St. Bede's College

Echoes

Strength From The Past,
Guidance For The Future

2024-2025

Wooden Wisdom

Wooden Wisdom

"Wooden Wisdom" refers to the timeless, age-old principles and values that have been passed down through generations. This magazine is dedicated to exploring and embracing these enduring wisdoms, which have been the foundation of our college's values and traditions. As we delve into the pages of this magazine, we seek to rediscover the importance of humility, resilience, compassion, and to learn from the experiences of those who have come before us. Through the stories, articles, and reflections shared within, we aim to inspire our readers to cultivate these values in their own lives, and to carry them forward into the future, where they will continue to grow and flourish. It clebrates the remarkable journey of women who have paved the way for future generations. From the confines of their homes, where they once received tutoring in secret, to the forefront of every field, women have come a long way. Today, they are breaking barriers, shattering glass ceilings, and redefining what it means to be a woman. This magazine honors the struggles and triumphs of women who have fought for their right to learn, to work, and to lead. As we reflect on the wisdom of the past, we also look to the future, where women will continue to play a vital role in shaping the world.

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FROM THE PRINCIPAL'S DESK

As I complete four years of my tenure at St. Bede's College, I find myself reflecting on the incredible journey we have undertaken together. It is with immense pride that I present this edition of our college magazine, Wooden Wisdom, a theme that perfectly embodies the strength, resilience, and wisdom that have shaped this institution for over 120 years.

St. Bede's has always been more than just a college-it is a legacy of academic excellence, character-building, and the empowerment of women through education. Over the years, we have strengthened our global presence through collaborations with renowned universities in the United States, creating opportunities for our students to pursue higher education on an international stage. Our commitment to research and innovation has been recognized through prestigious accolades such as the Star College Status and the Curie Project, reinforcing our dedication to scientific inquiry and intellectual growth. The Study in India program, under the Department of Education, Government of India, is yet another milestone that reaffirms our standing as an institution of national significance, attracting scholars from across the country. Recognizing the need for holistic development, the college has introduced job oriented new add-on programs to equip students with industry-relevant skills, internships, and interdisciplinary learning opportunities. These initiatives ensure that our students are not only academically proficient but also prepared to meet the demands of an ever-evolving professional world.

Beyond academics, our students have carried forward the indomitable spirit of St. Bede's by excelling in sports and co-curricular activities. Whether representing the college in Khelo India or competing at international boxing championships, they have demonstrated remarkable dedication, resilience, and sportsmanship, bringing laurels to the institution.

As I pen down this message, I do so with a deep sense of gratitude for the students who have inspired me with their passion for learning, for the faculty whose sincere efforts have guided and mentored generations, and for the staff who have worked tirelessly to uphold the values of this institution.

To my dear students, remember that education is your greatest strength, and the knowledge you gain here will guide you in all walks of life. Strive for excellence, uphold integrity, and continue to push boundaries To my fellow educators-your role in shaping young minds is invaluable. The future of this college lies in your dedication and vision. Continue to nurture curiosity, encourage innovation, and lead with wisdom. St. Bede's has always stood tall, not just because of its history, but because of the people who breathe life into it every day. Let us all work together to take this institution to even greater heights, ensuring that its legacy of excellence and empowerment continues to thrive.

With deepest appreciation and warm regards,

Prof. Sr. Molly Abraham
Principal, St. Bede's College, Shimla.

Editorial Team

Reflections on a Year at the Helm of Echoes

Ms. Snigdha Bhatt
Assistant Professor
Department of English

As the ink dries, on this edition of Echoes for the academic year 2024-25, I find myself reflecting on the journey that has unfolded over the past twelve months. Serving as the editor of this esteemed institution's publication has been a privilege, a challenge, and, most importantly, a profoundly enriching experience that has shaped my understanding of both the craft of storytelling and the essential role a college magazine plays within the college's ecosystem. This year, a deliberate effort was made to redefine the potential of Echoes while simultaneously honouring the traditions that have solidified its place in the college's history. The editorial team inherited a legacy of insightful reporting, creative expression, and a commitment to showcasing the diverse voices of the student body, faculty, and alumni. However, in a world saturated with information and competing for increasingly fragmented attention spans, adaptation was necessary. The aim was to broaden the magazine's reach, amplify its impact, and ensure that Echoes remained relevant, engaging, and a vital platform for the exchange of ideas and perspectives. A concerted effort was made to feature the work of students from all academic disciplines, thereby showcasing the diverse talents and intellectual pursuits of the community. The creation of each edition of Echoes is a collaborative endeavour, a testament to the dedication and talent of the team of writers, editors, designers, photographers, and illustrators. Immense gratitude is extended to each member of the editorial team for their hard work, creativity, and unwavering commitment to producing a high-quality publication. Their passion for storytelling and dedication to upholding the highest standards have been truly inspiring. Reflecting on the year, there is immense pride in the accomplishments achieved. This year's edition is both captivating and educational, offering deep insights and stimulating reflection. A platform has been created for students to share their stories, express their opinions, and connect with one another. In essence, the legacy of Echoes has been upheld. Sincere gratitude is extended to all readers, contributors, and supporters for their unwavering encouragement and belief in the power of student journalism.

डॉ. देविना अक्षयवर
प्रधान सम्पादिका
हिंदी विभाग

युवावस्था में शिक्षा ग्रहण करने की प्रक्रिया बालपन में अर्जित पारम्परिक शिक्षण शैली से अलग होती है। इस उम्र के पड़ाव पर विद्यार्थी अपने जीवन में सिर्फ़ किताबी ज्ञान तक ही सीमित नहीं होते, बल्कि उससे भी आगे, अपने निजी अनुभवों से, दूसरों की अनुभूतियों से, गानों, फ़िल्मों आदि से भी बहुत कुछ सीखकर अपने व्यक्तित्व का विकास करते हैं। लेकिन उन अनुभूतियों को जब तक वे अपने मन तक सीमित रखते हैं, तब तक न तो उनका सम्पूर्ण विकास हो पाता है और ना ही दूसरे उनके भावों को ग्रहण कर कुछ सीख पाते हैं। साहित्य का परम गुण आखिरकार सब का हित होता है, अगर साहित्य रचने वाले अपनी भावाभिव्यक्ति न करें तो दूसरे लाभान्वित कैसे होंगे?! इसी विचार के साथ हर साल सेंट बीड्स महाविद्यालय अपनी वार्षिक पत्रिका 'इकोज़' में छात्राओं को एक सार्थक मंच प्रदान करता है, जहाँ छात्राएँ कलात्मक ढंग से अपनी जीवनानुभूतियों को प्रकट करती हैं। हिंदी विभाग की ओर से भी हिंदी और छात्राओं की क्षेत्रीय बोलियों में प्रकाशित कविताएँ, कहानियाँ, लोक कथाएँ, फ़िल्म समीक्षाएँ आदि छात्राओं की साहित्य के प्रति रुचि और सर्जनात्मक लेखन के प्रति रुझान को प्रोत्साहन दिया जाता है। यह एक ऐसा मंच है जहाँ छात्राएँ अपनी भावाभिव्यक्ति कर एक तरफ़ अपने लेखन कौशल को परिष्कृत करती हैं, तो दूसरी ओर अपनी सम्पादन कला का भी विकास करती हैं। मुझे इस बात की अत्यन्त ख़ुशी है कि इस उम्र की छात्राएँ भी अपने परिवेश के प्रति अपना सरोकार जताने में आगे आयीं। इसी तरह से सेंट बीड्स महाविद्यालय की छात्राएँ उन्नति करें, आगे बढ़ें और सबको प्रेरित करें, इस शुभकामना के साथ इस साल का संस्करण आपको सौंपा जा रहा है... ।

ENGLISH

Student Editor

" We are what we repeatedly do. Excellence, then, is not an act, but a habit."- Aristotle

My journey with ECHOES is filled with a sense of pride and gratitude. From being the Co-editor in my second year to taking on the role of Editor in third year, I have had the privilege of growing, learning, and leading an incredible team. As a Co-editor I quickly discovered the value of teamwork and communication. Fast-forward to my third year, and I was honored to take on the role of the Editor. Under constant guidance of Ms.Snigdha Bhatt, who not only encouraged me to navigate the complexities of managing a team but also supporting my creative visions, I learnt a lot. Working alongside my Co-Editor Shayontika and the Editorial team, I realized the real meaning of leadership which is about motivating and guiding others to reach their full potential. Throughout my journey, I have come to realize that one must always be hungry to learn more.

I hope just like daffodils I always create a sweet and inspiring atmosphere for my growth along with others around me. Just like the sweet fragrance of daffodils remind me of the warmth , comfort, and the importance of holding onto that sense of curiosity and awe I wish anyone who takes the same responsibility in the coming years feels the same.

Harshita Thakur
BA English Honours III

Student Co- Editor

As I write this message, I'm overwhelmed with emotions. My journey as Co-Editor has been an incredible ride, filled with growth, learning, and unforgettable experiences. I've had the privilege of working with some of the most talented, passionate, and dedicated individuals.

One of the most valuable lessons I've learned is the importance of leadership, teamwork, and communication. I've been fortunate to have an amazing team that has supported me every step of the way, and I'm especially grateful to my Editor, Harshita Di, who has mentored me throughout my journey.

As I look back in time as the Co-Editor, I'm filled with a sense of pride and accomplishment. I'm reminded of the Smeraldo, a fictional flower that inspires me to always stand for truth and courage, even in the face of adversity. Just like the Smeraldo, I believe that truth and integrity are essential, and I strive to uphold these values in all that I do.

The Smeraldo also represents the challenges and difficulties that we face in life. But even in troubled circumstances, the beauty of this flower shouldn't go unnoticed. It's a reminder that even in the darkest times, there is always hope and always something to be learned.

As I move forward, I'll carry the lessons of the Smeraldo with me, and I'll continue to strive for truth, courage, and integrity in all that I do.

Shayontika Chakraborty
BA English Honours II

हिंदी

साक्षी सांसटा
बी ए तृतीय वर्ष

छात्र संपादिका

हर वर्ष की तरह, इस बार भी सेंट बीड्स महाविद्यालय की 'इकोज़' पत्रिका के इस नवीन संस्करण को आप सभी पाठकों के समक्ष प्रस्तुत करने में हमें बेहद ख़ुशी और गर्व महसूस हो रहा है। हमारा महाविद्यालय न केवल छात्राओं को अकादमिक क्षेत्र में आगे बढ़ने का मौका देता है, बल्कि इससे इतर, सामाजिक मुद्दों के प्रति हमें और ज़्यादा जागरूक और संवेदनशील बनाने के उद्देश्य से हमारे भीतर ज़िम्मेदारियाँ सँभालने का हुनर भी विकसित करता है। ' इकोज़' पत्रिका के हिंदी प्रभाग की सम्पादिका और सहायक सम्पादिका का पद संभालते हुए हमने जाना कि हमारे महाविद्यालय की छात्राओं में सर्जनात्मक कौशल विद्यमान है। उसी हुनर को और परिष्कृत करने में हमारी प्रधान सम्पादिका, डॉ देविना अक्षयवर की हम आभारी हैं, जिन्होंने न केवल हमारे सम्पादन कौशल को निखारा, बल्कि हिंदी भाषा और उसमें सृजनात्मक कायों को फलीभूत कैसे करें, इसके बारे में हमारा मार्गदर्शन किया।

यह बहुत खुशी की बात है कि हम कविताओं, प्रेरक कहानियों, फ़िल्म समीक्षाओं तथा लोक कथाओं के माध्यम से छात्राओं की सर्जनात्मकता उल्लिखित कर पा रहे हैं, जो दर्शाता है कि ये छात्राएँ अपने समाज और परिवेश के प्रति कितनी सजग हैं। यह पत्रिका केवल लेखों का संग्रह नहीं है, यह हमारे विचारों, भावनाओं और उपलब्धियों का प्रतिबिंब है-हमारे कॉलेज समुदाय की जीवंत भावना का सच्चा प्रतिनिधित्व है।

आज की विकसित होती दुनिया में शिक्षा अब पाठ्य पुस्तकों तक ही सीमित नहीं रह गई है। यह व्यक्तिगत विकास, नवप्रवर्तन और रचनात्मक अभिव्यक्ति के बारे में है। इस पत्रिका के माध्यम से हमारा लक्ष्य छात्राओं को अपनी प्रतिभा दिखाने, अपने अनुभव साझा करने और अपनी राय व्यक्त करने के लिए एक मंच प्रदान करना है। प्रत्येक पृष्ठ हमारे कलाकारों और योगदानकर्ताओं की वैचारिकता और समर्पण का प्रमाण है, जिन्होंने इस संस्करण को विशेष बनाने में अपनी महती भूमिका निभाई।

हम इस पत्रिका में अपना समय और प्रयास देने वाले सभी लोगों के प्रति हार्दिक आभार व्यक्त करते हैं। हमारी संपादकीय टीम, संकाय सदस्यों और छात्राओं को विशेष धन्यवाद, जिन्होंने इस प्रकाशन को संभव बनाया।

हमें उम्मीद है कि यह पत्रिका आपको प्रेरित करेगी, नए विचारों को जन्म देगी!

प्रियान रुकटा
बी ए द्वितीय वर्ष

सह-संपादिका

सूरजमुखी दृढ़ता का प्रतीक है, जो हमेशा सूरज की ओर मुड़ता है और कठिन से कठिन परिस्थितियों में भी मजबूती से खड़ा रहता है। यह हमें सिखाता है कि हमें प्रकाश की ओर बढ़ना चाहिए, विकास को अपनाना चाहिए और आत्मविश्वास के साथ खिलना चाहिए।

मैं स्वयं को इस फूल में देखती हूँ और इससे गहराई से जुड़ा हुआ महसूस करती हूँ। सूरजमुखी की तरह, मैं भी कठिनाइयों को गले लगाती हूँ, ज्ञान की ओर बढ़ती हूँ और निरंतर आगे बढ़ने का संकल्प रखती हूँ। हर चुनौती को मैं रुकावट नहीं, बल्कि मज़बूत बनने की एक सीढ़ी मानती हूँ। रचनात्मक विचारों के नेतृत्व से लेकर भाषा की सुंदरता को संवारने तक, हिंदी सह-संपादक के रूप में मेरी यात्रा ज़िम्मेदारी, सीखने और अभिव्यक्ति से भरी रही है। हर चुनौती ने मेरी जड़ों को और अधिक मजबूत किया है और मेरे विकास को प्रेरित किया है।

मैं तहेदिल से अपने कॉलेज, शिक्षकों और संपादकीय टीम का धन्यवाद करती हूँ, जिन्होंने मुझ पर विश्वास किया और मुझे कॉलेज पत्रिका की सह-संपादक के रूप में सेवा करने का यह समृद्ध अनुभव प्रदान किया। यह यात्रा नेतृत्व, सीखने और व्यक्तिगत विकास से भरपूर रही है।

Editorial Team

Being part of the editorial team of our college magazine has been an enriching experience. Much like the tulip, which symbolizes perfect love and fresh beginnings, this role has allowed me to nurture creative ideas, contribute to something meaningful, and witness the blossoming of our collective efforts into a well-crafted publication. This experience taught me patience, creativity, and the beauty of growth. Now, as the magazine blossoms in readers' hands, I feel proud to have been part of something so vibrant and alive.

Anuva Chandra
BSC Biotechnology Honours 2nd year

Just as the marigold's robust petals brave the harshest conditions, the editorial team's unwavering encouragement has fortified my confidence. Collaborating with the team, I discovered my creative voice while contributing to designing and editing content. The experience was akin to nurturing a delicate marigold - with precision, patience, and guidance, I witnessed my skills blossom into vibrant masterpieces. The editorial team's thoughtful feedback and support played a pivotal role in sculpting me into a creative and confident individual, much like the marigold's intricate details that render it a breathtaking work of art.

Manu Sharma
BA English Honours 2nd year

"In a world of red roses, it takes courage to bloom as a black rose - the misfits, the dreamers, the quiet creators, and the fierce souls."
To our readers - may you find a part of yourself within these pages. May you recognize that your differences, much like the black rose, are not flaws but the very essence of your beauty. Whether it is through poetry, stories, photography, or art - this magazine stands as a testament of unconventional beauty, silent strength, and the courage to be different.
The black rose is a reflection of someone who cherishes intellectual depth, artistic beauty, and vintage aesthetics. My personality resonates with a powerful aura - soft and welcoming, yet intellectually intense and captivating. My appreciation for literature, deep philosophical ideas, and passion for artistic reality is much like the black rose blooming in solitude but commanding attention without asking for it, sets this magazine apart. When readers open this magazine, they will unknowingly step into a world of rare thoughts, profound creativity, and unmatched depth, which is the very essence of our magazine's theme "Wooden Wisdom".

Shreya Thakur
BA English Honours 3rd year

The lotus has immense capability to emerge from muddy waters and rise above its external environment to bloom in pristine beauty. The flower reminds me to remain hopeful and transcend challenges of life to grow into a self of peace, abundance, and love. Being a part of the editorial board has helped me to gather the resilience and hope present deep inside of me to move forward in the editorial process and even in my own journey.

Ridhima Munjal
BA English Honours 2nd year

I always felt a connection to dandelions. Their resilience, their ability to thrive in unexpected places, inspired me. I sought to bring that same spirit to my work. I tried to find stories which were often overlooked, to adapt when things changed, and to offer ideas that, hopefully, made a difference. Like the dandelion's seeds carried on the wind, I hope my perspective added something valuable.

Harshita Thakur
BA Economics Honours 3rd year

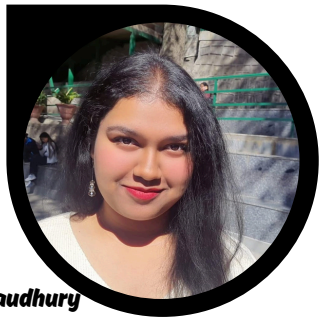
Serving as a board member for the college's annual magazine, Echoes has been a rewarding experience, much like nurturing a pansy flower. Just as a pansy requires careful care, sunlight, and the right conditions to bloom, our magazine thrives on teamwork, collaboration, and attention to detail. I've learned that each member's unique contribution, much like the petals of a pansy, adds to the beauty and success of the final product. This role has deepened my understanding of the editorial process and allowed me to grow both personally and professionally. Like a pansy in full bloom, our work reflects the vibrant spirit of our college community.

Shambhavi Sharma
BA English Honours 3rd year

Working for the college magazine was a vibrant, demanding, and ultimately rewarding experience. It was a crash course in deadlines, collaborative effort, and the delicate art of weaving diverse voices into a cohesive whole. Just like a carnation, the process required nurturing and attention to detail. Each article, each photograph, each layout decision was like a carefully chosen petal, contributing to the magazine's overall beauty and impact. Like the hardy carnation that can thrive in different environments, I found myself navigating the challenges of the magazine production with a persistent and adaptable spirit. The experience, much like the enduring presence of a carnation, has left a lasting impression, shaping my understanding of teamwork and the power of creative expression.

Anchal
BA English Honours 3rd year

The water lily flower is deeply rooted in cultural, spiritual, and ecological aspects of life. Water lilies have been revered in various cultures for centuries. In Hinduism and Buddhism, they symbolize enlightenment, purity, and rebirth, much like the lotus flower. The way water lilies rise from murky waters to bloom in the sunlight is often compared to human resilience and personal growth.
On a personal level, I often feel a deep connection with the water lily as I am drawn to its serene and calming fragrance. It serves as a reminder of a new beginning, which I found when I joined the Editorial team because for me, this was a new beginning that made me realize how important and valuable it is. Working as a member of this team I realized how much personal growth I received and how wide my spectrum of knowledge increased



Aadrija Ray Chaudhury
BA English Honours 2nd year

Hydrangeas have qualities that resonate deeply with humans, both symbolically and emotionally. Hydrangeas are celebrated for their full, voluminous blooms, yet their petals often display slight variations in color and form. This imperfection resonates with me on a deeper level, as it mirrors the concept of embracing one's flaws and finding beauty in life's complexities and imperfections.The hydrangea's clustered blossoms symbolize unity, as many small flowers come together to form one beautiful bloom. This reflects my experiences of community, family, and connection, where multiple individuals contribute to a larger, harmonious whole.

Nikita Thakur
BA English Honours 3rd year

As a member of the editorial team, my experience has been both challenging and rewarding. Collaborating with talented peers, I've learned the art of expression and teamwork. The white rose symbolizes purity and new beginnings, reflecting my journey here—fresh, untainted ideas into meaningful contributions for the magazine. There were challenges, like thorns, but they made the process more meaningful. As the magazine comes to life, I see our collective effort bloom—graceful, honest, and full of purpose.

Gurmilan Monga
BA Pass Course 2nd year

Student Council 2024-2025

Admiral

Some wishes really do come true ! Three years ago when I entered this college as a fresher, I never thought I'd be leaving as the Admiral of this college. I had fallen in love with this college the very day I came to visit it for the first time. Bede's has given me so much and I will never be able to repay it back. It has shaped me into a better person, someone who is more responsible, someone who can deal with stress a little better. I was able to interact with so many people through this opportunity. I hope that I left a positive impact on the people who I came across. I was able to learn how to take decisions, stand by them, and also take responsibility if something went wrong. I now value the process and journey of reaching the goal more than simply the end result. I can not end this without mentioning the support I received from my teachers, friends and my family. Encouragement and support are all you need to take the first step. My council this year, felt like a family to me. If a finger was raised at them, it was directly a finger pointed at me. I am genuinely grateful to everyone in the council, for their constant support and commitment to the college.
I can't wait to see the heights which Bede's will reach in the upcoming years. I already miss my home, St. Bede's My home which opened its doors for me and kept me safe and warm.

Dianoor Aulakh

Vice Admiral

Mehak Chauhan

The only limits we have are the ones we refuse to challenge. This has been my constant motto throughout this profound journey. Being a part of the Student Council this year has not only given me this title but has also shaped me as an individual. It has given me the confidence and courage, taught me the art of accepting ones mistakes and learning from them. The beauty of having faith in oneself, made me understand the value of resilience and importance of teamwork, and taught me that alone we can do little but together we can achieve the impossible. The journey was filled with a lot of ups and downs and many challenges but because of the guidance of our respected principal, the blessings of my parents and teachers, and the constant support of my peers, I was able to overcome every obstacle. This incredible journey has taught me a lot of lessons and lasting memories that I'll always cherish. I am grateful to our Admiral for her constant support and my fellow students for putting their faith in me. Being the vice admiral of the college has been a thrilling and overwhelming experience for me. With gratitude in my heart and all the lessons that helped me grow in my mind. As I bid adieu to St. Bede's, I would like to remind myself that endings are not just goodbyes but the beginning of something greater.

Captain: Sudiksha
Vice Captain: Saizal

INS Chirag

We are indeed honored to lead INS Chirag as the Captain and Vice - Captain, we are grateful for this opportunity which made us learnt invaluable lessons. Leading our ship through challenges and victories taught us the value of perseverance and unity. Every competition, every practice, and every lesson shaped us into better leaders. We've worked together, arranging events and performing, seizing the best opportunities to showcase our capabilities. We extend heartfelt gratitude to Mrs. Devina Auchoybur, whose guidance made this journey unforgettable. We are, and will always be, grateful." As we move ahead in life , we wish INS Chirag to foster more talents and opportunities for the students in the coming years and grow together with everyone around them.

Captain: Yashika Deshta
Vice Captain: Medhavi Nautiyal

INS Vikrant

" Before you are a leader , success is all about growing yourself. When you become a leader , success is all about growing others"

Being designated as the Captain and Vice-Captain of INS Vikrant, we would first like to thank all Vikrantians for their constant support and contributions to our ship.This experience has been all about prioritizing empowerment in others, boosting self-confidence, encouraging teamwork, and working hard to achieve a common goal. Competitions are not always about winning; rather, the journey as Captain and Vice-Captain has taught us that inorder to achieve something, you sometimes have to lose something. And that's where the fun lies—in laughter, chaos, and unforgettable moments.
It is this spirit of teamwork that truly sets our ship apart. With that, we extend our heartfelt gratitude to our convener, Ms. Snigdha Bhatt, for her unwavering support and guidance.

It has been an incredible experience, and we will surely miss it all. Keep shining bright, INS Vikrant, and always remember—believe in yourself to achieve success!

INS Vikas

Serving as the Captain and Vice-Captain of INS Vikas in the student council has been an incredible journey of leadership, teamwork, and personal growth. This role gave us the platform to inspire and guide our peers, fostering a spirit of unity and excellence in both academics and extracurricular activities.
To our fellow students, we are grateful that they entrusted us with the responsibility of leading, Thankyou!
The experiences and challenges we faced have shaped us into better individuals, ready to take on future endeavors with confidence. As we step into the future, we carry with us the lessons of leadership, resilience, and dedication, eager to embrace new opportunities and make a positive impact wherever we go.

Captain: Mehvish Sauhta
Vice Captain: Harmanpreet

INS Himmat

Serving as the captain and vice captain of INS Himmat has been a journey of immense responsibility, dedication, and pride. Our institution stands as a beacon of discipline, perseverance, and excellence, and leading this prestigious unit has been an honor.
INS Himmat is more than just a name—it symbolizes courage, determination, and teamwork. Throughout our tenure, we have witnessed firsthand the unwavering spirit of our cadets, their commitment to duty, and their relentless pursuit of excellence in all endeavors, be it academics, physical endurance, or leadership training.
Under our leadership, our unit has participated in numerous expeditions, and competitions, bringing laurels to our institution. Each challenge has reinforced the values of unity and resilience among our team members. Our training sessions have not only honed our skills but also instilled in us a deep sense of patriotism and service to the nation.

Captain: Prapti Joseph Reddy
Vice Captain: Chyriel Thomas

Fine Arts Society

The Fine Arts Society has been a hub of creative energy, with a wide range of events that have showcased the talents of our members.As President and Secretary of the Fine Arts Society, we have had the privilege from planning and organization, to execution and evaluation, we have seen firsthand the hard work and dedication that goes into making each event a success. Let the Bedian spirit of imagination and ingenuity guide you as you embark on your own artistic journey.
Create, inspire, and be a part of the Bedian tradition of artistic excellence!

President: Aditi Sharma
Secretary: Samreen Kaur

Red Ribbon Club

As the President and Secretary of the Red Ribbon Club, we feel privileged to reflect on the strides our club has made this year in promoting awareness about HIV/AIDS, drug abuse prevention, and overall health education within our campus community.
This year, we focused on expanding our efforts, both through informative events and collaborative initiatives with various organizations.
As we continue to strive towards raising awareness about the importance of maintaining a healthy lifestyle and understanding the significance of HIV/AIDS and drug prevention, we want to express our gratitude to everyone who has supported and contributed to our mission.
We are incredibly proud of the progress we've made, but our journey doesn't end here. We are committed to pushing forward, continuing to inspire, educate, and encourage a community that prioritizes health, kindness, and awareness.

President: Avni Jhingta
Secretary: Aastha Nresht

President: Sanyogita Chauhan
Secretary: Deeya Bali

Community Outreach Cell

As our journey as President and secretary of Community Outreach comes to an end, we reflect on the moments that shaped this experience—the challenges, the victories, and, most importantly, the people who made it all worthwhile. This poem is a tribute to the incredible team, the memories we created, and the impact we leave behind.

A journey of kindness, a mission so true,
Each step we took, we grew and grew.
Hands that gave, hearts that cared,
Moments of change, love we shared.

To my team, my guiding light,
Thank you all for shining bright.
Though we step down, the spark remains,
In every act, our work sustains.

With gratitude deep, we say farewell,
A story of service we'll always tell.

Photography Society

Photography is an art of capturing moments and creating memories. As both the President and Secretary of the Photography Club, we are honored to serve in two integral roles that allow us to guide and support our members in their photographic journeys. This dual role allows us to bring both leadership and organization to the table, ensuring the club runs efficiently and remains a dynamic space for everyone to learn, create, grow together and capture heartfelt moments with our lenses. Our photography club was thrilled to be a part of every event, providing a visual narrative and capturing precious moments of each activity.

President: Devyanshi Chauhan
Secretary: Gurmilan Monga

Hackathon Cell

"A Year of Innovation: My Hackathon Cell Experience

As President and Secretary of the Hackathon Cell, we've had an incredible journey. We organized many successful hackathons, coding events, and workshops, providing a platform for students to showcase their skills. Mentors helped students develop their coding skills and gain industry insights.

We learned valuable lessons in teamwork, leadership, and innovation. Seeing students gain confidence, develop new skills, and achieve their goals was the most rewarding experience. Our initiatives promoted coding literacy, fostered a community of innovators, and encouraged experimentation .

We're grateful for the opportunity to have worked with a talented and dedicated team. The Hackathon Cell's impact will continue to inspire and empower students to shape the future of technology. We look forward to see the amazing things our community will achieve.

President; Vanshika Bharadwaj
Secretary: Pranjal Thakur

Hindustan Scouts and guides

A Year of Growth, Service, and Sisterhood: Reflections from the Scouts and Guides
As we come to the end of our tenure as President and Secretary of the Scouts and Guides unit at St Bede's college Shimla, we're filled with a mix of nostalgia and immense pride. This past year has been an incredible journey of learning, growth, and service, shaped by the dedication of our amazing team and the unwavering spirit of the Scout and Guide movement.

We're incredibly grateful for the opportunity to have served as President and Secretary, and we extend our heartfelt thanks to the college administration, our dedicated advisors, and most importantly, our amazing team of Scouts and Guides. We leave with cherished memories and the satisfaction of knowing that we've contributed to the rich legacy of the Scout and Guide. We encourage everyone to join this incredible organization and experience the joy of service, the thrill of adventure, and the bonds of sisterhood.

President: Devangi Sharma
Secretary: Sneha Bansal

Editor: Harshita Thakur
Co-Editor: Shayontika Chakraborty

English Editors

As we reflect on our journey as the Editor and Co-editor of the college magazine, ECHOES, we're reminded not only of our team's dedication but also of the invaluable lessons we've learned along the way. We've had the privilege of capturing every moment, from vibrant campus events to showcasing the exceptional talents of our students through artwork, poetry, and more. Our magazine has become a treasured keepsake, filled with memories of the 2024-2025 session.

We're grateful for the constant guidance and support of our teachers, whose mentorship has been a catalyst in our growth. It's been an honor to serve as chroniclers of our college's stories, achievements, and memories. We're proud to have contributed to the college's narrative and played a part in shaping its history. We've grown not only as individuals but also as a team, and we'll always treasure the experiences and memories we've shared. To those who will take on the responsibilities of Editor and Co-editor in the future, we give our best wishes and advice to embrace this journey with passion and creativity.

Hindi Editors

It is with great joy and pride that we present this edition of our college magazine, filled with creativity, fresh ideas, and inspiring stories. This magazine is not just a collection of articles; it is a reflection of our thoughts, emotions, and achievements—a true representation of the vibrant spirit of our college community.

In today's evolving world, education is no longer confined to textbooks. It is about personal growth, innovation, and creative expression. Through this magazine, we aim to provide a platform for students to showcase their talents, share their experiences, and voice their opinions. Each page is a testament to the passion and dedication of our writers, artists, and contributors who have poured their hearts into making this edition special.

We extend our heartfelt gratitude to everyone who contributed their time and effort to this magazine. A special thanks to our editorial team, faculty members, and students who made this publication possible.

We hope this magazine inspires you, sparks new ideas, and strengthens our bond as a learning community. Happy reading!

Editor: Sakshi Sansta
Co-Editor: Priyan Rukta

Environment Awareness Cell

As we wrap up another incredible year, we take a moment to reflect on the progress we've made and the steps we've taken toward a greener, and more sustainable future. The Environmental Awareness Club has always stood for action, advocacy, and awareness, and this year was no exception.
From plantation drives and clean-up campaigns to compost workshops and sustainability initiatives, we have worked together to make a meaningful impact on our campus and beyond.
This journey would not have been possible without the dedication of our members, the support of our convener Dr. Shruti Gupta, and the enthusiasm of every student who participated in our events. Your commitment proves that change begins with us, and together, we can build a healthier planet for future generations.

President: Shriya Thakur
Secretary: Anuva Chandra

Financial Lab and Incubation Centre

As the President and Secretary of the FINANCE LAB and INCUBATION CENTRE, our experiences were both challenging and rewarding.
Our mission was to provide a platform for students to develop practical skills, foster entrepreneurship, and promote financial literacy. We strived to create a dynamic ecosystem that encouraged experimentation,creativity, and collaboration.
The role helped us hone our leadership, strategic thinking, and financial management skills. Most importantly we learnt the value of fostering a collaborative environment that allowed innovative ideas to thrive and benefit the broader college community. This experience was enriching and we are grateful for this opportunity that was provided to us.

President: Ridhima Chauhan
Secretary: Nibha Thakur

Heritage Club

Being the President and Secretary of the Heritage Club , we have worked relentlessly to organize events that not only celebrate our history but also educate our peers about the importance of cultural preservation. From organizing the Heritage Food cooking competition to celebrating the Heritage week and organising a yoga workshop every task has been a reminder of how important it is to connect with our roots . We have delved into forgotten stories, revived traditional arts and fostered a deeper appreciation for the legacy that shapes us.Looking back , we are deeply grateful for the incredible journey we have shared , exploring the rich tapestry of our cultural heritage. As we pass the torch to the next generation of leaders , we are confident that the Heritage Club will continue to thrive and grow.

President: Kritika Pundir
Secretary: Tishya Thakur

Women Cell

As the President and Secretary of the Women Cell, our hearts brim with gratitude and love. St Bede's has become more than just a college for us. It has become our home, a place where we nurtured dreams, made bonds, and championed empowerment. Leading this cell was not just a responsibility; it was our passion, our purpose. Every initiative we undertook was crafted with dedication, not just to inspire and uplift but to make every event an experience of joy, strength, and unforgettable camaraderie. We wanted every moment spent within the Women Cell to be more than just participation. We wanted it to be a cherished memory, a source of inspiration, and a space where voices found confidence. The laughter, the shared aspirations, and the unwavering support we cultivated will forever be etched in our hearts. Though our tenure ends, the spirit of the Women Cell will continue to thrive,carrying its essence and the legacy we leave behind.

President: Vrinda Sharma
Secretary: Mamta Mehra

Cultural Society

As president, I've been privileged to witness the growth and success of this society, and as secretary, I've had the chance to help ensure the smooth flow of ideas and communication. Every moment of this journey has been a learning experience, one that we will cherish and carry forward into everything we do. This year has shown us the power of culture to unite, inspire, and elevate us. We've learned so much from each other, embraced diversity, and worked together to create something truly special. We will forever be grateful to our Convener Ms.Deepti Pajni ma'am for believing in us and guiding us in making this journey memorable. We are and will always be grateful for this opportunity!!

President: Nikita Thakur
Secretary: Arnima Sharma

Book Club

As this year comes to an end, we as President and Secretary look back with gratitude at the journey we've had with our book club. From exciting book discussions to discovering new stories together, every meeting has been special, and through every meeting and every story, we've grown not just as readers but as individuals too.
A huge thank you to St Bede's and our convener, Ms Pratiksha Tomar, for giving us this opportunity and for always showing their unwavering support and providing us with the best possible guidance.

President: Himanshi Prashar
Secretary: Aanya Minhas

Dance Society

"Dance is the hidden language of the soul."

As we step down as President and Secretary of the Dance Society, our hearts are filled with gratitude and pride. Leading this society has been a remarkable journey, where every rehearsal, every performance, and the beautiful events which occurred throughout the year brought us closer as a dance family. We've shared the stage, celebrated successes, and learned from together challenges.
Whether it was the Freshers' , the Teachers' Day or Dance competitions, the magic of the beautiful performances and the backstage memories will always live forever in our hearts.
We extend our deepest thanks to our teachers and every member and student whose passion and hard work made our vision of Dance come alive. As we step down from this honourable position, we are confident that the legacy and beauty of dance will continue with fresh energy and creativity.

Though our roles end today, our connection to this society will remain strong and dance will remain in our heart.

President: Jahnavi Wali
Secretary: Sneha Khimta

Media Cell

Being part of the Media Cell as President and Secretary has been an incredibly fulfilling experience, giving us the opportunity to witness and document the essence of St. Bede's. From capturing the grandeur of major events to highlighting the dedication behind every student initiative, we have had the privilege of documenting moments that define our college. The exposure we gained refined our skills in writing, photography, and storytelling, but more importantly, it taught us the value of preserving memories. Even the simplest tasks, like drafting reports, played a role in ensuring that no effort went unnoticed. As council members, we take immense pride in knowing that our work reflects the vibrant spirit and achievements of St. Bede's.

President: Akshita Chauhan
Secretary: Diksha Uniyal

Debates & Dramatics

Watching our Debates and Dramatics Club thrive has been an incredibly fulfilling experience.
This year, we've seen the power of words and performance to challenge perceptions, spark conversations, and leave lasting impressions. From the debate podium to the stage, we've pushed boundaries, honed our skills, and celebrated the diverse voices and perspectives within our club. The synergy between debating and dramatics has enabled us to grow not only as individuals but also as a community united by the love for expression and storytelling.
We extend our deepest gratitude to our Convener, Ms. Snigdha Bhatt, for her unwavering support and guidance throughout this journey. We are truly grateful for this incredible opportunity to be part of a club that continues to inspire and challenge us.

President: Harshita Thakur
Secretary: Ridhisha Chaudhary

Poetry Society

The Poetry Society has been like the soothing moonlight, in which we have been able to find our calmness and peace. Serving as the President and Secretary of this distinguished society has been one of the greatest happiness. Reflecting on our collective journey of the year, the Poetry Society was able to provide many poets in the college a platform to showcase their talents and openly express themselves through their words. We extend our heartfelt gratitude to all who have made this tenure an unforgettable experience. We hope this legacy of the society is carried forward as more years go by!

President: Achint Mann
Secretary: Mannat Kapoor

Yuva Tourism Club

Being the President and Secretary of Yuva Tourism Club, we are thrilled to reflect on an incredible year filled with growth, learning, and meaningful contributions, also bringing together college students through a shared passion for travel and exploration. These events not only allowed members to explore tourism but also teaches us many valuable lessons, both about the culture and ourselves. As we move forward, we are committed to preserving this legacy by inspiring future generations to embrace the spirit of adventure and contribute to the sustainable future of tourism. We are and will always be forever grateful for this opportunity.

President: Kashish Shakya
Secretary: Oshin Sewal

Model United Nations

As this session concludes, we are grateful to our institution for the opportunity to learn and grow. Serving as President and Secretary of the MUN Society has been a rewarding experience, helping us develop leadership and organizational skills while working with passionate individuals on global issues. We are thankful for the trust our peers placed in us and the chance to contribute to the society's success.

President: Samiara Sharma
Secretary: Nishtha Verma

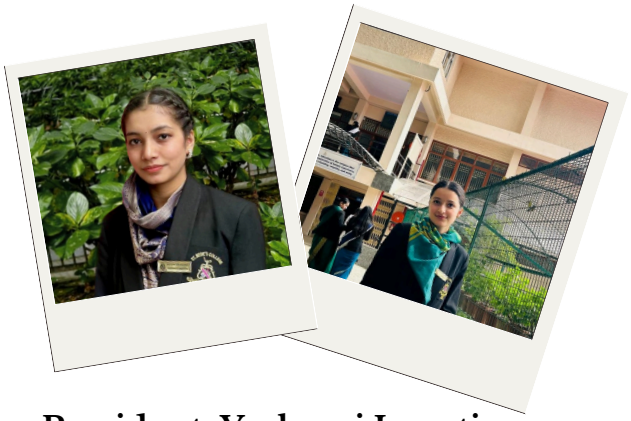
Placement Cell

As the combined President and Secretary of the Placement Cell at St. Bede's College, we are immensely grateful for the opportunity to serve our student community. This role has allowed us to collaborate with passionate individuals, learn invaluable lessons, and contribute to the career growth of our peers. We extend our heartfelt thanks to our dedicated team members, supportive faculty, and college administration for their trust and encouragement, making this journey truly rewarding.

President: Ishita Thakur
Secretary: Sizzel Rana

Recycling Unit

As president and secretary of the recycling unit, we had the privilege of working together promote sustainability and reduce waste on our campus.
Our experience has been transformative for both of us. We developed valuable skills in leadership, communication which have boosted our confidence and self-awareness. We strive to hold on to the values we learnt while being part of this unit and pledge to spread awareness about the same.



President: Yashasvi Jasrotia
Secretary: Aditi

Ek Bharat Shresth Bharat

Being the president and secratary of ek Bharat shresth bharat, We take immense pride in leading initiatives that encourage cultural awareness and national solidarity.Through engaging activities such as , language learning sessions, traditional art and craft workshops, we strive to build bridges of understanding and respect among students.
We would like to take a moment and thank our convenor Mrs. Sangeeta who guided us in making this journey memorable .
For our members and bedians we leave our legacy behind for you to showcase best of your talents .
We are and we will be always grateful for this opportunity.

President: Kritika Shandil
Secretary: Chahat

National Cadet Corps

Our journey in the National Cadet Corps (NCC) has been a transformative experience, a blend of adventure, discipline, and invaluable life lessons. From the initial drills and training camps to the camaraderie forged with fellow cadets, every moment has contributed to our personal growth. Beyond the parades and exercises, the NCC provided opportunities for community service, exposing us to the realities of society and inspiring a desire to contribute positively.

Senior Under Officer: Charvee Kanwar
Under Officer: Shrishti Gupta

President: Parul Mehta
Secretary: Tamanna Nautiyal

Disaster Management Cell

It is with immense gratitude and enthusiasm that we reflect on this incredible journey of coordinating Disaster Management activities. As the Disaster Management President and Secretary, we have had the privilege of leading a team of passionate individuals, all united in our goal to foster a culture of safety and preparedness in our college. From the very first brainstorming session to the execution of emergency drills and awareness campaigns, every step has been a testament to the unwavering commitment and hard work of our team. It is this unity that fuels our enthusiasm, knowing that we are making a tangible difference.
Let's keep the momentum going!

Electoral Literacy Club

Every end leads to new beginnings. With this we sign off our roles as the President and Secretary of ELC. With full dedication and enthusiasm we fulfilled our duties, which made us confident in our roles and responsibilities.
This time we focused more on personality development and active participation of the students in decision making . We had the opportunity and commitment to listen to our fellow students and ensure that their voices were heard in council discussions and group meetings.
For the upcoming Student Council Members, we would suggest that they take this platform to demonstrate their skills and experience while also encouraging others to step up, showcase their talents, and explore their full potential.
We are indebted to our co-ordinator Ms.Komal for giving us an opportunity to be a part of this. It was a wonderful experience and it will forever reside in our memories.

President: Priya Bhaskar
Secretary: Shrooti Sharma

President: Khushi Bragta
Secretary: Shivani Verma

National Service Scheme

Our journey as the President and Secretary of NSS has been truly transformative. Taking up this responsibility was both exciting and daunting but events like cleanliness drives, blood donation camps, and awareness sessions, helped us grow as leaders and individuals. The smiles of children during outreach programs and the gratitude of those we helped made every challenge worthwhile. There were moments of exhaustion and doubt, but standing together, we found strength. This role taught us teamwork, resilience, and the true essence of selfless service. Despite the obstacles, the dedication of our volunteers kept us going. As we step down, we carry countless memories, unbreakable bonds, and a deep sense of fulfillment, knowing we made a difference. NSS has left an unforgettable mark on our hearts, shaping us in ways we never imagined.

National Sports Organization

As the President and Secretary of the National Sports Organization (NSO), we poured our heart and soul into shaping the future of college sports. Our mission was clear: to prioritize the well-being and success of our student-athletes, while championing diversity, inclusion, and the highest standards of sportsmanship and integrity. Serving as council members wasn't just a role – it was a rewarding journey where we not only enjoyed making a difference but also grew as leaders, embracing challenges and learning every step of the way.

President: Ritul Chauhan
Secretary: Pragya Acharya

President: Mehak Sharma
Secretary: Ankita Sajwan

Anti Drug Squad

Serving as the President of the Anti-Drug Abuse Squad at St. Bede's College, Shimla, has been an immensely fulfilling and transformative journey. This role has not only strengthened my leadership skills but has also deepened my understanding of the serious consequences of substance abuse and the importance of preventive measures.
Throughout my tenure, I had the privilege of working closely with my dedicated team and our convenors, Mr. Mohit Kumar and Ms. Jagreeti Chauhan, whose unwavering support and guidance made our initiatives successful. I extend my heartfelt gratitude to them for their encouragement and invaluable insights, which helped us shape impactful campaigns.
Under our squad's efforts, we organized awareness drives, interactive sessions, and workshops to educate students about the dangers of drug abuse. We collaborated with professionals, conducted street plays, and engaged in peer-to-peer counseling to foster a safe and informed campus environment. These experiences not only empowered others but also strengthened my commitment to social responsibility.
This journey has reinforced my belief that collective efforts can bring about meaningful change. I am grateful for the opportunity to contribute to such an important cause and will continue to advocate for a drug-free society.

Music Club

Music Club: A Year in Perfect Harmony

As we strike the final chord on an unforgettable year, we can't help but feel a sense of pride and accomplishment. The music club has been the heartbeat of our college's vibrant music scene, pulsating with energy, creativity, and passion. From soul-stirring performances to lively jam sessions, our club has been the melting pot where talent, dedication, and camaraderie blend in perfect harmony.

We're grateful to our talented members and dedicated team, for making every note count. We've shared laughter, tears, and unforgettable memories, and we can't wait to create even more magic in the year ahead. Here's to another year of making music that resonates!

President:Ridhima
Secretary: Vasundhara Sharma

President: Shagun Sharma
Secretary: Vidhi Luhach

Health Club

Health club is more than just a society—it's a community dedicated to promoting fitness, wellness, and a healthier lifestyle. This year we discovered various aspects of Health and how it builds or breaks us. We are filled with gratitude for getting this brilliant opportunity to be able to explore our strengths and weaknesses and push ourselves to reach greater heights.
This stage provided us the opportunity to encourage others to gain wonderful insights about health and our body. Through different events, such as the Dental care, or the Brainstorming event on health, we got the opportunities to dig deep into ourselves and improve our health to a greater level.

Hostel Representative

Ever since the 1st year in the hostel, I always wished to be the hostel representative and wanted to be that bridge between the girls and this place, who makes this place their home as it is for me. These three years in the hostel taught me everything about human nature and helped me experience every kind of emotion in depth. Having Kashish by my side was perfect and so helpful and it helped me to see a different perspective of leadership, plus gave me a friend I'll always cherish. This experience has evolved me as a human, gave me a self identity I needed, and gave me the power to change and represent my girls. I thank Bede's for everything and helping me become the person I am today finally when it all comes to an end, can just say I am going to miss my home, St. Bede's

Hostel Representative: Niharika Raj Chauhan
Vice Hostel Representative: Kashish Gurawaliya

Bedeian Log

JUNE

Departmental Activities

The Department of Physical Education, St. Bede's College, Shimla and Health club jointly organized 02 Day Yoga Camp for college students on June, 13-14, 2024. The camp was organized under the aegis of ministry of Ayush. Dr. Rinku Kumar from Department of yogic Sciences, (HPU) was the yoga expert of this camp. More than 50 students participated in this camp.

Cells and Societies

The N.S.S, the unit of St. Bede's college organized "International Day of Yoga" on June 21, 2024. Mr. Anoop Kumar, from the department of Geography, (P.O. NSS) also organised the Yoga session at his village where he guided the locals with various Yoga poses and its benefits.

On June 21, 2024 the NCC Cadets of St. Bede's College under 7 HP (I) Coy NCC Shimla celebrated the International Day of Yoga at St. Edward's School, Shimla. The celebration commenced early in the morning with Cadets assembling at the main ground.

JULY

Departmental Activities

On July 28, 2024, a tree plantation drive took place in Trauma Centre New IGMC Chamyana .The initiative was jointly organized by the Geography Department of St. Bede's College Shimla and HP Legends Sports Association and Department of Geography of RKMV College, Shimla. The event witnessed an active participation of esteemed dignitaries, including the Mayor - Surinder Chauhan, Chairman of Forest Co-operation H.P– Kehar Singh Khachi along with enthusiastic college and school students.

Cells and Societies

On July 24, 2024 the NCC Cadets of St. Bede's College under 7 HP (I) Coy NCC Shimla celebrated *Rajat Jayanti Mahotsav* Of Kargil Vijay Diwas at multipurpose hall, Gaiety Theatre. The celebration commenced in the evening with cadets assembling at the Ridge. Cadets from various colleges and schools came together to participate in this event.

AUGUST

Cells and Societies

The NSS unit of St. Bede's college organized a tree plantation drive under *'Ek Ped , Maa Ke Naam'* on August 3, 2024. Around 100 saplings were planted in the Bhattakufer area by the volunteers members of NSS enthusiastically .The event was inaugurated by the Chief Guest, Prof. (Sr) Molly Abraham. Along with the principal, the teachers in charge of NSS unit and some officers of forest department also participated in this event by planting the saplings.

On August 7th, 2024 a Felicitation Ceremony was organised in St Bede's College to honour the cadets of 7HP (I) Coy NCC Shimla. The program commenced in morning in the college auditorium. Cadets as well as the entire college witnessed the ceremony. cadets from St. Bede's College participated and performed in various sports like basketball, volleyball, tug of war etc. with full enthusiasm, showcasing their dedication and incline towards co circular activities during CATC 2024. The cadets received medals for their brave victory. They were honored with ranks during the rank ceremony. The Felicitation Ceremony was a resounding success, leaving a lasting impression on all cadets to work more for success and growth.

To celebrate the International Youth Day, the Red Ribbon Club (RRC) of St. Bede's College organized various activities like umbrella painting, title painting and poster making, from 10th to 12th August, 2024 under the theme "Let communities Lead". On 11th August, 2024, six students participated in Red Ribbon Club-Youth Fest marathon held at Chaura Maidan, Shimla. In addition to this, students of RRC, NSS and NCC also actively participated in International Youth Day Celebration held at Peterhoff, Shimla on 12th August, 2024.

On August 13, 2024, a tree plantation drive was organized by the Environment Awareness Cell on the theme of "*Ek Ped Maa ke Naam*". The event focused on planting Deodar and Horse Chestnut trees within the campus. The saplings were planted in designated areas, ensuring proper spacing and depth. This event not only added 30 saplings to the college campus but also raised awareness about the importance of trees and environmental stewardship among the students. Due to the active participation from the students, this event turned out to be a successful initiative.

DAY 1 - The Hindustan Scouts and Guides organised an activity, 'Har Ghar Tiranga' under the flagship of 'Azadi Ka Amrit Mahotsav' on 13th August, 2024. This activity was done to commemorate India's 78th Independence Day and pay homage to the Indian freedom fighters who laid down their precious lives for the country. In this activity every student submitted a picture of themselves holding the National flag to celebration Independence Day and to show their pride and participation in this important National event.

DAY 2 – On August 14th 2024, a Poem Recitation activity was organised to celebrate Independence Day. It was a success in effectively conveying the essence of Independence Day through the power of poetry. Students showcased their talents and deepened their understanding of the significance of freedom and patriotism. The event was enjoyed by all and served as a meaningful tribute to the nation's independence.

On August 14, 2024 , The NSS Unit of St. Bede's College organized a ' Talk on the Union Budget' in the Seminar Room focusing on the Green Budget and youth-centric issues .The speaker was Dr. Khyal Chand, an assistant professor of Geography department from the Centre of Excellence Government Degree College, Sanjauli. He delivered a detailed presentation on various aspects of the budget allocation. The event was attended by approximately 60 NSS volunteers, the college Principal Sr. (Prof.) Molly Abraham, and Programme Officers, Dr. Kanu Mehta and Mr. Anoop Dilta.

DAY 3 – On August 15th 2024, a Painting activity was organized to engage participants in a creative celebration of national pride. The event aimed to provide a platform for artistic expression, educate girls about the significance of Independence Day, and strengthen community bonds through their art.

On August 16, 2024 the Hindustan Scouts and Guides hosted a vibrant Rakhi making competition. The competition attracted a diverse group of participants, each bringing their unique touch to the traditional art of Rakhi-making. The first prize was bagged by Asha from BCom 1st year which was followed by Devangi Sharma from Geography Hons, 3rd year at the second place. The event was a resounding success.

The Inaugural Mass for the academic year 2024-25 was conducted in the college auditorium on August 17, 2024. The event brought the entire college together, including the students, teaching staff as well as the non-teaching staff. This eucharistic celebration rekindled the creative and diligent Bedeian spirit as the new academic year approached.

On August 20, 2024, a Donation Drive was organized by the Hindustan Scouts and Guides. It aimed at supporting local families in need by collecting essential clothing items and financial contributions. The drive was a remarkable success, where every student contributed to help others. This initiative highlighted the importance of early planning and improved communication to better manage community involvement.

The Investiture Ceremony of the Student Council (2024-2025) was organized by St. Bede's College, Shimla on August 23, 2024. Dr. Amarjeet K Sharma, Director Higher Education was the chief guest for the ceremony.
The chief guest and Principal Prof. (Sr.) Molly Abraham sashed Admiral Dianoor Aulakh, Vice Admiral Mehak Chauhan ,Ship Captains and Vice Captains. The Principal also administered the oath of the newly elected student council who pledged to perform all their duties with utmost sincerity

The National Sports Organization (NSO), organized Sports Week under the banner of National Sports Day, 24th August to September 3rd, 2024 to commemorate the birth anniversary of legendary hockey player Major Dhyan Chand, 'The Wizard'. The program was conducted under the guidelines of UGC. The college thus organized various sports activities such as table tennis, badminton, yoga, running, basketball & volleyball. The college Principal Prof. (Sr.) Molly Abraham emphasized on the importance of Fit India Movement which aimed to motivate everyone to become more physically active. The winners of respective games were felicitated by the principal.

On August 24, 2024, the first-year students of St. Bede's College, Shimla, went through an enrollment process for the National Cadet Corps (NCC) under the 7 HP (I) COY, NCC Shimla. The enrollment involved a comprehensive ground test, which included a series of physical evaluations such as push-ups and additional activities which aimed at assessing the students' physical fitness and skills.

DAY 1 - On 27 August 2024, an informative session regarding the introduction of Scouts and Guides camp was held. All the members of the unit were provided with key information, instructions, and guidance relevant to their camp experience. The session was honored by Capt. K.S.Chauhan (Commissioner, Hindustan Scouts and Guides), Mr. Pushpraj (Secretary, Hindustan Scouts and Guides) and Mr. Varun Minas (District Secretary, Hindustan Scouts and Guides). The day was a resounding success, with participants engaging in meaningful activities and building lasting connections.

DAY 2 - On 28 August, 2024 all the students participated in an engaging interactive session focused on teamwork and problem-solving. The session featured a series of dynamic activities, including trust exercises and group challenges, designed to enhance communication skills and foster collaboration among the scouts and guides. The highlight of the day was the fireless cooking competition.

DAY 3 – On the last day of the camp, i.e., August 29, 2024, the investiture ceremony was held which formally inducted the new guides into their ranks, recognizing their commitment and integrating them into Scouting Community.

On August 28, 2024 Hindustan Scouts and Guides organised a talk on the theme "Health, Career and Leadership" to make the students aware towards the importance of sound health, available career prospects after graduation and leadership skills. The guest speaker, Mr. Kishore Singh, National Executive Director, Hindustan Scouts and Guides, India, acquainted students of B.A. with the career prospects available after completing their graduation degrees.

On August 29, 2024 The Placement Cell and Career Guidance Cell in collaboration with BSE Bombay organized an Online Webinar. The resource person Mr. Vijay Joshi, who told the students about share market, different types of share market, types of securities issued in share markets, etc. He informed the students about safe investments, procedure of opening a demat account, etc. His words filled the students with enthusiasm and interest regarding the share market. The session was attended by more than 60 students. It was a successful event and students gave a positive feedback about the session.

On August 31st, the Photography Club has organised a photobhoot for the freshers' event. The initiative aims to capture memorable moments and increase engagement of the photography club among new students. The photo booth featured a variety of props and backdrops, allowing attendees to capture memorable moments with friends and fellow students. It was a fun and engaging activity for freshers'.

On August 31, 2024 , St. Bede's College organized the Freshers' event on the theme "The Indian Vogue" in the college auditorium. The event was dignified by the presence of the Chief Guest Smt. Pratibha Singh Ji, Principal Professor Sister Molly Abraham and the esteemed judges : Dr. Kimi Sood (General Secretary of State Red Cross Society and the Secretary of Rotary Innerwheel Club Midtown), Dr. Deepali Dhaul (Chairperson of the Department of English at Director Centre for Canadian Studies) , and Dr. Kamayani Bisht (Principal of JLNGC Fine Arts College Shimla).

Departmental Activities

The post-graduate students and faculty members of Department of Botany, St Bede's college attended the 'Wetlands for LIFE' Film Festival and Forum organized by Himachal Pradesh Council for Science, Technology and Environment (HIMCOSTE), Department of environment, science technology and climate change (DEST & CC), HP State Wetland Authority and Centre for Media Studies, New Delhi.

SEPTEMBER

Departmental Activities

On September 3, 2024 the students of B.Sc. - III, Department of Zoology, St. Bede's College visited Himalayan Forest Research Institute, Panthaghati, Shimla. Scientist Dr. Pawan Rana, and his research associates introduced the students to a variety of species, including mushrooms, pink rhododendrons, moths, and butterflies and their role in the ecosystem. They also learned about the preparation of agarose gels, DNA isolation, and gel electrophoresis for molecular studies.

The Department of Geography, conducted a cleanliness cum awareness rally on the occasion of World Ozone Day. The event commenced with the making of posters, slogans and pamphlets on the theme "Montreal Protocol: Advancing Climate Actions" by the students of Department of Geography. The rally commenced from the college gate to the Horticulture Department and towards the Project Deepak Office.

The Placement and Career Guidance Cell, in collaboration with the Department of Economics organized an insightful career counseling session titled "Exploring Opportunities in Arts" for final-year humanities students. The panellists talked about the importance of digital marketing, web designing and graphic designing in the fast growing world.

The Department of Political Science organised an engaging Power Point presentation followed by a thought-provoking film screening to observe International Day of Peace. It aimed at promoting peace and understanding among the students and creating awareness about the impact of conflict on innocent civilians. The session spread the message of working towards a world where conflict is resolved through dialogue and cooperation rather than warfare.

A one day Educational Visit was organized by the Department of Botany, St Bede's College to CPRI, Shimla for the students of B.Sc. and M.Sc. accompanied by faculty member Dr. Sangeeta Sharma. At CPRI (Central Potato Research Institute) the students got an opportunity to interact with the scientific staff where they were exposed to the working and achievements of the institute.

Six B.Sc students along with Assistant Professor Dr. Preeti Kaundal, Department of Botany, participated in a three-day training program on "Application of Bio-fertilizers and Bio-pesticides in forestry practices" sponsored by MoEF&CC, Govt. of India. The program featured expert talks by specialists and scientists.

The Department of History organized a 'Food Heritage Cooking Competition'. Ms. Jayawanti Madik, Assistant Professor from the Department of Home Science and Ms. Unnatti Chauhan, Assistant Professor, Department of Economics were the judges for the event.
Winners of the Competition
First Prize: Team -Aromatic Alchemy (Jigyasa, Mittali &Himani)
Second Prize: Team-Dholakpur ke Chiraag (Mamta Mehra & Rakshita Chaturvedi)

Cells and Societies

St Bede's College celebrated 'Teachers' Day Event' in the college auditorium on 5th September 2024 at 11:00 am in the morning. The event was organised to honour and appreciate all the tireless efforts of the teachers where a lot of fun performances and games were arranged by the students for the teachers. The event began with a beautiful classical dance, Bollywood dance, a fun medley followed by games like guessing the movies through emoticons. The students also graced the stage by performing self composed songs and poems.

The 'Ek Bharat Shrestha Bharat' unit of St. Bede's College celebrated Swachhta Pakhwada, or Cleanliness fortnight, from September 9 to September 14, 2024. This initiative aimed to promote cleanliness and sanitation across various sectors. A series of activities, including a signature campaign, a selfie booth, and a social media campaign, were conducted to inform the students and society.

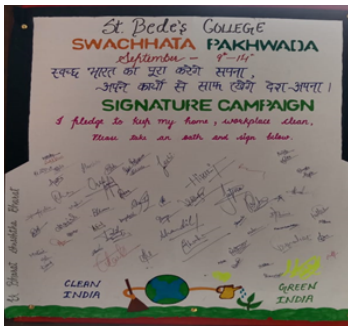
On 14th September 2024, the Hindustan Scouts and Guides Unit of St. Bede's College organized a Cleaning Campaign at Navbahar Chowk as part of the 'Swachhta Pakhwada' initiative. Students and faculty actively participated in cleaning the area, collecting waste, and promoting the importance of cleanliness. The event aimed to spread awareness about hygiene and maintaining public spaces through direct action and community involvement

The NSS Unit of St. Bede's College, in collaboration with the Department of Nutrition and Health Education, organized an iron-rich food cooking competition on 16th September, 2024. The event was judged by Dr. Sapna and Sr. Susaiammal Arokiasamy, where students showcased their creative iron-rich dishes. The competition evaluated the dishes based on taste, nutritional value, and presentation.

Hindustan Scouts and Guides, in collaboration with the NCC unit and Photography Cell of St. Bede's College, organized a Plantation Drive on campus under the theme "Ek Ped Maa Ke Naam." The drive aimed to promote environmental sustainability while paying a tribute to mother earth by planting trees. Students and faculty enthusiastically participated in the event, planting saplings across the college campus.

NSS volunteers of St. Bede's College, along with Principal Sr. (Prof.) Molly Abraham and the Program Officers took the Swachhata pledge. After the pledge, the volunteers, along with the Principal, actively participated in a cleanliness drive, contributing by picking up garbage around the campus. The event successfully fostered a sense of responsibility and teamwork among the volunteers.

The NSS unit of St. Bede's College, Shimla organised a talk on 'Cyber Security' where LC Manu Sharma and Constable Kamlesh from the State C.I.D. Cyber Crime Police Station in Shimla led an enlightening session on cyber security. The session was enhanced by the presence of Professor Sr.Molly Abraham and Sister Grace who felicitated the speakers, and the program officers Dr. Kanu Mehta and Anoop Dilta their valuable support in making the session informative and impactful.



A career counseling session on "Future in Science' was organized by the Placement and Career Guidance cell in collaboration with the Department of Chemistry for the final year science students. A highly professional panel gave an insight to the students about the various career options in different fields including Physics, Chemistry, Biotechnology, Microbiology, Botany, Zoology, Math's post-graduation courses, and their respective entrance examinations. They encouraged the students to find and pursue their interest and urged them to work sincerely to achieve their goal.

NSS volunteers gathered in the college library to undertake a comprehensive cleaning and organizing drive. The activities included dusting shelves, cleaning tables and chairs, and arranging books in an orderly manner. The entire drive was supervised by faculty members to ensure that the books were handled carefully and that the task was executed efficiently.

The NSS unit of St. Bede's College organized a poster-making competition, inviting students to create posters and slogans that reflected the theme of cleanliness and hygiene. The event encouraged collaboration and innovation, allowing students to express their thoughts creatively. A panel of judges, including faculty members and NSS program officers, evaluated the entries based on creativity, relevance to the theme, and overall impact.

An Inter-Ship Debate Competition was organised by Debates and Dramatics Society in the auditorium. All the participants poured their hearts out while speaking, which was greatly applauded and appreciated by the audience as well as the judges. An additional 1 minutes 20 seconds were given for a rebuttal round, which was based on the Cambridge format of debating.

The winners of the “Inter-Ship Debate Competition” were:
* First Place- Ananya Sharma and Nupur Thakur from INS Himmat.
* Second Place - Saizal Sharma and Shreya Mishra from INS Vikas
* First-best Speaker – Ananya Sharma
* Second-best speaker – Shreya Mishra

The NSS unit of St. Bede’s College organized a cleanliness drive from Navbahar to the nearby petrol pump. Principal Prof. Sr. Molly Abraham and Program Officers Dr. Kanu Mehta and Mr. Anoop Dilta encouraged the volunteers, who cleaned litter and debris while educating local residents on the importance of hygiene.

The NSS unit of St. Bede’s College, Shimla, organized a recycling awareness program guided by Principal Prof. Sr. Molly Abraham and Program Officers Dr. Kanu Mehta and Mr. Anoop Dilta. Mr. Dilta led the session, presenting the paper recycling process in detail. He emphasized the environmental advantages of recycling, such as reducing waste and conserving natural resources.

The Hindustan Scouts and Guides unit of St. Bede’s College Shimla, organized a pledge ceremony in the college courtyard under the theme “Nasha Mukt Bharat Abhiyan.” The event aimed to raise awareness about the dangers of drug abuse and promote a drug-free society. Students and faculty gathered to take a collective pledge to stay away from drugs and contribute to a healthier, drug-free nation.

Inter College Basketball Tournament was organized on 21st September 2024, under the banner of National Sports Organization. This competition was played in between two colleges in which RKMV Shimla and St. Bede’s College participated. 24 players participated in this competition.
St Bede’s college stood first in this tournament.

The NSS unit of St. Bede’s College organized a waste management drive focused on composting. Volunteers, under the guidance of Principal Professor Sister Molly Abraham and Program Officers Dr. Kanu Mehta and Mr. Anoop Dilta, collected dry leaves and kitchen waste from the college for composting. Dr. Shruti Gupta from the Department of Biotechnology educated students on the composting process, explaining how organic waste is converted into compost and its various environmental uses.

The NSS Unit of St. Bede’s College celebrated NSS Day with enthusiasm on September 24, 2024. The event showcased a variety of cultural performances. Principal Professor Sister Molly Abraham acknowledged the dedication and efforts of Program Officers Dr. Kanu Mehta and Mr. Anoop Dilta, as well as the contributions of the President and Secretary of the NSS unit. The event culminated in a heartfelt vote of thanks that recognized everyone’s contributions, inspiring all participants with the NSS motto, “Not Me, But You.”

The NSS unit of St. Bede’s College organized a recycling awareness program guided by Prof. Sr. Molly Abraham and Program Officers, Dr. Kanu Mehta and Mr. Anoop Dilta. During the session, Mr. Dilta presented the paper recycling process in detail, explaining how used paper is collected, cleaned, and transformed into new sheets. He emphasized the environmental benefits of recycling, including waste reduction and conservation of resources.

The Health Club organised a workshop on “Health and Dental Care”. A team of thirteen members from the Department of Public Health Dentistry, HP Government, Dental College and Hospital IGMC, Shimla joined this workshop. The event started with a speech given by Health and Dental Care by Professor Shailee Fotedar. Towards the end all the staff members and students were provided with free dental checkups and treatments.

The NSS unit of St. Bede's College organized a cleanliness drive, with the encouragement and support of Principal Prof. (Sr.) Molly Abraham and program officers. Students actively participated in cleaning the college campus and nearby areas, focusing on collecting and segregating waste to ensure proper disposal.

On 25th September 2024, the NCC Cadets of St. Bede's College, under 7 HP (I) Coy NCC Shimla, organized a Trekking for the first year cadets from the College Campus to Jakhu Hill. The theme for the activity was 'Conquer the Trails'. 26 first year cadets participated in trekking.

The NSS unit of St. Bede's College, organized a tree plantation drive, encouraged by Principal Professor Sister Molly Abraham and guided by Program Officers Dr. Kanu Mehta and Mr. Anoop Dilta. During the event, volunteers planted native trees around the college campus to promote environmental conservation and support biodiversity.

On the occasion of World Tourism Day, YUVA tourism Club of St Bede's College organised a Nukkad Natak based on the theme "Tourism & Peace". The object of the program was to raise awareness about the importance of tourism and its role in promoting cultural understanding, economic growth, and sustainability.

The Environment Awareness Cell organized a Poster Making Competition on the theme 'World Rivers Day'. The competition attracted a diverse group of participants from different courses and each brought u unique perspective on how to conserve our waterways.
The competition was concluded with the names of the winners
1st Position: Nupur Thakur (B.sc Biotech Hons 1st year)
2nd Position: Rozali Thapa (B.A. English Hons 3rd year)

OCTOBER

Departmental Activities

The Department of Political Science, in collaboration with the Rotaract Club, Shimla organized a cleanliness drive in the Navbahar locality. The alumni of the department, Ms Shivangni Chauhan with her team guided the students to conduct the program and encouraged them to become active society contributors.

The students of B.A. Geography 3rd Year Honours, B.A. Geography 3rd Year (Pass course) and students of B.A. Geography 2nd Honours from department of geography went on the field survey to Amritsar, Punjab. It was a 6 days long exercise with each day having a pre-planned schedule of activities.

The department of physics hosted a workshop on XCos: A Simulating Tool. Professor OSKS Sastri from the School of Physical & Material Science at Central University Dharamshala was the esteemed resource person

A two day workshop entitled Skill Development For Young Budding Entreprenuers convened at St Bede s college, Shimla. The workshop was organized by the Department of Biotechnology, St Bede s college, Shimla in collaboration with Biotechnology incubation centre, Department of biotechnology HPU Shimla. Several universities, colleges and schools such as Government Degree Gollege, Sanjauli; RKMV Shimla; UIT, Shimla; RGGC, Chaura Maidan, Shimla; SILB, Solan; Chitkara University; Himachal Pradesh University; HPU Business school, Shimla; GSS Portmore; and Auckland High School participated in the workshop.
The winners of the ideation competition were as follows:
1st prize: Vidit Sood (Auckland House School for boys)
2nd prize: Ajatshatru Singh Pathania (UIT, Shimla)
3rd prize: Shatakshi Rawat (St. Bede s College, Shimla)

The Department of Psychology Department organized a poetry competition as part of its celebrations for Mental Health Week. After evaluating the performances, Mitali Kaistha English Hons. 2nd year was awarded first place for her powerful and expressive poem, while Durgesh BCA 1st year and Vagisha Psychology Honours 1st year secured the second position.

The Department of English of St. Bede's College organised a workshop on Creative Writing in Mass Media in the seminar room at 11am . The main speaker of the day was Ms. Ritanjali Hastir who is currently working as the Publishing Editor with Himachaltonite.com(news portal). She shared insights on harnessing creativity in various media forms and had a well interactive session with the students about journalism, creative writing and mass media.

The Department of Psychology of St. Bede's College, Shimla organised an Inter-college Quiz Competition where several colleges were invited for participation. The participants which arrived for the quiz were from UILS College, RKMV college, Government degree college, Sanjauli and St. Bede's College, Shimla. The quiz was divided into three rounds. The first position of this Inter-College quiz Competition was bagged by Tanya Verma and Sakshi Sharma from RKMV college, Shimla and there was a tie for the second position between Akriti and Amil Sharma from Government Degree College, Sanjauli and Aishna Mittal and Anushka Kainthala from St. Bede s College, Shimla

The Department of Psychology, St. Bede s College, Shimla, organized a special session, in celebration of World Mental Health Week, aimed at educating students about mindfulness meditation and its benefits. Four third-year Psychology Honours students Aishna Mittal, Himanshi Prashar, Jahnavi Wali, and Kashish Shakhya along with Ms. Pratiksha Tomar, Assistant Professor in the Psychology Department, facilitated this session at GSSS, Sanjauli.

The Department of Psychology of St. Bede s College, Shimla, organised a Street Play on October 10th, 2024 to celebrate the World Mental Health Day. The theme of this play was to educate the audience about the importance of mental health in all the different kinds of work places

St. Bede s College, Department of Botany organized a Talk cum Interactive Session on Career Pathways in Life Sciences.The session featured Dr. Vijay Kumar, an expert speaker from Bielefeld University, Germany, who shared his extensive knowledge and insights with the students about his research on plant resilience. Dr. Kumar also provided an overview of various career opportunities in botanical research.

St. Bede's College, Department of Botany organized an interactive session on the occasion of World Food Day for Govt. Primary School, Sanjauli student. M.Sc. Botany students interacted with the school children and demonstrated colorful pictures of healthy and nutritious food. The activity was based on theme of World Food Day, 2024. i.e. "Right to Food for a Better Life and a Better Future".

Department of Geography in collaboration with Disaster Management Cell conducted a successful lecture and poster-making competition focusing on "Understanding the Geography of Disaster Management and Preparedness in Northwestern Himalayas." The lecture was addressed by
Dr. Khayal Chand, Assistant Professor, Department of Geography, Centre of Excellence
Government College, Sanjauli.

A Five Day Workshop on Unlocking the secrets of Vedic Mathematics was organised by the Department of Mathematics. The workshop aimed to introduce students to the fascinating works of Vedic Mathematics, a system that simplifies complex calculations and enhances mental math skills. Each day focused on a specific topic, allowing participants to deepen their understanding and practice techniques that can improve their mathematics abilities.

Department of History organized an educational visit to the State Museum, Shimla, to enhance students' understanding of historical artifacts, art, and the cultural heritage of Himachal Pradesh. The visit aimed to provide first-hand experience of studying historical exhibits and understanding their relevance to the academic curriculum.

The Economics Department organized a grand Diwali celebration that brought together students and faculty in a spirit of joy and festivity. Food stalls offering a range of delicious treats added to the festive atmosphere, making the event a delightful experience for all.

Cells and Societies

The Hindustan Scouts and Guides unit of St. Bede's College, Shimla, hosted a Recycled Material Fashion Show in the courtyard, themed "Swachhata Hi Seva (SHS) 2024." The event aimed to raise awareness about environmental sustainability and the innovative use of recycled materials in fashion.
Distinguished judges Dr. Kusum Sharma, Assistant Professor in the Department of Botany, and Ms. Pratiksha, Assistant Professor in the Department of Psychology, evaluated the creative designs presented by students. Sneha Bansal from B.Com 2nd year emerged as the winner, showcasing exceptional creativity, while Marbakor Janai Mukhim from B.A 1st year in Geography Honors secured the second position.

The quiz competition, organized by ELC took place at 2:20 pm in the Seminar room. The President, Priya Bhaskar introduced the event, while the Secretary Shrooti Sharma posed challenging questions along with the President, including bonus rounds. The convener Mrs. Komal Sharma ensured seamless execution. Audience participation segments added excitement showcasing their enthusiasm. The competition consisted of multiple rounds, participant s knowledge on various topics.

A quiz competition was conducted by RRC (Red Ribbon Club) in St. Bede's College, Shimla. The quiz was also attended by students of NCC, NSS and RRC. There were around 64 students attending the event.

The Poetry Society of St. Bede's College, Shimla organized an inter-ship poetry writing competition on October 14, 2024. The theme of the event was "Prevent Addiction, Instill Conviction" in view of the alarming increase in substance abuse cases in Himachal Pradesh and the neighbouring states. Students from INS Vikas, INS Chirag, INS Himmat and INS Vikrant participated enthusiastically in the same. Students were encouraged to submit their self-composed poem and the entries were submitted in both Hindi and English.The results of the competition were as follows-

1st: Ritvika Sharma BCOM III (INS Chirag)
2nd :Saizal Sharma (INS Vikas)

The Disaster Management Cell in collaboration with Department of Geography conducted a Nukad Natak titled "Kullu Ki Kahani - Jal Vayu Ka Khel," aiming to raise awareness about climate change and its effects on the Kullu Valley and in Himachal Pradesh as a whole. The performance was headed by the convenor of the cell- Dr. Vishal Chauhan and also the participation of other teachers including, Dr. Pankaj Aashish (HOD Department of Geography), Mr. Sanjeev Kumar and Ms. Tanika Thakur and Dr. Anupama Tomar Tandon (HOD Department of Economics).

Himachal Pradesh University "Table Tennis Inter College Championship", 18th to 19th October 2024, was organized under the aegis of Physical Education Department & NSO. Prof. Sanjay Sharma, Director of Physical Education & Youth Program & Dean of Education, Himachal Pradesh University, Shimla (H.P) was the Chief Guest on Inaugural Function 18th October, 2024. Nine different colleges participated along with contingent in-charges in this championship. The H.P University appointed one observer and three officials for the successful organization of the championship. More than 60 participants participated in this championship. Ist position was secured by Govt. College Dharamsala, IInd by Govt. College RKMV and IIIrd by Govt. College Kotshera.

The Hindustan Scouts and Guides Unit of St. Bede's College organized a yoga session in the college basketball court to commemorate 'International Peace Day'. The event aimed to promote mindfulness, well-being, and inner peace among students and staff.

NOVEMBER

Departmental Activities

On November 09, 2024, the Department of Botany, St. Bede's College organized a National Webinar on "Bioprospection of Ethnomedicinal Plants of India". The resource person for the webinar was Prof. Nawal Kishore Dubey, an expert from Banaras Hindu University, Varanasi Uttar Pradesh, India. Prof. Dubey shared his extensive knowledge and insights with the students about ethno botanical uses of several plants species. He also provided an overview of various diseases like Alzheimer, Dementia and Malaria which can be cured by medicinal plants.

The Department of English in collaboration with the Library Committee of St. Bede's College, hosted a `Reading Week Activity` in the library. The closing ceremony was marked by a lecture by Dr. Siddharth Pandey, eminent writer and cultural historian in Himachal Pradesh.

On November 18, 2024, the Ek Bharat Shreshtha Bharat Cell and Department of Botany of St. Bede's College celebrated the 4thJanjatiya Gaurav Diwas by paying a floral tribute to Bhagwan Birsa Munda followed by an exhibition of plants , folk medicine and tribal food and a herbal plant donation drive.

A yoga workshop was conducted by the Department of History from November 19-23, 2024 as part of the initiative to promote Indian Knowledge System. The workshop aimed to emphasize the ancient roots of yoga as a cornerstone of India's cultural and spiritual heritage, while highlighting its relevance in modern times for physical and mental well-being.

The Department of Computer Science, St. Bede's College celebrated National Constitution Day on November 26, 2024 .The objective behind the event was to highlight and reiterate the values and principles enshrined in the Constitution. The students read the Preamble followed by a movie screening on 'The Life Struggle and Legacy of Dr. B.R. Ambedkar' .

The Department of Political Science organized a declamation competition on November 26, 2024 to commemorate 75th year of the making of Indian Constitution and sensitize students about their constitutional obligations. This competition was organized on the theme "Relevance of Constituent Assembly Debates". The event comprised of participation from students of Humanities who delivered their speech on a wide range of constituent debates including- Linguistic Diversity, Secularism, North-South Divide and Fraternity. Ms. Riya Sharma from B.A. 3rd year and Ms. Srijan from B.A. 1st year won the first and second positions.

On November 27, 2024, the Department of Zoology, under the aegis of the IQAC, successfully organized an awareness program on self-breast examination, emphasizing early detection and prevention of breast cancer. This session was helpful to girl students to think about self-care and health

The Department of Political Science organized a documentary screening session on Novmeber 28, 2024 to sensitize students about 'Domestic Violence Act 2005' . This activity helped students gain knowledge about their legal rights and how preventive measures can be taken to stop domestic violence in the society.

The Department of English, St. Bede's College organized a Mock Interview session on November 28, 2024 to aid students in preparing for future job opportunities. This initiative was designed to equip participants with essential interview skills, boost their confidence and familiarize them with the formalities and expectations of professional interviews.

On November 29, 2024, the Department of History, St. Bede`s College organized an awareness session on 'Special Rights' under the "Bharat Nagrik Suraksha Sanhita 2023" to educate students about the recently enacted laws and policies aimed at ensuring the safety and empowerment of women.

On November 30, 2024, the Department of Commerce and Management organized an industrial visit to ITC Limited, Manpur, Baddi for the B.Com students. During the visit, students explored variety of ITC products including Vivel, Fiama, Engagement and Savlon. This visit aided them to better understand the concept of entrepreneurship and the ways they could also be part of it.

Cells and societies

A cleanliness campaign on the theme '*Swacchata Hi Seva*' was conducted by the NCC unit in collaboration with the Department of Geography, St. Bede's College on November 09, 2024.This event was organiZed to make people aware about the harmful effects of using plastic in our day to day life.

A campaign on the theme " No Voter to be Left Behind" was held by the Electoral Literacy Club of St. Bede's College in collaboration with the Department of Political Science from November 11-13 , 2024. This event was held to spread awareness among the students about the right to vote.

St. Bede's College, Shimla celebrated Children's Day on November 14, 2024 in the presence of the Principal, Prof. Sr. Molly Abraham, teaching and non-teaching staff and the students. Various activities such as basketball and tennis competitions, dance and song presentations and other games were organized by the teachers in the auditorium with the participation of the students. Teachers expressed their love and affection towards the students.

The NSS Unit of St. Bede's College observed 'Janjatiya Gaurav Diwas' on November 15, 2024 to commemorate the birth anniversary of Bhagwan Birsa Munda, a legendary tribal leader and freedom fighter. The event aimed to honor the contributions of tribal communities to India's history and culture and inspire the younger generation to preserve the nation's cultural heritage. The celebration emphasized the importance of tribal heritage and its role in fostering unity and national pride.

The Internal Quality Assurance Cell (IQAC) of St. Bede's College organized an inspiring seminar on "Building Excellence in Life and Career Through Work Ethics and Culture" on November 18, 2024. The seminar brought together an esteemed panel of resource persons including Prof. N.K. Goyal, Chairman Emeritus of TEMA and President of CMAI/CSAI and Ms. Anjali Verma, Director of Cyber Security Association of India.Prof. N.K. Goyal delivered an impactful and motivational session on essential life skills, including goal setting, achieving success, managing stress effectively, and fostering emotional well-being.

The Heritage Club 'Mirasa' of St. Bede's College organized 'World Heritage Week' between November 19-23, 2024 with a focus on raising awareness about the importance of protecting and preserving our cultural and natural heritage. A significant highlight of the event was the Heritage Pledge, taken collectively by all attendees to reaffirm their commitment to safeguarding heritage sites for future generations.

On November 21, 2024, the Ek Bharat Shreshtha Bharat Cell also organized an inter-departmental write-up and quiz competition. The event aimed at deepening students' knowledge and appreciation of the rich cultural heritage of tribal communities, aligned with the theme, "Tribal Achievers, Tribal Culture, Tribal Craft, and Tribal Freedom Fighters."

A cleanliness drive was organized on November 22, 2024 by the Environment Awareness Cell on the theme, "Clean and Green Is The Perfect Dream", with the aim of promoting hygiene, environmental sustainability and community engagement. The event took place around the library and canteen area of the college, making people aware about their surroundings.

On November 23, 2024 the NCC Cadets of St. Bede's College under 7 HP (I) Coy NCC Shimla organized NCC carnival on the occasion of NCC Day. The carnival recognized an exemplary cultural performance and outstanding stalls of various food items, games and handicrafts by the Cadets.

The stalls comprised of golgappe stall, wai-wai chaat stalls, kurkure chaat stall, chocolates and cookies stall, soup stall and momo stall.

A Parent-Teacher Meeting (PTM) was conducted on November 23, 2024 at St. Bede's College. The purpose of the meeting was to foster better communication between parents and faculty, discuss students' academic progress and address any concerns regarding their overall development. This initiative aimed to strengthen the collaborative relationship between parents and the college. Parents were given the opportunity to meet their wards' respective teachers to discuss their performance, attendance, and behaviour. Teachers highlighted strengths and suggested areas for improvement. Parents expressed satisfaction with the academic environment and faculty efforts..

The Women Cell of St. Bede`s College commemorated the "International Day for the Elimination of Violence Against Women" with an engaging session to raise awareness about women`s rights and empower young girls to fight for their rights.

The Hindustan Scouts & Guide unit of St. Bede`s College successfully organized a declamation competition with the objective of enhancing public speaking skills and nurturing leadership among students.

On November 25, 2024, an exhibition was organized by the Financial Lab cum Incubation Center in the college premises. The exhibition showcased handicrafts products like scented candles , bookmarks , keyrings and phone charms.This activity gave a platform to the students promoting their talen t and skills as well as inspiring them to earn while they learn.

The Poetry Society of St. Bede's College organized a Poetic Symposium on November 25, 2024, aiming at providing students with a literary a platform where they could freely express their feelings and present their creative writing skills.

The Music Club of St. Bede's College organized an inter-ship singing competition on the November 26, 2024. Students from all the four ships of the college – INS Vikas, INS Himmat, INS Vikrant and INS Chirag enthusiastically participated in this event to showcase their vocal talents and teamwork. INS Chirag stood first in three categories with the second position being bagged by INS Vikas.

On November 27, 2024, the Women Cell and Gender Champion Club of St. Bede's College convened a workshop entitled "Promoting Intergenerational Bonding With Students " which was sponsored by the National Institute of Social Defense.

On November 28, 2024, the Red Ribbon Club of St. Bede's College held a training session on HIV/AIDS at GDC Saunjauli, Shimla .The training focused on spreading awareness about HIV/AIDS, its causes, symptoms, transmission and possible treatment. Students from the college participated enthusiastically in the event.

The Women Cell and Gender Champion Club of St. Bede`s College conducted an awareness campaign on "Emergency Responses for Quick Access to Services" on November 29, 2024. The objective of this campaign was to educate the students about the various services provided by the Government to the citizens of India and encourage their use in times of crisis.

On November 30, 2024, the Dance Society, St. Bede's College held an inter-ship dance competition, celebrating the vibrant world of tribes. The competition was a colourful display of talent creative and cultural storytelling from all the four ships. INS Vikrant bagged the first position followed by INS Himmat on second position.

DECEMBER

Departmental Activities

The Hackathon and Ideation Cell and Department of Computer Science of St. Bede's College conducted a Codefest competition from December 02-07, 2024 which aimed at providing a creative outlet for students where students could showcase their coding skills blended with technology.

On December 03, 2024, students from the Department of Physics attended a webinar titled "Innovations in Science by Sir J.C.Bose", organized by Vigyan Bharti (VIBHA), Himachal Pradesh, a leading science communication organization. The webinar focused on the life and contributions of one of India's most eminent scientists, Sir Jagdish Chandra Bose.

On December 3, the physics department in association with Vigyan Bharti, a prominent science communication organization, organized a webinar on the life and contributions of one of India's greatest scientists, Sir Jagadish Chandra Bose. The students of physics & other science department participated in this talk.

The Department of Computer Science organized a guest lecture on December 06, 2024. The topic was "Career Counselling on Latest Technologies". Ms. Aparna Grover, HR Manager and Career Counsellor and Director, Info Maths Studies Pvt. Limited, Chandigarh was the resource person of the event. Students were delivered important information about career choices and recent developments in the field of technology.

On December 7, 2024, the students of St. Bede's College achieved a historic milestone as they were invited to perform a breathtaking South Indian dance at the prestigious Rashtrapati Bhawan, Mashobra.
Sharing the stage with celebrated artists such as the Band of Harmony of the Pines, Neha Dixit (top five finalist of Indian Idol), and renowned performers from the Department of Language, Art, and Culture, our students showcased a spellbinding performance that celebrated the vibrant cultural heritage of South India.

On December 09, 2024, the Department of Psychology, St. Bede's College organized a one day seminar titled "Mind Mastery : Achieving Excellence and Personal Growth Through Psychology." The seminar aimed to explore techniques for mastering the mind for achieving personal and professional growth.

On December 11, 2024, Bharatiya Bhasha Diwas 2024 was celebrated by the Department of Hindi in collaboration with the Poetry Society of St. Bede's College. A documentary screening on the life and achievements of the great Indian poet, Subramania Bharati followed by an interpretation session of his literary works was held. Students were made aware of 'Mahakavi Bharathi' and his literary contributions to the freedom struggle of India, promoting dissemination of mother language and spreading awareness about various linguistic and cultural traditions across India and beyond to develop respect towards people coming from diverse lingual and cultural background.

On December 18, 2024, the Department of Mathematics celebrated National Mathematics Day by organizing quiz and video making competitions.

Cells and societies

On the occasion of World AIDS Day a Power Point presentation was given on "Collective Action : Sustain & Accelerate HIV Progress" by the Red Ribbon Club. The students were made aware about HIV & AIDS transmission and its prevention. After the session, a demo of AIDS toll free number 1097 was conducted to make students aware about AIDS helpline. On this occasion, a flash mob was also conducted by the club.

On December 4, 2024, the Women Cell and Gender Champion Club of St. Bede's College hosted a workshop titled "Intergenerational Bonding with College Students" with support from the National Institute of Social Defense. The workshop featured distinguished facilitators, Ms. Unnatti Chauhan and Ms. Jagriti Sharma, Assistant Professors in the Departments of Economics and Psychology, respectively.
The workshop aimed to foster an appreciation for familial relationships and connections across different age groups, enhancing understanding and respect among students.

On December 04, 2024, the Fine Arts Society of St. Bede's College organized a poster making competition on the theme "The Indian Navy". The objective of the event to create awareness among the students about the importance of the Indian Navy in safeguarding our country.

The National Sports Organization (NSO) in collaboration with UGC Cell, St. Bede's College, organized Fit India Week under the banner of Fit India Movement. Various sports activities were conducted for students such as –langdi race, pithhu, steppu, badminton, skipping, running, yoga & fitness assessment.

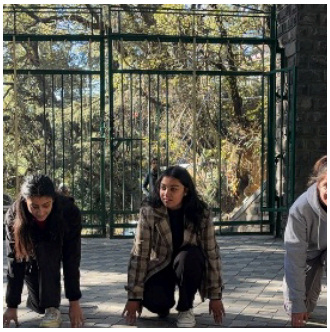
On December 05, 2024, the Health Club organized a session on "Longevity of Life and Brain Functioning and its Enhanced Applications". The session featured Dr.B.S. Chauhan and Dr. Sababbi Mangal, who were the expert speakers for the session. They shared their extensive knowledge and insights with the students about their area of expertise.Dr. Sababbi Mangal provided an overview of various learning styles and how we can enhance our brain activity through various exercises. Dr. B.S. Chauhan on the other hand talked about the research he conducted in Tokyo which was related to how can we increase our life span.

On December 06, 2024, the Grievance Redressal Cell and the Internal Complaint Committee conducted an awareness program on workplace harassment, particularly sexual harassment.This initiative aimed to educate students in creating respectful environment for everyone while being alert about such misconducts, be it on or outside the campus and also at workplaces.

On December 6, 2024, the Health Club and Women Cell of St. Bede's College organized an awareness session on 'Breast and Cervical Cancer' in collaboration with the TYACAN Foundation. The Resource PersonS for the event was Ms. Minnie Singh, a member of the TYACAN Foundation, accompanied by Ms. Simran Jagga, a counselling psychologist and Ms. Shivali, a volunteer and social worker with TYACAN.
The session aimed to make the students aware of the two most critical health issues that affect so many lives. Students were made aware of these challenges and their prevention.

On December 07,2024 the Library Committee in collaboration with the Book Club held a book exhibition for the students as well as faculty members of the college. This activity inspired students to cultivate a reading culture and enhance their writing skills. A book donation drive was also conducted to sensitize students about knowledge sharing.

On December 10, 2024 the ship students – INS Himmat, INS Vikas ,INS Chirag and INS Vikrant of St. Bede's college jointly presented a Nukkad Natak 'Pratibimba' on the theme of "Educating Students and Teachers About Gender Equality, Consent and Upholding The Dignity of Women". This activity aimed to sensitize students and teachers about sexual harassment at workplace.



On December 10, 2024, the Model United Nations Society of St. Bede's College hosted a dynamic and engaging Youth parliament session that addressed critical issues regarding the protection of minority rights in India. Students participated in the event and learnt about their role as citizens of the country.

A workshop on the theme " Promoting Intergenerational Bonding Among College Students " was organized by the Women cell and Gender Champion Club of St. Bede's College on December 11, 2024. The event was sponsored by the 'National Institution of Social Defence'. The Resource Persons for the event were Ms. Jyoti Rana, ADM Shimla, Government of Himachal Pradesh, and Ms. Pratiksha Tomar, Assistant Professor, Department of Psychology, St. Bede's College. Ms. Tomar addressed generational differences and proposed engaging activities to enhance relationships. Ms. Rana shared personal anecdotes that emphasised the importance of appreciating diverse values. The event included a fun game, an open mic where students showcased their talents, and a musical play about a mother-daughter dynamic. Aastha Nresht and Priyanka Larzoo emerged as top performers in the Open Mic competition. The workshop was a successful platform for fostering respect and empathy among students.

On December 12, 2024, the Environment Awareness Cell along with the Department of Biotechnology and Microbiology of St. Bede's College organized a compost sale.The idea behind this activity was to encourage proper waste collection and transforming it into useful organic manure.

On December 13, 2024 St. Bede's College celebrated Christmas. Under the aegis of the IQAC, four ships of the college collectively presented a play, Christmas carols , medley and dance.

On occasion of Janjatiya Varsh Celebration, the NSS unit of St. Bede's College held a documentary screening session about the life and contributions of Birsa Munda focusing on his role in the Ulgulan and his efforts to protect tribal rights during British rule. A brief discussion followed the screening, encouraging reflection on his legacywas held with the students.

An online placement drive with UP TOP Careers was held on December 14, 2024 by the Placement and Career Guidance Cell, in which final-year students interviewed for the position of academic counsellor. The interviewer assessed the students' knowledge and communication skills. Overall, it was a great opportunity for students to secure placements.

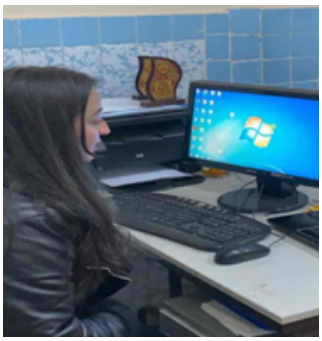
A six-day Faculty Development Program was conducted under the aegis of IQAC at St. Bede's College between December 16-21, 2024. The sessions were held focusing on enhancing quality assurance in higher education and the strategies to meet the NEP 2020 requirements.

A workshop on the theme " Promoting Intergenerational Bonding Among College Students" was organized by the Women cell and Gender Champion Club on December 17, 2024. The activity aimed at instilling the value of family ties and connections between different generations.

On this occasion, the Ek Bharat Shreshtha Bharat Cell of the college also held a documentary screening followed by an interactive session on the "Importance of Tribal
Languages.The program featured a presentation highlighting Mahakavi Bharathi's contributions to Indian literature and promotion of native languages and culture.

On December 18, 2024, the Women Cell and Gender Champion Club of St. Bede's College, in collaboration with the UBA Cell, organised a joyful Christmas celebration at the Government Primary School, Dhanain and Government Middle School, Panjog, in Dhalli Panchayat. The event was graced by the presence of the college principal, Professor Sr. Molly Abraham, along with faculty members and students.The festivities included engaging activities such as discussions on the true meaning of Christmas, poetry recitations, and lively dance performances.The celebration concluded with the distribution of sweets and stationery, creating a joyful atmosphere and enhancing the sense of community among everyone involved.

On December 26, 2024, the NSS unit of the college commemorated the sacrifices and legacy of the Sahibzadas, the sons of Guru Gobind Singh Ji, inspiring participants with their values of courage and devotion. The tribute brought the college community together in a spirit of respect and remembrance. Participants gained insights into the Sahibzadas' valor and expressed appreciation for the event's cultural and moral impact.



JANUARY
Cells and societies

On January 15, 2025 the NCC Cadets of St. Bede's College under 7 HP (I) Coy NCC Shimla celebrated Indian Army day virtually, with great respect and admiration for the armed forces. The celebration allowed the cadets to express their gratitude towards the Indian Army.

On January 26, 2025, the NCC cadets of St. Bede's College under 7 HP (I) Coy NCC Shimla celebrated Republic Day with great enthusiasm. As part of celebration, the cadets presented their speech showing their dedication towards the Republic of India and adherence to the constitutional values.

FEBRUARY
Departmental Activities

On February 18, 2025, a paper recycling activity was organised for B.Sc. students by the Department of Chemistry in collaboration with the Paper Recycling Unit of St. Bede's College. The initiative aimed to educate students about the process of making craft paper from waste paper, promoting sustainability and environmental consciousness. Students participated in a hands-on session where they learned how to convert discarded paper into new sheets of craft paper.

To celebrate the immense potential and ongoing advancements in quantum science the United Nations has declared 2025 as The International Year of Quantum Science & Technology (IYQ 2025). The Spectrum Club of the Physics Department organized a talk on the development of Quantum Mechanics by Dr. Sapna Sharma, HOD, Physics Department on February 14, 2025. After that a captivating documentary that traced the evolution of quantum mechanics was screened. Following the documentary, the Spectrum Club organized an interactive quiz.

On occasion of Antarrashtriya Matribhasha Diwas 2025, the Department of Hindi, St. Bede's College organized a short-story writing competition in February 2025. Students were encouraged to write in their respective regional language in view of promoting their mother tongue. Ms. Saizal Sharma, B.A 2nd year bagged the first position followed by Ms. Srijan , B.A 1st year on second position.

Cells and societies

On February 01, 2025, the 2ndyear NCC Cadets of St. Bede's College under 7 HP (I) Coy NCC Shimla underwent the NCC practical examination held in Rajiv Gandhi Government College, Shimla . The exam emcompassed various components such as Drill Test, Field craft and battle craft etc.

On February 13, 2025, the Women Cell of St. Bede's College celebrated National Women's Day by conducting an awareness drive honoring Smt. Sarojini Naidu's legacy and promoting gender equality.

On February 14, 2025, NCC Cadets of St. Bede's College under 7 HP (I) Coy NCC Shimla organized a rally titled "Peace Over Violence, Building a Safer Future" to commemorate the Pulwama Terror Attack and promote the message of peace and non-violence. Through this event cadets raised awareness about the impact of violence

The NSS unit of the college held the annual camp between February 15-21, 2025. Various activities were held to enhance the knowledge of the NSS volunteers such as session on Digital Literacy, a visit to adopted village, Dhanain for cleanliness drive, a Nukkad Natak on 'Nasha Mukt Bharat' and 'Swachh Bharat'. A yoga session was also held to promote physical and mental health. Professor Sister Molly Abraham provided valuable moral lessons, inspiring students to uphold ethical values. Volunteers participated in a library maintenance activity, arranging books and ensuring cleanliness. They also visited IGMC Cancer Hospital, Shimla for Langar Sewa. They also attended a session on stress relief through art therapy, Mandala art and Zen techniques, highlighting their role in mental well-being. A workshop on Body Mass Index (BMI) and its significance in maintaining a healthy lifestyle was also held.

On February 17, 2025, the Placement and Career Guidance Cell, in collaboration with the IQAC, conducted a session titled "Rise & Shine with Champion Skills for Gen Z " for final year students. The session featured Mr. Kiran Kurwade, Director of the Office of Strategic Initiatives, Chitkara University, and Mr. Kamal Pama, Branch Manager, Shimla, as resource persons. Attended by over 50 students, the session covered key topics such as IQ Levels, Generation Z, various types of MBA programs, and more. Additionally, engaging activities were incorporated to enhance teamwork, multitasking, and creativity among students.

The 7 HP (I) Coy NCC Shimla conducted a Governor's visit for cadets of the RDC 2025 on February 18, 2025. The event was a significant occasion for the cadets as they showcased their skills and discipline to the esteemed guests. Cdt. Devyani Chauhan and Cdt. Vasundhara Sharma from St. Bede's College were present at the event, representing their institution with pride.

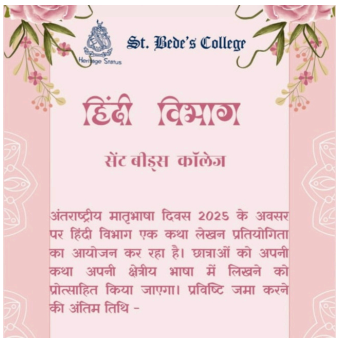
On February 19, 2025, the Women Cell and Gender Champion Club of St. Bede's College hosted a workshop focused on intergenerational bonding. Dr. Shonali Sud, a retired Associate Professor and former Head of the Department of Psychology at the college, delivered a virtual lecture addressing generational differences, life goals and stress management. She emphasised the importance of empathy, communication and mindfulness, sharing personal experiences from her college days and referencing notable psychologists to inspire resilience.

A 'Rozgar Mela' in form of online webinar was conducted by the the Placement and Career Guidance Cell on February 22, 2025 on the theme- "Upskilling Students". The webinar saw participation from more than seven colleges across the state. Mr. Ashwani Sharma, AGM – MMC, emphasized the importance of bridging the gap between traditional education and skill development. The session covered key topics such as industry partnerships and employment opportunities. These organizations provide students with diverse opportunities to apply their skills in real-world job markets. The discussion underscored the growing need for skill-based education in today's competitive environment.

MARCH

Departmental Activities

The Department of Hindi celebrated International Women's Day, 2025 on March 08, 2025 by screening a movie promoting gender equality and opportunity followed by its review writing competiton. Students from B Com 2nd year participated in the activity. Ms. Sneha Sharma bagged the 1st position. Ms. Parikshita Narwal won the 2nd position.



The Department of Botany also organized week-long activities to celebrate women's achievements and advocate for gender equality. The main purpose of the week-long celebration was to raise awareness about women's rights and the need to end gender discrimination. Various activities such as talks on 'Women Empowerment', poem recitation, poster making and declamation competitions were held.

To mark the 50th International Women's Day from March 8-15, 2025, the Department of Computer Science, in collaboration with the Women Cell of St. Bede's College, organised a book review on March 13, 2025, to celebrate women's accomplishments and advocate gender equality. Books reviewed were "Women Empowerment in India" by Sarika Sharma, followed by "Indomitable: A Working Woman's Notes on Work, Life, and Leadership" by Arundhati Bhattacharya.

MOVIE SCREENING OF "HIDDEN FIGURES"

To commemorate the 50th International Women's Day from March 8-15, 2025, the Women Cell and Gender Champion Club organised the screening of the movie "Hidden Figures" on March 15, 2025, aimed at acknowledging the significant contributions of women in science, technology, engineering, and mathematics (STEM).

Department of Economics proudly hosted the Inter-College Economics Literary Meet on March, 2025, uniting talented students from various institutions, including the Centre of Excellence, Government. college Sanjauli and HPU Institute of Legal Studies, Chaura Maidan, for an engaging day of discussions and competitions.

The winners were:

* Movie Review Competition:
1st- Harshita, Centre of Excellence Sanjauli
2nd- Khushboo, Centre of Excellence Sanjauli
3rd-Saizal, St.Bede's College
* Crossword:
1st- Jagriti, Centre of Excellence Sanjauli
2nd-Divya Uniyal, St. Bede's College
* Slogan Writing Competition:
1st-Jagriti, Centre of Excellence Sanjauli
2nd-Anshita, Centre of Excellence Sanjauli
3rd-Shrooti, St.Bede's Collage
* Panting/Sketching Competition:
1st-Pradyuman, Centre of Excellence Sanjauli
2nd-Garbeeta, St.Bede's College
3rd-Archi, St.Bede's College

On March 21, 2025, Department of Science, St. Bede's College organized an online Alumni Meet, bringing together former students for a virtual gathering. Around 12 ex-students of St. Bede's College, who are presently well-placed and excelling in their career joined the meeting to share their experiences during their academic journey . They emphasized upon the importance of organizing similar sessions in an offline format in the future to foster stronger alumni connections while encouraging the students to do better in their academic sphere.

Cells and societies

The Fine Arts Society of St. Bede's College organized a 'Fine Art Exhibition' on March 03, 2025 outside the college auditorium. This was an initiative to encourage and facilitate entrepreneurship skills of students. The items sold by them included canvas paintings, bookmarks, beaded bracelets, phone charms, clay art, handmade jewelry handmade crochet, tote bags and birthday cards.

The Annual Prize Distribution Function at St. Bede's College was held on March 6th, 2025 to honor and celebrate the exceptional achievements of students across various fields, including academics, sports and both curricular and co-curricular activities. The event was graced by the Honorable Chief Minister of Himachal Pradesh, Sh.Sukhvinder Singh Sukhu, as the Chief Guest. Sh. Harish Janartha (local MLA) and Sh. Sanjay Awasthy (MLA) were also present as special invitees for the occasion.

On March 8, 2025, the Women Cell and Gender Champion Club, in collaboration with the Computer Science Department of St. Bede's College under the aegis of Unnat Bharat Abhiyan, celebrated International Women's Day at St Bede's College and also an outreach programme at Gram Panchayat, Dhalli was organised to commemorate this meaningful day. The day was celebrated to honour and recognise the achievements of women around the world and advocate for women's rights and gender equality. The event included a series of activities designed to engage and empower the students and faculty.

On March 08, 2025, the Placement and Career Guidance Cell of the college held a
placement drive with the company 'Maxnova' Healthcare. Around 25 final year students from the college were interviewed from all the streams.

To commemorate the 50th International Women's Day from March 8-15, 2025, the Women Cell and Gender Champion Club of the college organized various activities in collaboration with the Department of Computer Science, such as outreach program at Gram Panchayat, Dhalli, book review writing to celebrate women's accomplishments and advocate gender equality and screening of the movie "Hidden Figures" aiming at acknowledging the significant contributions of women in Science, Technology, Engineering and Mathematics.

On March 8, 2025, the NCC cadets of St. Bede's college, under 7(HP) (1)Coy NCC Shimla celebrated NCC Rising Day. The event was celebrated with great enthusiasm, graced by the esteemed Chief Guest, JCO Shyam Lal, whose valuable insights about leadership skills inspired the cadets and the attendees.

A 3-day workshop on "Basics of Python" was held at St Bede's College from March 10-12, 2025 with the initiative of the Principal Prof. (Sr.) Molly Abraham and the faculty members Ms. Neha Walia, Ms. Nivedita Bhardwaj and Mr. Devender Singh of Department of Computer Science and FLOSS-Free/Libre and Open-Source Software for Education, Indian Institute of Technology, Bombay. The workshop was organized to provide students with a solid foundation in Python programming and designed for beginners with little or no prior experience in coding, targeting to introduce students to Python's core concepts and practical applications. Over the span of three days, students were guided through e-lectures/videos, hands-on coding exercises and real-world examples to help them be comfortable with Python. The hands-on coding exercises and quizzes were conducted in online mode on Yaksh portal. After the successful completion of the workshop, 32 students were awarded e-certificates by Indian Institute of Technology, Bombay.

On March 17, 2025, the Placement and Career Guidance Cell under the aegis of IQAC, organized an event on "Empowering Aspirants: A Journey Through Governance and Leadership" In collaboration with Maan's Chandigarh IAS Academy.
The panel of guests featured distinguished guests from Maan's Chandigarh, IAS Academy. The eminent speakers focused on the importance of a structured approach to civil services preparation, the role of perseverance and focused study, insights into governance and policy making and strategies for effective mentorship and study planning. The event served as a valuable platform for aspiring civil servants to gain clarity on preparation strategies, career prospects, and the evolving demands of the UPSC exam.

On March 19, 2025, the Equal Opportunity Cell and SC/ST Cell of St. Bede's College organized an orientation programme. Dr. Deepali Dhaul, Chairperson of the Department of English at Himachal Pradesh University and Chief Advisor of HPU's Equal Opportunity Cell, was invited as the Guest Speaker. She discussed UGC guidelines for marginalized students, emphasizing on inclusivity, equal access to opportunities, and the importance of scholarships. The session aimed to raise awareness and support students in creating a more inclusive academic environment.

St Bede's College organized the Grads' Nite for the outgoing batch of students on March 20, 2025 on the theme 'Met Gala: Garden of Time'. The Chief Guest for the day was Shree Harish Janartha (local MLA) and Senior Advocate, Mr Kapil Dev Sood was special invitee. The attraction of the function was a cultural program along with a ramp walk wherein Ms. Bede's was selected. . The prize winners for the function were as follows -
Ms. Bede's - Akshita Chauhan
First Runner up – Jahnavi Bali
Second Runner up - DikshaUniyal
Other than this the following titles were won by-
Miss Vivacious - Sejal
Miss Charming – Priya Bhaskar
Miss Fashion Icon – Disha Bahukhandi
Miss Crowning Glory – Anushka Thakur
Miss Elegenza – Mehvish Sauhta

ARTWORKS

Aditi Sharma
BSC Medical
3rd Year

Jahnavi
Geography
Hons 1st Year

Priyan Rukta
BA 2nd Year

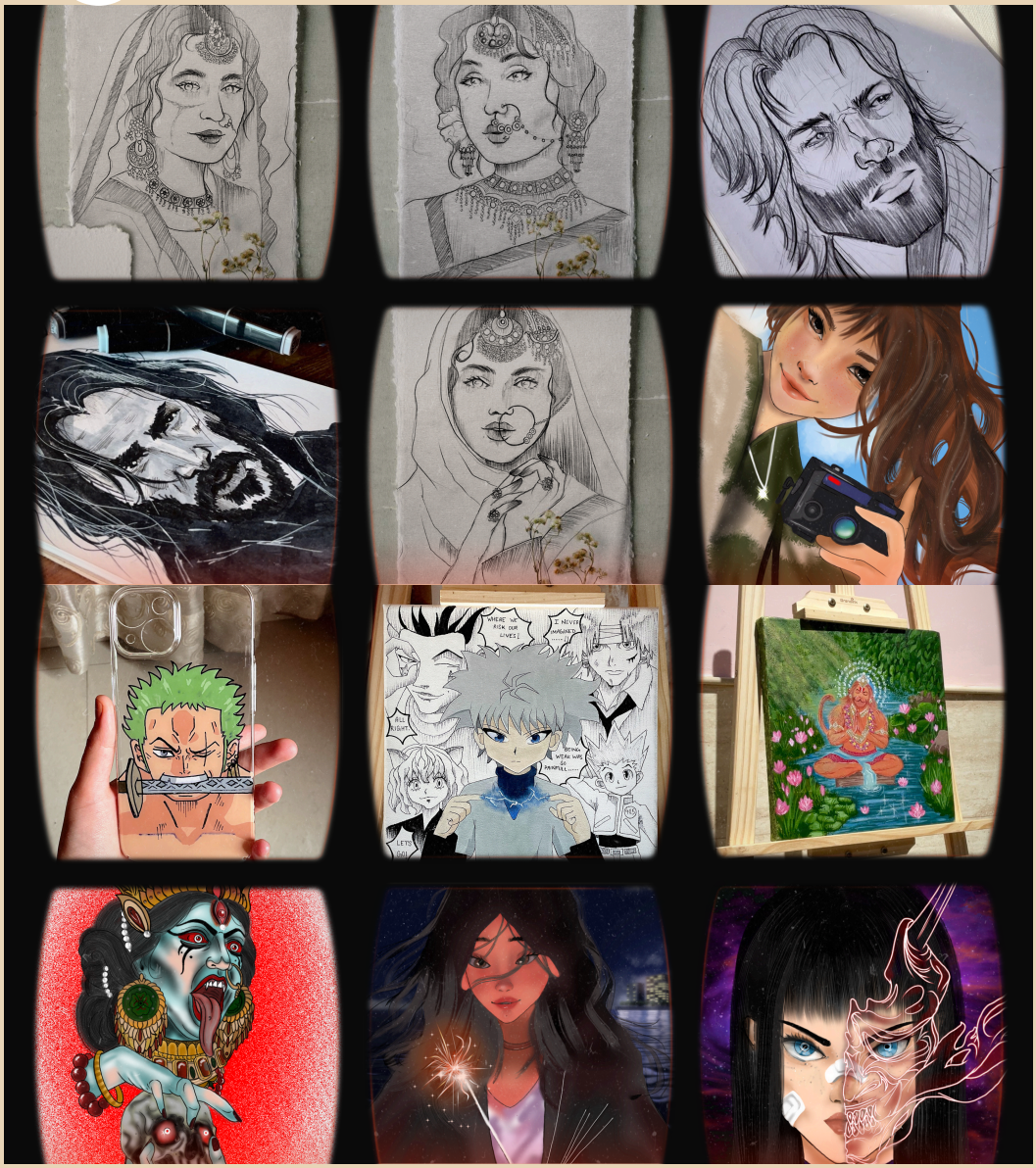
Shrooti Sharma
BA 2nd Year

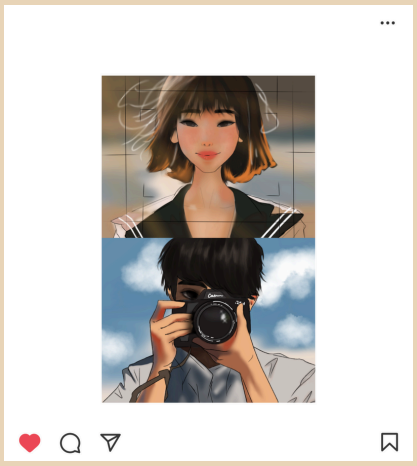
Shambhavi Sharma
English Hons 3rd
Year

Rozali Thapa
English Hons
3rd Year

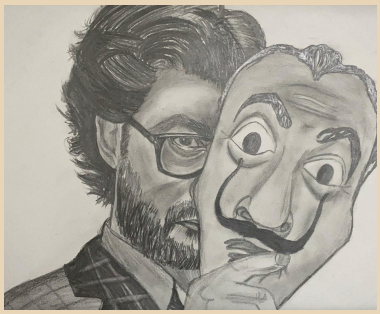
Arpita
English Hons 1st year

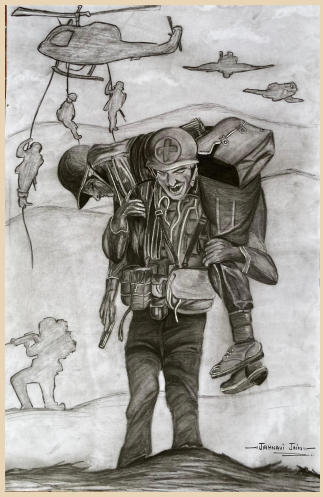
palettesofaditi





Aditi Sharma
BSC Medical 3rd Year

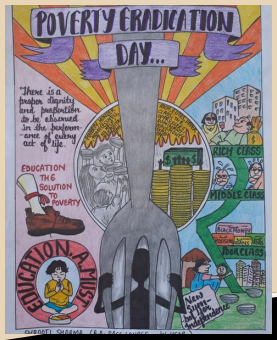


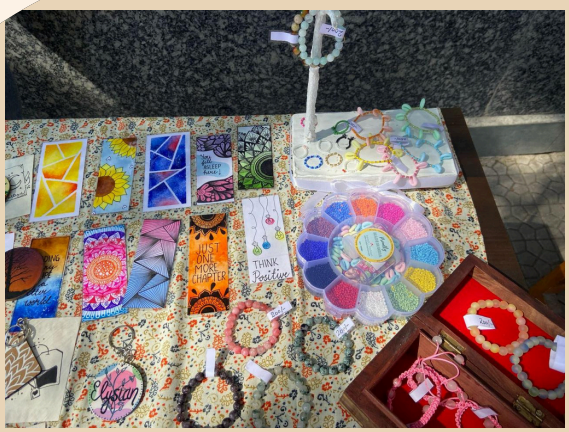


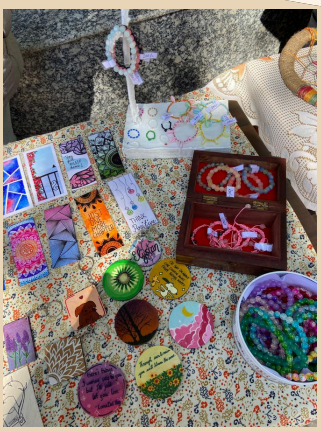
Jahnavi
Geography Hons 1st year

Shrooti Sharma
BA 2nd Year

Priyan Rukta
BA 2nd Year

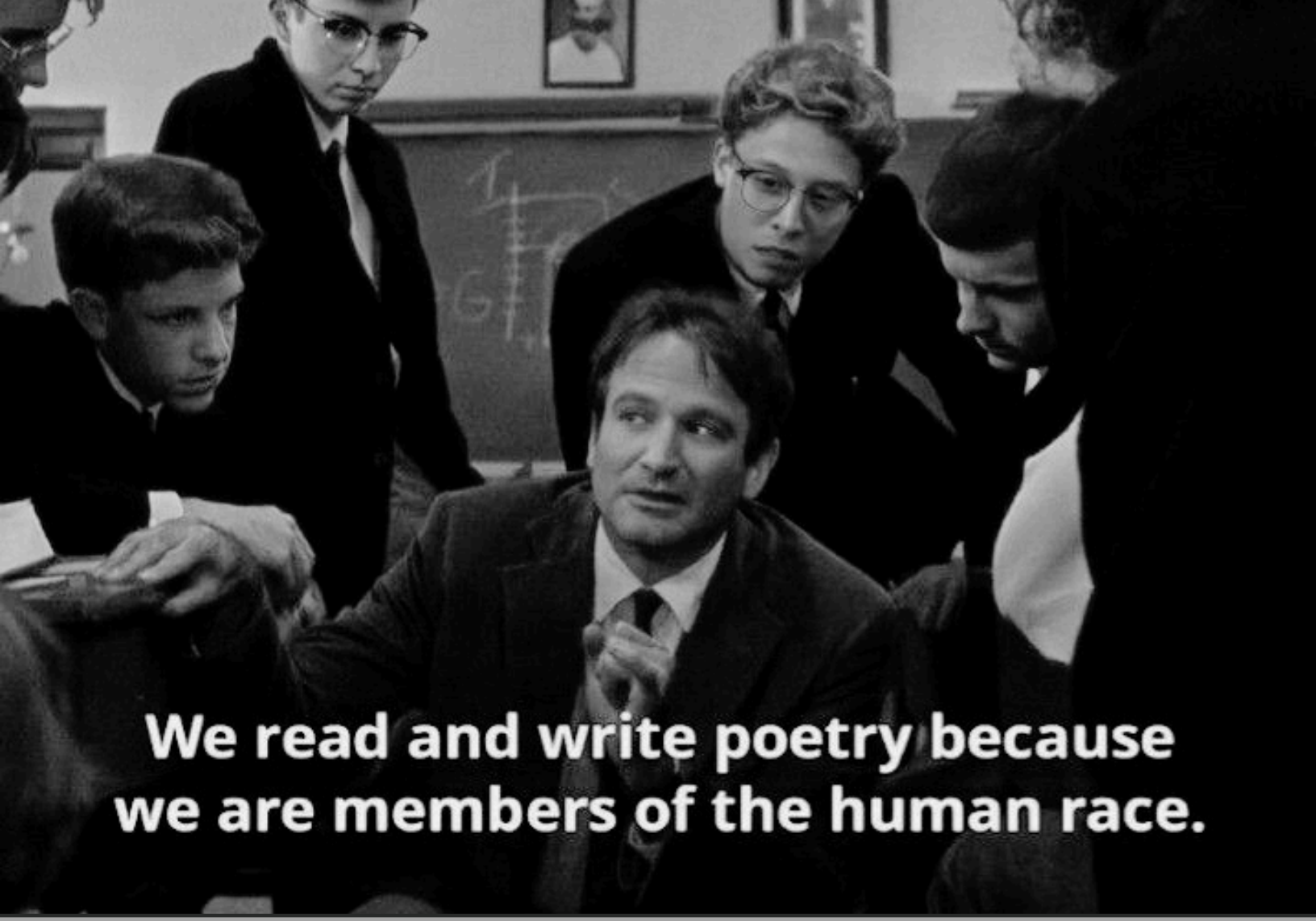






Rozali Thapa
English Hons
3rd Year

Shambhavi Sharma
English Hons 3rd Year



Poetry

In the realm of poetry, words become whispers of the soul, echoes of the heart, and reflections of the human condition. It is a world where imagination knows no bounds, and the ordinary becomes extraordinary. Students in this section share their voices, their visions, and their verses crafted with passion, creativity, and heart.

Achint Maan
Unnati Shree
Aarushi Awasthi
Himani Verma
Riya Sharma
Kritika Thakur
Medhavi Nautiyal
Shayontika Chakraborty

Indelible

Some nights even go ,
just waiting for that one day.
Clock heals everything, people say.
The art of worshipping a memory ,
The sudden hearken back to the moments,
Teaches dolce far niente ,
Souvenir is a lock and serendipity is a key.
Noticed but unnoticed some things are,
But they excellently leave their scar.
You keep on finding your faults ,
Where life gives you halts .
It's your griffonage about yourself which I tend to learn ,
But setbacks and regrets are the only things I earn .
Still you're my night and day ,
I see you everywhere my visits I pay.
You are the feeling of petrichor ,
And soon the sun shines ,
Then it's the Liminal ,
Where we both dine

Achint Maan
BA English Hons 3rd Year

Learned Fool

Ah, the allure of the learned fool's enchanting
Brew of words and senses .
I too want to concoct such potions as I tap into
The depths of my mind.
What is this magic that drives them , enchants them so much?
How is it that they create such fancy potions.

Could I create one of my own, just as magical, just as profound?
Oh I shall create one of such potion of my own.
Sitting wrapped in the gentle breeze ,
I too flow as my thoughts carry me to the realm of mind's eye where imagination dwells ,
From where flows the eternal river of fanciful thoughts so beautiful, so profound.

My wine mixes with thine as I walk behind the steps of the learned fool
Seeking to harness the magic within my own mind.
Would it be possible to attain such hold of one's mind?
And create potions of words enchanted as I explore the realms of mind.

Aastha Awasthi
B.A English Hons 3rd Year

Under The Same Sky

Under the same sky,
Below the different roof,
She casts for you,
Smiling, you get out of her sight,
driving her aloof.
Hidden beside the clouds,
She caught you then,
Glimmering, blushing, whooping
You say, "let's play this again".
Finding peace in your beauty
And ecstasy in your scars,
You tell her you're here
When her mind is at war,
Notwithstanding the fact you're too far.
In the dark times here,
When she's bewildered in her thoughts,
You light her up
When the place feels bizarre.
There's a reason she romanticises you —
You neither ask her questions
Nor starts judging.
You give her a gift which
Most humans can't———
That is listening.
She finds a comfort, a home, in you.
When things go wrong,
She waits for you,
You see her in every patch,
Giving her hope,
Standing by her side,
In every life's slope.
Just like you, she goes through phases—
Of light,
Of dark.
You may not always appear,
Yet you are always whole,
Leaving your perfect mark.

Unnati Shree
B.A English Hons 2nd Year

Importance Of Mental Health and Mental Health at Work Place

Walking through the large buildings
An idea whispered,
How happy must be those
Who are stocked with wealth.
Desperately listening to the talks of officers
Doctors talking about disease, CEO's about losses.
None seemed happy all in a glass
Which might crack any moment.
I asked an officer, "Are you contend?"
His gaze held stories his silence deep.
Now I moved forward and saw a squirrel
I asked it, "Why would no one answer me?"
It declared that these dens are cursed with curse of ignorance
Where shadows dwell and silence burst.
Enlightened, I moved and decided to break the curse.
Here I stand today to share a secret
Mental health matters to all
So let's support each other,
For a brighter workplace in every way.

Himani Verma
BA Pass Course 3rd Year

Dear Radha-krishan

You are the sole companion of mine, if someone can comprehend my thoughts, they will know this
Whose gaze can make my breathing stagnant, you're also the beat of that heart .
I need you just as a sailor needs a guiding star.
Many people have loved you before me Nevertheless, The tears in my eyes demonstrate how special my love is for you .

I might be entangled in this fantasy world,
Maintaining fragile hopes with the world of hallucination.
And when I look at you , my eyes get wet with the pangs of separation, for being apart from you is unbearable.
Nevertheless, when I recite your name wholeheartedly , your presence brightens in my heart as an inseparable link .

Riya Sharma
BA English Honos 1st Year

A Lover Or A Fool ?

Oh he's a fool, but oh he isn't
He waits for her quietly
Down the street alone

She passes by with a subtle smile
It wasn't for him of course
He's a virtuous man
But she's a tragic hero
She's a keen observer
As she observes everyone but him
He passes by with a smile
Saying well ignorance is a bliss
For them
A fool was he ?
Or a hopeless romantic may be?
But god ! how ignorant was she
Or not so much may be ?
Why you may ask ?
Now you shall see.

She walks the same path
Just to see him everyday
She leaves her fragrance
behind For him.
Or would quietly glance at his shadow
All these were her subtle hints
She wasnt scared but a little shy
So she would secretly wave at the sky
Hoping it would reflect her love
The wind was the matchmaker
He threw the handkerchief at him
And now she could claim him as her's?

What a pleasent sight the sun
Giggled , and the trees replied
"Ah you'll disturb them"
Be queit!!
Their love has been delacred openly it's that auspicious time when their eyes meet
But oh misery the thunder made
noise and it was already five
Everything almost over .
Now the sun rays showed the reality
His love is long gone
For now she is in place
where she may or may not belong
And he waves at the sky
To recieve her goodbye.

A lover was he the heaven cried
Or an aimless fool,
The world replied but at the end
Its upto him what he picks
and I'll let him decide

Kritika Thakur
BA English Hons 2nd year

A Footnote

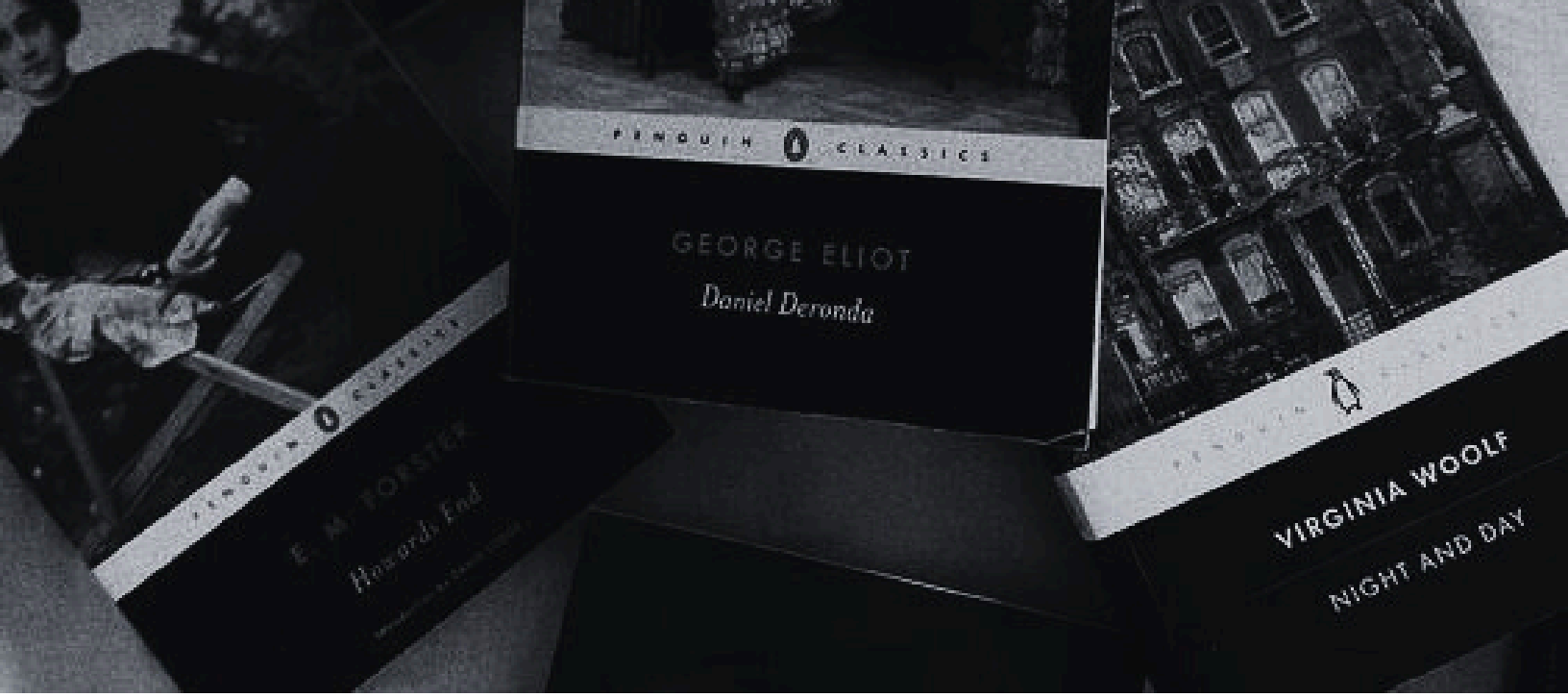
I loved you in a season that never bloomed,
Our timing was a whisper lost in the wind
And now you write the chapters of your life
Penning love in the ink that no longer rhymes
She's now your muse— your perfect prose,
woven in verses, my heart still knows
Whereas me? Well I'm still unsure
Whether I even get to be a footnote in the pages that you wrote.
But I don't mind. I'll even take that place,
Small, unseen, tucked in margins,
Out of the race.
So you write you story, and I'll turn the page,
Smiling softly at the word "Love", misspelled.

Medhavi Nautiyal
Psychology Honours 2nd Year

I Wonder

People say, when someone dies, they become a part of the endless sky, they become a star,
I wonder if that's the reason why, there are millions of stars in this universe. With every death, the sky shines more.
Sometimes when I feel like giving up, I just take look at the sky, and I see all those shining souls, rather should I say, the stars, telling me that everything is going to be alright.
I wonder if I was a star once, in a deep and dark corner, in some galaxy... I wonder if I was a part of the beautiful abyss.
If I become a star in my next life, I want myself to be in the darkest corner of the galaxy, so that I can light up the spot, because the beautiful galaxy doesn't deserve to be dark.

Shayontika Chakraborty
English Honours 2nd year



Book Reviews

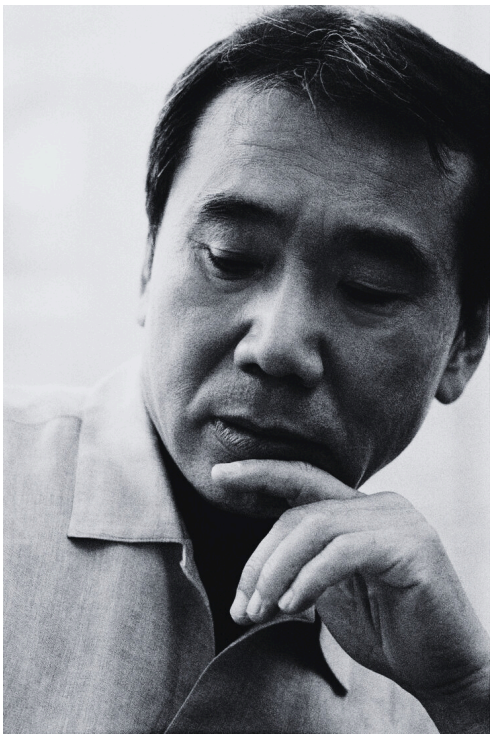
In the pages of a book, we find the whispers of the past, the wisdom of the present, and the promise of the future. As we turn the pages, we begin on a journey of discovery, where words become worlds, and stories become soulmates. In this section, the students share their love with books, where each review is a testament to the transformative power of reading.

"Keep a book and one day it'll keep you"

Shambhavi Sharma
Harshita Thakur
Aadrija Ray Chaudhury
Shayontika Chakraborty

MEN WITHOUT WOMEN –HARUKI MURAKAMI

SHAMBHAVI SHARMA
BA ENGLISH HONS 3RD YEAR



As the title suggests, the book follows stories of men in their longingness and loneliness state. This is a collection of stories about rejection and moving on. It follows men as they struggle to get their bearings back after their loved ones departed. It follows men coping with their situations while somewhat stuck in a limbo of lamentation. This is a collection of stories about men who can't handle the situations that they are currently at. So, this is a bit on the sad part of the spectrum. This book is like a book that features sad realities in the human world, fragility of the human spirit and unpredictability of the human emotions.

We have this man, Kafuko, who lost his wife 20 years ago after a short illness being quizzed by his female driver on their way to and from his performances about his past especially the affairs of his late wife and eventually telling readers about his action of befriending a fellow actor whom he thought had an affair with his wife; a young man, Kitaru, asking his friend to date his girlfriend because he thinks that he is a good guy; a bachelor cosmetic surgeon, Dr. Tokai, with a strange habit of hooking ups with intelligent women in steady relationships but loathes attachments but who eventually fell in love with a married woman who can't love her back; a man who received his third phone call about another ex-girlfriend who died by committing suicide; a young man, Habara, in confinement who receives sexual pleasures from his housekeeper, who's after their conversations post sex; a man, Kino, who opened a bar after his split with his wife and is now being randomly visited by cats and snakes and; lastly a man who find himself transformed from an insect to a human. Despite having different backgrounds and issues, what makes them the same is the fact that all of these men have a missing jigsaw piece in their hearts.

After reading quite a few of his books, I am now realizing that Muramaki has a knack of being observant. He was able to convey those feelings in his books and he was able to make me feel those observations with him. I believe that's the main reason why I enjoyed this book, Murakami makes you become part of his stories by letting you be like a bystander in a certain scene, a part of the house, a grass or a tree. With all the books that I read of his, there's no feeling of disconnection. With this book being a short story collection, the transition between stories was flawlessly done and it is as if like I was still reading just one interconnected story. Not wanting to move forward, unmotivated response to life, unreciprocated love and choosing loneliness to avoid the pain of love are the themes prevalent in this collection.

Though this collection evokes melancholic vibe, I see positivity in the stories. It's a good study about how different people cope with loss and life and how they should be understood. There's a lot to be discovered about the book's male protagonists. You'll question their motivations behind their actions. Each story is distinct from the other but each story values the importance of communication, which is a way a person presents his soul to another. Majority of people may view life as something to be enjoyed and that's what keeps them moving, but others find solace within their own private selves, in their nooks.

So in the end maybe that's the challenge: to look inside your own heart as perceptively and seriously as you can, and to make peace with what you find there. If we hope to truly see another person, we have to start by looking within ourselves."

THE SONG OF ACHILLES – MADELINE MILLER

HARSHITA THAKUR
BA ENGLISH HONS 3RD TEAR

"The Song of Achilles" by Madeline Miller is a breathtaking reimagining of the story of Achilles, the greatest of the Greek heroes, told from the perspective of Patroclus, his close companion and lover. Miller's novel explores love, friendship, fate, and the complexities of heroism against the backdrop of the Trojan War, bringing depth and humanity to the ancient myth.

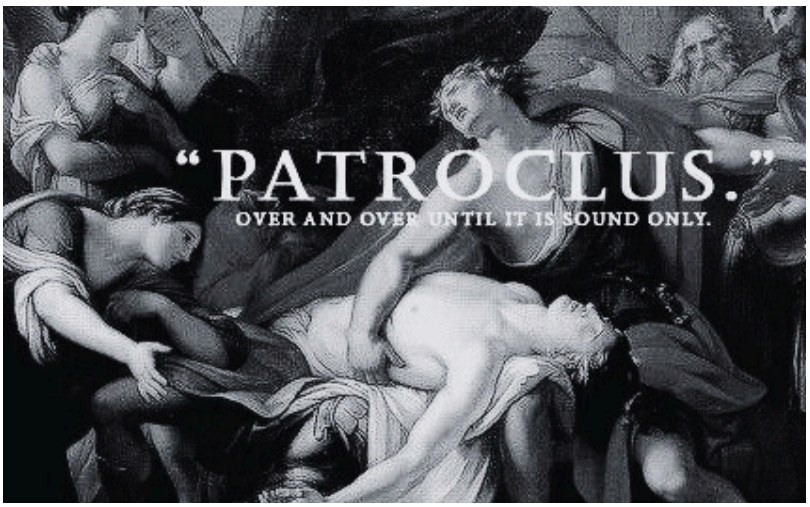
The narrative is framed around Patroclus's perspective, a character who, in traditional Greek mythology, is often relegated to the background, primarily remembered for his close relationship with Achilles. Miller's decision to make Patroclus the narrator is a masterstroke, allowing readers to see Achilles not as a distant, almost untouchable hero, but as a vulnerable, multi-faceted human being. Patroclus is portrayed as sensitive, kind, and somewhat out of place in the violent, testosterone-driven world of the Greek warriors. His bond with Achilles is portrayed as one of deep affection, intellectual connection, and eventual romantic love, and it is this relationship that forms the heart of the novel.

Miller's prose is lyrical and evocative, imbued with emotional weight and depth. She takes the familiar myth of Achilles and reinterprets it in a way that is both fresh and deeply moving. The love between Achilles and Patroclus is rendered as tender and tragic, and Miller's exploration of their emotions makes the ancient story feel profoundly modern. The novel also skillfully delves into the idea of destiny and the inescapability of fate, a central theme in Greek mythology. While Achilles is destined for greatness, Patroclus is fated to be a mere shadow of him, and this tension creates a poignant backdrop for their relationship.

Miller does not shy away from the brutality of the Trojan War, and she does not present her characters as perfect. Achilles, while heroic and near-mythical in his abilities, has his flaws and moments of arrogance, while Patroclus's gentleness at times renders him vulnerable to the harsh realities of war. However, their bond, especially in the face of overwhelming odds, is a testament to the beauty of human connection, even in the darkest times.

The supporting characters also enrich the narrative, adding layers to the story and offering various perspectives on the central relationship. From the stern but loving figures of Thetis (Achilles's mother) to the complex portrayal of Gods like Apollo and Zeus, Miller breathes life into characters who, in the original myth, might have been seen merely as background figures. The vivid portrayal of the Gods and their interactions with mortals provides an additional layer of complexity to the novel, adding weight to the idea that the Gods are as flawed and driven by emotion as the humans they oversee.

"The Song of Achilles" is not just a story of ancient Greece; it is a story about love, loss, and the unbreakable bond between two souls. Miller's ability to blend the epic scope of the Iliad with the intimacy of a love story is nothing short of remarkable. The novel brings the myth of Achilles and Patroclus to life in a way that is both tender and heartrending, making it accessible to readers who may not be familiar with Greek mythology while also offering depth and richness to those who are. Ultimately, "The Song of Achilles" is a story about the ways in which love can transcend time, war, and even death itself.
"The Song of Achilles" is perfect for readers who enjoy Greek mythology, historical fiction, and deeply emotional character-driven stories. Fans of slow-burn romance and complex relationships will appreciate the love story between Achilles and Patroclus. It's ideal for those who appreciate lyrical prose and themes of identity, love, and loss. The book also appeals to young adult readers exploring friendship and self-discovery. Overall, it's a captivating read for anyone who loves beautifully crafted, thought-provoking fiction.



A LITTLE LIFE – HANYA YANAGIHARA

AADRIJA RAY CHAUDHURY
BA ENGLISH HONS 2ND YEAR

I've read a lot of emotionally taxing books, but "A Little Life," Hanya Yanagihara's follow-up to 2013's brilliant, harrowing "The People in the Trees," is the only one I've read that's left me sobbing. I became so invested in the characters and their lives that I almost felt unqualified to review this book objectively.

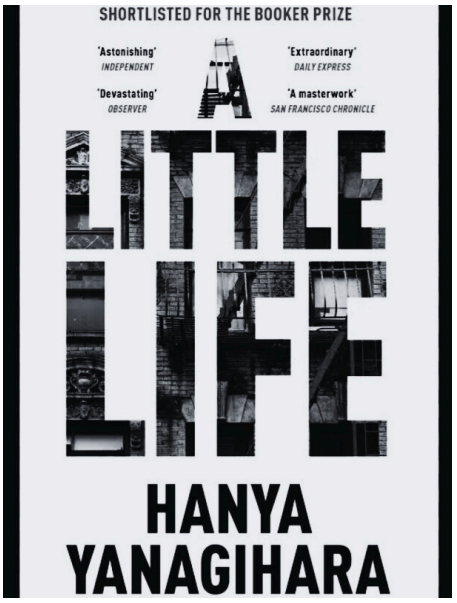
"A Little Life" is about how four college friends persevere through life's hardest moments while still making the most out of their struggle. The friends in question– Malcolm, JB, Willem, and Jude–are each more different than the other, but all unconditionally love each other.

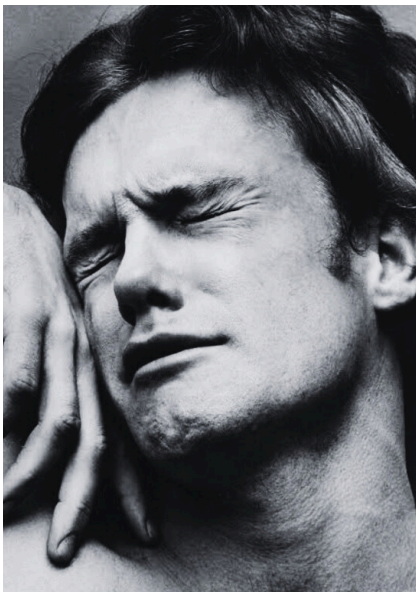
The main character, Jude St. Francis, who has already been subjected to an incredible amount of suffering. I became nauseous with the knowledge that this joy would have to collapse in the following 500 pages. I wanted so badly for Jude to remain frozen in a moment of happiness.Instead, Yanagihara records the ups and downs of Jude's life with painterly, painstaking patience, denying easy resolutions at every turn.

Bit by bit we learn that he was abandoned in a bin and raised in a monastery of depraved monks, how he was brutalised and prostituted at every stage of his early years. "Not having sex: it was one of the best things about being an adult." In a society so deep scented with exactly the opposite this is an arresting sentence in an arresting book.The tortures he endured and how they created the gravely ill and self-loathing adult he has become.Yet "A Little Life's" most graphic passages relate to the injuries Jude inflicts on himself. The description, in the second of the book's seven sections, made my jaw clench, my stomach lurch.Therefore his episodes of chronic pain, so their impact starts to diminish.

This may be an obvious criticism to level against a 700-page book, but it is too long, like somewhere you would feel that the emphasis on everything is either too much or I should say a little over exaggerated but this book will make you feel and tear up on every emotion, every pain that the characters went through in the book especially Jade.

So a warning for anyone who wants to read this book should know that these struggles become too much.





Yanagihara sets her action in what is almost an eternal present-tense. This frees the reader from feeling as though they are wading through the memories of each character every time something interesting happens, and keeps us present and hooked during the crucial moments.

It is sometimes upsetting, and the core of the book is surrounded by some extremely difficult subjects. That being said, whilst it is important to look up the trigger warnings surrounding this book and others, it is also important to remember that a book is not just a summary of its trigger warnings.

Ever since I finished this book, the thoughts for this book, the depth about it is always there in my mind. I just can't seem to forget the imprint this book left on about life.

The intensely beautiful relationships in this book are what drive this novel.

In the end these works are what keeps its readers up at night unable to think of anything else, let alone move onto another story, and they are what make me excited for the moment, when I am finally ready to pick up this book to read again which will take some time, because after reading this book somewhere I feel the emotional aspect of it has been engraved in my mind, so to read this book again I need to be sure that I can take the storm of emotions again.

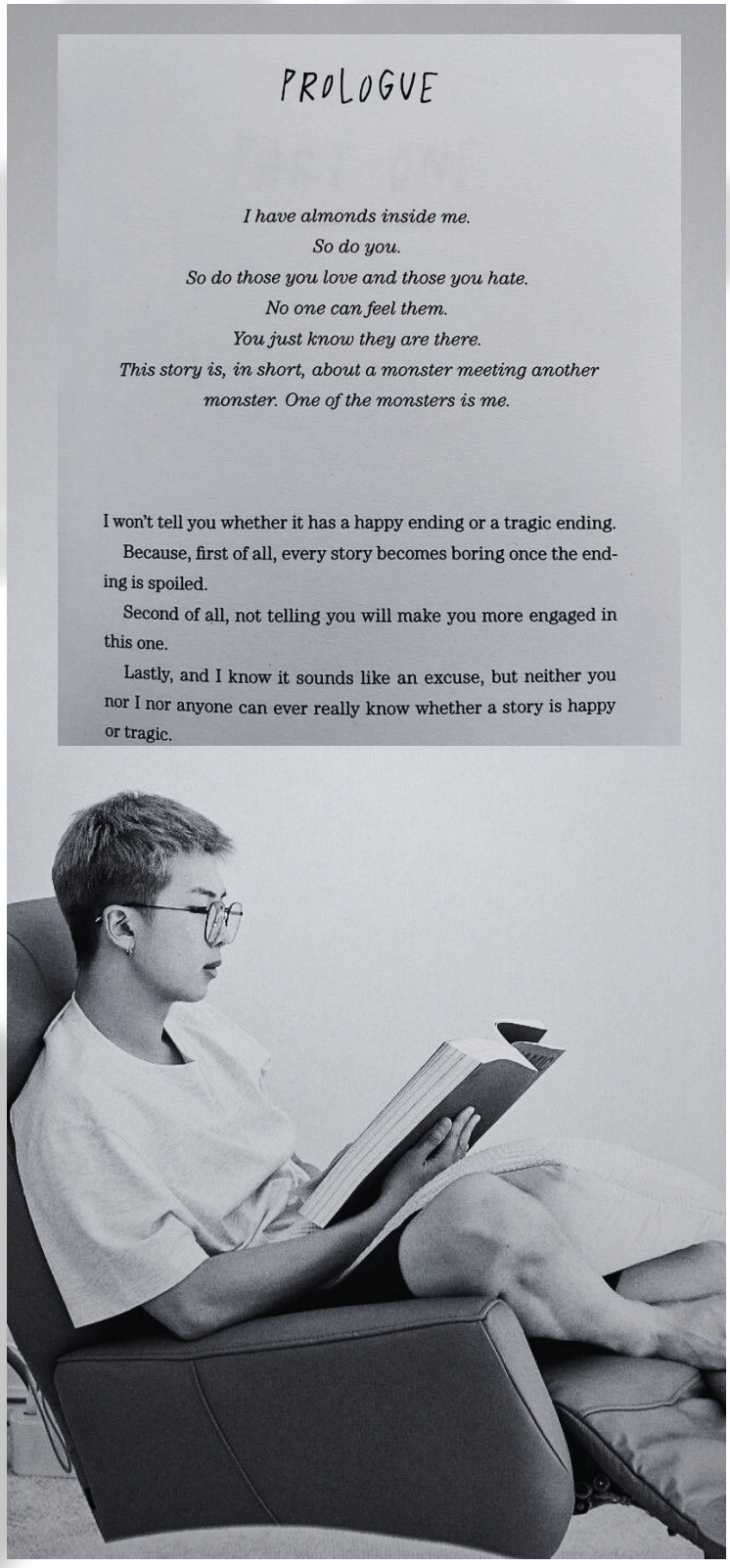
ALMOND
–WON PYUNG SOHN

SHAYONTIKA CHAKRABORTY
BA ENGLISH HONS 2ND YEAR

"Almond" by Won Pyung Sohn is book that explores the complexities of adolescence, meaning of emotions, and the diversity of people's lives and friendships. Yunjae was born with a rare brain condition called Alexithymia. It's a condition where one cannot feel emotions, and its hard to interpret emotions in others as well. This makes Yunjae an intriguing character, one who is both an observer and a detached participant in the emotional lives of those around him. The novel begins with Yunjae's early life, where his mother, a caring and sensitive figure, tries to help him navigate a world where emotional expression is key to human connection. Yunjae never really had friends and his life revolved around his mother and his grandmother. Yunjae led a simple life with his guardians. On Christmas Eve when it was Yunjae's 16th birthday, things take a turn for the bad. His mother and grandmother are attacked and murdered by a psychopath on the streets of Cheonggyecheon, leaving him all by himself in the cruel world. Yunjae faces both internal and external conflicts that make him question his identity and place in society. More characters like Dora and Gon are introduced who help Yunjae discover and learn about feelings. Both of them play a very important role in his life. With Dora, Yunjae learns about the feeling of love and attraction. The development of Yunjae's character is the novel's strongest suit. Through his eyes, we explore the intricate web of human emotions and the ways in which they drive our actions and relationships. His interactions with others, including his friendship with the rebellious and emotional Gon, serve as poignant reflections on the complexities of human connection. Through Gon, Yunjae slowly learns about the vast spectrum of emotions, from love to anger, from compassion to jealousy. Their friendship serves as a pivotal point in Yunjae's emotional awakening. The ending of the book is very unexpected. The novel delicately navigates how trauma, social pressure, and emotional numbness shape the way we engage with the world around us. It is both a meditation on the emotional struggles that define adolescence and a profound exploration of what it means to be "normal" in a society that often values emotional expression above all else. Through Yunjae's narrative, The author raises important questions about empathy, guilt, and the nature of humanity. The author's exploration of Yunjae's inner world is both poignant and unsettling, offering a unique perspective on the human condition.

One of the strengths of the novel is its ability to balance philosophical and psychological insights with a compelling narrative. Almond is a haunting and thought-provoking novel.

I would definitely recommend it.



A RECOMMENDATION BY KIM NAMJOON

Writeups

'The pen has been mightier than the sword for centuries, passing down wisdom, stories, and experiences from one generation to the next. The art of writing has been a timeless tradition, weaving together the threads of human thought, emotion, and connection. As the Greek philosopher, Plato, once said, "Wise words are the seeds of wise actions". In this corner of our magazine, we invite you to tap into the wisdom of the ages, as expressed by our talented student writers.
As the renowned author, Neil Gaiman, once said, 'The one thing that you have that nobody else has is you.

Shreya Thakur
Sakshi Bhardwaj
Nikita Thakur
Harshita Thakur
Manu Sharma
Dr. Anupama Tandon

WOODEN WISDOM: THE LINEAGE OF FIERCE FEMALE VOICES IN LITERATURE

SHREYA THAKUR
BA ENGLISH HONS III YEAR

There are voices that bloom like roses — delicate, transient, ephemeral.
And then, there are voices that grow like trees — gnarled, rooted, unbreakable.
The world has often sought to silence women;
But their stories found root in the earth,
Their voices bled into ink,
And their wisdom turned into wood —
Eternal, Unburnable, Unbreakable.
This is the story of the women who wrote with splinters in their veins ; the women whose ink was not merely words but the sap of resistance, flowing through the roots of literature. They are the wooden wisdom — immortal, harsh, and everlasting.

Mahasweta Devi: The Tree That Bled for the Marginalized

"I am a writer because I don't want to be silenced." – Mahasweta Devi

If the forest of literature were to have a flame tree, Mahasweta Devi would be a tree that bleeds red with the stories of the oppressed. Writing in the raw heat of post-colonial India, Devi's works like Draupadi, Hajar Churashir Maa, and Breast Stories carry the burden of tribal women, bonded laborers, and the voiceless.

Her writing did not comfort the reader; it burned. In Draupadi, her protagonist, a tribal woman named Dopdi, is raped and brutalized by state authorities but in the moment of greatest violation, she refuses to cover herself. Her nakedness becomes her rebellion; her shame turns into power.

Mahashweta's literature reminds us that real writing does not comfort; it convicts. It does not offer shade ; it sets the ground on fire.

Virginia Woolf: The Tree That Broke Walls

"A woman must have money and a room of her own if she is to write fiction." – Virginia Woolf

In the forest of literature, Virginia Woolf was an oak tree — strong, silent, yet persistent in breaking walls. Writing in an era where women were ornamental creatures of the drawing-room, Woolf demanded intellectual freedom. In A Room of One's Own, she questioned the systemic erasure of women's writing: Why have there been no female Shakespeares?

Her stream-of-consciousness novels, Mrs. Dalloway, To the Lighthouse, and The Waves, did not narrate stories; they unfolded human consciousness. Woolf's pen did not fight with swords, it dismantled the very walls that caged women. She believed that women's minds were vast oceans, and society merely showed them as teacups.

Her work was not loud; it was seismic. Her quiet defiance has rippled through centuries, allowing women to write, exist, and be heard.

Toni Morrison: The Petrified Wood of Black History

"If you want to fly, you have to give up the things that weigh you down." – Toni Morrison

While Woolf carved space for women, Toni Morrison burned pathways for Black women. She was a tree petrified by the horrors of slavery ; her roots entrenched in Black identity, her branches spread across generational trauma. In Beloved, Morrison unearths the brutal legacy of slavery but her magic lies in how she immortalizes pain into poetry.

Sethe, the protagonist of Beloved, kills her infant daughter to save her from slavery and the ghost of that daughter returns to haunt her. Morrison's genius lies not only in telling the story but in forcing the reader to feel the weight of inherited pain.

Her writing was not decorative; it was heavy. Morrison's novels are not easy to carry just as Black history is not easy to bear. But her voice, like petrified wood, will never decay.

Alice Walker: The Fruit-Bearing Tree of Womanhood

"The most common way people give up their power is by thinking they don't have any." – Alice Walker

In the dense forest of literature, Alice Walker is a fruit-bearing tree – scarred but abundant. In "The Color Purple", she does not merely tell the story of Celie; she unburdens centuries of silenced Black women. Celie, who begins as a voiceless victim, transforms into a woman who reclaims her voice mirroring Walker's own journey as a writer.

Walker's words do not just touch readers; they haunt them. Her belief that womanism is distinct from feminism gave Black women a new language one rooted in survival and joy, not just resistance. Like a fruit-laden tree, Walker's work offers bitter fruit ; stories of trauma but also sweet nectar ; stories of strength.

Her legacy is simple: "Women bloom best when they refuse to shrink."

Each of these women added another ring to the wooden wisdom — each ring etched with pain, resistance, and unyielding voice.

And so the forest grows.

Mahasweta's fire, Woolf's hammer, Morrison's ghost, Walker's fruit ,
All rooted in the same soil of defiance.
The world will try to cut them down,
But wood does not die , it petrifies.
Their wisdom will never burn; it will only harden.
And long after their bodies turn to dust,
Their stories will still stand like ancient trees –
Unbreakable. Eternal. Wooden Wisdom.

GENERATION GAP AND MENTAL HEALTH

SAKSHI BHARDWAJ
MSC. III SEMESTER, BOTANY

In today's time, suicides have become common. The shocking factor is that most men and women who commit suicides are between 20-35 years of age. It is hard to believe this fact because this age group is all about learning new things, achieving great ambitions, building responsibilities, and gaining experience; suicide, but why?

Older people who claim to have more experience of life, usually deal with such news very insensitively. They consider suicide to be an act of cowardice and think that the youth don't know the value of life, they don't care about their parents and can't deal with life's difficult situations. In a nutshell, they have zero empathy towards the deceased person but full sympathy for their parents.

One can easily attribute this callousness to generation gap. Averagely, older people never take mental ill-health seriously because they believe it's just a figment of the mind. Why are they so ignorant about mental health? Parents always teach their children how to make their life financially safe and secure, what subjects they should opt for, what kind of person they must be, etc. for choosing a certain career path in life to get over these hurdles. But have they ever talked to them about the issues they face mentally? No, never, even if they notice the mood swings of their children, rather than asking the reason, they taunt their children for misbehaving and start counting the favours that they have shown to their children.

Young children try to share their problems with their elders but they don't get any solution from them as they lack experience. If a child is expressing his or her feelings before the parents all they get in return is a piece of advice that their problems are manageable Why can't parents be friends with their children? Parents don't do it intentionally, it's just that they lack time and expertise to deal with mental health issues. Sometimes, people cite from experience that they have never faced such problems in their time, as they worked hard and knew how to be happy. They refuse to identify the issue just because the problem didn't exist in their time.

I'm not trying to portray older people/parents in a negative light. I'm just showing how generation gap is becoming dangerous and affecting young people. Prejudice and vindictiveness against the younger generation is the norm. How may we tell our elders that we are sensitive and there is nothing to be ashamed about it!

The best way to get over it is to improve communication between these two generations. Ask them how they are feeling, once in a while! Listen to what they have to say. Identify the red flags early on. Be empathetic and show understanding. Try to find out what lies behind the seemingly perfect life that they live on social media. The urge to fit in with a peer group makes the youth change their true nature and those changes give you stress, self-doubt, and anxiety.

Counselling sessions should become a regular part of school and college curricula. If the young are relieved from tackling mental health issues, many children can excel in life. Visiting a psychiatrist should not be a taboo. If anybody is taking therapy, the society should show support to that person because they are prioritising their mental health. So instead of using brutal words, you could encourage and motivate them very lovingly, and show your faith in that person.

Everyone should take out a few minutes a day in when they do what they love- "Me-Time". With a little bit of caring and sharing, let's make this world a friendly place!.

MANIPUR AND PRESIDENTIAL RULE : A CLOSER LOOK

NIKITA THAKUR
BA ENGLISH HONS III YEAR

Manipur, a beautiful state in northeastern India, is known for its culture, scenic landscapes, and strong people. But it has also faced many challenges, including political problems and ethnic conflicts. Recently, the Indian government imposed Presidential Rule in Manipur, which has caught a lot of attention. So, what does this really mean for the people of the state, and how did things get to this point?

To understand why Presidential Rule was imposed, we need to look at the political situation in Manipur. The state has had a history of instability, with frequent changes in government and rising divisions between different groups. There have also been issues like demands for more autonomy, economic problems, and insurgencies, which have made things worse.

In 2020, things got much worse. The ruling government faced internal fights, defections, and growing dissatisfaction among the public. The opposition parties were divided, and it became harder for the government to work properly. Eventually, the central government decided to step in, remove the state government, and impose Presidential Rule.

When Presidential Rule is imposed, the state loses its elected government. The Chief Minister and Cabinet are removed, and an Administrator or Governor appointed by the central government takes control. The state's legislature is also suspended until things are under control, and fresh elections are held.

In Manipur's case, the Presidential Rule came after months of political problems and concerns over how the state was being governed. This isn't just a short-term fix; it shows that the central government felt the situation had become too difficult for the regular government to handle.

For the people of Manipur, this decision is a mixed one. On one hand, it shows that the government is taking strong steps to solve the political problems. On the other hand, it raises concerns about losing local control and the ongoing struggles in the state.

Manipur has long faced issues like poor infrastructure, underdevelopment, and the effects of ongoing insurgencies. Many people feel their State Government isn't doing enough to solve their problems. With the state assembly suspended, they now feel even more disconnected from their elected leaders. While Presidential Rule might bring some stability for now, it also means less local involvement in decision-making, which many people worry about.

The big question is how long Presidential Rule will last and what will be done to restore normal life in Manipur. The central government says it is committed to bringing peace and stability, but this will require addressing the root causes of unrest, like ethnic tensions and economic problems.

In the long run, the goal should be to make sure the people of Manipur can fully take part in the democratic process, with a government that listens to them. Presidential Rule is just a temporary fix, and what's really needed is a wider discussion to solve the state's deeper issues.

The imposition of Presidential Rule in Manipur shows how complex it can be to govern a region with such a diverse population and political instability. While it may bring temporary peace, it's important to use this time wisely to find lasting solutions. The hope for the people of Manipur is that when Presidential Rule ends, it will not only mean the return of a state government but also a new beginning for peace and progress.

SMALL TRICKS, EMPTY WALLETS: THE PSYCHOLOGY BEHIND YOUR PURCHASES

HARSHITA THAKUR
BA ECONOMICS HONS
III YEAR

Smart Tricks, Empty Wallets: The Psychology Behind Your Purchases
Alright, let's ditch the jargon and discover how big companies in India play with our minds, and our wallets, using some seriously clever tricks. Think of it as a peek behind the curtain of the marketing magic show.
So, you know how sometimes you just have to have that thing, even though you don't really need it? Turns out, it's not just us being impulsive. There's actual science behind it, and it's called behavioral economics. And marketers? They're basically wizards at using it.
Ever felt the "Hurry Up!" Panic? That's loss aversion, folks.

We've all been there, scrolling through Amazon or Flipkart during their big sales. You see that phone you've been eyeing, but a giant red banner screams, "lightning deal ends in 5 minutes!" Your heart races. "What if I miss it? What if the price goes back up?" That, my friends, is loss aversion at work. They're playing on our fear of missing out, making us grab that deal before we even think twice. Zomato and Swiggy do it too, with those "limited time offers" on your favourite biryani. Suddenly, you need that free dessert, right? It's like they're whispering, "Don't let that deliciousness slip away!"
The "original price" trick: It's all about the anchor.

Walk into any big clothing store – Pantaloons, Westside, you name it – and you'll see it. A kurta with a big, bold "MRP ₹2999" crossed out, and a "Now ₹1499" next to it. Suddenly, ₹1499 seems like a steal! But wait a minute, was that kurta really worth ₹2999? Maybe, maybe not. But our brains are anchored to that higher price, making the discounted one look irresistible. Real estate companies do this too, with fancy "pre-launch discounts" on apartments. It's all about setting that initial high number to make the later price seem like a fantastic deal.

"Everyone is saying!" The Power of the Crowd.
Ever looked at online reviews before buying something? That's social proof. We're wired to trust the crowd. Myntra and Nykaa know this, which is why they plaster their websites with customer reviews and "bestseller" labels. And when you're scrolling through Zomato, you see those "most ordered" dishes and restaurant ratings. It's like a digital stamp of approval. "If everyone else loved it, I probably will too," our brains tell us. Influencer marketing is the same, just with famous faces instead of reviews.

"Only a few left!" The scarcity Game
Try booking a train ticket during Diwali on IRCTC. Good luck! limited seats create a frenzy, making us scramble to book. Phone companies like OnePlus love this trick too, with their "flash sales" and limited-edition launches. It's like they're saying, "This is exclusive! If you don't get it now, you'll miss out forever!" And our brains, being the collectors they are, can't resist.

How they say it: The Art of Framing.
Telecom companies are masters of this. They don't say "₹150 per month." They say "₹5 per day!" It sounds so much cheaper, right? It's all about how you frame the information. Insurance companies do the same, focusing on the returns of a policy rather than the premiums. They're making it sound like an investment, not an expense. It's all about putting a positive spin on things.
The sneaky "decoy effect": They're playing chess with your choices.

Imagine you're subscribing to Hotstar. They offer three plans: a mobile-only plan, a mobile and computer plan, and an all-device plan. The middle plan is slightly overpriced, making the all-device plan look like a much better deal. They're basically nudging you towards the more expensive option by making it look like the best value. Restaurants do this too, with those slightly overpriced medium-sized dishes that make the large size look like a steal.

So, the next time you're browsing online or walking through a mall, take a moment to step back and observe. Are you making a rational decision, or are you being swayed by these clever psychological tricks? It's not about being paranoid, but about being aware. Let's be honest, knowing how the game is played means you can play it better, and keep more of your hard-earned rupees in your pocket!

THE PSYCHOLOGY OF NOSTALGIA : A JOURNEY BACK TO THE HEART

MANU SHARMA
BA ENGLISH HONS
II YEAR

"Why do certain songs, scents, or snapshots evoke a wave of memories, instantly transporting us to another time? This phenomenon, known as nostalgia, is a testament to our deep emotional connection to our past."

Nostalgia, a complex yet universal experience, originates from the Greek words "nostos" (return) and "algos" (pain). Initially coined to describe the homesickness felt by soldiers longing to return to their families, it has evolved to represent a wistful affection for moments, places, and people from our past. Nostalgia is triggered by sensory experiences such as the smell of a home-cooked meal, a song from childhood, or the sight of a long-forgotten trinket. These seemingly small experiences have the power to awaken vivid memories, transporting us to moments that feel both distant and intimate.

Psychologically, nostalgia plays a vital role in shaping our identity and emotional well-being. Studies show that when we reminisce about positive past experiences, our brain's reward system activates, releasing dopamine and producing a sense of comfort and joy. This phenomenon is why nostalgia often feels like a warm hug from the past—it reminds us of the support, love, and connections that define our lives. More than just a fleeting feeling, nostalgia also serves as a coping mechanism during challenging times. By reconnecting with memories of resilience and growth, we find strength to navigate the uncertainties of the present.

The science of nostalgia reveals its profound impact on mental health and social connections. Brain regions like the hippocampus and amygdala, which are responsible for memory and emotion, work together to recreate detailed recollections when triggered by sensory input. These memories are not just archives of the past; they are "rosy-tinted," often filtered to emphasize positive aspects while downplaying negativity. This selective focus helps reinforce our self-esteem and fosters optimism. Moreover, nostalgia promotes social bonding. Sharing nostalgic memories with loved ones strengthens relationships by highlighting shared experiences, creating a bridge between past joys and present connections.

Beyond the personal realm, nostalgia plays a significant role in culture and society. It is a unifying force, linking generations through shared traditions, historical narratives, and collective memories. For instance, festivals, rituals, and even art forms are often steeped in nostalgic elements that evoke pride and belonging. In the commercial world, nostalgia has been harnessed as a powerful marketing tool. Brands tap into our emotional connection to the past by reviving classic products, reimagining retro aesthetics, and rebooting beloved franchises. Whether it's the return of a childhood snack or a favorite sitcom, nostalgia-driven campaigns create instant emotional resonance, making us feel seen and understood.

On a personal level, nostalgia has been both a guiding light and a sanctuary for me. As a child, my elder sister and I would sit under the stars, dreaming about the futures we would build and the ways we would make our parents proud. She was my partner in hope, and her belief in our shared dreams was unwavering. Those conversations weren't just fleeting moments; they were promises, filled with ambition and love.

Now, with her no longer by my side, those dreams have taken on a deeper meaning. Her plans have become my plans, and every step I take toward achieving them is a tribute to her memory. Her absence doesn't weaken me—it fuels me. On the hardest days, I look back on the times we shared, and they give me strength. Each milestone is not just mine; it is ours, a living testament to the bond we had and the dreams that still guide me.

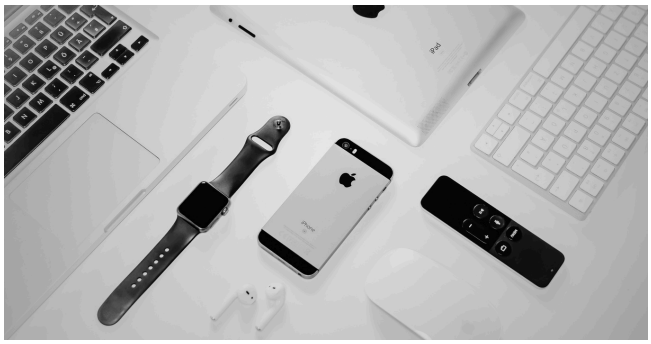
This deeply personal experience reveals the true power of nostalgia. It's not just about revisiting the past but drawing from it to shape our future. Nostalgia reminds us that the memories we cherish aren't trapped in time; they live within us, offering comfort, inspiration, and a renewed sense of purpose.

So, the next time a melody, a scent, or a photograph stirs something deep within you, pause and ask yourself: "What story is it telling you? And how will you carry it forward, weaving it into the tapestry of your tomorrow?

OUR LIFE WITH ELECTRONIC GADGETS: A LOVE-HATE RELATIONSHIP

DR. ANUPAMA TANDON TOMAR, HEAD OF DEPARTMENT. OF ECONOMICS

Let's be honest—when we buy a new mobile, tablet, or laptop, are we really thinking about making calls or writing emails? Of course not! The first thing we check is the camera—because, obviously, our selfies must look professionally edited even if we just woke up! The number of megapixels is way more important than the actual phone's calling feature. After all, who even makes calls these days? Text me or don't talk to me at all!



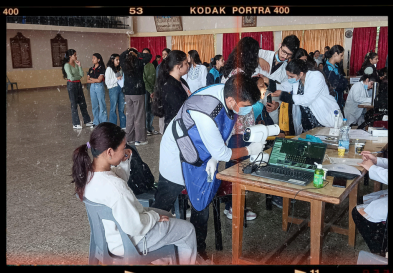
And then come the other "essential" features. Face recognition, fingerprint sensors, night mode, AI-powered assistants—all things we can't live without, yet never really use beyond the first week. But the thought of having them makes us feel technologically superior.

Life without electronic gadgets? Unthinkable. Forget food, water, or fresh air—our true survival kit consists of a charger and a WiFi connection. If the battery dies, panic sets in faster than an exam result announcement.

But, of course, there are drawbacks. Gone are the days of children playing outside. Now, their idea of fun is winning a virtual battle on a gaming app. Letters? Who even remembers those? The only writing we do now is typing "LOL" in a chat, and reading is limited to WhatsApp forwards and Instagram captions.

Yet, no matter how much we rely on our gadgets, it's important to take a break sometimes. Oh, but wait—thank God, at least you're reading this! That means you haven't completely forgotten how to focus on actual words instead of scrolling endlessly through memes! But don't worry, I won't keep you away from your phone for too long. Just remember—gadgets are here to help us, not replace real-life fun. So, after you finish reading this, maybe go outside, breathe some fresh air, and who knows? You might even talk to a real person! (Shocking, I know!)

A Glimpse of 2024-25



A Glimpse of 2024-25

NCC Carnival

IDP 2024

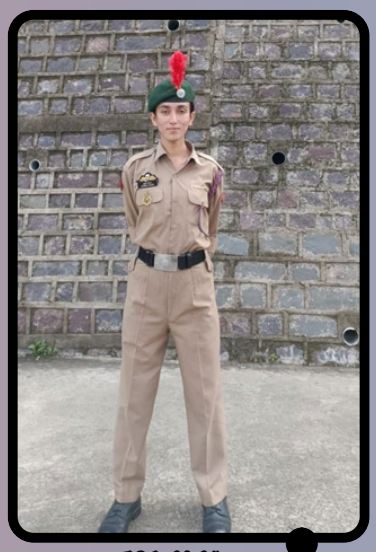
DG NCC VISIT AND INTERACTION

ADG ,PHHP&C Dte Major general Manjit singh Mokha SM felicitated Suo charvee kanwar

Sgt Ayushi Thakur- Part of GOH

B certificate Examination

IDP - 2024
CDT MAMATA AND KASHISH slogan writing



Army Attachment Camp
Sgt Ayushi thakur

TSC 2024
CDt Anushka kalanta

GOH ON NCC VISIT

Camp - CATC

lgc 2024

Republic Day Camp 2024

The Republic Day Camp commenced on December 27, 2024, with the departure of selected cadets from NCC Academy Rupnagar, Punjab, en route to Delhi. Among the participants was Cadet Charvee Kanwar from St. Bede's College, Shimla, representing 7 HP (I) Coy NCC Shimla. The camp was a vibrant celebration of patriotism and camaraderie, marked by a rich display of unity and diversity.

Cadet Charvee Kanwar's notable achievements included her active participation in various cultural events such as mesmerizing group songs, dynamic group dances, captivating ballet performances, and the engaging National Integration Awareness Program (NIAP). A significant highlight of her journey was being selected for the Hall of Fame, where she had the honor of briefing esteemed dignitaries, including the Rajya Raksha Mantri (RRM) Shri Ajay Bhat, Chief of the Army Staff (COAS) General Manoj Pandey, Chief of the Naval Staff (CNS) Admiral R. Hari Kumar, Chief of the Defence Staff (CDS) General Anil Chauhan, and Youth Exchange Program (YEP) cadets from 25 friendly foreign countries.

It was a moment of Immense pride to represent and interact with such distinguished personalities, a testament to the dedication and excellence exhibited by Cadet Charvee Kanwar.

Youth Exchange Program 2024: A Journey of Learning and Culture.

Senior Under Officer Charvee Kanwar was further honored to be selected for the prestigious, 2024 Youth Exchange Program (YEP) in Kazakhstan, Representing India with pride, she embarked on a journey of learning and cultural exchange, departing from Delhi to Almaty, Kazakhstan.

The program commenced with a visit to the Military Department of East Kazakhstan Technical University (EKTU), where the cadets were warmly welcomed by Colonel O. Mansurao, the head of the military department. This gracious reception continued with a meeting with the university's rector, during which mementos were exchanged, symbolizing camaraderie and international friendship.

A visit to the breathtaking Bukhtarma Reservoir was a memorable highlight, offering participants an opportunity to immerse themselves in Kazakhstan's natural beauty and cultural heritage. This excursion underscored the significance of traditional exchanges in fostering mutual understanding and appreciation.

The Indian cadets presented an insightful session on India, showcasing the nation's rich history, diversity, and achievements. Additionally, a vibrant cultural program allowed participants to delve into India's traditions, music, and dance, leaving an indelible impression on all attendees.

The cadets' uniforms represented more than discipline and honor—they symbolized the responsibility of carrying the pride of their nation. Through the program, deep connections were forged, creating a legacy of shared respect and understanding between India and Kazakhstan.

This journey stands as a shining example of how cultural exchange fosters learning, strengthens bonds, and builds enduring friendships between nations.

My journey has been a roller coaster ride filled with various highs and lows. The one unforgettable aspect being "RAGDA".
In NCC, the bond between you and your buddy transcends mere friendship. My buddy, stood by me throughout the camp. Despite our occasional disagreements, she became an integral part of my experience.
These camps taught me the value of acceptance towards people and our surroundings, emphasizing the importance of teamwork and camaraderie. Interacting with high-ranked officials an invaluable opportunity to represent the nation and develop leadership skills.

SUO Charvee Kanwar

Teachers' Day

St Bede's College celebrated "Teacher's Day' in the collegeauditorium on September 5th, 2024. The event was organised to honour and appreciate the tireless efforts of the teachers. The event was beautifully organised by all the students, where a lot of fun performances and games were arranged for the teachers.

The event began with a beautiful classical dance, bollywood dance, a fun medley followed by games like, guessing the movies through emojis. The students also graced the stage by performing self composed songs and poems. A fervent Tollywood dance performance was also presented, along with a stand-up comedy, a play and many more activities.

The teachers also took part in the activities, making the event even more thrilling . The cake cutting ceremony marked the end of the event.

Freshers' 2024

On August 31, 2024, St. Bede's College organized a Freshers' party for the newcomers on the theme "The Indian Vogue". The 1st year students showcased their talent and immense enthusiasm by participating in various competitions like painting, basketball, dance and ramp walk. The event was graced by the presence of the Chief Guest Smt. Pratibha Singh Ji, Principal Prof. Sr. Molly Abraham and the esteemed judges, Dr. Kimi Sood, General Secretary of State Red Cross Society and also the Secretary of Rotary Innerwheel Club Midtown, Dr. Deepali Dhaul, Chairperson of the Department of English and Director Centre for Canadian Studies and Dr. Kamayani Bisht, Principal of JLNGC Fine Arts College, Shimla. The highlight of the event was the recognition of the exceptional students who secured top positions during the Talent Hunt Week followed by a stunning ramp walk in beautiful attires.

Youth Fest Music and Art

The Himachal Pradesh Inter College Youth Festival 2024-25 was held in the month of October. Students from St. Bede's College, Shimla enthusiastically participated in the event. Singing competitions were held in Karsog, wherein Ms. Anchal (BA Hons. English, 3rd Year), Ms. Disha Bahukhandi (BA Hons. English, 3rd Year), Ms. Garima Kathiyal (BA Hons. English, 3rd Year), Ms. Simran Jhaglaik (B.A., 3rd Year), Ms Shrishti Sharma (BCOM, 1st Year), and Ms. Shweta (BCOM 1st Year) and Ms. MuskanNegi participated in categories such as Indian Group Song, western vocal solo, folk solo and light vocal solo. Apart from this, various competitions under Art & Craft were also organized at Govt. College, Bilaspur. A group of ten students participated in debate, elocution, clay modeling, cartoon making, rangoli, poster making, collage, spot photography and quiz competitions. Ms. Vrinda Sharma (B.A Psychology, 3rd Year) participated in elocution competition, Ms. Suhani Negi (B.A Psychology Hons. 1st Year) participated in collage making competition. Ms. Divya Uniyal and Ms. Srishti Gupta (B.A Economics Hons. 3rd-Year) and Ms. Ishika Chaudhary (B.A English Hons.,1st Year) showcased their talent in quiz competition.

Ms. Diksha Uniyal, (B.A Economics Hons. 3rd Year) captured striking moments in spot photography competition. Ms. Sarita Sharma, (B.A Economics Hons. 3rd Year) showcased her creativity and design skills in the rangoli competition. Meanwhile, Ms Mamta Mehra, Biotechnology, 2nd Year), displayed her artistic abilities in the poster making competition. Ms. Medhavi Nautiyal, (B.A Psychology Hons. 2nd Year) and Ms. Harshita Thakur, (B.A Economics Hons. 3rd Year) participated in the debate competition.

Grads' Nite

St. Bede's College organized a farewell party for the outgoing batch of students on the theme "Met Gala: Garden Of Time" on March 20, 2025. The esteemed Chief Guest of the event was Shri Harish Janartha, (MLA, Shimla) and Shri Kapil Dev Sood, Senior Advocate. Among the enthralling performances of the students, the most awaited segment of the evening was the Ramp Walk of the seniors. Ms. Bedes' title was won by Ms. Akshita Chauhan. First Runner up was Ms. Jahnavi Wali and second runner up was Ms. Diksha Uniyal. Ms. Sejal won the Miss Vivacious title, Ms. Priya Bhaskar was selected as Miss Charming. Miss Fashion Icon prize was offered to Ms. Disha Bhukhandi ,Ms Anushka Thakur won the Miss Crowning Glory title and Ms. Mehvish Sauhta won the Miss Eleganza prize.

IN THE 'BEAT' OF THE MOMENT

You know... how they say, "You miss 100% of the shots you don't take ?" Well, I took a shot. Not a fancy, polished one— just me, beatboxing and posting it on Instagram. No big plans..no grand strategy— just a gut feeling to share something I LOVED...and boom. The next thing I knew.. my first video went viral. Life can really be full of surprises. Eliot once wrote, "Only those who will risk going too far can possibly find out how far one can go." When I posted that video, I had no idea it would lead to a world of unexpected opportunities. It was just a random video that I filmed with my friends but then...from millions of views to getting a chance to meet A.R. Rahman, it felt like my journey was unfolding before me—much like a poem, line by line, revealing something greater than I could have ever imagined.

But here's the catch— that was never my intention. I wasn't always a confident kid in fact, I barely got any opportunities in school. However things changed in college and it became a stage of its own. Whether it was sports, dancing, singing, or even beatboxing, it gave me the platform to grow. St. Bede's wasn't just a place of lectures; it was where I found my confidence—where I learnt to get comfortable in front of an audience, whether I was in the court, on the stage, or in the classroom.

It wasn't just about the events. It was the people who made all the difference. My classmates, my friends—And the teachers ? Honestly, they were like my best friends— They were the ones who made sure I kept pushing forward, no matter how crazy my dreams seemed. Like the 10 year old 'Akshita' would never believe me.

"It's not what we have, but what we enjoy, that constitutes our abundance," said Epicurus, and I began to realize that the joy of creating something from nothing, of expressing myself through beats, was my own little treasure.
So, here I am now, chasing something bigger, not just because of a viral video, but because I've learned to embrace the rhythm of my own story. Life's too short not to make some noise, right?

Akshita Chauhan
BA English Hons III Year

Shefali Rapta, a B.Com third-year student, is a remarkable individual with an impressive list of achievements. She was crowned the 1st Runner-Up at Miss Himachal 2024 and previously held the prestigious titles of WFF Miss Shimla 2023 and WFF Miss Himachal 2023.

An active participant in college activities and an academically bright student, Shefali's talents and interests extend far beyond modeling. She is passionate about singing, dancing, acting, and reading, showcasing her multifaceted personality.

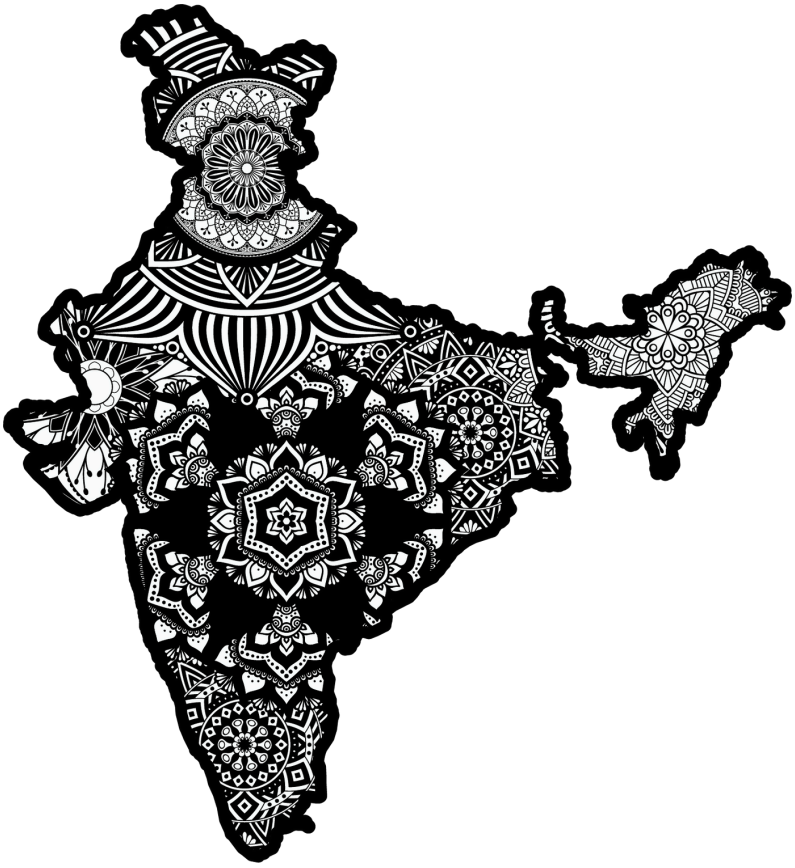
Shefali also participated in Miss India and aspires to explore new horizons in the world of pageantry. Guided by her belief that "simplicity is true wisdom," she applies this philosophy in her daily life. With her determination and talent, she aims to leave a lasting mark on the world and inspire others.

Shefali Rapta
B.Com III Year

Mehak Chauhan, a remarkable individual pursuing her BA was the second runner-up in the college freshers event in 2023 and received accolades for her academic excellence.

She has been an active participant both within and outside of college. In 2024, she was elected as the vice admiral of St. Bede's College.
Her exceptional skills as an event coordinator are evident in work and helping hand in organizing noteworthy events at the college.
Recently, she starred in a music video, a new venture for her, and poured her heart and soul into the project. In today's world, it is not easy for a young woman to embark on a solo journey—despite claims that times have evolved, certain challenges persist. However, she was enthusiastic about the music video and went to great lengths to bring her dream to fruition.
Despite all her accomplishments, Mehak remains immensely supportive of others. She is approachable and always willing to assist anyone in need.

Mehak Chauhan
BA III Year



Educational Trips

Broadening Horizons

Educational trips play a vital role in shaping students' perspectives, fostering personal growth, and enhancing academic learning. By venturing beyond the classroom, students can develop a deeper understanding of cultural diversity, historical significance, and social complexities. These trips provide opportunities for hands-on learning, critical thinking, and teamwork, helping students to widen their perspectives, challenge their assumptions, and develop a more nuanced understanding of the world. Through immersive experiences and interactions with diverse communities, students can gain valuable insights, build empathy, and cultivate a more informed and open-minded worldview.

Field Survey- Geography

October 1st-6th, 2024

The students of Geography B.A. 3rd Year Honours, Geography B.A. 3rd Year (Pass course), and students of Geography B.A 2nd Honours from department of Geography went on a field survey to Amritsar, Punjab from 1st to 6th October, 2024. It was a 6-day-long exercise with each day having a pre-planned schedule of activities.

The students left for the field survey on 1st October, 2024, to Punjab Agriculture University, Ludhiana, Punjab, for a campus visit and a lecture by Dr. Vijay Kant Singh, Pedologist, Department of Soil Science from PAU. The students arrived at the PAU at around 02:00 p.m. After lunch a series of activities such as Hands-on Training, Soil Museum Visit and the lecture took place within the campus. The PAU visit ended at around 05:30 p.m.

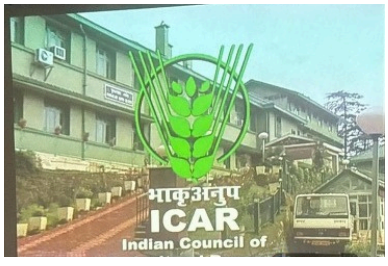
On the second day, students left to the field survey in the morning around 09:00 a.m. to Amritsar City and Mudhal Village, Punjab. It was a long, hectic day whare the students were given the task to collect the data required.

On the third day, students departed to the field survey at 09:00 a.m.. The data related to tourism and economic activities was collected around Amritsar City. The students visited Golden Temple, Amritsar and Jallianwala Bagh after the data collection was over.

On the fourth day students visited the Pushpa Gujaral Science City, Kapurthala, Jalandhar, Punjab. The visit included exploring the science-themed park along with visiting the section devoted to geographical knowledge.

On the fifth day students started their journey back to Shimla from Jalandhar, Punjab. On the way back the students enjoyed water related activities and other fun activities at Wonderland, Ludhiyana, Tajpur, Jalandhar, Punjab. The students left to Shimla at around 06:00 p.m. in the evening.

The aim of field survey was to teach students the technique of field survey, data collection and to give them a fist hand experience of the real world.



Educational Visit to Central Potato Research Institute - Botany

September 25, 2024

A one day educational visit was organized by Department of Botany, St Bede's College to CPRI, Shimla for the students of B.Sc. and M.Sc. accompanied by faculty member Dr. Sangeeta Sharma.

At CPRI (Central Potato Research Institute) various aspects of Aeroponics were demonstrated to students. They were told about handling and maintenance of potatoes in Aeroponics. Students got an opportunity to interact with the scientific staff at CPRI where students were exposed to the working and achievements of the institute.

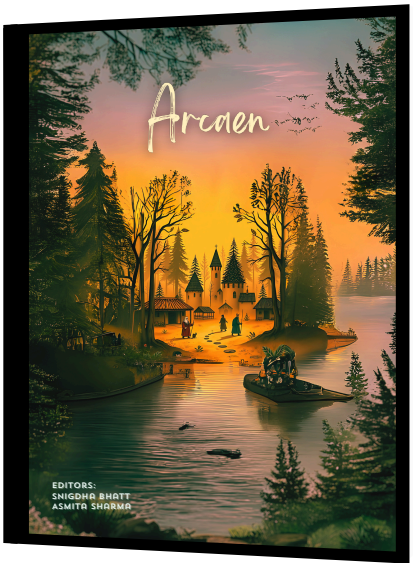
Students gained deep understanding of skills required as a scientist and gained technical knowledge related to Aeroponics. It helped them to inculcate a scientific aptitude and broaden their horizons. The visit helped the students to identify and visualize job profiles which can help them choose their career.

Trip To Rajasthan And Goa

St. Bede's College organized outdoor trips for the students during October 24-29, 2025. Two fascinating, historically and culturally significant destinations were chosen – Goa and Rajasthan. Whilst Goa, the coastal paradise is renowned for its beautiful beaches, vibrant life and cultural heritage, Rajasthan stands out in the name of Jaisalmer, the "Golden City" of India, Mehrangarh Fort in Jodhpur, one of the largest forts in India and Jaipur, the "Pink City" of India. The students embarked on a fascinating trip to both destinations with a quest to dive into the history of parts of India, other than their home state, thus exploring a plethora of culinary arts, architecture, diverse cultural aspects of the cities and bravoure of warriors. The trip expanded their perspectives, deepened their appreciation for the history and diverse cultural heritage of their country.

The students started their journey from Aguada Fort, a historical landmark in Goa known for its stunning architecture, scenic views, and historical significance. After lunch they visited the Baga beach followed by Candolim beach. On day three, they visited Old Goa Church which is one of India's oldest churches and a prime example of Baroque architecture. Dedicated to Bom Jesus or the Holy Infant Jesus, it holds deep religious significance. Next they moved to Mangueshi Temple which is one of Goa's most prominent and reserved Hindu Temple. It ended with a cruise visit. On day four of the exciting Goa Trip, the students explored the vibrant local markets. A stroll through the market helped the students to learn about Goan culture, traditions, and the significance of local products.

The students arrived in Jaisalmer, the "Golden City" of India where they explored the iconic Jaisalmer Fort also known as Sonar Quila. Later the group visited Mehrangarh Fort in Jodhpur. Parched on a hilltop, the fort offered breathtaking views of the city. They travelled to Jaipur, the "Pink City" of India. The students explored the vibrant Hawa Mahal also known as the "Palace Of Winds"



Arcaen

A COLLECTION OF FOLKLORE

Students of English Honours 3rd Year and MA English

EDITORS:
SNIGDHA BHATT
ASMITA SHARMA

"Arcaen," a comprehensive collection of folklore, illustrates the lasting importance of narrative traditions in diverse societies throughout history. This compilation presents tales that presents tales that showcase rich cultural heritage, offering insights into shared human experiences that mould communities globally. The anthology serves as a repository of cultural wisdom while preserving oral traditions, presenting narratives transmitted across generations.

This comprehensive collection of folklore is a collaborative effort of the final year students of B.A. English Honours and M.A. English of St.Bede's College, Shimla, under the guidance of Ms. Snigdha Bhatt and Ms. Asmita Sharma (Assistant Professors of Department of English).

Students receiving Sr.Pascal Scholarship on the Annual Day by the honorable principal Prof.Sr. Molly Abraham, the Chief Minister of Himachal Pradesh Shri Sukhvinder Singh Sukhu, Harish Janartha and Sanjay Awasthy: Members of the Himachal Pradesh Legislative Assembly

The honourable Governor of Himachal Pradesh Shri Shiv Pratap Shukla released this anthology of folklores, "Arcaen".

Authors: Anchal, Aastha Awasthi, Harshita Thakur, Garima Kathiyal, Nikita Thakur, Shambhavi Sharma, Shreya Thakur, Shrishti, Preksha Verma, Samriti Sharma, Akshita Chauhan, Devyani, Ayushi, Arushi Pathania, Shreya Mishra, Tanuja, Varuna, Shruti, Mehvish Sauhta, Mantasha Ansari, Tanya, Kanupriya, Divyanshi Jaswal, Riya Verma, Achint Maan, Zenab, Smriti, Ankita, Disha Bahukhandi, Violet Mary George, Ravinderpreet.

Victories

INS VIKRANT BADGED 'BEST SHIP OF THE YEAR' TITLE ON 6TH MARCH 2025

Captain Prapti Joseph Reddy and Vice Captain Chyriel Thomas

The honourable chief guest Shri Sukhvinder Singh Sukhu addressed the gathering, praising the students' achievements and encouraging them to strive for excellence.

INS VIKAS BADGED ' SECOND BEST SHIP OF THE YEAR'

Captain Sudiksha and Vice Captain Saizal

The title of Best Ship Captains were given to MEHVISH SAUHTA AND PRAPTI JOSEPH REDDY

Memories

Ritu has won three Gold, two Bronze, and one Silver medal in various boxing championships whereas Priya has won three Gold medals.

Bedian Pin was given to Dianoor Aulakh for her tireless efforts, commitment to excellence and dedication to the institution as the Admiral The Bedian Ring was given to Akshita Chauhan, who has made a significant impact both within the college community and beyond.

Inter College Boxing Championship

Faculty Achievements

Dr. Anupama Tandon **Department: Economics**	Books Published: 1.Transformation of India: Exploring Multifaceted Dimensions Published by Freeman Press. 2. Introductory Quantitative Techniques for Economics – Published by Kalyani Publishers for Gauhati University.
Dr. Kusum **Department: Botany**	Award Received : Dr. Sarvepalli Radhakrishnan National Educationist Award by bWELRED Foundation NITI Aayog, Govt. of India.
Dr. Pankaj Aashish **Department: Geography**	Authored Book: 'From Independence To Influence: India's Geopolitical Codes (1947- 2005)' Tulip Publications Navbahar, Shimla (HP)-INDIA 2024 ,ISBN: 978-93-341-0072-3
Dr. Ashwani Kumar **Department : Physical Education**	Authored a Book: 'Anatomy & Physiology of Exercise'
Ms. Snigdha Bhatt **Department: English**	Edited and published "Aracen", an anthology of folklore in collaboration with Ms. Asmita Sharma in February 2025.
Ms. Asmita Sharma **Department: English**	Co-edited book titled 'Aracen'.
Ms. Unnatti Chauhan **Department: Economics**	Awarded a grant of ₹2,19,000/- from the National Institute of Social Defence, under the Ministry of Social Justice and Empowerment, Government of India, New Delhi, to organise six awareness and sensitisation workshops on the topic "Promoting Intergenerational Bonding with College Students".
Dr. Anita Chauhan **Department: Biotechnology**	Books published 1. Beginner's Bioinformatics, Paperback Published by White Falcon publishing . ISBN: 978-93-5265-938-8. Chapters in Book 2. Secondary Metabolites of Important Medicinal Plant:Hibiscus Rosasinensis, Emerging Trends in Multidisciplinary. ISBN:978-81-958661-1-3. Awards and Honours: 1. Awarded Savitri Bai Phulle Fellowship for research worth Rs. 96,000. 2. Awarded Project grant worth 30,00,000 under WOS-A Scheme by KIRAN, Department of Science and Technology (Grant Sanctioned). 3. Award of Best Researcher in International Conference On Recent Developments on Interfaces of Chemistry, Biology and Material Sciences towards Health and Environment (ICBMHE-2024) organised by JUIT, Waknaghat,Solan(H.P) for paper " Azin1-centric Dynamic Network Biomarker of Tipping Point in Non-Small Vell Lung Cancer Metastasis
Dr. Shweta Thakur **Department: Zoology**	1. Received an acknowledgment and trophy from CMAI National Technical Education Empowerment Committee for excellent contribution in the education sector. 2. Received an acknowledgement for reviewing chapters of the manuscript provisionally titled Non-Chordata: From Protists to Pseudocoelomates by Cambridge University Press India, New Delhi.

Academic Awards

B.A. I

SUBJECT	POSITION	NAME OF THE STUDENT
Political Science	First	Annandita Sharma
	Second	Payal Jamwal
Psychology	First	Kritika Thakur
	Second	Gurmilan Monga
English	First	Suhani Ghai
	Second	Gauri Negi
Compulsory English	First	Shrooti Sharma
	Second	Sanchi (B.Com 1)
Economics	First	Shrooti Sharma
	Second	Archi Chauhan
Computer Science	First	Jaanvi Singh
History	First	Diana Kaith
	Second	Annandita Sharma
Geography	First	Vrity Sharma
	Second	Srijal Sharma
Hindi Compulsory	First	Harshita Sharma
	Second	Prisha Rawal

B.A. II

SUBJECT	POSITION	NAME OF THE STUDENT
Political Science	First	Riya Sharma
	Second	Janvi
Psychology	First	BHUMIKA VERMA
	Second	AKRITI BHARDWAJ
English	First	Shagun Majta
	Second	Anushka Chauhan
Compulsory English	First	Jahnvi
	Second	Priyal Sharma
Computer Science	First	Monalika Hans
	Second	Aashrita Goie
History	First	Kritika Pundir
	Second	Himani Verma
Geography	First	Kritika Chaudhary
	Second	Aanya Saroch
Hindi Compulsory	First	Himani Verma
	Second	Aanya Saroch Muskan Chandel
Hindi	First	Vanshita Prashar
Nutrition and Health Education	First	Pema Tashi

B.A. III

SUBJECT	POSITION	NAME OF THE STUDENT
Political Science	First	Meenakshi Kumari Palk Shruti
	Second	Minakshi Sharma
Psychology	First	Muskan Verma
	Second	Alish Chauhan
English	First	Deepanjali Sharma
	Second	Samridhi Pathak
Economics	First	Aastha Raitka
Computer Science	First	Aarshita
	Second	Muskan Sharma
History	First	Aditi Raj
	Second	Riya Mehta
Geography	First	Anushka
	Second	Sejal Verma
Hindi	First	Tammana Thakur
	Second	Pranjal
Nutrition and Health Education	First	Neha Thakur
	Second	Pallavi Sareik

B.A. I (Honours)

SUBJECT	POSITION	NAME OF THE STUDENT
English	First	Deeksha Singh Jaryal
	Second	Mitali Kaistha
Psychology	First	Mannat Kapoor
	Second	Muskan Chauhan
Economics	First	Avani Thakur
	Second	Silvi
Geography	First	Arpita Verma
	Second	Tamanna Nautiyal Sunidhi Paul

B.A. II (Honours)

SUBJECT	POSITION	NAME OF THE STUDENT
English	First	Harshita Thakur
	Second	Nikita Thakur
Psychology	First	Anushka Kainthla
	Second	Vrinda Sharma
Economics	First	Diksha Uniyal
	Second	Harshita Thakur
Geography	First	Parul Mehta
	Second	Devangi Sharma

B.A. III (Honours)

SUBJECT	POSITION	NAME OF THE STUDENT
English	First	Suhani Pathak
	Second	Tamanna
Psychology	First	Aashmeen Kohri
	Second	Praneeta Kamal
Economics	First	Megha Antil
	Second	Mannat Verma
Geography	First	Abhiramy Biju Tashika Chauhan
	Second	Pooja Kumari

M.A I

SUBJECT	POSITION	NAME OF THE STUDENT
English	First	Ayushi
	Second	Srishti Basnet

M.A II

SUBJECT	POSITION	NAME OF THE STUDENT
English	First	Priyanshi Goodwill
	Second	Jaisal Shekhawat

B.Sc. I

SUBJECT	POSITION	NAME OF THE STUDENT
BOTANY	First	AARUSHI MEHTA
	Second	DEEYA BALI
ZOOLOGY	First	DEEYA BALI ADITI
	Second	AARUSHI MEHTA
CHEMISTRY	First	AASTHA SHARMA
	Second	DEEYA BALI
PHYSICS	First	PAYAL MEHTA
	Second	ADITI SHARMA
MATHS	First	PAYAL
	Second	ADITI SHARMA
COMPUTER SCIENCE	First	VASUNDHARA SHARMA
	Second	ADITI SINGH
B.SC. (HONS.) MICROBIOLOGY	First	-_____
	Second	-_____
B.SC. (HONS.) BIOTECHNOLOGY	First	ANSHIKA THAKUR
	Second	ANSHITA

B.SC II

SUBJECT	POSITION	NAME OF THE STUDENT
BOTANY	First	HARSHITA BANYAL
	Second	RISHIKA NEGI
ZOOLOGY	First	PRANJAL AZAD
	Second	LAKSHYA SHARMA
CHEMISTRY	First	SHOURYA SHARMA
	Second	SANYOGITA CHAUHAN
PHYSICS	First	AISHANI KANWAR
	Second	KRITIKA RATHORE
MATHS	First	HIMANI
	Second	ROOPANSHI
COMPUTER SCIENCE	First	_____
	Second	_____
B.SC. (HONS.) MICROBIOLOGY	First	_____-
	Second	_____
B.SC. (HONS.) BIOTECHNOLOGY	First	KANAN SHARMA
	Second	VAISHNAVI

B.Sc.III

SUBJECT	POSITION	NAME OF THE STUDENT
BOTANY	First	RIYA THAKUR
	Second	AASTHA SHARMA
ZOOLOGY	First	KHUSHBOO SHARMA
	Second	SAMRITI
CHEMISTRY	First	SAKSHI SHARMA
	Second	SHREYA SHARMA
PHYSICS	First	TANYA DHIMAN
	Second	SHWETA CHAUHAN
MATHS	First	DIVYANSHI DESHTA
	Second	DIVYA MANGAL
COMPUTER SCIENCE	First	SHREYA CHADDA
	Second	-
B.SC. (HONS.) MICROBIOLOGY	First	BHAWANA VERMA
	Second	SRIJAN CHAUHAN
B.SC. (HONS.) BIOTECHNOLOGY	First	ALISHA
	Second	ADITI THAKUR

M.Sc. Botany I

SUBJECT	POSITION	NAME OF THE STUDENT
M.Sc	First	SAKSHI BHARDWAJ
	Second	SAKSHI SHARMA

M.Sc. Botany II

SUBJECT	POSITION	NAME OF THE STUDENT
M.Sc	First	SHIKHA THAKUR
	Second	PRIYA NIRALA

BBA I

Subject	Position	Name of the Student
BBA	First	SHIMMER
	Second	MUSKAN KAUR

BBA II

Subject	Position	Name of the Student
BBA	First	GARIMA
	Second	BHANVI KANWAR

BBA III

Subject	Position	Name of the Student
BBA	First	SIMRAN DOGRA
	Second	MUSKAN SHARMA

M.Com

Subject	Position	Name of the Student
M.com	First	Ambika Rayta
	Second	Himani

D.El.Ed

SUBJECT	POSITION	NAME OF THE STUDENT
1st Year	First	KHUSHBU
	Second	VAISHALI
2nd YEAR	First	MANIBHA
	Second	RITIKA BUSHERI

BCA I

Subject	Position	Name of the Student
BCA	First	TARANA SHARMA
	Second	NISHKRITI

BCA II

Subject	Position	Name of the Student
BCA	First	ANKITA NEGI
	Second	PALAK THAKUR

BCA III

Subject	Position	Name of the Student
BCA	First	PRIYAMVADA THAKUR
	Second	MUSKAN SHARMA

B.Com I

Subject	Position	Name of the Student
B.com	First	Parikshita Narwal
	Second	Sanchi

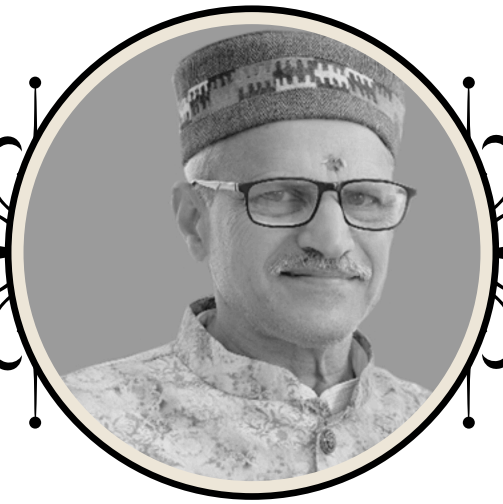
B.Com II

Subject	Position	Name of the Student
B.com	First	Shreya Sharma
	Second	Sukriti Sharma

B.Com III

Subject	Position	Name of the Student
B.com	First	Astha Mehta
	Second	Sargam Sharma

In Loving Memory of



LATE SH. KASHMIR SINGH THAKUR

8 December, 1957 - 6 July, 2024

With deep sorrow, we mourn the sad demise of Mr. Kashmir Singh Thakur, a dedicated and loyal member of the St. Bede's College family. He joined the college in 1983 as a Physics Lab Attendant,and served the institution with unwavering commitment, sincerity, and trustworthiness. Even after his retirement in 2018, his love for the college remained steadfast, and he continued to render his invaluable services, embodying a rare devotion to the institution he cherished so deeply till July 6, 2024. His contributions, marked by diligence and selfless dedication, will always be remembered with gratitude and respect. Mr. Thakur's presence will be greatly missed, but his legacy of service and affection for St. Bede's College will live on in the hearts of all who had the privilege of knowing him. May his soul rest in peace.

- Management, Principal, Staff and Students

WE

Inherit
Learn
Share

Rooted in tradition, branching out to empower.

Non Nobis Solum : Our wisdom is not for ourselves alone.

The wisdom of ages is not just a legacy, but a responsibility to pass on.

May the stories, experiences, and lessons within these pages become the wooden beams that support your future endeavours.

हिन्दी अनुभाग

अनुक्रमणिका

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2. किस्सागोई	04-05
3. एक विचार यह भी	06-08
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5. आओ साझा करें	12-15
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मन के झरोखे से

प्रेरणा की ज्योति

चलो जलाएँ उम्मीद की बाती,
रखें अपने सपनों की थाती।
हर कठिनाई को पार करें,
हर रुकावट से प्यार करें।
जोश के संग बढ़ते जाएँ,
हर गम को हँसकर अपनाएँ।
मेहनत के रंग से रंग भरें,
खुद को निखारें, आगे बढ़ें।
सूरज बनकर चमकना है,
अंधेरों से नहीं डरना है।
सपनों को साकार करें,
जीवन को गुलज़ार करें।
आसमान भी झुक जाएगा,
सपनों का दीपक जब जगमगाएगा।
खुद पर विश्वास रखना सीखें,
हर मंज़िल को हासिल करना सीखें।
आओ मिलकर प्रेरणा की ज्योति जलाएँ
खुद अपना रास्ता बनाएँ, दूसरों को मार्ग दिखाएँ।

सुश्री साक्षी भारद्वाज
एमएस.सी. द्वितीय वर्ष (बॉटनी)

तुम कुछ भी पा सकते हो प्यारे

खड़ा हिमालय बता रहा है,
डरो न आंधी -पानी में तुम!
खड़े रहो अविचल होकर,
सब संकट, तूफ़ानों में तुम!
डिगो न अपने प्रण से तो
तुम कुछ भी पा सकते हो प्यारे!
तुम भी ऊँचे उठ सकते हो ,
छू सकते हो नभ के तारे।
अचल रहा जो अपने पथ पर
लाख मुसीबत आने में,
मिली सफलता जग में उसको ,
जीने में मर जाने में।

सुश्री जागृति वर्मा
डी.एल. एड द्वितीय वर्ष

माँ

घुटनों पर रेंगते-रेंगते
न जाने कब पैरों पर खड़ी हुई,
तेरी ममता की छाँव में मैं न जाने कब बड़ी हुई।
काला टीका, दूध - मलाई
सब कुछ वैसा ही है माँ!
हर जगह ही प्यार तेरा कैसा है ये माँ?!
प्यार तेरा कैसा है ये माँ,
बेलन की तेरी मार याद है,
याद है तेरा चुप करवाना।
चोट मुझे लगते,आँखो का तेरी भर आना
मेरा पहला गुरु भी तू है,
मेरा पहला शब्द भी तू।
हाथ पकड़ तूने चलाया,
मेरे लिए रास्ता भी तू, मंज़िल भी तू।
दुनिया की इस भीड़ - भाड़ में पागल जब जब मैं हो जाऊँ।
मन करता है, तेरी आँचल में सो जाऊँ ...।
मैं तो बहुत बड़ी हुई अब,
अपने पैरों पर बस खड़ी हुई अब।
गुस्सा तेरा नादानी मेरी, सब वैसा ही हैं माँ
हर जगह मैं ही मैं,
प्यार तेरा कैसा है ये माँ,
प्यार तेरा कैसा है ये माँ?!

सुश्री अंशिता वर्मा
डी.एल. एड प्रथम वर्ष

हम बने अपने जीवन के सितारे

चल पड़े हैं कदम नई डगर पर,
सपनों की गठरी साथ लिए।
हर मोड़ पर हैं सवाल अनगिनत,
लेकिन जवाब है हमारे जज़्बे में छिपा।
सेंट वोड्स के गलियारों में बसी है
एक अनोखी दुनिया,
जहाँ हर दिल रखता है नया अरमाँ।
कभी ठहाके, तो कभी खामोशी,
यहीं बनती है
ज़िन्दगी के सारे नक़्शे।
चमकते सितारों से सीखना है,
रात के अंधेरों को जीतना है।
हर असफलता के बाद खड़े हो जाएँ,
यही तो सिखाती हैं कॉलेज की सीढ़ियाँ!
ख्वाबों को इस राह पर चलते रहें,
अपने हुनर से नई कहानी गढ़ते रहें,
हर पन्ने पर लिखे जाएँ किस्से हमारे।

सुश्री पांजल
बीएस.सी प्रथम वर्ष

जीवन की राहें

मेरे जीवन की राहें अनगिनत हैं,
हर एक कदम नया सवाल है,
कभी खुशी की हवाएँ चलती हैं,
तो कभी दुखों की हलचल है।
सपने हैं आँखों में सजे, दिल में उमंगों का तूफ़ान है,
हर मुश्किल से जूझते हुए, हर पल मेरी पहचान है।
कभी आसमान सा ऊँचा, तो कभी धरती सा नीचा,
राहें नहीं आसान जीवन के,
पर निरंतर है चलना,
रुकना नहीं, बस आगे है बढ़ते रहना।
हर रात के बाद आशा की किरण निकलती है,
अँधेरे से ना घबराओ,
क्योंकि उसके बाद सूरज ही उगता है!
तूफान के बाद ठंडक है,
तो बारिश के बाद शांति भी है,
जीवन की इस यात्रा में
हर पल, हर मोड़ पर,
एक सीखने की बात है।

सुश्री अनामिका चौहान
डी.एल.एड द्वित्तीय वर्ष

किस्सागोई

सस्कर / राओलाने
किन्नौरी लोककथा / लोकपर्व

हिमाचल प्रदेश हिमालय के हृदय में स्थित है, जिसे "देव भूमि" के रूप में जाना जाता है और इसे देवी-देवताओं का निवास माना जाता है। समृद्ध हिमाचल प्रदेश में कुल 12 ज़िले हैं।उन्हीं में से एक है सुप्रसिद्ध किन्नौर ज़िला है। भारत किन्नौर ज़िला और तिब्बत के बीच प्राचीन व्यापार मार्ग पर स्थित, पर्वतमालाओं से घिरा है। यह अपनी अच्छी तरह से संरक्षित संस्कृति और कालातीत रीति-रिवाज़ो के साथ एक समृद्ध भूमि है। किन्नौर ज़िला न केवल किन्नौरी सेब, राजमा, अखरोट आदि के लिए, बल्कि शादी के रीती रीवाज़ एवं आदिवासी संस्कृति (ट्राइबल कल्चर) के लिए भी प्रसिद्ध है।

किन्नौर में कई सारे गॉव हैं, उन्हीं में से एक है कल्पा गॉव। कल्पा गॉव न केवल अपनी खूबसूरती के लिए प्रसिद्ध, है बल्कि काफी अन्य चीज़ो के लिए जाना जाता है, जैसे कि किन्नर कैलाश पर्वत, ब्रह्मा विष्णु मंदिर, नारायण नागिन मंदिर और कोठी देवी दुर्गा के किले है। यह गॉव छोटा सा है परंतु बेहद ही खूबसूरत है। ठीक उसी प्रकार, यह गॉव अपने एक खास त्योहार के लिए माना जाता है, जिसे सस्कर एवं राओलाने कहा जाता है किन्तु ये पर्व राओलाने के नाम से अधिक प्रसिद्ध है। जैसे कि किन्नौर मे जंगलो के बीचो बीच बहुत सारे खेत होते हैं जो कि वास्तविक गॉव से कुछ ऊंचाई पर होते हैं उन्हें किन्नौर में कंडे कहा जाता है।

प्राचीन काल से ऐसा माना जाता है कि इन कंडे में परियॉ निवास करती है, जिसे स्थायी भाषा में 'साओनी' कहा जाता है। अब यहां के स्थायी निवासियों के अनुसार ऐसा माना जाता है कि ये परियां साल में एक बार कंडे से नीचे गॉव में आती हैं। ये परियां मार्च महीने में होली से 3 दिन पहले आती हैं, और साथ ही ये परियां 8 दिनों तक यहां रहती हैं। अब चूंकि ये परियां (साओनी) कंडे से गॉव में आती हैं तो इसी उपलक्ष्य में गॉव वाले इन परियों को खुश करने के लिए पूरे आठ दिन पूजा करते है।

होली से तीन दिन पहले गॉव के सभी घरो में पूजा होती है, जिस में घर की कोई एक औरत अपने किन्नौरी पारंपरिक पोशाक और पारंपरिक आभूषण पहन कर सज धज कर प्राकृतिक जल के स्रोत के पास जा कर वहां से जल लाती हैं और इसी दौरान कोई भी व्यक्ति एवं घर का सदस्य उसे नहीं छूता है क्योंकि वह स्त्री शुद्ध मानि जाती है, जल ला कर वो औरत घर में सभी पूजा में प्रयोग होने वाली खाने की चीज़े बनाती है जैसे की फाफड़े, कुट्टू और ओगले के आटे का चिल्टा जिसे किन्नौर में पोचा कहते है और पूरियां आधी बनाते है। और उस के बाद घर का कोई एक मर्द भी प्राकृतिक जल के स्रोत के पास जाकर वह से पानी लाकर उस पानी से शुद्ध होकर पूजा करते है। ये पूजा परियों को खुश करने के लिए करते है

अब तीसरे दिन के बाद 'राओलाने' शुरु होता है जिसमें कल्पा गॉव के हर एक क्षेत्र से एक या दो तीन राओला और राओलाने निकलते हैं ,परन्तु एक निकालना ज़रुरी ही होता है।

'राओला' उसे कहा जाता है जो साधु की तरह होता हैं। वहीं 'राओलाने' साध्वी को कहते है। राओलाने को किन्नौरी दुल्हन की तरह सजाया जाता है परन्तु वह असल में लड़का होता है। और राओला भी लड़का ही बनता है और उसके चेहरे को एक कपडे से छुपा दिया जाता है, और दोनो (राओला-राओलाने)का चेहरा नहीं दिखना चाहिए।

अब इन दोनों को विष्णु नारायण मंदिर में ले जा कर नचाया जाता है और परियों को नाच गाना करके खुश किया जाता है। नाचने से पहले ढोल नगाड़ो की पूजा की जाती है, जिससे देवी देवता नाराज़ नहीं होते है।

यह कार्यक्रम पांच दिनों तक चलता है। इस पर्व को पूरे कल्पा में बड़ी धूम-धाम से मनाया जाता है। पूरे किन्नौर में यह एकमात्र गॉव है जहां अभी तक इसे मनाया जाता है। अब इस पर्व के आखिरी दिन परियों की विदाई की जाती है। सभी गॉव वाले अपने घरों की छत्तों पर पूजा करके परियों (साओनी) को विदाई देते है। यह पर्व साओनी परियों को खुश करने के लिए मनाया जाता है, क्योंकि कहा जाता है कि इन परियों को खुश करने से पूरा साल बहुत अच्छे से बीतता है और किसी भी प्रकार का संकट नहीं आता है।

किन्नौर अपने अलग रीती रिवाज़ो के लिए जाना जाता हैं। उम्मीद है कि सस्कर पर्व इसी तरह हर साल इसी हर्षोल्लास के साथ मनाया जाता रहेगा।

सुश्री दीक्षिता नेगी
बी ए प्रथम वर्ष

केओंथल इलाके की लोक कथा

हिमाचल प्रदेश के शिमला ज़िले में केओंथल रियायत अपनी ऐतिहासिक विरासत और लोक कथाओं के लिए प्रसिद्ध है। यह क्षेत्र कभी एक स्वतंत्र रियायत था, जहां स्थानीय राजाओं का शासन था। यहां की लोक कथाएं पहाड़ी संस्कृति, रहस्यमयी घटनाओं और देवी – परियों की कहानियों से भरपूर हैं।

बहुत समय पहले, केओंथल रियासत पर एक न्यायप्रिय और परोपकारी राजा शासन करता था। राजा का नाम वीर चंद्रसेन था। वह अपनी प्रजा से बहुत प्रेम करता था और हमेशा उनकी भलाई के लिए कार्य करता था। लेकिन राजा को एक चिंता थी – उनकी कोई संतान नहीं थी, जिससे राज्य का उत्तराधिकारी तय नहीं था।

राजा ने कई मंदिरों में पूजा की, तपस्वियों से आशीर्वाद लिया, लेकिन कोई समाधान नहीं निकला। एक दिन, एक दिव्य संत उसके महल में आए। उन्होंने राजा से कहा, " राजन, तुम्हारी संतान प्राप्ति तभी संभव होगी जब तुम अपने राज्य में स्थित पवित्र गुफ़ा में तपस्या करोगे और वहां एक विशेष बलिदान दोगे।"

राजा ने संत के वचनों को गंभीरता से लिया और अपने विश्वसनीय दरबारियों के साथ गुफ़ा की ओर चल पड़ा। वह गुफ़ा के पास पहुंचा और वहां घोर तपस्या की। कई दिनों तक राजा ने बिना भोजन पानी के देवी की उपासना की। अंततः देवी प्रसन्न हुईं और उन्होंने राजा को दर्शन दिए।

देवी ने राजा ने कहा, "हे राजन! तुम्हें एक पुत्र रतन की प्राप्ति होगी, लेकिन एक शर्त है – यह बालक अठारह वर्ष का होता ही राज्य छोड़कर एक योगी बनेगा।" राजा ने संतान प्राप्ति की खुशी में यह शर्त स्वीकार कर ली। कुछ समय बाद, रानी ने एक सुंदर पुत्र को जन्म दिया, जिसका नाम अर्जुनसेन रखा गया।

राजकुमार अर्जुनसेन बड़ा होकर एक बहादुर, बुद्धिमान और दयालु युवक बना। जब वह अठारह वर्ष का हुआ, तो महल में अजीब घटनाएं होने लगीं। कभी राजकुमार को जंगलों में अकेले चलते हुए देखा जाता, कभी वह घंटों तक किसी से बात किए बिना ध्यानमग्न रहता।

फिर एक दिन, जब राज्य में एक बड़ा उत्सव मनाया जा रहा था, अर्जुनसेन अचानक अदृश्य हो गया। लोगों ने उसे बहुत खोजा, लेकिन उसका कोई पता नहीं चला। कुछ वृद्ध लोग कहते हैं कि उन्होंने उसी गुफ़ा की ओर जाते देखा था। जब राजा ने वहां जाकर देखा, तो गुफ़ा के अंदर एक दिव्य प्रकाश था और उसके केंद्र में अर्जुनसेन ध्यान में लीन था।

कहा जाता है कि अर्जुनसेन ने वहीं ध्यान लगातार योगी का रूप धारण कर लिया और अंततः स्वर्गलोक चला गया। इस घटना के बाद, केओंथल रियासत में कई वर्षों तक शांति और समृद्धि बनी रही।

यह कथा केओंथल की ऐतिहासिक और आध्यात्मिक विरासत को दर्शाती है। यह हमें बताती है कि कुछ लोग जन्म से ही विशेष उद्देश्यों के लिए होते हैं और उनके जीवन का मार्ग नियति द्वारा निर्धारित होता है। आज भी, केओंथल के कुछ हिस्सों में अर्जुनसेन की गाथाएं सुनाई जाती हैं और एक दिव्य आत्मा के रूप में पूजे जाते हैं।

सुश्री प्रियांशी ठाकुर
बी.ए. प्रथम वर्ष

एक विचार यह भी ...

अन्तरराष्ट्रीय महिला दिवस 2025 के अवसर पर हिंदी विभाग की ओर से 'महिला सशक्तीकरण और लैंगिक समानता एवं अवसर' पर एक फ़िल्म प्रदर्शन तथा उसकी समीक्षा लेखन प्रतियोगिता का आयोजन किया गया था। फ़िल्म का शीर्षक था - 'लापता लेडीज़।' इस गतिविधि में बीकॉम द्वितीय वर्ष की छात्राओं ने बढ़-चढ़कर भाग लिया और स्त्री के प्रति संवेदनशीलता विकसित करने जैसी गंभीर सामाजिक मुद्दे पर अपनी राय जताई। उनके द्वारा प्रस्तुत विचारों को आपके समक्ष रखा जा रहा है -

'लापता लेडीज़' सिर्फ़ एक हास्यपरक फ़िल्म नहीं, बल्कि महिलाओं के स्वनिर्णय लेने की आज़ादी की कहानी है। किरण राव द्वारा निर्देशित इस फ़िल्म में दर्शाया गया है कि किस प्रकार समाज में महिलाओं की पहचान अक्सर उनके पति या परिवार तक ही सीमित हो जाती है। लेकिन जब हालात उन्हें अपनी खुद की पहचान बनाने का मौका देते हैं, तो वे अपने भीतर छुपी ताकत को ज़ाहिर करती हैं। फ़िल्म की कहानी दो नवविवाहित महिलाओं - फूल और पुष्पा के इर्द -गिर्द घूमती है, जो शादी के बाद ससुराल जाते हुए ट्रेन में सफ़र करती हैं। लेकिन घूंघट में चेहरा छुपने के कारण उनकी अदला-बदली हो जाती है। फूल का पति पुष्पा को गलती से अपने साथ घर ले जाता है, जबकि मासूम फूल ट्रेन में ही रह जाती है। उधर पुष्पा जान-बूझकर दीपक के साथ आ जाती है। कहानी का रहस्य अंत में जाकर खुलता है जब यह पता चलता है कि दरअसल पुष्पा अपनी पढ़ाई जारी रखने के लिए शादी के बंधन में बंधना नहीं चाहती थी। कठिन परिस्थितियों से जूझती हुई ये दोनों महिलाएं आखिरकार अपनी मंज़िल को पाती हैं।

इस फ़िल्म की सबसे ख़ास बात है कि यह पितृसत्तात्मक सामाजिक मूल्यों और दकियानूसी सोच पर सवाल उठाने के बावजूद भारी-भरकम संवादों या संदेशों के बिना, बहुत ही शांत भाव से एक गहरा असर हमारे मन -मस्तिष्क पर छोड़ती है।

ग्रामीण भारत की पृष्ठभूमि में बनी यह फ़िल्म वास्तविक और भावनात्मक रूप से जुड़ाव महसूस कराती है। फूल और पुष्पा के किरदार हर महिला को अपने किसी न किसी रूप कोई याद दिलाते हैं, चाहे वह पुष्पा की तरह साहसी हो या फिर फूल की तरह मासूम।

कुल मिलाकर 'लापता लेडीज़' मेरे लिए सिर्फ़ एक मनोरंजक फ़िल्म ही नहीं, बल्कि आत्म-सशक्तीकरण की एक प्रेरक कहानी है। फूल और पुष्पा की यात्रा ने मुझे अपने ही जीवन के कुछ पहलुओं पर सोचने के लिए मजबूर कर दिया। यह फ़िल्म न सिर्फ़ हँसाती है, बल्कि भीतर तक मन को छू जाती है ...।

सुश्री स्नेहा शर्मा
बीकॉम द्वितीय वर्ष

'लापता लेडीज़' में महिलाओं के साथ कई पीढ़ियों से होने वाले अत्याचार और अन्याय को बहुत मार्मिकता से दर्शाया गया है। इस फ़िल्म में पर्दा और दहेज़ जैसी कुप्रथाओं पर कटाक्ष किया गया है, जिसके कारण महिलाओं का पारिवारिक एवं सामाजिक दायरा सीमित रह जाता है। इसके साथ ही यह भी ज्ञात होता है कि महिलाओं के साथ होने वाले दुर्व्यवहार के पीछे सिर्फ़ पुरुषों का नहीं बल्कि रुढ़िवादी सोच रखने वाली महिलाओं का भी हाथ होता है। महिलाओं को स्वयं अपनी शक्ति और गुणों का भान नहीं है। परिवार और समाज की देख-रेख में वे अपना अस्तित्व भी भूल जाती हैं। लेकिन इस फ़िल्म में दर्शाया गया है कि महिलाएँ अपने संघर्ष के साथ-साथ प्रकृति से हो रहे खिलवाड़ को भी रोकने के जद्दोजहद में पीछे नहीं हटतीं। प्रकृति नारी के जीवन से सीधा नाता रखती है। उसकी स्थिति में सुधार और विकास अर्थात महिलाओं के जीवन में सुधार होता है।

सुश्री ईर्षिता वशिष्ठ
बीकॉम द्वित्तीय वर्ष

इस फ़िल्म के द्वारा बताया गया है कि किस प्रकार महिलाओं को स्वावलम्बी होना चाहिए। समाज की रुढ़िवादी सोच अब भी इस हद तक है कि महिलाएँ अपने पति का नाम तक नहीं ले पातीं तो गुम होने पर वे पति के बारे में क्या बता पाएँगी?! स्त्री को सिर्फ़ पुरुष की निजी संपत्ति का दर्ज़ा देने की सामाजिक रुढ़िवादिता को इस फ़िल्म ने भली-भाँति रेखांकित किया है। दहेज़, शारीरिक शोषण और हिंसा की संस्कृति हमारे समाज की अनगिनत महिलाओं के सर्वांगीण विकास में बाधा उत्पन्न करती है। इस फ़िल्म के माध्यम से इन सामाजिक मुद्दों को उठाया गया है। 'लापता लेडीज़' के ज़रिये निर्देशिका ने वर्तमान समय की आवश्यकता -' जैविक खेती' की ओर भी इंगित किया है जो 'इको-फेमिनिज़्म' की विचारधारा का एक हिस्सा बन सकता है। गहरी वैचारिकता से बनायीं गयी इस फ़िल्म में स्त्री की महती भूमिका को रेखांकित किया गया है।

सुश्री परीक्षिता नरवाल
बीकॉम द्वित्तीय वर्ष

लापता लेडीज़ में भारतीय ग्रामीण समाज में स्त्री की स्वतंत्रता और पारिवारिक एवं सामाजिक भूमिका को किस प्रकार चूल्हा-चौकी और पति की पसंद-नापसंद का ख्याल रखने तक सीमित करके रखा गया है, इस पर विचार किया गया है। स्त्री परिवार की मान-मर्यादाओं का पालन करते हुए अपनी योग्यता, हुनर, कला आदि को पीछे छोड़ने पर मजबूर कर दी जाती है, लेकिन इन बेड़ियों को तोड़ने का साहस भी उसके स्वतंत्र और आत्मनिर्भर होने की छटपटाहट से ही आएगा। यह बुलंद सन्देश इस फ़िल्म से हमें मिलता है।

जिस समाज में इतनी कुरीतियाँ विद्यमान हैं, वहाँ सकारात्मक सोच वाले लोग भी होते हैं, इस फ़िल्म में हमें इसका पता चलता है। जहाँ पर महिला अपने अधिकारों को लेकर आवाज़ उठाती है, मेहनत करती है, पढ़ाई लिखाई करके 'आर्गेनिक फार्मिंग' करके लोगों को पौष्टिक फल-सब्ज़ी देने और पर्यावरण को संरक्षित रखने की सोचती है, वहाँ पुरुष भी उनका सम्मान करते हैं, चाहे वह फूल का पति हो या फिर थाने का दरोगा। इस फ़िल्म के माध्यम से दर्शाया गया है कि यदि स्त्री ठान ले तो पुरुष भी अपनी मानसिकता में सकारात्मक बदलाव लाकर उनका साथ दे सकते हैं।

सुश्री सुहानी ठाकुर
बीकॉम द्वितीय वर्ष

लोक भाषा एवं बोली

हिडिंबे रे कोथा

महाभारत में जिधर द्रौपदी री बोली हो, जिधर कुण्ती री ममता अते संघर्ष हो, ओथै हर नारी नै अपन-अपन समय रो युद्ध लड़ण पड़्यो, अपन शक्ति री पहचान करणी पड़ी। ऐसई नारियां री कतार में एक नाम स— हिडिम्बा। हिडिम्बा री कहानी सिरफ एक युद्ध री कथा नइं, बल्के ऐ एक नारी रो आत्मबल, शक्ति अते स्वाभिमान री कहानी स। ओ अपन समय री परंपरावां नै ललकार दई, समाज री उम्मीदांवां नै ठुकरा दई। ऐ कहानी सिरफ महाभारत रो हिस्सा नइं, बल्के एक नारी री स्वतंत्रता रो प्रतीक भी स।

ओ समय स, जद पृथ्वी रो कण-कण संघर्ष री गूंज में डूब्यो हो, जद देवता अते दानवां रो युद्ध जोरों में हो, ओ ही समय में हिमालय री घनी घाटीयां में हिडिम्बा रहण। ऊँचा-नीचा भूगोल, बर्फीली चोटियां, घना जंगल—ऐ हिडिम्बा रो संसार हो। ओ अपन भाई हिडिम्ब संग रेण, जिण राक्षस वंश तों होण। हिडिम्ब अते हिडिम्बा दोणे अत्यधिक शक्तिशाली होण। ओन्ना रो शरीर विशाल होण, ओन्ना री गति अते ताकत सामान्य मानवां तों कहीं अधिक होण। पूरा जंगल ओन्ना तों डरयो करदा। पर जिधर हिडिम्ब शक्ति रो भूखा हो, ओन्ना नै दुनिया नै अपन वश में करणा हो, ओधर हिडिम्बा रो मन अलग हो।

एक दिन, हिडिम्ब नै खबर मिली की कुछ यात्री जंगल में आए। ऐ कोई सामान्य यात्री नइं होण—ऐ पांडव होण, जिण अपन माता कुंती संग वनवास में होण। पांडवां में तों सबसे बलशाली भीम होण, जिण रो वीरता चारां दिशा में प्रसिद्ध होई। हिडिम्ब रो मन में एक ही विचार आवो की ऐ यात्री नै समाप्त करणे पड़सी। हिडिम्ब नै हिडिम्बा नै यात्री रो पता लगाण नै कहियो, ताकी ओ सही समय पे हमला कर सकण। पर हिडिम्बा नै पहिल्यां वार आदेश में सवाल उठायो। ओ सोची की ओ खुद देखसी, ऐ यात्री कौन होण अते साच में हिडिम्ब सही कहण स? हिडिम्बा अपन भयंकर राक्षसी रुप छोड़ी, एक साधारण स्त्री रो रुप धर लियो। ओ धीरे-धीरे पांडवां पास गई।

जद ओन्ना री नजर पहली बार भीम पे पई, ओन्ना रो मन बदलण लाग्यो। भीम सिरफ एक योद्धा नइं, ओ री आंखां में आत्मविश्वास री चमक होई। ओ साच में वीर होण। हिडिम्बा नै अनुभूति होई की ओ भीम संग अपन जीवन बिता सकण। पर ऐ निर्णय आसान नइं होण। हिडिम्ब नै जद पतो चल्यो की हिडिम्बा यात्री संग मिल गी, हमला करण री जगह ओन्ना नै अपन मन रो जोड़ लियो, तो हिडिम्ब बहुत क्रोध में आ गयो। ओ भीम नै ललकारण लाग्यो अते अपन विशाल काया संग ओप्पे टूट पयो। भीम भी कोई कमजोर नइं। ओ अपन गदा उठाई, ओ युद्ध शुरु हो गयो। पूरा जंगल संघर्ष री गूंज तों कांपण लाग्यो। डाळियां टूटण, धरती हिलण, पंछी डरकै उड़ण। ओ लड़ाई सिरफ दो योद्धां बीच नइं, पर दो विचारां रो टकराव हो—

एक, जिधर सिरफ शक्ति में विश्वास रखे। एक, जिधर अपन निर्णय खुद लेणा चावे।

लंबी लड़ाई बाद, भीम नै हिडिम्ब नै परास्त कर दियो। जद हिडिम्ब धरती पे ढेर पयो, जंगल में एक गहरी शांति छा गई।

हिडिम्बा नै अपन भाई री मौत पे दुख करियो, पर ओ समझ गई की ओ अपन निर्णय खुद लियो। हिडिम्बा नै पांडवां तों निवेदन करियो की ओ भीम संग विवाह करण चावे। कुंती अते पांडवां नै विचार करियो, पर ओ आखिरी में मान गे, पर एक शर्त राखी—ओ

केवल भीम संग जंगल में रे सकण, पर जद पांडव आग्गे बढ़सी, तो ओन्ना नै अपन संसार में लौटणो पड़ी।
हिडिम्बा नै खुशी-खुशी ऐ शर्त मान ली। ओरी एक बेटो हो, घटोत्कच, जिण भविष्य में महाभारत युद्ध में एक महान योद्धा बनियो। जद भीम नै आखिरी बार हिडिम्बा नै विदाई दी, ओ री आंखां में आँसू तो होण, पर ओ नै अपन मन मजबूत राख्यो। भीम रो जाणो बाद हिडिम्बा नै अपन पूरा जीवन घटोत्कच नै एक वीर अते धर्मपरायण योद्धा बनाण में लगा दियो। ओ नै ओरी परवरिश हिमालय री कठोरता में करियो, जिधर ओरो बेटो प्राकृतिक शक्तियां समझे, जंगल री भाषा सीखे, अते अपन शरीर नै अदम्य शक्ति तों भरयो। हिडिम्बा नै ओ नै राक्षसी कुल री मायावी विद्या भी सिखाई, पर ओ सिखायो की ओरी शक्ति नै सिरफ धर्म अते न्याय वास्ते उपयोग करनो स। घटोत्कच अपनी माता जैंसो साहसी, धैर्यवान अते तेजस्वी होण। हिडिम्बा नै ओ में संस्कार, करुणा अते कर्तव्य रो भाव भी भरण। जद महाभारत युद्ध को समय आयो, ओ घटोत्कच अर्जुन रो रक्षक बन्यो, अते अपन बलिदान स पांडवां री विजय नै सुनिश्चित करयो। हिडिम्बा नै अपन बेटो नै इंसानियत, वीरता अते न्याय री सच्ची सीख दी, जिण रो नाम इतिहास में अमर रहियो।
हिडिम्बा नै अपन जंगल नइं छोड़यो। भीम रो साथ छूटण बाद भी ओ अपन मूल री जड़ां तों दूर नइं गई। ओ जंगल री बेटी होई, ओ प्रकृति री गोद में पली-बढ़ी, अते ओरी आत्मा भी ओत्ते ही रम गी। ओ जानती होई की ओरी जिनगी सिरफ एक वीर योद्धा री पत्नी बने में नइं, बल्के ओ खुद एक स्वतंत्र नारी स। पांडव ओत्तों आग्गे बढ़ गे, अपन नियति पूरी करण, पर हिडिम्बा नै अपन धरती नै नइं त्यागियो। ओ अपन पहचान तों अलग नइं हो सकी, ओ नै अपन जीवन अपन रीति-संस्कृति अते मूल्यों नै संजोण में लगा दियो।
हिडिम्बा सिरफ एक राक्षसी नइं, ओ एक ऐसी नारी होई, जिण अपन परंपरावां तों बंधी नइं, जिण अपन जिनगी खुद रचण चाही। ओ अपन शक्ति नै एक सीमित दायरे में नइं राखियो, बल्के ओरी शक्ति ओरी सोच, ओरो निर्णय अते ओरी स्वतंत्रता में रही। ओ एक ऐसी नारी रही, जिण नै समाज रो डर नइं, जिण नै अपन जीवन अपन तरीके स जीणो आय। हिडिम्बा नै ना सिरफ घटोत्कच नै एक महान योद्धा बनायो, बल्के ओ खुद भी एक सशक्त स्त्री री मिसाल बनी। ओ अपन जंगल री रानी रही, जिधर ओ नै अपन धर्म, अपन आत्मसम्मान अते अपन स्वतंत्रता नै अपन सब तों ऊपर रखियो।
हिडिम्बा रो नाम इतिहास में अमर रहियो। आज भी मनाली में हिडिम्बा रो मंदिर स, जिधर ओरी शक्ति अते ओरो बलिदान नै याद करियो जावे। ऐ मंदिर सिरफ एक धार्मिक स्थल नइं, बल्के एक ऐतिहासिक धरोहर स, जिण नै सदियां तों लोग पूजण आ रया। हिडिम्बा रो सम्मान में बन्यो ऐ मंदिर ओरी नारी शक्ति, त्याग अते आत्मनिर्णय रो प्रतीक स। ऐ मंदिर री वास्तुकला भी हिमाचली शैली री अद्भुत मिसाल स—लकड़ी री सुंदर नक्काशी, शंकुकार छत अते चारों तरफ देवदार री घनी छांव, जिण ऐ स्थल नै एक आध्यात्मिक ऊर्जा तों भर दै। मनाली री ठंडी हवां में, देवदार री ऊंची फटनां बीच, ऐ मंदिर हिडिम्बा री याद में खड़यो स। ऐ सिरफ एक मंदिर नइं, बल्के ओरी कहानी रो जीवंत प्रमाण स। ऐ जगह बतावण स की एक नारी रो आत्मसम्मान किन्नो मायने रखदा, ओ रो निर्णय किन्ना मजबूत हो सकण, अते ओ कैसे अपन अस्तित्व रो खुद गढ़ सकण।
हिमाचल री धरोहर में हिडिम्बा रो स्थान विशेष स। ऐ देवी कोई आम देवता नइं, बल्के एक ऐतिहासिक योद्धा नारी स, जिण री कहानी सदियां बाद भी लोगां नै प्रेरणा देवण स। ओरी स्वतंत्रता, ओरो आत्मबल अते ओरो संघर्ष री गूंज आज भी ऐ वादियां में सुनाई दै, जद देवदार री फटनां में हवा सिहर मारे, जद मंदिर री घंटियां बोजण। ऐ मंदिर एक नारी री अमर गाथा स, जिण समय रो परवाह बिना, अपन पहचान खुद गढ़ी।

सुश्री सैज़ल शर्मा
बी ए द्वितीय वर्ष

उतरॉ री बागर ओ सूरज़

उतरॉ री बागर ओ सूरज़ घॉडिदी लगे ज़े कुनज़ा ज़ादा ताकतवर ओ । तेबी तेथा एक माछ डेव लागा था , ज़ॉसरे लोइया बामेदा था। उतरॉ री बागरे ओ सूरज़े दुई मनो , जुनज़ा पॉलिये तेस माछॉ रा लोइया खोलाओला , से ओला सॉबिदो ताकतवर । ता उतरॉ री बागर तेज़ चालदी लागी , ज़ेतणी तेज़ से चाल सॉकॉ थी। ज़ेतणी ही बागर तेज़ चालॉ थी , तेतणा ही से आपणा लोइया गुड़याँ फलेशॉ था। आखिरी दी बागरिये आपणी कोशिश बॉन्द कॉरी। तेंई बासिए सुरज़े हॉद तेज़ दॉ ला । तेस माछे तेबी आपणा लोइया खोला। तॉ उतरॉ री बागरिये मनो ज़े दुई बीचे सूरज़ ज़ादा ताकतवर ओ ।

शीख

उतरॉ री बागर ओ सूरज़ री कहानी से एज़ी शीख मीलॉ ज़ै दया ओ सबर छॉडनो चेई , रोब ओ धौंस नाई ज़माणी चेई ।

सुश्री श्रीजन शर्मा
बी . ए . प्रथम वर्ष

आओ साझा करें

भारत में महिलाओं की स्थिति : एक विरोधाभासी चित्र

भारत में महिलाओं की स्थिति एक विरोधाभासी और जटिल चित्र प्रस्तुत करती है। एक ओर, हम देखते हैं कि महिलाएँ शिक्षा, करियर और राजनीति के क्षेत्र में महत्वपूर्ण भूमिका निभा रही हैं। जबकि दूसरी ओर, वे अभी भी कई सामाजिक और आर्थिक चुनौतियों का सामना कर रही हैं।

सकारात्मक पहलुओं में से एक है महिलाओं की शिक्षा में वृद्धि। पिछले कुछ दशकों में लड़कियाँ अधिक से अधिक स्कूल जा रही हैं और उच्च शिक्षा प्राप्त कर रही हैं। यह महिलाओं को आत्मनिर्भर बनने और समाज में योगदान देने में सक्षम बना रहा है।

कार्यबल में भी महिलाओं की भागीदारी बढ़ रही है। वे विभिन्न क्षेत्रों में, जैसे कि प्रौद्योगिकी, विज्ञान, और व्यवसाय में महत्वपूर्ण भूमिकाएं निभा रही हैं। हालांकि, अभी भी कई क्षेत्रों में महिलाओं को पुरुषों के बराबर अवसर नहीं मिल पाते हैं।

राजनीति में भी महिलाओं की भागीदारी बढ़ रही है। कई महिलाएँ संसद और विधानसभाओं में चुनी जा रही हैं और महत्वपूर्ण निर्णय लेने की प्रक्रिया में शामिल हो रही हैं। हालांकि, अभी भी बहुत कुछ किया जाना बाकी है ताकि महिलाओं को राजनीति में अधिक प्रतिनिधित्व मिल सके।

इन सकारात्मक पहलुओं के बावजूद, भारत में महिलाएँ अभी भी कई चुनौतियों का सामना कर रही हैं। इनमें से कुछ चुनौतियां हैं -

* लैंगिक असमानता: भारत में अभी भी लैंगिक असमानता व्याप्त है। महिलाओं को पुरुषों की तुलना में कम वेतन मिलता है और उन्हें कम अवसर मिलते हैं।
* घरेलू हिंसा: भारत में घरेलू हिंसा एक गंभीर समस्या है। कई महिलाएँ अपने घरों में शारीरिक, मानसिक और भावनात्मक शोषण का शिकार होती हैं।
* यौन उत्पीड़न: कार्यस्थल और सार्वजनिक स्थानों पर यौन उत्पीड़न एक आम समस्या है। कई महिलाएँ डर और शर्म के कारण इस बारे में बात करने से हिचकिचाती हैं।
* असमानता: भारत में अभी भी कई क्षेत्रों में असमानता व्याप्त है, जैसे कि स्वास्थ्य सेवा, शिक्षा और रोज़गार। महिलाओं को पुरुषों की तुलना में कम गुणवत्ता वाली सेवाएं और अवसर मिलते हैं।

भारत में महिलाओं की स्थिति में सुधार लाने के लिए, हमें कई स्तरों पर काम करने की आवश्यकता है। हमें सामाजिक मानसिकता में बदलाव लाने की जरूरत है ताकि महिलाओं को पुरुषों के बराबर सम्मान और अवसर मिल सकें। हमें कानूनों को लागू करने और महिलाओं के अधिकारों की रक्षा करने के लिए कड़े कदम उठाने की जरूरत है। हमें शिक्षा, स्वास्थ्य सेवा और रोज़गार के क्षेत्र में महिलाओं को अधिक अवसर प्रदान करने की आवश्यकता है।

हम सभी को मिलकर काम करना होगा ताकि भारत में महिलाओं की स्थिति में सुधार लाया जा सके। हमें एक ऐसा समाज बनाने की जरूरत है जहां महिलाएँ समानता, सम्मान और अवसर प्राप्त कर सकें।

सुश्री साक्षी सांसटा
बी.ए. तृतीय वर्ष

क्या मानसिक रोग कलंक है ?

मेरा नाम गीता है और यह मेरी कहानी है। बचपन से ही मैं अन्य बच्चों की ही तरह एकदम सामान्य थी। खेलती -कूदती, पढ़ाई करती और एकदम खुश रहती। बारहवीं कक्षा में अच्छे अंक लाने के बाद मुझे हिमाचल के एक महाविद्यालय में घर से दूर पढ़ाई करने के लिए भेजा गया। कुछ समय तो मुझे सब ठीक लगता था। मैंने बहुत सारे दोस्त बनाए, मस्ती की, पढ़ाई की। मगर फिर एक रात मेरी तबियत मुझे खराब लगने लगी।
अगले दिन मैंने सोचा कि अस्पताल चली जाऊँ। जाकर मेरे कई टेस्ट हुए, मगर उनमें कोई गड़बड़ नज़र नहीं आई। मैं वापस अपने जीवन में व्यस्त हो गई। मैं जितना खुद को काम में व्यस्त रखने की कोशिश करती उतना ही मुझे मेरे शरीर में दिक्कत आने लगती, मैं फिर से अस्पताल गई मगर मेरे टेस्ट की रिपोर्ट में कुछ नहीं आया। समस्याएँ बढ़ती गयीं और मेरा तनाव भी बढ़ता चला गया। मेरा ध्यान सिर्फ़ मेरे शरीर पर था, मैं जानती थी कि मुझे कोई न कोई रोग हो चुका है और इसी वजह से पढ़ाई में भी मेरे कम अंक आने लगे। मैं चुप रहती थी और घबराती थी। मेरे दोस्त मुझे किसी मनोचिकित्सक के पास लेकर गए। मनोचिकित्सक ने मेरे दोस्तों की बात सुनकर यह कह दिया कि मुझे हाइपोकॉन्ड्रियासिस है। यह शब्द मेरी समझ से एक दम बाहर था, उन्होंने समझाया कि इसमें व्यक्ति को लगता है कि उसे कोई बीमारी है पर असलियत में ऐसा होता नहीं है। टेस्ट में कुछ ना आने पर भी लोगों को यकीन नहीं होता कि उन्हें कोई रोग नहीं है। मेरा मन तो शांत हो गया पर फिर भी मुझे कुछ ठीक नहीं लग रहा था।
कुछ 2-3 महीने बाद मुझे खून की उल्टी होनी शुरु हुई। अब मैं इतना डर गई कि बिना उल्टी की तस्वीरें खींचे डॉक्टर के पास चली गई। उसमें मेरी पर्ची में देखा तो मुझसे कहा "देखिए आपको मैं ठीक नहीं कर सकता, क्योंकि कोई बीमारी नहीं है।" मैंने झपक कर कहा " मगर फिर आप मुझे बताइए कि मुझे खून की उल्टियाँ क्यों हुईं? " डॉक्टर ने इस पर भड़क कर कहा " क्या तुमने कोई तस्वीर खींची, मैं कैसे मान लूं कि जो तुम कह रही हो वह सच है?"
अब यह बीमारी मेरे लिए एक कलंक सी हो गई थी। मेरे परिवार के सदस्य व अन्य लोगों ने मुझपर विश्वास करना बंद कर दिया था।
एक दिन मैं कॉलेज में बेहोश हो गई। मुझे अस्पताल ले जाया गया। जब मुझे होश आया तो मुझे पता चला कि मुझे कैंसर है। मेरे माता-पिता मेरे लिए बहुत चिंतित हो उठे। मैं जानती थी, कि मुझे कोई समस्या ज़रुर है मगर इतनी बड़ी बीमारी है, यह नहीं जानती थी। फिर मुझे नए मनोचिकित्सक से मिलवाया गया और पता चला कि पहले मेरी बीमारी की सही जांच हुई ही नहीं थी। ।
इन सब बातों से सब दुखी थे और सोच रहे थे कि उन्होंने मुझपर यक़ीन क्यों नहीं किया।
मैं आखिर में सिर्फ़ एक ही उलझन में फंसी थी। अगर मुझे कोई दिमागी बीमारी होती भी तो क्या मुझे सुना जाता, क्या मुझे इतना भी हक़ नहीं हैं? हम सोचते हैं कि अगर किसी को दिमागी बीमारी है तो उससे गंभीरता से नहीं लेना चाहिए, वह पागल है, दूसरों को उससे खतरा है। मगर असलियत में जैसे हर बुखार कैंसर नहीं होता, उसी प्रकार हर मानसिक रोगी पागल नहीं होता। मानसिक रोग बीमारी है, कलंक नहीं।

सुश्री भूमिका वर्मा
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महिलाओं की चुप्पी, पुरुषों को साहस

सेंट बीड्स महाविद्यालय में पिछले तीन वर्षों से अध्ययन कर रही हूँ। यहाँ महिला सशक्तीकरण और सामाजिक तथा पारिवारिक दायरे में उसके सम्मान और सुरक्षा के बारे में बहुत कुछ जाना-सुना। महाविद्यालय में इस प्रकार की गतिविधियाँ सच में हमें प्रेरित करती हैं, कि एक महिला होने के क्या मायने असल में होने चाहिए थे, लेकिन दुर्भाग्यवश, कुछ असामाजिक तत्त्वों, अंधविश्वासों और परंपरा, रीति-रिवाज़ आदि के नाम चल रहे ढकोसलों के कारण हमारा महिला समाज आज भी कोसों दूर पिछड़ रहा है। वैसे मैं एक खोजी प्रवृत्ति की छात्रा हूँ। कबीरदास की तरह ही मैं 'कागज़ की लेखी' से ज़्यादा 'आँखन देखि' पर विश्वास रखती हूँ। इसीलिए छुट्टियों में, जब भी मौका मिलता है, मैं ऐसी जगहों पर कुछ समय बिताना पसंद करती हूँ, जहाँ से मुझे देश-दुनिया के बारे में ज्ञान मिले। एक ऐसी ही घटना अभी हाल में घटी है।

पिछली छुट्टियों में मैंने देश की राजधानी, दिल्ली के कई महिला पनाहगाह में घंटों तक उन पीड़ित महिलाओं से बातचीत की है जो बताती हैं कि किस तरह शराब पीकर उनके पति ने उन पर केरोसिन तेल छिड़ककर उनके शरीर के कई अंगों को बड़ी निर्ममता से जला डाला!

मैंने कई स्वास्थ्य कर्मियों, सामाजिक कार्यकर्ताओं और सरकारी अधिकारियों से तमाम मुद्दों पर बातचीत की और समझने की कोशिश की है कि इन सबके पीछे आखिर वजह क्या है।

महिलाओं के खिलाफ़ शारीरिक और यौन हिंसा दुर्भाग्यवश हर समाज की एक कड़वी सच्चाई है, लेकिन भारत में जिस तरह इसे आमतौर पर समाज की स्वीकृति मिली है, यह बात समझ से परे है। भारत में राष्ट्रीय परिवार स्वास्थ्य सर्वेक्षण के मुताबिक करीब 51 प्रतिशत पुरुष और 54 प्रतिशत महिलाएँ पुरुषों द्वारा महिलाओं को को पीटा जाना न्यायसंगत ठहराते हैं! और इन सब पर लोगों की चुप्पी के कारण समाज में घरेलू हिंसा को और ज्यादा तूल मिलती है।

हिंसा की शिकार महिलाओं की खामोशी तो समझ में आती है कि वे डरती हैं या फिर उनके बीच आत्म-सम्मान और सुरक्षा भाव को लेकर जागरुकता नहीं आयी है कि वे आगे आकर इसके ख़िलाफ़ आवाज़ उठाएँ, लेकिन यह बात बिल्कुल समझ में नहीं आती कि आखिर उनके परिवार के लोग, दोस्त, पड़ोसी या फिर राह चलते लोग कैसे इससे अपनी आँखें चुरा लेते हैं?!

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पीरियड्स और सैनिटेशनः भारत में एक चुनौती

पीरियड्स एक प्राकृतिक जैविक प्रक्रिया है, लेकिन अक्सर इसे एक सामाजिक वर्जना के रुप में देखा जाता है। हम भले ही अपने भारत देश की सांस्कृतिक महानता के गुण गाएँ, लेकिन इस कड़वे सच से मुँह भी नहीं मोड़ सकते कि विश्व पटल पर अपने वैज्ञानिक आविष्कारों का लोहा मनवाने वाला भारत महिलाओं को लेकर अभी भी कुछ मामलों में संवेदनशील नहीं हो पाया है। भारत में इसे अभी भी एक वर्जित विषय माना जाता है। इस कारण, पीरियड्स के दौरान सैनिटेशन की कमी एक बड़ी समस्या है।

क्यों है यह एक समस्या?

क) धार्मिक मान्यताएँ एवं सामाजिक वर्जना - भारतीय समाज में माहवारी के समय स्त्री के शरीर को अशुद्ध माना जाता है, जिसके कारण उसे रसोई, पूजा स्थान या फिर किसी भी शुभ कार्य से परे रखा जाता है। रक्त स्राव को अशुद्ध मानने की प्रवृत्ति हमारी धार्मिक मान्यताओं का प्रतिफल है। इस पर सोच-विचारने की ज़रुरत है कि जिस प्राकृतिक विशेषता के चलते स्त्री को मातृत्व सुख प्राप्त होता है, जिससे उसके परिवार का वंश आगे बढ़ता है, उसका स्रोत अपवित्र कैसे हो सकता है?!

ख) सैनिटरी पैड्स की कमी - दरअसल अशुद्धि का पूरा प्रश्न स्त्री की देह की स्वच्छता को लेकर है। पुराने ज़माने में रक्त स्राव के उन दिनों में स्त्री को सेनेटरी पैड की सुविधा नहीं थी, जिसके चलते कपड़े का इस्तमाल रक्त के बहाव को सोखने के लिए किया जाता था। लेकिन प्रौद्योगिकी के चलते इतना विकास तो हो चुका है कि बाज़ार में कई प्रकार के सैनिटेरी पैड्स उपलब्ध हैं जिससे महिलाओं को घर का काम-काज तो क्या, खेल-कूद में भी भाग लेने से कोई डर नहीं! हाँ, लेकिन यह भी सत्य है कि ग्रामीण महिलाओं को इसके बारे में जागरुक करने का काम बाकि है। दूसरा, आर्थिक रुप से अक्षम महिलाएँ महंगे दामों में बिक रहे सैनिटेरी पैड्स खरीदने में असमर्थ रह जाती हैं।

ग) स्वास्थ्य जोखिम - स्वच्छता की कमी के कारण महिलाओं को कई प्रकार के संक्रमण का खतरा रहता है, जिसके कारण उनका स्वास्थ्य बिगड़ता चला जाता है। इससे बचने के लिए अस्पतालों या फिर स्वास्थ्य केंद्रों में महिलाओं को इन समस्याओं से अवगत कराना और साथ ही उनके जीवन साथी को भी जागरुक करने की ज़रुरत है कि माहवारी एक नैसर्गिक प्रक्रिया है, इसके बारे में खुलकर बात करनी चाहिए।

इसके परिणाम क्या हैं?

छात्राओं की पढ़ाई पर असर - अक्सर देखा गया है कि पीरियड्स को लेकर जो सामाजिक कलंक लड़कियाँ झेलती हैं, उससे उनका आत्म-विश्वास बिलकुल टूट जाता है। वे न तो स्कूल जाने में रुचि रखती हैं और ना ही खेल-कूद में बिना झिझक भाग लेने की सोच पाती हैं। इसलिए उनको मानसिक रुप से शक्ति प्रदान करने की ज़िम्मेदारी जितनी अध्यापकों की होती है, उतनी ही उनके अभिभावकों की।

क्या किया जा सकता है?

जागरुकता बढ़ाना - लोगों को पीरियड्स के बारे में जागरुक करना और उन्हें सही जानकारी देना ज़रुरी है।

सस्ते और आसानी से उपलब्ध सैनिटरी पैड्स - सरकार को सस्ते सैनिटरी पैड्स उपलब्ध कराने चाहिए।

स्वच्छता सुविधाएँ - स्कूलों और कार्यस्थलों में स्वच्छ शौचालयों की व्यवस्था होनी चाहिए।

सरकारी नीतियाँ: सरकार को पीरियड्स और सैनिटेशन से संबंधित नीतियाँ बनानी चाहिए और उनका कड़ाई से पालन कराना चाहिए।

पीरियड्स एक सामान्य जैविक प्रक्रिया है और इसे एक वर्जित विषय नहीं माना जाना चाहिए। सभी महिलाओं को स्वच्छता और सम्मान के साथ इस समय को बिताने का अधिकार है।

सुश्री प्रियान रुकटा
बी.ए. द्वितीय वर्ष

हिंदी है हम

भाषण प्रतियोगिता

दूरदर्शन शो

हिन्दी दिवस नृत्य

पोस्टर निर्माण प्रतियोगिता

अंर्त विद्यालय प्रश्नोत्तरी प्रतियोगिता

हिंदी सप्ताह : कुछ झलकियां

एवं नाटक प्रस्तुति

हिंदी दिवस के दौरान ग्रुपफोटो

लैंग्वेज लैब गतिविधि

महिला दिवस पर फिल्म प्रदर्शन एवं समीक्षा लेखन

हिंदी टाइपिंग पर कार्यशाला