



## **St. Bede's College Shimla**

(UGC-NAAC "A+" Grade Re-Accredited)

**3.4.3 NUMBER OF EXTENSION AND OUTREACH PROGRAMS CONDUCTED BY THE INSTITUTION THROUGH ORGANIZED FORUMS INCLUDING NSS/NCC WITH INVOLVEMENT OF COMMUNITY DURING THE LAST FIVE YEARS**



**St. Bede's College Shimla**

**NSS**

**NCC (ARMY AND NAVY)**

**COMMUNITY OUTREACH**

**DEBATES AND DRAMATICS**

**HEALTH CLUB**

**EK BHARAT SHRESTHA BHARAT( EBSB)**

**DISASTER MANAGEMENT CELL**



**St. Bede's College Shimla**

**NSS ACTIVITIES  
EXTENSION ACTIVITIES  
SESSION 2018-2019**

**TREE PLANTATION**

**Collaborating Agency: Forest Department of Himachal Pradesh**

**No. of Participants: 150**

On August 3, 2018, the NSS Unit of St. Bede's College, Shimla, in collaboration with the Forest Department of Himachal Pradesh, Shimla, organized a Tree Plantation Campaign at Five Benches, Jakhu Hills, Shimla.

**Objective:** The primary objective of the Tree Plantation Campaign was to promote a sense of responsibility towards the environment among the NSS volunteers and inspire them to take concrete actions to protect and nurture nature. By planting saplings of Horse Chestnut and Oak, the campaign aimed to contribute to the restoration and enhancement of the local ecosystem.

Under the guidance of the NSS Unit and the Forest Department, the event commenced with an inauguration ceremony conducted by the Principal of St. Bede's College, Dr. Sr. Beena John. The ceremony emphasized the significance of tree planting in combating climate change and preserving biodiversity.

Approximately 150 NSS volunteers enthusiastically participated in the campaign. Equipped with shovels and saplings, they planted more than 140 Horse Chestnut and Oak saplings in the designated area of Five Benches, Jakhu Hills.

During the plantation, the volunteers took a pledge to protect and nurture the environment. They were encouraged to adopt sustainable practices in their daily lives and spread awareness among their peers and local communities about the importance of preserving nature.

**Outcome:** The Tree Plantation Campaign provided them with firsthand experience in tree planting and educated them about the crucial role of trees in maintaining ecological balance.

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## St. Bede's College Shimla



*Tree Plantation (August 3, 2018)*

### **BLOOD DONATION CAMP**

**Collaborating Agency: NGO Almighty Blessings.**

**No. of Participants: 200**

On September 15, 2018, the NSS Unit of St. Bede's College organized a Blood Donation Camp in collaboration with the NGO Almighty Blessings.

**Objective:** The primary objective of the Blood Donation Camp was to create awareness among the students about the significance of blood donation and encourage them to actively participate in this noble cause. The event commenced with a warm welcome to the Chief Guest, Mr. Sarabjit Singh, who graced the occasion with his presence. A Power point presentation was conducted by Ritika Soni and Pratibha Sharma, providing valuable insights into the working of the National Service Scheme (NSS), emphasizing the importance of blood donation, and debunking myths and misconceptions related to it.

Following the presentation, the Chief Guest addressed the gathering and expressed his appreciation for the enthusiasm of the blood donors. He emphasized the significance of serving society, particularly those in need, and encouraged the students to continue their noble endeavors in the future.

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## St. Bede's College Shimla

The Blood Donation Camp saw an overwhelming response from the students. The NSS unit efficiently managed the registration and screening process to ensure the safety and eligibility of the donors. More than 100 units of blood were collected during the camp, marking a small yet phenomenal change in serving society.

**Outcome:** The collaboration between the NSS Unit and the NGO Almighty Blessings highlighted the power of partnerships in achieving common goals. This event fostered a sense of unity and community engagement, setting an example for future endeavours.



*Blood Donation Campaign ( September 15, 2018)*

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## St. Bede's College Shimla

SESSION 2019-2020

### VAN MAHOTSAV

**Collaborating Agency: Forest Department of Himachal Pradesh**

**No. of Participants: 70**

On July 22, 2019, a group of approximately 20 NSS volunteers joined hands with the Forest Department of Himachal Pradesh by planting tree saplings in the Chamyana area of Shimla.

**Objective:** The primary objective of the tree planting event was to commemorate Van Mahotsav, an annual festival in India dedicated to tree plantation and forest conservation. The collaboration between the NSS volunteers and the Forest Department sought to instill a sense of environmental responsibility and promote the significance of trees in maintaining a healthy ecosystem.

The NSS volunteers actively participated in the tree planting activity, carrying out their roles with enthusiasm. In collaboration with the Forest Department, they received native tree saplings carefully selected to suit the local environment. With the guidance of the Forest Department officials, the volunteers dug pits, prepared the soil, and planted the saplings in the Chamyana area of Shimla.

**Outcome:** The tree planting initiative served as an educational platform for the NSS volunteers. They gained firsthand experience in the process of afforestation, including the selection of appropriate saplings and the techniques involved in ensuring their proper growth. This knowledge will enable them to become ambassadors of environmental conservation and inspire others to follow suit.



**BACK**

*Tree Plantation (July 22, 2019)*



## St. Bede's College Shimla

### SWACHHTA PAKHWADA

**Collaborating Agency: Forest Department of Himachal Pradesh**

**No. of Participants: 150**

From August 1st to August 15th, 2019, the college observed Swachhta Pakhwada, a fortnight-long cleanliness campaign. The NSS volunteers actively participated in various activities to promote cleanliness and raise awareness about a clean and green environment.

**Objective:** The objective of the Swachhta Pakhwada was to instill a sense of responsibility and promote cleanliness among the NSS volunteers and the broader community.

During the Swachhta Pakhwada, the NSS volunteers took the Swachta Shapath, a pledge to uphold cleanliness and hygiene. They conducted a comprehensive cleanliness drive within the college campus and the surrounding areas, ensuring a clean and hygienic environment for all.

A rally was organized, starting from the college and covering the entire Navbahar area. The purpose of the rally was to raise awareness about the significance of a clean and green environment in society. It provided an opportunity to engage the community and inspire them to participate actively in cleanliness initiatives.

As part of the Swachhta Pakhwada, the students had the opportunity to showcase their talents through plays and nukkad natak (street plays) held at the Ridge, a prominent location in Shimla. These performances aimed to spread awareness about cleanliness, environmental conservation, and the importance of individual contributions to maintaining a clean society.

**Outcome:** The Swachhta Pakhwada observed by the college from August 1st to August 15th, 2019, created awareness about the importance of a clean and green environment in society. It inspired the community to actively engage in cleanliness initiatives and take responsibility for maintaining a cleaner society.

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**St. Bede's College Shimla**



*NSS Volunteers Organizing the Cleanliness Drive (August 1-15, 2019)*



*NSS Volunteers taking the Swachhta Shapath (August 1-15, 2019)*

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## St. Bede's College Shimla

### TREE PLANTATION DRIVE

**Collaborating Agency: NSS**

**No. of Participants: 96**

On August 23, 2019, a tree plantation drive was organized by NSS volunteers in the college campus, where they planted 100 tree saplings.

**Objective:** The primary objective of the tree plantation drive was to create a greener and more sustainable campus environment.

The NSS volunteers actively participated in the tree plantation drive, displaying their dedication to preserving nature. They carefully selected appropriate tree saplings suitable for the local climate and ecosystem. With the necessary tools and guidance, the volunteers dug pits, prepared the soil, and planted the saplings at designated locations within the college campus.

**Outcome:** The tree plantation drive helped raise awareness about the importance of trees in mitigating climate change, conserving water resources, and supporting biodiversity.



*Tree Plantation Drive (August 23, 2019)*

**BACK**



St. Bede's College Shimla

## सेंट बीड्स कॉलेज ने किया पौधारोपण



शिमला (ब्यूरो): सेंट बीड्स कॉलेज की एनएसएस इकाई व पर्यावरण सेल ने पौधारोपण किया। वन विभाग के सहयोग से पौधारोपण कॉलेज परिसर में किया गया। इस अवसर पर कॉलेज की प्रधानाचार्य नंदिनी पटानिया और सिस्टर सूजी ने पौधे रोपकर कार्यक्रम की शुरुआत की। इस दौरान छात्राओं को पेड़ों के महत्व के बारे में भी जानकारी दी गई।

*Tree Plantation Drive (23rd August, 2019)*

BACK



## St. Bede's College Shimla

### TRADITIONAL FOODS OF HIMACHAL PRADESH

**Collaborating Agency: Govt. Senior Secondary School**

**No. of Participants: 17**

On 24th September 2019, the NSS volunteers visited Govt. Senior Secondary School in Chotta Shimla, where they actively engaged with the students through a Nukkad Natak (street play) and a PowerPoint presentation on Traditional Foods of Himachal Pradesh.

**Objective:** These activities aimed to promote cultural awareness and educate the students about the rich culinary heritage of Himachal Pradesh.

Following the Nukkad Natak, the NSS unit conducted a PowerPoint presentation that focused on Traditional Foods of Himachal Pradesh. The presentation aimed to highlight the diverse range of culinary delights unique to the region and shed light on their nutritional value and cultural significance. The students had the opportunity to learn about traditional recipes, ingredients, and the historical and cultural context behind these dishes.



*NSS Volunteers at GSSS Kasumpati (September 24, 2019)*

**BACK**



## St. Bede's College Shimla



### *Nukkad Natak (Street Play) and a PowerPoint presentation on Traditional Foods of Himachal Pradesh (September 24, 2019)*

#### **AIDS AWARENESS RALLY**

**Collaborating Agency: Community**

**No. of Participants: 70**

On December 1, 2019, approximately 70 NSS volunteers actively participated in an AIDS Awareness Rally. The rally commenced from Hotel Peterhoff and followed a route that passed through significant locations including Chaura Maidan, Vidhansabha, CTO, Mall Road, and Scandal Point, concluding at Hotel Marina.

**Objective:** The main objective of the rally was to raise awareness about HIV/AIDS and promote preventive measures within the community.

The NSS volunteers, equipped with banners, placards, and informative pamphlets, marched together to grab the attention of the public and disseminate crucial information about HIV/AIDS.

By participating in the AIDS Awareness Rally, the NSS volunteers actively contributed to breaking the stigma surrounding HIV/AIDS and promoting a more informed and empathetic society. The rally served as a platform to reach out to a larger audience, creating awareness and fostering a sense of responsibility among the community.

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## St. Bede's College Shimla



### *AIDS Awareness Rally (December 1, 2019)*

#### **SESSION 2021-22**

#### **SWACHHTA PAKHWADA**

**Collaborating Agency: Community**

**No. of Participants: 47**

The college observed Swachhta Pakhwada from August 1-15, 2021, with the aim of creating awareness about maintaining a clean and green environment. The NSS volunteers actively participated in various activities during this period to promote cleanliness and hygiene.

One of the key initiatives undertaken by the volunteers was a cleanliness drive within the college campus. They enthusiastically cleaned the classrooms, corridors, and common areas, ensuring that the college premises were free from litter and waste. Additionally, the volunteers extended their efforts beyond the campus boundaries and conducted a cleanliness drive in the surrounding areas, contributing to the overall cleanliness of the community.

The campaign culminated with a strong promise and commitment from the volunteers that environmental cleanliness would remain a prime priority. This pledge signifies their determination to continue promoting cleanliness and adopting sustainable practices in their daily lives. By making this promise, the NSS volunteers demonstrated their dedication to creating a cleaner and healthier environment for themselves and future generations.

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## St. Bede's College Shimla



*Cleanliness drive within the college campus (August 1-15, 2021)*

### **WEBINAR ON NATIONAL EDUCATION POLICY**

**Collaborating Agency: Ministry of Youth Affairs & Sports**

**No. of Participants: 56**

On August 4, 2021, in commemoration of the completion of one year of the National Education Policy (NEP) 2020, the Ministry of Education organized theme-based webinars in collaboration with the Ministry of Youth Affairs & Sports. The webinar focused on the theme "Effect of NEP 2020 on Youth Empowerment and Sports Development."

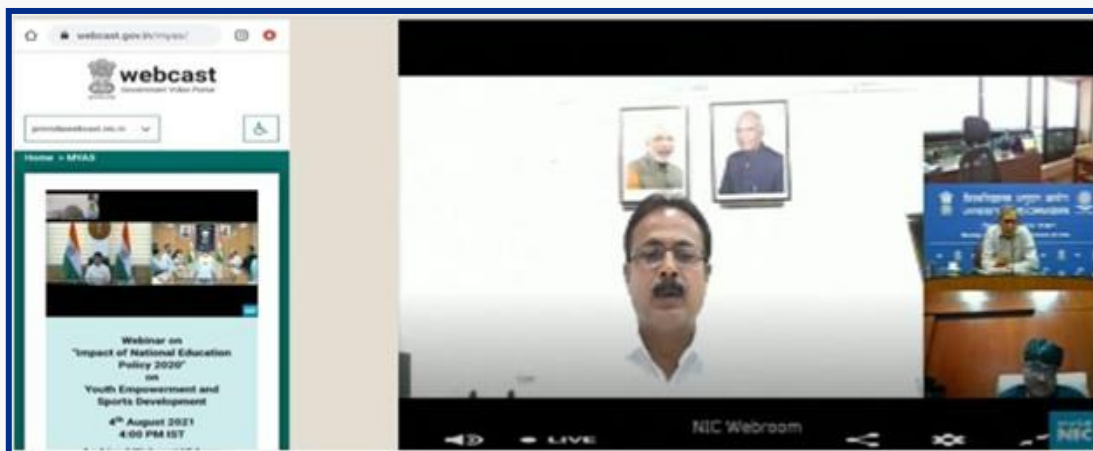
**Objective:** The NSS volunteers actively participated in the webinar, joining other students and stakeholders in gaining insights into the impact of the NEP 2020 on youth empowerment and sports development. The webinar provided a platform for discussing the various provisions and initiatives of the NEP 2020 aimed at empowering youth and promoting sports.

Following their participation in the webinar, the NSS volunteers took the initiative to share the knowledge and information they gained with students from the adopted schools. By doing so, they played a crucial role in spreading awareness about the NEP 2020 and its significance, particularly regarding youth empowerment and sports development.

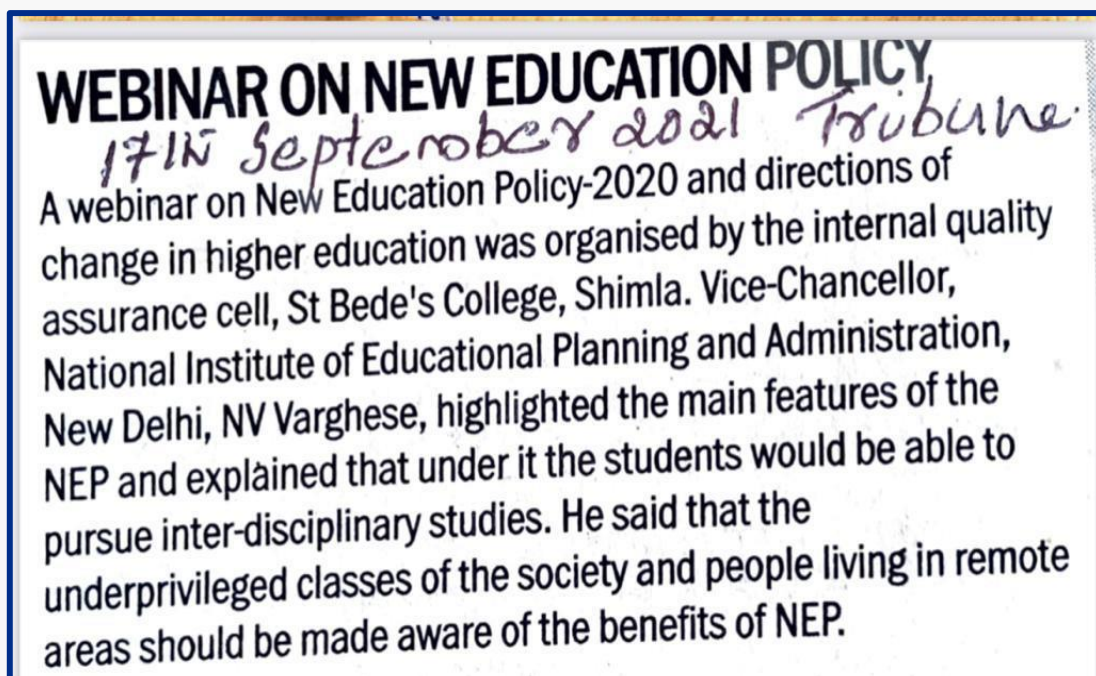
**BACK**



St. Bede's College Shimla



*Webinar focused on the theme "Effect of NEP 2020 on Youth Empowerment and Sports Development." (August 4, 2021)*



*Newspaper Clipping of Webinar focused on the theme "Effect of NEP 2020 on Youth Empowerment and Sports Development." (August 4, 2021)*

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## St. Bede's College Shimla

### TREE PLANTATION DRIVE

**Collaborating Agency: Community**

**No. of Participants: 36**

On August 9, 2021, the NSS Unit of St. Bede's College took a significant step towards promoting environmental consciousness and sustainability. The unit organized a tree plantation initiative within the college campus, with the aim of enhancing the green cover and contributing to a healthier ecosystem.

A total of approximately 50 trees were planted during the event. The honorable Principal, Prof. (Sr.) Molly Abraham, graced the occasion and inaugurated the event by planting a sapling. Other teachers and members of the NSS Unit also actively participated in the tree plantation drive, showcasing their commitment to environmental conservation.

**Objective:** Recognizing the importance of individual responsibility, the NSS Unit encouraged students who were unable to attend the event to participate in the initiative by planting saplings in their surroundings. They were directed to capture photographs of their tree planting activities and upload them to the NSS Unit's WhatsApp group. This inclusive approach aimed to involve as many students as possible, ensuring a widespread impact and creating a sense of collective ownership towards environmental sustainability.

Through the tree plantation drive, the NSS Unit instilled a sense of responsibility and encouraged students to actively contribute to environmental conservation in their own capacity. The event served as a catalyst for fostering a culture of environmental consciousness within the college community, inspiring individuals to adopt eco-friendly practices and become agents of positive change.



*Tree Plantation Drive (August 9, 2021)*

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## St. Bede's College Shimla

### AWARENESS ON TUBERCULOSIS AND IMPORTANCE OF PERSONAL HYGIENE

**Collaborating Agency: Community**

**No. of Participants: 11**

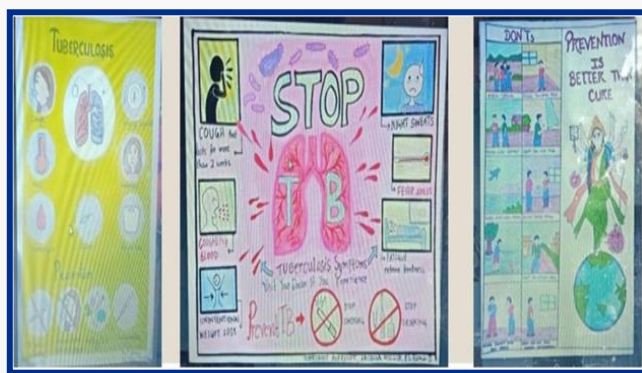
On August 18, 2021, the NSS Unit of St. Bede's College organized a poster making competition

**Objective:** A poster making competition with aim of raising awareness about tuberculosis and the importance of personal hygiene during the COVID-19 pandemic. The competition provided a platform for students to express their creativity while spreading important messages related to public health.

The participants of the competition showcased their artistic skills and knowledge on the topics of tuberculosis awareness and personal hygiene. The posters highlighted key information about tuberculosis, its causes, symptoms, and prevention measures. Additionally, the posters emphasized the significance of personal hygiene practices, such as handwashing, wearing masks, and maintaining cleanliness, to prevent the spread of COVID-19.

Archana Mullick, a student from the B.Sc. Biotech Honours 2nd year, secured the first position in the competition, while Aishna Rahi, a student from the B.A English Honours 2nd year, stood second. Their efforts in creating impactful and informative posters were recognized and appreciated.

Moreover, the NSS volunteers extended their initiative beyond the college campus by virtually sharing the posters on personal hygiene with students from the adopted schools. This virtual display allowed for wider dissemination of important information, reaching a larger audience and promoting awareness about the significance of personal hygiene practices to prevent the spread of COVID-19.



*Awareness about tuberculosis and the importance of personal hygiene during the COVID-19 pandemic  
(August 18, 2021)*

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## St. Bede's College Shimla

### CLEAN INDIA CAMPAIGN

**Collaborating Agency: Community**

**No. of Participants: 65**

**1<sup>st</sup> October to 30<sup>th</sup> October 2021**

The NSS Unit of St. Bede's College initiated the second phase of the "Swachh Bharat Mission" by conducting the Swachhta Shapath (Oath) ceremony, administered by the esteemed Principal Prof. (Sr) Molly Abraham, in the presence of all NSS volunteers.

**Objective:** The program aimed to address various issues related to personal hygiene, lack of awareness, and the general public's attitude towards cleanliness. Recognizing the significance of personal hygiene and cleanliness, the NSS volunteers actively participated in a month-long cleanliness drive. They dedicated their time and effort to thoroughly clean the college campus and its surrounding areas. This intensive cleaning campaign aimed to create a cleaner and healthier environment for everyone. At the end of the month, the accumulated garbage and waste were properly collected and handed over to the Municipal Corporation of Shimla. This demonstrated the NSS volunteers' commitment to responsible waste management and their efforts to ensure a cleaner and more sustainable community.

**Outcome:** The collective efforts of the NSS volunteers, along with the support of the college administration, resulted in a significant improvement in the cleanliness of the college campus and its surrounding areas. The Swachh Bharat Mission's second phase not only created a cleaner environment but also instilled a sense of responsibility and awareness among the volunteers and the wider community.



*Pledge Ceremony and Cleanliness Drive (October 1-30, 2021)*

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## St. Bede's College Shimla

### VILLAGE ADOPTION

**Collaborating Agency: Village in Mashobra**

**No. of Participants: 10**

On October 30, 2021, the NSS volunteers of St. Bede's College visited their adopted village in Mashobra with a noble objective of providing assistance to the underprivileged. The volunteers distributed free ration packets to families belonging to the Below Poverty Line (BPL) category. These ration packets were purchased using the funds donated by the NSS volunteers themselves, showcasing their commitment to serving the community.

During their visit, the NSS volunteers not only distributed essential food items but also engaged with the villagers, sharing suggestions and ways to improve their living conditions. They offered guidance and discussed various means to uplift the community, promoting self-sufficiency and sustainable development. Through these interactions, the volunteers aimed to empower the villagers and enhance their overall well-being.



*Village Adoption (October 30, 2021)*

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## St. Bede's College Shimla

### **BLOOD DONATION CAMP**

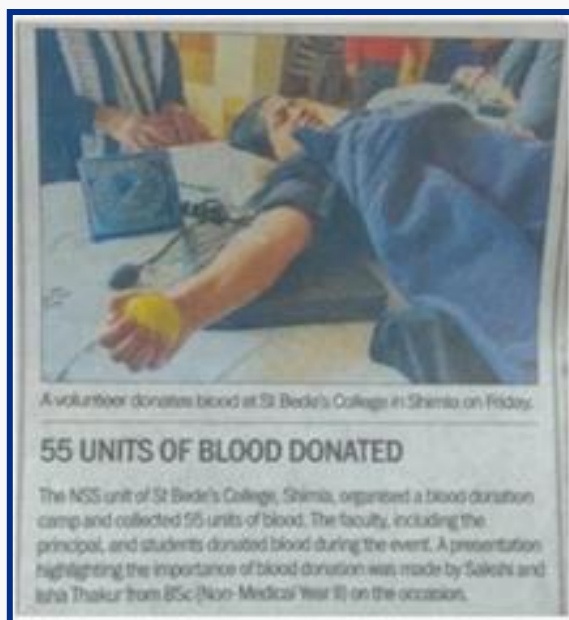
**Collaborating Agency: Indira Gandhi Medical College Shimla**

**No. of Participants: 55**

On November 25, 2021, the NSS unit of St. Bede's College organized a commendable Blood Donation Camp, with the aim of saving lives and promoting the noble cause of blood donation. The camp was coordinated by a dedicated team led by Dr. Payal Vij from Indira Gandhi Medical College Shimla.

The event was inaugurated by the esteemed Principal, Prof. (Sr) Molly Abraham, who set an exemplary example by donating blood herself. Her act of generosity and leadership encouraged others to come forward and contribute to this life-saving cause.

During the camp, a total of 55 units of blood were collected. The NSS volunteers actively participated in the event, assisting the medical team and ensuring a smooth and organized process. They worked tirelessly to create awareness and encourage students and staff members to donate blood. The Blood Donation Camp not only provided an opportunity for individuals to contribute to society but also emphasized the importance of this selfless act. By donating blood, the participants showcased their commitment to saving lives and making a positive impact on the well-being of others.



*Blood Donation Camp, With the Aim of Saving Lives (November 25, 2021)*

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**St. Bede's College Shimla**



*Blood Donation Camp, with the Aim of Saving Lives (November 25, 2021)*



*Blood Donation (November 25, 2021)*

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## St. Bede's College Shimla

### CHRISTMAS CELEBRATION IN THE ADOPTED VILLAGE

Collaborating Agency: Adopted Village Dhanan of Dhalli Panchayat

No. of Participants: 21

On December 22, 2021, the NSS Unit of St. Bede's College celebrated Christmas with great joy and compassion at the adopted village Dhanan of Dhalli Panchayat. The volunteers organized a special event to spread the message of love, hope, and peace during the festive season.

As part of the celebration, the volunteers performed a skit that beautifully portrayed the essence of Christmas and conveyed the values of kindness, unity, and compassion. The skit aimed to inspire and uplift the spirits of the villagers, spreading a message of positivity and harmony.

In the spirit of giving, the college also extended its support to the village community by distributing blankets and ration packets to 23 families. This act of generosity aimed to provide warmth and sustenance during the winter season, ensuring that the families would have essential resources to meet their basic needs.

By reaching out to the families in the adopted village, the NSS Unit of St. Bede's College demonstrated their commitment to making a positive impact and promoting social welfare.



*Christmas Celebrations in the Adopted Village (December 22, 2021)*

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## St. Bede's College Shimla

### WEBINAR ON “ACADEMIC EXCELLENCE THROUGH PHYSICAL ACTIVITY: JOURNEY OR DESTINATION”

**Collaborating Agency: Department of Physical Education**

**No. of Participants: 76**

On February 25, 2022, the NSS unit of St. Bede's College, in collaboration with the Department of Physical Education, organized a webinar on the topic "Academic Excellence through Physical Activity: Journey or Destination."

**Objective:** The purpose of the webinar was to highlight the significance of regular physical activity in achieving academic excellence and overall well-being.

Dr. Anshul Singh Thapa, the esteemed resource person, delivered a comprehensive session on the importance of incorporating physical activity into daily routines. He emphasized that engaging in regular physical activity is not only beneficial for physical health but also plays a crucial role in preventing and managing non-communicable diseases such as heart diseases, stroke, diabetes, and various types of cancers.

During the webinar, Dr. Thapa discussed various forms of physical activity and their positive impact on mental health, cognitive function, and academic performance. He provided insights into the ways in which physical activity enhances concentration, memory, and problem-solving abilities, ultimately contributing to better academic outcomes.

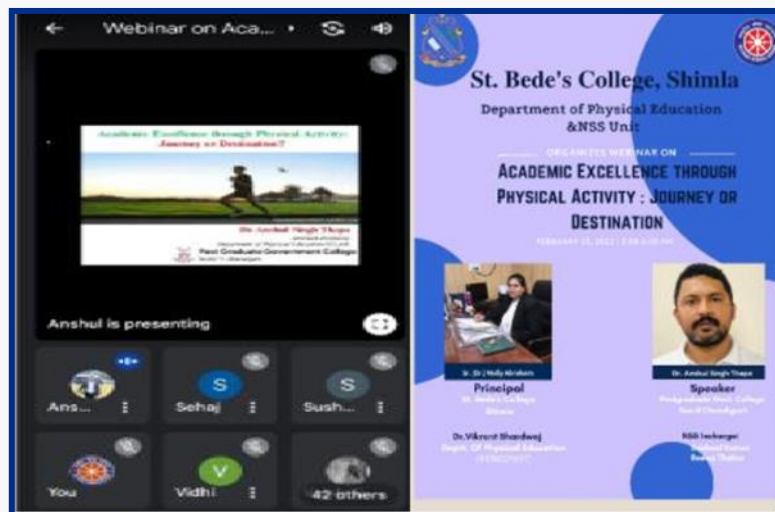
The volunteers of the NSS unit actively participated in the webinar and gained valuable knowledge and insights from Dr. Thapa's expertise. They understood the importance of promoting physical activity among themselves and others, including the students of the adopted village and school.

To further disseminate the information and create awareness, the NSS volunteers shared the key learnings from the webinar with the students of the adopted village and school. By doing so, they aimed to inspire and motivate others to prioritize physical activity as an integral part of their daily lives, fostering a healthier and more productive lifestyle.

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## St. Bede's College Shimla



*Webinar on the topic "Academic Excellence through Physical Activity: Journey or Destination."  
(February 25, 2022)*

**SESSION 2022-23**

### **TREE PLANTATION DRIVE**

**Collaborating Agency: Community**

**No. of Participants: 58**

On July 23, 2022, the NSS Unit of St. Bede's College organized a remarkable event focused on promoting environmental awareness.

**Objective:** The event aimed to contribute to a greener environment and a sustainable future by planting approximately 100 plants in the college campus.

The event commenced with the presence of esteemed guests, including Dr. Nitin Vyas, an Assistant Professor in the Department of Tourism and President of SFD, who served as the chief guest. The principal of the college, Prof. (Sr) Molly Abraham, along with other teachers, actively participated in the event by planting saplings, setting an example for the students and the wider college community. The initiative undertaken by the NSS Unit to plant 100 plants in the college campus reflected their commitment to creating a greener and more sustainable environment. Planting saplings not only helps in enhancing the aesthetics of the campus but also contributes to mitigating climate change, improving air quality, and fostering biodiversity.

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## St. Bede's College Shimla



*Tree Plantation Drive (July 23, 2022)*

### **CLEAN INDIA CAMPAIGN**

**Collaborating agency: Community**

**No. of Participants: 62**

During the entire month of October, St. Bede's College actively participated in the Clean India Campaign, a nationwide initiative to promote cleanliness and environmental awareness. The college's NSS volunteers took the lead in organizing various activities to spread awareness about maintaining a clean and green environment.

**Objective:** One of the key initiatives undertaken by the NSS volunteers was a cleanliness drive conducted in and around the college campus. The volunteers actively engaged in picking up litter, cleaning common areas, and promoting proper waste management.

Through various activities and interactions, the volunteers emphasized the need for personal hygiene, proper waste disposal, and the significance of a clean and green environment for a better future.

The campaign also encouraged individuals to make a promise to prioritize environmental cleanliness in their daily lives. The NSS volunteers engaged with the college community and encouraged them to take a pledge to keep their surroundings clean, reduce waste generation, and actively participate in environmental conservation efforts.

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**St. Bede's College Shimla**



*Picking Up Litter and Promoting Proper Waste Management. (October 19, 2021)*



*Cleaning the Surrounding Areas (October 19, 2021)*

**BACK**



## St. Bede's College Shimla

### NUKKAD NATAK ON IMPORTANCE OF ELECTIONS

**Collaborating agency: Community**

**No. of Participants: 8**

On November 2, 2022, the NSS volunteers organized a Nukkad Natak (street play) to raise awareness about the significance of elections and educate people about their rights and responsibilities. The Nukkad Natak aimed to engage and inform the audience about the democratic process and the importance of active participation in elections.

Through the medium of street theater, the NSS volunteers creatively conveyed important messages about the electoral system, highlighting the power of each individual's vote and the impact it has on shaping the nation's future. The Nukkad Natak addressed various aspects of the electoral process, such as voter registration, exercising the right to vote, and the responsibilities of citizens towards building a strong and inclusive democracy. The performance focused on creating awareness about the electoral system, aiming to dispel misconceptions, inspire civic engagement, and encourage responsible voting.



*Nukkad Natak (Street Play) to Raise Awareness about the Significance of Elections (November 2, 2022)*

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## St. Bede's College Shimla



*Group Photography (November 2, 2022)*

### **BLOOD DONATION CAMP**

**Collaborating agency: Community**

**No. of Participants: 48**

On November 17, 2022, a group of NSS volunteers from St. Bede's College performed a Nukkad Natak (street play) to highlight the importance of blood donation. The aim of the Nukkad Natak was to raise awareness among students about the significance of donating blood and to encourage them to actively participate in this life-saving act.

The Nukkad Natak creatively conveyed the message of the importance of blood donation, emphasizing how a single act of donating blood can save lives and make a positive impact on society. Through engaging performances, the volunteers aimed to dispel misconceptions, address fears, and promote a positive attitude towards blood donation.

Following the Nukkad Natak, the NSS unit of St. Bede's College organized a Blood Donation Camp on November 18th, 2022. The camp was coordinated by a team led by Dr. Apoorva Mehta from Indira Gandhi Medical College. The objective of the camp was to provide a platform for students and members of the college community to contribute to society by donating blood.

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## **St. Bede's College Shimla**

The team led by Dr. Apoorva Mehta and other medical professionals guided and supervised the blood donation procedure, ensuring the well-being and safety of the donors.

The outcome of the Nukkad Natak and the subsequent Blood Donation Camp was a significant increase in awareness about the importance of blood donation among the students and members of the college community.



*Blood Donation Camp (November 18, 2022)*



*Blood Donation Camp (November 18, 2022)*

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## St. Bede's College Shimla



*Nukkad Natak (Street Play) to Highlight the Importance of Blood Donation (November 18, 2022)*

### **CHRISTMAS CELEBRATION AT LANGER HALL NEAR IGMC SHIMLA**

**Collaborating Agency: Community**

**No. of Participants: 8**

On December 24, 2022, the NSS Unit of St. Bede's College celebrated Christmas at Langer Hall near IGMC Shimla. The celebration included a heartfelt act of charity and selfless service to spread joy and happiness during the festive season.

As part of the Christmas celebration, the college donated food grains to the ALMIGHTY BLESSINGS NGO, a charitable organization. This donation aimed to support those in need and bring some relief to the less fortunate during the holiday season.

During the event, the NSS volunteers had the opportunity to interact with the founder of the NGO, Mr. Sarbjeet Singh Bobby, as well as patients and their attendees. These interactions fostered a sense of connection and empathy, allowing the volunteers to understand the challenges faced by individuals in difficult circumstances.

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## St. Bede's College Shimla

The teachers and volunteers enthusiastically participated in serving food to the people present at the event. Their selfless service exemplified the true spirit of Christmas, spreading warmth, love, and care to those who needed it the most.

The outcome of the Christmas celebration was a sense of joy, gratitude, and solidarity among the volunteers and the individuals who received the food grains. The act of charity and selfless service not only provided essential support to the beneficiaries but also touched the hearts of everyone involved, reminding them of the importance of compassion and kindness.



*Christmas Celebration, College Donated Food Grains to The ALMIGHTY BLESSINGS NGO  
(December 24, 2022)*

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**St. Bede's College Shimla**

**NCC ACTIVITIES  
EXTENSION ACTIVITIES  
SESSION-2018-2019**

**NCC UNIT, ST. BEDE'S COLLEGE UNDER 1HP NAVAL UNIT, BILASPUR  
SPREADING AWARENESS ON TREE PLANTATION**

**Collaborating Agency: Community**

**No. of Participants: 10**

The NCC cadets of St. Bede's college, Shimla took an initiative to spread awareness regarding tree plantation on July 28, 2018.

**Objective:** The primary objective of spreading awareness on tree plantation was to educate and inform individuals and communities about the importance of tree planting and its benefits for the environment, ecosystem, and human well-being. The aim was to create awareness about the vital role of trees in mitigating climate change, improving air quality, conserving water, preventing soil erosion, and preserving biodiversity.

**Outcome:** As a result of the awareness campaign, individuals and communities were motivated to actively participate in tree planting initiatives. The cadets covered various locations including Navbahar, IGMC Road, Forest Road, and Chotta Shimla, engaging with people and raising awareness about the types of trees and plants that could be grown for maximum carbon dioxide absorption from the environment.

The outcome of the awareness campaign was a higher number of trees being planted in the covered areas. The community's active participation in tree planting activities not only contributed to the greening of the surroundings but also strengthened social bonds and fostered a shared sense of responsibility for environmental conservation. By spreading awareness about the benefits of tree plantation, the campaign inspired individuals to take action and actively contribute to creating a healthier and more sustainable environment for themselves and future generations.

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**St. Bede's College Shimla**



*Spreading Awareness on Tree Plantation (July 28, 2018)*

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**St. Bede's College Shimla**



*Spreading Awareness on Tree Plantation (July 28, 2018)*



*Spreading Awareness on Tree Plantation (July 28, 2018)*

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## St. Bede's College Shimla



*Spreading Awareness on Tree Plantation (July 28, 2018)*

### **TREE PLANTATION**

**Collaborating Agency: Community**

**No. of Participants: 12**

**NCC Cadets planted trees at Five Benches, Shimla on August 14, 2018.**

**Objective:** Planting trees provided educational opportunities for individuals, schools, and communities. The objective was to offer hands-on learning experiences that emphasized the importance of trees, ecosystems, and environmental stewardship. The tree planting initiatives aimed to educate and inspire future generations about the value of trees and their role in creating a sustainable environment.

**Outcome:** A total of 25 saplings were successfully planted during the initiative. The act of planting trees demonstrated a commitment to environmental protection and a sustainable future. It served as a tangible reminder of the importance of preserving and nurturing our natural resources. The initiative not only provided immediate benefits but also set the foundation for long-term environmental sustainability and community engagement.

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**St. Bede's College Shimla**



*Tree Plantation (August 14, 2018)*

**SESSION 2019-2020**

**NCC UNIT, ST. BEDE'S COLLEGE UNDER 1HP NAVAL UNIT, BILASPUR  
TREE PLANTATION**

**Collaborating Agency: Forest Department of Shimla, H.P**

**No. of Participants: 20**

In collaboration with the NSS unit of St. Bede's College and the Forest Department of Shimla, H.P., the cadets participated in a tree plantation activity at Bhattakufar, Shimla on July 23, 2019. During the event, they planted Blue Pine (*Pinus wallichiana*) and Horse Chestnut (*Aesculus indica*) tree plants.

**Objective:** The primary objective of the tree planting activity was to provide educational opportunities for individuals, schools, and communities. By engaging in hands-on tree planting, participants had the chance to learn about the significance of trees, ecosystems, and environmental stewardship. This initiative aimed to educate and inspire future generations towards environmental conservation.

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## **St. Bede's College Shimla**

**Outcome:** The tree planting activity had several positive outcomes. First, the planted trees, such as Blue Pine and Horse Chestnut, act as natural sound barriers, effectively absorbing and reducing noise pollution from nearby roads. This contributes to creating a quieter and more peaceful living environment for the surrounding area.

Second, the newly planted trees provide spaces for relaxation, exercise, and social gatherings. They create green areas where community members can engage with nature, promoting a sense of well-being and fostering community engagement.



*Tree Plantation (July 23, 2019)*

### **AWARENESS RAISING PROGRAMME ON HIV/AIDS**

**Collaborating Agency: Portmore and Bharari Govt. school**

**No. of Participants: 7**

The Cadets of St. Bede's College gave a presentation on HIV/AIDS in two schools, Portmore and Bharari Govt. schools on August 26, 2019.

**Objective:** The objective of conducting an awareness raising program on HIV/AIDS at government schools was to provide students with accurate information about HIV/AIDS, raise awareness about the disease, its prevention, and combat stigmatization and discrimination associated with it.

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## St. Bede's College Shimla

Presentation and Questionnaire: The awareness raising program involved presentations given by cadets from the school. The first presentation was delivered by Cdt. Sasha Seli, Cdt. Pronatti Wylie, and Cdt. Bhakti Nehraik, while the second presentation was given by Cdt. Chavi Tewari, Cdt. Arundhati Chandel, Cdt. Isha Seli, and Cdt. Ankita Jamwal. These presentations served as platforms to educate students about various aspects of HIV/AIDS, including transmission, prevention, and the importance of empathy and support for individuals living with the disease.

Additionally, questionnaires were distributed to the students to assess the effectiveness of the awareness campaign. These questionnaires aimed to gauge the students' understanding of HIV/AIDS, evaluate any changes in their perceptions, and identify areas where further education and support may be needed.

**Outcome:** The awareness program on HIV/AIDS at government schools had several positive outcomes. Firstly, it helped foster empathy and support for individuals living with HIV/AIDS. By providing accurate information and dispelling misconceptions, the program encouraged students to understand the challenges faced by those affected by the disease and promotes inclusivity and compassion.

Secondly, sensitizing students to the experiences of others contributed to a more supportive and caring environment. By gaining knowledge about HIV/AIDS, students can actively engage with their peers, share information, and promote responsible behaviour.

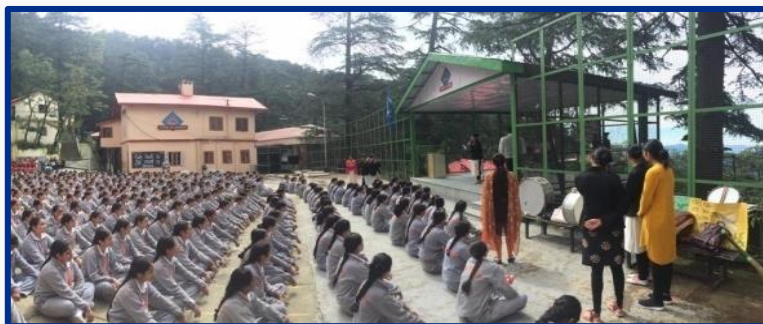


*Awareness Raising Programme on HIV/AIDS (August 26, 2019)*

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## St. Bede's College Shimla



### *Awareness Raising Programme on HIV/AIDS (August 26, 2019)*

#### **MASS AWARENESS RALLY PHASE I**

**Collaborating Agency: Adopted Village Halog, Dhami**

**No. of Participants: 13**

An awareness rally related to Swachhta was conducted at the adopted village Halog, Dhami on September 18, 2019.

**Objective:** The primary objective of conducting a rally was to educate and inform the general public about a specific issue or cause. The rally aimed to bring attention to the topic, highlighting its importance and creating a sense of urgency among the participants and spectators.

During the rally, the NCC cadets were joined by the students of Dhami Public School. Together, they raised slogans of Swachh Bharat, emphasizing the significance of cleanliness and spreading awareness about the cause. The rally served as a platform for participants to express their support and actively engage with the message of cleanliness.

**Outcome:** The impact of the rally went beyond the event itself. By educating and informing the general public, the rally inspired individuals to make conscious choices and adopt new habits aligned with the cause of cleanliness. The rally laid the foundation for ongoing efforts, awareness campaigns, and initiatives that continue to address the issue even after the rally is over. By sensitizing individuals and communities, the rally inspired a sense of responsibility and encourages active participation in cleanliness initiatives.

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**St. Bede's College Shimla**



*Mass Awareness Rally Phase I*



*Mass Awareness Rally Phase I (September 18, 2019)*

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## St. Bede's College Shimla

### **MASS MOBILIZATION INCLUDING MC**

**Collaborating Agency: Municipal Corporation**

**No. of Participants: 10**

On September 19, 2019, the cadets of St. Bede's College in collaboration with Municipal Corporation, Shimla engaged and motivated a wide range of partners and allies at national and local levels to raise awareness through a Nukkad Natak emphasizing the new initiatives taken by MC, Shimla to keep Shimla green and clean.

**Objective:** The primary objective of organizing a Nukkad Natak (street play) was to create awareness among the public about the importance of keeping Shimla green and clean. The Nukkad Natak aimed to educate and inform people about the impact of their actions on the environment and the need for sustainable practices. It sought to inspire individuals to take responsibility for their actions and adopt behaviors that contribute to a cleaner and greener Shimla.

During the Nukkad Natak, performances, dialogues, and storytelling techniques were utilized to convey the message effectively. The Nukkad Natak engaged the spectators through visual and interactive elements, making them active participants in the awareness-building process. The play highlighted issues such as waste management, pollution reduction, and natural resource conservation, emphasizing the need for immediate action.

**Outcome:** The Nukkad Natak had a powerful impact on the audience. The performances, dialogues, and storytelling created empathy and resonate with individuals, making the message more impactful and memorable. The visual and interactive nature of the play engaged the spectators, capturing their attention and involving them emotionally in the awareness-building process.

By witnessing the Nukkad Natak, individuals were motivated to take immediate action. The play inspired them to actively participate in cleanliness drives, tree plantation initiatives, waste management campaigns, and other environmental conservation efforts. The Nukkad Natak served as a catalyst for behaviour change, encouraging individuals to adopt sustainable practices and contribute to a cleaner and greener Shimla. The interactive nature of the play encouraged dialogue and collaboration among the audience members, promoting a sense of unity and collective action

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**St. Bede's College Shimla**



*Mass Mobilization Including MC (September 19, 2019)*



*Mass Mobilization Including Mc (September 19, 2019)*

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## St. Bede's College Shimla

### **DRUG AWARENESS**

**Collaborating Agency: Adopted Village, Halog Dhammi**

**No. of Participants: 12**

NCC cadets of St. Bede's College, Shimla delivered an awareness lecture on Drug abuse at Halog village, Dhami on September 21, 2019.

**Objective:** The objective of conducting an awareness lecture on drug abuse was to educate and inform individuals about the dangers and consequences of drug abuse. The lecture aimed to raise awareness about the prevalence and impact of substance abuse on individuals, families, and society. It also sought to promote prevention, intervention, and treatment options available for those affected by drug abuse.

In this particular village adopted by St. Bede's College, a total of six cadets performed the activity. The awareness lecture focused on educating and empowering adolescents about the prevention of drug abuse and its detrimental impact on an individual's mental and physical well-being. The lecture provided accurate and up-to-date information about various drugs, their effects on physical and mental health, addiction, and the associated consequences.

**Outcome:** The awareness lecture on drug abuse aimed to inspire individuals to make positive choices and adopted a drug-free lifestyle. By providing the community with accurate information and raising awareness about the risks and consequences of drug abuse, the lecture encouraged individuals to make informed decisions and resist the temptations of drug use.

The lecture also played a crucial role in reducing the prevalence of drug abuse and its associated harms in the community. By increasing awareness, individuals were empowered to take preventive measures, seek intervention when necessary, and access available treatment options. The lecture contributed to the overall well-being of individuals and the community by promoting a drug-free environment and fostering a supportive and healthy society.

Moreover, the awareness lecture helped to combat the stigma surrounding drug abuse. By providing accurate information and dispelling myths and misconceptions, it promoted a compassionate and understanding approach towards individuals struggling with drug addiction. It encouraged the community to offer support, empathy, and access to appropriate resources for those in need.

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## St. Bede's College Shimla



*Drug Awareness September 21, 2019*

### **NUKKAD NATAK PHASE I: THEME "CLEANLINESS, AN INDIVIDUAL'S RESPONSIBILITY"**

**Collaborating Agency: Bharari Government school and Govt. Model Senior Secondary Portmore School**

**No. of Participants: 9**

Nukkad Natak Phase I was performed at St. Bede's College, Bharari Government school and Govt. Model Senior Secondary Portmore School (Shimla) on September 21, 2019.

**Objective:** The objective of performing a Nukkad Natak (street play) on the theme "Cleanliness, an Individual's Responsibility" was to raise awareness about the importance of cleanliness and personal responsibility in maintaining a clean environment. It aimed to engage and educate the audience through a dramatic performance that highlighted the positive impact of cleanliness on society and encouraged individuals to act.

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## St. Bede's College Shimla

The Cadets performed a Nukkad Natak on cleanliness, depicting the role of an individual under the Swachh Bharat Mission. Through the performance, they showcased the significance of cleanliness in various aspects of life, such as personal hygiene, waste management, and community well-being. The play incorporated engaging dialogues, gestures, and visual elements to capture the attention of the audience and convey the message effectively.

**Outcome:** The Nukkad Natak on cleanliness aimed to create awareness among the audience about the significance of cleanliness and its direct impact on individual well-being and the overall health of the community. By showcasing the positive outcomes of a clean environment, the street play intended to inspire individuals to take responsibility for their surroundings and actively contribute to maintaining cleanliness.

The performance sought to empower the audience by showing them that they had the ability to make a difference through their actions. It emphasized the role of every individual in creating a clean and healthy society.



*Nukkad Natak Phase I: Theme "Cleanliness, An Individual's Responsibility" (September 21, 2019)*

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## St. Bede's College Shimla



*Nukkad Natak Phase I: Theme “Cleanliness, An Individual’s Responsibility” (September 21, 2019)*

### **CLEANING OF STATUES, PUBLIC PARKS AND HISTORICAL MONUMENTS**

**Collaborating Agency: Community**

**No. of Participants: 20**

A cleanliness drive was carried out by the NCC cadets on September 23, 2019.

**Objective:** The primary objective was to preserve the statues, public parks, and historical monuments by removing dirt, pollutants, and other contaminants that could cause damage or deterioration over time. The cleaning efforts aimed to enhance the understanding and appreciation of these cultural and historical landmarks by showcasing their significance and ensuring their long-term preservation. The cadets cleaned the Old Age Park on IGMC road, Children park in Sanjauli, Open Gym Park in Navbahar, Rani Jhansi Park on Mall Road, and Daulat Singh Park on The Ridge. Additionally, they focused on cleaning the statues of Indira Gandhi on The Ridge, Mahatma Gandhi and Lala Lajpat Rai at Scandal Point, Rani Jhansi on Mall Road, and Dr. Yashwant Singh Parmar at Daulat Singh Park on The Ridge. They also cleaned the areas in and around the Heritage monument, Christ Church.

**Outcome:** The cadets' cleaning efforts have played a crucial role in raising awareness among the society about the importance of preserving local heritage. Their dedication and hard work demonstrated the power of community engagement in maintaining public spaces. By actively participating in the cleaning activities, the cadets inspired individuals to take ownership and pride in their surroundings and instilled a sense of responsibility for the upkeep of public spaces and historical sites.

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The cleaning initiatives led by the cadets served as a catalyst for community-driven efforts in preserving



### St. Bede's College Shimla

and maintaining public parks and historical monuments. Their actions have motivated individuals to come together, volunteer their time and resources, and actively contribute to the preservation of their local heritage.



*Cleaning of Statues, Public Parks and Historical Monuments (September 23, 2019)*



*Cleaning of Statues, Public Parks and Historical Monuments (September 23, 2019)*

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## St. Bede's College Shimla

### MASS AWARENESS RALLY PHASE II

**Collaborating Agency: Community**

**No. of Participants: 13**

A door-to-door campaign on Segregation of waste into biodegradable and non-biodegradable category was carried out by the NCC cadets.

**Objective:** The objective of the door-to-door campaign on the segregation of waste into biodegradable and non-biodegradable categories was to raise awareness among the residents about proper waste management practices. The campaign aimed to emphasize the importance of separating waste materials based on their biodegradability, promoting a more sustainable and environmentally friendly approach to waste disposal.

On September 24, 2019, the cadets conducted a door-to-door campaign in the North Oak area of Sanjauli, Rocky Knob in the Upper Shangti area, and Forest Road in Navbahar, Shimla, as part of the Swachh Bharat Abhiyan. They visited households and engaged with residents, providing information about waste segregation and its significance. During the campaign, the residents were asked to fill out questionnaires to assess their awareness of the five R's (Refuse, Reduce, Reuse, Recycle, Rot) and waste segregation practices.

**Outcome:** The campaign had a positive impact on society by increasing awareness and understanding of the importance of waste segregation. The residents gained valuable knowledge about waste management practices, enabling them to make more informed choices in their daily lives. By emphasizing the separation of waste into biodegradable and non-biodegradable categories, the campaign aimed to instil a sense of responsibility and encourage individuals to adopt sustainable waste management practices.

The campaign's outcome is expected to be reflected in the community's behaviour and engagement. As a result of the campaign, society may witness an increase in community involvement, with residents actively participating in waste segregation initiatives and organizing community clean-up drives. The campaign also aimed to inspire individuals to become advocates for better waste management practices, spreading awareness and encouraging their peers to adopt sustainable habits.

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**St. Bede's College Shimla**



*Mass Awareness Rally Phase II (September 24, 2019)*



*Mass Awareness Rally Phase II (September 24, 2019)*

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## St. Bede's College Shimla

### **CLEANING OF LOCAL PHC AND ANGANWADI CENTRES AT DHAMI**

**Collaborating Agency: Anganwadi centers and the PHC in Dhami**

**No. of Participants: 4**

The cadets made people of Genichi, Dhami aware about cleanliness of their Anganwadi centre and PHC on September 26, 2019.

**Objective:** The primary objective of the cleanliness drive was to ensure that the Primary Health Center (PHC) and Anganwadi centers in Dhami were clean, free from dirt, debris, and unhygienic conditions. The drive aimed to create a safe and healthy environment for patients, children, and staff, ultimately promoting better health outcomes and reducing the risk of infections. Additionally, the objective was to actively engage the villagers in the cleanliness efforts, fostering a sense of community ownership and collective responsibility for maintaining the cleanliness of these healthcare facilities.

The cadets, in collaboration with the villagers, undertook the task of cleaning the Anganwadi centers and the PHC in Dhami. They worked together to remove dirt, debris, and other unhygienic elements from the premises. Furthermore, the cadets extended their support by actively participating in immunization programs, assisting in ensuring the well-being of the community.

**Outcome:** The cleanliness drive had a significant impact on the community, fostering cooperation and collaboration among the villagers. By working together to clean and maintain the PHC and Anganwadi centers, the drive promoted a sense of unity and strengthened community bonds. The community members developed a sense of pride and ownership in these facilities, recognizing the importance of cleanliness and hygiene for better health outcomes.

The impact of the cleanliness drive goes beyond the physical cleanliness of the premises. It can lead to behaviour change among the villagers regarding cleanliness and hygiene practices. The active participation of community members in the drive can inspire them to adopt cleaner habits in their own homes and surroundings, contributing to a healthier and more hygienic community overall.

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**St. Bede's College Shimla**



*Cleaning of Local PHC and Anganwadi Centres at Dhami (September 26, 2019)*

प्रमाणित किया जाता है कि सेंट बेडस कॉलेज की एन.सी.सी की छात्र कुमारी छुवी तिवारी अपने तीन साथियों के साथ हमारे आंगन बाड़ी में आई और हमारी मदद करने का प्रस्ताव रखा उस हमारी पूर्ण रूप से मदद भी करी।

*Dhimi*  
A.W.W Halog Dhami.

*Cleaning of Local PHC and Anganwadi Centres at Dhami (September 26, 2019)*

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## St. Bede's College Shimla

### NUKKAD NATAK PHASE II AT RIDGE AND TOWN HALL

**Collaborating Agency: Amphitheatre (The Ridge) and Town Hall**

**No. of Participants: 12**

The Cadets performed a Nukkad Natak on Segregation of Waste at Amphitheatre (The Ridge) and Town Hall, Shimla under Swachh Bharat Mission on September 27, 2019.

**Objective:** The primary objective of the Nukkad Natak (street play) was to raise awareness about the importance of waste segregation and promote responsible waste management practices within the society. The aim was to educate and engage the audience through a dramatic performance that highlighted the significance of waste segregation and its positive impact on the environment.

Through dialogues, storytelling, and interactive performances, the cadets brought attention to the need for responsible waste management practices, emphasizing the importance of segregating waste into different categories such as recyclables, biodegradables, and non-recyclables. The play aimed to educate the audience about the benefits of waste segregation, including reducing environmental pollution, conserving resources, and promoting a cleaner and healthier community.

**Outcome:** By raising awareness about waste segregation and its importance, the Nukkad Natak inspired individuals to take an active role in waste management. It encouraged the formation of community groups, volunteer initiatives, and collaborations among community members to promote responsible waste segregation and management practices. The performance instilled a sense of collective responsibility and ownership among the audience, motivating them to actively participate in waste segregation initiatives and advocate for responsible waste management practices. It empowered individuals to make informed choices, adopt sustainable habits, and actively contribute to creating a cleaner and greener society.



*Nukkad Natak (September 27, 2019)*

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## St. Bede's College Shimla

### POSTER MAKING COMPETITION ON THE TOPIC "CLEAN INDIA OF MY DREAMS " AT DHAMI PUBLIC SCHOOL

**Collaborating Agency: Dhami Public School**

**No. of Participants: 5**

The cadets of 1HP NCC unit Bilaspur of St. Bede's College went to Dhami Public School to conduct a poster making competition on the topic "Clean India of my dreams " on October 20,2019.

**Objective:** The objective of the Poster Making Competition on the topic "Clean India of My Dreams" was to raise awareness among students about the importance of cleanliness and its impact on the overall well-being of the country. The competition aimed to encourage students to express their creative ideas and thoughts through art, while also fostering a sense of responsibility towards maintaining cleanliness in their surroundings.

The competition provided students with an opportunity to showcase their artistic skills and creativity while addressing the theme of cleanliness. Participants were tasked with creating posters that depicted their vision of a clean India. The competition encouraged students to think critically about the various aspects of cleanliness, including waste management, sanitation, hygiene practices, and community participation.

**Outcome:** As a result of the competition, students were exposed to different perspectives and ideas from their peers, which helped broaden their horizons and inspire innovative thinking about cleanliness issues. They gained a deeper understanding of the importance of cleanliness and its impact on the well-being of individuals and society as a whole.



*Poster Making Competition on The Topic "Clean India Of My Dreams" (October 20, 2019)*

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## St. Bede's College Shimla

### **CLEANLINESS DRIVE: THEME, "MERA SHEHAR SAAF HO ISME SABKA HAATH HO"**

**Collaborating Agency: Community**

**No. of Participants: 6**

A cleanliness drive was inaugurated with the theme, "Mera Shehar Saaf Ho Isme Sabka Haath Ho" on December 13, 2019.

**Objective:** The objective of the cleanliness drive was to promote and create awareness about cleanliness and hygiene practices in the community. The drive aimed to mobilize individuals, including cadets, to actively participate in cleaning their surroundings and take pride in maintaining a clean environment. The main focus of the drive was on the idea that one individual can make a difference.

During the cleanliness drive, the cadets cleaned the areas in and around the college. They actively participated in picking up litter, removing debris, and ensuring that the surroundings were clean and hygienic. Their involvement showcased their commitment to maintaining a clean environment and served as a powerful demonstration of the impact that individuals can have when they take responsibility for their surroundings.

**Outcome:** The participation of the cadets in the cleanliness drive had a significant impact on the community. By actively engaging in cleaning the roads and surroundings, the cadets became role models for others in the society. Their actions served as a powerful visual reminder of the importance of cleanliness and inspired others to take similar initiatives.

The influence of the cadets' participation in the cleanliness drive went beyond the event itself. It created a ripple effect, motivating and inspiring community members to actively contribute to the cleanliness and hygiene of their surroundings. The cadets' commitment and dedication to maintaining a clean environment inspired a culture of cleanliness within the community, encouraging individuals to take pride in their surroundings and make a positive impact.

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**St. Bede's College Shimla**



*Cleanliness Drive (December 13, 2019)*



*Cleanliness Drive (December 13, 2019)*

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## St. Bede's College Shimla

### TALK ON "GREEN CITY, CLEAN CITY MY DREAM CITY AT DHAMI

**Collaborating Agency: Dhami Public School**

**No. of Participants: 10**

A talk on "Green City, Clean City My Dream City." was conducted, at Dhami Public School, Shimla on December 15, 2019.

**Objective:** The objective of the talk on "Green City, Clean City: My Dream City" was to create awareness among the audience about the importance of environmental sustainability, cleanliness, and their role in building a better city. The talk aimed to inspire the audience to envision a city that is green, clean, and sustainable, where citizens actively participate in preserving the environment and maintaining cleanliness. It focused on highlighting the various aspects of a green and clean city, such as waste management, green spaces, renewable energy, pollution control, and sustainable practices.

During the talk, the students of the school interacted with great enthusiasm and actively participated by giving suggestions on how to keep the environment clean. They shared their thoughts and ideas on various aspects of a green and clean city, emphasizing the importance of individual actions in creating a sustainable future. The talk provided a platform for discussion and engagement, encouraging the audience to think critically about their role in building a greener and cleaner city.

**Outcome:** The talk had a significant impact on the audience, empowering them to make conscious choices in their daily lives and adopt sustainable practices. By raising awareness about the importance of environmental sustainability and cleanliness, the audience was inspired to take action and contribute to building a green and clean city.

The suggestions and ideas shared by the students during the talk served as a catalyst for change. The audience became more aware of the environmental issues their city faces and the potential solutions that can be implemented. They recognized the importance of waste management, conservation of resources, and reducing pollution.

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**St. Bede's College Shimla**



*Talk On "Green City, Clean City My Dream City" (December 15, 2019)*



*Talk On "Green City, Clean City My Dream City" (December 15, 2019)*

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## St. Bede's College Shimla

### AWARENESS RAISING CAMPAIGN AT IGMC, SHIMLA

**Collaborating Agency: IGMC Hospital**

**No. of Participants: 20**

The cadets cleaned the areas in and around IGMC Hospital under the theme 'One Individual Making a Difference on February 9, 2020'.

**Objective:** The objective of cleaning the areas in and around IGMC (Indira Gandhi Medical College) Hospital was to create a clean and hygienic environment that supports the health and well-being of patients, visitors, and healthcare providers. This cleaning initiative aimed to maintain cleanliness, prevent the spread of diseases, and enhance the overall ambience of the hospital premises. The cleaning activity took place in and around the IGMC Hospital premises. The cadets, along with other volunteers, worked diligently to remove dirt, debris, and other waste materials from the surroundings. They focused on areas such as the entrance, corridors, waiting areas, parking lots, and gardens, ensuring that all spaces were clean and presentable.

**Outcome:** The cleaning activity resulted in a significant improvement in the cleanliness and hygiene of the hospital premises. A clean and well-maintained environment is crucial for promoting the healing process, preventing the spread of infections, and creating a positive experience for patients, visitors, and healthcare providers.

By actively participating in the cleaning activity, the cadets and other volunteers set an example for others in the community. Their efforts showcased the importance of cleanliness and inspired individuals to take responsibility for their surroundings. The collaborative nature of the activity fostered a sense of unity and collective responsibility within the community.



*Awareness Raising Campaign at IGMC, Shimla (February 9, 2020)*

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## St. Bede's College Shimla

### MASS AWARENESS CLEANLINESS AND HYGIENE RALLY

**Collaborating Agency: Community**

**No. of Participants: 20**

The cadets of St. Bede's college, Shimla went for the mass awareness cleanliness rally to spread awareness on the hazards of litter in our water ecosystem on February 13, 2020.

**Objective:** The objective of the cleanliness rally was to spread awareness about the hazards of litter in our water ecosystem and promote responsible waste management practices. The rally aimed to educate and engage participants and the wider community on the importance of keeping our water bodies clean and free from pollution. The cadets, along with other participants, actively took part in the cleanliness rally. They distributed pamphlets and educational materials to the public, spreading awareness regarding water conservation, water cleanliness, and hygiene. Banners and slogans were prominently displayed, emphasizing the detrimental effects of litter on water quality, aquatic life, and the overall ecosystem.

**Outcome:** The cleanliness rally served as a powerful platform to spread the message beyond the participants. As the rally moved through different areas, it caught the attention of onlookers and bystanders. The visually impactful display, along with the enthusiastic participation of the cadets and other participants, generated curiosity and interest among the public. This led to conversations and discussions about the hazards of litter in water bodies, fostering a greater understanding of the issue.

The rally's impact extended beyond the immediate participants. Through the distribution of pamphlets and educational materials, the message reached a wider audience, including individuals who may not have been present at the rally. This increased awareness about the importance of responsible waste management practices and the need to keep our water bodies clean.

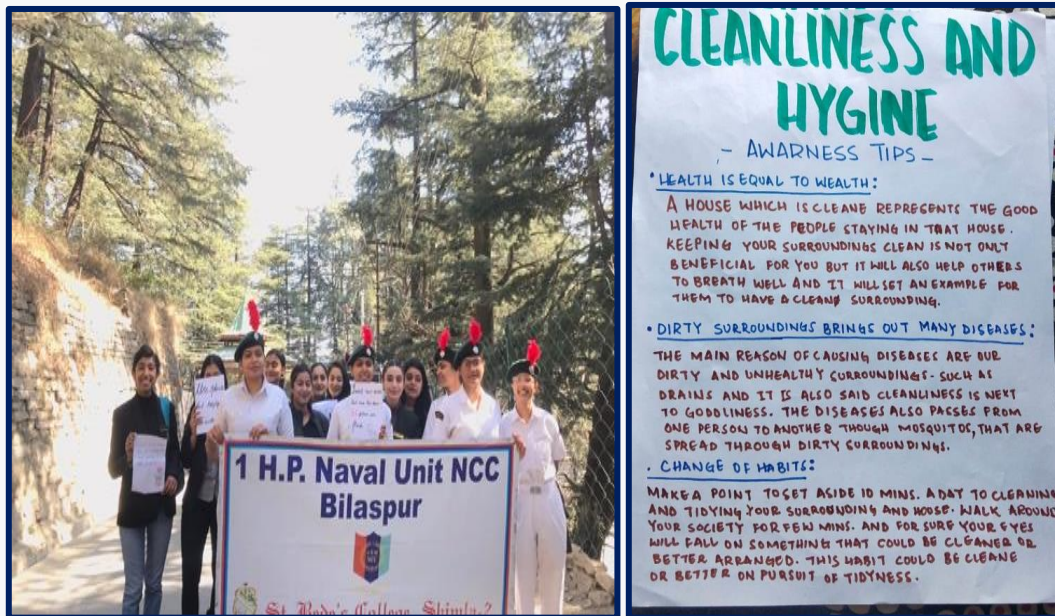


*Mass Awareness Cleanliness and Hygiene Rally (February 13, 2020)*

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## St. Bede's College Shimla



*Mass Awareness Cleanliness and Hygiene Rally (February 13, 2020)*

### **CURFEW AWARENESS**

**Collaborating Agency: Community**

**No. of Participants: 16**

Cadets made people aware of the Janta curfew through various social media platforms on March 20, 2020.

**Objective:** The objective of creating awareness about the Janta curfew for COVID-19 through various social media platforms was to inform and educate the society about the importance of self-imposed restrictions and social distancing measures during a pandemic. The Janta curfew was a voluntary curfew where citizens were encouraged to stay at home and limit social interactions to curb the spread of the virus.

Various social media platforms were utilized to disseminate information about the Janta curfew. Posts, videos, and infographics were shared, highlighting the purpose and significance of the curfew. The content emphasized the need for individual responsibility and collective action in combating the COVID-19 pandemic. It provided clear instructions on staying at home, practicing social distancing, and following hygiene protocols. Additionally, testimonials and success stories of individuals and communities adhering to the curfew were shared to inspire and motivate others.

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## St. Bede's College Shimla

Outcome: The awareness campaign on social media had a significant impact on the society. It created a widespread understanding of the Janta curfew and its importance in controlling the spread of COVID-19. The campaign informed individuals about the risks associated with the virus and the critical role they play in protecting themselves and others. Through the use of engaging and informative content, social media platforms effectively reached a wide audience, including individuals of different age groups and backgrounds.

As a result of the awareness campaign, there was an increased sense of responsibility among the society. People actively participated in the Janta curfew by voluntarily staying at home, avoiding unnecessary social gatherings, and practicing social distancing. The campaign generated a collective consciousness and unity in the society, with individuals recognizing the importance of their actions in preventing the spread of the virus.



### *Curfew Awareness (March 20, 2020)*

#### **TREE PLANTATION PAKHWADA**

**Collaborating Agency: Community**

**No. of Participants: 12**

The NCC cadets St. Bede's College of 1 HP Naval Unit, Bilaspur planted saplings and contributed towards Clean and Green India during the current pandemic situation on May 20, 2020.

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## St. Bede's College Shimla

**Objective:** The objective of planting saplings during COVID-19 at homes was to encourage individuals to take part in environmental conservation efforts and contribute to a greener and healthier society. By engaging in this activity, individuals aimed to demonstrate their commitment to preserving the environment and inspire others to do the same. Additionally, planting saplings at home provided an opportunity for individuals to connect with nature, promote biodiversity, and mitigate the impact of the pandemic on outdoor environmental activities.

**Outcome:** The participation of 16 cadets in planting saplings at home resulted in the planting of 32 saplings, including Mango, Karaka, Neem, Jamun, Ashoka, Apricot, Peach, Peepal, Pear, and Guava trees. Through their involvement in this initiative, the cadets became ambassadors for environmental conservation and shared their experiences to motivate others within their social circles. Peer influence played a significant role in sensitizing society and encouraging widespread participation.

The cadets took their efforts a step further by engaging in social media campaigns to raise awareness and promote the idea of planting saplings at home. By utilizing social media platforms, they reached a larger audience and inspired individuals to take similar actions in their own homes.



*Tree Plantation Pakhwada (May 20, 2020)*

**BACK**



## St. Bede's College Shimla

SESSION 2020-2021

### NCC UNIT, ST. BEDE'S COLLEGE UNDER 7HP (I) COY NCC SHIMLA

#### BLOOD DONATION CAMP

**Collaborating Agency: Community**

**No. of Participants: 40**

On November 22, 2020, a blood donation camp was organized at the Ridge in Shimla, where the cadets of the National Cadet Corps (NCC) came forward to donate blood.

**Objective:** The camp aimed to create awareness about the importance of blood donation and promote the theme 'Rakht Daan Jeevan Daan,' emphasizing the significance of giving the gift of life through blood donation.

The blood donation camp saw active participation from NCC cadets who selflessly volunteered to donate blood. The event was organized with the collaboration of medical professionals, ensuring a safe and efficient blood collection process. The cadets, driven by their sense of duty and compassion, eagerly participated in this noble cause.

The theme for the day, 'Rakht Daan Jeevan Daan,' highlighted the idea that donating blood is equivalent to giving the gift of life. It aimed to sensitize individuals about the critical need for blood donations and emphasized the role each person can play in helping others by contributing their precious blood. The camp provided an opportunity for cadets to experience the joy of saving lives and instilled in them a strong sense of social responsibility.

**Outcome:** The NCC cadets exhibited remarkable enthusiasm and dedication during the blood donation camp. Their active participation served as an inspiration to others, motivating them to recognize the importance of timely blood donations to meet the needs of the less fortunate. By actively engaging in this activity, the cadets sensitized themselves and others about the value of donating blood and the impact it can have on saving lives.

The camp encouraged the cadets to take a pledge to donate blood at least once a year, reinforcing the idea that regular blood donations can significantly contribute to meeting the growing demand for blood in medical emergencies and treatments. Through their active participation, the cadets imparted the value of blood donation to others, ultimately creating a culture of compassion and altruism within the community.

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## St. Bede's College Shimla



### *Blood Donation Camp (November 22, 2020)*

#### **SWACHHTA PAKHWADA**

**Collaborating Agency: Community**

**No. of Participants: 65**

On November 27, 2020, the cadets participated enthusiastically in an event aimed at spreading awareness on 'Swachhta' (cleanliness).

**Objective:** The objective of the event was to promote cleanliness and hygiene practices among the cadets and the wider community. Through their active involvement, the cadets sought to inspire positive changes in attitudes and behaviours towards cleanliness.

The cadets actively participated in various activities to spread awareness on 'Swachhta.' These activities included cleanliness drives, interactive sessions, and awareness campaigns. The event emphasized the importance of maintaining cleanliness in our surroundings, including homes, educational institutions, and public spaces.

The cadets took part in cleanliness drives where they actively cleaned and tidied up designated areas. They picked up litter, disposed of waste properly, and organized cleaning activities in parks, streets, and public places. These actions aimed to create visible and tangible improvements in the cleanliness of the surroundings.

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## St. Bede's College Shimla

Additionally, interactive sessions were conducted to educate the cadets about the importance of personal hygiene. The sessions covered topics such as handwashing, proper waste disposal, and maintaining clean and healthy living spaces. The cadets actively participated in discussions, asked questions, and shared their experiences and insights on maintaining cleanliness.

Furthermore, awareness campaigns were organized to reach a wider audience and create a lasting impact. The cadets utilized various mediums such as posters, banners, and social media platforms to convey the message of 'Swachhta.' They designed and displayed visually Appealing Posters With Powerful Messages About Cleanliness And Its Benefits. The Cadets Also leveraged social media platforms to raise awareness and encourage others to adopt clean and hygienic practices.

**Outcome:** The enthusiastic participation of the cadets in spreading awareness on 'Swachhta' had a significant impact on the event's outcome. Through their active involvement, the cadets successfully raised awareness about the importance of cleanliness and hygiene among their peers, educational institutions, and the wider community.

Cadets also uploaded video online to spread awareness regarding importance of Swachhata.

**Link for YouTube Video:** <https://youtu.be/xoWdChE1atw>



*Swachhta Pakhwada (November 27, 2020)*

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## St. Bede's College Shimla

### MAINTAINING PERSONAL HYGIENE

**Collaborating Agency: Community**

**No. of Participants: 80**

On December 6, 2020, the cadets actively participated in an activity focused on promoting good personal hygiene.

**Objective:** The objective of this initiative was to educate and inform viewers about the importance of personal hygiene, as well as the benefits of practicing proper hygiene habits.

The cadets presented three different ways to maintain good personal hygiene and outlined the necessary steps to follow. They took part in an activity where they created videos showcasing different aspects of maintaining good personal hygiene. These videos were designed to educate viewers about the significance of personal hygiene and provide practical guidance on adopting proper hygiene practices.

The cadets produced videos demonstrating and illustrating the best practices and methods of personal hygiene. They highlighted essential activities such as handwashing, teeth brushing, bathing, grooming, and other hygiene-related routines. The videos emphasized the correct techniques and steps involved in each aspect of personal hygiene.

The cadets ensured that the videos were informative, engaging, and visually appealing to capture the viewers' attention. They presented clear instructions, shared useful tips, and explained the benefits of maintaining good personal hygiene.

**Outcome:** By sharing their videos online, the cadets effectively reached a wider audience and extended the reach of their message. The videos served as educational tools, raising awareness about the importance of personal hygiene and its impact on overall health and well-being. The cadets provided valuable information on the best practices and steps to follow for proper personal hygiene routines.

[Link for YouTube Video: https://youtu.be/ySNjpnODXr8](https://youtu.be/ySNjpnODXr8)

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**St. Bede's College Shimla**



*Maintaining Personal Hygiene (December 6, 2020)*

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## St. Bede's College Shimla

### SPREADING AWARENESS ONLINE

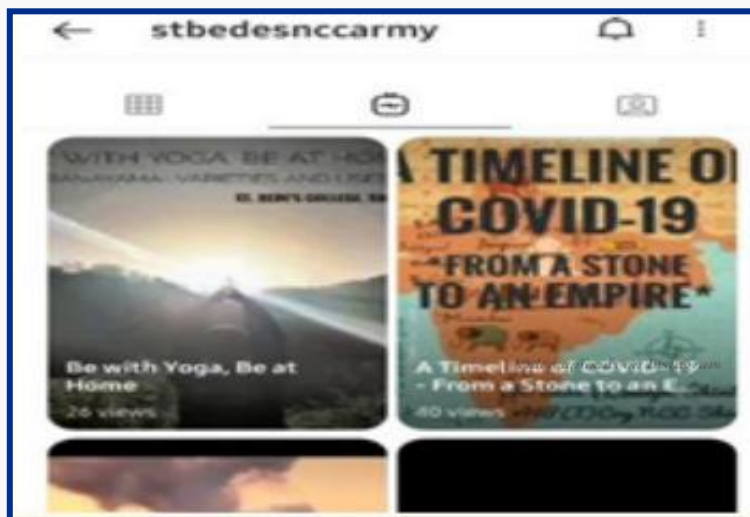
**Collaborating Agency: Community**

**No. of Participants: 100**

In response to the surge of COVID-19 and the need for remote engagement, the NCC unit of the college took the initiative to maintain its presence in the online world. On December 20, 2020, the NCC cadets established an Instagram page, a YouTube channel, and utilized Twitter to create a greater impact and reach a wider audience.

Instagram page: The NCC cadets created an Instagram page under the name @stbedesnccarmy. The page served as a platform for cadets to share their cherished moments and messages with the world. Since its inception, the cadets have been consistently posting on the page, actively engaging with their followers and showcasing their activities and achievements.

Through the Instagram page, the NCC cadets shared pictures and videos of their various events, training sessions, and community service initiatives. They used captions and descriptions to convey meaningful messages, raising awareness about social issues, patriotism, and the importance of NCC in their lives. The Instagram page allowed the cadets to connect with a diverse audience and inspire others through their experiences.



*Video uploads on Instagram (December 20, 2020)*

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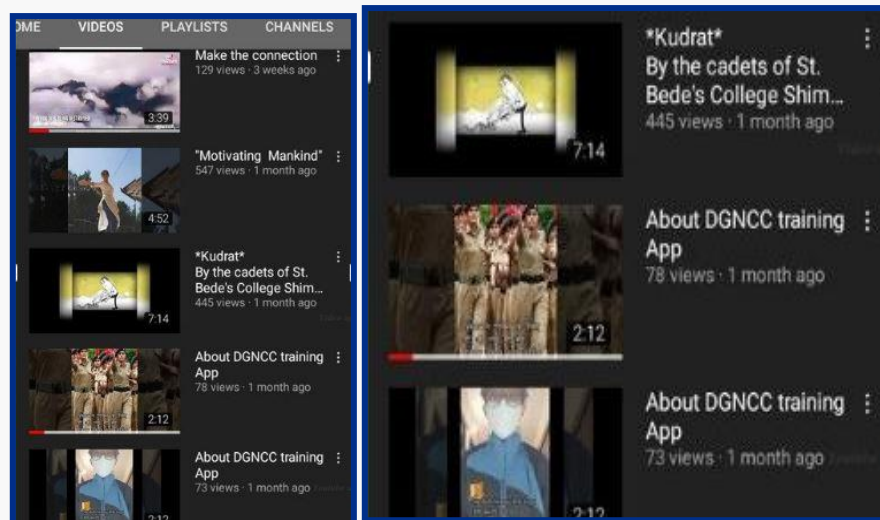


## St. Bede's College Shimla

YouTube channel: Recognizing the power of video content, the NCC cadets established a YouTube channel to spread awareness and deliver impactful messages. The YouTube channel provided a larger platform for the cadets to showcase their work and reach out to a broader audience.

The NCC cadets prepared videos with meaningful messages and educational content. These videos covered a wide range of topics, including NCC training, discipline, leadership, and social responsibility. By sharing their experiences and insights, the cadets aimed to inspire and motivate viewers while creating awareness about the NCC and its role in shaping young individuals.

The YouTube channel- <https://www.youtube.com/channel/UCRyVrGV9Lqg2cWHaHBF5g3Q>



*YouTube uploads on the channel (December 20, 2020)*

Twitter: The NCC cadets utilized Twitter as a platform to share their work and connect with a larger audience. Through their official Twitter handle, they shared updates, achievements, and photographs from their various activities and events. Their outreach efforts on Twitter caught the attention of the Directorate's official Twitter handle, further increasing their visibility and recognition.

By leveraging Twitter's reach and engagement features, the NCC cadets effectively disseminated information about their initiatives, projects, and the impact they were making in their community. They used tweets to convey messages of patriotism, discipline, and social responsibility, inspiring others to join their cause and support the NCC's mission.

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## St. Bede's College Shimla



*YouTube uploads on the channel (December 20, 2020)*

### STATUE CLEANING

**Collaborating Agency: Community**

**No. of Participants: 35**

On February 20, 2021, the cadets took the initiative to voluntarily clean public statues in their community.

**Objective:** This activity aimed to contribute towards maintaining the cleanliness and preserving the cultural heritage of the statues.

The cadets demonstrated their commitment to civic responsibility and actively participated in the cleaning process. The cadets enthusiastically engaged in the voluntary cleaning of public statues in their community. They organized themselves into groups and identified statues that required cleaning and maintenance. Equipped with cleaning tools, water, and appropriate cleaning agents, the cadets meticulously worked towards restoring the statues to their original condition.

The cleaning process involved removing dirt, dust, and grime from the surfaces of the statues. The cadets used soft brushes, sponges, and gentle cleaning solutions to avoid causing any damage. They paid attention to intricate details and delicate areas of the statues, ensuring that the cleaning process was thorough yet gentle.

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## St. Bede's College Shimla

The cadets took pride in their work and showcased their dedication to preserving the cultural heritage represented by these public statues. Their efforts aimed to enhance the visual appeal of the statues and create a clean and aesthetically pleasing environment for the community to enjoy.

**Outcome:** By actively engaging in the cleaning process, the cadets contributed to the preservation of cultural heritage represented by the public statues. Their efforts ensured that these important symbols of history and art were well-maintained and visually appealing for the community.

Link for YouTube Video: [https://youtu.be/hIWPrB\\_z-V0](https://youtu.be/hIWPrB_z-V0)



*Cleaning the statue of St. Bede's at St. Bede's College Cleaning the statue of Late Atal Bihari Vajpayee  
Cleaning the statue of Rani of Jhansi (February 20, 2021)*

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## St. Bede's College Shimla

### COVID-19 AWARENESS ACTIVITIES

**Collaborating Agency: Community**

**No. of Participants: 98**

The cadets made an effort to send messages regarding precautions to be taken to prevent corona through paintings, posters and poems on May 4, 2021.

**Objective:** The objective of conducting covid awareness activities was to inform and educate the people about the coronavirus disease (COVID-19), its causes, symptoms, prevention, and treatment. It aimed to support and empower the people to cope with the challenges and difficulties posed by COVID-19, such as stress, anxiety, isolation, stigma, etc.

**Outcome:** Cadets were able to engage a large and diverse audience with creative and catchy messages on COVID-19 and how to prevent and treat it. They inspired and motivated the people to follow the health guidelines and to get themselves vaccinated. This activity helped in enhancing the artistic and communication skills of the cadets as they wrote poems and designed posters.

Link for YouTube Video: <https://youtu.be/8MU14Aq1fSI>



*Covid-19 Awareness Activities (May 4, 2021)*

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## St. Bede's College Shimla

### **NCC UNIT, ST. BEDE'S COLLEGE UNDER 1HP NAVAL UNIT BILASPUR TREE PLANTATION**

**Collaborating Agency: Community**

**No. of Participants: 12**

On July 15, 2020, a tree plantation drive was organized by the NCC cadets, with a focus on promoting environmental conservation and sustainability. Despite the challenges posed by the ongoing COVID-19 pandemic, the cadets took diligent precautions and planted a total of 40 saplings in their nearby areas. This initiative aimed to create awareness about the significance of tree plantation and its multifaceted benefits.

**Objective:** The primary objective of the tree plantation drive was to motivate individuals and organizations to actively participate in tree planting activities. By doing so, the drive aimed to improve the environment, create habitats for wildlife, generate timber and other forest products, and enhance the overall aesthetic appeal of the landscape.

In adherence to the COVID-19 safety guidelines, the NCC cadets diligently carried out the tree plantation drive. They selected suitable locations in their nearby areas and planted a diverse Range Of Saplings. Each Cadet Actively Participated In The Process, Ensuring Proper Planting techniques and care for the saplings. The event fostered a sense of responsibility and ownership towards the environment among the cadets, instilling in them a deep understanding of the vital role trees play in maintaining ecological balance.

**Outcome:** The tree plantation drive yielded positive outcomes for both nature and the human community. Trees act as natural carbon sinks, absorbing carbon dioxide and releasing oxygen, thereby mitigating greenhouse gas emissions and combating climate change. The newly planted saplings will contribute to reducing air pollution, improving air quality, and enhancing the overall well-being of the surrounding ecosystem.

Moreover, the presence of trees provides various benefits to humans as well. They offer spaces for relaxation, exercise, and social gatherings, fostering community engagement and overall well-being. The successful implementation of the tree plantation drive also served as a source of inspiration for the family members of the cadets, motivating them to actively participate in similar initiatives and contribute to a greener future.

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## St. Bede's College Shimla



### *Tree Plantation (July 15, 2020)*

#### **BE VOCAL ABOUT LOCAL ACTIVITY**

**Collaborating Agency: Adopted Village, Halog, Dhami**

**No. of Participants: 30**

The cadets of St. Bede's College, under the 1 HP Naval Unit NCC Bilaspur, actively participated in a series of activities from 4th to 13th August 2020 to promote the "Be Vocal about Local" initiative. They took the initiative to raise awareness in their neighborhood and adopted village, Halog, Dhami. Through various creative means such as poems, e-posters, videos, slogans, mass awareness campaigns, and social media outreach, the cadets aimed to highlight the significance of supporting local products and industries.

**Objective:** The objective of the "Vocal for Local" initiative is to transform India into a robust local market by promoting and encouraging the use of Indian-made products at a global level. By generating demand for local goods and services, the campaign aims to bolster domestic industries and reduce reliance on external funding. The cadets' activities sought to educate and engage the community, emphasizing the importance of supporting local businesses and artisans.

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## St. Bede's College Shimla

The cadets displayed their enthusiasm and dedication by actively engaging in various activities throughout the campaign. They utilized their creative talents to write thought-provoking poems, design captivating e-posters, and create impactful videos that showcased the value and uniqueness of local products. The cadets also conducted mass awareness campaigns in their surrounding areas, disseminating information about the benefits of purchasing and using locally made goods. Additionally, they utilized social media platforms to reach a wider audience and encourage them to embrace local products.

One significant aspect of the campaign was the cadets' visit to the adopted village, Halog, Dhami. They interacted with the villagers, shared insights about the importance of supporting local businesses, and encouraged them to produce and consume local products. By actively engaging with the community, the cadets fostered a sense of pride in local craftsmanship and motivated individuals to contribute to the economic growth of Himachal Pradesh.

**Outcome:** The awareness campaign led by the NCC cadets had a positive impact on the community. Through their efforts, they successfully educated and inspired people to prioritize local products, thereby enhancing the economic status of Himachal Pradesh. By promoting the consumption of local goods, the cadets contributed to the growth of domestic industries and empowered local artisans and businesses.

Furthermore, the campaign served as a valuable learning opportunity for the cadets themselves. Their visits to different villages and interactions with the villagers allowed them to witness firsthand the impact of their efforts. It provided them with practical insights into the importance of supporting local communities and nurturing a sustainable economy.

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## St. Bede's College Shimla



### *Be Vocal About Local Activity (August 4-13, 2020)*

#### **YOGA AWARENESS**

**Collaborating Agency: Community**

**No. of Participants: 50**

The cadets of St. Bede's College, under the 1 HP Naval Unit NCC Bilaspur, actively participated in various activities from 20th to 27th August 2020 as part of the Fit India movement. They engaged in a range of activities including creating yoga asanas tutorial videos, practicing and demonstrating various yoga poses, designing e-posters, spreading awareness through social media, conducting mass awareness campaigns, and even performing household chores. Their aim was to promote fitness and create awareness about the importance of yoga in maintaining physical and mental well-being.

**Objective:** The objective of the yoga awareness campaign under the Fit India movement was to encourage individuals to adopt fitness as a part of their daily routine. By promoting yoga and other physical activities, the campaign aimed to emphasize that fitness can be easily accessible, enjoyable, and free.

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## St. Bede's College Shimla

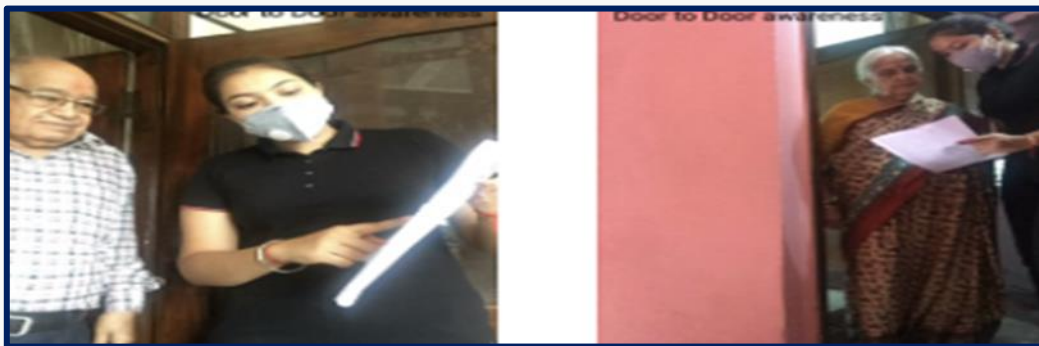
The cadets aimed to educate people about the benefits of yoga in developing physical strength, mental balance, and overall well-being. Additionally, the Fit India movement aimed to promote indigenous sports, establish fitness protocols, encourage youth engagement, and create Fit India yoga centres.

The cadets enthusiastically participated in various activities to promote yoga awareness and fitness. They created tutorial videos showcasing different yoga asanas, explaining their significance, and guiding viewers on proper execution. The cadets themselves practiced these asanas and encouraged their family and friends to join them, thereby fostering a culture of fitness within their social circles. They actively shared their experiences and learnings through e-posters and social media posts, reaching a wider audience and spreading awareness about the benefits of yoga.

In addition to yoga, the cadets engaged in mass awareness campaigns to promote fitness and healthy lifestyles. They emphasized the importance of physical activities such as yoga, sports, and indigenous games in maintaining overall fitness. Furthermore, the cadets demonstrated their dedication to physical well-being by actively participating in household chores, showcasing the significance of staying physically active in daily life.

**Outcome:** The yoga awareness campaign led by the NCC cadets had a positive impact on individuals who embraced the practice of yoga. Regular yoga practice not only improves physical health but also enhances mental well-being, bringing joy, peace, and a sense of connection to oneself and the world. Through their active participation and engagement, the cadets inspired and motivated others to incorporate yoga into their lives, leading to improved overall health and well-being.

The cadets' efforts extended beyond their immediate circle, as they utilized social media platforms to create awareness and encourage others to join the Fit India movement. Their videos, posts, and discussions served as a catalyst for individuals to explore yoga and embrace a fitness-oriented lifestyle. By spreading the message and benefits of yoga, the cadets contributed to the broader goal of promoting fitness and overall well-being.



*Yoga Awareness (August 20-27, 2020)*

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## St. Bede's College Shimla

### **FREEDOM RUN**

**Collaborating Agency: Community**

**No. of Participants: 25**

St. Bede's College conducted the "Freedom Run Movement" from 22nd August to 2nd October 2020 as a part of the Fit India movement and in celebration of the Azadi Ka Amrit Mahotsav, commemorating India's 75th anniversary of independence.

**Objective:** The primary objective of the Freedom Run Movement was to inspire individuals to prioritize their health and well-being by engaging in physical activities. The movement aimed to free participants from the shackles of obesity, laziness, stress, anxiety, and various diseases associated with a sedentary lifestyle.

The cadets actively participated in this movement, taking part in their hometowns, to promote fitness and encourage individuals to break free from sedentary lifestyles and embrace a healthier way of living. By encouraging citizens to adopt fitness as a part of their daily routine, the movement aligned with the Fit India campaign's mission to promote a culture of active living across the nation.

**Outcome:** The cadets exhibited great enthusiasm and actively participated in the Freedom Run Movement. The movement's outcomes were twofold. Firstly, it aimed to improve the fitness and health of the participants. By engaging in regular physical activities such as running, the cadets took a significant step towards enhancing their cardiovascular endurance, strength, and overall fitness levels. This improvement in physical fitness not only benefits the individuals directly involved but also serves as an inspiration for others to follow suit.

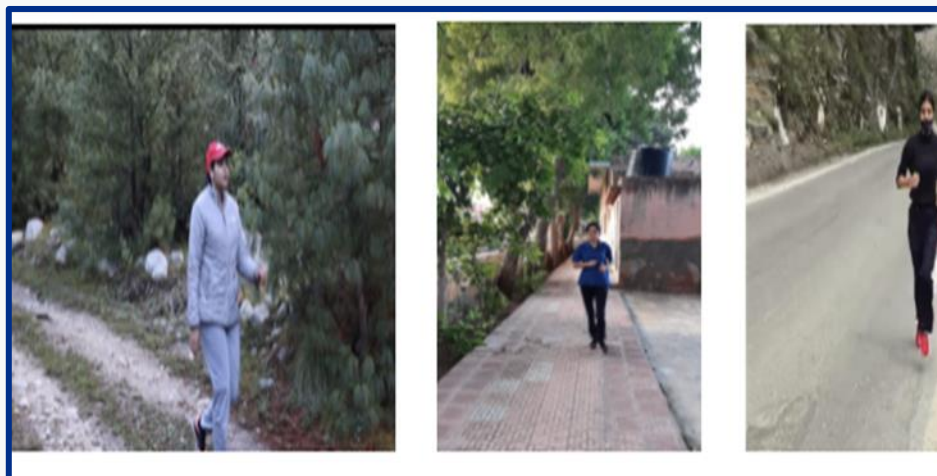
Secondly, the movement aimed to create awareness about the importance of physical activity and its impact on one's overall well-being. By actively participating in the Freedom Run Movement, the cadets became ambassadors for the Fit India movement, motivating and inspiring others to embrace a more active lifestyle. The movement aimed to instill a sense of responsibility and ownership in citizens, encouraging them to prioritize their health and actively engage in fitness activities.

By involving cadets in their hometowns, the movement had a broader reach, spreading the message of fitness and freedom from sedentary habits across various communities. The cadets' participation showcased their commitment to leading a healthy and active life, inspiring others to follow suit and contribute to the fitness revolution.

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## St. Bede's College Shimla



### *Freedom Run (August 22 - October 2, 2020)*

#### **NEP AWARENESS**

**Collaborating Agency: Community**

**No. of Participants:10**

From October 2, 2020, to October 23, 2020, the NCC cadets of St. Bede's College conducted various activities to raise awareness about the National Education Policy (NEP). These activities included webinars, mass awareness programs, creating e-posters, producing video clips, and sharing them on the YouTube channel

**Objective:** The primary objective of the NEP awareness campaign was to inform and educate stakeholders and the general public about the features and benefits of the National Education Policy 2020 (NEP 2020). The NEP aims to bring about a comprehensive transformation of India's education system by 2030. By creating awareness about the NEP, the campaign sought to create a positive environment for the adoption of the policy and encourage active participation from students, teachers, parents, institutions, and other stakeholders.

**Outcome:** The NEP awareness activities had several positive outcomes. Firstly, they helped students, teachers, parents, and other stakeholders understand the vision, mission, objectives, and features of the NEP 2020. This understanding enabled them to grasp how the policy will shape and transform the education system in India by 2030.

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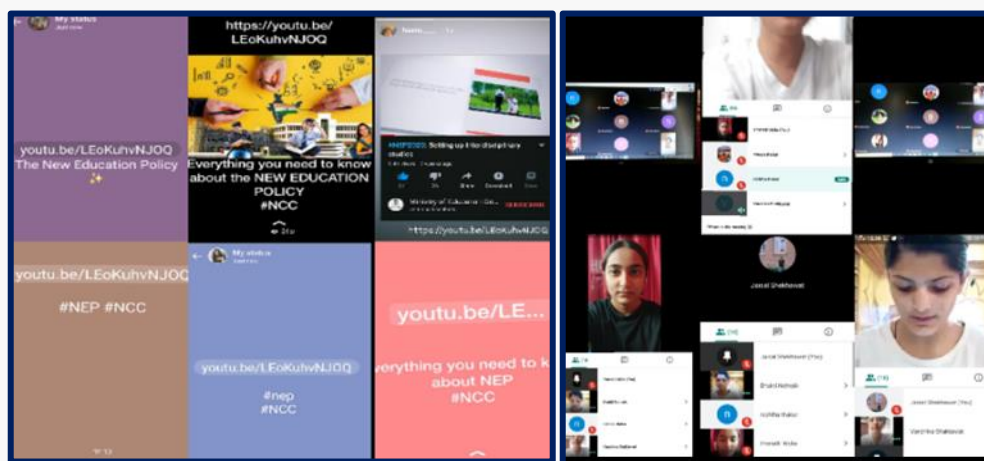


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Additionally, the awareness campaign empowered students to make informed choices about their learning trajectories and programs. The NEP emphasizes multidisciplinary learning and encourages students to pursue their interests and talents across various disciplines and domains. By promoting this understanding, the cadets played a crucial role in guiding students towards personalized and holistic education.

Moreover, the NEP awareness activities allowed the cadets to effectively disseminate knowledge about the policy. By sharing videos on social media platforms and organizing webinars, they reached a wider audience and created awareness about the NEP's significance and potential impact on education in India.

Link for YouTube Video: <https://youtu.be/vs1bCtYmP8o>



### *NEP Awareness (October 22- 23, 2020)*

#### **PLANTATION DRIVE**

**Collaborating Agency: Adopted Village at Halog**

**No. of Participants:12**

A tree Plantation drive was conducted on 25th November 2020 by the cadets where they planted various saplings in their nearby areas. A few cadets visited the adopted village at Halog to plant the saplings and spread awareness regarding the importance of trees for the healthy ecosystem.

**Objective:** The objective of the plantation drive was to plant more trees and increase the green cover of the land.

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## St. Bede's College Shimla

**Outcome:** Through his plantation drive Cadets helped in promoting environmental awareness and education among the public about the importance and benefits of trees. It also helped in instilling a sense of responsibility and ownership among the cadets and the public towards the protection and preservation of trees.



*Plantation Drive (November 25, 2020)*

### SWACHHATA CAMPAIGN

**Collaborating Agency: Community**

**No. of Participants: 90**

On 25th November 2020, the cadets performed various activities under the Swachhata campaign keeping in mind all the COVID-19 norms. The activities performed by the cadets were: Statue Cleaning, Mass Awareness on Cleanliness, Poster Making.

**Objective:** The objective of the Swachhata campaign was to promote cleanliness and sanitation in India and to achieve the vision of a 'Clean India' by 2nd October 2019. The Swachhata campaign also aimed to create public awareness about hygiene and health, to involve community participation in cleanliness activities, and to provide impetus on implementation of Swachh Bharat Mission.

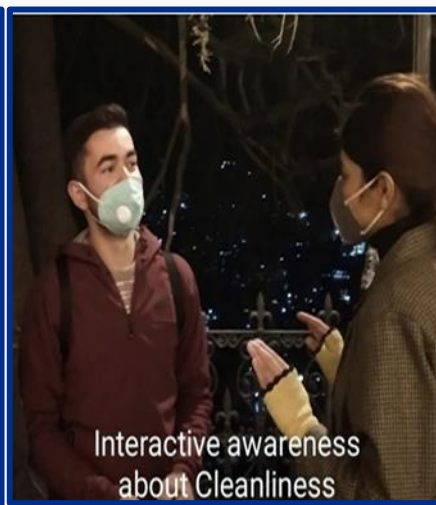
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**Outcome:**



## St. Bede's College Shimla

Through this activity Cadets were able to spread the message of Swachh Bharat by urging people through words and actions. Cadets also inspired people to adopt a green lifestyle that can reduce their environmental impact and improve their well-being. Cadets also motivated peers and other people to clean the statues and make the surroundings clean.



### *Swachhata Campaign (November 25, 2020)*



### *Swachhata Campaign (November 25, 2020)*

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## St. Bede's College Shimla

### SWACHHTA ACTIVITIES

**Collaborating Agency: Community**

**No. of Participants: 85**

From 1st-14th January 2021, the cadets of St. Bede's College, Shimla under 1 HP Naval Unit NCC Bilaspur performed the following activities under the Swachhta campaign keeping in mind all the COVID-19 norms. The cadets made sure to wear proper masks while performing all the activities. The activities that the cadets performed are as follows:

Cleaning of public statues

Poster making

Interactive awareness

**Objective:** The objectives of conducting Swachhata activities were to eliminate open defecation and ensure universal access to toilets and sanitation facilities and to encourage behavioral change and social norms towards cleanliness and sanitation among people.

**Outcome:** Cadets created awareness and action towards cleanliness, sanitation, hygiene and waste management in urban and rural areas. This activity helped to foster a sense of civic responsibility and national pride among the Cadets.



*Swachhta Activities (January 1-14, 2021)*

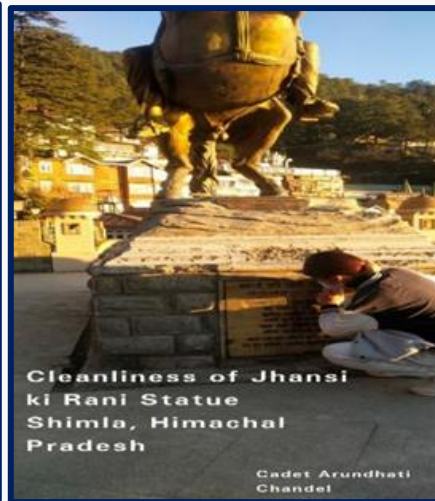
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**St. Bede's College Shimla**



*Swachhta Activities (January 1-14, 2021)*



*Swachhta Activities (January 1-14, 2021)*

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## St. Bede's College Shimla

### CLEANLINESS DRIVE

**Collaborating Agency: Community**

**No. of Participants: 55**

The cadets of St. Bede's College under 1 HP Naval Unit NCC Bilaspur participated in an online Webinar conducted on Swachhta from 6th-12th March 2021, convened by Captain Cadet Chavi and PO Cadet Arundhati.

**Objective:** The objective of the cleanliness drive was to create awareness among the people regarding the importance of cleanliness and hygiene for their health and well-being. The cleanliness drive also aimed to mobilize people to participate in cleaning activities in their surroundings and public places.

**Outcome:** Cadets created awareness among the people by cleaning the surroundings and motivated others to do the same. They also created awareness and educated people about the importance of hygiene and sanitation.



*Cleanliness Drive (March 6-12, 2021)*

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## St. Bede's College Shimla

### TREE PLANTATION DRIVE

**Collaborating Agency: Community**

**No. of Participants: 25**

On 21st March 2021, the cadets of St. Bede's College Shimla under 1 HP Naval Unit NCC Bilaspur participated in a 'Tree Plantation' drive during which 22 saplings were planted.

**Objective:** The objective of the tree plantation drive was to plant more trees in suitable areas to increase the green cover and biodiversity of the land. The tree plantation drive also aimed to combat various environmental issues like deforestation, soil erosion, desertification, global warming and air pollution.

**Outcome:** Through this activity Cadets were able to motivate their friends and family to plant more and more trees for a sustainable future and healthy life.



*Tree Plantation Drive (March 21, 2021)*

### CLEANLINESS DRIVE

**Collaborating Agency: Adopted Village At Halog, Dhami**

**No. of Participants: 63**

The cadets performed the cleanliness drives from 25th March- 1st April 2021 in public parks and public statues. Some cadets visited the adopted village at Halog, Dhami in order to clean the nearby areas of the village and sensitized the community regarding cleanliness. They also conducted a webinar on cleanliness and segregation of waste.

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## St. Bede's College Shimla

**Objective:** The objectives of conducting a cleanliness drive were to promote cleanliness and hygiene, reduce the spread of diseases, and improve the overall health of the community. It also helped in reducing pollution and environmental degradation.

**Outcome:** Cadets were able to sensitize the community regarding cleanliness. They motivated others to follow the same path by indulging in these activities to become a better citizen of the nation.



*Cleanliness Drive (March 25- April 1, 2021)*

### **PLASTIC HAZARD AWARENESS**

**Collaborating Agency: Community**

**No. of Participants: 40**

On 8th May 2021, the cadets of St. Bede's College Shimla under 1 HP Naval Unit NCC Bilaspur prepared a Nukkad Natak on the topic 'Say no to single use plastic'. This Nukkad Natak was prepared online from their homes. They uploaded it on the NCC Navy YouTube channel.

**Objective:** The objectives of plastic hazard awareness were to spread awareness about the hazards of plastic, impart knowledge about the reduction and re-use of plastic, understand the use of the alternatives of plastic, contribute towards preserving the environment and reduction of plastic pollution.

**BACK**

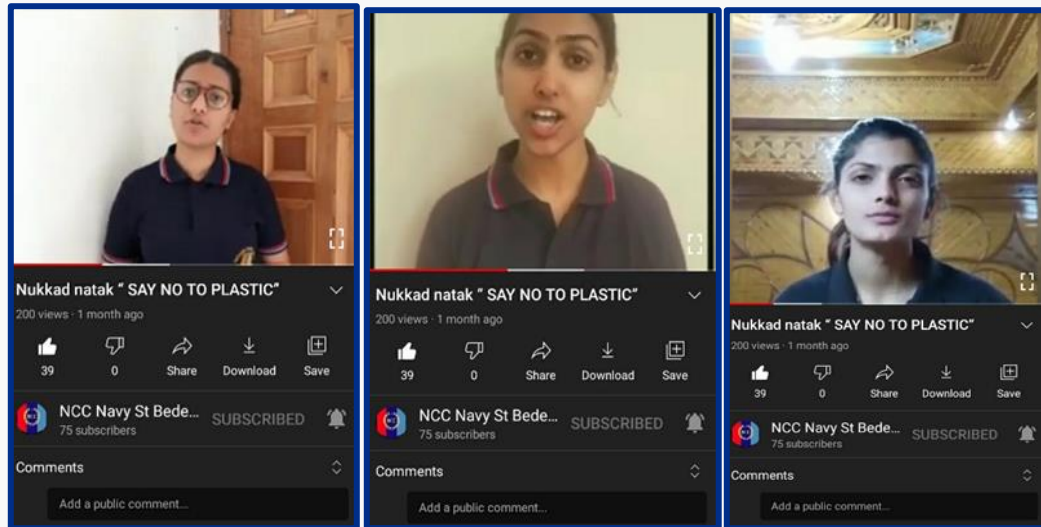




## St. Bede's College Shimla

**Outcome:** Cadets were able to spread awareness regarding the ill effects of plastic use through the Nukkad Natak. They shared the video of the Nukkad Natak on social media platforms to engage more audience and make them aware of this important topic.

Link for YouTube Video: <https://youtu.be/pXWoZ4GZ-8g>



### *Plastic Hazard Awareness (May 8, 2021)*

#### **INSPIRATIONAL VIDEO AND POSTER MAKING**

**Collaborating Agency: Community**

**No. of Participants: 78**

On 14th May 2021, the cadets utilized their time constructively and prepared an inspirational video on COVID-19 through poster making, motivational couplets and poems. The video was circulated on social media and YouTube channel.

**Objective:** The main objective was to educate people about the virus, its symptoms, and how it spreads. It was also to raise awareness about the importance of social distancing, wearing masks, and other preventive measures. It also aimed to share stories of people who have recovered from Covid-19 or to highlight the work of healthcare workers and other frontline workers during the pandemic.

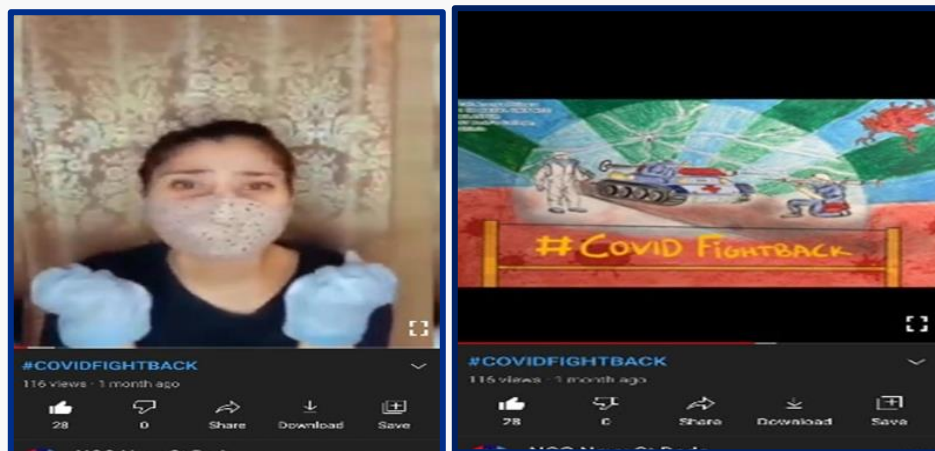
**BACK**



## St. Bede's College Shimla

**Outcome:** Cadets were able to create awareness regarding the Norms of Covid 19. Cadets uploaded a video on social media platforms to engage a larger audience and share the information with many people.

Link for YouTube Video: <https://youtu.be/7PmsOzaEpuY>



*Inspirational Video on COVID-19 (May 14, 2021)*

### SESSION 2021-2022

**NCC UNIT, ST. BEDE'S COLLEGE UNDER 1HP NU NCC BILASPUR**

**VIRTUAL NUKKAD NATAK**

**Collaborating Agency: Community**

**No. of Participants: 11**

On July 13, 2021, the cadets organized a virtual Nukkad Natak (street play) with the theme "Say No to Single Use Plastic".

**Objective:** The objective of the virtual Nukkad Natak was to educate and engage a wider audience about the detrimental effects of single-use plastic on the environment and wildlife. The cadets aimed to encourage the audience to adopt sustainable practices and reduce the usage of plastic.

**BACK**



## St. Bede's College Shimla

Cadet Pronatti Wylie, Cadet Darshana Bhati, and Cadet Vanshika Shaktawat collaborated to create a virtual Nukkad Natak. Through their performance, they highlighted how plastic bags pose a threat to both land and aquatic animals. The play focused on the need to reject single-use plastic and opt for reusable alternatives. The cadets utilized their creativity and coordination to effectively convey the message through the online medium.

**Outcome:** The virtual Nukkad Natak proved to be an effective way to spread awareness about the negative consequences of single-use plastic. By sharing the video on social media platforms, the cadets were able to reach a larger audience and engage them in the conversation about plastic pollution. The activity not only increased awareness but also enhanced the cadets' coordination, creativity, and communication skills.

**Link for YouTube Video:** [https://youtu.be/MMNn6cbo\\_kk](https://youtu.be/MMNn6cbo_kk)



*Virtual Nukkad Natak (July 13, 2021)*

### **CLEAN INDIA CAMPAIGN**

**Collaborating Agency: Community**

**No. of Participants: 12**

From October 25-29, 2021, the cadets of St. Bede's College, Shimla participated in various activities as part of the Clean India Campaign.

**BACK**



## St. Bede's College Shimla

**Objective:** The objective of the Clean India Campaign was to actively involve the cadets in cleanliness-related activities and promote the importance of cleanliness through talks and a Poster-Making Competition. The campaign aimed to instill a sense of responsibility and create awareness about maintaining cleanliness in the community.

During the campaign, the cadets engaged in various activities such as cleaning statues, parks, and schools. They also conducted awareness drives, lectures, and talks on cleanliness in adopted villages. Additionally, a Poster-Making Competition on the theme of the Clean India Campaign was organized, allowing the cadets to showcase their creativity and spread the message of cleanliness through art.

**Outcome:** The Clean India Campaign successfully raised awareness about the significance of cleanliness in our daily lives. Through their active participation in cleaning activities and the Poster-Making Competition, the cadets served as role models and inspired others to maintain cleanliness.



*Clean India Campaign (October 25-29, 2021)*

**BACK**



## St. Bede's College Shimla



*Clean India Campaign (October 25-29, 2021)*

### **NCC UNIT, ST. BEDE'S COLLEGE UNDER 7HP (I) COY NCC SHIMLA UNICEF YOUNG WARRIOR**

**Collaborating Agency: Community**

**No. of Participants: 75**

On June 7, 2021, the cadets registered and became a part of the Young Warrior movement, a nationwide initiative aimed at raising awareness among the youth about COVID-19. The movement was initiated by UNICEF in partnership with the Ministry of Health and Family Welfare and the Ministry of Youth Affairs. The cadets actively joined this movement to contribute towards spreading accurate information and promoting preventive measures related to COVID-19.

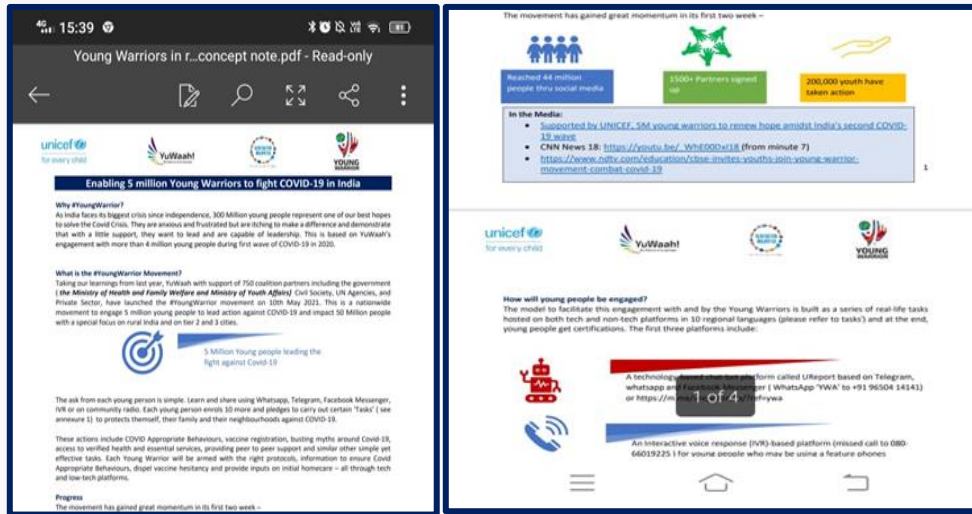
They shared information through social media platforms, online forums, and community outreach programs. The cadets focused on debunking myths and providing factual information about the virus, its transmission, and preventive measures.

**Outcome:** The cadets played a crucial role in increasing awareness about COVID-19 among their peers and communities. By emphasizing the importance of following COVID-19 protocols, the cadets motivated individuals to adopt safe practices such as hand hygiene, mask-wearing, and social distancing. Their collaborations with local health authorities and community organizations strengthened the impact of their initiatives. By working together, they reached a wider audience and maximized their efforts in spreading awareness.

**BACK**



## St. Bede's College Shimla



### *Unicef Young Warrior (June 7, 2021)*

#### **RALLY AGAINST DRUG ABUSE**

**Collaborating Agency: Community**

**No. of Participants: 18**

On November 20, 2021, the first-year cadets of St. Bede's College, Shimla, under 7HP (I) Coy, NCC Shimla, initiated a rally on Drug Abuse.

**Objective:** The rally aimed to sensitize the public about the impact of drug abuse and raise awareness regarding its ill effects. The rally commenced from the college premises and culminated at The Ridge, Shimla.

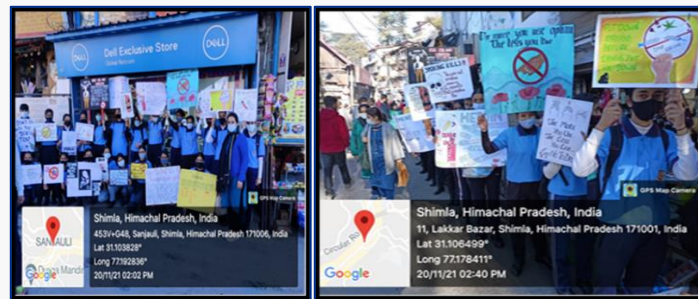
**Description:** The rally on Drug Abuse organized by the first-year cadets of St. Bede's College aimed to address the issue of drug abuse and spread awareness about its consequences.

**Outcome:** The rally effectively raised awareness among the general public about the impact of drug abuse. By disseminating information and engaging in conversations, the cadets sensitized people about the consequences of drug addiction and the importance of leading a drug-free life. The rally provided an opportunity for the cadets to actively engage with the public and initiate conversations on a critical social issue. By distributing informational pamphlets and holding discussions, the cadets encouraged community participation in the fight against drug abuse. The sight of the cadets marching together with banners, placards, and slogans created a visual impact and attracted the attention of the public.

**BACK**



**St. Bede's College Shimla**



*Rally Against Drug Abuse (November 20, 2021)*



*Rally Against Drug Abuse (November 20, 2021)*

**BACK**



## St. Bede's College Shimla

### ANTI POLLUTION RALLY

**Collaborating Agency: Community**

**No. of Participants: 27**

On December 24, 2021, the cadets of St. Bede's College, Shimla, participated in various activities under the theme "Anti-Pollution Drive." The activities included Synergy, Swachhta, Statue cleaning, and Foot policing.

**Objective:** The primary objective of the Anti-Pollution Drive was to raise awareness about different forms of pollution, including air pollution, water pollution, and waste pollution. The cadets aimed to educate individuals about the detrimental effects of pollution on the environment and human health, emphasizing the importance of taking action to reduce pollution.

The cadets sought to lead by example and serve as role models for others. By actively participating in the activities themselves, they aimed to inspire and encourage individuals to adopt environment-friendly practices in their daily lives.

Activities:

**Synergy:** The cadets participated in Synergy, a collaborative effort to clean and beautify a specific area. By coming together and working as a team, they aimed to create a cleaner and more aesthetically pleasing environment.

**Swachhta:** The cadets actively participated in Swachhta activities, which involved cleaning and maintaining cleanliness in designated areas. They collected litter, ensured proper waste disposal, and promoted cleanliness as a vital aspect of environmental conservation.

**Statue Cleaning:** As part of the Anti-Pollution Drive, the cadets also focused on cleaning statues and monuments. This activity aimed to restore the beauty and dignity of these landmarks, while also emphasizing the importance of preserving our cultural heritage.

**Foot Policing:** The cadets engaged in Foot Policing activities to monitor and discourage activities that contribute to pollution, such as littering or improper waste disposal. They patrolled specific areas, spreading awareness and encouraging responsible behaviour.

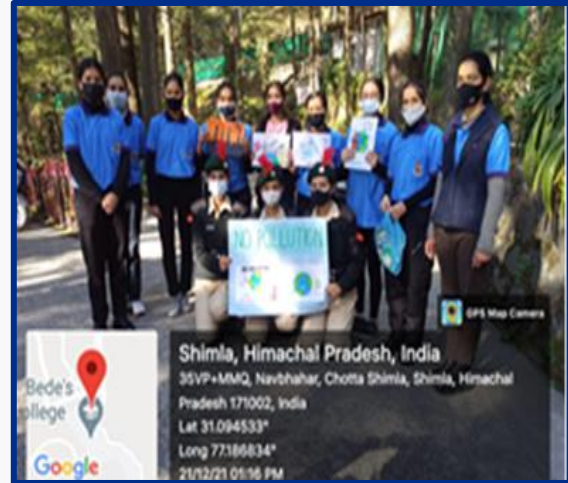
**Outcome:** The activities raised awareness about different forms of pollution and their impact on the environment. By educating individuals, the cadets promoted a sense of responsibility towards environmental conservation and encouraged the adoption of sustainable practices.

**BACK**





**St. Bede's College Shimla**



*Anti-Pollution Rally (December 24, 2021)*



*Anti-Pollution Rally (December 24, 2021)*

**BACK**



## St. Bede's College Shimla

### SESSION 2022-23 EXTENSION ACTIVITIES

#### **NCC UNIT, ST. BEDE'S COLLEGE UNDER 7HP (I) COY NCC, SHIMLA VOTING AWARENESS CAMPAIGN**

**Collaborating Agency: Khanlag Village, Distt. Solan**

**No. of Participants: 14**

On November 5, 2022, the NCC Cadets of St. Bede's College, Shimla organized a Mass Awareness Programme in Khanlag Village, Distt. Solan, HP.

**Objective:** The objective of the program was to help people understand the importance of voting, national integration, and blood donation.

The cadets recognized that many people desire to vote but lack awareness about the voting process. Similarly, there is a willingness to donate blood among the population, but lack of awareness about the procedures involved. The aim of the program was to educate the villagers about these important topics and provide them with the necessary information.

A team of fourteen cadets was formed to conduct the event in the village. Their efforts were appreciated by the Sarpanch of the village, who felicitated them with a letter of appreciation, a trophy, and a sum of 5,100 rupees. The event successfully spread awareness about the importance of voting, national integration, and blood donation among the villagers.

**Outcome:** The outcome of the Mass Awareness Programme was twofold. Firstly, the cadets were provided with a platform to create awareness and educate the villagers about the significance of voting, national integration, and blood donation. By interacting with the people, the cadets also developed important social skills such as communication, empathy, and leadership.

Secondly, the program empowered the villagers by equipping them with knowledge and information about these important topics. The awareness created through the event would enable the villagers to make informed decisions and actively participate in the democratic process through voting. It also encouraged them to consider blood donation as a noble act of saving lives and fostered a sense of national integration by promoting unity and harmony among diverse communities.

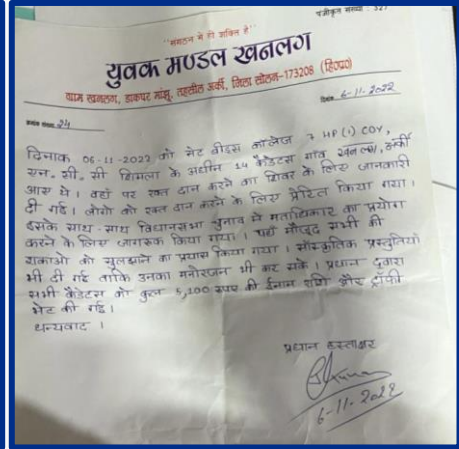
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### St. Bede's College Shimla



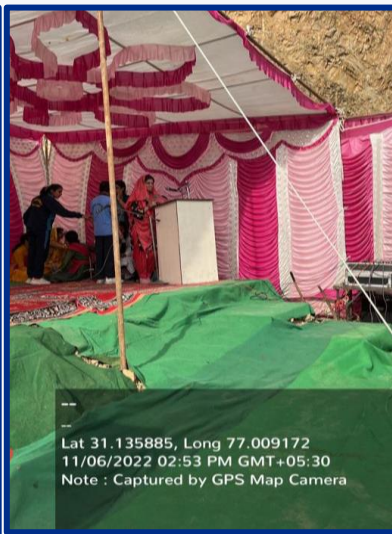
Lat 31.135930, Long 77.009195  
11/06/2022 03:27 PM GMT+05:30  
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*Cadets receiving trophy from the Sarpanch Letter of Appreciation from the Sarpanch (November 5, 2022)*



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Note : Captured by GPS Map Camera


*Cadets Raising Awareness on Voting and Elections (November 5, 2022)*

**BACK**



## St. Bede's College Shimla

**VOTING AWARENESS  
CAMPAIGN**



75  
अभिमान  
सिद्धे राष्ट्रमे

NCC Unit, St. Bede's College  
under 7 HP (I) Coy NCC Shimla is  
organising a Voting Awareness  
Campaign

**Events** : • Nukkad Natak  
• Folk Dances and Songs  
of Indian Culture

**Date** : November 5, 2022

**Venue** : Village Khanlag, District Solan  
Tehsil Arki, Himachal Pradesh

<b>PATRON :</b> Prof. Sr. Molly Abraham	<b>CONVENER :</b> Dr. Shweta Thakur
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### *Brochure*



*Brochure for the Even and Cadets performing Folk Songs of Himachal (November 5, 2022)*

**BACK**



## St. Bede's College Shimla

### REMEMBRANCE OF 26/11 MUMBAI ATTACKS

**Collaborating Agency: Government Sr. Sec. School Dhalli**

**No. of Participants: 3**

On 6th December 2022, the cadets from 7HP (I) Coy, NCC Shimla, representing St. Bede's College, visited Government Sr. Sec. School Dhalli to deliver a lecture on the remembrance of the 26/11 Mumbai Attack.

**Objective:** The objective of the cadets' visit to Government Sr. Sec. School Dhalli was to commemorate the day of remembrance of the 26/11 Mumbai Attack under Azaadi Ka Amrit Mahotsav. The main goals were to pay tribute to the victims and survivors of the attack, educate students about the events that occurred during the attack, create awareness about the importance of national security, and emphasize the need for collective efforts to prevent such attacks in the future.

The lecture focused on Major Sandeep Unnikrishnan, a brave soldier who lost his life during the attack. To engage the students and create a deeper impact, the cadets performed a role play, effectively portraying the events and showcasing the courage and sacrifice of our soldiers. Furthermore, a quiz was conducted to test the students' knowledge about the attack and its significance.

**Outcome:** The visit of the cadets to Government Sr. Sec. School Dhalli was successful in achieving its intended outcomes. The students were made aware of the bravery and sacrifices of our soldiers, particularly exemplified by Major Sandeep Unnikrishnan. Through the lecture and role play, the cadets effectively educated the students about the events that unfolded during the 26/11 Mumbai Attack, helping them gain a deeper understanding of the significance of national security.

The appreciation received in the form of a letter from the school principal signifies the positive impact made by the cadets' efforts. The visit not only served as a meaningful educational experience for the students but also strengthened the bond between St. Bede's College and Government Sr. Sec. School Dhalli, fostering a sense of unity and collaboration in promoting national security and remembrance.

**BACK**



# St. Bede's College Shimla

**Remembrance of  
26/11 Mumbai Attacks**

NCC Unit, St. Bede's College  
under 7 HP(I) Coy NCC Shimla  
is organising a Role Play on the  
**Day of Remembrance of 26/11  
Mumbai Attacks**

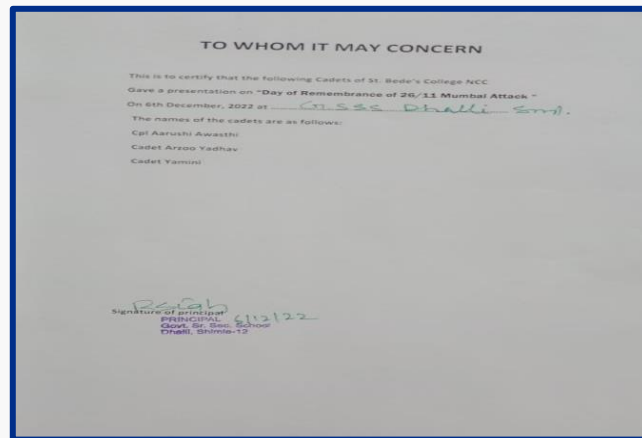
**Event** : Role Play : Day of Remembrance of 26/11  
Mumbai Attacks

**Date** : December 6, 2022

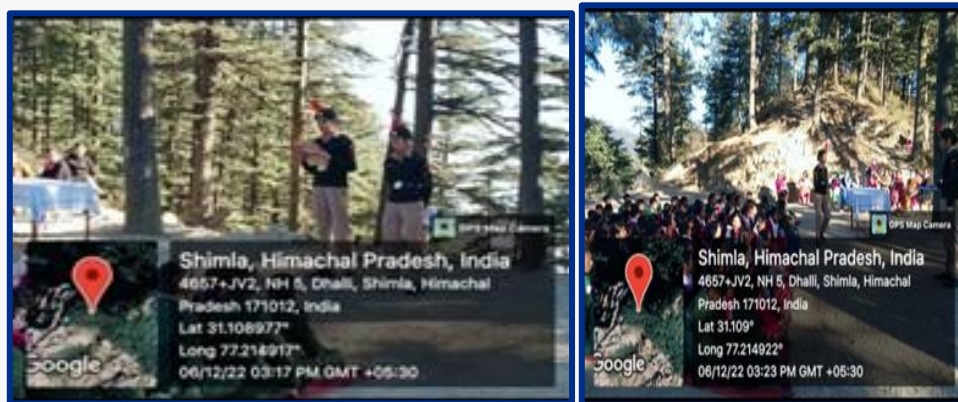
**Venue** : Government Sec. Sec. School Dhalli

**PATRON :** Prof. Sr. Molly Abraham      **CONVENER :** Dr. Shweta Thakur

*Brochure (December 6, 2022)*



*Letter from the Principal, GSSS Dhalli (December 6, 2022)*



*Role-play on Major Sandeep Unnikrishnan (December 6, 2022)*

**BACK**



## St. Bede's College Shimla

### **ROLE-PLAY ON BRAVE WARRIORS**

**Collaborating Agency: Government Sr. Sec. School Dhalli**

**No. of Participants: 4**

On 9th December 2022, the cadets from St. Bede's College, under 7HP (I) Coy, NCC Shimla, visited Government Sr. Sec. School Dhalli to perform a role play on Rani Laxmibai.

**Objective:** The objective of the NCC cadets' visit to Government Sr. Sec. School Dhalli was to present a role play on Rani Laxmibai as a part of the Azadi Ka Amrit Mahotsav celebrations. The main goals were to showcase the life of Rani Lakshmi Bai, her immense contributions to India's freedom struggle, and to create awareness among the students about the bravery and sacrifices of our freedom fighters.

With great enthusiasm and dedication, the cadets depicted the life and struggles of the brave warrior, showcasing her relentless fight against the British rule and her pivotal role in India's independence movement. Through their performance, the cadets aimed to educate and inspire the students about the courage and determination of Rani Lakshmi Bai.

The role play served as a platform for the cadets to display their creative talents and theatrical skills. The cadets put in significant effort to accurately portray the historical events and bring the character of Rani Laxmibai to life. Their performance not only entertained the audience but also imparted valuable knowledge about an important chapter in Indian history.

**Outcome:** Through the performance, the students were made aware of the remarkable freedom struggle of Rani Lakshmi Bai and her significant contributions to the fight for independence. The story inspired the students, enhancing their knowledge and instilling a sense of pride in their national heritage. The students and teachers appreciated the efforts put in by the cadets, recognizing their commitment to promoting awareness about the bravery and sacrifices of our freedom fighters.

**BACK**



## St. Bede's College Shimla

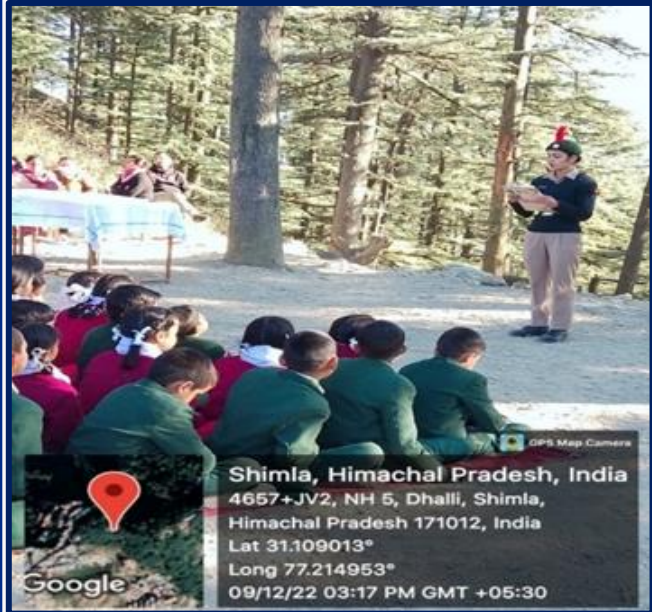
REMEMBERING  
THE BRAVE WARRIORS OF  
INDIA

75  
ANNIVERSARY  
सत्ताष्टमसहस्रिका

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

**PATRON :** Prof. Sr. Molly Abraham  
**CONVENER :** Dr. Shweta Thakur



*Brochure for the event and Cadets giving a lecture and performing a roleplay on Rani Lakshmi Bai (December 9, 2022)*



*Cadets giving a lecture and performing a roleplay on Rani Lakshmi Bai (December 9, 2022)*

BACK





**St. Bede's College Shimla**

**COMMUNITY OUTREACH CELL  
EXTENSION ACTIVITIES  
2018-2019**

**INTERACTION WITH STUDENTS AT THEOG SCHOOL**

**Collaborating Agency: Government Senior Secondary School in Theog.**

**No. of Participants: 4**

On 18th December 2018, as a part of the Community Outreach program, the students of St. Bede's College, along with a few staff members, visited Government Senior Secondary School in Theog.

**Objective:** The objective of this visit was to promote engagement, build relationships, encourage teamwork and communication, provide a fun and enjoyable experience, build confidence, and establish long-lasting connections among the students.

The students and teachers of the school warmly welcomed the students and teachers from St. Bede's College. To break the ice and create a friendly atmosphere, a game of 'Dog and the Bone' was played, with both students and teachers participating enthusiastically. The game helped everyone to get to know each other better and build rapport.

Following the ice-breaking session, the school children were divided into groups, and the college students organized races for them. The races were planned in a way that encouraged teamwork and healthy competition among the students. One of the highlights was the keenly contested game of Musical Chairs between the students and teachers, with a student from Theog School emerging as the winner. Throughout the day, the generosity and hospitality of the village school were evident, creating a positive and welcoming environment.

**Outcome:** Interacting with students at the school led to increased socialization and improved communication skills for both groups. The activities organized during the visit promoted teamwork and collaboration among the students, fostering a sense of unity and cooperation. The visit also provided a break from the routine for both the college students and the school children, offering a refreshing and enjoyable experience. The exchange of cultural experiences and perspectives between the college students and the school children enriched their understanding of different backgrounds and fostered a sense of inclusion and belonging.

**[BACK](#)**



## St. Bede's College Shimla



*Interaction with Students at Theog School (December 18, 2018)*

### SESSION- 2019-2020

#### **NUKKAD NATAK ON CLEANLINESS AND PERSONAL HYGIENE**

**Collaborating Agency: Government Primary School in Sanjauli.**

**No. of Participants: 40**

On September 2, 2019, the staff and students of the Community Outreach Cell visited Government Primary School in Sanjauli.

**Objective:** The objective of this visit was to raise awareness, promote positive behaviors, educate the audience, and create a sustainable impact in improving cleanliness and personal hygiene practices.

Recognizing the deteriorating state of cleanliness in the city, the college students organized a Nukkad Natak (street play) to sensitize the children about the importance of cleanliness and personal hygiene. The Nukkad Natak was an interesting and interactive session where the children actively participated and learned from the college students. The session aimed to make a lasting impact on the students' understanding and practice of cleanliness and personal hygiene. To conclude the program, refreshments were provided to the students, fostering a sense of appreciation and encouragement.

**Outcome:** By raising awareness and promoting positive behaviors related to cleanliness and personal hygiene, the program aimed to instill long-lasting habits and attitudes among the children. The visit provided an opportunity for the college students to actively engage in community service and make a positive impact on the lives of the school children.

**[BACK](#)**



**St. Bede's College Shimla**



*Nukkad Natak on Cleanliness and Personal Hygiene (September 2, 2019)*

**BACK**



**St. Bede's College Shimla**

**SESSION- 2020-2021**

## **ONLINE POSTER MAKING COMPETITION ON “CORONA VIRUS”**

**Collaborating Agency: Community**

**No. of Participants: 30**

The Community Outreach Cell organized an online Poster Making competition on the theme of Corona Virus on October 10, 2020.

**Objective:** The competition aimed to create awareness, engage the community, promote creativity, and encourage responsible behavior during the COVID-19 pandemic.

The students of Government Senior Secondary School in Theog, Shimla participated in the competition by creating posters and submitting pictures of their artwork. The entries were judged by Ms. Anuja Sharma, President of the Community Outreach Cell.

**Outcome:** The competition provided participants with an opportunity to gather information about the virus, its transmission, and preventive measures. By conducting research and utilizing their creativity, participants were able to learn and understand key aspects of the pandemic, which they could then share with others. The competition also encouraged participants to express their ideas, thoughts, and emotions creatively through their poster designs.

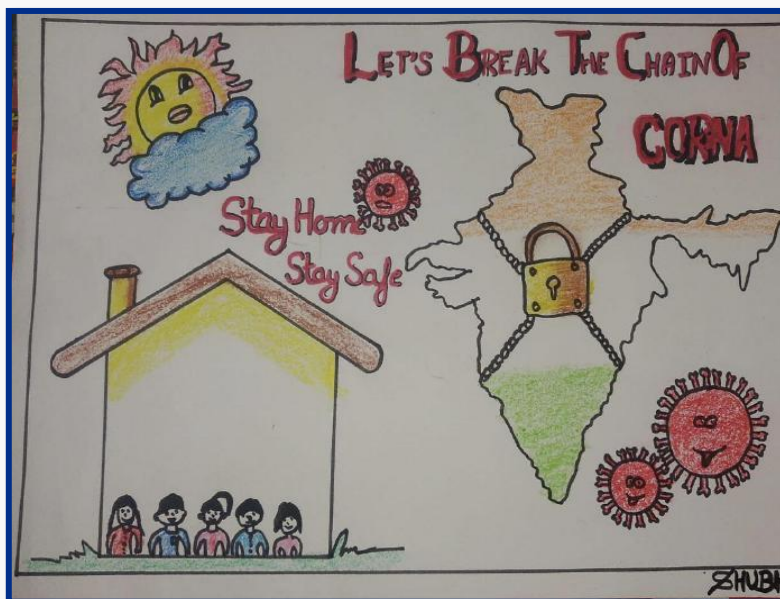


*Posters on Corona Virus (October 10, 2020)*

**BACK**



St. Bede's College Shimla



*Posters on Corona Virus (October 10, 2020)*

## **ONLINE DEEPAWALI CELEBRATIONS WITH A VIDEO MADE BY STUDENTS**

**Collaborating Agency: Community**

**No. of Participants:5**

Diwali, the festival of lights, was celebrated at St. Bede's College on October 13, 2020, with a short video made by the students of the Community Outreach Cell.

**Objective:** The main objectives of creating the video were to celebrate culture, engage the college community, encourage creativity and collaboration, promote cross-cultural understanding, spread joy and positivity, and reinforce the college's values.

In the video, students representing different regions of India showcased the diverse cultural traditions associated with Diwali. They were dressed in various state dresses and wished everyone a happy and safe Diwali in the local languages of their respective states. This cultural representation helped in preserving and appreciating the rich heritage of different regions of India.

**Outcome:** By creating and sharing this video, the Community Outreach Cell successfully brought together students from different backgrounds to celebrate Diwali and promote cultural harmony. The video served as a reminder of the importance of cultural diversity and fostered a sense of unity among the college community.

**BACK**



**St. Bede's College Shimla**



*Online Deepawali Celebrations (October 13, 2020)*

**SESSION- 2021-2022**

### **TREE PLANTATION**

**Collaborating Agency: Sacred Grove near the Govt. Middle School, Bagaghat, Theog, Shimla**

**No. of Participants: 04**

On July 26, 2021, several staff members of St. Bede's College Shimla participated in a tree plantation activity in Theog.

**Objective:** The objective of this initiative was to promote environmental conservation, raise awareness about the importance of trees, create sustainable landscapes, reduce the carbon footprint, monitor and care for the planted trees, and provide skill development opportunities for the participants.

The tree plantation took place at the Sacred Grove near the Govt. Middle School, Bagaghat, Theog, Shimla. This location was chosen as it is a collaborative site for Community Outreach activities between the college and the school. A total of 210 tree saplings were planted during the event. The saplings were procured from the Government nursery at Sainj, Theog.

**Outcome:** By planting trees and raising awareness about their importance, the initiative contributed to a greener and more sustainable campus and community. It also fostered a sense of environmental responsibility among the participants and promoted the conservation of natural resources for the benefit of present and future generations.

**BACK**



## St. Bede's College Shimla



*Tree Plantation (July 26, 2021)*

### **ONLINE LECTURE ON PERSONALITY DEVELOPMENT**

**Collaborating Agency: Portmore School.**

**No. of Participants: 2**

On December 22, 2021, the Community Outreach Cell of St. Bede's College organized an online lecture on 'Personality Development' for the students of Portmore School.

**Objective:** The objective of the online lecture was to empower students with the knowledge, skills, and mindset necessary for personal growth, self-confidence, effective communication, interpersonal skills, motivation, and personal well-being.

The speakers for the lecture were Rohita Gharu and Angel Shan, students of St. Bede's College. They delivered an informative presentation that covered various aspects of a good personality, including self-awareness, self-confidence, communication skills, body language, and personal grooming. They also shared practical tips and techniques for self-improvement and personal growth.

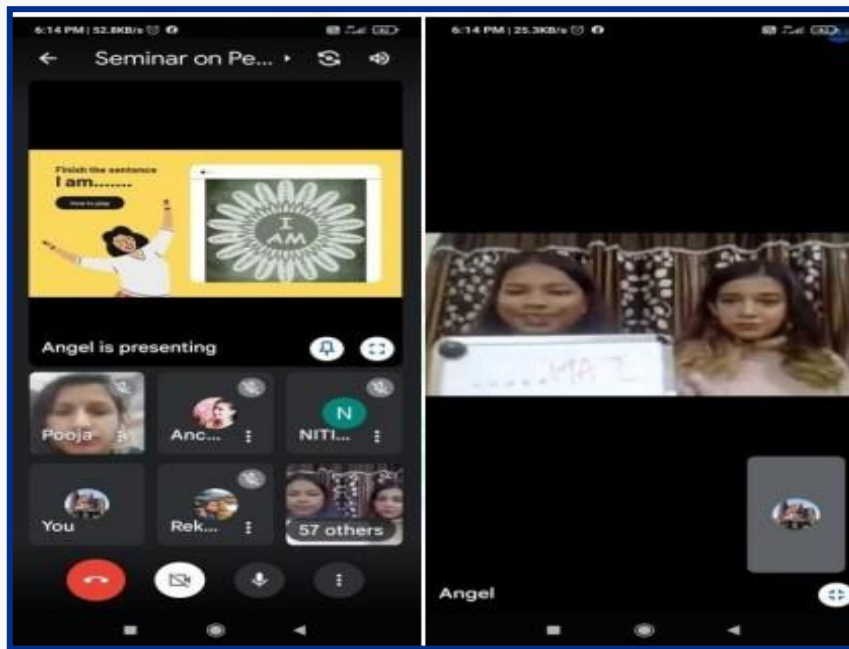
**BACK**



## St. Bede's College Shimla

The lecture received positive feedback from both the students and staff of Portmore School. The students appreciated the insights and guidance provided by the speakers, and the staff acknowledged the value of the lecture in helping students develop important life skills

**Outcome:** The lecture equipped students with effective communication skills, including verbal and non-verbal communication, active listening, and presentation skills. It also provided them with practical strategies for personal development and self-improvement.



*Online Lecture On Personality Development (December 22, 2021)*

### ONLINE CAREER COUNSELLING SESSION

**Collaborating Agency: Portmore School**

**No. of Participants: 2**

On March 11, 2022, the Community Outreach Cell organized an online 'Career Counselling' session for the students of Portmore School.

**Objective:** The objective of the session was to provide students with guidance, support, and information to explore career options and set goals. The session aimed to help students make informed decisions about their future careers by providing them with insights into various career paths and the necessary steps to pursue them.

**BACK**





## St. Bede's College Shimla

The speakers for the session were Shruti Chauhan and Sara, BSc-III students of St. Bede's College. They delivered an informative and detailed presentation on the different career options available to students after class XII. They discussed various fields of study, professional courses, and potential career paths associated with each discipline. The speakers also shared personal experiences and insights to provide a practical understanding of different career choices.

The session concluded with a vote of thanks proposed by Nitika Verma, Vice President of the Community Outreach Cell. The students of Portmore School expressed their appreciation for the session and found the information shared to be valuable and helpful in shaping their career aspirations.

**Outcome:** The session provided students with a broader perspective on various career options, enabling them to explore their interests, aptitudes, and future goals. By gaining insights into different career paths, students are better equipped to make well-informed decisions about their educational and professional journeys.



*Online Career Counselling Session (March 11, 2022)*

**BACK**



## St. Bede's College Shimla

SESSION- 2022-2023

### SILENT MARCH AGAINST EVE TEASING

**Collaborating Agency: Community**

**No. of Participants: 29**

The Community Outreach Cell of St. Bede's College, Shimla, organized a silent march against eve teasing on 21st November 2022.

**Objectives:** Raising awareness, advocating for stricter laws and policies, challenging social norms and inspiring behavior change were the main objectives of the event.

The Deputy Commissioner of Shimla, Mr. Aditya Negi, granted the necessary permission for the event. St. Bede's College took a strong stand against this social evil by silently marching from Navbahar to Chotta Shimla. During the march, students held placards with slogans such as "Street Harassment is a Crime", "Stop Staring", "My Space, My Right" and "Stop Eve Teasing". The students were accompanied by two lady constables and faculty members.

**Outcomes:** The march led to increased awareness about the issue of eve-teasing among the college community and the general public. It can help in creating a supportive environment for promoting respect and safety. By raising awareness and promoting a culture of respect and gender equality, it can contribute to a positive shift in attitudes and actions, leading to a decrease in incidents of eve-teasing. It can also lead to increased utilization of counseling services, legal assistance, and support networks, ensuring that survivors receive the help they need to cope with their experiences.



*Silent March Against Eve Teasing, (November 21, 2022)*

**BACK**



## St. Bede's College Shimla

### **CHRISTMAS CELEBRATIONS WITH SCHOOL CHILDREN**

**Collaborating Agency: Govt. Primary School, Sanjauli.**

**No. of Participants: 17**

On 22nd December 2022 St. Bede's College Community Outreach cell organized a Christmas celebration event for the students of Govt. Primary School, Sanjauli.

**Objectives:** The event was organized with the aim of spreading joy and happiness, promoting inclusivity and diversity, spreading the spirit of giving and kindness and enhancing cultural understanding among students.

The event commenced with a warm welcome and a lively choir group singing carols related to the birth of Christ. The students were encouraged to sing along with the choir. To make the event more exciting, Santa Claus made a special appearance and distributed gifts to all the students, bringing big smiles to their faces. The members of the Community Outreach cell also provided refreshments and chocolates to the students, adding to the festive atmosphere. The success of the event was evident from the happiness it brought to the students, and it helped strengthen the bond between the two institutions.

**Outcomes:** The event encouraged cultural exchange, allowing school children to learn about the customs, traditions, and significance of Christmas. Engaging in fun activities, receiving gifts, and participating in festive events can create lasting memories and positive associations with the college and its volunteers. The celebrations instilled the values of giving and kindness in the school children.

**BACK**



# St. Bede's College Shimla



*Christmas Celebration (December 22, 2022)*

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## St. Bede's College Shimla

### EXHIBITION-CUM-SALE OF PRODUCTS MADE BY INMATES OF HIMACHAL PRADESH PRISONS

**Collaborating Agency: Inmates of Himachal Pradesh Prisons**

**No. of Participants: 44**

On 17th and 18th October 2022, the Department of Prisons & Correctional Services of Himachal Pradesh organized an exhibition-cum-sale of products made by inmates of Himachal Pradesh prisons at St. Bede's College.

**Objectives:** The primary objective of this event was to showcase the artistic and creative talent of the inmates and provide them with a platform to earn a livelihood. The event was held in the courtyard. The exhibition-cum-sale featured a range of beautiful and unique products made by inmates of Himachal Pradesh prisons. The products on display included wooden chairs and benches, decorative metal stands for flowerpots, exquisite shawls, caps, and bags with the stunning Himachali print, wooden pen holders, and peg tables. Each product was crafted with great care and skill, showcasing the immense talent and creativity of the inmates. The exhibition was set up in the courtyard of St. Bede's College, and students and staff alike were invited to attend and browse the products on display. The inmates who had made the products were also present at the event and were available to answer any questions from customers and explain the process behind the creation of their products.

**Outcomes:** The exhibition-cum-sale of products made by inmates of Himachal Pradesh prisons can contribute to the rehabilitation and skill development of inmates, empower them economically and emotionally, raise awareness and foster acceptance in the community, promote partnerships and collaborations, and contribute to the personal growth and transformation of the inmates involved.



*Exhibition-Cum-Sale of Products, (October 17-18, 2022)*

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**St. Bede's College Shimla**



*Exhibition-Cum-Sale of Products, (October 17-18, 2022)*

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**St. Bede's College Shimla**

## **DEBATES AND DRAMATICS**

**SESSION- 2022-2023**

### **SHIKSHIT NARI, SHIKSHIT SAMAJ**

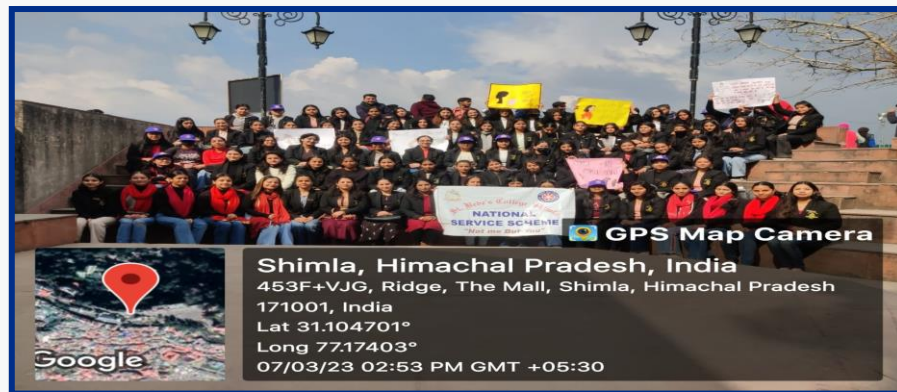
**Collaborating Agency: Department of Hindi**

**No of Participants: 84**

In collaboration with the Department of Hindi, St. Bede's College, the society organized a Nukkad Natak on March 7, 2023, with the objective of spreading awareness about the discrimination faced by women, not only within their homes but also when they are subjected to assault by the society at large.

The event took place on Women's Day, and a rally was organized from Sher-e-Punjab to the amphitheater as part of the program. The Nukkad Natak, being the centerpiece of the event, effectively captured the attention of the audience. The play shed light on the various forms of discrimination faced by women and emphasized the need for timely justice for rape victims, urging the authorities to take action.

The Nukkad Natak successfully achieved its objective of raising awareness about women's issues and generating discussions around the topic. It provided insights into the challenges faced by women and the urgent need for societal change. The audience responded positively to the performance, appreciating its powerful message and thought-provoking content.



*Shikshit Nari, Shikshit Samaj (March 7, 2023)*

**BACK**



**St. Bede's College Shimla**

## **HEALTH CLUB ACTIVITIES**

**2021-2022**

### **PARTICIPATION IN THE MARATHON: NASHAMUKT BHARAT ABHYAN**

**Collaborating Agency: Community**

**No. of Participants: 14**

St. Bede's College has always been dedicated to actively engaging in nation-building activities. In line with this commitment, the college participated in the NASHA MUKT BHARAT ABHIYAN (Campaign for a Drug-Free India). As part of this initiative, 14 students from St. Bede's College took part in a marathon organized by the Deputy Commissioner (DC) of Shimla at Ridge Ground on April 24, 2022.

**Objective:** The objective of their participation was to support the cause of creating a drug-free society and raising awareness about the harmful effects of substance abuse. By participating in the marathon, the students aimed to contribute to the larger mission of the NASHA MUKT BHARAT ABHIYAN and promote a healthier and safer environment for themselves and the community.

Each participant in the marathon was provided with a T-shirt, refreshments, and a certificate of participation by the organizers. The event took place at Ridge Ground, where the students actively ran and showcased their dedication towards the cause. Their involvement demonstrated their commitment to the values and principles of St. Bede's College and their willingness to actively contribute to the betterment of society.

**Outcome:** The outcome of their participation was not only the physical achievement of completing the marathon but also the impact they made by spreading awareness about the NASHA MUKT BHARAT ABHIYAN. By actively engaging in the event, the students showcased their unity, determination, and commitment to building a drug-free nation. They served as role models for others, inspiring individuals to make healthier choices and work towards creating a society free from substance abuse.

**[BACK](#)**





# St. Bede's College Shimla



*Nasha Mukt Bharat Abhiyan (Campaign For A Drug-Free India) (April 24, 2022)*

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## St. Bede's College Shimla

SESSION 2022-2023

### MEGA VACCINATION DRIVE

Collaborating Agency: Community

No. of Participants: 300

The Health Club at St. Bede's College, Shimla organized "A MEGA VACCINATION DRIVE" on 6th August 2022, in the college campus under the aegis of the Ministry of Health and Family Welfare and "Azadi ka Amrut Mahotsav."

**Objective:** The objective of the vaccination drive was to rapidly increase population-level immunity, reduce the spread of the pandemic, and further decrease associated diseases and deaths. The medical team from DDU Hospital, Shimla, conducted the camp, where the booster dose was administered to more than 300 beneficiaries, including students, faculty, and individuals from outside.

**Outcome:** The primary outcome of the vaccination drive was to create awareness among everyone about their health. By providing the booster dose to the beneficiaries, the event aimed to contribute to raising the overall immunity and combatting the ongoing pandemic.



*"A Mega Vaccination Drive" (August 6, 2022)*

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**St. Bede's College Shimla**



*"A Mega Vaccination Drive" (August 6, 2022)*

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St. Bede's College Shimla

# सेंट बीड्स में छात्राओं को लगाई वैक्सीन

शिमला। सेंट बीड्स कॉलेज में शुक्रवार को स्वास्थ्य विभाग के सहयोग से कोविड टीकाकरण अभियान चलाया गया। इनमें कॉलेज की शेष बची छात्राओं और स्टाफ को टीके लगाए गए। ब्यूरो

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"A Mega Vaccination Drive" (August 6, 2022)

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**St. Bede's College Shimla**

**'EK BHARAT SHRESTHA BHARAT' ACTIVITIES 2018-23  
SESSION 2020-21**

**UNITY IN DIVERSITY**

**Collaborating Agency: St Xavier's College for Women Aluva, Kerala (Community)**

**No. Of Participants: 40**

On August 26, 2020, a virtual meeting titled "Unity in Diversity" was organized between St. Xavier's College for Women Aluva, Kerala and St. Bede's College Shimla as part of the 'Ek Bharat Shrestha Bharat' (EBSB) initiative.

**Objective:** The event aimed to celebrate the diversity of our nation and promote cultural exchange and understanding between the two colleges.

The meeting took place on the online platform Google Meet, bringing together teachers and students from both colleges. It served as an ice-breaking session, allowing participants to introduce themselves and engage in discussions about future agendas and potential activities to bridge the gap between the two states and their diverse cultures.

Through this virtual meeting, participants had the opportunity to share insights, experiences, and perspectives on various cultural aspects, traditions, and practices. It allowed them to broaden their horizons, challenge stereotypes, and develop a deeper understanding and appreciation for the diversity that exists within our country.

The event highlighted the significance of unity in diversity, emphasizing the importance of respecting and embracing different cultures and traditions. It provided a platform for participants to build connections, foster friendships, and work towards a more inclusive and harmonious society.

**Outcome:** By promoting cultural exchange and understanding, the Unity in Diversity event contributed to the larger goal of the EBSB initiative, which seeks to strengthen the bonds between different states and regions of India. It served as a steppingstone towards future collaborations and activities that would further bridge the gap and promote unity among the participants.

**BACK**



## St. Bede's College Shimla

*Apart... But Virtually Together.....*

Under the auspices of  
**Ek Bharat Shreshtha Bharat**  
St. Xavier's College for Women Aluva Kerala  
&  
St. Bede's College Shimla Himachal Pradesh

To CELEBRATE the Unity in Diversity of our Nation  
To PROMOTE the spirit of national integration  
To ESTABLISH long-term engagements

The students and teachers of St. Xavier's College for Women Aluva Kerala  
&  
St. Bede's College Shimla Himachal Pradesh  
meeting virtually Via Google Meet on **26.08.2020 at 2.30 pm.**  
Click the link to register: <https://forms.gle/7C2UsimX9pfbYclZ7>

**Organising Committee**  
Dr. Sr. Geege Joanamma Xavier  
Principal, St. Xavier's College for Women  
Ms. Nandini Pathania  
Principal, St. Bede's College  
Dr. Sr. Stella K. A  
Vice Principal, St. Xavier's College for Women

**Organising Committee**  
EBSB Coordinators  
Sruthy Francis M, Sonia John Markose  
(St. Xavier's College for Women)  
Mr. Manu Mahajan  
(St. Bede's College)

For further details drop a mail to [ebsbstxaviers@gmail.com](mailto:ebsbstxaviers@gmail.com)

### *Online Virtual Meeting on Ek Bharat Shreshtha Bharat (August 6, 2020).*

#### **LITERARY MEET**

**Collaborating Agency: St. Xavier College, Aluva**

**No. Of Participants: 40**

On October 6, 2020, the Department of English at St. Bede's College, Shimla, and the Department of Communicative English at St. Xavier College, Aluva, came together to organize a Literary Meet.

**Objective:** This virtual event provided a platform for students and faculty to engage in a meaningful dialogue about the rich literary traditions of their respective regions.

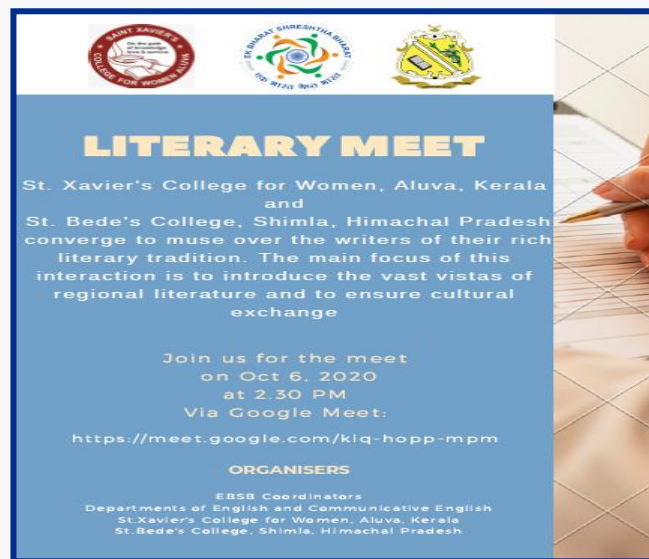
Through the use of Google Meet, participants from both colleges gathered to discuss and reflect upon notable writers and their contributions to literature. During the event, participants shared their insights, opinions, and interpretations of works by prominent writers from Shimla and Aluva. They explored various literary genres such as poetry, prose, drama, and fiction. Through lively discussions, participants delved into the themes, writing styles, and cultural contexts of the literary works.

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## St. Bede's College Shimla

**Outcome:** The Literary Meet provided a platform for students and faculty members to engage in critical analysis, share their perspectives, and deepen their understanding of literature. By bringing together the Departments of English from both colleges, the Literary Meet facilitated an exchange of ideas, knowledge, and experiences. It created an opportunity for participants to learn from each other, gain new insights, and broaden their literary horizons.



*Literary Meet organised in Collaboration with St. Xavier's College Kerala (October 6,2020)*

### **CULTURAL EXCHANGE**

**Collaborating Agency: Community**

**No. Of Participants: 40**

On October 14, 2020, a Cultural Exchange event was organized as part of the Ek Bharath Shrestha Bharath (EBSB) initiative.

Mr. Manu Mahajan, the EBSB Coordinator, delivered a captivating PowerPoint presentation to introduce the folk songs, folk dances, and musical instruments of Himachal Pradesh to the participants from Kerala.

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## St. Bede's College Shimla

During the presentation, various traditional folk songs and dances such as Natti, Chham, Dangi, Thoda dance, and Jhamakada dance were showcased, highlighting their cultural significance and unique characteristics. The participants were immersed in the rich cultural heritage of Himachal Pradesh, gaining insights into the vibrant music and dance forms that are deeply rooted in the local traditions.

In addition to the folk songs and dances, the presentation also focused on the traditional musical instruments of Himachal Pradesh. Instruments such as Nagada, Dholku, Ransingha, and others were introduced, showcasing their distinct sound and role in the region's musical traditions.

The Cultural Exchange event provided an opportunity for participants from Kerala to experience and appreciate the cultural diversity and artistic expressions of Himachal Pradesh. It fostered a sense of connection and understanding between the two regions, promoting cultural exchange and harmony.

By sharing the folk songs, dances, and musical instruments of Himachal Pradesh, the event aimed to celebrate the rich cultural heritage of the state and promote cross-cultural learning and appreciation.



*Cultural Exchange event organized on the theme "Ek Bharath Shrestha Bharath" (October 14, 2020)*

**BACK**





St. Bede's College Shimla



Ransingha



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*Cultural Exchange event organized on the theme "Ek Bharath Shrestha Bharath" (October 14, 2020)*

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## St. Bede's College Shimla

### CHATS TO BONDS

**Collaborating Agency: Kahm Unity Women's College, Manjeri, Kerala**

**No. Of Participants:40**

On November 9, 2020, St. Bede's College Shimla, Himachal Pradesh, and Kahm Unity Women's College, Manjeri, Kerala, organized a virtual interactive session titled "Chats to Bonds" on Google Meet. The session was guided by Sir Manu Mahajan from St. Bede's College and Ma'am Fatima Zohara from Kahm Unity Women's College.

**Objective:** The main objective of the session was to foster cultural exchange and develop bonds between the students of both colleges.

During the session, there was a lively interaction among the students and teachers, covering a wide range of topics. The discussions touched upon the delicious delicacies of both states, such as the special "min curry" (fish curry) and "paisum" (dessert) of Kerala, as well as the traditional Himachali dishes of "dham" and "babru." The conversation also delved into the cultural aspects of the states, including the snow-covered peaks of Himachal Pradesh and the lush green fields of Kerala.

The session provided an opportunity to explore the socio-political scenarios of both states and understand the religious diversity and vernacular of Himachal Pradesh and Kerala. The students shared their knowledge about the must-visit places in Himachal Pradesh, while the Kahm Unity Women's College presented a token of love through the song "Chambey Jana Zaroor."

A presentation on Himachali culture and attire was also showcased by St. Bede's College, allowing the participants to gain insights into the rich cultural heritage of Himachal Pradesh. The discussions created a sense of oneness and unity despite the contrasting cultures and ideologies, fostering a deeper understanding and appreciation of each other's traditions and perspectives.

**Outcome:** The "Chats to Bonds" session not only facilitated cultural exchange but also strengthened the bonds between the students of St. Bede's College and Kahm Unity Women's College. It promoted a sense of unity, friendship, and mutual respect among the participants, breaking barriers and fostering a spirit of camaraderie.

**BACK**



**St. Bede's College Shimla**

EK BHARAT SHRESHTHA BHARAT

**CHATS TO BONDS**

A Virtual Interaction

**KAHM UNITY WOMEN'S COLLEGE**  
MANJERI, KERALA

&

**ST.BEDE'S COLLEGE**  
SHIMLA, HIMACHAL PRADESH

@4pm on 9 November 2020  
<https://meet.google.com/asm-fxfu-grw>

*Virtual interactive session titled "Chats to Bonds" (November 9, 2020).*

## **HIMACHALI CUISINE DAY**

**Collaborating Agency:** Christ College (Autonomous) in Thrissur Kerala,

**No. Of Participants:**25

On April 14, 2021, the EBSB (Ek Bharath Shrestha Bharath) club of St. Bede's College in Shimla, Himachal Pradesh, collaborated with Christ College (Autonomous) in Thrissur, Kerala, to celebrate Himachali Cuisine.

**Objective:** The event aimed to introduce the delicious food of Himachal Pradesh to the students of Christ College.

During the event, the students from St. Bede's College shared information about the unique and traditional Himachali dishes. They highlighted the culinary specialties of Himachal Pradesh, including popular dishes such as Madra, Chha Gosht, Tudkiya Bhat, Dham, and Sidu. The students explained the ingredients used, the cooking techniques, and the cultural significance of these dishes.

The Kerala students of Christ College had the opportunity to learn about Himachali cuisine and its flavours. They were introduced to the rich and diverse culinary heritage of Himachal Pradesh, which reflects the region's culture and traditions. The event fostered cross-cultural understanding and appreciation for the gastronomic diversity of India.

**BACK**



## St. Bede's College Shimla

**Outcome:** The Himachali Cuisine Day event provided a platform for students to explore the cultural and culinary treasures of Himachal Pradesh. It created an opportunity for interaction, learning, and the exchange of knowledge and experiences. The collaboration between St. Bede's College and Christ College helped bridge the gap between the two states and promoted cultural integration and harmony.



*St. Bede's College Shimla , Collaborated with Christ College (Autonomous) in Thrissur, Kerala, to celebrate Himachali Cuisine on(April 14, 2021)*

## SESSION 2022-23

### CULTURAL MEET

**Collaborating Agency: St. Xavier's College for Women in Aluva, Kerala**

**No. Of Participants:43**

On March 24, 2023, students from St. Bede's College in Shimla and St. Xavier's College for Women in Aluva, Kerala came together for an online Cultural Meet as part of the EBSB program.

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## St. Bede's College Shimla

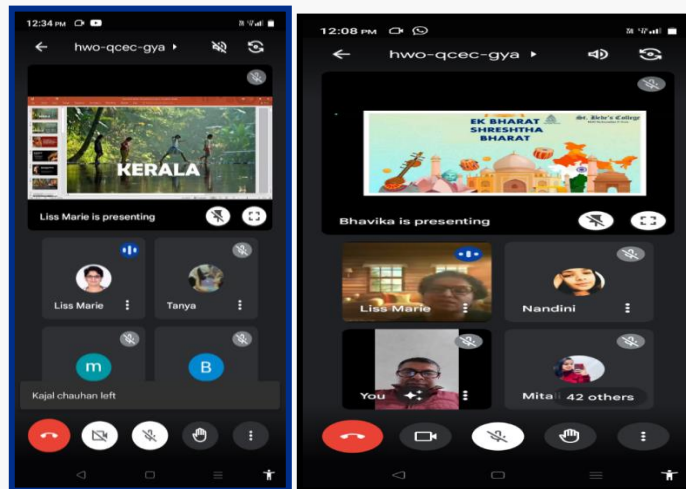
**Objective:** The event, aimed to promote cultural exchange and understanding between the students of both colleges.

The students from St. Bede's College prepared a presentation highlighting the beauty and culture of Himachal Pradesh. This presentation covered various aspects such as the different districts of the state, its languages, the scenic beauty of the region, and its rich cultural heritage. Through the presentation, the students aimed to showcase the unique features of Himachal Pradesh and foster an appreciation for its diverse culture.

In parallel, the students from St. Xavier's College for Women shared their own culture with their counterparts from St. Bede's College. They taught some Malayali words to the students, including Vendam (yes), Venda (no), and Vellam (water). This language lesson allowed the students from St. Bede's College to get a glimpse of the Malayali language and culture.

In return, the students from St. Bede's College also taught their counterparts some Himachali words, including Chish (water) and Minju (I). This language exchange created an opportunity for both sets of students to learn and appreciate the linguistic diversity of their respective regions.

**Outcome:** The online Cultural Meet provided a platform for students from St. Bede's College and St. Xavier's College for Women to connect, learn from each other, and celebrate the cultural diversity of their states. The event was a meaningful and enriching experience for all participants, further strengthening the bond between the two colleges and fostering cross-cultural understanding.



*An online cultural meeting was organised in collaboration with the St. Xavier's College for Women in Aluva, Kerala (March 24, 2023)*

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**St. Bede's College Shimla**



*An online cultural meeting was organised in collaboration with the St. Xavier's College for Women in Aluva, Kerala (March 24, 2023)*

**BACK**



## St. Bede's College Shimla

### **CULTURAL EXCHANGE PROGRAM**

**Collaborating Agency: KAHM Unity Women's College in Kerala**

**No. of Participants:35**

On April 6, 2023, students from St. Bede's College in Shimla, Himachal Pradesh, and KAHM Unity Women's College in Kerala came together for a virtual cultural exchange program as part of the Ek Bharat Shrestha Bharat initiative.

**Objective:** The program, aimed to promote cultural understanding and appreciation between the students of both colleges.

During the event, the students from St. Bede's College presented a captivating presentation that showcased the rich cultural heritage of Himachal Pradesh. They provided an overview of the Himachali language, traditional jewellery, dresses, customs, and culinary delights of the region. The students also highlighted famous tourist places and pilgrimage sites, including prominent temples, which hold great significance in the religious and cultural fabric of Himachal Pradesh.

In return, the students from KAHM Unity Women's College presented the history, culture, and unique aspects of Kerala. They shared insights into the vibrant traditions, folk dances, scenic beauty, traditional costumes, music, and language of Kerala. To conclude their presentation, they showcased a small clip titled "Experience God's own Country Kerala," which displayed the mesmerizing beauty of the state, including its serene backwaters, picturesque beaches, and captivating music.

**Outcome:** The cultural exchange program provided a platform for students from both colleges to learn about and appreciate the cultural diversity and uniqueness of Himachal Pradesh and Kerala. The event not only enriched the participants' knowledge but also deepened their connection and sense of unity as part of the Ek Bharat Shrestha Bharat initiative.

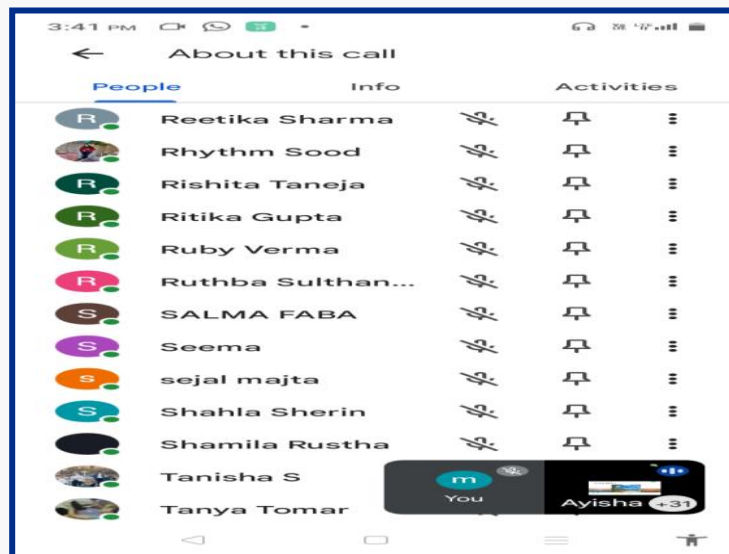
**BACK**



**St. Bede's College Shimla**



*A Virtual Cultural Exchange Program as Part of the Ek Bharat Shrestha Bharat Initiative Organized in Collaboration With KAHM Unity Women's College in Kerala(April 6 , 2023)*



*A Virtual Cultural Exchange Program as Part of the Ek Bharat Shrestha Bharat Initiative Organized in Collaboration With KAHM Unity Women's College in Kerala(April 6 , 2023)*

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**St. Bede's College Shimla**

**DISASTER MANAGEMENT CELL ACTIVITIES  
EXTENSION ACTIVITIES  
2018-2019**

**TREE PLANTATION DRIVE**

**Collaborating Agency: The Forest Department of the Government of Himachal Pradesh(Community)**

**No. of Participants: 150**

On August 3rd, 2018, Mrs. Alaka Verma, the President of the Disaster Management Cell at St. Bede's College, took the initiative to organize a Tree Plantation Drive at Five Benches, Jakhu Hills, Shimla. This drive was conducted in collaboration with the Forest Department of the Government of Himachal Pradesh, Shimla. The Principal of the College, Dr. (Sr.) Beena John, inaugurated the tree plantation event, emphasizing the importance of environmental conservation and sustainability.

The Tree Plantation Drive saw enthusiastic participation from approximately 150 student volunteers, who actively contributed to the green initiative. Together, they planted a total of 140 saplings, focusing on two tree species: Horse Chestnut and Oak. These species were carefully chosen for their ecological significance and suitability to the local environment.

**Objective:** The event served multiple purposes. Firstly, it aimed to address environmental concerns and combat deforestation by increasing the green cover in the area. Trees play a vital role in mitigating climate change, providing habitats for various species, and preventing soil erosion. By planting these saplings, the college and its volunteers demonstrated their commitment to environmental preservation and sustainability. Secondly, the Tree Plantation Drive fostered a sense of environmental awareness and responsibility among the student community. By actively participating in the tree planting activity, the students gained hands-on experience in environmental conservation and understood the significance of their actions in preserving the ecosystem.

Furthermore, the collaboration with the Forest Department of Himachal Pradesh provided an opportunity for the college and its students to work alongside experts in the field of forestry and environmental protection. This partnership facilitated knowledge exchange and encouraged the students to engage in future environmental initiatives.

**Outcome:** By planting 140 saplings of Horse Chestnut and Oak, the Tree Plantation Drive at Jakhu Hills made a tangible contribution to the region's biodiversity and ecological balance. As these trees grow, they will provide numerous ecological benefits, including cleaner air, enhanced wildlife habitats, and improved soil health.

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## St. Bede's College Shimla

The event highlighted the importance of community-driven environmental initiatives and demonstrated St. Bede's College's commitment to environmental stewardship and sustainable practices. The Tree Plantation Drive left a positive impact on both the local environment and the participating students, inspiring them to continue their contributions to environmental conservation in the future.



*Tree Plantation Drive (August 3, 2018)*

### SESSION 2019-2020

#### **MARCH FOR DISASTER RISK REDUCTION**

**Collaborating Agency: Himachal Pradesh State Disaster Management Authority (HPSDMA).**

**No. of Participants:30**

The "Solidarity March for Disaster Risk Reduction" held on October 11th, 2019, in Himachal Pradesh was a significant event organized by the Himachal Pradesh State Disaster Management Authority (HPSDMA). This march served as a Mass Awareness Campaign on Disaster Risk Reduction, named 'SAMARTH,' symbolizing solidarity with the global efforts.

The march was flagged off by the Hon'ble Chief Minister of Himachal Pradesh from his official residence, the Oak Over, and proceeded to Scandal Point at The Mall in Shimla. The event witnessed active participation from various members of the Disaster Management Cell, including President Dr. Anupama Tandon Tomar, and other members like Dr. Neha Gautam and Mr. Mohit Kumar, along with faculty members and students from St. Bede's College in Shimla.

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## St. Bede's College Shimla

During the march, the participants actively engaged in various disaster preparedness activities, aiming to equip themselves and others with life-saving skills. Some of the activities included:

**Fire Safety Practice Session:** The students and participants were given hands-on training in fire safety protocols. They learned about fire prevention, how to handle fire extinguishers, and the best practices to follow in case of a fire emergency.

**Medical First Aid:** Training sessions were conducted to teach the participants essential medical first aid techniques. This knowledge is crucial in providing immediate assistance to individuals in the event of injuries or medical emergencies.

**Search and Rescue Operations:** The participants were educated on the principles and techniques of search and rescue operations. This training helps individuals respond effectively during disaster situations, where prompt and organized search and rescue efforts can save lives.

**Objective:** The primary goal of the Solidarity March for Disaster Risk Reduction was to raise awareness among the public about the importance of disaster preparedness and risk reduction. By actively involving the Disaster Management Cell, faculty members, and students from St. Bede's College, the event aimed to instill a sense of responsibility and preparedness in the community.

**Outcome:** By imparting life-saving skills through practical training, the event sought to empower the participants to take proactive measures in disaster situations. The knowledge gained from the various activities during the march equipped the attendees to handle emergencies effectively, contributing to building a more resilient and disaster-ready community in Himachal Pradesh.



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## St. Bede's College Shimla



*March for Disaster Risk Reduction (October 11, 2019)*

### SESSION 2021-2022

#### **AWARENESS CAMP AT GMGSS SCHOOL PORTMORE (NUKAD NATTAK)**

**Collaborating Agency: GMGSS School Portmore.**

**No. of Participants:15**

On November 12, 2021, a group of students from the college, accompanied by Ms. Anuja Sharma and Dr. Gitanjali, participated in an awareness camp held at GMGSS School Portmore.

**Objective:** The primary objective of the camp was to educate students about disasters, effective disaster management, and the initiatives that can be taken at the grassroots level.

The camp focused on spreading awareness among the students about disasters, their management, and the importance of taking initiatives at the grassroots level. As a powerful medium of communication, a street play or "Nukad Natak" was performed by the students from the college. This form of street theater is known for its ability to engage and educate audiences effectively. Through the play, the college students depicted various scenarios related to disasters and showcased the importance of preparedness, resilience, and timely action in such situations. The performance aimed to create awareness and empower the students to respond effectively to disasters.

Following the street play, Ms. Anuja Sharma, shared her wisdom and insights with the audience. She spoke about the significance of disaster awareness, the role of individuals in disaster management, and the initiatives that can be taken at the grassroots level to mitigate the impact of disasters. Ms. Sharma's words aimed to inspire and motivate the students to become proactive in building resilient communities.

**BACK**



## St. Bede's College Shimla

**Outcome:** The awareness camp at GMGSS School Portmore yielded several outcomes:

Increased awareness among the students about disasters and their effective management.

Enhanced understanding of the initiatives that can be taken at the grassroots level to respond to and prevent disasters.

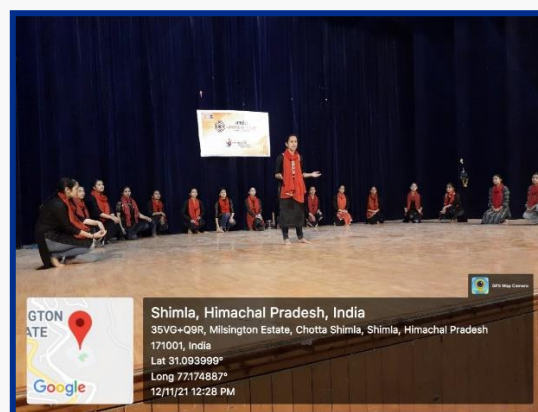
Empowerment of students through the street play performance, which helped in conveying the message effectively and engagingly.

Inspiration and motivation instilled by Ms. Anuja Sharma's words of wisdom, encouraging students to actively contribute to disaster management efforts.

Strengthened collaboration between the college and GMGSS School Portmore, fostering a spirit of cooperation in spreading awareness about critical issues.



*Awareness camp at GMGSS School Portmore (November 12, 2021)*



*Awareness camp at GMGSS School Portmore (November 12, 2021)*

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## St. Bede's College Shimla

SESSION 2022-2023

### AWARENESS DRIVE

**Collaborating Agency: Community**

**No. of Participants:14**

On October 4, 2022, the students of the college organized a street play or Nukkad Natak at Ridge Mall Road in Shimla to raise awareness about the harmful effects of plastic.

**Objectives:** The main objectives of organizing a street play or Nukkad Natak were to inform, inspire, empower, and mobilize the local community towards adopting sustainable practices and working collectively to reduce plastic pollution.

The performance took place at an open theatre on the Ridge, with the permission of the college principal and DC Shimla. The students showcased their talent and effectively communicated the message to a large crowd, educating them about the dangers and diseases caused by plastic.

The students aimed to create awareness about the detrimental impacts of plastic on the environment, wildlife, and human health. By presenting an engaging and thought-provoking performance, they sought to encourage individuals to reconsider their use of plastic and embrace more environmentally friendly alternatives.

**Outcomes:** The performance attracted a large crowd, capturing their attention and allowing them to actively engage with the message. The audience not only enjoyed the act but also gained valuable knowledge about the negative consequences of plastic usage. This increased awareness can lead to behaviour change, as individuals may rethink their habits and adopt more sustainable practices in their daily lives. Furthermore, the street play fostered community engagement, as it brought together local residents who shared a common concern for the environment. The performance served as a catalyst for conversations and discussions among the audience members, encouraging them to take collective action against plastic pollution.

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**St. Bede's College Shimla**



*Awareness Drive (October 4, 2022)*

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## St. Bede's College Shimla

### **CLEANLINESS DRIVE " "Saaf Ho Sundar Ho Aisa Mera Bharat Ho"**

**Collaborating Agency: Nagar Nigam Shimla**

**No. of Participants:70**

On 7th October 2022, the Disaster Management and Environment Cells of St. Bede's College, in collaboration with the Nagar Nigam Shimla, organized a cleanliness drive.

**Objectives:** The cleanliness drive aimed to achieve several objectives. Firstly, it aimed to create awareness about the importance of cleanliness and hygiene among the participants and the wider community.

More than 60 students from both cells participated in the drive with great enthusiasm. The drive spanned from College (Navabhar) to Secretariat (Chotta Shimla), aiming to clean the roads and collect plastic and non-degradable waste. The initiative received recognition and appreciation from various stakeholders, including the college principal, faculty members, and students. By actively engaging in the cleaning process, the students promoted behaviour change and encouraged individuals to adopt clean and hygienic practices in their daily lives.



*Cleanliness Drive (October 7, 2022)*

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## St. Bede's College Shimla

Additionally, the drive emphasized the significance of collective efforts in maintaining cleanliness and preserving the environment.

**Outcomes:** The students, along with the Nagar Nigam Shimla workers, collected approximately 70-80 bags of garbage, including plastic and non-degradable waste. This significant effort contributed to a cleaner and more aesthetically pleasing public space. The drive also raised awareness among the participants and the community about the importance of cleanliness. By actively engaging in the cleaning process, the students conveyed the message of cleanliness and inspired others to adopt similar practices.



*Cleanliness Drive (October 7, 2022)*

### DONATION DRIVE

**Collaborating Agency: Community**

**No. of Participants:2**

In response to the severe earthquake that struck Turkey on 6th February 2023, the Disaster Management Cell of the college organized a donation drive on 15th and 16th February 2023.

**Objectives:** The donation drive for the Turkey earthquake relief efforts aimed to provide immediate assistance and meet the basic needs of the affected population. Additionally, the drive aimed to raise awareness about the impact of the earthquake and the ongoing relief efforts.

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## St. Bede's College Shimla

The college community came together, demonstrating their generosity and compassion by donating towards the relief efforts. The Disaster Management Cell ensured that the donations were handled responsibly and reached the intended beneficiaries.

**Outcomes:** The donation drive for the Turkey earthquake relief efforts raised awareness about the devastating impact of the earthquake and the urgent need for assistance. By organizing the drive, the college community became informed and engaged in the relief efforts, extending their support to those affected by the disaster. This increased awareness contributed to a sense of solidarity and empathy among individuals, fostering a supportive and compassionate environment. By collecting donations, the drive sought to support long-term recovery efforts and contribute to the reconstruction and rehabilitation of the affected areas. By establishing partnerships and collaborating with relevant organizations, the drive contributed to the sustainable development and long-term recovery of the affected areas.

The drive had a positive impact on both the affected individuals and the college community, demonstrating the power of collective compassion and support in times of crisis.



*Donation Drive (February 6, 2023)*

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St. Bede's College Shimla

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Card Type	Visa
Cardholder Name	Pankaj Aashish
Credit card Ends With	9000
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*Donation Drive (February 6, 2023)*

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