



St. Bede's College Shimla

MENTOR-MENTEE

2018-2019

VIEW FILE

2019-2020

VIEW FILE

2020-2021

VIEW FILE

2021-2022

VIEW FILE

2022-2023

VIEW FILE



St. Bede's College Shimla

2018-2019

This document contains:

MENTOR CARD	VIEW FILE
VALUE EDUCATION MENTOR LIST	VIEW FILE
VALUE EDUCATION ATTENDANCE SHEET	VIEW FILE
VALUE EDUCATION REPORT	VIEW FILE

[Back](#)



St. Bede's College Shimla

Mentor Card Sample

St. Bede's College

STUDENT'S MENTOR CARD



NAME.....*P1*.....

CLASS.....*B.Sc. (Medical)*.....

ROLL NO.....*2018*.....

[Back](#)



St. Bede's College Shimla

2018-19.

Name and Roll No. of the Member: Father's Name: Class: Mentor: Nishant

Test, Sub. Date, Marks	15/15 Zool	19/15 Bot	13/15 Chem	8/10 Eng.	9/10 Cran	7/10 Bot	9/10 Zool	14/15 Phon	13/15 Chem	15/15 Zool	14/15 Zool	9/10 Eng	13/15 Bot.		
Teacher's Signature	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]		
Activities Date	Invited Week Aclunt 26 th Sept	Field Visit CPDD Aug 4	Zoo. Chd. Aug 4	Visit to Sericellin Produced by Sept 15	Capital Gudley Workshop Dec 11	Swamp Sketch Makhi Sept 14	Camp Patta Hill 24 th 27, 2019	Seminar 13 Sept	3 Day Workshop 12-14 Dec	Health Day 15 Dec	Science Day Feb 28, 2019		yoga day		
Member's Signature	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]		
Remarks	1. Different activities were attended by the student 2. She is an active learner. 3. She was an active member for various programmes 4. She is an optimistic & energetic student 5. 6.														

Back



St. Bede's College Shimla

Value Education Mentor List



St. Bede's College


Shimla - 171002
(UGC-NAAC "A+" Grade Re-Accredited)
College with Potential for Excellence
Phone: 0177-2812304, Fax:- 0177-2842498
www.stbedescollege.in, E-mail:- bedescollege@gmail.com

Dated: July 20, 2018

NOTICE

Value education classes for the session 2018-19 will commence from August 1, 2018. The list of mentors are as follows:

MENTOR NAME1	MENTOR NAME2	ROOM NO.
SR. BEENA JOHN		AUDITORIUM
MS. NANDINI PATHANIA	MS. MUDITA	A4
MR. DEVINDER BINDRA	MS. ANKITA	B8
MS. MEETA BISWAS	MS. BHARTI GANDHI	D9
MS. SHONALI SUD	MR. SANJEEV KUMAR	D6
MS. SANGEETA SARASWAT	MS. ANUPAMA TOMAR	B9
MR. KD CHANDEL	MR. RAVI BHUSHAN	B12
MS. ANITA KHANNA	MS. GEETANJALI MAHINDRA	B10
MR. V K BHARDWAJ	MS DEEPTI PAJNI	D2
MR. DV PATHANIA	MS. MINI SHARMA	B13
MS. SHRAMJA MUNJAL	MS. ALKA VERMA	C6-BOTANY LAB
MR. VIJAY SANORIA	MR. KULDEEP	C1-PHYSICS LAB
MS. MADHU PARMAR	MR. ANOOP	A8
MS. ANJALI DEWAN	MR. MANU MAHAJAN	B11
MS. ANUJA SHARMA	MR. ANUPAM	A3
MS. SAPNA SHARMA	MS. SHRUTI	B15
MR. SUSHIL KUMAR	MR. ABHISHEK	B17
MS. UNNATI CHAUHAN	NEW BOTANY TEACHER	A6
MS. POONAM CHAUHAN	MS. MONIKA BHATANAGAR	A7
MS. SHIVANI CHAUHAN	MS. SHIVANI VAID	B5 ZOOLOGY LAB-2
MS. NEHA WALIA	MS. MADHU PAHWA	COMP LAB2


Principal
St Bede's College



St. Bede's College Shimla



St. Bede's College

Shimla - 171002
(UGC-NAAC "A+" Grade Re-Accredited)
College with Potential for Excellence
Phone: 0177-2842304, Fax:- 0177-2842498
www.stbedescollege.in, E-mail:- bedescollege@gmail.com

MR. NISHANT	MR. D.D. SHARMA	B16
MS. NIVEDITA BHARDWAJ	MS. NAVDEEP	COMP LAB1
MS. REENA	MS. UPASNA	C4
MS. SHWETA THAKUR	MS. PREETI	B3 ZOOLOGY LAB-1
MS. PRIYANKA DHAREULA	MS. NEHA GAUTAM	C3
MS. SAVITA RANA	MS. MADHAVI	D4
MR. VISHAL	MR. PANKAJ	B14

KINDLY SUBMIT YOUR VALUE EDUCATION REPORT AT THE END OF THE SESSION

(PRINCIPAL)
Principal
St. Bede's College
Shimla-171002

[Back](#)



St. Bede's College Shimla

Sample of Value Education Report

VALUE EDUCATION REPORT

(2018-2019)

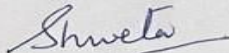
Value education classes commenced, with ice breaking session so that the students and the mentors get to know each other better. The class started with the prayer service, students were asked to prepare prayers which could be recited in the class. Every value education class was started with the prayer to inculcate the importance of prayer in students. Further they introduced themselves, informing about their hobbies, interests, positive and negative qualities.

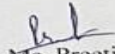
It was discussed on how to build a foundation for a meaningful and fulfilling life, based on our deepest values and principles which will help the students to become a more thoughtful, compassionate, and responsible person.

A lecture on Motivation and self-belief was conducted as they are the important aspects of personal development, and teaching value education lessons on these topics can be beneficial for students. Here are some key points that were covered during the value education classes:

- Understanding the importance of motivation: Motivation is the driving force that helps us achieve our goals. It is the reason why we put in the effort to do something, even when it is difficult or challenging. Students were encouraged to understand the role of motivation in their lives, and how it can help them overcome obstacles and achieve their dreams.
- Identifying sources of motivation: Students were taught to identify different sources of motivation, such as personal values, interests, and goals. This can help them understand what motivates them and how they can use it to their advantage.
- Developing self-belief: Self-belief is the confidence that we have in ourselves and our abilities. Students were encouraged to develop a positive self-image and to believe in their own potential. This can help them overcome self-doubt and build resilience.
- Building resilience: Resilience is the ability to bounce back from setbacks and challenges. Students were taught how to develop resilience by staying focused on their goals, learning from their mistakes, and developing a positive attitude towards setbacks.
- Setting goals: Setting goals is an important part of motivation and self-belief. Students were taught how to set realistic and achievable goals, and how to create a plan to achieve them. This can help them stay motivated and focused on their long-term objectives.

Overall, teaching value education lessons on motivation and self-belief helped students to develop important life skills that will serve them well in the future. By understanding the importance of motivation, identifying sources of motivation, developing self-belief, building resilience, and setting goals, students became more confident, and motivated. Discussions on Problems of teenage life, their expression, and feelings etc. were made. Various suggestions were given by the teachers on how to overcome these issues.


Dr. Shweta Thakur


Ms. Preeti

[Back](#)



St. Bede's College Shimla

2019-2020

This document contains:

MENTOR CARD	VIEW FILE
VALUE EDUCATION MENTOR LIST	VIEW FILE
VALUE EDUCATION ATTENDANCE SHEET	VIEW FILE
VALUE EDUCATION REPORT	VIEW FILE

[Back](#)



St. Bede's College Shimla

Mentor Card Sample

St. Bede's College

STUDENT'S MENTOR CARD



NAME.....
CLASS... Bcom 3rd year (Sem V & VI)
ROLL NO... 173065
(2017 - 2019)

Back



St. Bede's College Shimla

Name: [Blank] Father's Name: Kishan Lal Class: Boys 3rd year Mentor: Mr. Pankaj Astish

Test, Sub. Date, Marks	Accounting 12/15	English 12/15	Hindi 10/15	B-law 12/15	B-Book 13/15	Boys 14/15	Management 14/15	Micro eco. 12/15	Finance 10/15	1st Pgt 14/15	2nd Pgt 10/15	3rd Pgt 12/15	4th Pgt 10/15		
Teacher's Signature	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]		
Activities Date	22/07/19 Opening Mass	24/07/19 Electronics	24/07/19 Practicals	27/07/19 Programme Day	29/07/19 Towers Day	30/07/19 Habit Day	28/08/19 PTA	14/09/19 Children Day	14/09/19 Blood Donation	16/10/19 Christmas					
Member's Signature	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]					
Remarks	Increase in the confidence level.														
1.								4.							
2.	Made new friends from all streams							5.							
3.	Learned new things.							6.							

Back



St. Bede's College Shimla

Value Education Mentor List



St. Bede's College

Shimla - 171002

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

College with Potential for Excellence

Phone: 0177-2842304, Fax:- 0177-2842498

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

Dated: July 6, 2019

NOTICE

Value education classes for the session 2019-20 will commence from July 10, 2019 . The list of mentors are as follows:

MENTOR NAME1	MENTOR NAME2	ROOM NO.
MS. ANITA KHANNA	SR. DIVYA	B1
MS. ANUJA SHARMA	MR. PIYUSH THAKUR	B8
MS. ANUPAMA TOMAR	MS. ANITA KUMARI	D9
MS. DEEPTI PAJNI	MS. KANU MEHTA	D6
MS. GITANJALI	MS. ANKITA	B9
MS. MADHU PAHWA	MS. NAVDEEP	D2
MS. MADHU PARMAR	MS. KUSUM	D8
MR. MANU MAHAJAN	VINOD KUMAR	A2
MS. MINNI SHARMA	MS. NIVEDITA CHAUHAN	A8
MS. MONIKA BHATNAGAR	MR. ASHISH	B11
MS. NANDINI PATHANIA	-----	A4
MS. NEHA GAUTAM	MR. NISHANT	C3
MS. NEHA WALIA	MS. MEENAKSHI	COMPUTER LAB 2
MS. NIVEDITA BHARDWAJ	MS. SHIVANI VAID	COMPUTER LAB 1
MS. POONAM CHAUHAN	MS. PREETI KAUNDAL	B12
MR. RAVI BHUSHAN	MS. ALISHA CHAUDHARY	C7
MS. REENA	MS. MEGHA KATORIA	C4
MS. SANGEETA SARSWAT	MS. BHARTI GANDHI	B13
MR. SANJEEV KUMAR	MS. POONAM THAKUR	B15
MS. SAPNA SHARMA	MR. MOHIT KUMAR	B17
MS. SAVITA RANA	MS. KANCHAN	A6
MS. SHIVANI CHAUHAN	MS. NEHA JOITA	B5 ZOOLOGY LAB-2
MS. SHRAMJA MUNJAL	MS. PRIYANKA MEHTA	A7
MS. SHRUTI GUPTA	MR. JAGPAL	A9
MS. SHWETA THAKUR	MS. RAMAN BASSI	B3 ZOOLOGY-LAB-1

Officiating Principal
St. Bede's College
Shikha

[Back](#)



St. Bede's College Shimla



St. Bede's College

Shimla - 171002

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

College with Potential for Excellence

Phone: 0177-2842304, Fax:- 0177-2842498

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

MR. SUSHEEL GUPTA	MR. PANKAJ AASHISH	B16
MS. UNNATI CHAUHAN	MS. NEHA NEGI	B10
MR. V.K BHARDWAJ	MS. NAINA SAMBER	D4
MR. V.K SANORIA	MR. ANOOP	B14

(PRINCIPAL)
Officiating Principal
St. Bede's College
Shimla - 2

[Back](#)



St. Bede's College Shimla

Sample of Value Education Attendance Sheet

Daily Attendance Register of St. Bede's College for the month of 2019-2020 year

CLASS
SUB
PAPER
MONTH
YEAR

Serial Number	Name of Student	Registration No.	Previous Attendance	DATES																												No of Lectures	Attendance	
				01/01	02/01	03/01	04/01	05/01	06/01	07/01	08/01	09/01	10/01	11/01	12/01	13/01	14/01	15/01	16/01	17/01	18/01	19/01	20/01	21/01	22/01	23/01	24/01	25/01	26/01	27/01	28/01			
	Palake Kapote		P	P	A	P	A	P	P	A	P	P	A	P	P	A	P	P	A	P	P	A	P	P	A	P	P	A	P	P	A			
	Sheetal Magta		P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P			
	Meghna Chauhan		P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P			
	Shubhi Singh		A	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P			
	Anshi		P	P	A	P	A	A	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P			
	Javish Thakur		P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P			
	Shikha Ghansoni		P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P			
	Poojita Chauhan		P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P			
	Ashi		P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P			
	Shivangi Sood		A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P			
	Mesha Jacey		P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P			
	Poojita		P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P			
	Sanghat Vohra		P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P			
	Neelha Ghanta		P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P			
	Ashi Swarnal		P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P			
	Komal Thakur		P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P			
	Mousha Sapika		P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P			
	Ujala Devi		P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P			
	Ashi Varshit		P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P			
	Neha Nani		P	P	P	P	A	A	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P			

[Signature]
Lecturer's Signature

[Signature]
Principal's Signature

Dated

Lecturer Name

Dated

Received By

Clerk's Signature

Teacher's Name

Teacher's Signature

Back



St. Bede's College Shimla

Samples of Value Education Report

Value Education Report-(2019-20)

The value education classes for the session (19-20) commenced on July10,2019. The class started with a introductory session in which all the students from different streams introduced themselves and talked about their hobbies. Students were made aware of the importance of such interactive classes and how value education helps to build their overall character.

Among many different topics discussed in the classes, some of them were:

- Importance of co-education.
- Indian Society.
- Self Confidence.
- Indian society.
- Women empowerment
- Problem among college students.
- Employment in country.

Manu Mahajan.
Manu Mahajan
(Mentor1)

Vinod
Vinod Kumar
(Mentor2)

[Back](#)



St. Bede's College Shimla

VALUE EDUCATION REPORT

SESSION-2019-20

Mentors: Ms. Punam Chauhan *Punam*

Ms. Preeti Kaundal *Preeti*

The value education classes at St Bede's is one of the most important aspects of the education process as it includes components such as social ethics, human values, social studies, gender studies etc. The value education classes commenced from, July 10 2019.

The main objective of these classes was to inculcate and develop the noble values with the students and to influence the behavioural patterns of our students through practical occupation of the values in life. Several topics on human and social values, current issues, Self, kindness, were discussed during these classes throughout the year.

The session started with the formal introduction of the students as well the teachers. It further progressed with a discussion on the necessity of having "value education class". Students were quite apprehensive initially but gradually they became active participants in the discussion.

In one of the classes the first-year students shared their experiences at St Bede's. The girls talked about their initial fear, sense of anxiety of making friends and liking the college itself, of what to expect, how to adapt to new life and how to make niche for oneself. An emotion that predominated the heart of freshers along with anxiety was excitement. A new beginning, new life at St Bede's, discovering latent talents and exploring world at large. It was wonderful to hear wide range of experiences from the students.

Another class which is worth mentioning was when students were given task wherein students had to introduce themselves in detail. The students enthusiastically shared their goal in life, their achievements and short comings.

Besides the regular discussions, value education classes provided platform for the students to showcase their talent. Some girls sang self-composed poems both in hindi some and english, some performed dance on classical and folk songs, one of the girls displayed her sketching skills.

Overall, it was a wonderful session and a great learning experience for the mentors also.



St. Bede's College Shimla

2020-2021

This document contains:

MENTOR CARD	VIEW FILE
VALUE EDUCATION MENTOR LIST	VIEW FILE
VALUE EDUCATION ATTENDANCE SHEET	VIEW FILE
VALUE EDUCATION REPORT	VIEW FILE

[Back](#)



St. Bede's College Shimla

Mentor Card Sample

St. Bede's College

STUDENT'S MENTOR CARD



NAME.....

CLASS..... BA English Honours (2018-21)

ROLL NO..... 1180830826.....

Back



St. Bede's College Shimla

Name.....D. D. Sharma.....Father's Name.....Jitender Singh.....Class.....BA English Honours.....Mentor.....D. D. Sharma

Test, Sub. Date, Marks	Indian Classical literature (14)	European Classical Lit. (15)	Indian writing in English (13)	British Poetry and Drama (12)	American literature (13)	British lit. 18th Century (14)	Trans Lation Studies (15)	Women's writing (15)	British lit. Early 20th century (14)	Modern European drama (14)	Post colonial lit. (12)	Modern Indian writing in English diaspora (11)	literature of Indian diaspora (14)	Partition lit. (14)	Auto bio graphs (13)
Teacher's Signature	ym	pl	ym	As	pl	pl	As	As	As	pl	ym	As	ym	As	ym
Activities Date	Workshop for Creative Writing (18 Dec)	Book Talk (6 Dec)	Community Outreach (18 Dec)	Grads Day (1 March)	Workshop on Reading (1 Oct)	Society Fair (15 Nov)	Inter ship Banded Dept (6 Nov)	Online workshop on English Dept (3 Sept)	Webinar on NEP (9 Sept)	Webinar meet EBSB (5 Oct)	Webinar on Mental Health (10 Oct)	Essay writing Comp. (7 Nov)	Inter College Debate Drama (7 Dec)	Webinar on course apta (18 March)	EBSB Activity (18 March)
Member's Signature	DD	DD	DD	P.D.	P.D.	P.D.	P.D.	DD	DD	DD	DD	DD	DD	DD	DD
Remarks	<p>1. Workshops on Creative writing and Cultural Studies were enlightening</p> <p>2. Community Outreach programmes were really fun.</p> <p>3. NEP webinar was a change to listen about with all its hopeful measures</p>														

Back



St. Bede's College Shimla

Value Education Mentor List of the Students

Mentor List 2020-2021

S.NO	ROLLNO	NAME	CLASS	FACULTY NAME
1	191042	SIDDHI PANDEY	B.A. 2ND	MANU MAHAJAN
2	204226	VASUNDHRA SAPEHIA	B.A. PSY HONS 1ST	MANU MAHAJAN
3	191098	SAMRITIKA SHARMA	B.A. 2ND	MANU MAHAJAN
4	184102	ANJALI THAKUR	B.A. GEO HONS 3RD	MANU MAHAJAN
5	182080	DIVYA	B.SC 3RD	MANU MAHAJAN
6	192031	YAMINI SHARMA	B.SC. 2ND	MANU MAHAJAN
7	181048	VIBHUTI PANWAR	B.A 3RD	MANU MAHAJAN
8	204426	YATI SHARMA	BIOTECH HONS 1ST	MANU MAHAJAN
9	203013	GUNJAN GUPTA	B.COM 1ST	MANU MAHAJAN
10	192042	PREETI VERMA	B.SC. 2ND	MANU MAHAJAN
11	192002	SHRUTI CHAUHAN	B.SC. 2ND	MANU MAHAJAN
12	194009	VANSHIKA SHAKTAWAT	B.A. ENG HONS 2ND	MANU MAHAJAN
13	193032	MANNAT BHIMTA	B.COM 2ND	MANU MAHAJAN
14	191039	KIRAN	B.A. 2ND	MANU MAHAJAN
15	182089	VANSHIKA BHARDWAJ	B.SC 3RD	MANU MAHAJAN
16	195016	DHRITI DHIR	B.B.A. - III SEM	MANU MAHAJAN
17	191051	MAHIMA PANTA	B.A. 2ND	MANU MAHAJAN
18	184304	PREETI SHARMA	B.A. ECO HONS 3RD	MANU MAHAJAN
19	182062	RIYA PANDIR	B.SC 3RD	MANU MAHAJAN
20	182006	ADITI SHARMA	B.SC 3RD	MANU MAHAJAN
21	201158	SHEETAL VERMA	B.A. 1ST	MANU MAHAJAN
22	184007	ASTHA GILL	B.A. ENG HONS 3RD	MANU MAHAJAN
23	192053	SAKSHI BRAMHOTRA	B.SC. 2ND	MANU MAHAJAN
24	191084	SUYESHA SHARMA	B.A. 2ND	MANU MAHAJAN
25	202133	AARYA SHARMA	B.SC. 1ST	MANU MAHAJAN
26	194027	ANANYA BANCHAIAK	B.A. ENG HONS 2ND	MANU MAHAJAN
27	184506	JIGYASA KAUNDAL	MICRO-BIO HONS 3RD	MANU MAHAJAN
28	192070	SHIKHA SHARMA	B.SC. 2ND	MANU MAHAJAN

Alkani
Officiating Principal
St. Bede's College
Shimla - 2

Back



St. Bede's College Shimla

Mentor List 2020-2021

s.no	Rollno	Name	Course	faculty name
1	204250	Sara Altaf	B.A. Psy Hons 1st	ANITA KUMARI
2	183012	Pooja Thakur	B.Com 3rd	ANITA KUMARI
3	204314	Shree	B.A. ECO Hons 1st	ANITA KUMARI
4	181035	Anaisha Rachel Paul	B.A 3rd	ANITA KUMARI
5	204302	Rumjhum	B.A. ECO Hons 1st	ANITA KUMARI
6	203080	Aditi Sharma	B.Com 1st	ANITA KUMARI
7	205043	Harsha Sharma	B.B.A. - I Sem	ANITA KUMARI
8	201025	Anshika Thakur	B.A. 1st	ANITA KUMARI
9	193065	Gurmeet Kaur	B.Com 2nd	ANITA KUMARI
10	192049	Aarti Thakur	B.Sc. 2nd	ANITA KUMARI
11	201040	Mitali Mehta	B.A. 1st	ANITA KUMARI
12	201026	Disha Thakur	B.A. 1st	ANITA KUMARI
13	194111	Navya Varma	B.A. ENG Hons 2nd	ANITA KUMARI
14	193041	Sitalika Sharma	B.Com 2nd	ANITA KUMARI
15	202123	Manya Sharma	B.Sc. 1st	ANITA KUMARI
16	193002	Komal Thakur	B.Com 2nd	ANITA KUMARI
17	204106	Ananya Pratap Rawal	B.A. Geo Hons 1st	ANITA KUMARI
18	184022	Janhvi Agarwal	B.A. ENG Hons 3rd	ANITA KUMARI
19	193061	Ritika Sood	B.Com 2nd	ANITA KUMARI
20	182108	Meenakshi Kashyap	B.Sc 3rd	ANITA KUMARI
21	193011	Janvi Chauhan	B.Com 2nd	ANITA KUMARI
22	202029	Neha	B.Sc. 1st	ANITA KUMARI
23	194108	Runjhun	B.A. ENG Hons 2nd	ANITA KUMARI

Neha
Officiating Principal
St. Bede's College
Shimla - 2

Back



St. Bede's College Shimla

Sample of Value Education Attendance Sheet

Subject/Med.: Microbiology Faculty: Class: MB
 Section: Semester: II, YA Session: 2020-21

S. No	Regd. No.	Name	Univ. Roll No.	Phone No.		Month	Previous Attendance	Year												Assessment (CCA)							
				Parent	Student			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Quizzes	Minor Tests M-I	Minor Tests M-II	Total CCA				
1		Ankita	2180630010	941662506	941922506	1		1	2	3	4	5	6	7	8	9	10	11	12	13							
2		Ashvi	0018	621451555	701840107	1		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15					
3		Taha	0023	941652244	945261810	1		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15					
4		Tigya	0038	941670403	649462455	1		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15					
5		Kritika	0043	981602148	701888185	1		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15					
6		Megha	0052	941665400	980520092	1		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15					
7		Sheya	0076	941661919	982561811	1		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15					
8																											
9																											
10																											
11																											
12																											
13																											
14																											
15																											
16																											
17																											
18																											
19																											
20																											
21																											
22																											
23																											
24																											
25																											
26																											
27																											
28																											
29																											
30																											
31																											
32																											
33																											
34																											

Dated: Teacher's Signature: Principal Signature:

Back



St. Bede's College Shimla

Sample of Value Education Report

VALUE EDUCATION REPORT (2020-2021)

The COVID-19 pandemic had disrupted normalcy all around the world. With schools and colleges closed, students were forced to adjust to remote learning and a new way of life. During these challenging times, online value education classes have played a critical role in helping students develop empathy, and adaptability.

The pandemic has brought forth a range of challenges that require a compassionate and empathetic response. In value education classes, students were encouraged to cultivate empathy towards those affected by the pandemic, including frontline workers, the elderly, and those who have lost loved ones. Students participated in activities that encouraged them to reflect on their own feelings and emotions, and how they can extend kindness and support to others.

Value education classes emphasized the importance of adaptability in dealing with challenging situations. Students learned about the value of perseverance and determination in overcoming obstacles and achieving their goals.

During the pandemic, students have been reminded of their responsibilities as citizens to follow guidelines, such as social distancing, wearing masks, and maintaining personal hygiene.

In value education classes, students discussed the importance of responsible behaviour in keeping themselves and others safe. They have learned about the concept of global citizenship and how their actions can have an impact on the wider community.

These values are crucial in helping students navigate through these challenging times and emerge as responsible and compassionate global citizens.

Mentors:

Ms Unnatti Chauhan

[Back](#)



St. Bede's College Shimla

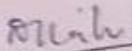


VALUE EDUCATION REPORT 2020-2021

A group of 23 students were allotted to us for value education which included personal and career counselling. The classes were held in offline mode regularly from 10th August once in a week.

In first few classes we discussed about financial independence of girls and also about dowry system and its prevalence in modern educated times.

The Mentors in next classes focused on the career aspects. In this class we talked about the future prospects of their programs and also some tips on personality development were chalked out. The classes aimed at overall development of confidence and personality build up among students. The student enjoyed discussing topics other than their regular curriculum.


Dr. Navdeep Thakur

[Back](#)



St. Bede's College Shimla

2021-2022

This document contains:

MENTOR CARD	VIEW FILE
VALUE EDUCATION MENTOR LIST	VIEW FILE
VALUE EDUCATION ATTENDANCE SHEET	VIEW FILE
VALUE EDUCATION REPORT	VIEW FILE

[Back](#)



St. Bede's College Shimla

Mentor Card Sample

St. Bede's College
NAAC Re-Accredited A+ College

Mentor - Mentee Card

Name... *Pranav Kumar*.....
Class... *B.Com - III*.....
Batch... *2019 - 2022*.....

[Back](#)



St. Bede's College Shimla

MENTOR:

Name	Ms. Savita Rana
Subject	Commerce

MENTEE:

Name	Shephali Sood
Class	B. Com
Ship	Villoi
Member of Society/Cell	
Registration Number	18
Mentee's Phone Number	
Email ID & Residential Address	shephali.sood2303@gmail.com Shop No. 31 upper flat, Near Tunnel, Lower Bazaar Shimla
Date of Birth	14 th November, 2000
Blood Group	B+
Father's Name	M. Clever Sood
Father's Occupation	Teacher
Father's Contact Number	91 98110 12345
Mother's Name	Ms. Divika Sood
Mother's Occupation	Homemaker
Mother's Contact Number	91 98110 12345
Any Health issues /Allergies	Nil

Back



St. Bede's College Shimla

STUDENT PROFILE PARTICIPATION IN ACTIVITIES

First Year

Date	8 th Aug, 2019		6 th Sep, 2019	2 nd Dec, 2019	3 rd Dec, 2019	28 th Nov, 2019	14 th Nov, 2019	29 th Sep, 2019	
Extracurricular				Ship Launch		Book Talk	Children's Day		
Academic									
NCC/Sports									
Others	Miss Jeanees	Cleanliness Week - NSS	Drug abuse Seminar		World AIDS Day			Mukhad Natak	

Second Year

Date	15 th Aug, 2020								
Extracurricular									
Academic									
NCC/Sports									
Others	Webinar								

Third Year

Date	15 th Aug, 2021	11 th Aug, 2021	4 th Oct - 8 th Oct	29 th Nov	27 th Dec - 10 th Feb	16 th March	3 rd - 9 th March	25 Nov	
Extracurricular	Independence Day			GST Quiz					
Academic			BSE Seminars		Partnership				
NCC/Sports									
Others		NSD Tale Foundation				Rangoli Making NSS Camp		Blood Donation	

Position held in the student council.....

Date	20/5/21	16/5/21	18/1/22	14/6/21	11/5/22				
Activity attended	News Presentation Policy	Webinar on Gender Inequality	Webinar BDO	Talk Session	Debate Children's Inequality				

[Back](#)



St. Bede's College Shimla

SWOT ANALYSIS OF THE STUDENT

Strengths What are you good at?	Weaknesses What could you improve at?
Disciplined or Determined Team Management Creative Good Communication Cooperative	Self - Confidence Overthinking Aggressive Stage Fear
Opportunities What do you think are the opportunities open to you?	Threats What threats are there due to your weaknesses?
Banking MBA / M.Com Internship	Lack of Confidence Lack of internal communication

Signature of the Mentee (Student)

Signature of the Mentor (Teacher)

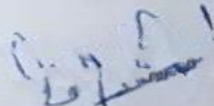
Back

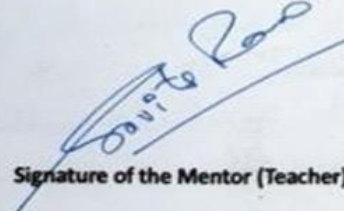


St. Bede's College Shimla

SWOT ANALYSIS OF THE STUDENT

Strengths What are you good at?	Weaknesses What could you improve at?
Disciplined or Determined Team Management Creative Good Communication Cooperative	Self - Confidence Overthinking Aggressive Stage Fear
Opportunities What do you think are the opportunities open to you?	Threats What threats are there due to your weaknesses?
Banking MBA / M.Com Internship	Lack of Confidence Lack of internal communication


Signature of the Mentee (Student)


Signature of the Mentor (Teacher)

Back



St. Bede's College Shimla

Value Education Mentor List



St. Bede's College
Shimla - 171002
(UGC-NAAC "A+" Grade Re-Accredited)
College with Potential for Excellence
Phone: 0177-2842304, Fax:- 0177-2842498
www.stbedescollege.in, E-mail:- bedescollege@gmail.com

Dated: October 12, 2021

NOTICE

The value education classes for the session 2021-22 will commence from October 14, 2021. The list of mentors is as follows:

Sr.	MENTOR NAME1	MENTOR NAME2	ROOM NO.
1	Sr.(Dr.) MOLLY ABRAHAM	-	AUDITORIUM
2	MS. ANUJA RATHORE SHARMA	MS. REENA THAKUR	C4
3	DR. SHRAMJA MUNJAL	MS. KIRAN THAKUR	BOTANY LAB 1
4	MR. VIJAY KUMAR SANORIA	MS. NEHA WALIA	COMPUTER LAB 2
5	DR. SAPNA SHARMA	MS. SWATI KAPIL	C1
6	DR. RAVI BHUSHAN SOOD	MS. POONAM THAKUR	C7
7	DR. ANUPAMA TANDON	MS. JAGRITI	D9
8	DR. DEEPTI PATHANIA	DR. KUSUM	BOTANY LAB 2
9	DR. GEETANJALI MAHENDRA	MS. RAMAN BASSI	D8
10	MS. PUNAM CHAUHAN	MS. KOMAL SHARMA	D6
11	DR. SHWETA THAKUR	MS. SNIGDHA BHATT	B5 ZOOLOGY LAB 2
12	MS. PREETI KAUNDAL	DR. VISHAL CHAUHAN	B8
13	DR. PANKAJ AASHISH	DR. JYOTIKA BRARI	GEOGRAPHY LAB A1
14	MS. UNNATTI CHAUHAN	DR. KANU MEHTA	B9
15	MS. NIVEDITA BHARDWAJ	MR. MOHIT KUMAR	COMPUTER LAB 1
16	DR. NAVDEEP THAKUR	DR.SR. P MARY SANTHI	B10
18	MS. MADHU PAHWA	DR. VANDANA THAKUR	D2
19	MR. MANU MAHAJAN	MS. MADHU BALA	COMMERCE LAB A2
20	DR. SAVITA RANA	DR. MAHESHWAR SINGH THAKUR	B11

Molly
Principal
St. Bede's College
Shimla

Back



St. Bede's College Shimla



St. Bede's College
Shimla - 171002
(UGC-NAAC "A+" Grade Re-Accredited)
College with Potential for Excellence
Phone: 0177-2842304, Fax: 0177-2842498
www.stbedescollege.in, E-mail: hcdescollege@gmail.com

21	MS. SANGEETA BALI SHARMA	MS. ANJANA DEVI	B12
22	MS. SHIVANI CHAUHAN	DR. SANJEEV KUMAR	B13
23	DR. DEVINA AUCHOYBUR	DR. VIKRANT BHARDWAJ	B14
24	MR. SUSHEEL KUMAR GUPTA	MR. ANOOP	B15
25	MR. NISHANT	MS. PRIYANKA MEHTA	B16
26	MR. ASHISH KUMAR	MS. SHRUTI GUPTA	B17

SR. (DR.) MOLLY ABRAHAM
PRINCIPAL
St. Bede's College
Shimla-171002

[Back](#)



St. Bede's College Shimla

Sample of Value Education Attendance Sheet

CLASS _____
SUB _____
PAPER _____
MONTH _____
YEAR _____

Daily Attendance Register of St. Bede's College for the month of _____ year 2021-22

Class _____ Subject Value Education Paper _____

Serial Number	Name of Student	Registration No.	Previous Attendance	DATES												No. of Lectures	Attendance
				1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th		
1	KANIKA CHAUDHARY	BA-III		1	2	3	4	5	6								
2	SNENA CHAUDHARY	BA-III		1	2	3	4	5	6								
3	TAMINI SHARMA	BA-III		1	2	3	4	5	6								
4	GAURINA SHARMA	BA-III		1	2	3	4	5	6								
5	ANAMIKA	BA-III		1	2	3	4	5	6								
6	ANAMIKA SHAN	BA-III		1	2	3	4	5	6	7							
7	VIDHI GUPTA	BA-III		1	2	3	4	5	6								
8	RITIKA TRIPATHI	BA-III		1	2	3	4	5	6	7							
9	SHIKHA SHARMA	BA-III		1	2	3	4	5	6								
10	ROOPANI DIXIT	BA-III		1	2	3	4	5	6								
11	ADITI	BA-III		1	2	3	4	5	6								
12	ADITI SHARMA	BA-III		1	2	3	4	5	6								
13	JYOTI KUMARI	BA-III		1	2	3	4	5	6								
14	CHANDAN DIXIT	BA-III		1	2	3	4	5	6	7							
15	NAVYAT BANSAL	BA-III		1	2	3	4	5	6								
16	MANJAT SODI	BA-III		1	2	3	4	5	6								
17	JYOTI CHAUDHARY	BA-III		1	2	3	4	5	6								
18	DIVYANSHI	BA-III		1	2	3	4	5	6								
19	JASWALITA SHARMA	BA-III		1	2	3	4	5	6	7							
20	KANISHKA SHARMA	BA-III		1	2	3	4	5	6								
21	ANUSHKA CHAKRABORTY	BA-III		1	2	3	4	5	6								
22	ANUSHKA ARORA	BA-III		1	2	3	4	5	6								
23	SHIKHA TRIPATHI	BA-III		1	2	3	4	5	6	7							

Teacher's Name Ms. Umami Chaudhary
Teacher's Signature _____
Principal's Signature _____
Clerk's Signature _____

Dated _____ Received By _____

Lecturer's Signature Ms. Umami Chaudhary Lecturer Name

Back



St. Bede's College Shimla

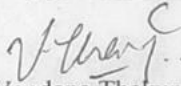
Sample of Value Education Report

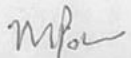
VALUE EDUCATION REPORT

(2021-2022)

Value education classes are held to incorporate the qualities essential to become a good human being. Thus, during the session 2021-2022, value education classes were conducted in the college where several activities were taken up which enlisted positive strengths of the students.

- In one of the classes, mentors discussed about the character building in detail with the students which is very important for the society. A discussion on the importance of prayer and prayer for self healing was also held with the students.
- The issues related to the problems of teenage life, their expression, and feelings etc. were also discussed and the mentors gave various suggestions on how to overcome these issues.
- A Debate was held on the topic "Role of women in the society; Is reservation for women justified".
- Value education classes were aimed to discuss different values in our lives and how to inculcate them in us. Different values like friendship, love, honesty, responsibility, unity, respect etc. were thus talked about.
- A serious discussion was held on Drug Addiction, Alcoholism, Crime Against Women, How to lodge an FIR in the Police Station, Education about Family life, adjustments in the family so that the students not only work for themselves but also for society at large.
- Topics like terrorism, blind faith and humanity, corruption, impact of covid-19, part time job were also taken up in the classes.


Dr. Vandana Thakur


Ms Madhu Pahwa

[Back](#)



St. Bede's College Shimla

Value Education Report Session (2021-2022)

The Value education classes started in the month of October. The session started with an introduction of all the students from various streams. During the session, classes were taken on every Thursday.

- The students actively participated and discussed several topics such as Covid-19. They shared their experiences on how it has resulted in their change of behavior and feelings for others. A discussion was also held on the pros and cons of online teaching.
- The students were divided in three groups with a leader for each. These groups were asked to identify certain career options which they can choose as per their interests in future. All the students actively participated in the exercise and it helped them to know about different career options available for them, after completing their graduation.
- One of the most important topics discussed was 'Time Management'. The session was fruitful as it helped students to know about the ways to save their time and participate more in extra-curricular activities besides studying.
- The topic entitled "why I am special" was also discussed in the class. The students shared their views and wrote points on their good and jolly nature, a few spoke on having good writing skills and some mentioned about having most wonderful and caring parents.
- In one of the classes, the first year students shared their experiences on the institution as a fresher. They were also acquainted with the rules, regulations and facilities available in the college.

It was a great learning experience and a very interactive session for the students as well as the teachers.

Ms. Unnatti Chauhan

Dr. Kanu Mehta



St. Bede's College Shimla

2022-2023

This document contains:

MENTOR CARD	VIEW FILE
VALUE EDUCATION MENTOR LIST	VIEW FILE
VALUE EDUCATION ATTENDANCE SHEET	VIEW FILE
VALUE EDUCATION REPORT	VIEW FILE

[Back](#)



St. Bede's College Shimla

Mentor Card Sample

St. Bede's College
NAAC Re-Accredited A+ College

Mentor - Mentee Card

Name.....

Class..... *English Honours I, II, III year*

Batch..... *(2020 - 2023)*

[Back](#)



St. Bede's College Shimla

DANCE SOCIETY.

Ms. Akshita *Akshita* 25/8/22

Ms. Titiksha *Titiksha* 25/8/22

MENTOR:

Name	Ms. Akshita
Subject	Psychology

MENTEE:

Name	
Class	English Honours
Ship	Chirag
Member of Society/Cell	
Registration Number	
Mentee's Phone Number	.. 8800001
Email ID & Residential Address	vermaorio@gmail.com
Date of Birth	29 June 2001
Blood Group	B+
Father's Name	Om Prakash Verma
Father's Occupation	Business Man
Father's Contact Number	
Mother's Name	Leela Devi
Mother's Occupation	Housewife
Mother's Contact Number	
Any Health issues /Allergies	None

Back



St. Bede's College Shimla

STUDENT PROFILE PARTICIPATION IN ACTIVITIES

First Year								
Date	October 11, 2020	December 6, 2020	December 14, 2020	January 26, 2021	March 10, 2021	April 6, 2021	May 4, 2021	
Extracurricular	Poster making	Painting competition	-	Dance competition	-	Posters on Mail	Covid awareness	-
Academic								
NCC/Sports	Girl child Day	Personal Hygiene	Swachta abhyasa	Republic day	Raising Day	Himachal Day	Poster making	
Others	Dance compet		Painting competition					

Second Year									
Date	June 7, 2021	June 21, 2021	July 25, 2021	July 26, 2021	August 12, 2021	15 August, 2021	10 October, 2021	October 21, 2021	Nov, 20, 2021
Extracurricular	Seminar online	Online Yoga session	Online seminar	Online seminar		Session on Azadi Ka Amrit Mahotsav	Girl child Day	vijay vakra maha	Drug abuse
Academic									
NCC/Sports	Union of young warriors	Yoga day	Kargil diwas	Exchange programme	Fit India campaign	Independence day	Poster making	Mahal ceremony	Rally on Drug ab
Others	"	"	"	"	"	"			

Third Year									
Date	15 August	15 August	4 March	October/November	21 June, 2022	30 July/22	12/7/22	6 August, 22	17 September
Extracurricular	Rampall competition	Poster making	Women's day 2023	Dance competition	Yoga day			Exhibition	
Academic									
NCC/Sports	Synergy	Synergy	Anti-Drug marathon	Independence day activities	Yoga Day	Kargil diwas	CATC camp	Hat Ghar Takanga	orientation programme
Others	"	"	"	"	"	"	"	"	"

Position held in the student council..... NCC Representative

Date	17/9/22	4/6/22	21/6/22	12/7/22	31/7/22	6/8/22	15/7/22	7/9/22	12/9/22	17/9/22	5/11/22	23/11/22	12/12/22	3/3/23	25/7/22	21/10/22	11/11/21	2/12/22	15/11/22	8/3/22	16/3/22
Activity attended	orientation programme	Rally on Day of Girl	Yoga Day	CATC	Rally	(MIRAS) campaign	Swachhata day	Anti-drug programme	Orientation programme	visiting awareness	NCC camp	Role play	Raising day	Kargil Vijay	Vijay Mahotsav	Ram ceremony	NCC Day	Army day	women's day	Raising day	

[Back](#)



St. Bede's College Shimla

Academic Performance First Year

Class Test	-	-	-	-	-	-	-	-	-
Assignments	-	-	-	-	-	-	-	-	-
Mid Term Test	11/15	11/15	11/15	9/15	10/15	10/15	9/15	9/15	
End Term Examination	63	63	83	80	73	80	77	74	
	MICRO	MICRO	NEC	Computer	Maths	Physics	Chemistry	ENS	

Second Year

Class Test									
Assignments	8/10	8/10	11/15	11/15					
Mid Term Test	11/15	11/15	10/15	10/15	10/15	8/15	9/15	10/15	
End Term Examination	80	67	69	67	60	72	53	60	65
	SE-1	SE-2	SEC	SEC	Computer	Physics	Chemistry	B.L	B.L
	100	100	100	100	60	72	53	60	71

Third Year

Class Test	-	-	-	4/5	-	-	-	-
Assignments				4/5				
Mid Term Test	11/15	11/15	9/15	10/15	11/15	10/15	9/15	11/15

Signature of the Mentee (Student)

Signature of the Mentor (Teacher)

LEARNING OUTCOMES OF MENTEE - MENTOR SESSIONS

FIRST YEAR

It was nice and positive. I got to learn new things from my mentor like staying positive during the Covid-19 pandemic.

SECOND YEAR

I learned how to love my own self first and how to care about my own mental and physical health.

THIRD YEAR

To participate in the activities of my interest and to stay positive throughout the journey.

Back

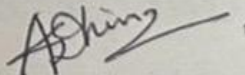


St. Bede's College Shimla

SWOT ANALYSIS OF THE STUDENT

Strengths What are you good at?	Weaknesses What could you improve at?
<p>I stay positive in bad situations.</p> <p>I stay calm and focused.</p> <p>I am a multitasker</p>	<ul style="list-style-type: none">• I overwork sometimes• Also becomes lazy
Opportunities What do you think are the opportunities open to you?	Threats What threats are there due to your weaknesses?
<p>In the field of craft, teaching, entertain-ment, management, social work, defence etc.</p>	<p>Health issues due to overwork</p>

Signature of the Mentee (Student)


Signature of the Mentor (Teacher)



St. Bede's College Shimla

Value Education Mentor List



St. Bede's College

Shimla -171002
(UGC-NAAC "A+" Grade Re-Accredited)
College with Potential for Excellence
Phone: 0177-2842304, Fax:- 0177-2842498
www.stbedescollege.in, E-mail:- bedescollege@gmail.com

Dated: September 13, 2022

NOTICE

Value education classes for the session 2022-23 will commence from September 21, 2022. The list of mentors are as follows:

VALUE EDUCATION CLASS LIST (2022-23)

Sr.	MENTOR NAME1	MENTOR NAME2	ROOM NO.
1	SR. PROF.MOLLY ABRAHAM		AUDITORIUM
2	DR. SAPNA SHARMA	DR. SHRAMJA MUNJAL/ MS. TITIKSHA	BOTANY LAB 1
3	DR. ANUPAMA TANDON	MS. JAGRITI	D2
4	DR. DEEPTI PATHANIA	DR. KUSUM	B8
	DR. GEETANJALI MAHENDRA		B9
5		MS. RAMAN BASSI	
6	MR. SUSHEEL KUMAR GUPTA	MR. ANOOP DILTA	D3
7	MR. MANU MAHAJAN	MS. MADHU BALA	COMMERCE LAB A2
8	MS. NEHA WALIA	MS. NEHA KATOCH	COMPUTER LAB 2
9	MS. NIVEDITA BHARDWAJ	MR. MOHIT KUMAR	COMPUTER LAB 1
10	MS. PUNAM CHAUHAN	MS. KOMAL SHARMA	B10
11	MS. UNNATTI CHAUHAN	DR. KANU MEHTA	B11
12	DR. SHWETA THAKUR	MS. SNIGDHA BHATT	ZOOLOGY LAB 2
13	MS. REENA THAKUR	MS. ANNETTE JAMES	B12
14	MS. MADHU PAHWA	DR. VANDANA THAKUR	D6
15	MS. PREETI KAUNDAL	DR. VISHAL CHAUHAN	BOTANY LAB 2
16	DR. PANKAJ AASHISH	DR. JYOTIKA BRARI	GEOGRAPHY LAB A1
17	DR. NAVDEEP THAKUR	MR. AKASH KASHYAP	BIOTECHNOLOGY LAB
18	MS. POONAM THAKUR	MS. AKSHITA DHIMAN	B13
		DR. MAHESHWAR SINGH THAKUR	B14
19	DR. SAVITA RANA		
20	MS. SANGEETA BALI SHARMA		B15
21	MS. SHIVANI CHAUHAN	MS. ANJANA DEVI MR. SANJEEV KUMAR	B16

Principal
St. Bede's College
Shimla



St. Bede's College Shimla

Sample of Value Education Attendance Sheet

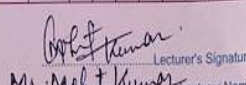
CLASS _____
SUB _____
PAPER _____
MONTH _____
YEAR _____

Daily Attendance Register of St. Bede's College for the month of _____ year 2022-2023

Class Value Education Subject _____ Paper _____

Serial Number	Name of Student	Registration No.	Registration No.	Previous Attendance	DATES												No. of Lectures	Attendance	
					9	10	11	12	13	14	15	16	17	18	19	20			21
1.	Douyanku Nege			P	P	A	P	P	P	P	P	P	P	P	P	P	P		
2.	Ritika			P	P	A	P	P	P	P	P	P	P	P	P	P	P		
3.	Himansu Verma			P	P	A	P	P	P	P	P	P	P	P	P	P	P		
4.	Shreya Mishra			P	P	A	P	P	P	P	P	P	P	P	P	P	P		
5.	Kritika Rathore			P	P	A	P	P	P	P	P	P	P	P	P	P	P		
6.	Abhinavindia Gupta			P	P	A	P	P	P	P	P	P	P	P	P	P	P		
7.	Diya Ransik			P	P	A	P	P	P	P	P	P	P	P	P	P	P		
8.	Aditi Chauhan			P	P	A	P	P	P	P	P	P	P	P	P	P	P		
9.	Ayushu Kumar			P	P	A	P	P	P	P	P	P	P	P	P	P	P		
10.	Adarsh Anand			P	P	A	P	P	P	P	P	P	P	P	P	P	P		
11.	Neeladita Jhina			P	P	A	P	P	P	P	P	P	P	P	P	P	P		
12.	Prashansa			P	P	A	P	P	P	P	P	P	P	P	P	P	P		
13.	Naitali Thakur			P	P	A	P	P	P	P	P	P	P	P	P	P	P		
14.	Palk Sharma			P	P	A	P	P	P	P	P	P	P	P	P	P	P		
15.	Shradha Sharma			P	P	A	P	P	P	P	P	P	P	P	P	P	P		
16.	Vaishnavi Sen			P	P	A	P	P	P	P	P	P	P	P	P	P	P		
17.	Chumika			P	P	A	P	P	P	P	P	P	P	P	P	P	P		
18.	Sanjani Aditya			P	P	A	P	P	P	P	P	P	P	P	P	P	P		
19.	Ashwini			P	P	A	P	P	P	P	P	P	P	P	P	P	P		
20.	Simran			P	P	A	P	P	P	P	P	P	P	P	P	P	P		
21.	Aakushi Sharma			P	P	A	P	P	P	P	P	P	P	P	P	P	P		
22.	Diya Dhyani			P	P	A	P	P	P	P	P	P	P	P	P	P	P		
23.	Kashish Sakya			P	P	A	P	P	P	P	P	P	P	P	P	P	P		
24.	Violet Mary George			P	P	A	P	P	P	P	P	P	P	P	P	P	P		

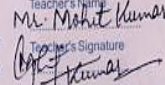
Dated _____


 Lecturer's Signature
 Mr. Mohit Kumar
 Lecturer Name

Dated 22/02/2023
 Received By _____

 Principal's Signature

 Clerk's Signature

Teacher's Name
 Mr. Mohit Kumar
 Teacher's Signature


Back



St. Bede's College Shimla

Sample of Value Education Report

Value Education Report (2022-2023)

The value education classes for the session (2022-2023) commenced on 21st September. The class started with an introductory session in which all the students from different streams introduced themselves and talked about their hobbies. Students were made aware of the importance of such interactive classes and how value education helps to build their overall character.

The students were made aware of the different shops and societies of the college and their working, elections etc. The students also cleared their doubts related to examination process of college.

Among many different topics discussed in the classes, some of them were:

- Importance of education.
- Self-love, Indian Society.
- Confidence.
- Political influence on society.
- Is there any short cut to success?
- Concentration problem among students.
- How to express oneself in front of others?

Teachers incharges

Nivedita
Nivedita Bhardwaj

Mohit kumar *Mohit*

[Back](#)



St. Bede's College Shimla

Value Education (2022-23)

The Value Education classes acted as a place of learning through shared experiences and insight. The classes started with an ice-breaking session where students and teachers introduced themselves. In this session, the second and third-year students also informed the first-year students about the events to look out for in the session 2022-2023.

The value education classes were designed for the all-round development of the students. One of the primary benefits of value education classes was that they help students develop critical thinking skills. By exploring different ethical scenarios and discussing them with their classmates, students were forced to think about complex issues from multiple perspectives. This process encouraged students to develop their analytical skills and become better at evaluating different points of view. Some of the topics discussed in our value education classes were feminism, the role of social media, stress management, peer pressure, generation gap, and career goals.

These classes taught students how to empathize with others and understand their perspectives. By learning how to communicate effectively and work collaboratively with others, students developed important social skills that are essential for success in the workplace and personal relationships. The classes gave a safe stage for students from different fields to express themselves and develop new friendships.

The weekly classes played a vital role in the development of skills like critical thinking, emotional intelligence, self-awareness, and a sense of civic responsibility for the students as well as the teachers. Therefore, we look forward to the next session to grow and heal together.

Charu Mukherjee
(Department of English)

Swati Kapil
(Department of Economics)

[Back](#)