



St. Bede's College Shimla

GENDER EQUITY ACTIVITIES

2018 – 2019

2019 – 2020

2020 – 2021

2021 – 2022

2022 – 2023



St. Bede's College Shimla

2018-2019

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2019-2020

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St. Bede's College Shimla

2020-2021

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St. Bede's College Shimla

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St. Bede's College Shimla

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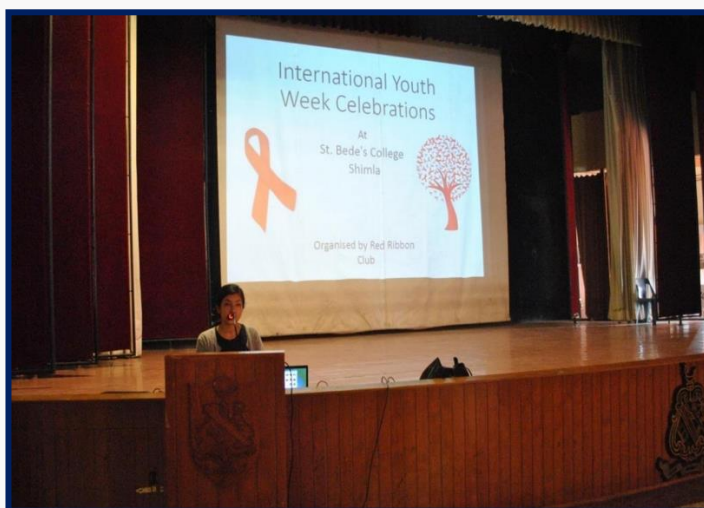
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St. Bede's College Shimla

International Youth Week Celebration

On August 30, 2018, the club organized a declamation contest on “Safe spaces for youth” and “Importance of HIV Testing”. The contest aimed to provide a platform for young individuals to express their perspectives, raise awareness about important issues, and encourage advocacy and positive actions in relation to safe spaces for youth and the significance of HIV testing.



International Youth Week Celebration on August 30, 2018

Awareness Training Session

On November 21, 2018, three students of the club attended an awareness training session organized by the Red Ribbon Committee of Himachal Pradesh at Deen Dayal Upadhyay Government Hospital Shimla. The main motive of this training was to make the students aware of the common problems faced by patients suffering from the HIV virus.

Empowering A Woman Empowers the Next Generation

With the theme ‘Empowering a woman empowers the next generation’ the NSS unit of St. Bede’s College, Shimla began the 7-day camp on December 4, 2018. An interactive session with Miss Shilpa Sood, on the topic ‘Women Empowerment’ was held on December 7, 2018. The session provided an opportunity for the participants to ask questions, share their experiences, and engage in discussions related to women's empowerment.

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St. Bede's College Shimla

Guest Lecture

A guest lecture was organized on the topic “Swatantryoter Nari Lekhan” for the student of B.A. Dr. Vidyanidhi from Govt. Degree College, Sunni was the Resource person. The objective of the lecture was to make the students aware of the eminent writers of Hindi Literature.



Guest Lecture on the topic “Swatantryoter Nari Lekhan”

International Women's Day Celebration

On March 8, 2019, a special assembly was held to celebrate International Women's Day based on the theme 'Balance for Better' with the aim to raise awareness, celebrate achievements, promote gender balance, and inspire empowerment.



International Women's Day Celebration on March 8, 2019

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St. Bede's College Shimla

International Yoga Day

On June 21, 2019, International Yoga Day was celebrated by the NSS unit of the college. A yoga session led by Mr. Neja Ram, DPI was organized in the college auditorium where students and teachers actively participated. During the session, Mr. Neja Ram guided the participants through different yoga postures, breathing techniques, and relaxation exercises. The session provided an opportunity for participants to experience the physical and mental benefits of yoga.



International Yoga Day Celebration on June 21, 2019

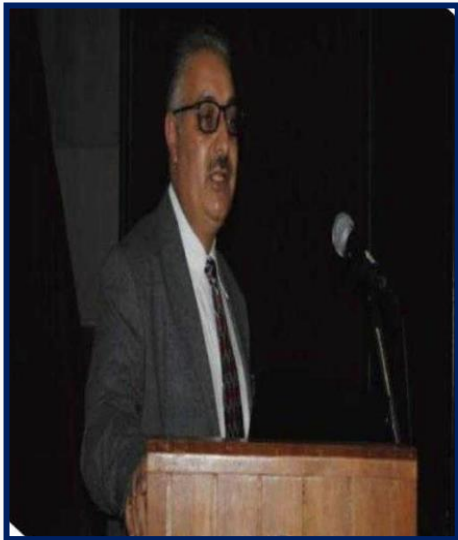
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St. Bede's College Shimla

Lecture on Breast Cancer Awareness

On August 13, 2019, the Health Club of the college organized a presentation on "Early Detection of Breast Cancer" by Dr. Vikas Fotedar, MBBS, MD, Assistant professor, Department of Radiology and Member of Tumor Board IGMC Shimla. He made the students familiar with the alarming rise in the number of breast cancer patients. He also mentioned the symptoms, causes, inheritance, precautions, and cures for breast cancer. Finally, he emphasized the screening tests and methods for detecting cancer at an early stage. Techniques and procedures for self-examination of our body on a regular basis were also demonstrated by Dr. Fotedar.



An expert addresses students at St Bede's College in Shimla on Tuesday. TRIBUNE PHOTO

TALK ON CANCER DIAGNOSIS

The health club of St Bede's College gave a presentation on "Early Detection of Breast Cancer" by Dr Vikas Fotedar, assistant professor, department of radiation and member of tumour board, IGMC, Shimla. Dr Fotedar told the students about the rise in the number of breast cancer cases. He also talked about the symptoms, causes, inheritance, precautions and cures of breast cancer. Techniques and procedures on self-examination on a regular basis were also demonstrated by Dr Fotedar. He concluded his presentation by stating that breast cancer was curable and the doctor must be consulted as early as possible.

The Tribune
14/8/19

Lecture on Breast Cancer Awareness on August 13, 2019

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St. Bede's College Shimla

National Nutrition Week

On September 3, 2019, the Departmental Club of Zoology, ZOO QUEST celebrated the National Nutrition Week by organizing a collage-making competition on the topic of "Nutrition". The aim was to raise awareness about nutrition as part of the National Nutrition Week celebration.



National Nutrition Week Celebration on September 3, 2019

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St. Bede's College Shimla

Talk on Menstrual Hygiene

On September 17, 2019, a talk on menstrual hygiene was held for the students by an NGO. Ms. Manpreet Kaur and her team spoke at length about the importance and need of menstrual hygiene. She apprised the students about the difference between plastic and cotton sanitary pads. The aim was to make the students aware of the dangers caused by using plastic sanitary pads both for health as well as the environment.



Talk on Menstrual Hygiene on September 17, 2019



St. Bede's College Shimla

Talk on Obesity

On September 18, 2019, to sensitize the girl students about the importance of nutrition, the NSS Unit of the St. Bede's College organized a talk on the obesity on September 18, 2019, in the college auditorium. The aim was to make students aware of the importance of a balanced diet, the causes of obesity and the importance of lifestyle changes for controlling it.



Talk on Obesity on September 18, 2019

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कम खाने से ही नहीं घटता मोटापा, सुबह की सैर जरूरी

सेंट बीड्स कॉलेज में अपराजिता 100 मिलियन स्माइल्स अभियान के तहत दिए कार्यक्रम में तंदरुस्त रहने के टिप्स, गृह विज्ञान की शिक्षिका जयवंती ने किया मार्गदर्शन

अमर उजाला व्यूरो

शिमला। मोटापा कम खाने से ही नहीं घटता बल्कि इसके लिए सुबह की सैर और व्यायाम भी जरूरी है। इसके अलावा असंतुलित आहार भी मोटापे का कारण है।

यह जानकारी राजधानी शिमला के निजी गैस्स कॉलेज सेंट बीड्स में अमर उजाला के अपराजिता 100 मिलियन स्माइल्स अभियान के तहत आयोजित कार्यक्रम में दी गई। कॉलेज की एनएसएस इकाई के सहयोग से आयोजित इस कार्यक्रम में चूपचुप को स्वास्थ्य और मोटापा विषय पर

ब्रेक फास्ट करने को भी जरूरी बताया



सेंट बीड्स कॉलेज शिमला में अमर उजाला के सौजन्य से आयोजित अपराजिता 100 मिलियन स्माइल्स कार्यक्रम में भाग लेती छात्राएं। अमर उजाला

मोटापे की मुख्य वजह और समाधान

गृह विज्ञान की शिक्षिका जयवंती ने बताया कि मोटापे की मुख्य वजह अधिक



खाना, कम नींद लेना, तनाव में रहना, अत्यधिक दवाओं का इस्तेमाल, एक्टिविटी के घटने में खाना खाना भी मोटापे का कारण है। खाने की तुलना में काम न कर केलेरी बर्न नहीं हो पाती और लक फूड का अधिक इस्तेमाल भी इसका एक कारण है। कहा कि रोजाना नियमित रूप से ब्रेकफास्ट करें, खेल और शारीरिक व्यायाम करें, सुबह की सैर करें। अपने खाने में अधिक खाने के बजाय संतुलित आहार शामिल करें। समय-समय पर चिकित्सक से स्वास्थ्य जांच अवश्य करवाएं और वजन बढ़ने पर एक डाइट चार्ट बनाकर उसे फॉलो करें।

कि कम खाने से मोटापा नहीं घटता, यह एक भ्रांति है।



हमारा ज्वन तंत्र बिना काम के रहता है। ब्रेक फास्ट न आपका लाइफ स्टहल, खाने के तौर तरीके भी आपको सेहत को प्रभावित करते हैं। किसी भी सुरत में सुबह का ब्रेकफास्ट न छोड़ें, नियमित तौर पर ब्रेकफास्ट करना जरूरी है। पुरो रात

कवताओं ने छात्राओं का मार्गदर्शन किया। कॉलेज प्राचार्य, नदिनी

प्रधानिया ने कार्यक्रम में बतौर मुख्य अतिथि शिरकत की। शिक्षक विजय

संगौरिया, एनएसएस कार्यक्रम अधिकारी रीना ठाकुर और सुरोत्स

गुप्ता ने आयोजन में सहयोग किया। छात्राओं को मोटापे की वजह और

इससे बचने के उपाय बताए। कहा

Talk on Obesity on September 18, 2019

Poetry Recitation Competition

On September 20, 2019, a poetry recitation competition based on the theme “Women Empowerment” was organised by the women cell of the college. The aim was to promote awareness and foster discussions on women empowerment through the creative expression of poetry.

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An expert delivers a speech at St Bede's College, Shimla.

The women cell of St Bede's College on Wednesday gave a presentation on gender mainstreaming. Chairperson of the department of economics, Institute of Tribal Studies, Himachal Pradesh University, Prof Aparna Negi made the students aware of the difference between sex and gender. She said sex was biological, whereas gender was a learned behaviour. Her presentation was much appreciated and in the end of the programme she was felicitated by principal Nandini Pathania.

लिंग मुख्यधारा पर एक प्रस्तुति का आयोजन

शिमला। बुधवार को सेंट बीड्स कॉलेज की वूमन सैल ने लिंग मुख्यधारा पर एक प्रस्तुति का आयोजन किया। इस समारोह के अतिथि प्रो. अर्पणा नेगी थी, जो एचपी विश्वविद्यालय शिमला में अर्थशास्त्र और जनजातीय संस्थानों के संस्थान की चेयरपर्सन है। उन्होंने छात्रों को लिंग के अंतर के बारे में जागरूक किया। उन्होंने कहा कि यौन संबंध केवल जैविक है, जबकि लिंग व्यवहार सीखा जाता है। उन्होंने इस बात पर जोर दिया कि कैसे हमारा दिमाग केवल एक विशेष लिंग के बारे में सोचता है। जब हम एक नर्स के बारे में सोचते हैं तो हम हमेशा एक महिला के बारे में सोचते हैं। यदि हम एक किसान के बारे में सोचते हैं तो वह हमेशा एक आदमी होगा। उनकी इस प्रस्तुति को बहुत सराहा गया और कार्यक्रम के अंत में उन्हें सेंट बीड्स की प्रिंसिपल नंदिनी पठानिया के द्वारा सम्मानित किया गया।
Himachal Des
26/09/19

बीड्स कालेज में लिंग व्यवहार के प्रति किया जागरूक



शिमला : सेंट बीड्स कालेज में आयोजित कार्यशाला में भाग लेती छात्राएं।
शिमला, 25 सितम्बर (ब्यूरो): सेंट बीड्स कालेज की महिला सैल ने छात्राओं को लिंग व्यवहार के प्रति जागरूक किया। इस कार्यक्रम में प्रदेश विश्वविद्यालय शिमला में अर्थशास्त्र विभाग और जनजातीय अध्ययन संस्थान की अध्यक्ष प्रो. अपर्णा नेगी ने बतौर मुख्यातिथि शिरकत की। मुख्यातिथि ने छात्राओं को लिंग और लिंग व्यवहार के अंतर के बारे में जागरूक किया। उन्होंने बताया कि लिंग केवल जैविक है, जबकि लिंग व्यवहार सीखा जाता है। उन्होंने इस बात पर जोर दिया कि कैसे हमारा दिमाग केवल एक विशेष लिंग के बारे में सोचता है, जब यह एक विशिष्ट व्यवसाय के लिए आता है।
जब हम एक नर्स के बारे में सोचते हैं तो हम हमेशा एक महिला के बारे में सोचते हैं, यदि हम एक किसान के बारे में सोचते हैं तो वह हमेशा एक आदमी होगा। उन्होंने इस बात पर भी जोर दिया कि कैसे लिंग सशक्तिकरण का मतलब केवल महिलाओं के सशक्तिकरण से नहीं है, बल्कि लैंग्विज्म, गे, बायसेक्सुअल और ट्रांसजेंडर क्यूर से भी है। उनका प्रस्तुति को बहुत सराहा गया और कार्यक्रम के अंत में उन्हें प्रिंसिपल नंदिनी पठानिया द्वारा सम्मानित किया गया इस कार्यक्रम में अध्यापकों सहित विद्यार्थियों ने भाग लिया।
Karan

ऑस्ट्रेलिया की लेखिका ने किया छात्राओं का मार्गदर्शन

वहीं कालेज में अंग्रेजी विभाग द्वारा एक पुस्तक वार्ता का आयोजन किया गया, जिसके लिए ऑस्ट्रेलिया की लेखिका और निर्माता कोर्टनी कोलिन्स को आमंत्रित किया गया। इस अवसर पर छात्राओं ने उनकी पुस्तक द बुरियल पर चर्चा की। उन्होंने छात्राओं को लिखने के लिए प्रोत्साहित किया, साथ ही साहित्यिक कृति को कलमबंद करने के बारे में छात्राओं के प्रश्नों के उत्तर भी दिए। बता दें कि ऑस्ट्रेलिया की लेखिका कोर्टनी कोलिन्स की यह पुस्तक 11 देशों में प्रकाशित हो चुकी है।



St. Bede's College Shimla

Presentation on Breast Cancer

On December 13, 2019, the NSS camp began with a presentation on Breast cancer by Dr. Manish Gupta, Professor and Head, of the Department of Radiology and Oncology, Cancer Hospital, Shimla. He stressed modifications in lifestyle and early screening as a preventive measure.

Session on Women's Safety and Rights

On December 15, 2019, an interactive, and informative session was conducted by Advocate Sheetal Vyas, who is also an alumna of our college. She expressed her views on women's safety, women's rights and different initiatives taken by the government to safeguard the rights of women.

National Science Day celebration on the theme "Women in Science"

A one-day program on National Science Day was organised on February 28, 2020, on the theme "Women in Science". Presentations emphasizing the contributions of women in the field of science and the working of Chandrayan II, Gaganyaan, and Aditya II, including the intricacies and technicalities of the project and the scientists who were a part of it were also presented. A collage-making competition and poster-making competition were also organized on this occasion.



National Science Day celebrated on the theme "Women in Science" on February 28, 2020

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St. Bede's College Shimla



National Science Day celebrated on the theme "Women in Science" on February 28, 2020

Power Walk

The power walk aimed to send a powerful message that women have the right to access public spaces and walk with dignity at any time and in any place. It sought to challenge societal norms and promote a society where women can freely and safely navigate public areas, contributing to the creation of a more equal and inclusive community.



Power Walk at The Ridge, Shimla

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St. Bede's College Shimla

International Women's Day Celebration

On March 9, 2020, NSS students collaborated with the Women Cell of the college on March 9, 2020, as a part of the International Women's Day Celebration. They highlighted the viewpoint of the present generation by forming the symbol showing "I Am Generation Equality". The collaboration between the NSS students and Women Cell on International Women's Day aimed to raise awareness, educate, empower, and unite individuals in advocating for gender equality. It provided a platform for the present generation to express their support for a more equal and inclusive society and inspired others to join the movement for positive change.



International Women's Day Celebration on March 9, 2019

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St. Bede's College Shimla

International Yoga Day Celebration

To emphasize the significance of Yoga in our lives, especially during the pandemic period, International Yoga Day was celebrated on June 21, 2020. The NSS volunteers actively participated by performing different yoga asanas at home and sharing their pictures/videos, promoting the practice of Yoga for physical and mental well-being. By actively participating in yoga and sharing their experiences, they motivated everyone to adopt yoga for physical fitness and mental equilibrium during challenging times.



International Yoga Day Celebration on June 21, 2020

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St. Bede's College Shimla

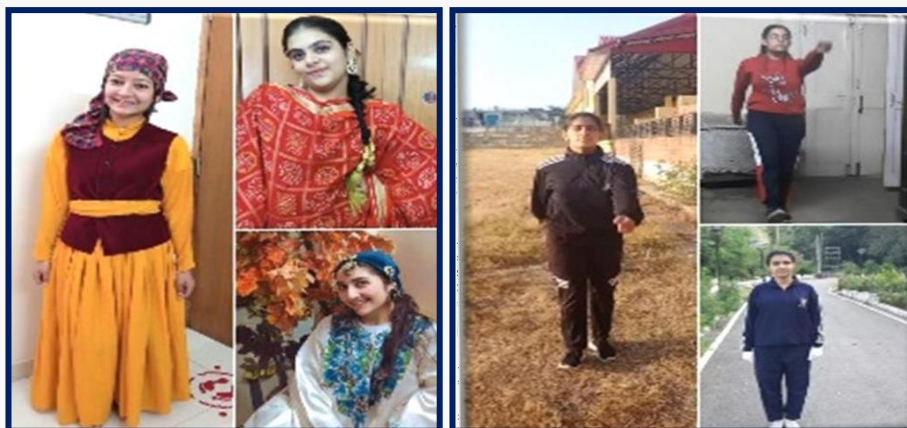
International Day of The Girl Child

On “The International Day of The Girl Child” (October 11, 2020) the women cell organized slogan writing and poster-making competitions on the theme “My Voice, Our Equal Right”. The aim was to raise awareness and empower girls by encouraging them to express their voices and advocate for equal rights through creative mediums.



International Day of The Girl Child on October 11, 2020

The NCC cadets participated in different online activities such as story writing, on the theme 'Women in the Armed Forces'. The aim was to promote gender equality, highlight the contributions of women in the armed forces, and inspire young individuals to break gender barriers and pursue careers in defense services.



International Day of The Girl Child on October 11, 2020

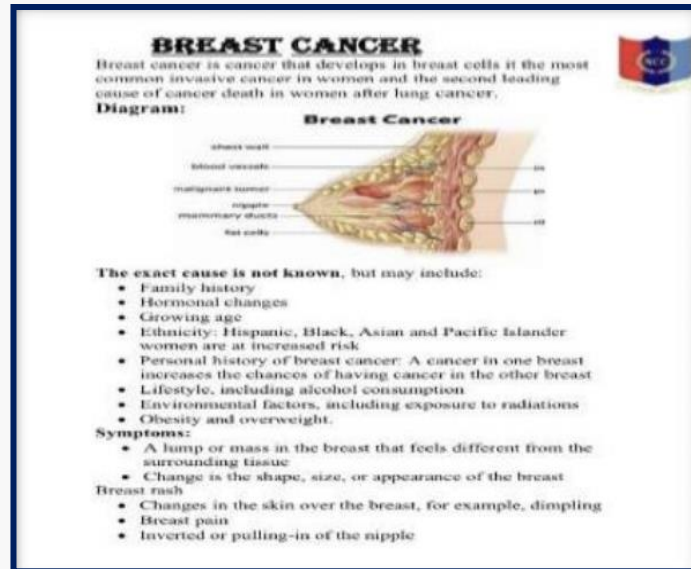
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St. Bede's College Shimla

National Cancer Day

On November 07, 2020, the National Cancer Day, the cadets of St. Bede's college wrote articles made e-posters and a video on 12 different types of cancers explaining their symptoms, precautions, causes, prevention and treatment.



National Cancer Day on November 07, 2020

Personal Hygiene

On December 6, 2020, the cadets celebrated Personal Hygiene Day wherein they explained different ways and steps of maintaining personal hygiene.



Personal Hygiene on December 6, 2020

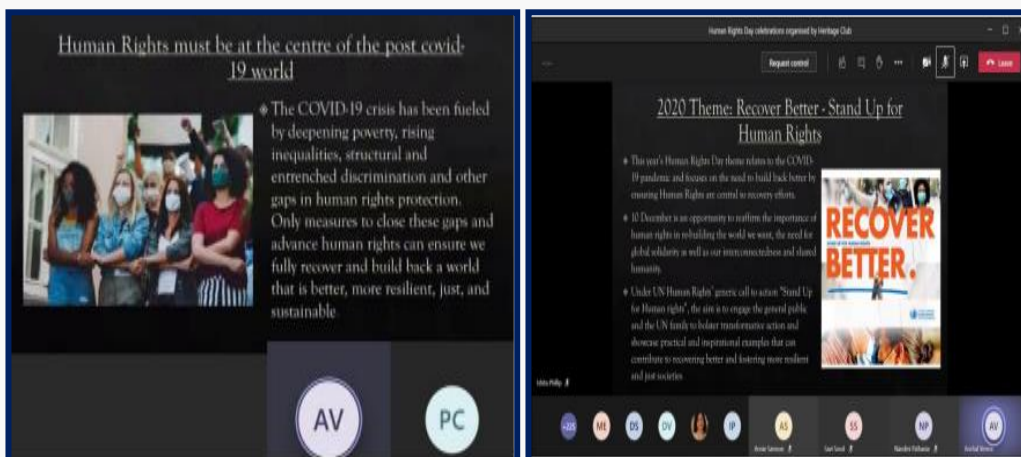
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St. Bede's College Shimla

Human Rights Day 2020

An online Presentation to commemorate 'Human Rights Day, 2020' was organised by 'Miraasa', the Heritage Club of St. Bede's College on December 10, 2020. The aim was to raise awareness about human rights issues, promote understanding, and foster a sense of respect and advocacy for human rights among the college community and beyond.



Human Rights Day 2020 on December 10, 2020

International Women Day

On March 8, 2021, the Women Cell of the college organized an inter-ship poster-making and poetry-writing competition. The students participated enthusiastically. The prompt for poetry writing was, "Why am I a feminist?" while the theme for poster making competition was "Women in Leadership". The main purpose of organizing the competition was for the girls to embrace their femininity and express their views through creative means.



International Women Day on March 8, 2021

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St. Bede's College Shimla

All Woman Parade

The students of Women Cell of the college attended an 'All Woman Parade' organized by the police department of Himachal Pradesh at the historic Ridge Grounds in Shimla. It aimed at increasing the strength of women in the police force. The state police celebrated the event in two sessions. State Governor, Mr. Bandaru Dattatray, was the chief guest in the first session during which the Parade was held on the Ridge. The Chief Minister, Mr. Jai Ram Thakur was the chief guest for the second session. The students were highly motivated and inspired by the program.



All Woman Parade on March 8, 2021

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Foot Policing Activities

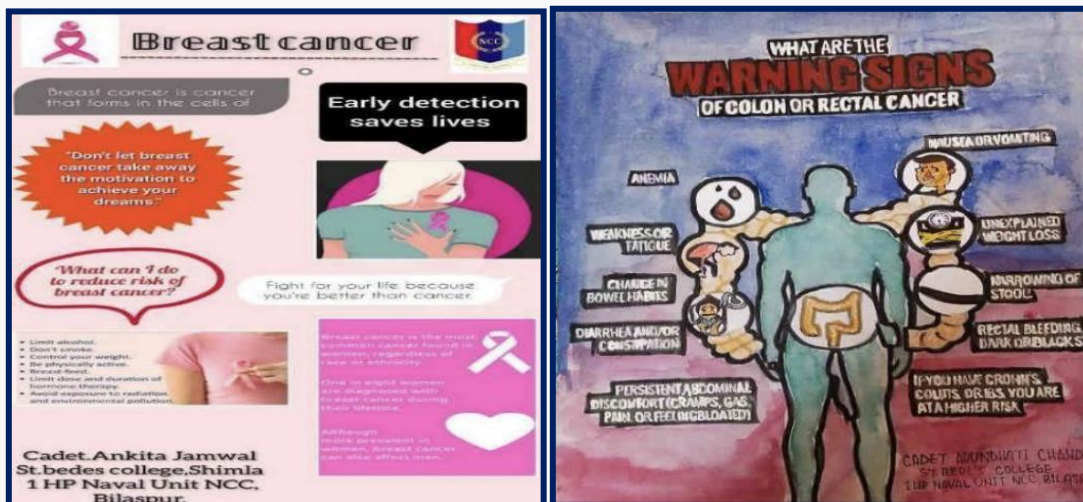
On March 12-13, 2021, the cadets of St. Bede's College, Shimla under 1 HP Naval Unit NCC Bilaspur did the foot policing activities. They included awareness among societies, schools /colleges etc. Due to Covid-19, the awareness sessions were mostly conducted online. A webinar was conducted on the topic "Drug Abuse and Preventions". The group presentation was conducted within the college on the topic 'Water Conservation'.



Foot Policing Activities on March 12-13, 2021

Cancer Awareness Program

On 'National Cancer Day', the cadets of St. Bede's college wrote articles on types of cancers explaining their symptoms, precautions, causes, prevention, and treatment. They also made e-posters and a video on the same.



National Cancer Day Awareness Program



St. Bede's College Shimla

Future Business Leaders

During the NSS camp, on March 18, 2021, Mr. Rohan Preet delivered an online presentation on “Future Business Leaders”. The aim was to inspire and educate the participants about the skills, qualities, and mindset required to become successful future business leaders.

Session on Women Empowerment and Domestic Violence

On March 21, 2021, Mrs. Neelanshi Bhatnagar a counsellor in Himachal Pradesh, Women State Commission chaired an interactive session with volunteers on women empowerment and domestic violence. The session aimed to provide valuable insights, guidance, and support to empower individuals in understanding and addressing the issues related to women's rights, gender equality, and domestic violence.



Session on Women Empowerment and Domestic Violence on March 21, 2021



St. Bede's College Shimla

International Yoga Day Celebration

A series of activities for the International Day of Yoga, 2021 was conducted by the cadets under 7HP (I) Coy, NCC Shimla to mark International Yoga week on the theme 'Be with Yoga, Be at Home'. The activities were as follows:

- Pranayama- A video was compiled where a few cadets performed different types of Pranayamas discussing the benefits of the same.
- Pledge- The cadets pledged to practice meditation every day, to mark the day.
- Poster Making- Cadets presented handmade posters for the same marking the benefits of Yoga and meditation.
- Jingle Composition- Jingles were composed by the cadets to mark the occasion and importance of yoga in a human's life.
- Quiz- an open Virtual Quiz was conducted by the cadets. About 60 people participated.

The aim was to promote the practice of yoga, raise awareness about its benefits, and encourage individuals to incorporate yoga and meditation into their daily lives.



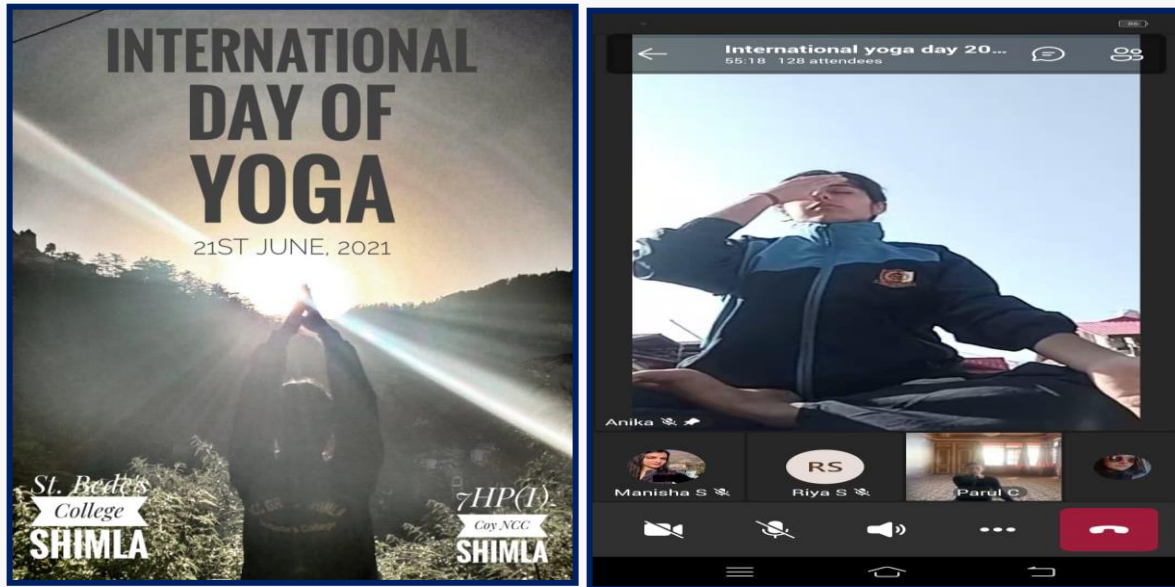
International Yoga Day Celebration on June 21, 2022

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St. Bede's College Shimla

On 21st June 2021, a live virtual Yoga session was also conducted by Ms. Parul Chauhan, a certified yoga instructor for the students of St. Bede's College, Shimla. The event was organized by the cadets of the NCC unit St. Bede's College, Shimla.



Celebration of International Yoga Day; June 21, 2021

Fit India Campaign under Azadi ka Amrit Mahotsav

7HP (I) Coy NCC Shimla encouraged cadets to actively participate in the Fit India Campaign on August 12, 2021, which was held online. The unit emphasized the importance of maximum participation and the cadets enthusiastically performed various asanas and pranayamas, showcasing the associated benefits.



Fit India Campaign on August 12, 2021

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St. Bede's College Shimla

Awareness on Tuberculosis and the Importance of Personal Hygiene in the Covid Pandemic

On August 18, 2021, the NSS unit of the college organized poster making competitions on the topics of "Awareness on Tuberculosis" and "Importance of Personal Hygiene during the Covid pandemic." The aim of these competitions was to raise awareness about tuberculosis, its prevention, and the importance of personal hygiene in the context of the ongoing Covid pandemic. The volunteers actively participated by creating informative posters that highlighted the key aspects of tuberculosis and emphasized the significance of maintaining good personal hygiene practices to prevent the spread of diseases.



Poster Competition on Awareness on Tuberculosis and Importance of Personal Hygiene on August 18, 2021

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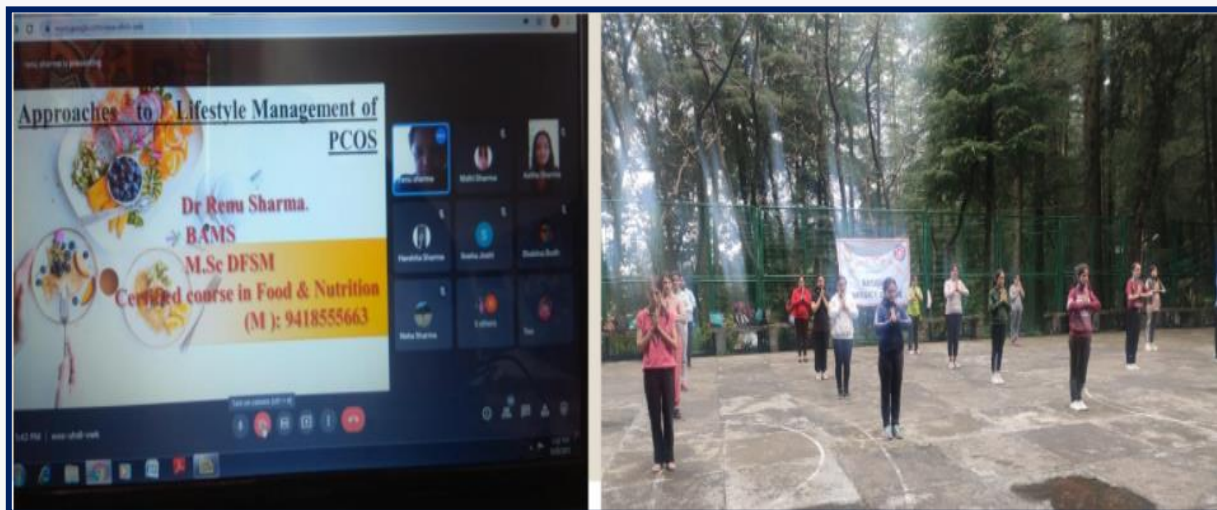


St. Bede's College Shimla

Potion Mah Celebration

In the month of September, the NSS unit of the college organized the following activities under the theme "Potion Mah":

1. Yoga Session and Health Awareness: The NSS unit conducted a week-long yoga session within the college campus to raise awareness about the importance of health and nutrition. The session aimed to promote the significance of maintaining a fit and healthy lifestyle. Additionally, a general survey was conducted to calculate the Body Mass Index (BMI) of the participants, highlighting the importance of maintaining a healthy weight.
2. Session on Lifestyle Management of PCOS: On September 25, 2021, a session was organized where Dr. Renu Sharma, the resource person, educated the volunteers about "Approaches to Lifestyle Management of PCOS." The objective of this session was to assess the effectiveness of lifestyle interventions in improving reproductive health, weight and body composition, metabolic factors, and overall quality of life for individuals with Polycystic Ovary Syndrome (PCOS).



Poshan Mah Celebration on September 25, 2021

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St. Bede's College Shimla

International Day of The Girl Child

On October 11, 2021, the NCC Unit of St. Bede's College under 7HP (I) Coy NCC, Shimla, along with the cadets from 1HP Naval Unit NCC, Bilaspur, collaborated with the Women Cell to organize a series of competitions in support of the International Day of the Girl Child. The chosen theme for the day was 'Empowerment'. The competitions included poster-making, poetry writing, and cultural representation, attracting enthusiastic participation from many students. These activities aimed to raise awareness about the importance of empowering girls and promoting gender equality, while providing a platform for students to showcase their creativity and talent.



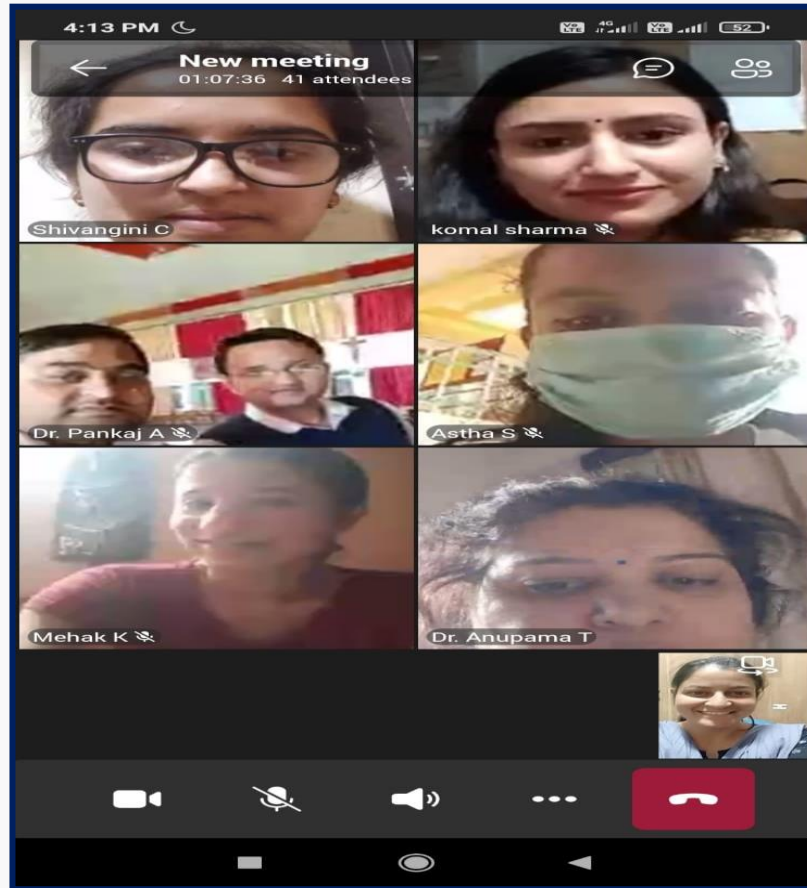
Celebration of International Day of Girl Child, October 11, 2021

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St. Bede's College Shimla

In celebration of the 'International Day of the Girl Child', the Department of Economics, in collaboration with the Political Science Department, organized an Extempore Competition on October 11, 2021. The competition required students to deliver impromptu speeches, speaking for approximately a minute, on topics that were revealed to them on the spot. This event aimed to provide students with an opportunity to enhance their public speaking skills, build confidence, and engage in thoughtful discussions on various subjects.



Celebration of International Day of Girl Child, October 11, 2021

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St. Bede's College Shimla

NCC Rank Promotion Ceremony

On November 1, 2021, the rank promotion ceremony for the NCC army wing was conducted wherein Col Suneet Shankta, OC 7HP (I) Coy, NCC Shimla was the chief guest.

Some of the cadets were promoted to higher ranks for their hard work and dedication towards the organization.

- Sgt Rutuja Kulkarni was promoted to the rank of UO.
- Cadet Ananya Singh, Cadet Riya Verma and Cadet Maanika Sethi were promoted to the rank of Sergeant.
- Cadet Devshree Hada, Cadet Anoushka Moses, Cadet Sakina Malik, Cadet Gati Singh and Cadet Nikita Chauhan were promoted to the rank of Corporal.
- Cadet Manisha Sharma, Cadet Ayushi Panwar, Cadet Priyangna Dhalta, Cadet Vidhi Sood and Cadet Chinmay Sharma were promoted to the rank of Lance Corporal.



NCC Rank Promotion Ceremony, November 1, 2021

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St. Bede's College Shimla



NCC Rank Promotion Ceremony, November 1, 2021

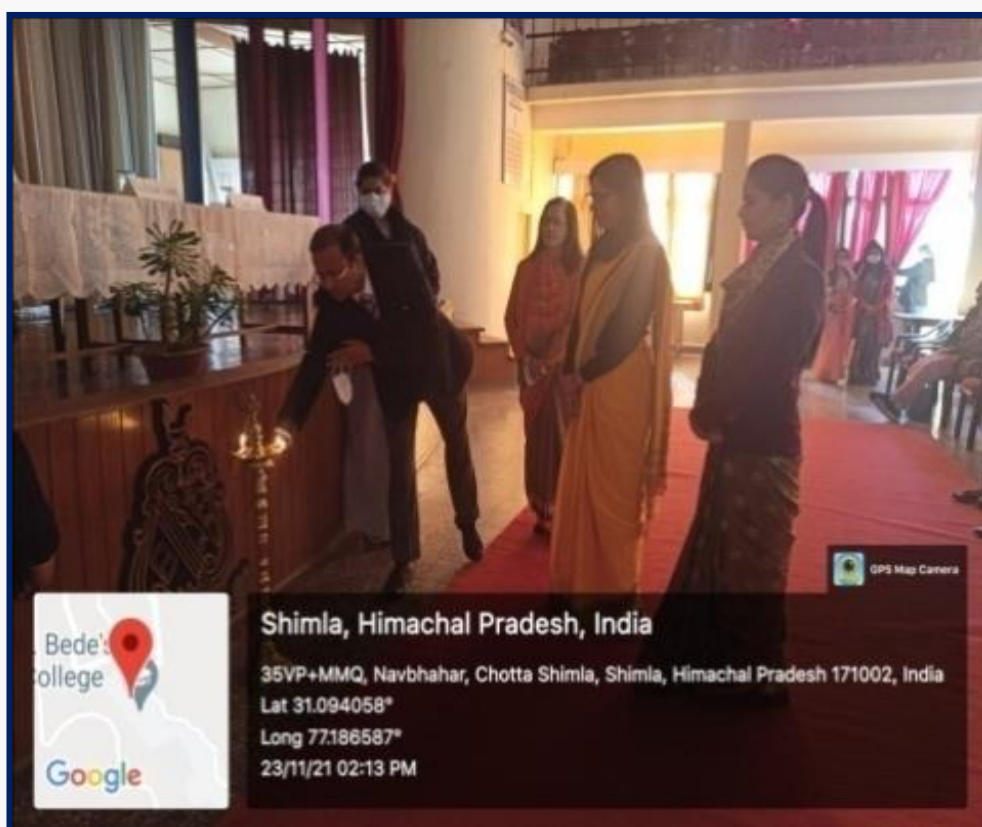
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St. Bede's College Shimla

Panel discussion “Women: The Pillars of Life”

The Women Cell of St. Bede's College, Shimla organized an informative and engaging Panel Discussion on the topic "Women: The Pillars of Life" on November 23, 2021. Three eminent speakers were invited to enlighten the students on topics related to the empowerment of women, laws related to the rights of women and feminism. Dr. Daisy Thakur, Chairperson of H.P. State Commission for women, Mr. Navlesh Verma, a renowned advocate of High Court, Shimla and Dr. Priyanka Vaidya, Associate Professor, H.P.U were the guest speakers. The aim of the Panel Discussion was to provide an informative and engaging platform for students to gain insights into the empowerment of women, laws related to women's rights, and the concept of feminism.



Panel Discussion on Women: The Pillars of Life; November 23, 2021

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St. Bede's College Shimla



Divya Himachal 25/11/21

नारी जीवन पर सेंट बीड्स कालेज में चर्चा

शिमला। सेंट बीड्स कालेज में नारी जीवन के स्तंभ पर आधारित एक पैनल चर्चा का आयोजन किया गया। प्रधानाचार्य की अध्यक्षता में आयोजित कार्यक्रम में तीन मुख्य वक्ताओं महिला आयोग की अध्यक्ष डा.डेजी टाकुर, एचपीयू की सहायक प्रोफेसर डा.प्रियंका वैद्य और एडवोकेट नवलेश वर्मा ने भाग लिया। इन वक्ताओं ने समकालीन समाज में महिला सशक्तिकरण, महिला अधिकार और कानून तथा भारतीय नारीवाद विषय पर अपने व्याख्यानो से विद्यार्थियों को लाभान्वित किया।

Panel Discussion on Women: The Pillars of Life; November 23, 2021

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St. Bede's College Shimla

TALK ON WOMEN EMPOWERMENT

The women cell of St Bede's College, Shimla, organised a discussion on topics related to women empowerment in contemporary society, women's rights and Indian feminism. Daisy Thakur, chairperson of HP State Commission for Women; Navlesh Verma, advocate at Shimla High Court; and Priyanka Vaidya, Associate Professor at HPU, were the speakers for the day. Vandana Thakur, Assistant Professor at St Bede's, delivered the keynote speech.

Tribune
25/11/2021



Panel Discussion on Women: The Pillars of Life; November 23, 2021

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St. Bede's College Shimla

Sheroes

The Women Cell of St. Bede's College organized "Sheroes" an online event for the college students, on December 20, 2021. The event aimed to empower students, celebrate womanhood, promote gender equality, and provide a platform for creative expression and talent showcase. It encouraged students to reflect on and express their thoughts on relevant topics through painting, poetry, and essay writing.

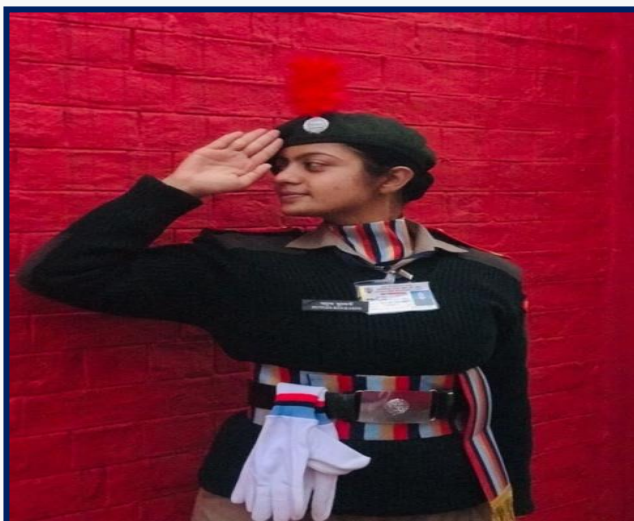


Painting Competition for Sheroes; December 29, 2021

Republic Day Parade

UO Rutuja Kulkarni attended the Republic Day Parade on January 26, 2022, at Delhi where she represented PHHP&C Directorate in the Best Cadet (SW Army) Competition. She was a part of the PM Rally and briefed the Defence Minister and the DGNCC at the Hall of Fame.

LCpl Ayushi Panwar was a part of the State Republic Day Parade and was a part of the contingent that marched on Mall Road, Shimla on Republic Day.



Participation of NCC Cadets in the Republic Day Parade on January 26, 2022



St. Bede's College Shimla

Manzil – Doordarshan Talk

February 11, 2022, is celebrated every year as the International Day of Women and Girls in Science. To celebrate this occasion a team of three: two teachers and a student of St. Bede's College visited the Himachal Doordarshan Studio to host a talk show titled 'MANZIL - Employment Opportunities for Women in the Field of Science'. The host of the show was Dr. Vandana Thakur, Assistant Professor from the department of English and the guest speakers were Dr. Sapna Sharma, Associate Professor, Department of Physics and Ms. Archana Malik, a student of BSc. Honours Biotechnology (<https://youtu.be/IO2tyK1w6Kw>). The show aimed to break stereotypes and empower women to actively participate in scientific fields, fostering gender equality and progress in the scientific community.



International Day of Women and Girls in Science; February 11, 2022

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St. Bede's College Shimla

“Program for Aspiring Women Scientists (PAWS)”

Program for Aspiring Women Scientists (PAWS)” was conducted by Homi Bhabha Centre for Science Education & IPA'S Gender in Physics Working Group on 'Combating Imposter Syndrome and biases on February 20, 2022. The program aimed to create a supportive and inclusive environment for aspiring women scientists by providing them with resources, guidance, and strategies to overcome self-doubt and external barriers.



Program for Aspiring Women Scientists (PAWS) on February 20, 2022

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St. Bede's College Shimla

National Parliament for Women

Students at St. Bede's college participated in the 'Parliament for Women' organized by the HP State Commission for Women in association with National Commission for Women at Government Senior Secondary School, Portmore, Shimla on March 3, 2022, celebrating the upcoming International Women's Day on March 8. This event was a part of a nationwide celebration in the first 10 days of March, under the 75th Azadi ka Amrit Mahotsav. Accomplished women from the fields of politics, journalism, academics, judiciary, police and administration became the bearers of a fruitful evening.



National Parliament for Women on March 3, 2022

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St. Bede's College Shimla

Talk on Breast Cancer

NSS Unit of St. Bede's college organized a lecture on "Breast Cancer, it's detection and preventions" on March 4, 2022. The lecture was given by Dr. Manish Gupta, one of the leading Radiation Oncologist and Consultant at IGMC, Shimla. By organizing the lecture, the NSS Unit aimed to promote breast cancer awareness, empower students with knowledge about its detection and prevention, and encourage them to spread awareness among their peers and the wider community. The event contributed to fostering a culture of health consciousness and proactive healthcare among the students of St. Bede's College.



NSS CAMP AT ST BEDE'S COLLEGE

Tribune - 11/03/22

A seven-day NSS camp on the theme "Educated Youth and Self Reliant India" was held at St Bede's College. During the camp, volunteers attended 'Yes +' programme, wherein they were taught some breathing techniques and fun games. Various interactive sessions were also conducted. In one such session, Dr Manish Gupta gave an insight into breast cancer. On the last day of the camp, volunteers presented energetic Pahari and Punjabi dance performances.

Talk on Breast Cancer on March 4, 2022

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St. Bede's College Shimla

Role of Women in Higher Education

The department of geography organized a declamation competition on 'Role of Women in Higher Education' on March 5, 2022. The competition aimed to provide a platform for students to express their views and opinions on the role of women as students, educators, researchers, and leaders in the pursuit of knowledge and academic excellence.



Declamation Competition on Role of Women in Higher Education on March 5, 2022

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St. Bede's College Shimla

International Women's Day

To commemorate the special occasion of Women's Day, the Women Cell of the college organized an event in accordance with the theme for this year, as provided by UN Women: 'Gender Equality Today for a Sustainable Tomorrow'. Three eminent speakers had been invited to make the students aware on various topics that revolve in and around women: Dr. Monika Bhutunguru, S. P. Shimla, Dr. Puja Negi Rajta, Associate Professor, Department of Medical Physiology, IGMC, Shimla and Ms Vandana Misra, Advocate, High Court Shimla. The event aimed to provide insights into various aspects of women's lives and the challenges they face. The speakers shared their expertise and experiences to inspire and educate the students on topics related to gender equality, women's rights, and the importance of sustainable development for a better future.



International Women's Day Celebration on March 8, 2022

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St. Bede's College Shimla

Tribune 09/03/2022

EDUCATION NOTES

LECTURE ON WOMEN'S HEALTH

The women cell of St Bede's College, Shimla, organised an event on the occasion of the International Women's Day. Three eminent speakers, Monika Bhutunguru, SP, Shimla, Puja Negi Rajta, Associate Professor, Department of Medical Physiology, IGMC, Shimla, and Vandana Misra, Advocate, High Court, Shimla, enlightened students on cyber crime, women health and gender sensitisation, respectively.



International Women's Day Celebration on March 8, 2022

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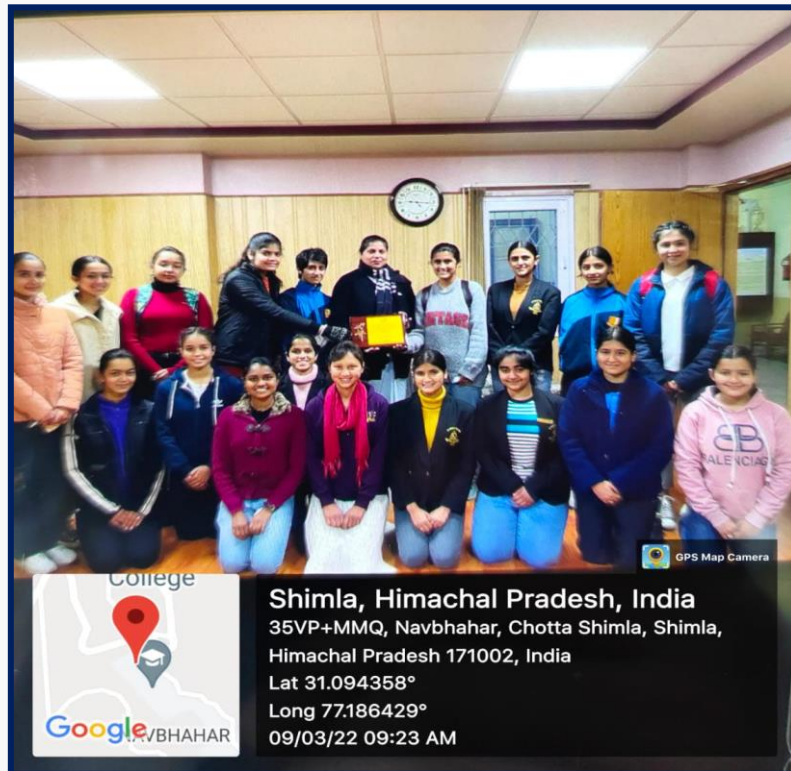


St. Bede's College Shimla

Nukkad Natak on the event of International Women's Day

On March 8, 2022, the 1st and 2nd year NCC cadets were invited to perform a Nukkad Natak on the event of International Women's Day at GDC, Kotshera.

The cadets presented a Nukkad Natak under the title "Blood donation- DOs and DON'Ts" and were presented with a "Momento of Honour for Stage Performance". The aim was to encourage community engagement and instill a sense of social responsibility regarding blood donation among the audience.



International Women's Day Celebration on March 8, 2022

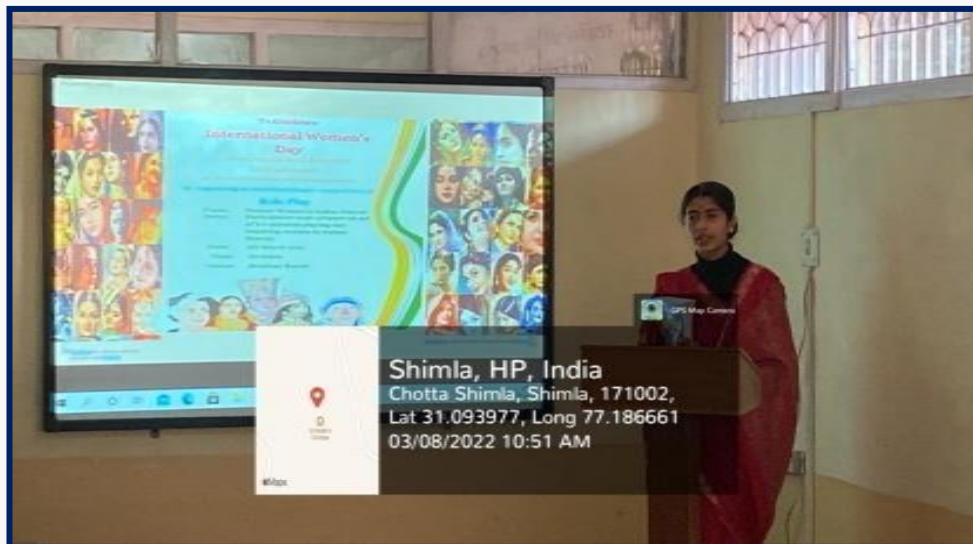
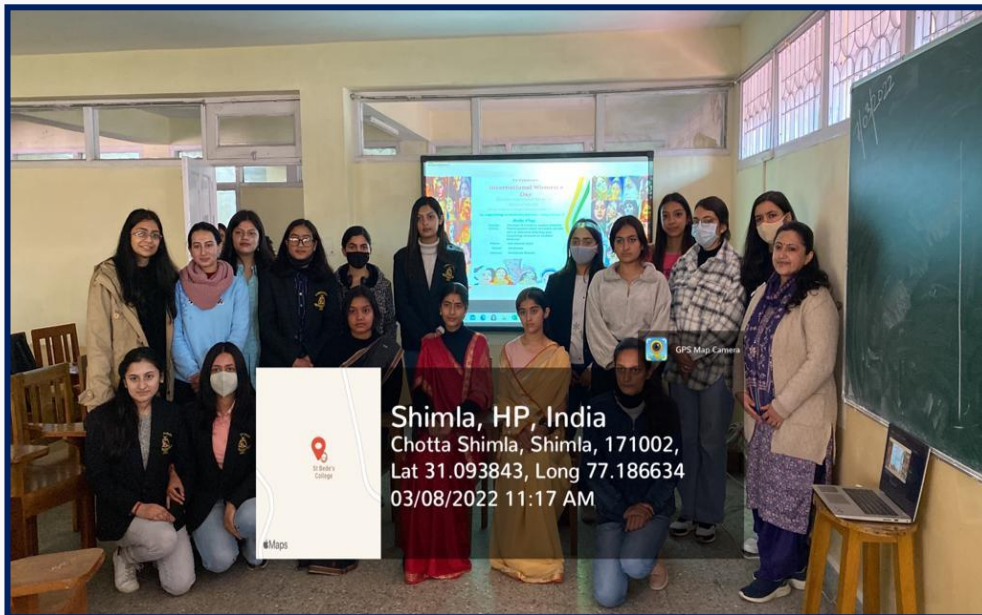
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St. Bede's College Shimla

Role play on the theme “Pioneer Women in Indian History”

A role play competition based on the theme- “Pioneer Women in Indian History” was organized by the departments of Economics and History to celebrate International Women’s Day on March 8, 2022. The students participated with full enthusiasm and vigor. Various inspirational women were role played like Indira Gandhi, first women Prime Minister of India, Anandi Bai Joshi, the first Indian women to study medicine, Nirmala Sitharaman, our current Finance Minister etc. The inspirational role plays sensitized all of us on how to go beyond gender stereotypes and pave way for empowerment.



Role play on the theme “ Pioneer Women In Indian History” on March 8, 2022

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St. Bede's College Shimla

Role of NSS in Women Empowerment

NSS organized an online webinar on 'Role of NSS in Women Empowerment' on March 8, 2022, with Dr. Mahima Verma, Assistant Professor, Department of Sociology, Jesus and Mary College, Delhi. The aim of the webinar was to create awareness and understanding about the significant role that NSS plays in empowering women.



Role of NSS in Women Empowerment on March 8, 2022

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St. Bede's College Shimla

Felicitation of Cadets Qualified to Appear for SSB Interview

An event was organized by the NCC Unit of St. Bede's College Shimla on June 4, 2022, to acknowledge and appreciate the cadets who successfully qualified to appear for the SSB Interview. The selected cadets were SUO Rutuja Kulkarni and Cadet Anjali Kainthla from 7HP(I) Coy, NCC Shimla, along with Captain Cadet Chavi Tewari and PO Cadet Arundhati Chandel from 1HP Naval Unit NCC Bilaspur. The principal felicitated the cadets during the event.



 <p>Acknowledgement of the cadets appearing for SSB Interview</p> <p>NCC Unit, St. Bede's College is organising an event to acknowledge their cadets who have successfully qualified to appear for SSB Interview. The efforts and hardwork of our Cadets finally paid off.</p> <p>Date : June 4,2022 Venue : Seminar Room St. Bede's College Time : 10:30 a.m</p>	<p>न्यूज 1 नजर में</p> <p>एनसीसी कैडेट सम्मानित</p> <p>शिमला। 7 एचपी (आई) कंपनी एनसीसी शिमला के एनसीसी कैडेटों का अभी लाल ही में एसएसबी साक्षात्कार के लिए चयनित कैडेटों हुआ है। यह अपने-आप में एक बड़ी उपलब्धि है, क्योंकि यही होनहार एसएसबी साक्षात्कार उत्तीर्ण करने के पश्चात भारतीय सेना में ऑफिसर बनेंगे। 7 एचपी (आई) एनसीसी शिमला के कमांडिंग ऑफिसर कर्नल डीआर गार्गी का कहना है कि इन कैडेटों में अधिकतर लड़कियां चयनित हुई हैं, जो शिमला के विभिन्न शिक्षण संस्थानों में पढ़ाई कर रही हैं। इन कैडेटों में से गार्ल्स सेंट बीड्स कॉलेज शिमला की एनसीसी में सीनियर अंडर ऑफिसर रुतुजा कुलकर्णी, कैडेट अंजलि कैथला और साथ ही 1 एचपी नौवल यूनिट एनसीसी बिलासपुर की कैडेट छवि तैवारी और पीओ कैडेट अरुंधति को सेंट बीड्स कॉलेज शिमला के प्रधानाचार्य प्रो. मौली अब्राहम ने कॉलेज परिसर में एनसीसी प्रभारी व सीटीओ डॉ. श्वेता लक्ष्मण की ओर से आयोजित कार्यक्रम कैडेटों का सम्मान में सम्मानित किया</p>	<p>चार कैडेट्स एसएसबी इंटरव्यू के लिए चयनित</p> <p>जागरण संवाददाता, शिमला : 7 एचपी (आई) कंपनी एनसीसी शिमला की चार एनसीसी कैडेट्स का सर्विस सलैक्शन बोर्ड (एसएसबी) साक्षात्कार के लिए चयन हुआ है। एसएसबी साक्षात्कार उत्तीर्ण करने के बाद वे भारतीय सेना में ऑफिसर बनेंगे। 7 एचपी (आई) एनसीसी शिमला के कमांडिंग ऑफिसर कर्नल डीआर गार्गी ने कहा कि ये कैडेट्स शिमला के विभिन्न शिक्षण संस्थानों में पढ़ाई कर रही हैं। यह नारी सशक्तिकरण का उदाहरण है। उन्होंने कहा कि युवाओं का सही मार्गदर्शन कर उनके सपनों को उड़ान देनी चाहिए। इन कैडेट्स में सेंट बीड्स कॉलेज शिमला की एनसीसी में सीनियर अंडर ऑफिसर रुतुजा कुलकर्णी, अंजलि कैथला, 1 एचपी नौवल यूनिट एनसीसी बिलासपुर की कैडेट्स छवि तैवारी और पीओ कैडेट अरुंधति को सेंट बीड्स कॉलेज शिमला के प्रधानाचार्य प्रो. मौली अब्राहम ने शनिवार को एनसीसी प्रभारी व सीटीओ डॉ. श्वेता लक्ष्मण की ओर से सम्मानित किया।</p>
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Felicitation of Cadets Qualified to Appear For SSB Interview on June 4, 2022



St. Bede's College Shimla

International Day of Yoga

The NCC Unit of St. Bede's College celebrated the International Day of Yoga on June 21, 2022. As part of the celebration, 25 cadets visited St. Edward's School Shimla along with cadets from other institutions under 7HP(I)COY NCC Shimla. The cadets participated in a yoga session together with many other cadets. The cadets also raised awareness online by sharing their experience of the day, and the video has received over 1,200 views on Instagram.



International Day of Yoga on June 21, 2022

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St. Bede's College Shimla

Under the aegis of the Ministry of Aayush and Azadi ka Amrit Mahotsav, the Department of Physical Education and NSS Unit of St. Bede's College, Shimla celebrated International Yoga Day on June 21, 2022, with the theme "Yoga for Humanity." To further celebrate the 8th International Day of Yoga 2022, a week-long yoga camp was organized from June 15 to June 21, 2022, under the guidance of Dr. Ashwani Kumar from the Department of Physical Education.

Various online and offline activities were conducted in the college to mark the occasion, such as a poster making competition, slogan writing competition, essay writing competition on the topic "Importance of Yoga".

Finally, a rally was conducted to raise awareness about the Importance of Yoga, which was flagged off by the Principal, Prof. (Sr.) Molly Abraham. The overall objective was to encourage individuals to incorporate yoga into their daily lives and recognize its positive impact on physical, mental, and spiritual health.



International Day of Yoga on June 21, 2022

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St. Bede's College Shimla



सेंट बीड्स कालेज में पोस्टर मेकिंग से दिया संदेश

सेंट बीड्स कालेज, शिमला की एनएसएस इकाई और शारीरिक शिक्षा विभाग ने विश्व योग दिवस पर विभिन्न ऑनलाइन और ऑफलाइन गतिविधियों का आयोजन किया गया। इसमें पोस्टर मेकिंग प्रतियोगिता, स्लोगन लेखन प्रतियोगिता, निबंध लेखन प्रतियोगिता, विभिन्न योगासन करते हुए वीडियो और योग जागरूकता सर्वेक्षण शामिल रहे। शारीरिक शिक्षा विभाग के डा.अश्वनी कुमार के मार्गदर्शन में एक सप्ताह तक चलने वाले योग शिविर का भी आयोजन किया गया। योग के महत्व के बारे में जागरूकता फैलाने के लिए एक रैली भी आयोजित की गई, जिसके बाद स्थानीय लोगों के साथ एक संवाद सत्र आयोजित किया गया। प्रिंसिपल प्रो. (सीनियर) मौली अब्राहम ने वालंटियरों को प्रेरित किया और शरीर, मन और आत्मा के बीच सामंजस्य के महत्व पर प्रकाश डाला, जिसे योग के नियमित अभ्यास से प्राप्त किया जा सकता है।

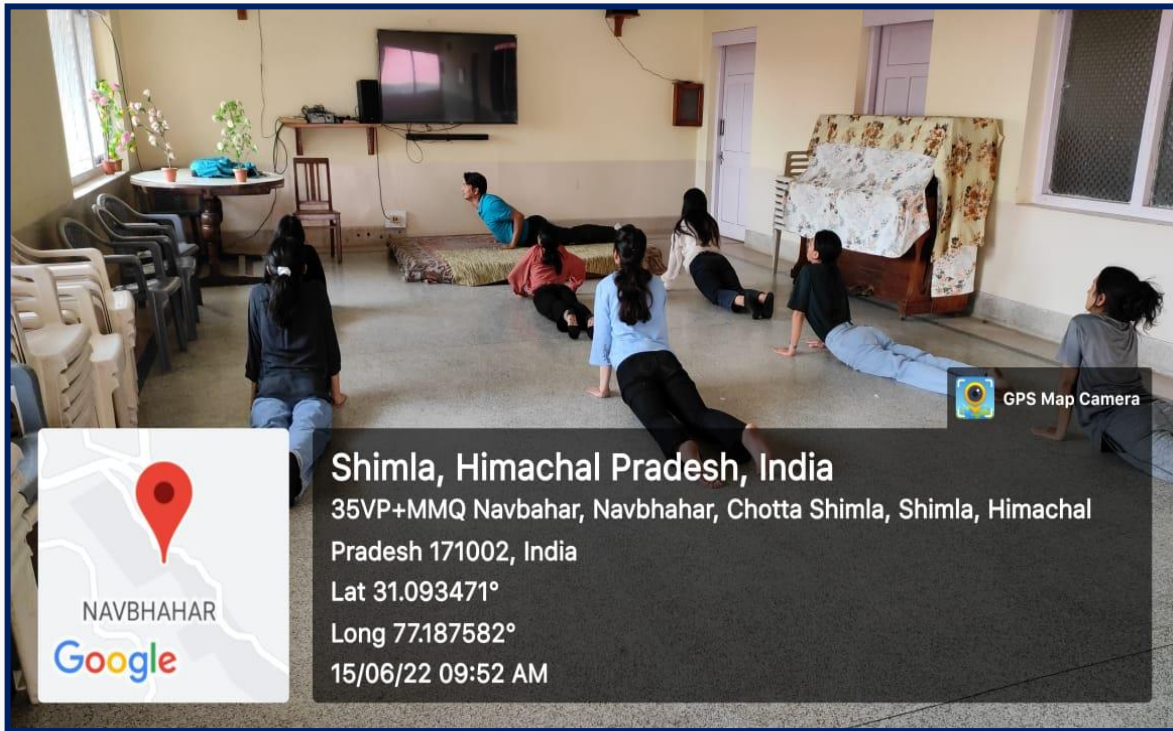
Divya Himachal 22/06/22

International Day of Yoga on June 21, 2022

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St. Bede's College Shimla



International Day of Yoga on June 21, 2022

Umbrella Painting

A State Level Function was organized by the HP State AIDS Control Society and DTE, Health and Family Welfare, Shimla on August 10-12, 2022. On this occasion the Red Ribbon Club volunteers of St. Bede's College participated in Umbrella painting based on the topics – “Promoting HIV testing, Toll Free Number 1097, NACO App and Stigma and Discrimination”, at JLN Fine Arts College Chaura Maidan. The volunteers also performed a skit on the topic - HIV Prevention Campaign at Hotel Holiday Home, Shimla. Honorable Health Minister Dr. Rajeev Saizal addressed the gathering and appreciated the efforts of students of the college for their performance.

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St. Bede's College Shimla

Awareness Talk on “Making A Difference as A Teacher”

On August 18, 2022, the Department of Commerce and Management at St. Bede's College, under the auspices of IQAC, organized an awareness talk for the faculty members in the college auditorium. Dr. Michael S. David was the resource person for this discourse, and the topic of the discussion was "Making a Difference as a Teacher. The discourse aimed to inspire and empower the faculty members to enhance their teaching practices and make a positive impact on the lives of their students.

St. Bede's College
NAAC Re-Accredited A+ Grade
Department of Commerce and Management
Under the aegis of
IQAC
organises
Awareness Talk
**Making A Difference as a
Teacher**
For All Teachers
August 18, 2022
Time : 01 : 45 P.M.
Venue : College Auditorium
Resource Person : Dr. Michael S. David
Training Partner for Grovewell, USA,
Synet Australia and Tata
Management Training Centre, Pune.

Awareness Talk on “Making A Difference As A Teacher” August 18, 2022

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St. Bede's College Shimla

Basic Leadership Camp

Cadet Ivy Bhattan, representing the Shimla group, attended the Basic Leadership Camp (BLC) held in Malout, Punjab from August 19, 2022, to August 26, 2022. She was the only SW cadet from 7HP (I) Coy, NCC Shimla, and was trained to develop her leadership skills through various activities such as debates and critical thinking. Cadet Ivy actively participated in the camp and won four medals. She secured first position in the Group Singing Competition and second position in the Skit Competition. Additionally, she bagged third position in Debates as well as the Dance Competition. Due to her exceptional performance, she qualified for the Advance Leadership Camp.



Basic Leadership Camp August 19 - 26, 2022

HIV Prevention and Awareness Campaign

The Red Ribbon Club organized an Intra-college activity for, “HIV Prevention and Awareness Campaign”, to celebrate the International Youth Day w.e.f. August 12-31, 2022, under the theme ‘Intergenerational Solidarity: Creating a World of All Ages’. The campaign’s Slogan was, “HIV Ke Saamne – Hum Jhukenge Nahi”. Volunteers participated in, Hat speech of one-minute, Digital poster and Instagram reel competition on various sub-themes. By involving volunteers and encouraging their active participation, the campaign aimed to create a sense of ownership and responsibility among the college community towards HIV prevention and promoting a supportive and inclusive environment for all ages.

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St. Bede's College Shimla

Issues of Domestic Violence Against Women

An interactive meeting on "Issues of Domestic Violence Against Women" and gender sensitization was organized by the HP State Commission for Women on September 3, 2022, at D C Office, Bachat Bhawan, Shimla. The event was graced by Dr. Daisy Thakur, Chairperson of HP State Commission for Women, as the chief guest. The meeting also saw the presence of other important guests, including Law Officer HPSCW Adv. Anuj Verma, Prof. Meenakshi F. Paul, and Prof. Shiv Nath Ghosh. During the meeting, an awareness questionnaire was introduced for college students regarding the issue of domestic violence against women.



Issues of Domestic Violence Against Women on September 3, 2022

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St. Bede's College Shimla

Poshan Maah

The NSS Unit celebrated Poshan-Maah during the entire month of September. The volunteers took a Poshan Pledge to eat right and stay fit. Various activities were conducted throughout the month, including poster making, slogan writing, and essay writing competitions, as well as a presentation on "Obesity Management." A quiz competition was organized to test general awareness regarding Nutrition Awareness, and a survey was conducted to calculate the Body Mass Index (BMI). The activities conducted aimed to raise awareness about nutrition-related issues and encourage individuals to make informed choices for a healthy lifestyle.



Poshan Maah in September 2022

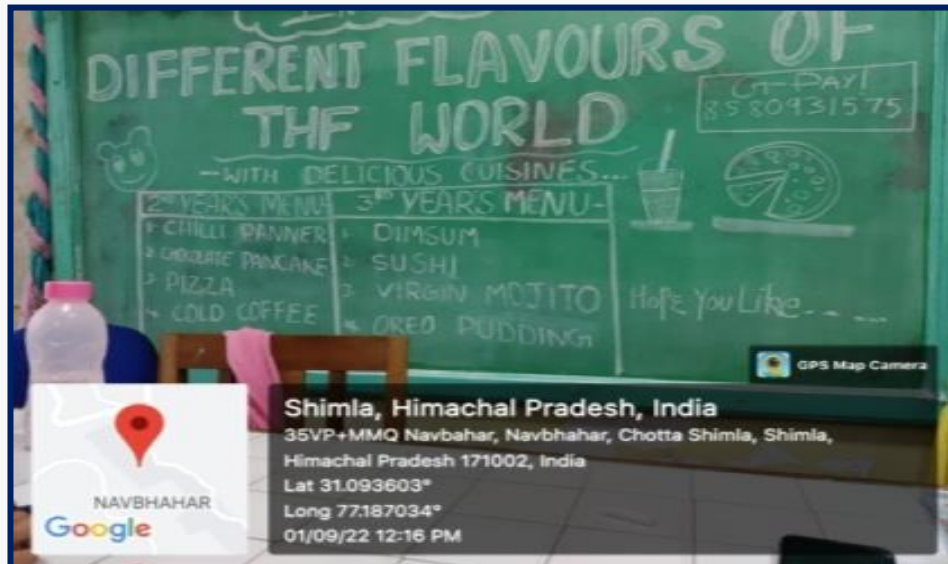
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St. Bede's College Shimla

Nutrition Week

On September 1st, 2022, a cafeteria themed "Flavours of the World" was arranged to commemorate Nutrition Week. The purpose of this event was to educate BA 2nd and 3rd year students on the fundamentals of food service management and entrepreneurship. The students enjoyed nutritious and diverse cuisine from various cultures and learned about food production control.



Nutrition Week on September 1, 2022

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St. Bede's College Shimla

Nutritional Assessment of Pregnant and Lactating Women

On September 7th, 2022, a group of BA 3rd year students went on an educational trip to Kamala Nehru Hospital. The purpose of the trip was to educate pregnant and lactating women and to gain practical knowledge in the field of dietetics. During the visit, the students gave a presentation on the topic of nutritional needs during pregnancy and lactation.



Nutritional Assessment of Pregnant and Lactating Women on September 7, 2022



St. Bede's College Shimla



Nutritional Assessment of Pregnant and Lactating Women on September 7, 2022

Advance Leadership Camp

Cadet Ivy Bhattan demonstrated her leadership skills as she attended the Advance Leadership Camp (ALC) held in Malout, Punjab from September 7 to September 18. Her outstanding performance earned her the title of overall SW Senior for the camp. Throughout the duration of the camp, she was trained in drill and equipped with the necessary skills to become an effective leader. In addition to shouldering her responsibilities as the SW Senior, Cadet Ivy Bhattan also actively participated in various activities including sports and the cultural programme. Her efforts paid off as she brought back three gold medals for standing first in the relay race and tug of war, as well as for her role as the SW Senior.



Advance Leadership Camp on September 7- 18, 2022

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St. Bede's College Shimla

Beauty Pageants- A Gateway to Success and Glory!

On September 9, 2022, Amar Ujala and GOYAL Motors Pvt Ltd sponsored the registrations for the popular beauty pageant "Miss Himachal Princess" at St. Bede's College, Shimla. Over 60 students registered themselves for the pageant, which offers various career options and opportunities, and a cash prize of one lakh rupees and a one-year modeling contract for the winner.



Beauty Pageants- A Gateway To Success And Glory! on September 9, 2022

Presentation on Obesity Management

On 17th September 2022, a presentation on obesity management was given to the NSS students. The purpose of the presentation was to educate the students about the nutritional requirements and the importance of exercise during overweight and obesity.



Presentation on Obesity Management on September 17, 2022

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St. Bede's College Shimla



Presentation on Obesity Management on September 17, 2022

Physical Fitness Test

On September 17, 2022, the NSO and Health Club conducted a Physical Fitness Test in the college campus. The test had 42 student participants and included various items such as Sit-ups, Standing Broad Jump, Shuttle Run, Medicine Ball Throw and 600 Meter Run. The test provided an opportunity for students to assess their fitness levels, set goals for improvement, and take steps towards leading a physically active lifestyle.



Physical Fitness Test on September 17, 2022

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St. Bede's College Shimla

Health and Fitness Workshop

The Departmental Club of Zoology, "Zoo Quest" organized a workshop on health and fitness on September 23, 2022. The event was aimed at promoting awareness among the students and the local community about the importance of maintaining good health and fitness.



Health and Fitness Workshop on September 23, 2022

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St. Bede's College Shimla

Health Awareness Program on “Breast Cancer”

On September 29, 2022, a Health Awareness Program on "Breast Cancer" was organized for the students of the college in the Auditorium. The program was conducted under the aegis of Ministry of Health and Family Welfare (H.P) and Health Club and was attended by more than 200 students.

Dr. Pratima Thakur, a Cancer Specialist from Indira Gandhi Medical College and Hospital Shimla, was invited as a guest speaker for the program. She shared various facts and information related to breast cancer with the students to make them aware of the disease.



Health Awareness Program on “Breast Cancer” on September 29, 2022

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St. Bede's College Shimla

International Day of Girl Child (Street Play)

The Economics Department celebrated International Day of Girl Child in a unique and impactful way by presenting a Street Play on October 11, 2023, at Navbahar Chowk, Shimla. The Street Play was a powerful representation of the struggles that women face in society, including domestic violence, eve teasing, gender inequality, and stereotypes against women.



International Day of Girl Child (Street Play) on October 11, 2022

"Beyond Economics: Celebrating Festivals with Creativity and Joy"

In addition to their regular economic activities, the Economics Department of the college also organized various cultural events to celebrate festivals. For instance, to celebrate Karwa Chauth, they organized a Mehndi competition in which students showcased their mehndi designing skills. The department also put-up hand-painted Diya stalls in the college courtyard during Diwali. The students, along with the teachers, came together and showcased their painting skills and creativity, which resulted in the sale of 220 hand painted Diyas on the campus itself. These events added a touch of diversity and fun to the usual academic activities of the department and helped to foster a sense of community among the students and faculty.



"Beyond Economics: Celebrating Festivals with Creativity and Joy" on 19 October 2022



St. Bede's College Shimla



"Beyond Economics: Celebrating Festivals with Creativity and Joy" on 19 October , 2022

Women Attire- Expression or Repression

The Internship Debate competition organized by the college witnessed enthusiastic participation from students and proved to be a resounding success.

The debate provided a platform for students to showcase their critical thinking, communication abilities, and persuasive skills. It encouraged them to articulate their thoughts effectively and engage in a respectful exchange of ideas. The competition not only enhanced the participants' public speaking capabilities but also fostered intellectual growth and encouraged healthy competition among students.

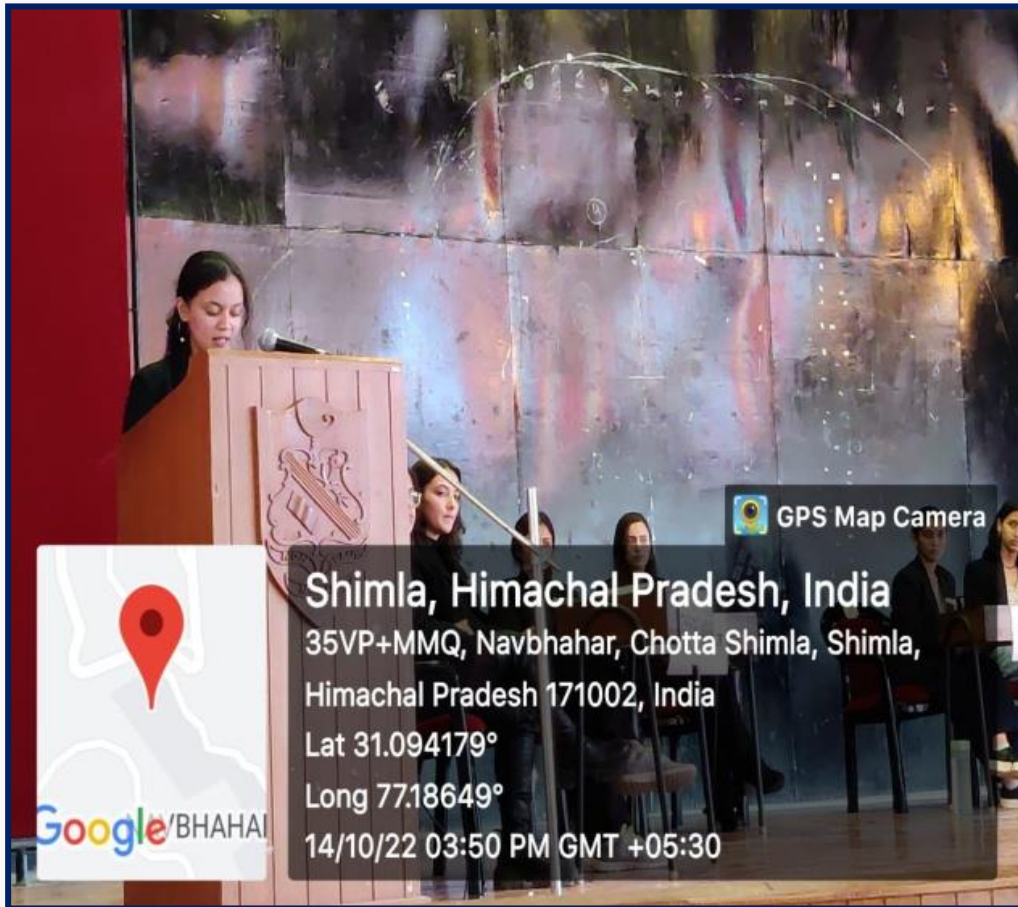


Women Attire- Expression or Repression on October 14, 2022

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St. Bede's College Shimla



Women Attire- Expression or Repression on October 14, 2022

Students Awareness Program

An awareness program on October 15, 2022, was organised for the stitching lab and college students by the Financial Lab Cum Incubation Centre to impart knowledge about entrepreneurship and employability opportunities. Dr. Himesh Sharma, CEO SkillLabs, interacted with the students and made them aware of the financial assistance that his organization can provide them for innovative ideas and projects. He also bought some of the products made by the students and motivated them to become entrepreneurs.

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St. Bede's College Shimla



Students Awareness Program on October 15, 2022



St. Bede's College Shimla

Exhibition

An exhibition was organised by the Financial Lab cum Incubation Centre on October 19, 2022, in the courtyard of the college. The students of the college showed extreme enthusiasm and came forward to show interest in the products displayed.

The exhibition showcased some of the things handmade by the students of the financial lab, which included creatively handmade bookmarks, crocheted keychains, scented candles, satin scrunchies, rings etc.



Exhibition on October 19, 2022

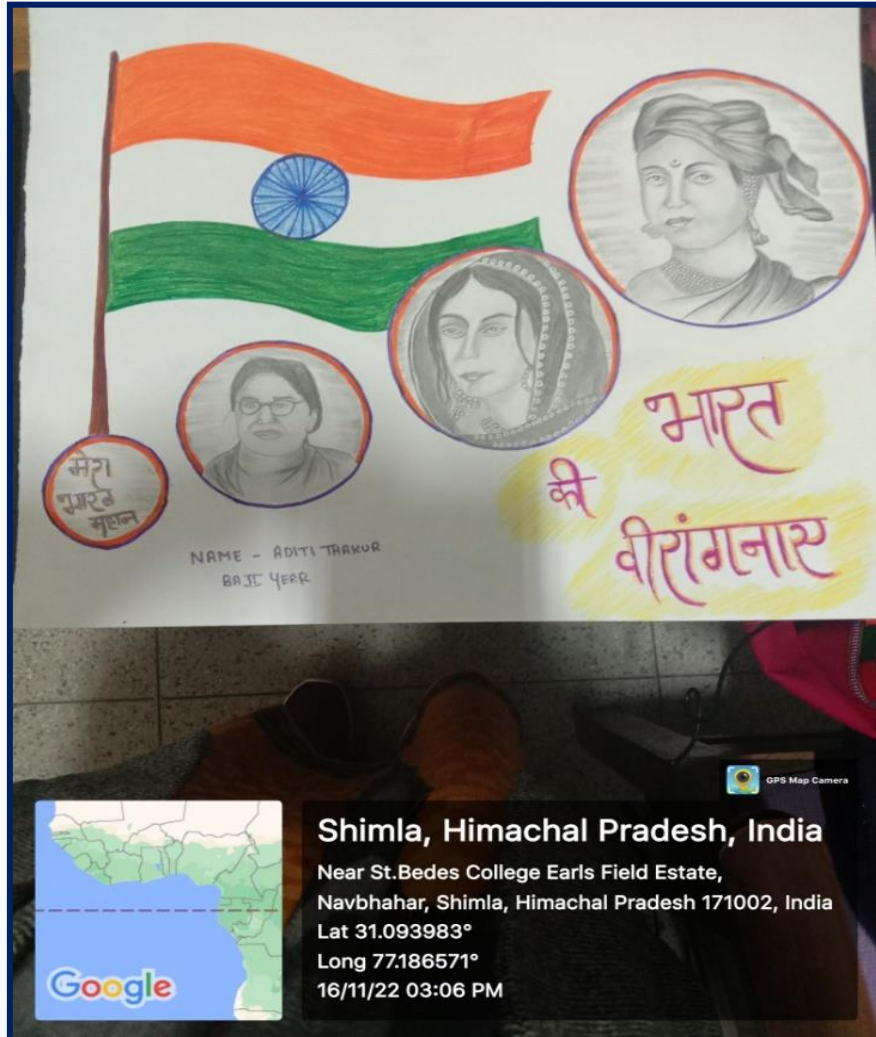
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St. Bede's College Shimla

Painting Competition on the Theme 'Bharat Ki Veerangnaen'

Under the 'Azadi Ki Amrut Mahotsav' initiative, the department of Hindi organized a painting competition on the theme 'Bharat Ki Veerangnaen'. This activity was conducted to encourage the students to search on the relevant contributions of female freedom fighters (unsung heroines) during the freedom struggle of India.



Painting Competition on the Theme 'Bharat Ki Veerangnaen' on November 04, 2022

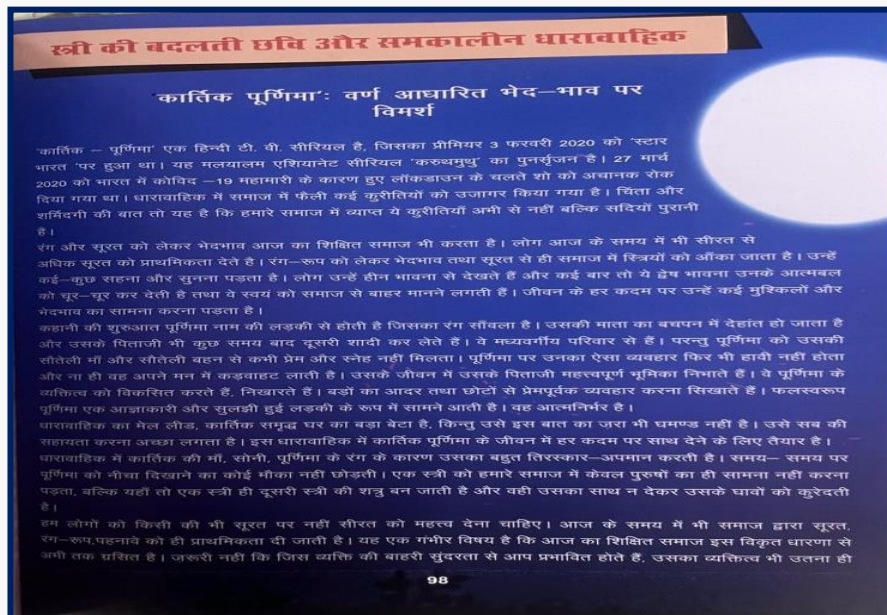
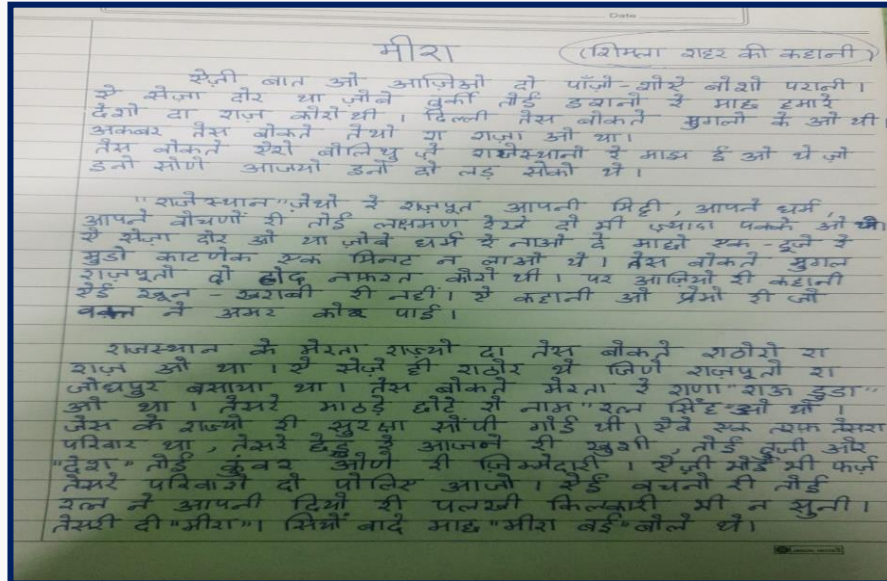
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St. Bede's College Shimla

Project Work on 'The Evolving Role of Women in Contemporary Soaps'

This project was given to B.A 3rd year GE students, studying Journalism under the course 'Srijanatmak Lekhan Ke Vividh Kshetra'. The motive behind this project was to encourage them to search on the evolving roles of women depicted in contemporary soaps and also to highlight their bravoure while tackling the social and patriarchal stereotypes in the Indian society.



Project Work on 'The Evolving Role of Women in Contemporary Soaps'

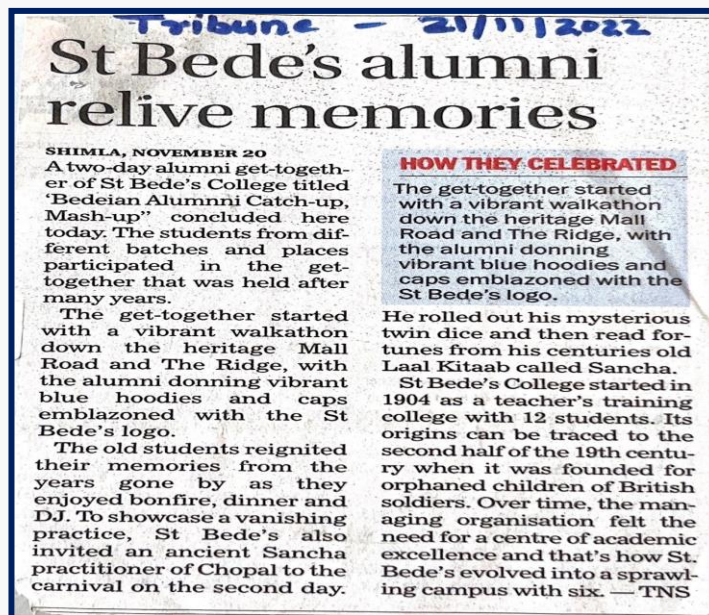
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St. Bede's College Shimla

EBA Alumni Meet

The college organized an Alumni meet “Mash Up Catch Up”. The aim of organizing the meet was to provide an opportunity for former students to reconnect, reminisce, and strengthen their bond with the college. The two-day event was designed to create a festive and enjoyable atmosphere where alumni could catch up with each other, share experiences, and celebrate their shared memories. The activities, including the get-together, walk on the Mall road, dance and dinner, cultural event, and carnival, aimed to create a vibrant platform for alumni to showcase their talents, creativity, and entrepreneurial skills.



Ex- Bedeian Meet on November 19-20, 2022

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St. Bede's College Shimla

The students of the Financial Lab cum Incubation Centre exhibited an array of items at the 'Alumni Meet' which was organized by the college on November 20, 2022. The stall was bursting with creativity, entrepreneurship, and innovation. This time the target audience were not only the college students but also the Ex-Bedeians. The bookmarks, candles, scrunchies and beautiful handmade rings were among the items that were displayed at the stall. These items were praised by the Ex-Bedeian family. The entrepreneurial spirit of the members was highlighted at the event. This event marked the second successful exhibition of the Financial Lab Cum Incubation Centre.



EBA Alumni Meet on November 20, 2022



Silent March Against Eve Teasing

The Community Outreach Cell organized a silent march against eve teasing on 21st November 2022. The Deputy Commissioner Shimla granted the necessary permission for the event. The college took a strong stand against this social evil by silently marching from Navbahar to Chotta Shimla. The main objective of this march was to raise awareness against eve teasing and empower girls and women to speak up against such incidents.

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.



Silent March Against Eve Teasing on November 21, 2022



St. Bede's College Shimla

Visit to Anganwadi to Evaluate the Nutritional Status of Pre-schoolers

On November 21, 2022, third-year BA students visited the Anganwadi Kendra Vihar Sanjauli Shimla to evaluate the nutritional status of pre-schoolers. The students measured the anthropometry of the children and calculated their BMI. They also took information about the dietary intake of the children from their mothers and provided them with counseling regarding their food intake. During the visit, the students were educated about the Mid-day Meal and ICDS programmes that are being implemented in the country. The primary aim of the visit was to contribute to the understanding of nutrition-related issues in pre-schoolers and educate both the students and the mothers about the significance of proper nutrition.



Visit to Anganwadi to Evaluate the Nutritional Status of Preschoolers on November 21, 2022

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St. Bede's College Shimla



Visit to Anganwadi to Evaluate the Nutritional Status of Preschoolers on November 21, 2022

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St. Bede's College Shimla

Inter Departmental Activity on the Topic 'Calculation of BMI'

On November 23, 2022, an interdepartmental activity was organized between the Department of Microbiology and the Department of Nutrition on the topic of 'Calculation of BMI'. Ms. Jaivanti from the Department of Nutrition gave a demonstration on the body mass index (BMI), its calculation, and importance. The objective was to enhance the participants' understanding of this important health indicator, encourage collaboration between different departments, and promote the adoption of healthy lifestyle practices.



Inter Departmental Activity on the Topic 'Calculation of BMI' on November 23, 2022

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St. Bede's College Shimla

Exchange Program- Presentation on Types of Nutrients Components

On November 24, 2022, a group of interns and a professor from the Nutrition and Dietetics department at Seattle Pacific University visited the Nutrition Department. During their visit, Neha Thakur, a student in her second year of BA, gave a presentation on nutrient components which was highly appreciated. The visitors also had the opportunity to visit the library and were very grateful for the experience.



Exchange Program- Presentation on Types of Nutrients Components on November 24, 2022

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St. Bede's College Shimla

A Virtual Session on Antimicrobial Resistance Awareness

A webinar was organized by the NSS Unit of the college in association with PGI, Chandigarh. The NSS Unit and the students of Microbiology participated in an online webinar on the last day of Antimicrobial Resistance Awareness week, which was held on 24th November 2022. The webinar was attended by students from India and Nigeria, and featured speakers from both countries who provided valuable insights on the topic. The session proved to be informative and interesting for all those who participated. By collaborating with PGI, Chandigarh, a renowned medical institution, the NSS Unit provided an opportunity for the students and faculty members to learn from experts in the field of antimicrobial resistance. The webinar facilitated the exchange of knowledge and information on the topic, ensuring that the participants gained valuable insights and updated their understanding of this global health concern.



A Virtual Session on Antimicrobial Resistance Awareness on November 24, 2022

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St. Bede's College Shimla

Himachal Pradesh University Inter College Basketball Women Championship

Under the banner of the Physical Education Department, the Himachal Pradesh University Basketball (W) Inter College Championship took place from the 24th to the 26th of November 2022. The Chief Guest on the Inaugural Function (24th Nov. 2022) was Prof. Kulbhusan Chandel, the Dean of Studies at Himachal Pradesh University, Shimla. 15 different colleges participated in this championship, along with contingent in-charges. The H.P University appointed 02 observers and 06 officials for the successful organization of the championship, and over 200 participants took part. The aim was to provide a platform for female basketball players from different colleges to showcase their skills and compete at a higher level.

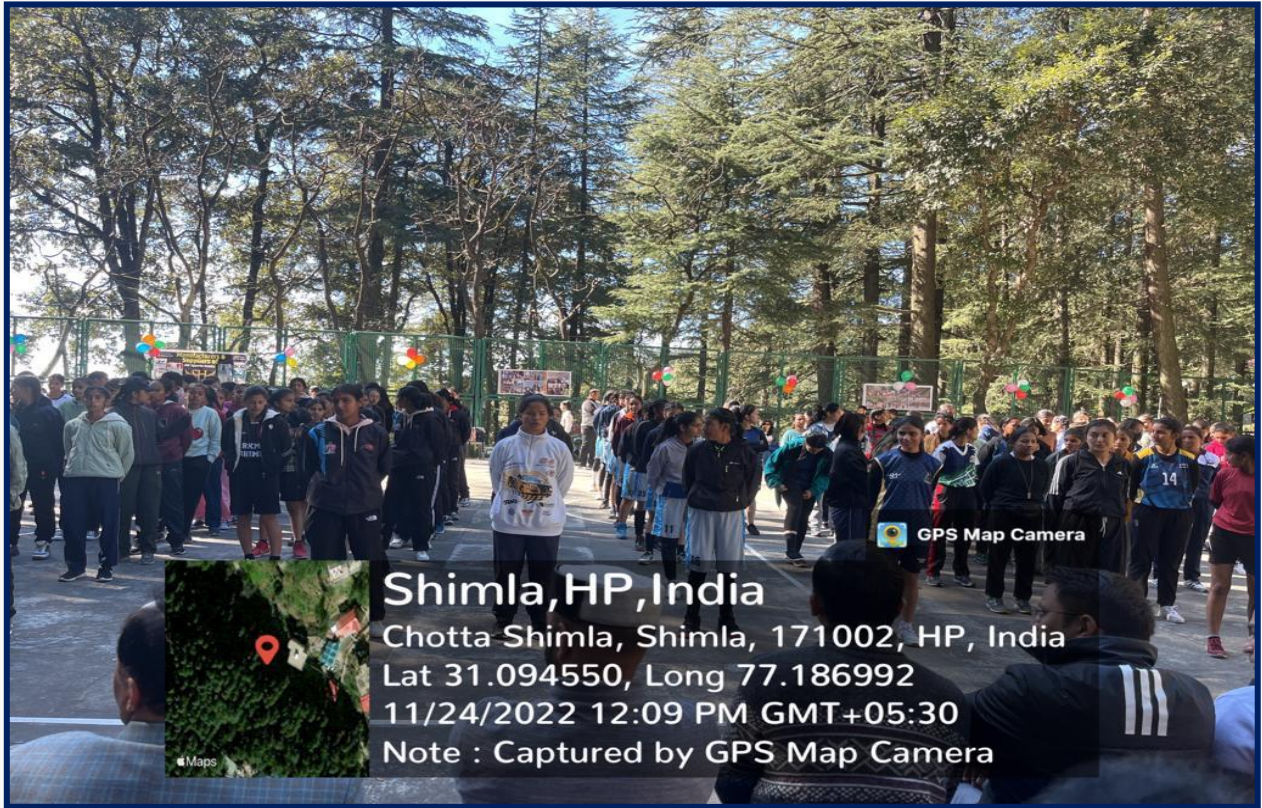


Himachal Pradesh University Inter College Basketball Women Championship on November 24-26, 2022

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St. Bede's College Shimla



Himachal Pradesh University Inter College Basketball Women Championship on November 24-26, 2022

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St. Bede's College Shimla



शिमला के सेंट बीड्स कॉलेज में आयोजित बास्केटबाल प्रतियोगिता के दौरा हूटिंग करती छात्राएं। अमर उजाला

सेंट बीड्स कॉलेज ने जीता बास्केटबाल मैच

शिमला। हिमाचल प्रदेश विश्वविद्यालय की वीरवार को राजधानी के सेंट बीड्स कॉलेज में इंटर कॉलेज महिला बास्केटबाल प्रतियोगिता शुरू हो गई। पहले मैच में सेंट बीड्स कॉलेज ने एमएलएसएम सुंदरनगर को हराया।

विश्वविद्यालय के अधिष्ठाता अध्ययन प्रो. कुलभूषण चंदेल ने शुभारंभ पर बतौर मुख्यातिथि शिरकत की। कॉलेज की

मैनेजर सिस्टर रीना कुरियन और प्राचार्य डॉ. मोली इब्राहिम ने मुख्यातिथि का स्वागत किया। प्रतियोगिता के आयोजन सचिव डॉ. अश्वनी कुमार और बिहारी लाल ठाकुर ने बताया कि इस प्रतियोगिता में 15 कॉलेजों की 185 खिलाड़ी भाग ले रही हैं। पहले दिन खेले गए मुकाबलों में बंजार ने घुमारवीं, पांवटा साहिब ने रामपुर, मंडी ने आरकेएमवी, सेंट बीड्स कॉलेज ने एमएलएसएम सुंदरनगर, ऊना ने हमीरपुर, सरकाघाट ने सोलन, संजौली ने धर्मशाला हराकर क्वाटर फाइनल में जगह बनाई। ब्यूरो



Himachal Pradesh University Inter College Basketball Women Championship on November 24-26, 2022

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St. Bede's College Shimla

सैंट बीड्स कालेज ने एम.एल.एस.एम. को हराया

शिमला, 24 नवम्बर (ब्यूरो): सैंट बीड्स कालेज में इंटर कालेज महिला बास्केटबाल प्रतियोगिता शुरू हुई। प्रतियोगिता में विश्वविद्यालय के प्रो. कुलभूषण चंदेल ने मुख्यातिथि के रूप में शिरकत की। इस अवसर पर कालेज की मैनेजर सिस्टर रीना कुरियन और प्राचार्य डा. मोली इब्राहिम ने मुख्यातिथि का स्वागत किया और सभी खिलाड़ियों को अच्छे खेल प्रदर्शन के लिए बधाई दी। पहले दिन खेले गए मुकाबलों में 7 टीमों ने जीत दर्ज कर क्वार्टर फाइनल में जगह बनाई।

प्रतियोगिता के आयोजन सचिव डा. अश्विनी कुमार और बिहारी लाल ठाकुर ने बताया कि इस प्रतियोगिता में 15 कालेजों की 185 खिलाड़ी भाग ले रही हैं। पहले दिन खेले गए पहले दौर के मुकाबलों में बंजार ने घुमारवीं को, पांवटा साहिब ने रामपुर टीम को, मंडी ने आर.के.एम.वी. को, सैंट बीड्स कालेज की टीम ने एम.एल.एस.एम. को, ऊना ने हमीरपुर की टीम को, सरकाघाट की टीम ने सोलन को, जबकि संजौली कालेज की टीम ने धर्मशाला की टीम को हराकर क्वार्टर फाइनल में जगह बना ली है।

Punjab Kesari 25/11/22



शिमला : सैंट बीड्स कालेज में इंटर कालेज बास्केटबाल प्रतियोगिता के दौरान खिलाड़ियों का उत्साह बढ़ाती छात्राएं।

Punjab Kesari 25/11/22

Himachal Pradesh University Inter College Basketball Women Championship on November 24-26, 2022

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Divya Himachal

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शिमला, रविवार, 27 नवंबर, 2022

दिव्य हिमाचल

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डीएवी कालेज कांगड़ा ने जीती बास्केटबॉल प्रतियोगिता

सेंट बीड्स महाविद्यालय में आयोजित प्रतियोगिता में 15 कालेजों 1200 खिलाड़ियों ने लिया भाग



स्टाफ रिपोर्टर-शिमला

सेंट बीड्स महाविद्यालय में तीन दिवसीय अंतर महाविद्यालय महिला बास्केटबॉल प्रतियोगिता, क्रवाई गई। हिमाचल प्रदेश विश्वविद्यालय से संबन्धित 15 महाविद्यालयों की टीमों के करीब 200 खिलाड़ियों ने उत्साहपूर्वक भाग लिया। प्रतियोगिता का शुभारंभ मुख्य अतिथि एचपीयू के डीन ऑफ स्टडीज प्रो कुलभूपण चंदेल द्वारा किया गया। महाविद्यालय की प्रबंधिका सिस्टर रीना कुरियन ने मुख्य अतिथि को स्मृति चिह्न देकर सम्मानित किया। इसके साथ ही प्रतियोगिता में चयनकर्ता के रूप में प्रो लालचंद शर्मा और डॉक्टर विनोद कुमार रहे। प्रतियोगिता में डीएवी महाविद्यालय कांगड़ा ने प्रतिद्वंद्वी महाविद्यालय संजौली को 62-33 से पराजित किया और प्रथम स्थान प्राप्त कर महाविद्यालय बास्केटबॉल प्रतियोगिता का खिताब अपने नाम किया। इस प्रतियोगिता में दूसरे स्थान पर राजकीय महाविद्यालय संजौली रहा। तीसरे स्थान के लिए खेले मैच में राजकीय महाविद्यालय मंडी ने सकाधाट



को 38-27 से हराया। शनिवार को प्रतियोगिता का समापन किया गया। समापन समारोह के अवसर पर प्रो. हरि सिंह निदेशक शारीरिक शिक्षा एवं युवा कल्याण, हिमाचल प्रदेश विश्वविद्यालय मुख्य अतिथि के तौर पर उपस्थित रहे। उन्होंने प्रतियोगिता से जुड़े अधिकारियों एवं कर्मचारियों के कार्यों की सराहना की तथा विजेता व उपविजेता टीम को उपहार देकर सम्मानित किया।

Himachal Pradesh University Inter College Basketball Women Championship on November 24-26, 2022

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St. Bede's College Shimla

Rank Ceremony

A rank ceremony was conducted by 7 HP (I) Coy, NCC Shimla to award deserving cadets of the second year on November 29, 2022. Cadet Arushi Awasthi was promoted to the rank of Corporal, while Cadet Angelina Tej and Cadet Ivy Bhattan were promoted to the rank of Lance Corporal. The Commanding Officer, Col Gargey, congratulated the cadets for their exceptional performance and commended their efforts in the academic year 2022-23. He motivated them to continue working hard and exhibit their leadership skills.



Rank Ceremony on November 29, 2022

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St. Bede's College Shimla

Mass Awareness Rally Against Female Foeticide

On December 8, 2022, Zoo Quest, the Department of Zoology at St. Bede's College Shimla, organized a mass awareness program on the theme "Female Foeticide in India - A Bitter Truth of Society." A rally was conducted from Navbahar Chowk to Sanjauli Chowk to raise awareness against female foeticide.



Mass Awareness Rally Against Female Foeticide on December 8, 2022

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St. Bede's College Shimla

CATC-132 PRE RDC-3

During the period of 23rd December to 30th December, CATC-132 PRE RDC-3 camp was conducted at NCC Academy, Rupnagar, Punjab. Among the participating cadets, two cadets, SUO Maanika Sethi and LCpl Ivy Bhattan, were selected for the Republic Day camp 2023 in Delhi.



CATC-132 PRE RDC-3 on December 23-30, 2022

Republic Day Camp

During the Republic Day camp held at the DGNCC Campus, Delhi from 1st January 2023 to 30th January 2023, SUO Maanika Sethi of 7HP (I) Coy NCC Shimla was recognized as the All-India second-best Master of Ceremony and was awarded the DGNCC's Commendation Card. Her exceptional performance also earned her the title of Best SUO of 7HP (I) Coy NCC Shimla, for which she was felicitated by Col DR Gargey.



Republic Day Camp on January 1-30, 2023

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St. Bede's College Shimla

अमर उजाला 27 जन 2023



दिल्ली में गणतंत्र दिवस में भाग लेने वाले कैडेट को सम्मानित करते अधिकारी। - अमर उजाला

दिल्ली में गणतंत्र दिवस परेड में हिस्सा लेकर लौटे कैडेट नवाजे

अमर उजाला ब्यूरो

शिमला। दिल्ली में गणतंत्र दिवस समारोह में परेड में हिस्सा लेकर लौटे एनसीसी की 7 एचपी (आई) कंपनी शिमला के कैडेट मंगलवार को कंपनी मुख्यालय में सम्मानित किए गए।

समारोह में कंपनी के कमान अधिकारी कर्नल डीआर गार्गी ने पांचों कैडेट को उनके शानदार प्रदर्शन के लिए बधाई दी। साथ ही उनको प्रमाण पत्र व स्मृति चिह्न देकर सम्मानित किया। इन कैडेट में सीनियर अंडर ऑफिसर मानिका सेठी, कैडेट एलसीपीएल इवी भेटन, एलसीपीएल महक, कैडेट हर्ष जमालटा और कैडेट धनजय शामिल थे। इनका चयन सेवन एचपी एनसीसी (राष्ट्रीय कैडेट कोर) से हुआ था।

कैडेट सीनियर अंडर ऑफिसर मानिका सेठी को वर्ष 2023 के लिए प्रतिष्ठित एनसीसी डीजी प्रशस्ति कार्ड दिया गया है। उन्हें डीजी एनसीसी लेफ्टिनेंट जनरल गुरबीरपाल सिंह एचपीएसएम, वीएसएम ने सम्मानित किया।

एनसीसी में बेहतर सेवा और कर्तव्यनिष्ठा के लिए यह सम्मान दिया जाता है। कर्नल गार्गी ने बताया कि कैडेट सीनियर अंडर ऑफिसर मानिका सेठी सेंट बीड्स कॉलेज में बीए मनोविज्ञान ऑनर्स की छात्रा हैं।

उन्होंने कहा कि एनसीसी निदेशालय पंजाब, हरियाणा, हिमाचल प्रदेश एवं चंडीगढ़ के केवल दो एनसीसी कैडेट ने इस वर्ष यह प्रशस्ति पत्र पुरस्कार के रूप में प्राप्त किया है।

सेठी को यूनिट का सर्वश्रेष्ठ सीनियर अंडर ऑफिसर पुरस्कार दिया गया। सेठी ने भी पुरस्कार मिलने पर खुशी व्यक्त की और कहा कि यह उनके लिए यादगार लम्हा है। वह आर्मी ऑफिसर बनना चाहती हैं।

Punjab Ryas 08/01/2023

गणतंत्र दिवस परेड से लौटे मेधावी कैडेट्स को किया सम्मानित

मानिका सेठी को वर्ष 2023 के लिए प्रतिष्ठित एनसीसी डीजी प्रशस्ति पत्र से भी किया गया सम्मानित

शिमला, 7 फरवरी (ब्यूरो): गणतंत्र दिवस पर कर्तव्य पथ परेड दिखने में प्रतिभाग कर लौटे सेवन एचपी. एन.सी.सी. (राष्ट्रीय कैडेट कोर) शिमला के 5 कैडेट्स को कमान अधिकारी कर्नल डी.आर. गार्गी ने सोमवार को एन.सी.सी. कार्यालय में सम्मानित किया। गणतंत्र दिवस शिविर के एन.सी.सी. कैडेट्स के औपचारिक सम्मान समारोह में अपनी यूनिट सेवन एच.पी. (आई) कंपनी एन.सी.सी. शिमला के इन मेधावी कैडेट्स के बेहतरीन प्रदर्शन व उपलब्धि के लिए उन्हें स्मृति चिह्न व प्रमाणपत्र प्रदान कर सम्मानित किया।

सेवन एच.पी. (आई) कंपनी एन.सी.सी. (राष्ट्रीय कैडेट कोर) शिमला के कमान अधिकारी कर्नल डी.आर. गार्गी ने कहा कि कैडेट सीनियर अंडर ऑफिसर मानिका सेठी, कैडेट एल.सी.पी.एल. इवी भेटन, कैडेट हर्ष जमालटा और कैडेट धनजय का चयन सेवन एच.पी. एन.सी.सी. (राष्ट्रीय कैडेट कोर) के इन मेधावी कैडेट्स के बेहतरीन प्रदर्शन व उपलब्धि के लिए उन्हें स्मृति चिह्न व प्रमाणपत्र प्रदान कर सम्मानित किया।

सेवन एच.पी. (आई) कंपनी एन.सी.सी. (राष्ट्रीय कैडेट कोर) शिमला के कमान अधिकारी कर्नल डी.आर. गार्गी ने कहा कि कैडेट सीनियर अंडर ऑफिसर मानिका सेठी, कैडेट एल.सी.पी.एल. इवी भेटन, कैडेट हर्ष जमालटा और कैडेट धनजय का चयन सेवन एच.पी. एन.सी.सी. (राष्ट्रीय कैडेट कोर) के इन मेधावी कैडेट्स के बेहतरीन प्रदर्शन व उपलब्धि के लिए उन्हें स्मृति चिह्न व प्रमाणपत्र प्रदान कर सम्मानित किया।

एन.सी.सी. कैडेट्स ने भाग लिया। कर्नल डी.आर. गार्गी ने कहा कि सेवन एच.पी. (आई) एन.सी.सी. शिमला से संबंधित कैडेट्स सीनियर अंडर ऑफिसर मानिका सेठी को वर्ष 2023 के लिए प्रतिष्ठित एन.सी.सी. डी.जी. प्रशस्ति कार्ड से भी सम्मानित किया गया है।

उन्होंने एन.सी.सी. डी.जी. एन.सी.सी. लेफ्टिनेंट जनरल गुरबीरपाल सिंह ए.पी.एस.एम., वी.एस.एम. द्वारा यह पुरस्कार दिया गया। कर्नल गार्गी ने कहा कि 29 जनवरी को गणतंत्र दिवस शिविर के दौरान डी.जी. एन.सी.सी. शिविर दिल्ली में आयोजित प्रशस्ति कार्ड सम्मान समारोह में डी.जी. एन.सी.सी. द्वारा उन्हें यह पुरस्कार प्रदान किया गया। यह पुरस्कार एन.सी.सी. के लिए बेहतर सेवा और कर्तव्य निष्ठा के लिए दिया जाता है।

उन्होंने बताया कि कैडेट सीनियर अंडर ऑफिसर मानिका सेठी डी.ए.ए. मनोविज्ञान ऑनर्स की पढ़ाई करने वाली छात्रा सेंट बेड्स कॉलेज शिमला की छात्रा हैं और इस वर्ष यह पुरस्कार प्राप्त करने वाली पूरे हिमाचल प्रदेश की एकमात्र एन.सी.सी. कैडेट हैं। उन्होंने कहा कि एन.सी.सी. निदेशालय पंजाब, हरियाणा, हिमाचल प्रदेश व चंडीगढ़ के केवल 2 एन.सी.सी. कैडेट्स ने इस वर्ष यह प्रशस्ति पत्र पुरस्कार के रूप में प्राप्त किया है।

कर्नल गार्गी ने कहा कि सीनियर अंडर ऑफिसर मानिका सेठी को एन.सी.सी. के प्रति उनकी ईमानदारी, समर्पण और शिविर में उनको समग्र उपलब्धियों के लिए यह पुरस्कार मिला है। सीनियर अंडर ऑफिसर मानिका सेठी को गणतंत्र दिवस शिविर में अखिल भारतीय दितोय सर्वश्रेष्ठ एच.पी. पुरस्कार से भी नवाजा गया। मानिका सेठी के समग्र एन.सी.सी. में बेहतर ट्रेक रिकॉर्ड को देखते हुए सेवन एच.पी. (आई) कंपनी एन.सी.सी. शिमला के कमान अधिकारी कर्नल डी.आर. गार्गी ने उन्हें इस यूनिट के सर्वश्रेष्ठ सीनियर अंडर ऑफिसर पुरस्कार से सम्मानित किया।

मानिका सेठी ने बताया कि वह सम्मान पुरस्कार प्राप्त कर बेहद खुश हैं और राष्ट्रीय स्तर पर गणतंत्र दिवस परेड का हिस्सा होने एक यादगार लम्हा होता है। मानिका सेठी कहती हैं कि आर्मी ऑफिसर बनकर देश सेवा करने का लक्ष्य पाने की दिशा में यह अहम उपलब्धि है। यह सम्मान नारी सशक्तिकरण का अन्य बेटियों और महिलाओं के लिए एक प्रेरणादायक उदाहरण भी है। कमान अधिकारी कर्नल गार्गी ने इन कैडेटों की उपलब्धि पर सभी सेवन एच.पी. एन.सी.सी. शिमला के प्रमुख ट्रेनिंग स्टॉफ, सहकक्ष एन.सी.सी. अधिकारियों और शिक्षकों व अधिकारियों को शुक्रार्पण करते हैं।



शिमला : दिल्ली में आयोजित गणतंत्र दिवस परेड में भाग लेकर लौटे एन.सी.सी. कैडेट्स कमान अधिकारी कर्नल डी.आर. गार्गी के साथ। (लगा)

आर्मी ऑफिसर बनकर देश सेवा करने का लक्ष्य पाने की दिशा में यह अहम उपलब्धि : मानिका

Republic Day Camp on January 1-30, 2023



St. Bede's College Shimla

LCpl Ivy Bhattan participated in various activities such as NIAP, group singing competition, and ballet during the Republic Day camp held at the DGNCC Campus, Delhi from 1st January 2023 to 30th January 2023. She was also a part of the All-India SW marching contingent at the Prime Minister's Rally.



Republic Day Camp on January 1-30, 2023

Felicitation of RDC Holders

On February 14, 2023, SUO Maanika Sethi and LCpl Ivy Bhattan were honored in the college for their participation in the Republic Day Camp, Delhi. During the felicitation ceremony, they shared their experiences and the valuable lessons they learned during the camp.



Felicitation of RDC Holders on February 14, 2023

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St. Bede's College Shimla

सेंट बीड्स कालेज की छात्राओं को सर्वश्रेष्ठ कैडेट का खिताब



स्टाफ रिपोर्टर-शिमला

सेवन एचपी (आई) कंपनी एनसीसी (राष्ट्रीय कैडेट कोर) शिमला की कैडेट सीनियर अंडर ऑफिसर इवी भेटन को एनसीसी स्तर पर उसकी कई उपलब्धियों के लिए डीजी एनसीसी और कमांडिंग ऑफिसर कर्नल डीआर गार्गी द्वारा हाल ही में सम्मानित किया गया है।

इसी कड़ी में सेंट बीड्स कालेज शिमला के स्टाफ व अध्यापकों ने भी सीनियर अंडर ऑफिसर मानिका सेठी और कैडेट इवी भेटन को मंगलवार को सम्मानित किया। ये दोनों कैडेट सेंट बीड्स कालेज की छात्राएं हैं। इन दोनों कैडेटों सीनियर अंडर ऑफिसर मोनिका सेठी और कैडेट एलसीपीएल इवी भेटन को कालेज स्टाफ की ओर से गणतंत्र दिवस

शिविर में उनकी उत्कृष्ट उपलब्धियों के लिए सम्मानित किया गया। गणतंत्र दिवस परेड दिल्ली में अपने क्षेत्रों और कार्यक्रमों में उत्कृष्ट प्रदर्शन करने के बाद वापस कालेज लौटी इन कैडेटों को सेंट बीड्स कालेज शिमला के पूरे स्टाफ और छात्र निकाय ने उन्हें बधाई दी। डाक्टर सपना शर्मा, डाक्टर अनुपमा टंडन, डाक्टर दीप्ति पाजनी, गीतांजलि महिंद्रा और जागृति चौहान ने भी उनकी कड़ी मेहनत और समर्पण के लिए उनकी प्रशंसा की, जिसके कारण वे कालेज का नाम रोशन करने में सफल रहीं। एनसीसी प्रभारी डाक्टर श्वेता ठाकुर ने भी कैडेट्स को उनकी सफलता पर बधाई दी। सेंट बीड्स कालेज शिमला के प्रधानाचार्य प्रो. सीनियर मौली अब्राहम ने कैडेट्स की उपलब्धियों की सराहना की।

Divya Himachal
15/02/2023

Felicitation of RDC Holders on February 14, 2023

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St. Bede's College Shimla

मानिका सेठी व इवी भेटन को सेंट बीड्स कॉलेज स्टाफ ने किया सम्मानित

शिमला, 14 फरवरी (ब्यूरो): सैवन एच.पी.आई. कंपनी एन.सी.सी. (राष्ट्रीय कैडेट कोर) शिमला की कैडेट सीनियर अंडर ऑफिसर इवी भेटन को एन.सी.सी. स्तर पर उसकी कई उपलब्धियों के लिए डी.जी.एन.सी.सी. और कमांडिंग ऑफिसर कर्नल डी.आर. गार्गी द्वारा सम्मानित किया गया है। इसी कड़ी में सेंट बीड्स कॉलेज शिमला के स्टाफ व अध्यापकों ने भी सीनियर अंडर ऑफिसर मानिका सेठी और कैडेट इवी भेटन को मंगलवार को सम्मानित किया।

ये दोनों कैडेट सेंट बीड्स कॉलेज की छात्राएं हैं। इन दोनों कैडेट्स सीनियर अंडर ऑफिसर मानिका सेठी और कैडेट एल.सी.पी.एल. इवी भेटन को कॉलेज स्टाफ की ओर से गणतंत्र दिवस शिविर 2023 में उनकी उत्कृष्ट उपलब्धियों के लिए सम्मानित किया गया। गणतंत्र दिवस परेड दिल्ली में अपने क्षेत्रों और कार्यक्रमों में उत्कृष्ट प्रदर्शन करने के बाद वापस कॉलेज लौटी। इन कैडेट्स को सेंट बीड्स कॉलेज शिमला के पूरे स्टाफ और छात्र निकाय ने उन्हें बधाई दी।

एनसीसी कैडेट मानिका और इवी भेटन सम्मानित

शिमला। दिल्ली में गणतंत्र दिवस परेड में सेंट बीड्स कॉलेज की छात्रा मानिका सेठी को सर्वश्रेष्ठ कैडेट चुना गया। कॉलेज में मंगलवार को सीनियर अंडर ऑफिसर मानिका सेठी और कैडेट इवी भेटन के स्वागत किए विशेष कार्यक्रम आयोजित किया गया। इवी भेटन को एनसीसी में कई उपलब्धियों के लिए डीजी एनसीसी और कमांडिंग ऑफिसर कर्नल डीआर गार्गी ने हाल ही में सम्मानित किया था। कॉलेज की इन दोनों कैडेटों ने गणतंत्र दिवस के लिए दिल्ली में आयोजित शिविर में भाग लिया था। कॉलेज प्राचार्य मौली अब्राहम ने इस उपलब्धि के लिए दोनों को बधाई दी और उनकी सराहना की। शिक्षिका डॉ. सपना शर्मा, डॉ. अनुपमा टंडन, डॉ. दीप्ति पाजनी, गीतांजली महिंद्रा और जागृति चौहान ने भी उन्हें बधाई दी। ब्यूरो

Amar Ujala 15/02/2023

Felicitation of RDC Holders on February 14, 2023



गणतंत्र दिवस परेड के एनसीसी प्रतिभागियों ने राज्यपाल से भेंट की



नई दिल्ली में गणतंत्र दिवस परेड में शामिल होने वाले एनसीसी कैडेट्स राज्यपाल शिव प्रताप शुक्ल के साथ • जागरण

Daruk Jagran 25/02/23

राज्य ब्यूरो, शिमला : नई दिल्ली में गणतंत्र दिवस के अवसर पर आयोजित परेड में भाग लेने वाले एनसीसी दल के हिमाचल प्रदेश के सदस्यों ने राज्यपाल शिव प्रताप शुक्ल से भेंट की।

राज्यपाल ने परेड में तृतीय स्थान प्राप्त करने के लिए इन प्रतिभागियों को सम्मानित भी किया। इस वर्ष हिमाचल प्रदेश के 14 एनसीसी प्रतिनिधियों ने आरडी कैम्प में भाग लिया, जिसमें सात लड़के और सात लड़कियां शामिल थीं। इनमें हिमाचल प्रदेश की कैडेट मनिका सेठी ने मास्टर सेरेमनी में देशभर में दूसरा स्थान हासिल किया। इसी प्रकार अन्य प्रतियोगिताओं में भी इन कैडेटों का शानदार प्रदर्शन रहा। राज्यपाल ने प्रसन्नता व्यक्त करते हुए उनका उत्साहवर्धन किया। इससे पूर्व, अतिरिक्त महानिदेशक, एनसीसी निदेशालय पंजाब, हरियाणा, हिमाचल तथा चंडीगढ़ मेजर जनरल के. विनोद ने राज्यपाल का आभार व्यक्त किया और उनसे मंडी जिले में एनसीसी प्रशिक्षण के लिए भवन का निर्माण जल्द से जल्द पूरा करने के संबंध में आग्रह किया। इस अवसर पर निदेशक उच्च शिक्षा अमरजीत शर्मा, एनसीसी निदेशालय और और राजभवन के अधिकारी भी उपस्थित थे।



शिमला : गणतंत्र दिवस परेड में भाग लेने वाले एन.सी.सी. कैडेट्स राजभवन में राज्यपाल शिव प्रताप शुक्ल से मिलते हुए। *Punjab Kesari 25/02/23 (पि.क.)*

गणतंत्र दिवस के एन.सी.सी. प्रतिभागियों ने राज्यपाल से की मुलाकात

हिमाचल प्रदेश के युवाओं का सेना के प्रति अधिक झुकाव : राज्यपाल

शिमला, 24 फरवरी (ब्यूरो): हाल ही में नई दिल्ली में गणतंत्र दिवस परेड और प्रधानमंत्री की रैली में भाग लेने वाले हिमाचल प्रदेश के एन.सी.सी. कैडेट्स ने शुक्रवार को राजभवन में राज्यपाल शिव प्रताप शुक्ल से मुलाकात की। राज्यपाल ने देशभर में तीसरा स्थान प्राप्त करने पर उन्हें सम्मानित किया।

इस वर्ष गणतंत्र दिवस शिविर में हिमाचल प्रदेश के 14 एन.सी.सी. कैडेट्स ने भाग लिया, जिसमें 7 लड़के और 7 लड़कियां शामिल थीं। इनमें मास्टर ऑफ़ सेरेमनी प्रतियोगिता में

प्रदेश की कैडेट मनिका सेठी ने देशभर में दूसरा स्थान हासिल किया। अन्य प्रतियोगिताओं में भी प्रदेश के कैडेट्स ने उल्लेखनीय प्रदर्शन किया, जिसके लिए राज्यपाल ने प्रसन्नता व्यक्त करते हुए उनका उत्साहवर्धन किया।

कैडेट्स ने राज्यपाल के साथ दिल्ली और रोपड़, पंजाब में आयोजित एक माह के शिविर में अपने अनुभव सांझा किए। राज्यपाल ने दल को बधाई देते हुए कहा कि यह हिमाचल प्रदेश के लिए गर्व की बात है कि राज्य के 14 कैडेट्स ने इसमें भाग लिया और अपनी प्रतिभा का प्रदर्शन किया।

उन्होंने कैडेट्स को आज का भारत बताते हुए कहा कि प्रदेश के युवाओं का सेना के प्रति अधिक झुकाव है, जो इन कैडेट्स में देखा जा सकता है। इससे पहले, एन.सी.सी. निदेशालय के अतिरिक्त महानिदेशक मेजर जनरल के. विनोद ने राज्यपाल को धन्यवाद दिया और राज्यपाल से मंडी जिले में एन.सी.सी. प्रशिक्षण के लिए भवन का निर्माण जल्द से जल्द पूरा करने का आग्रह किया। एन.सी.सी. निदेशालय और राजभवन के अधिकारियों सहित उच्च शिक्षा निदेशक अमरजीत शर्मा भी इस अवसर पर उपस्थित थे।

Felicitation of RDC Holders by Honorable Governor of Himachal Pradesh on February 25, 2023



St. Bede's College Shimla

Presentation on Breast Cancer During the NSS Annual Camp

The NSS Unit of St. Bede's College organized a Special Annual Camp from February 21 to 27, 2023, engaging 55 final-year students in a series of activities aimed at personal development, community service, and awareness creation. The third day of the camp began with a prayer followed by the Art of Living session. Dr. Manish Gupta, who is a Professor and the Head of the Department of Radiotherapy at IGMC Shimla, was the speaker for the day. He delivered a presentation on breast cancer to raise awareness among the volunteers. Once the session ended, all the volunteers went to the adopted village Dhanan for a cleanliness drive.



Presentation on Breast Cancer During NSS Annual Camp on February 21-27, 2023



St. Bede's College Shimla

सेंट बीड्स में एनएसएस शिविर का आगाज

शिमला। राजधानी के सेंट बीड्स कॉलेज में एनएसएस का सात दिवसीय शिविर बुधवार को शुरू हो गया। विश्वविद्यालय के निदेशक शारीरिक शिक्षा एवं युवा कार्यक्रम डॉ. हरि सिंह ने शिविर का शुभारंभ किया। एनएसएस इकाई की अध्यक्ष साक्षी और सचिव निशा नेगी ने मुख्यातिथि का स्वागत किया। शिविर के पहले दिन संजीव हरनोट स्रोत व्यक्ति के रूप में शरीक हुए। उन्होंने छात्राओं को ध्यान लगाने और योग का महत्व भी बताया। पहले दिन छात्राओं को पुस्तकालय और कंप्यूटर लैब की सफाई का कार्य दिया गया। ब्यूरो *Amarwala*
25/2/23

Presentation on Breast Cancer During NSS Annual Camp on February 21-27, 2023

An Interactive Session on Domestic Violence and Related Acts

On the fourth day of the camp, the NSS camp started with a morning assembly, after which Mrs. Sheetal Vyas, a criminal lawyer and Ex-Bedeian, conducted an interactive session on domestic violence and related acts. Later, Mr. Sarbjeet Singh Bobby, who runs the NGO Almighty Blessings and works for the society, conducted another session.



An Interactive Session on Domestic Violence and Related Acts on February 21-27, 2023

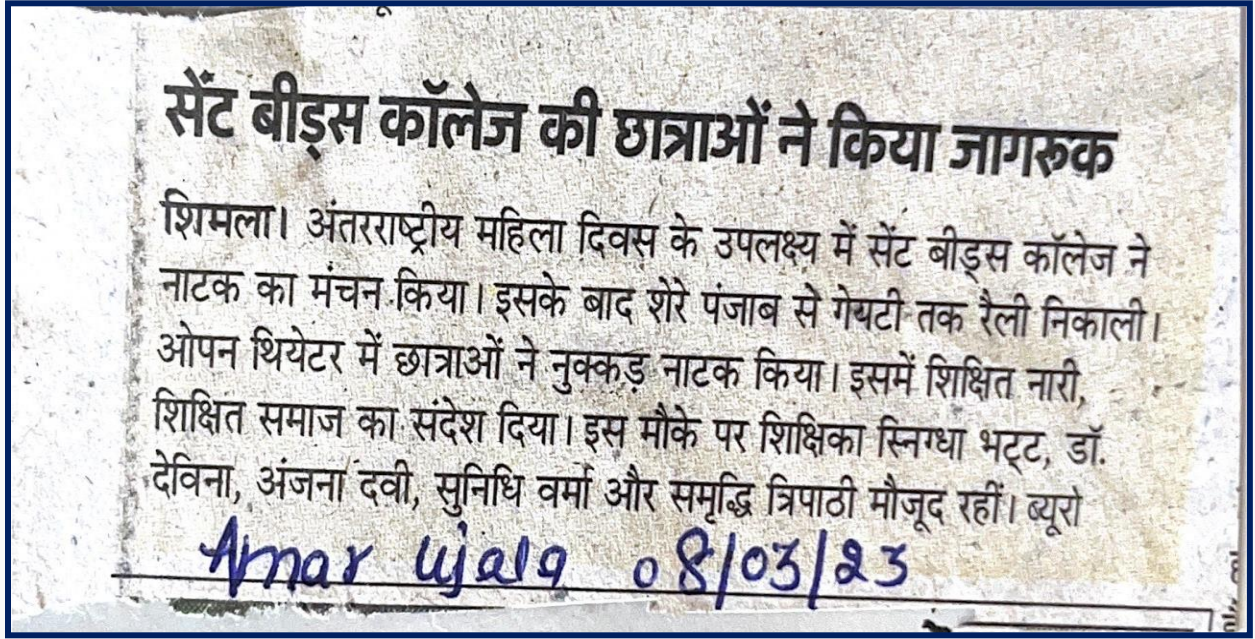
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St. Bede's College Shimla

Shikshit Nari, Shikshit Samaj

In collaboration with the Department of Hindi, Debates and Dramatics society organized a Nukkad Natak on Women's Day, and a rally from Sher-e-Punjab to the amphitheater. The main objective was to raise awareness about the discrimination that women face, not only at home but also when they are assaulted by the rest of the world. The play also highlighted the issue of delayed justice for rape victims, and the need for authorities to take action.

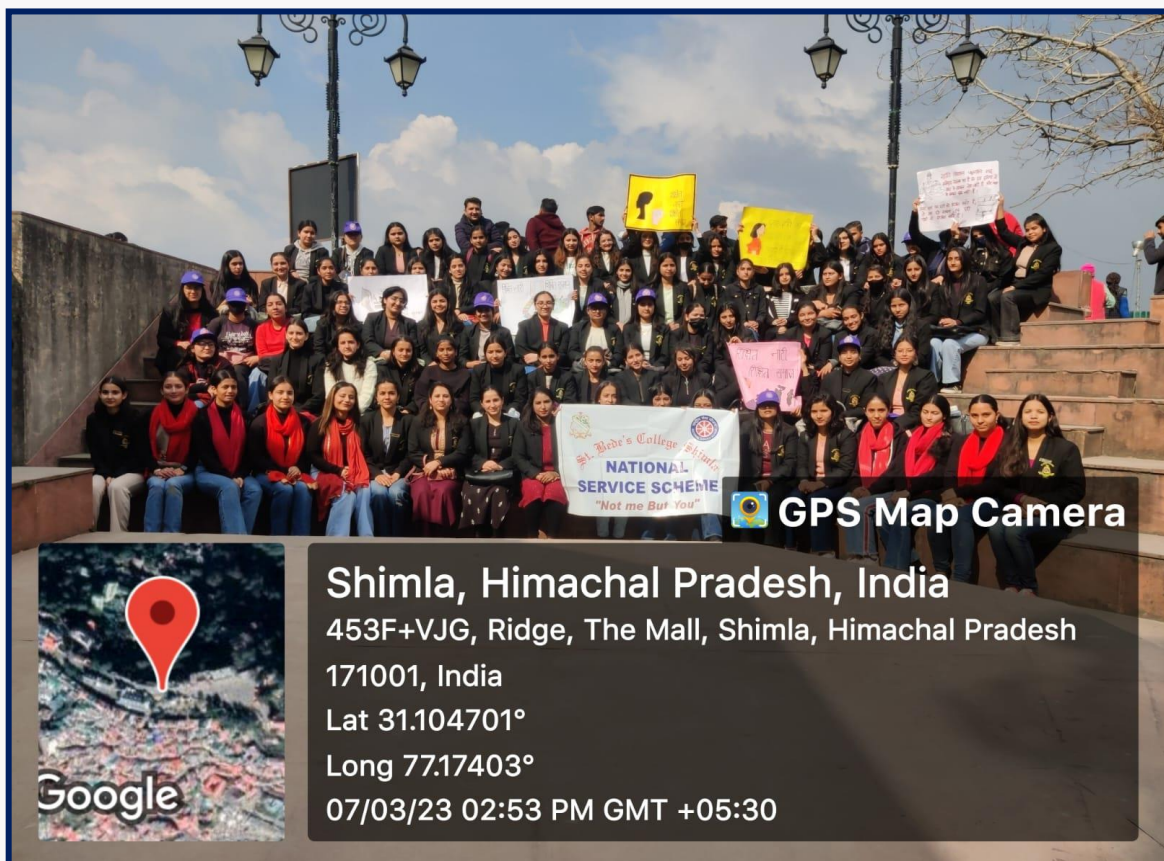


Nukkad Natak Shikshit Nari, Shikshit Samaj on March 07, 2023

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Nukkad Natak Shikshit Nari, Shikshit Samaj on March 07, 2023

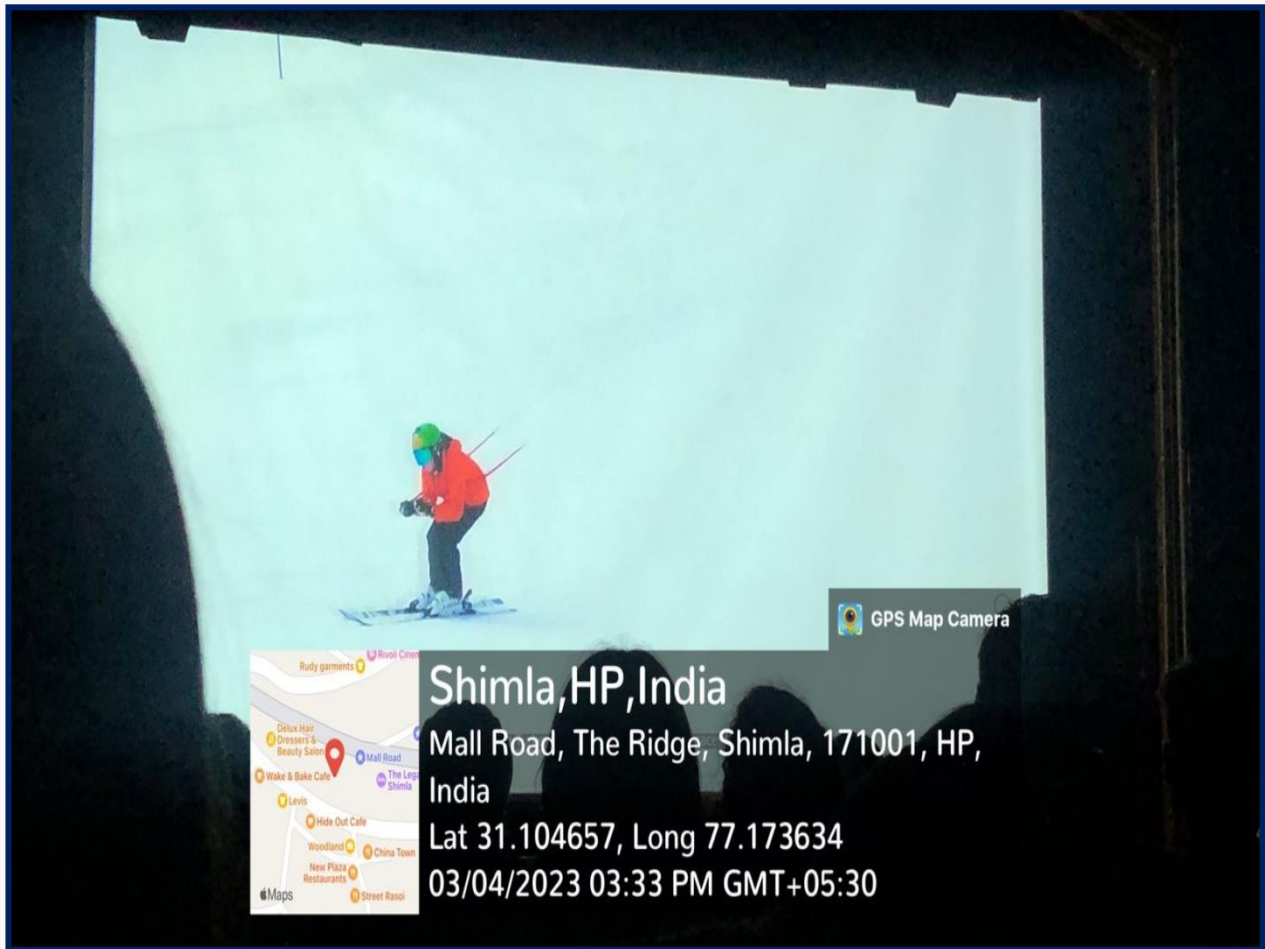
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St. Bede's College Shimla

Pre- International Women's Day Celebration

A group of sixty students from the college attended the International Women's Day celebration at Gaiety Theatre, organized by the Directorate of Women and Child Development, H.P on March 4, 2023. The event showcased two documentaries, "No Woman's Land" and "Breaking the Ice", which highlighted the challenges women face in their quest for equality. These documentaries were directed by Dr. Devkanya Thakur, who shared her experiences and creative inspirations with the students and guided them through the filmmaking process.



Pre- International Womens' Day Celebration on March 04, 2023

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Pre- International Womens' Day Celebration on March 04, 2023

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Celebration of International Womens' Day

On March 9, 2023, Women Cell commemorated International Women's Day. The United Nations theme for this year's Women's Day was DigitALL: Innovation and technology for Gender Equality, which emphasized the importance of technology in raising awareness of gender issues. The institute's students exhibited their talents and confidence through a Nukkad Natak, followed by an interactive session with the guest speaker, Professor Neelima Kanwar, the current Dean of the Faculty of Languages at Himachal Pradesh University. Dr. Kanwar engaged the students in a discussion on various issues faced by women in today's world, and the students shared their experiences and concerns. As a part of the celebration, a rally was organized to promote women's empowerment and raise awareness of gender issues, which was successful.



Tribune 09/03/2022

EDUCATION NOTES

LECTURE ON WOMEN'S HEALTH

The women cell of St Bede's College, Shimla, organised an event on the occasion of the International Women's Day. Three eminent speakers, Monika Bhutunguru, SP, Shimla, Puja Negi Rajta, Associate Professor, Department of Medical Physiology, IGMC, Shimla, and Vandana Misra, Advocate, High Court, Shimla, enlightened students on cyber crime, women health and gender sensitisation, respectively.

Celebration of International Womens' Day 2023 on March 09, 2023



St. Bede's College Shimla

सेंट बीड्स में संवाद सत्र का आयोजन

Amar 10/3/23

शिमला। अंतरराष्ट्रीय महिला दिवस पर सेंट बीड्स कॉलेज सभागार में



वीरवार को खुला संवाद सत्र का आयोजन किया गया। इसका विषय नवाचार और प्रौद्योगिकी रखा था। कार्यक्रम में मुख्य वक्ता हिमाचल प्रदेश विश्वविद्यालय के अंग्रेजी विभाग की

प्रो. डॉ. नीलिमा कंवर रहीं। उन्होंने कॉलेज की छात्राओं को वर्तमान समय में महिलाओं को पेश आने वाली विभिन्न समस्याओं से अवगत करवाया। इस सत्र के आयोजन में डॉ. वंदना ठाकुर और प्रियंका मेहता ने अहम योगदान दिया। ब्यूरो

Celebration of International Womens' Day 2023 on March 09, 2023

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St. Bede's College Shimla



शिमला। सेंट बीड्स महाविद्यालय के महिला प्रकोष्ठ द्वारा अंतरराष्ट्रीय महिला दिवस के अवसर पर महाविद्यालय के सभागार में एक संवादात्मक सत्र आयोजन किया गया। इस कार्यक्रम में मुख्य वक्ता के रूप में हिमाचल प्रदेश विश्वविद्यालय के अंग्रेजी विभाग में बतौर प्रोफेसर डॉ नीलिमा कंवर रहीं। अपने वक्तव्य के माध्यम से उन्होंने महाविद्यालय की छात्राओं को वर्तमान समय में महिलाओं के सामने आने वाली विभिन्न समस्याओं को लेकर जागरूक किया, साथ ही महिला सशक्तिकरण पर विस्तृत चर्चा की और अपने वक्तव्य द्वारा पूरे महाविद्यालय को लाभान्वित किया। इसके बाद छात्राओं द्वारा वक्तव्य से संबंधित प्रश्न पूछे गए तथा अपने अनुभवों और चिंताओं को साझा किया। महाविद्यालय की छात्राओं ने नुक्कड़ नाटक तथा रैली के माध्यम से दर्शकों को जागरूक करने का प्रयास किया और इसके साथ ही कार्यक्रम का समापन हुआ। कार्यक्रम का आयोजन डॉ वंदना ठाकुर तथा प्रियंका मेहता द्वारा किया गया

Divya Himachal 10/3/23

Celebration of International Womens' Day 2023 on March 09, 2023

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Celebration of International Women's Day 2023 on March 09, 2023



St. Bede's College Shimla

Inter-SHIP Poetry Writing Competition

On March 9, 2023, an inter-ship poetry writing competition was organized by the Poetry Society on the occasion of International Women's Day. The theme for the competition was 'Sisterhood and a Sustainable Society'. The competition aimed to provide a platform for individuals to express their thoughts, emotions, and perspectives through the art of poetry.

Book Cover Painting Competition on Women's Writing

A Book Cover Painting Competition was organized by the Fine Arts Society in collaboration with the English Department on 9th of March 2023 on the occasion of International Women's Day. The competition was held in the college auditorium and the participants made paintings with great enthusiasm and creativity. Each painting depicted a Book Cover or a scene from an English novel/poem. The students made beautiful paintings which held a lot of meaning. The aim of the competition was to celebrate International Women's Day, promote the artistic expression of literature, and recognize the contributions of women writers. It aimed to inspire creativity, foster a love for literature, and provide a platform for students to showcase their talent and appreciation for English literature through visually captivating artwork.



Book Cover Painting Competition on Women's Writing on March 9, 2022

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Book Cover Painting Competition on Women's Writing on March 9, 2022

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St. Bede's College Shimla

NCC Raising Day

To celebrate its 3rd NCC Raising Day, the NCC Unit at St. Bede's College, under 7HP (I) Coy NCC Shimla, organized an event. The Commanding Officer, Col. Desh Raj Gargey, was the chief guest of the day. Cadets and ANO/CTO from St. Edward's School and APG Shimla University also attended the event. The event began with a drill by the cadets, followed by a role-play on Rani Lakshmi Bai, with the theme 'Main Apni Jhansi Kisi Ko Nahi Doongi.' Chief Guest Col. D.R. Gargey felicitated the cadets by presenting certificates and mementos to them for their achievements during the NCC session 2022-23. The aim of organizing the event was to celebrate the NCC Raising Day, showcase the skills and discipline of the cadets, educate and inspire through role-play, promote camaraderie among different NCC units, and recognize the achievements of the cadets.

युवा देश की राष्ट्र शक्ति : कर्नल डीआर गार्गी

शिमला। एनसीसी की 7 एचपी आई कंपनी के कमांडिंग ऑफिसर कर्नल डीआर गार्गी ने कहा कि युवा राष्ट्र शक्ति होती है। युवाओं से ही राष्ट्र और समाज का निर्माण होता है। वह शुक्रवार को 7 एचपी (आई) एनसीसी (राष्ट्रीय कैडेट कोर) शिमला द्वारा सेंट बीड्स कॉलेज में आयोजित एनसीसी के स्थापना समारोह को संबोधित कर रहे थे। एनसीसी प्रभारी डॉ. श्वेता ठाकुर की अगुवाई में कॉलेज स्तर पर यह तीसरा एनसीसी दिवस मनाया गया। एनसीसी कैडेटों ने कर्नल डीआर गार्गी को गॉर्ड ऑफ ऑनर दिया। कॉलेज प्राचार्य सिस्टर डॉ. मौली अब्राहम और डॉ. सपना ने मुख्य अतिथि का स्वागत किया। कॉलेज की डॉ. श्वेता ने एनसीसी यूनिट की वार्षिक रिपोर्ट पेश की। डॉ. श्वेता ने कहा कि सीनियर अंडर ऑफिसर मानिका सेठी इस वर्ष की हिमाचल प्रदेश से सर्वश्रेष्ठ कैडेट रही हैं। इस दौरान कैडेटों ने रंगारंग कार्यक्रम भी पेश किए। कर्नल डीआर गार्गी ने कैडेटों को प्रमाणपत्र और स्मृति चिह्न भेंट किए। ब्यूरो

11/03/2023
Amar Ujala



राजधानी शिमला के सेंट बीड्स कॉलेज में एनसीसी कैडेट को सम्मानित करते कर्नल डीआर गार्गी। अमर उजाला

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एन.सी.सी अनुशासन की बुनियाद, युवा राष्ट्र की शक्ति : डी.आर. गार्गी

Punjab Kesari 11/3/23



शिमला : सेंट बीड्स कालेज में एन.सी.सी. के स्थापना दिवस पर आयोजित कार्यक्रम के दौरान प्रस्तुति देती छात्राएं। (नरेश)

शिमला, 10 मार्च (अम्बादत्त): युवा राष्ट्र की शक्ति होती है और युवाओं से ही राष्ट्र व समाज निर्माण को गति मिलती है तथा वे राष्ट्र के सुरक्षा कवच होते हैं, अगर युवाओं को सही तालीम के साथ उनमें अनुशासन और राष्ट्रभक्ति का पाठ पढ़ाया जाए। यह बात शुक्रवार को सेवन एच.पी. एन.सी.सी. शिमला के कमांडिंग ऑफिसर कर्नल डी.आर. गार्गी ने कही।

सेंट बीड्स कालेज शिमला की ओर से एन.सी.सी. प्रभारी डा. श्वेता ठाकुर की अगुवाई में कालेज स्तर पर तीसरा

एन.सी.सी. दिवस मनाया गया। इस अवसर पर सेवन एच.पी. एन.सी.सी. शिमला के कमांडिंग ऑफिसर कर्नल डी.आर. गार्गी ने कार्यक्रम में बतौर मुख्यातिथि शिरकत की।

सेंट बीड्स कालेज शिमला की एन.सी.सी. कैडेट्स ने मुख्यातिथि कर्नल डी.आर. गार्गी को गार्ड ऑफ ऑनर दिया। कालेज प्रधानाचार्या सिस्टर प्रो. डा. मौली अब्राहम और डा. सपना ने मुख्यातिथि गार्गी का कार्यक्रम की शोभा बढ़ाने और एन.सी.सी. कैडेट्स सहित

सभी छात्राओं का मार्गदर्शन और मनोबल बढ़ाने के लिए स्वागत व धन्यवाद किया।

इसके पश्चात एन.सी.सी. प्रभारी व अधिकारी डा. श्वेता ठाकुर ने कालेज के सभागार में सेंट बीड्स कालेज की एन.सी.सी. यूनिट की वार्षिक रिपोर्ट पढ़ी और कैडेट्स द्वारा सभी क्षेत्रों में राज्य और राष्ट्रीय स्तर व गणतंत्र दिवस परेड, आर्मी अटैचमेंट, पी.एम. रैली, एन.सी.सी. डी.जी. अवाईस, सांस्कृतिक व खेलकूद प्रतियोगिता में उच्च स्थान प्राप्त करने संबंधित सभागार में उपस्थित सभी अतिथियों व गण्यमान्य व्यक्तियों से अवगत करवाया।

इस अवसर पर कैडेट्स ने रंगारंग सांस्कृतिक कार्यक्रमों की प्रस्तुतियां दीं। कैडेट्स द्वारा झांसी की रानी लक्ष्मीबाई पर नाटक (मैं अपनी झांसी किसी को नहीं दूंगी) में अभिनय कर कालेज के सभागार में उपस्थित सभी अतिथियों और छात्राओं को देशभक्ति से सराबोर कर दिया। उन्होंने कैडेट्स से देश निर्माण में आगे आने का आह्वान किया। कालेज प्रधानाचार्या सिस्टर प्रो. डा. मौली अब्राहम और डा. सपना ने कैडेट्स को बेहतर कार्य करने के लिए बधाई दी।

NCC Raising Day on March 10, 2023

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St. Bede's College Shimla



Tribune 11/03/2023



NCC cadets perform during an event. TRIBUNE PHOTO

NCC Raising Day at Shimla college

TRIBUNE NEWS SERVICE

SHIMLA, MARCH 10
 The third NCC Raising Day was celebrated at St Bede's College here today. NCC cadets from the college, cadets of APG Shimla University and NCC cadets of St Edward's School, Shimla, participated in the event. On the occasion, Commanding Officer of Seven

HP (I) NCC Shimla Col DR Gargey participated in the programme as the chief guest. NCC cadets of St Bede's College presented the guard of honour to the chief guest. The programme commenced with NCC drill, followed by NCC in charge and officer Dr Shweta Thakur reading the annual report of the NCC unit of the college.

NCC Raising Day on March 10, 2023

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St. Bede's College Shimla

सेंट बीड्स कालेज में मनाया स्थापना दिवस

शिमला : शुक्रवार को 7 एचपी (आइ) एनसीसी (राष्ट्रीय कैडेट शिमला के सेंट बीड्स कालेज की ओर से एनसीसी प्रभारी डा . श्वेता ठाकुर की अगुआई में कालेज स्तर पर तीसरा एनसीसी दिवस मनाया गया । कालेज के एनसीसी कैडेट्स, स्थानीय एपीजी शिमला विश्वविद्यालय के कैडेटों व सेंट एडवर्ड स्कूल के एनसीसी कैडेटों ने एनसीसी दिवस मनाया । इस मौके पर 7 एचपी (आई) एनसीसी के

कमांडिंग आफिसर कर्नल डीआर गार्गी ने कार्यक्रम में बतौर मुख्यतिथि शिरकत की । कालेज प्रधानाचार्य सिस्टर प्रो डा . मौली अब्राहम व डा . सपना भी इस दौरान मौजूद रहे । कार्यक्रम की शुरुआत एनसीसी ड्रिल के साथ हुई । इसके पश्चात एनसीसी प्रभारी व अधिकारी डा श्वेता ठाकुर ने कालेज की सभागार में सेंट बीड्स कालेज की एनसीसी यूनिट की वार्षिक रिपोर्ट पढ़ी । (जासं)

Dainik Jagran 11/03/23

NCC Raising Day on March 10, 2023

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St. Bede's College Shimla

Awareness Talk on Cervical Cancer

On March 14, 2023, an awareness talk on cervical cancer was organised by the Department of Psychology, St. Bede's College, in collaboration with the Department of Psychology, H.P. University, Summerhill. Dr. (Prof.) S.N. Ghosh was the guest speaker for the occasion, who interacted with a group of teachers of the college and informed them about the transmission of Human Papiloma Virus (HPV) and the cause of Cervical Cancer.



Awareness Talk on Cervical Cancer on March 14, 2023

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St. Bede's College Shimla

Walk for Health on March 18, 2023

On March 18, 2023, the Health Club of St. Bede's College Shimla organized a "Walk for Health" activity. The aim of the activity was to raise awareness about the health benefits of walking and staying active. The teachers mentioned that walking can help boost the immune system, making individuals more resilient against illnesses and infections. Furthermore, they pointed out that walking plays a role in building bone mass, which is essential for maintaining strong and healthy bones, especially in the long term.



Walk for Health on March 18, 2023

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