

WOMEN CELL ACTIVITY REPORT

2023-24

INTERNATIONAL DAY OF GIRL CHILD Self DefenseTraining(10th - 14th October 2023)

Date: 10th October 2023 Venue: St. Bede's College Organized By: Women Cell

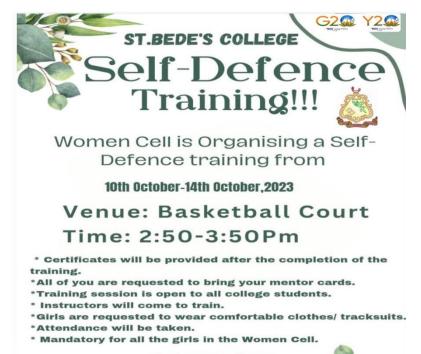
Women Cell of St. Bede's College, Shimlaorganized a five-daySelf Defense Training session from October 10th, 2023 to 14th October, 2023. The event started with a warm welcome of the Ct. Kamal, and LC Rajni Sharma (UAC instructors of HP Police) in the presence ofDr. Kanu Mehta and Ms. Nivedita Bhardwaj (conveners of women cell). The session was attended by 64 girls .

OBJECTIVES: This program aimed at teaching the girls self-defense skills which inculcates confidence and strength.

OUTCOMES:

The students were taught elementary positions like "Chari-yut" and "Joon Bi" of Taekwondo. Mild intensity warm up session was followed by taekwondo positions and moves like horse riding position, upper middle and lower punch. A article was published on Amar Ujala newspaper about the 5 day training session in St. Bede's College on 11thOctober, 2023 on the eve Of International Day of Girl Child. Many self-defense techniques such as types of punches, kicks, palm attacks, finger attacks, and attacks with daily use materials like hairpins were taught to the students. The students participated with dedication and enthusiasm. The 5-day event was indeed a very knowledgeable and empowering experience for the students.



















शिमला के सेंट बीड्स कॉलेज में विश्व बालिका दिक्स पर आत्मरक्षा के गुर सीखतीं छात्राएं। संबार

Career Guidance And Counselling Session in collaboration with Women cell ,St. Bede's College and Reserve Bank Of India

Venue: St. Bede's College Date: 7th November 2023 Name of Activity : Career guidance and counselling session

The Women Cell of St. Bede's College, Shimla organized Career Guidance And Counselling Session on November 7th, 2023 specifically tailored for final year students. **Regional director of RBI Shri R.S. Amar** inaugurated the session. The event garnered significant participation, with a total of around 200 students and representatives from the Reserve Bank of India .The session included motivational talk by Shri R.S. Amar, and a well-structured presentation Ms. RitushriMeshram, AGM RBI, conveying the work culture, salary structure, age limits and women centric policies in RBI .At the end, refreshments were distributed among the students.



Outcomes: The primary outcome of this activity was that it provided students with a comprehensive understanding of the banking sector and enlighten them with potential future opportunities within the industry.





सेंट बीड्स कॉलेज में कॅरिअर काउंसलिंग का आयोज

शिमला। सेंट बीड्स कॉलेज ने रिजर्व बैंक ऑफ इंडिया के सहयोग से मंगलवार को कॉलेज में छात्राओं के लिए कॅरिअर काउंसलिंग सत्र का आयोजन किया। कॉलेज सभागार में आयोजित इस सत्र में रिजर्व बैंक ऑफ इंडिया की विशेष टीम ने क्षेत्रीय निदेशक आरएस अमर, डीजीएम आतिश अनंत, एजीएम रणजीत सिंह और रितुश्री, मैनेजर आकाश चौधरी और आयूष राजपूत ने छात्राओं का मार्गदर्शन किया। कॉलेज प्राचार्य डॉ. सिस्टर मौली अब्राहम ने कहा कि इस तरह के सत्र आयोजित कर कॉलेज छात्राओं को भविष्य में आकर्षक रोजगार के लिए अपनी पसंद के क्षेत्र क चुनने, लक्ष्य तय करने और उसे प्राप्त करने के लिए अभी से मानसिक रूम से तैयार करना मकसद है। इस मौके पर डॉ. कनु मेहता और निवेदि भारद्वाज भी मौजूद रहीं। ब्यूरो







Regional language learning Session

Date:11th December,2023

Women Cell of St.Bede's College, Shimla organized a **Regional language learning Session on the eve of BhartiyaBhashaUtsav.**

The students coming from different regions gave an introductory session on basics of regional languages namely Malayalam, Punjabi, Bhojpuri, Kinnauri, Mandayali ,Haryanvi and Bengali. Students enthusiastically participated in the learning session. The event took place after 12:30 in the courtyard. Many teachers and students got benefitted from the session.



