



ACTIVITIES 2025-2026

RISEUP! A TWO-DAY WORKSHOP ON GENDER EQUITY, EMPOWERMENT AND FUTURE LEADERSHIP

Date: September 11-12, 2025

The Women's Cell of St. Bede's College, in collaboration with YWCA, organized "Rise Up! A Workshop on Gender Equity, Empowerment & Future Leadership" on 11–12 September 2025. This two-day workshop provided a safe, inclusive, and empowering platform for young women, bringing together students from various institutions, including RKMV, Rajeev Gandhi Government College Kotshera, and COE Government College Sanjauli. Participants engaged in meaningful dialogue and interactive sessions on gender equity, leadership, feminism, health, rights, and personal growth, fostering reflection, collaboration, and skill development.

Objectives: The workshop aimed to empower young women by creating a safe space for dialogue, strengthening leadership skills, and fostering awareness on feminism, gender equity, and inclusivity. It emphasized the importance of public policy and advocacy, promoted knowledge of sexual and reproductive health, encouraged mental health and self-care practices, built confidence in personal identity and branding, and introduced economic entrepreneurship as a pathway to independence and empowerment.

Description: Day-1

Inaugural Session: The workshop commenced with an opening prayer by Principal Sr. Rosily T.L., followed by a warm welcome to the resource person, Ms. Nikkita Dhiman, India's North Regional Coordinator for Rise Up! India, a program initiated by the World YWCA. She began with a briefing about the workshop, alongside pre-survey and registration formalities, and went on to introduce the YWCA and the Rise Up! program.

She highlighted that Rise Up! has been a remarkable initiative dedicated to empowering marginalized women between the ages of 18–30, particularly in rural and semi-urban areas. In just four years, the program has impacted more than 800 young women across India by equipping them with skills in leadership, advocacy, and community action. It has also addressed critical issues such as gender equality, reproductive health, violence against women, climate justice, and economic empowerment.

Her address set the tone for the sessions ahead, underlining the importance of safe spaces and youth engagement in leadership. She also expressed gratitude to the Australian Government (DFAT) for supporting this noble initiative and acknowledged the certified Rise Up! facilitators whose contributions continue to strengthen the movement.



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11-09-2025: Felicitation of the resource person Ms. Nikkita Dhiman

Ice-breaker Activities: To build rapport among participants, the workshop featured a series of interactive ice-breaker activities aimed at fostering openness, ease, and collaboration. The day began with a lively Yes/No/Maybe activity, where participants responded to thought-provoking statements, allowing them to freely express their opinions while stimulating critical thinking. In addition, the session included, self-introductions, and short team-building exercises, designed to dissolve initial hesitations and encourage active participation. Participants were invited to share their names, interests, and personal reflections, which not only helped them get to know one another but also created a sense of belonging, trust, and inclusivity. These activities set a positive tone for the day, enabling students to engage more confidently in subsequent sessions.



11-09-2025: Yes/No/Maybe activity



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Creative Expressions and Safe Space Discussion: The session on creative expressions was designed to encourage participants to explore their thoughts and experiences in a free, interactive, and imaginative manner. Using storytelling, role-plays, and art-based activities, students were invited to reflect on everyday gender roles, stereotypes, and challenges they had encountered in their personal and social lives. These creative tools provided a platform for participants to voice their perspectives in a non-judgmental and supportive environment.



11-09-2025: Session on Creative Expressions

Public Policy and Advocacy: In the next session, Ms. Dhiman emphasized “Why Young Women Must Engage in Public Policy.” She explained how policies directly influence education, health, safety, employment, and digital rights, urging young women to actively engage in advocacy. She highlighted the need for inclusive voices in policymaking, particularly for marginalized communities.



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11-09-2025: Session on Public Policy and Advocacy

Gender Equity and Community Issue Mapping: This session provided participants with the opportunity to critically examine the challenges and inequalities present in their immediate surroundings. Through guided discussions and collaborative exercises, students collectively identified pressing social and community concerns, including gender bias, workplace inequality, restricted mobility, limited educational opportunities, and violence against women. Students participated in group work to identify common social issues, reflect on their impact, and propose practical solutions. Participants were guided to think about practical and innovative solutions, such as community awareness campaigns, peer-support systems, advocacy for safer workspaces, and youth-led initiatives to challenge stereotypes.



11-09-2025: Gender Equity and Community Issue Mapping



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Leadership Reflection: The leadership reflection session was designed to help participants recognize and nurture their leadership potential. Through guided discussions, personal exercises, and interactive dialogue, students were encouraged to explore the core qualities of effective leadership, such as empathy, integrity, decision-making, resilience, and accountability. Facilitators prompted participants to reflect on their own personal journeys examining the challenges they had faced, the values that guided them, and the moments in which they had already demonstrated leadership, even in small ways. By sharing these reflections in groups, students discovered common experiences and drew inspiration from one another.



11-09-2025: Leadership Reflection Session

Day 2

The second day of the workshop placed strong emphasis on health, well-being, mental resilience, and economic empowerment, providing participants with both knowledge and practical skills to navigate personal and professional challenges.

Session on Mental Health and Self Care: The day began with an engaging session led by experts who addressed the importance of mental health and emotional resilience in the lives of young women. Discussions centered around strategies for self-care, stress management, and mindfulness practices. Participants were encouraged to speak openly about their experiences, which helped in breaking the stigma surrounding mental health. Practical tools such as breathing techniques, journaling, and time management skills were introduced to promote balance and emotional well-being.



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12-09-2025: Session on Mental Health and Self Care

Personal Branding Exercises: This session guided students through activities that encouraged self-discovery and identity development. Participants worked on articulating their values, strengths, and aspirations, while exploring how self-expression and confidence can shape effective leadership. Exercises focused on communication, presentation, and personal storytelling, equipping participants with skills to build a strong sense of self and professional presence.



12-09-2025: Personal Branding Exercises



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Session on Sexual and Reproductive Health and Rights (SRHR): A detailed session on Sexual and Reproductive Health and Rights (SRHR) provided participants with a safe and open platform to explore topics that are often considered taboo. The discussion encouraged students to actively share their experiences, perspectives, and questions, making the session highly engaging and interactive. The facilitators emphasized the importance of rights and responsibilities related to sexual and reproductive health, highlighting how awareness empowers young women to make informed decisions regarding their bodies and well-being. Topics such as menstrual health, contraception, reproductive choices, and preventive care were discussed, along with strategies for fostering communication and support within families and communities.



12-09-2025: Session on Sexual and Reproductive Health and Rights

Economic Empowerment & Entrepreneurship: This segment introduced participants to the concepts of financial independence and entrepreneurial thinking. Facilitators discussed the role of women's economic participation in building stronger families and societies. Real-life examples of young women entrepreneurs were shared, inspiring participants to explore opportunities in business, innovation, and social enterprises. Discussions also highlighted the significance of financial literacy and resource management as tools for empowerment.

The workshop concluded with a powerful session on gender advocacy and future leadership, which urged participants to envision themselves as active contributors to equitable and inclusive spaces. Alongside this, participants completed the post-survey forms, providing valuable feedback and reflections on their learning journey.



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12-09-2025: Economic Empowerment & Entrepreneurship

Valedictory Session: The workshop concluded with a heartfelt valedictory session, made even more enriching by the presence of Ms. Shefali Bhardwaj, Vice President, YWCA India, Northern Region and Ms. Rohini Singh General Secretary, GS Shimla. Their insights and perspectives added depth to the discussions and inspired participants to continue their journey toward empowerment and leadership. Certificates of participation were distributed to all 35 participants, recognizing their active engagement and enthusiasm throughout the two-day program. The session not only celebrated the students' learning journey but also encouraged them to apply the knowledge and skills gained, fostering a lasting commitment to gender equity, personal growth, and community leadership.





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12-09-2025: Valedictory Session

Outcomes: The workshop successfully empowered participants by fostering leadership, self-confidence, and a strong sense of agency. Students gained deeper awareness of gender equity, inclusivity, and social justice, equipping them to challenge stereotypes and advocate for equality in everyday life and workspaces. Through sessions on health, safety, and mental well-being, participants learned about sexual and reproductive health, menopause, fibroids, and strategies for emotional resilience and self-care, reducing stigma and promoting holistic wellness. The workshop also emphasized economic empowerment and entrepreneurship, introducing participants to financial literacy, entrepreneurial thinking, and pathways to economic independence. Exercises on personal branding, identity development, and advocacy enabled students to reflect on their strengths, communicate effectively, and envision themselves as proactive change-makers.



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INTERNATIONAL DAY OF THE GIRL CHILD

Date: October 16, 2025

The Women's Cell and Gender Champions Club of St. Bede's College organized an enthralling Treasure Hunt Activity on October 16, 2025, to commemorate the International Day of the Girl Child. The event sought to honour the spirit, strength, and potential of young women while spreading awareness about gender equality, empowerment, and the importance of nurturing the dreams and aspirations of girls in every sphere of life.

Objectives: The activity aimed to celebrate the International Day of the Girl Child by promoting empowerment through education, equality, and leadership. It provided a platform for interactive and collaborative learning, fostering teamwork, creativity, and problem-solving in a fun environment. The event also sought to raise awareness on gender issues while nurturing confidence, communication, and leadership skills among students.

Description: The treasure hunt comprised three dynamic and intellectually stimulating rounds designed to challenge the participants' presence of mind, observational skills, and teamwork. A total of eight enthusiastic teams from various departments took part, each demonstrating great energy and zeal from the very beginning.

In the first round, teams were given clues based on themes such as women achievers, education for girls, and gender parity, which led them to different locations across the college campus. The second round intensified the challenge, as teams were required to solve riddles, complete short tasks, and decipher gender-related quotations to advance.



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After two rigorous and exciting rounds, five teams qualified for the grand finale. The final round was packed with suspense, strategy, and excitement as the remaining teams raced against time to unravel the last set of clues that would lead them to the hidden treasure. To everyone's surprise and delight, the ultimate treasure was found to be with the Principal of the college, symbolizing that the true treasure lies in knowledge, mentorship, and empowerment.

The Principal warmly appreciated the efforts of all participants and commended the organizing committee for designing an activity that beautifully combined education, engagement, and empowerment.

To add to the excitement, attractive prizes were awarded to the winners and participants, acknowledging their enthusiasm and spirit of teamwork. The joy and camaraderie shared among students made the event truly memorable.





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16-10-2025: Treasure Hunt Activity to commemorate the International Day of the Girl Child.



Prize Distribution to the winners and participants

Outcomes: The activity enhanced awareness on gender equality and women's empowerment, strengthened teamwork and critical thinking, and fostered leadership, confidence, and unity among students. It offered a platform for experiential and creative learning, leaving participants with a renewed appreciation for the potential of the girl child.



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WEBINAR ON POSITIVE THINKING AND STRESS MANAGEMENT

Date: December 3, 2025

The Women's Cell & Gender Champion Club of St. Bede's College, Shimla, in collaboration with the EduSelf Program, organized an inspiring webinar on "Positive Thinking & Stress Management" on 3rd December 2025. The session aimed at promoting emotional well-being and resilience among young women by addressing the increasing stress in academic and personal life.

Objectives: The session was designed to empower participants with a deeper understanding of how positive thinking influences attitudes, behaviours, and overall mental health. It highlighted practical strategies for managing stress in academic, professional, and personal situations. Emphasis was placed on enhancing emotional resilience, cultivating mindfulness, and developing greater self-awareness. The session focused on cultivating mindfulness, self-awareness, and constructive coping strategies.

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**Women Cell and Gender
Champion Club**

Under the aegis of IQAC
is organising a

**Webinar on Positive Thinking
and Stress Management**

in collaboration with
"EduSelf" program

Resource Person
Ms. Nahida Abdulla
Renowned Speaker

Please click on the link below to join the meeting
<https://meet.google.com/dcy-mcir-gqz>
Date: December 3, 2025
Time: 10:00 am-11:00 am

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Description: The resource person for the webinar was Ms. Nahida Abdulla, a motivational speaker and self-development coach specializing in youth guidance and life-management tools. The webinar brought together students across different departments, offering them a platform to reflect, learn, and grow with a healthier mindset.

The resource person engaged with the students meaningfully, encouraging them to contemplate what they truly live for—family, friendships, dreams, personal aspirations, and their contribution to society.





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3/12/2025: Screenshots of the Webinar on “Positive Thinking & Stress Management”

The discussion highlighted the idea that the people around us play a vital role in shaping our life graph, influencing our emotional well-being, decisions, and personal growth. Students were reminded that emotions should be acknowledged rather than suppressed, as emotional honesty forms the basis of a healthy and balanced life. The speaker emphasized the importance of self-teaching and self-discipline, describing them as essential pillars of long-term success.

One of the most powerful messages shared was:

“Commitment is the key to joy, and comparison is the thief of joy.”

This thought encouraged students to remain dedicated to their goals while avoiding the trap of comparing their journeys with others.

Techniques & Practical Takeaways

To help students manage stress and improve focus, the resource person introduced two effective study and productivity techniques:

8:8 Rule Technique – A balanced method that encourages alternating between focused work and restorative breaks to maintain energy and mental clarity.

Pomodoro Technique – A time-management strategy involving short bursts of concentrated study followed by brief breaks, aimed at reducing academic pressure and enhancing retention.



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These methods were demonstrated with examples, and students were encouraged to incorporate them into their daily routines.

Key Messages

The speaker beautifully conveyed that individuals are not born merely to survive, but to:

Live confidently, with courage and clarity.

Celebrate achievements, big or small.

Nurture identity and long-term goals.

Grow through experiences and learn from challenges.

Students were reminded that their “life graph” will naturally have highs and lows, but with perspective, persistence, and optimism, even difficult days can be managed with grace.

Interactive Session

The programme concluded with an insightful interactive round where students shared their queries and personal concerns. The resource person responded with patience and clarity, providing thoughtful guidance and practical suggestions. This segment helped the students connect deeply with the session content and gain individualized support.



Question and Answer Session

Outcomes: The session resulted in several meaningful outcomes for the students. They gained a deeper understanding of their personal purpose, recognizing the importance of family, friendships,



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dreams, and their contribution to society. Students developed greater emotional awareness by learning to acknowledge and express their feelings instead of suppressing them. They also understood the value of self-discipline and self-teaching as essential habits for long-term success. Practical productivity tools equipped them with effective strategies to manage academic stress and improve focus. Overall, the session empowered the students to approach their life graph with optimism, celebrate their achievements, nurture their identity, and grow through experiences. It encouraged them to live confidently and handle challenges with a positive perspective.

AN AWARENESS TALK ON “UNDERSTANDING WOMEN’S RIGHTS: LAWS, PROTECTION AND EMPOWERMENT”

Date: December 17, 2025

Women Cell and Gender Champion Club, St. Bede’s College, Shimla organized an Awareness Talk on “Understanding Women’s Rights: Laws, Protection and Empowerment” on December 17, 2025 to raise awareness about women’s rights and relevant laws, enhance legal understanding among students, and empower them to recognize, protect, and stand up for women’s safety, dignity, and equality.

Objectives

- To create awareness among students about women’s rights and women-centric laws in India.
- To familiarize participants with important legal provisions related to domestic violence, succession rights, and protection of women.
- To promote understanding of legal safeguards available for women’s safety, dignity, and equality.
- To empower students with legal knowledge so they can recognize injustice and respond confidently.
- To encourage a sense of responsibility towards promoting gender equality and women’s empowerment.

Description: The session was conducted by Ms. Shilpa Sood, a senior Advocate, practicing in the High Court of Himachal Pradesh for the past 25 years. She has served as the Additional Advocate General in the Supreme Court of India, representing the State of Punjab for six years, and has also worked as the Central Government Standing Counsel in the High Court of Himachal Pradesh. An Ex-Bedeian, her presence inspired students and strengthened their connection with the institution.



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The programme began with a formal welcome and introduction of the resource person. The session was highly interactive and thought-provoking, focusing on the meaning of empowerment, the importance of financial independence, and the need to move beyond gender-specific roles. The speaker emphasised that empowerment begins with the ability to make one's own decisions and to recognise one's self-worth.

Through real-life examples, legal insights, and practical explanations, the resource person addressed common misconceptions related to women's roles, social conditioning, and societal expectations. The discussion highlighted that empowerment does not imply dominance but equality, dignity, and opportunity for all.

The speaker also stressed the importance of awareness regarding women's rights, domestic laws, workplace equality, and protection against discrimination. Students were encouraged to speak up, be confident, and support one another in creating an inclusive and respectful environment.

An interactive question-and-answer session followed, where students actively participated and shared their perspectives. The resource person patiently addressed queries, making the session engaging and informative.

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WOMEN CELL & GENDER CHAMPION CLUB
is organising an
Awareness Talk
On
**Understanding Women's Rights:
Laws, Protection and Empowerment**

**MS. SHILPA SOOD
ADVOCATE**

Date: 17 December Time- 11:00 a.m. onwards
Venue: College Auditorium



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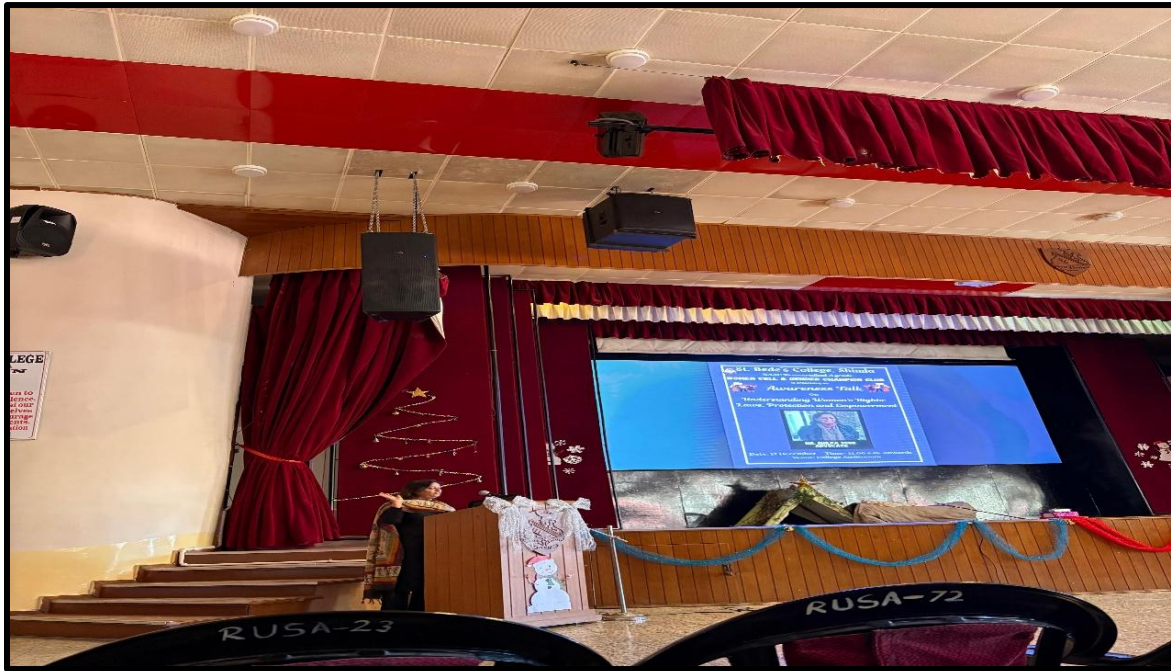


Felicitation of the Resource Person





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17-12-2025: Awareness Talk on "Understanding Women's Rights: Laws, Protection and Empowerment"



Interactive Question and Answer session



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Outcomes

- Students gained a clear understanding of key women-related laws and their practical application.
- The session enhanced legal awareness and helped dispel myths and misconceptions about women's rights.
- Participants felt empowered and motivated to stand up against discrimination and injustice.
- The talk fostered confidence among students to seek legal help and support when needed.
- Overall, the program contributed to increased sensitivity towards women's issues and reinforced the importance of equality and justice in society.

INTERNATIONAL WOMEN'S DAY

Date: March 7, 2026

The Women Cell and Gender Champion Club, in collaboration with the NSS Unit and the Department of Botany of St. Bede's College, Shimla, organized a meaningful programme to celebrate International Women's Day on 7 March 2026 on theme "Give to Gain." The event aimed to highlight the importance of women's empowerment, recognize the achievements of women in different fields, and create awareness about gender equality among students.



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Objectives: The programme aimed to celebrate and recognize the achievements and contributions of women in various fields while promoting awareness about gender equality and women's rights among students. It also sought to inspire young women to pursue education, leadership, and scientific careers. Additionally, the event encouraged students to express their thoughts and creativity on the theme of women's empowerment and sensitized them to the importance of building an inclusive and equitable society.

Description: The programme commenced with a semi-classical dance performance presented by students, beautifully depicting the theme of women's empowerment and the strength of womanhood. The performance set a reflective and inspiring tone for the event.

This was followed by a PowerPoint presentation that explained the historical significance of International Women's Day and highlighted the progress made by women across various fields such as science, education, leadership, and social service. The presentation helped students understand the importance of recognizing women's contributions to society.

Students also actively participated in a poetry recitation session, where they expressed their thoughts and emotions about women's strength, resilience, courage, and the importance of equality. The poems celebrated the spirit of womanhood and encouraged respect and appreciation for women's roles in society.



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07-03-2026: Semi-classical dance performance depicting the theme of women's empowerment



Guest lecture by Swaran Lata, Scientist at the HFRI Panthaghati.



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One of the most engaging segments of the programme was a role play based on the life and achievements of Kamala Sohonie, the first Indian woman to receive a Ph.D. in science. Through this presentation, students highlighted the challenges she faced and her determination to succeed in the field of scientific research. The role play served as an inspiration to the audience, especially young women aspiring to pursue careers in science.



Role play based on the life and achievements of Kamala Sohonie,

The programme also featured an insightful guest lecture by Swaran Lata, Scientist at the Himalayan Forest Research Institute, Panthaghati. She spoke about women achievers, women's rights, and the importance of empowerment in today's society. She motivated students to pursue their dreams with confidence, determination, and resilience, emphasizing the need for women to actively participate in all spheres of life.

The celebration concluded with an inspiring address by the Principal, Sr. Rosily T. L., who encouraged students to recognize their potential, support one another, and work towards achieving gender equality. Her message emphasized the importance of education and self-belief in empowering women to shape a better future. The programme was informative and inspiring, creating awareness about gender issues and highlighting the importance of women's empowerment in society.



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News paper clipping

Outcomes: The programme helped students gain a deeper understanding of the significance of International Women's Day and the importance of gender equality. The various activities encouraged creative expression and active participation among students. The role play and guest lecture inspired students, especially young women, to pursue their ambitions with confidence and determination. The event also raised awareness about the contributions and struggles of women in science and other fields.

CELEBRATION OF INTERNATIONAL WOMEN'S DAY AT VILLAGE SARUILA BARUILA, DHALLI GRAM PANCHAYAT, SHIMLA

Date: March 8, 2026

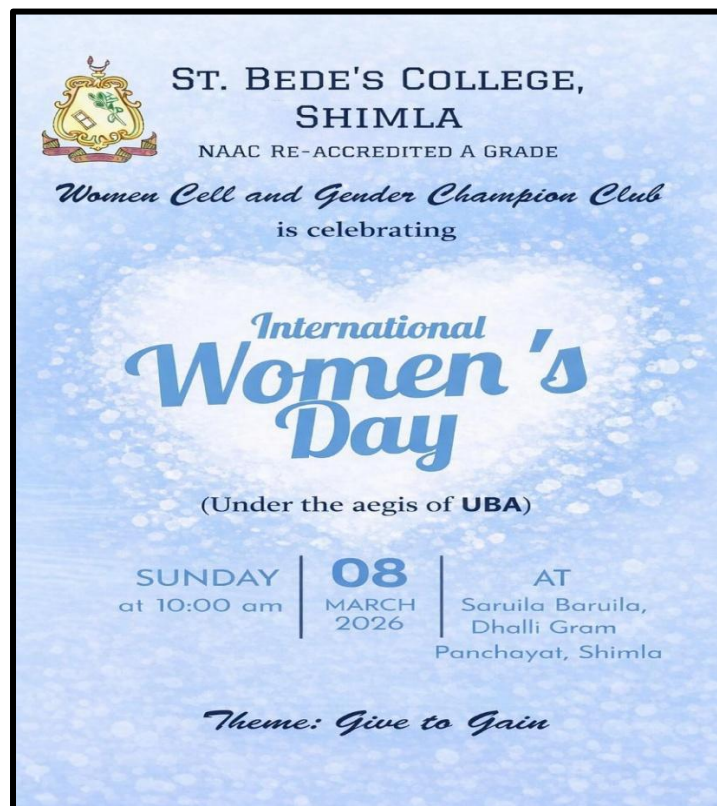
The Women Cell and Gender Champion Club of St. Bede's College, Shimla, under the aegis of Unnat Bharat Abhiyan (UBA), organized an outreach activity to celebrate International Women's Day on March 8, 2026 at Saruila Baruila, Dhalli Gram Panchayat, Shimla. The event was



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conducted as part of the college's initiative for the villages adopted under UBA, aiming to connect with the community and promote the importance of women's empowerment.

Objectives: The outreach programme aimed to create awareness about the significance of women's empowerment and the importance of gender equality in society. It also sought to encourage rural women to value education, self-confidence, and active participation in community development. Another objective was to recognize and appreciate the contributions of women in the village and to strengthen the relationship between the college and the adopted community under the Unnat Bharat Abhiyan initiative.



Brochure

Description: The programme began with a warm welcome and heartfelt congratulations to all the women on the occasion of International Women's Day. The celebration was based on the theme "Give to Gain," which highlighted the idea that when society supports and uplifts women, it leads to collective growth and progress.



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As part of the programme, the members of the Women Cell conducted various outreach activities and interacted with the women of the village. The discussion focused on encouraging education, awareness, and empowerment among women, while also recognizing their invaluable role in families and society.



07-03-2026: Outreach activities and interaction with the women of the village



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A special highlight of the event was the felicitation of ten women from the village, who were honoured for their dedication, strength, and contribution to their community. This gesture served as a mark of appreciation and encouragement for the women who continue to inspire others through their efforts. The celebration proved to be a meaningful and enriching experience for both the college members and the local community. It strengthened the bond between the institution and the adopted village while promoting the spirit of respect, recognition, and empowerment of women.



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Felicitation of women from the village, for their dedication, strength, and contribution to their community



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Outcomes: The programme successfully raised awareness among the women of the village about their rights, potential, and role in social development. The interaction created a positive platform for dialogue and encouraged women to share their experiences and perspectives. The felicitation of local women boosted their confidence and motivated others in the community. Overall, the event strengthened community engagement and promoted the values of respect, recognition, and empowerment of women.