



*Women Cell*  
*St. Bede's College, Shimla*

## **WOMEN CELL ACTIVITY REPORT**

**2023-24**

### **INTERNATIONAL DAY OF GIRL CHILD**

#### **Self Defense Training**

**Date: (10<sup>th</sup> - 14<sup>th</sup> October 2023)**

**Venue: St. Bede's College Basketball Court**

**Objective:** This program aimed at teaching self-defense skills to our students, fostering confidence and inner strength. By equipping students with practical techniques for personal safety, the program seeks to empower them to handle challenging situations with assurance and resilience.

**Description:** Women Cell of St. Bede's College organized a five-day Self Defense Training session from October 10<sup>th</sup>, 2023 to October 14<sup>th</sup>, 2023.

#### **Day 1**

On October 10<sup>th</sup>, 2023 a Self Defence Training started with a warm welcome of our two UAC instructors of HP Police, Ct. Kamal and LC Rajni Sharma under supervision of women cell conveners Dr. Kanu Mehta and Ms. Nivedita Bhardwaj. Conveners too participated enthusiastically. Taekwondo being a korean martial art, the training started with the introduction to basic Korean words associated with this martial art. The students were taught elementary positions like "Chari-yut" and "Joon Bi". Mild intensity warm up was done followed by taekwondo positions and moves like horse riding position, upper middle and lower punch. This summed up our attack moves. The session ended with a cool down exercises. About 64 girls attended the session.



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**Self Defense Training**





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## Day 2

On the eve of International Day of Girl Child on 11<sup>th</sup> October, 2023 the Women cell organized day 2 of self defence training. The session started with warm up exercises more intense than the first day and recapitulation of previously taught moves. Front kick ("Up-Chagi") and defence/blocking like lower, middle, upper block were the main focus of the second day. The session ended with a cool down exercises. About 81 girls participated enthusiastically on day 2.

### छात्राओं का आत्मरक्षा प्रशिक्षण शुरू

शिमला। राजधानी शिमला के सेंट बीड्स कॉलेज में बुधवार को अंतरराष्ट्रीय बालिका दिवस मनाया गया। कॉलेज प्राचार्य सिस्टर मोली अब्राहम ने छात्राओं के लिए पांच दिवसीय आत्मरक्षा प्रशिक्षण कार्यक्रम का शुभारंभ किया।

उन्होंने छात्राओं को बालिका दिवस की बधाई देते हुए कहा कि आत्मरक्षा के लिए किसी पर निर्भर न रहें, वे स्वयं इतनी दक्ष और समक्ष बनें कि उन्हें अपनी रक्षा के लिए किसी की जरूरत ही न पड़े। इसी उद्देश्य से यह प्रशिक्षण कार्यक्रम संचालित किया जा रहा है। महिला आरक्षी रजनी शर्मा पांच दिन प्रशिक्षण देंगी। प्रशिक्षण कार्यक्रम के संचालन की जिम्मेदारी डॉ. कनु मेहता, निवेदिता, अभिरामा बाईजू, समारिया शर्मा संभालेंगी। व्यूरो

## किसानों को राहत रुपये सस्ता मिले

### इस बार 88 रुपये के बजाय 58 रुपये

भारती शर्मा

शिमला। जिले के हजारों किसानों के लिए राहत भरी खबर है। इन्हें इस बार रबी के मौसम में होने वाली बिजाई के लिए मटर का बीज सस्ती दरों पर मिलने वाला है।

कृषि विभाग की ओर से दिया जा रहा मटर का बीज 30 रुपये प्रतिकिलो तक सस्ता हो गया है। हिम पालम किस्म का बीज वरसात से पहले 40 फीसदी अनुदान के साथ किसानों को 88 रुपये प्रति किलो में दिया गया था। अब मटर

एक किलो में 40 रुपये मिलेगा अनुदान, विभाग ने सभी केंद्रों को भेजी बीज की सप्लाई

की यही किस्म किसानों को 58 रुपये प्रतिकिलो की दर से उपलब्ध करवाई जा रही है। यह बीज एक किलो की पैकिंग में किसानों को दिया जा रहा है।

विभाग के अनुसार रबी सीजन के लिए 121 किंवटल हिम पालम मटर का बीज खरीदा गया है। इसे सभी विक्रय केंद्रों में भी भेज दिया गया है। किसान इसे केंद्रों पर जाकर ले



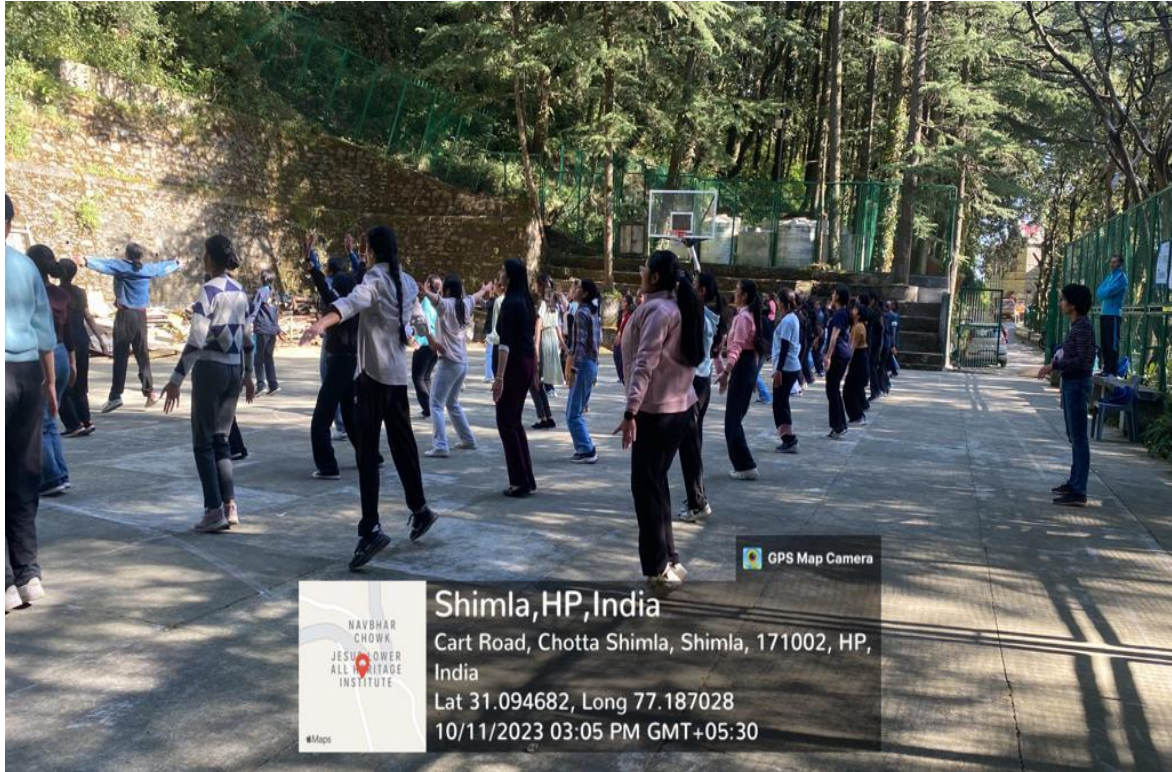
शिमला के सेंट बीड्स कॉलेज में विश्व बालिका दिवस पर आत्मरक्षा के गुर सीखती छात्राएं। संवाद

## Self Defense Training





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**Self Defense Training**



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**Self Defense Training**  
**Day 3**

On 12<sup>th</sup> October, 2023 the day started with warm up exercises increasing the intensities with the days. Five hand basics were taught which were lower block, middle attack, upper block, upper attack, middle block and side attack. Open hand attacks on neck was also taught. The day ended with cool down exercises followed short lecture on significant role of power and strength in defence training. On the 3<sup>rd</sup> day 65 girls participated.





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**Self Defense Training**

**Day 4**

On 13<sup>th</sup> October, 2023 the day started with warm up which included running, recapitulation of previously taught exercises and moves. Trainers taught the students to practice these moves





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while being in motion. Then ten hand basics were taught. The day ended with the cool down exercises followed by a short lecture on self defence with everyday items carried by women. Importance of discipline was also taught. On the 4<sup>th</sup> day of event 70 girls participated.



**Self Defense Training**





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**Self Defense Training**

**Day 5**

On 14<sup>th</sup> October, 2023 the last day started with warm up which included running, and recapitulation of the previously taught exercises and moves of last 4 days. 10 hand basics were practiced many times. Palm attacks on face, solar plexus and lower body parts were taught. About 61 girls participated on the 5<sup>th</sup> day of the event. Finally the self defence techniques were performed in front of our respected principal Professor sister Molly Abraham. Sir Kamal and Ma'am Rajini taught easy techniques of self defence with things of daily use like hairpins, juda pins and earphones, etc. They explained the importance of practice and vigilance in our day to day life. Sir Kamal distributed books which had basics of self defence and taekwondo and had emergency help line numbers.





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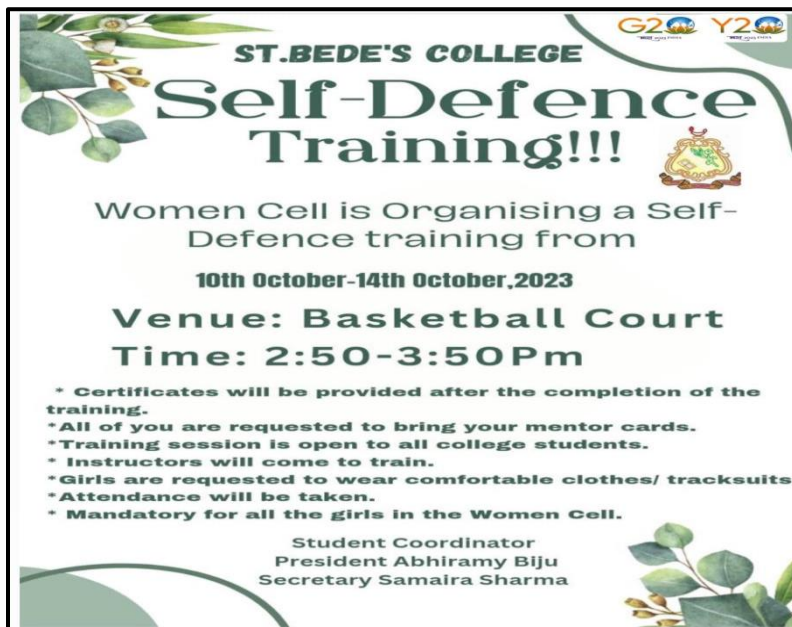


**Self Defense Training**

**Outcome:** Many self-defense techniques such as different types of punches, kicks, palm attacks, finger attacks, and attacks with daily use materials like hairpins boost in self-confidence among the girls, knowing they have the skills to protect themselves if needed. The self-defense session improves overall physical fitness, including strength, flexibility, and endurance. Also participants become more aware of their surroundings and potential threats, which is a crucial aspect of personal safety.



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### Brochure

**Career Guidance and Counseling Session in collaboration with Women cell, St. Bede's College and Reserve Bank of India**

**Date: 7<sup>th</sup> November 2023**

**Name of Activity: Career guidance and counseling session**

**Objectives:** The objective is to inspire and prepare students, particularly women, to pursue fulfilling careers in banking and finance, contributing to the nation's economic growth and stability. Also it aims to increase women's enrollment as careers within the Reserve Bank of India (RBI) by introducing them to the various services and roles offered by the RBI . To educate women about the broader banking sector, emphasizing the critical functions of the RBI and highlighting the specific privileges and opportunities available to women in this field.

**Descriptions:** The Women Cell of St. Bede's College, organized a Career Guidance and Counselling Session on November 7<sup>th</sup>, 2023 specifically tailored for final year students. **Regional director of RBI Shri R.S. Amar** inaugurated the session. The event garnered significant participation of 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 by Ms.





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Ritushri Meshram, 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 enlightened them with future opportunities, specific privileges available to women in this field.



**Brochure**



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**Career guidance and counselling session**

## सेंट बीड्स कॉलेज में कैरिअर काउंसलिंग का आयोजन

शिमला। सेंट बीड्स कॉलेज ने रिजर्व बैंक ऑफ इंडिया के सहयोग से मंगलवार को कॉलेज में छात्राओं के लिए कैरिअर 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 आयुष 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 का चुनने, लक्ष्य तय करने और उसे प्राप्त करने के लिए अभी से मानसिक रूप से तैयार करना मकसद है। इस मौके पर डॉ. कनु मेहता और निवेदि भारद्वाज भी मौजूद रहीं। ब्यूरो

**Career guidance and counselling session**





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### **Career guidance and counselling session**

**Bhartiya Bhasha Utsav**

**Date: 11<sup>th</sup> December, 2023**

**Name of the activity: Regional language learning Session**

**Organized By: Women Cell**

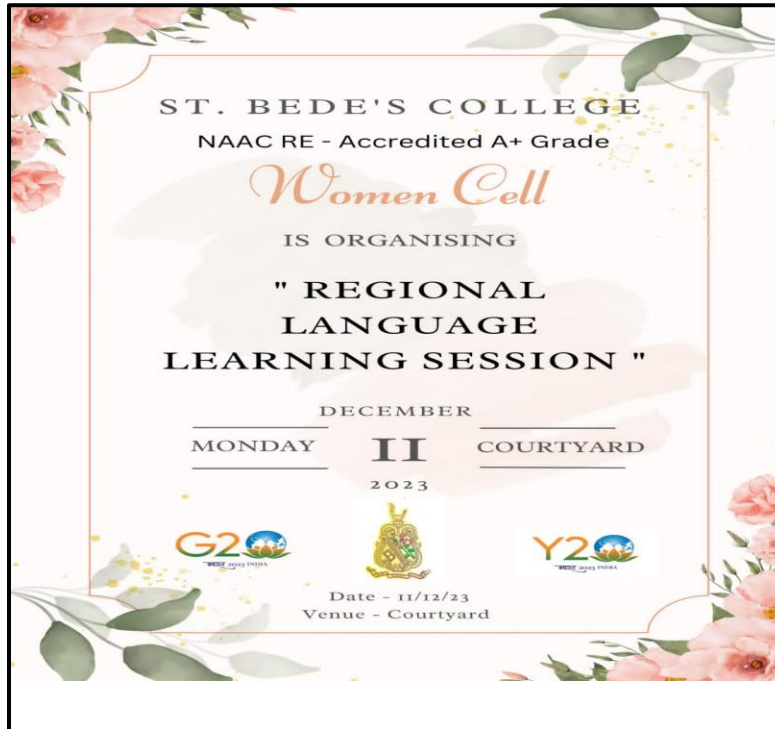
**Objective:** The objective of the activity is to celebrate and promote rich linguistic heritage of India. Also it aims to infuse pride and respect for this diversity among the participants while fostering culture awareness, enhancing communication skill and strengthening National unity among the citizens of the country.

**Description:** Women Cell of St. Bede's College, Shimla organized a **Regional language learning Session on the eve of Bhartiya Bhasha Utsav**. The students hailing from different regions of India 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 and it proved to be a great learning experience for students as well as the teachers.

**Outcome:** Participants gain a basic understanding of the selected regional language, including key phrases and common expressions. They develop an appreciation for the cultural context and significance of the language, fostering greater respect for India's linguistic diversity. By the end of the session, participants feel more confident in using the language in everyday interactions and in strengthening national unity.



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**Regional language learning Session**

**National Women's Day Celebration**

**Date:** 13<sup>th</sup> February 2024

**Name of Activity:** Talk on "Women Empowerment and Skill Development"

**Organized By:** Women Cell




**Objectives:** To provide students with valuable opportunities to enhance their learning experiences, develop relevant skills for the future, and succeed in their academic and professional endeavors.

**Description:** The women cell of St. Bede's college under the guidance of Principal Prof. Sr. Molly Abraham celebrated National Women's Day on 13 February, 2024. The celebration included a talk on "Women empowerment and skill development" by Ms. Saumya Pareek, head training and development Grazitti Interactive, IT based company of Chandigarh.

**Outcomes:** Students got an insight of various courses that can be done simultaneously with graduation and how skill development courses can strengthen the students learning process.



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WOMEN CELL  
Of  
**St. Bede's College**

Is organising a talk on  
the occasion of  
**"NATIONAL WOMEN'S DAY"**

**DATE: 13th FEBRUARY, 2024**  
**VENUE: AUDITORIUM**  
**TIME: 10:30AM**

Speaker:  
**SAUMYA PAREEK**  
Head Training and Development  
Grazitti

**Brochure**





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**National Women's Day**



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**National Women's Day**

**International Women's Day**

**Date: 4<sup>th</sup> March 2024**

**Name of Activity: Workshop of on the topic "Graphic Design"**

**Organized By: Women Cell and Department of Computer Science**

**Objective:** To develop the skills and knowledge needed to create professional-quality digital designs and illustrations among the girls.

**Description:** Department of Computer science in association with Women Cell on the occasion of International Women's Day organized One day workshop on the topic "Graphic Design" on March 4, 2024. Ms. Priyanka Vashisht, Team Lead UI/UX Design, Grazitti Interactive, Panchkula was the resource person who emphasized on the importance of Graphic Design in the field of information technology in her talk. She also gave hands on training on photoshop and illustrator software used for animations to the students. Around 30 students from BCA and BA Computer Applications participated in this workshop.





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**Outcomes:** The participants were able to create digital designs and illustrations using Photoshop and Illustrator.



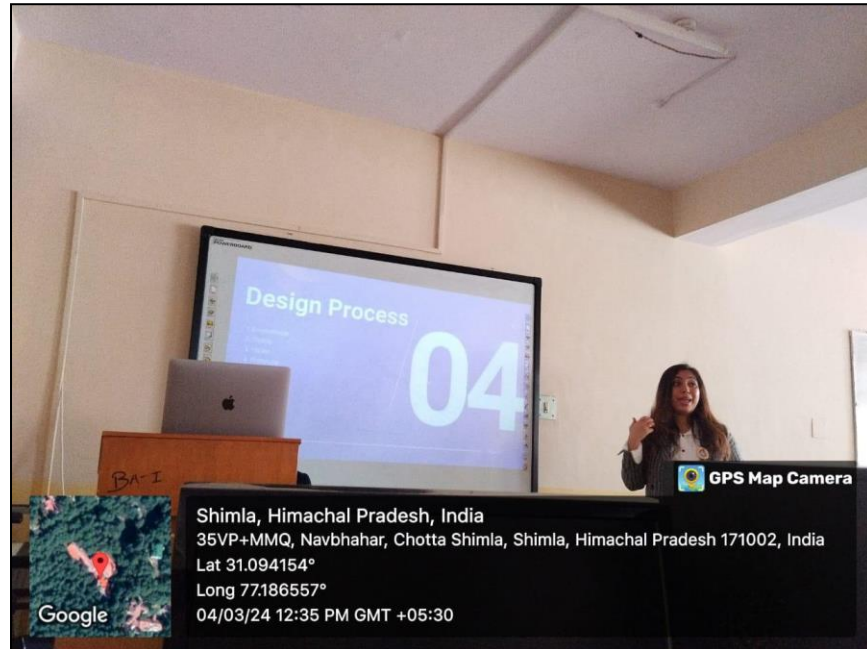
**Brochure**



**International Women's Day**



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**International Women's Day**