



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

## **WOMEN CELL ACTIVITY REPORT**

**2023-24**

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

#### **Self Defense Training**

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

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

Women Cell of St. Bede's College organized a five-day Self Defense Training session from October 10<sup>th</sup>, 2023 to 14<sup>th</sup> October, 2023. The event started with a warm welcome of the Ct. Kamal, and LC Rajni Sharma (UAC instructors of HP Police) in the presence of Dr. Kanu Mehta and Ms. Nivedita Bhardwaj (conveners of women cell).

**OBJECTIVE:** This program aimed at teaching self-defense skills to our students which inculcate confidence and strength.

**OUTCOME:** The students were taught elementary positions like "Chari-yut" and "Joon Bi" of Taekwondo. Mild intensity warm up session was followed by taekwondo positions and moves like horse riding position, upper middle and lower punch. An article was published in Amar Ujala newspaper about the 5 day training session at St. Bede's College on 11<sup>th</sup> October, 2023 i.e. the eve of International Day of Girl Child. Many self-defense techniques such as different types of punches, kicks, palm attacks, finger attacks, and attacks with daily use materials like hairpins were taught to the students. The students participated with dedication and enthusiasm. The 5-day event was indeed a very knowledgeable and empowering experience for the students.



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

**ST.BEDE'S COLLEGE**

# Self-Defence Training!!!

Women Cell is Organising a Self-Defence training from  
**10th October-14th October,2023**  
**Venue: Basketball Court**  
**Time: 2:50-3:50Pm**

- \* Certificates will be provided after the completion of the training.
- \* All of you are requested to bring your mentor cards.
- \* Training session is open to all college students.
- \* Instructors will come to train.
- \* Girls are requested to wear comfortable clothes/ tracksuits.
- \* Attendance will be taken.
- \* Mandatory for all the girls in the Women Cell.

Student Coordinator  
President Abhiramy Biju  
Secretary Samaira Sharma

**Brochure**



**Self Defense Training**



Women Cell  
St. Bede's College, Shimla



## छात्राओं का आत्मरक्षा प्रशिक्षण शुरू

शिमला। राजधनी शिमला के सेंट बीडस कॉलेज में बुधवार को अंतरराष्ट्रीय महिला दिवस मनाया गया। कॉलेज प्राचार्य रिचर्ड गौली अग्रजाम ने छात्राओं के लिए पांच दिवसीय आत्मरक्षा प्रशिक्षण कार्यक्रम का शुभारंभ किया। उन्होंने छात्राओं को महिला दिवस की बधाई देते हुए कहा कि आत्मरक्षा के लिए किसी पर निर्भर न रहें, वे स्वयं अपनी रक्षा और समर्थ करें कि उन्हें अपनी रक्षा के लिए किसी की अकस्मात ही न पड़ें। इसी उद्देश्य से यह प्रशिक्षण कार्यक्रम संचालित किया जा रहा है। महिला आरक्षी राजनी शर्मा पांच दिन प्रशिक्षण देती। प्रशिक्षण कार्यक्रम के संयोजन को निम्नेस्टी कौ. कानु मेहरा, निवेदिता, अधिरानी बार्बेन्, समर्हिषा शर्मा संभालेंगी। व्यूट

## किसानों को राहत रुपये सस्ता मिले

इस बार 88 रुपये के बजाय 58 रुपये मिलेगा अनुदान, विभाग ने सभी केंद्रों को भेजी बीज की सप्लाई

भारती शर्मा

शिमला। जिले के हजारों किसानों के लिए राहत भरी खबर है। इन्हें इस बार रबी के सीसम में होने वाली बिकवाई के लिए मटर का बीज सस्ती दरों पर मिलने वाला है। कृषि विभाग की ओर से दिया जा रहा मटर का बीज 30 रुपये प्रतिकिलो तक सस्ता हो गया है। हिम पालम किसान का बीज बरसात से पहले 40 फीसदी अनुदान के साथ किसानों को 88 रुपये प्रति किलो में दिया गया था। अब मटर एक किलो में 40 रुपये मिलेगा अनुदान, विभाग ने सभी केंद्रों को भेजी बीज की सप्लाई

को गरी किसान किसानों को 58 रुपये प्रति किलो की दर से उपलब्ध करवाई जा रही है। यह बीज एक किलो की पैकिंग में किसानों को दिया जा रहा है। विभाग के अनुसार रबी सीजन के लिए 121 किन्टल हिम पालम मटर का बीज खरीदा गया है। इसे सभी विकल्प केंद्रों में भी भेज दिया गया है। किसान इसे केंद्रों पर जाकर ले



शिमला के सेंट बीडस कॉलेज में विरय महिला दिवस पर आत्मरक्षा के गुरु सीखती छात्राएं।

Self Defense Training



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

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

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

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

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

The Women Cell of St. Bede's College, organized a Career Guidance and Counselling Session on November 7<sup>th</sup>, 2023 specifically tailored for final year students. **Regional director of RBI Shri R.S. Amar** inaugurated the session. The event garnered significant participation of 200 students and representatives from the Reserve Bank of India. The session included motivational talk by Shri R.S. Amar, and a well-structured presentation by Ms. Ritushri Meshram, AGM RBI, conveying the work culture, salary structure, age limits and women centric policies in RBI. At the end, refreshments were distributed among the students.

**Outcomes:** The primary outcome of this activity was that it provided students with a comprehensive understanding of the banking sector and enlighten them with potential future opportunities within the industry.



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

**WOMEN CELL  
OF  
ST. BEDE'S COLLEGE  
(NAAC RE-ACCREDITED A+GRADE)  
&  
RESERVE BANK OF INDIA**

**Are organising  
" Career Guidance And  
Counselling Session"**

**For Final Year Students**

**Date : November 7, 2023**

**Venue - AUDITORIUM  
TIME - 10:40AM**

**Brochure**



**Career guidance and counselling session**



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## सेंट बीड्स कॉलेज में करिअर काउंसलिंग का आयोजन

शिमला। सेंट बीड्स कॉलेज ने रिजर्व बैंक ऑफ इंडिया के सहयोग से मंगलवार को कॉलेज में छात्राओं के लिए करिअर काउंसलिंग सत्र का आयोजन किया। कॉलेज सभागार में आयोजित इस सत्र में रिजर्व बैंक ऑफ इंडिया की विशेष टीम ने क्षेत्रीय निदेशक आरएस अमर, डीजीएम आतिश अनंत, एजीएम रणजीत सिंह और रितुश्री, मैनेजर आकाश चौधरी और आयुष राजपूत ने छात्राओं का मार्गदर्शन किया। कॉलेज प्राचार्य डॉ. सिस्टर मौली अब्राहम ने कहा कि इस तरह के सत्र आयोजित कर कॉलेज छात्राओं को भविष्य में आकर्षक रोजगार के लिए अपनी पसंद के क्षेत्र चुनने, लक्ष्य तय करने और उसे प्राप्त करने के लिए अभी से मानसिक रूप से तैयार करना मकसद है। इस मौके पर डॉ. कनु मेहता और निवेदि भारद्वाज भी मौजूद रहीं। ब्यूरो



**Career guidance and counselling session**



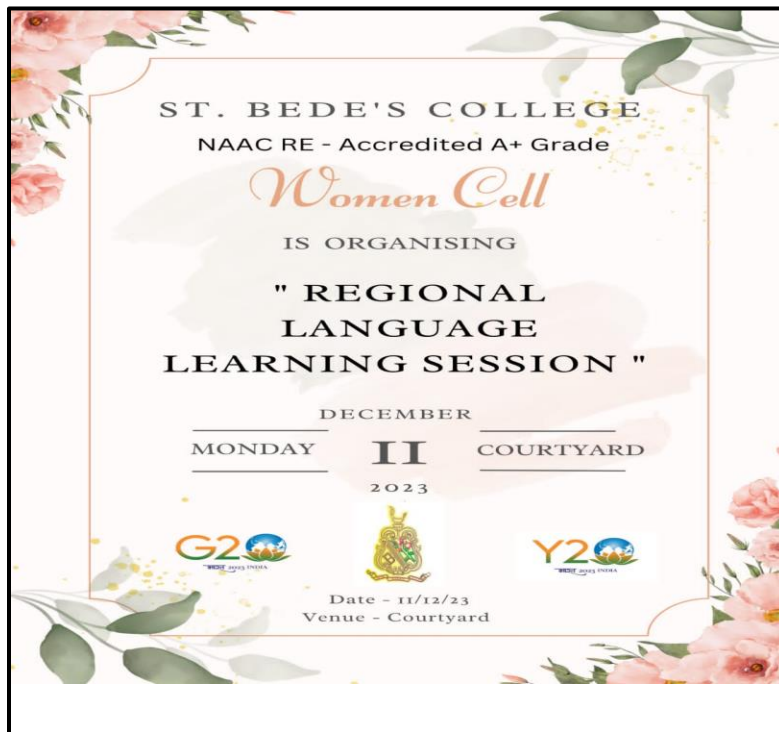
*Women Cell*  
*St. Bede's College, Shimla*

## **Regional language learning Session**

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

Women Cell of St. Bede's College, Shimla organized a **Regional language learning Session on the eve of Bhartiya Bhasha Utsav.**

The students hailing from different regions of India gave an introductory session on basics of regional languages namely Malayalam, Punjabi, Bhojpuri, Kinnauri, Mandayali, Haryanvi and Bengali. Students enthusiastically participated in the learning session and it proved to be a great learning experience for students as well as the teachers.



**Brochure**



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**Regional language learning Session**

### **National Women's Day Celebration**

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

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

**Organized By: Women Cell**

The women cell of St. Bede's college under the guidance of Principal Prof. Sr. Molly Abraham celebrated National Women's Day on 13.02.2024. The celebration included a talk on "women empowerment and skill development" by Ms. Saumya Pareek, head training and development Grazitti Interactive , IT based company of Chandigarh.


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






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

**G20**  **INDIA**

**Y20**  **INDIA**

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

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

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

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

**Brochure**



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**National Women's Day**



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### **National Women's Day**

#### **International Women's Day**

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

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

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

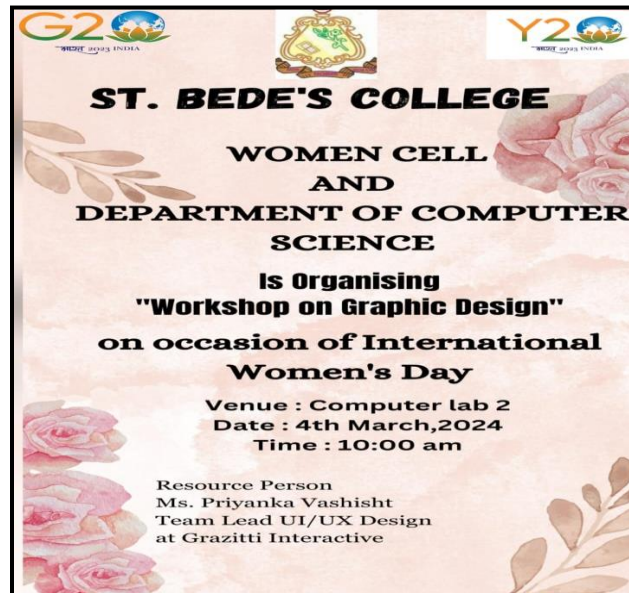
Department of Computer science in association with Women Cell on the occasion of International Women's Day organized One day workshop on the topic "Graphic Design" on March 4, 2024. Ms. Priyanka Vashisht, Team Lead UI/UX Design, Grazitti Interactive, Panchkula was the resource person who emphasized on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

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



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



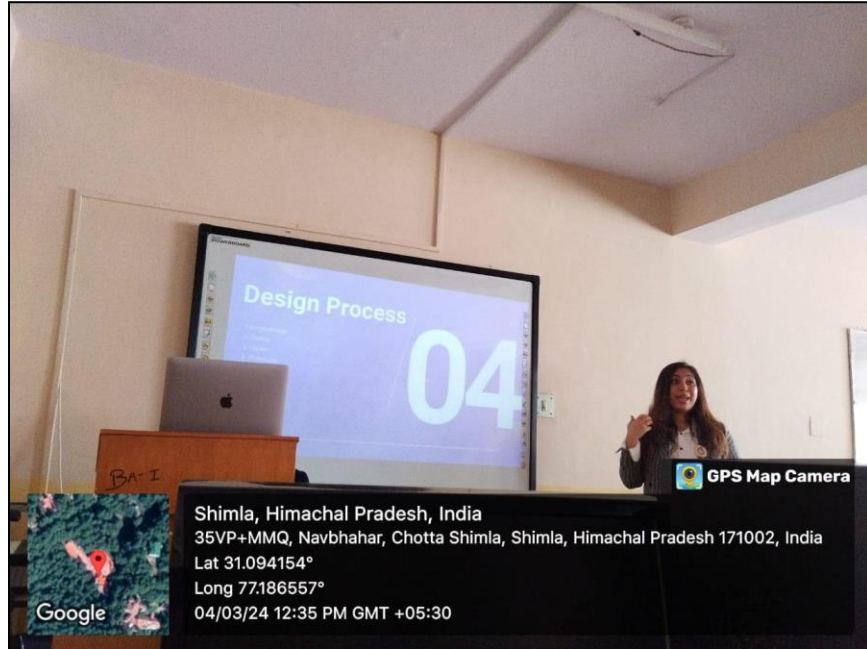
**Brochure**



**International Women's Day**



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**International Women's Day**