



## **SUPPORTING DOCUMENTS**

### **3.5.1**

**NUMBER OF COLLABORATIVE ACTIVITIES FOR RESEARCH,  
FACULTY EXCHANGE, STUDENT EXCHANGE DURING THE YEAR**



St. Bede's College  
Shimla-171002  
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Phone: 0177-2842304, Fax:- 0177-2842498  
[www.stbedescollege.in](http://www.stbedescollege.in), E-mail:- [bedescollege@gmail.com](mailto:bedescollege@gmail.com)

I, hereby confirm that a total of 14, collaborative activities for student exchange/internship were conducted during the year 2023-2024. The information of the total number is accurate to the best of my knowledge.

*mollym*  
11/08/24  
Principal  
St. Bede's College  
Shimla



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## E-COPIES (LETTER OF CONFIRMATION FOR INTERNSHIPS)

1. Name of the participant: **Ms. Anushka Dhalta**

Department: Psychology (B.A. III Honours)

Name of the Activity: Internship

Name of the collaborating agency: MY Hospital

Year: 2023-24

Duration: 8 January- 2 February, 2024



*Certificate of Internship*



2. Name of the participant: **Ms. Vasundhara Sharma**

Department: Psychology (B.A. III Honours)

Name of the Activity: Internship

Name of the collaborating agency: MY Hospital

Year: 2023-24

Duration: 8 January- 2 February, 2024



*Certificate of Internship*



3. Name of the participant: **Ms. Bhumika Verma**

Department: B.A. (B.A. II Year)

Name of the Activity: Observership

Name of the collaborating agency: Dept. of Psychiatry IGMC, Shimla

Year: 2023-24


Duration: 4 June- 3 July, 2024

DEPTT OF PSYCHIATRY I.G. MEDICAL COLLEGE, SHIMLA-171001  
No. MC/ PSY/2024/- 246 Dated:-04.07.2024

EXPERIENCE CERTIFICATE

This is to certify that Miss. Bhumika Verma D/O Sh. Aman Verma, student of Psychology from St. Bede's College Shimla has successfully completed one month of her observership in the Deptt. of Psychiatry IGMC, Shimla w.e.f 04.06.2024 to 03.07.2024

I wish all success in her life.

  
Prof. & Head  
Deptt. of Psychiatry  
IGMC, Shimla.  
PROF. & HEAD  
DEPTT. OF PSYCHIATRY  
IGMC SHIMLA

*Certificate of Observership*





4. Name of the participant: **Ms. Raima Singh**

Department: Psychology (B.A. III Honours)

Name of the Activity: Observership

Name of the collaborating agency: Dept. of Psychiatry IGMC, Shimla

Year: 2023-24

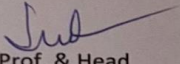
Duration: 4 January- 3 February, 2024

DEPTT OF PSYCHIATRY I.G. MEDICAL COLLEGE, SHIMLA-171001  
No. MC/ PSY/2024/- 53 Dated:-12.02.2024

**EXPERIENCE CERTIFICATE**

This is to certify that Miss. Raima Singh D|O Sh. Ranjeet Singh, student of Psychology from St. Bede's College Shimla has successfully completed one month of her observership in the Deptt. of Psychiatry IGMC, Shimla w.e.f 04.01.2024 to 03.02.2024.

I wish all success in her life.

  
Prof. & Head  
Deptt. of Psychiatry  
IGMC, Shimla.  
PROF. & HEAD  
DEPTT. OF PSYCHIATRY  
IGMC SHIMLA

*Certificate of Experience*



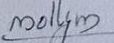
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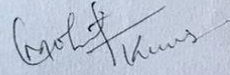
### LETTER OF RECOMMENDATION

This is to certify that Ms...RAIMA...SINGH..... is a regular student of this college pursuing her graduation in BA PSYCHOLOGY HONS - III year

She is a diligent, resilient, and hardworking student who has demonstrated her dedication by continuously striving for academic achievement. Also, she bears a good moral character.

The college has no objection if she undergoes Observership/Internship/On Job Training in your institution of her own commencing from 1 JANUARY 2024.... till 31 JANUARY 2024

  
(PRINCIPAL)  
Principal  
St. Bede's College  
Shimla

  
Mohit Kumar  
Assistant Professor & HOD  
Department of Psychology  
E-mail ID: mkjangan@gmail.com

*Letter of Recommendation, Raima Singh*





5. Name of the participant: **Ms. Aastha Grover**

Department: Psychology (B.A. I Honours)

Name of the Activity: Training Program

Name of the collaborating agency: Start a Fresh, Drug Counseling & Rehabilitation Centre, Shimla

Year: 2023-24

Duration: 9 May- 6 June, 2024



*Certificate of Experience*



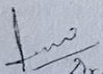
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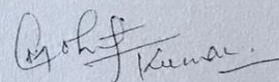
### LETTER OF RECOMMENDATION

This is to certify that Ms. Aastha Grover is a regular student of this college pursuing her graduation in BA Psychology Honours

She is a diligent, resilient, and hardworking student who has demonstrated her dedication by continuously striving for academic achievement. Also, she bears a good moral character.

The college has no objection if she undergoes Observership/Internship/On Job Training in your institution of her own commencing from 13-05-2024 till 13-06-2024

  
for Dr. Sapna Sharma  
(PRINCIPAL)  
Officiating Principal  
St. Bede's College  
Shimla - 2

  
Mohit Kumar  
Assistant Professor & HOD  
Department of Psychology  
E-mail ID: mkjangaan@gmail.com

***Letter of Recommendation, Aastha Grover***



6. Name of the participant: **Ms. Simran Jhaglaik**

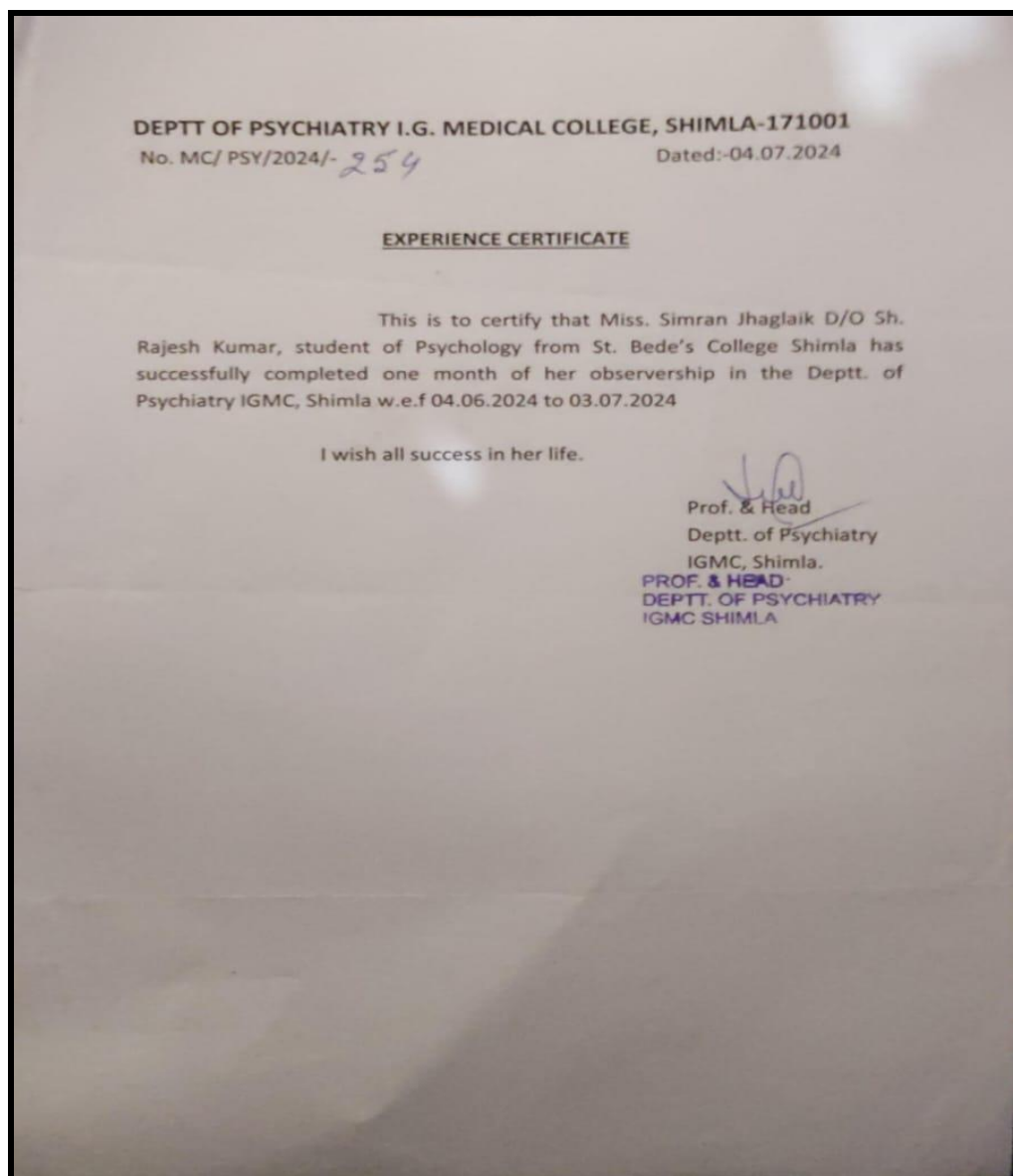
Department: B.A. (II Year)

Name of the Activity: Observership

Name of the collaborating agency: Dept. of Psychiatry IGMC, Shimla

Year: 2023-24

Duration: 4 June- 3 July, 2024



*Certificate of Experience*



7. Name of the participant: **Ms. Ishita Bhardwaj**

Department: Psychology (II Honours)

Name of the Activity: Training Program

Name of the collaborating agency: Regional Hospital Una H.P.

Year: 2023-24

Duration: 13 May- 19 June, 2024

OFFICE OF THE MEDICAL SUPERINTENDENT  
REGIONAL HOSPITAL UNA DISTRICT UNA H.P.

No. HFW-MS RH Una (B)12/2024/ Dated

**CERTIFICATE**

It is certified that Ms. Ishita Bhardwaj student of  
BA. Psychology (Hons) in St. Beds College, Shimla has completed her  
training at Regional Hospital Una w.e.f. 13.05.2024 to 19.06.2024.

Endst. No. As above/2024 *347B-81* Medical Superintendent  
RH Una District Una H.P.  
Copy to:- Dated *19/06/2024*

1. The Director Health Services, Shimla (HP) for information please.
2. The Director Ayush, Himachal Pradesh, Shimla-9 for information please.
3. ✓ The Principal, St. Beds College Shimla for information please.
4. Ms. Ms. Ishita Bhardwaj student of BA. Psychology (Hons) in St. Beds College, Shimla for information and necessary compliance.

Medical Superintendent  
RH Una District Una H.P.

*Certificate of Experience*





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www.stbedes.org Email: stbedes@gmail.com

### LETTER OF RECOMMENDATION

This is to certify that Ms. Ishita Bhandari..... is a regular student of this college pursuing her graduation in ....BA (Hons.) Psychology

She is a diligent, resilient, and hardworking student who has demonstrated her dedication by continuously striving for academic achievement. Also, she bears a good moral character.

The college has no objection if she undergoes Observership/Internship/On Job Training in your institution of her own commencing from May 13, 2024 till June 13, 2024

(PRINCIPAL)

Mohit Kumar  
Assistant Professor & HOD  
Department of Psychology  
E-mail ID: mkjangaan@gmail.com

***Letter of Recommendation, Ishita Bhandari***



8. Name of the participant: **Ms. Venus Chauhan**

Department: B.A. (III Year)

Name of the Activity: Internship

Name of the collaborating agency: Dept. of Psychiatry IGMC, Shimla

Year: 2023-24


Duration: 02 January- 31 January, 2024

DEPTT OF PSYCHIATRY I.G. MEDICAL COLLEGE, SHIMLA-171001  
No. MC/ PSY/2024/- 68 Dated:-15.02.2024

**EXPERIENCE CERTIFICATE**

This is to certify that Miss. Venus Chauhan D|O Sh. Dinesh Chauhan, student of Psychology from St. Bede's College Shimla has successfully completed one month of her observeship in the Deptt. of Psychiatry IGMC, Shimla w.e.f 02.01.2024 to 31.01.2024.

I wish all success in her life.

  
Prof. & Head  
Deptt. of Psychiatry  
IGMC, Shimla.  
PROF. & HEAD  
DEPTT. OF PSYCHIATRY  
IGMC SHIMLA

*Certificate of Observership*



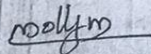
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### LETTER OF RECOMMENDATION

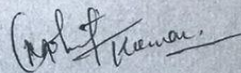
This is to certify that Ms. Venus Chauhan..... is a regular student of this college pursuing her graduation in B.A. 2<sup>nd</sup> Year.....

She is a diligent, resilient, and hardworking student who has demonstrated her dedication by continuously striving for academic achievement. Also, she bears a good moral character.

The college has no objection if she undergoes Observership/Internship/On Job Training in your institution of her own commencing from 1 Jan. 2024..... till 30 Jan. 2024



(PRINCIPAL)  
Principal  
St. Bede's College  
Shimla



Mohit Kumar  
Assistant Professor & HOD  
Department of Psychology  
E-mail ID: mkjangaan@gmail.com

*Letter of Recommendation, Venus Chauhan*





9. Name of the participant: **Ms. Arshita Chauhan**

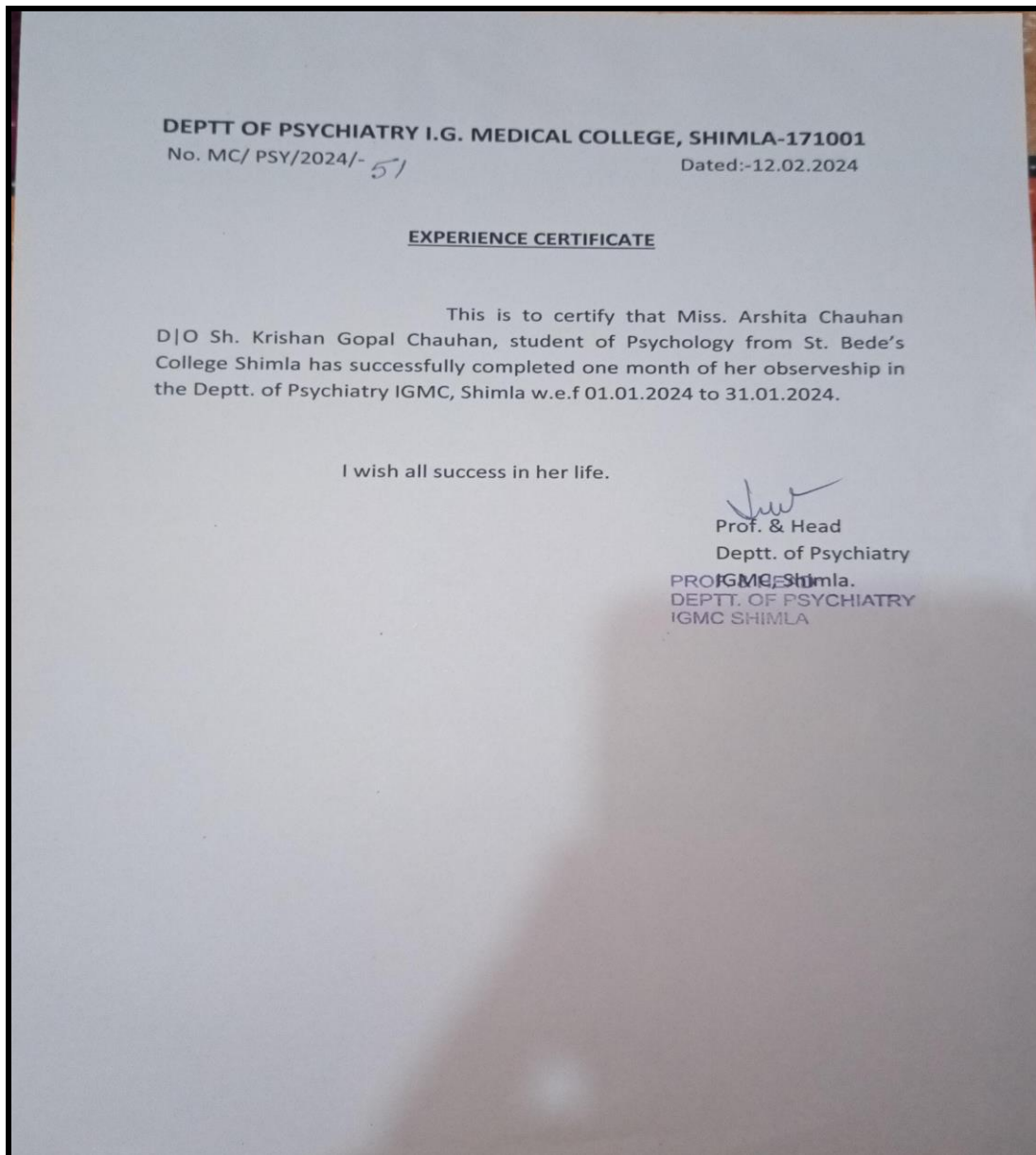
Department: Psychology (III Honours)

Name of the Activity: Observership

Name of the collaborating agency: Dept. of Psychiatry IGM, Shimla

Year: 2023-24

Duration: 02 January- 31 January, 2024



*Certificate of Experience*



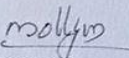


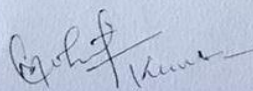
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www.stbedescollege.in, E-mail: [bedescollege@gmail.com](mailto:bedescollege@gmail.com)

### LETTER OF RECOMMENDATION

This is to certify that Ms. Arshita Chauhan is a regular student of this college pursuing her graduation in BA Psychology Hons III year. She is a diligent, resilient, and hardworking student who has demonstrated her dedication by continuously striving for academic achievement. Also, she bears a good moral character.

The college has no objection if she undergoes Observership/Internship/On Job Training in your institution of her own commencing from 1st JANUARY 2024 till 31st JANUARY 2024.

  
(PRINCIPAL)  
Principal  
St. Bede's College  
Shimla

  
Mohit Kumar  
Assistant Professor & HOD  
Department of Psychology  
E-mail ID: [mkjangaan@gmail.com](mailto:mkjangaan@gmail.com)

**Letter of Recommendation, Arshita Chauhan**



10. Name of the participant: **Ms. Sneh Bansal**

Department: Psychology (III Honours)

Name of the Activity: Internship

Name of the collaborating agency: Dept. of Psychiatry IGM, Shimla

Year: 2023-24

Duration: 02 January- 31 January, 2024

DEPTT OF PSYCHIATRY I.G. MEDICAL COLLEGE, SHIMLA-171001  
No. MC/ PSY/2024/- 47 Dated:-12.02.2024

**EXPERIENCE CERTIFICATE**

This is to certify that Miss. Sneh Bansal D|O Sh. Khem Raj Bansal, student of Psychology from St. Bede's College Shimla has successfully completed one month of her observeship in the Deptt. of Psychiatry IGM, Shimla w.e.f 01.01.2024 to 31.01.2024.

I wish all success in her life.

Prof. & Head  
Deptt. of Psychiatry  
IGMC Shimla

PROF. & HEAD  
DEPTT. OF PSYCHIATRY  
IGMC SHIMLA

TRY

*Certificate of Experience*



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www.stbedescollege.in, E-mail: bedescollege@gmail.com

### LETTER OF RECOMMENDATION

This is to certify that Ms. Sneh Bansal ..... is a regular student of this college pursuing her graduation in BA Psychology.. Honors III year

She is a diligent, resilient, and hardworking student who has demonstrated her dedication by continuously striving for academic achievement. Also, she bears a good moral character.

The college has no objection if she undergoes Observership/Internship/On Job Training in your institution of her own commencing from 1 January 2024 till 31 January 2024

Mollym  
(PRINCIPAL)

Principal  
St. Bede's College  
Shimla

Mohit Kumar

Mohit Kumar  
Assistant Professor & HOD  
Department of Psychology  
E-mail ID: mkjangan@gmail.com

*Letter of Recommendation, Sneh Bansal*



11. Name of the participant: **Ms. Aishna Mittal**

Department: Psychology (II Honours)

Name of the Activity: Observership

Name of the collaborating agency: American Wellness Centre, Dubai UAE

Year: 2023-24

Duration: 03 June- 26 June, 2024



*Certificate of Observership*





12. Name of the participant: **Ms. Mitali Pathania**




Department: B. Sc. Biotechnology (Honours)

Name of the Activity: Internship

Name of the collaborating agency: Central Potato Institute (CPRI), Shimla

Year: 2023-24

Duration: 15 May- 30 June, 2023

<p><b>INTERSHIP/TRAINING AT CPRI SHIMLA LAB REPORT 2023</b></p> <p><b>CPRI CENTRAL POTATO RESEARCH INSTITUTE</b></p> <p></p> <p><b>SUBMITTED BY- MITALI PATHANIA</b></p>	<p> <b>भा.कृ.अ.प. - केन्द्रीय आलु अनुसंधान संस्थान</b> सिमला-171001, हि.प्र. (भारत) <b>ICAR-Central Potato Research Institute</b> (Indian Council of Agricultural Research) SHIMLA 171 001, HP</p> <p></p> <p>Phone: 0177-2625073 (O), Fax: 0177-2624460 ISO 9001:2015 E-mail: <a href="mailto:directorcpri@gmail.com">directorcpri@gmail.com</a> Website: <a href="http://cpri.icar.gov.in">http://cpri.icar.gov.in</a></p> <p><b>Dr. Som Dutt</b> Incharge, PME Cell</p> <p>No.F.PME/4-50/2023 Dated: 03.07.2023</p> <p><b>TRAINING CERTIFICATE</b></p> <p>This is to certify that Ms. Mitali Pathania, B.Sc (Hons.) Biotechnology, St. Bede's College, Shimla has undergone training in the Division of Crop Improvement and Seed Technology, w.e.f. 15<sup>th</sup> May, 2023 to 30<sup>th</sup> June, 2023 at ICAR - Central Potato Research Institute, Shimla.</p> <p>Dated: 03<sup>rd</sup> July, 2023</p> <p> 3.7.2023 (Som Dutt)</p> <p>प्रभारी, पी.एम.ई. सेल In - Charge P.M.E. Cell केन्द्रीय आलु अनुसंधान संस्थान Central Potato Research Institute सिमला / Shimla - 171001 ( H.P. )</p>
--	---

*Certificate of Internship*



13. Name of the participant: **Ms. Harshita Jassal**

Department: B. A. II (Honours)

Name of the Activity: Internship

Name of the collaborating agency: Start a Fresh Rehabilitation and Counselling Centre

Year: 2023-24

Duration: 09 May- 21 June, 2024



*Certificate of Internship*



14. Name of the participant: **Ms. Yashika**

Department: B. A. III (Honours)

Name of the Activity: Internship

Name of the collaborating agency: IGMC, Shimla

Year: 2023-24

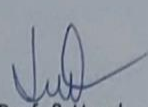
Duration: 01-31<sup>st</sup> January, 2024

DEPTT OF PSYCHIATRY I.G. MEDICAL COLLEGE, SHIMLA-171001  
No. MC/ PSY/2024/- 49 Dated:-12.02.2024

**EXPERIENCE CERTIFICATE**

This is to certify that Miss. Yashika Sharma D|O  
Sh. Ved Prakash Sharma, student of Psychology from St. Bede's College  
Shimla has successfully completed one month of her observership in the  
Deptt. of Psychiatry IGMC, Shimla w.e.f 01.01.2024 to 31.01.2024.

I wish all success in her life.

  
Prof. & Head  
Deptt. of Psychiatry  
IGMC Shimla.  
DEPTT. OF PSYCHIATRY  
IGMC SHIMLA

*Certificate of Observership*