापार को आगे बढ़ाया और अपने गाँव में लघु व्यापार को आगे बढ़ाने के लिए बहुत सारे प्रोग्राम किए।

'निमकी मुखिया' की समीक्षा करते हुए मैं यह सूचित करना चाहती हूँ कि इस धारावाहिक की पटकथा जमा हबीब जी द्वारा लिखित है। इस धारावाहिक में महिला सशक्तिकरण और जातिवाद जैसे ज्वलंत सामाजिक मुद्दे उल्लिखित हैं।

सुश्री संदीप कौर
बी.ए. तृतीय वर्ष

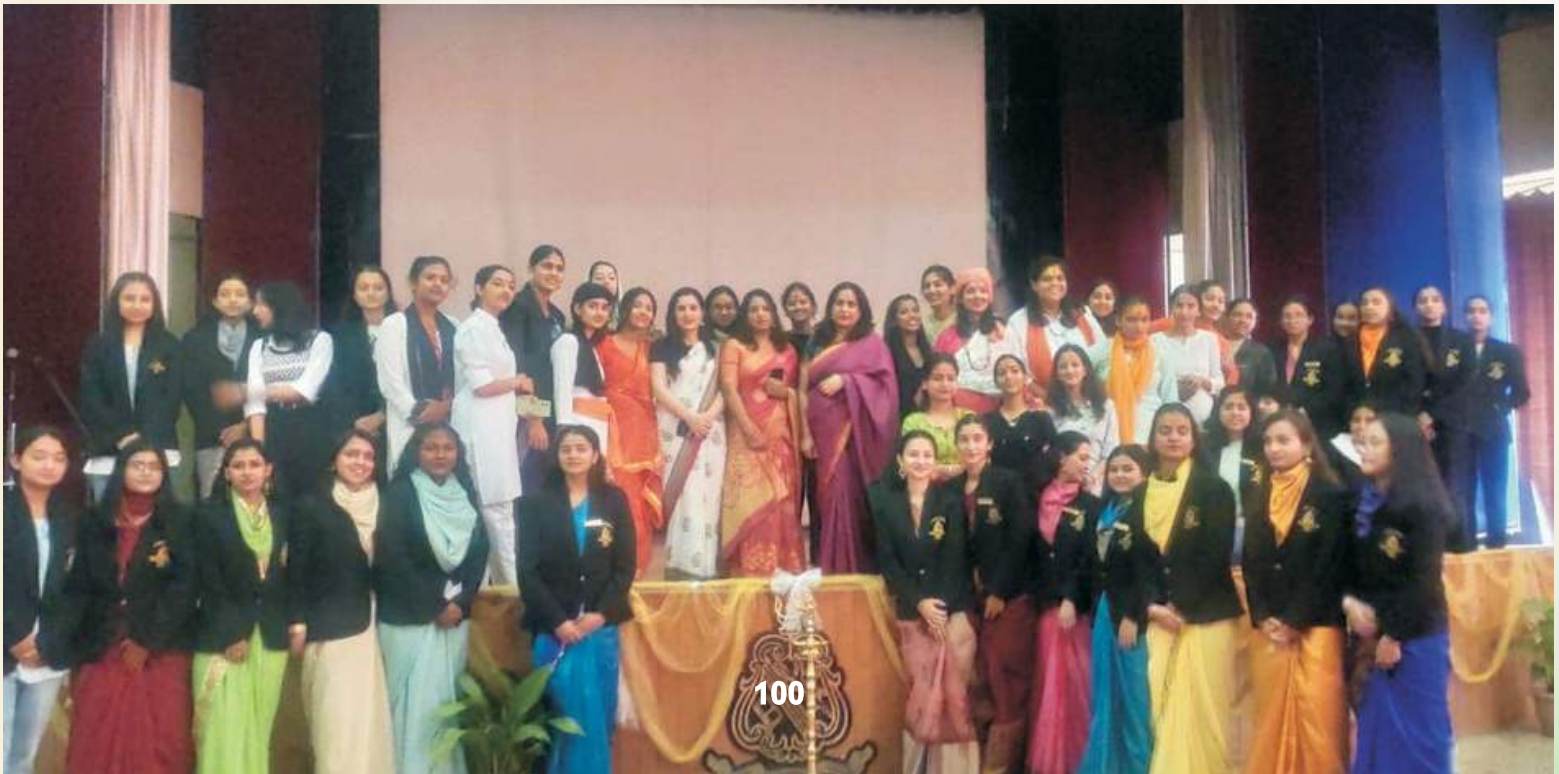
स्मृतियाँ



Shimla, Himachal Pradesh, India
Near St. Bedes College Earls Field Estate,
Navbhar, Shimla, Himachal Pradesh 171002, India
Lat 31.093983°
Long 77.186571°
23/07/22 11:20 AM



35WM+43H, Forest Hill Rd, Milsington Estate, Chotta Shimla, Shimla, Himachal Pradesh 171002, India
Latitude 31.0951846° Longitude 77.183204°
Local 02:20:47 PM Altitude 0 meters
GMT 08:50:47 AM Monday, 12-09-2022





Shimla, HP, India
NH 5, Chotta Shimla, Shimla,
Lat 31.094114, Long 77.186462
09/14/2022 11:34 AM



Shimla, Himachal Pradesh, India
35VP+MMQ, Navbhar, Chotta Shimla,
Shimla, Himachal Pradesh 171002, India
Lat 31.094358°
Long 77.186356°
18/08/22 10:51 AM



Shimla, HP, India
NH 5, Chotta Shimla, Shimla,
Lat 31.094083, Long 77.186513
09/14/2022 10:48 AM

