



Institutional Social Responsibility Cell *St. Bede's College, Shimla*

COUNSELLING AND EMOTIONAL WELLNESS

Objective:

The session was designed to promote the mental and emotional well-being of children by creating a safe, non-judgmental environment where they could freely express their feelings. The goal was not only to help children understand their emotions better but also to equip them with basic coping strategies for handling stress, anxiety, and everyday challenges.

Description:

On 20th July, a special outreach program was organized at Mashobra School under the theme *Counselling and Emotional Wellness*. This initiative was led by the Department of Psychology and Women's Health, in collaboration with the Institutional Social Responsibility (ISR) Cell.

The program was structured to ensure that children felt both comfortable and engaged throughout. It included:

- **Ice-breaking Activities:** To create an approachable and friendly atmosphere, fun games and interactive exercises were introduced at the beginning. These helped children feel at ease and encouraged them to participate without hesitation.
- **Counselling-Oriented Interaction:** The college students and teachers facilitated **open conversations**, where children were encouraged to share their thoughts and emotions in simple ways. The discussions revolved around themes of **happiness, sadness, friendship, and trust**, which the children could easily relate to.
- **Games and Creative Expression:** Activities such as drawing, storytelling, and role-play were used as therapeutic tools. These allowed children to express complex emotions indirectly, making the process more enjoyable and less intimidating.
- **Awareness and Guidance:** Basic coping mechanisms—such as **deep breathing, relaxation techniques, and talking to trusted people**—were introduced to help children recognize and manage stress in their daily lives.

The session was supported by volunteers—Medhavi Nautiyal, Ridhima Chauhan, Aditi Negi, Shreya Verma, and Disha Sharma—under the guidance of faculty members Ms. Shweta and Ms. Jagriti.

Outcome:

The session resulted in a **warm, comforting, and safe environment** where children:

- Opened up about their emotions without fear of judgment.
- Participated actively in games and discussions, showing increased enthusiasm and confidence.
- Learned simple but effective ways to handle stress and pressure in everyday life.
- Developed a sense of belonging and trust, knowing they had a supportive space to express themselves.



Institutional Social Responsibility Cell St. Bede's College, Shimla

Overall, the activity strengthened the children's emotional resilience and provided them with tools for positive self-expression, laying the foundation for healthier emotional development.



Counselling and Emotional Wellness (July 20, 2025)

TALK ON “DEALING WITH PRESSURE”

Objective:

The aim of this session was to help children understand the concepts of stress and pressure in simple terms, to normalize talking about such feelings, and to guide them with practical, age-appropriate techniques for managing everyday challenges.

Description:

As part of the *Counselling and Emotional Wellness* program held on 20th July at Mashobra School, a focused session titled “Dealing with Pressure” was conducted. The activity was kept highly interactive, relatable, and child-friendly so that students could connect easily.

- **Introduction to Stress & Pressure:**

The facilitators began by explaining what “pressure” means in daily life—whether it is related to schoolwork, expectations from parents and teachers, or even competition among peers. Instead of abstract definitions, real-life examples like *exams*, *homework*, or *being asked to perform in class* were given to make the concept easy to grasp.



Institutional Social Responsibility Cell *St. Bede's College, Shimla*

- **Encouraging Open Sharing:**

Children were asked to reflect on situations where they felt nervous, worried, or under pressure. Volunteers created a supportive space where children could speak without hesitation. This exercise not only validated their feelings but also helped them realize that others experience similar challenges.

- **Stress Management Techniques:**

The session introduced **basic coping strategies**, including:

- **Breathing Exercises:** Children were taught to take slow, deep breaths to calm their minds.
- **Engaging in Hobbies:** Simple activities like drawing, dancing, or playing with friends were encouraged as ways to relax.
- **Positive Conversations:** Talking to someone trustworthy—like parents, teachers, or friends—was emphasized as a healthy way to release emotions.
- **Taking Short Breaks:** The importance of balancing study and play was highlighted to prevent overwhelming feelings.

- **Interactive Elements:**

Role-play and question-answer rounds were used to make the learning process lively. For instance, children acted out scenarios where they felt nervous (before an exam or a speech) and then practiced relaxation methods taught during the session.

- **Supportive Atmosphere:**

The discussion was deliberately kept informal and conversational so that every child felt heard. The facilitators ensured that no question was dismissed, which built trust and encouraged further sharing.

Outcome:

The session created a **warm and inclusive environment** where:

- Children openly acknowledged situations that made them feel pressured.
- They realized that stress is a common experience, reducing feelings of isolation.
- Practical stress-relief techniques were learned in a playful and memorable manner.
- The children left with a **sense of reassurance, confidence, and emotional support**, knowing they have tools and people around them to lean on.



Institutional Social Responsibility Cell St. Bede's College, Shimla



RELAXATION ACTIVITIES: CROCHET CONNECT AND BALLOONS OF EMOTION

Objective:

The purpose of these activities was to use **creative expression and hands-on engagement** as tools for relaxation and emotional exploration. By introducing children to crochet-making and symbolic play through balloons, the aim was to help them discover healthy outlets for stress relief, creativity, and emotional awareness.

Description:

As part of the *Counselling and Emotional Wellness Program* held on 20th July at Mashobra School, the day also included two creative and therapeutic activities—Crochet Connect and Balloons of Emotion. Both were carefully designed to encourage children to express themselves in non-verbal, imaginative ways.

1. Crochet Connect Session

- **Introduction to Crochet:** The college students demonstrated the **basic crochet techniques**, such as creating simple chains and loops, using colorful yarns and hooks.
- **Hands-On Learning:** Children eagerly tried the techniques themselves. Many picked up the patterns quickly, surprising even the facilitators with their focus and interest.
- **Encouragement of Patience and Skill:** Crochet required attention and patience, which helped the children practice mindfulness. As they worked, they developed a sense of accomplishment and pride in learning a new skill.
- **Creative Confidence:** Beyond being a craft, crochet became a way for children to feel comfortable in sharing ideas and opening up to peers and facilitators in a relaxed setting.

2. Balloons of Emotion Activity



Institutional Social Responsibility Cell St. Bede's College, Shimla

- **Symbolic Expression:** Each child was given a balloon and asked to represent an emotion—such as anger, happiness, calmness, or sadness—through **drawing, writing, or shaping** the balloon.
- **Personal Connections:** Many children related emotions to specific **people, moments, or objects** in their lives, showing a deep connection between feelings and personal experiences.
- **Safe Exploration of Emotions:** The exercise provided a playful yet powerful way for children to vocalize their inner feelings without hesitation. It encouraged them to see emotions not as something to hide, but as something that can be understood and expressed openly.

Outcome:

The relaxation activities produced several positive results:

- Children learned a **new creative skill (crochet)** that boosted their confidence and patience.
- The balloon exercise helped them **better understand and articulate emotions**, fostering emotional intelligence.
- The environment became **warm, supportive, and joyful**, with children freely engaging and sharing.
- Both activities worked together to reduce tension, **promote mindfulness**, and provide the children with simple tools for **self-expression and relaxation**.

Overall, these activities combined creativity with emotional exploration, leaving the children more relaxed, expressive, and motivated to try new experiences.



Relaxation Activities July 20, 2025



STORYTELLING AND RAKHI-MAKING WORKSHOP

Objective:

The activity was part of the college's **community outreach and literacy initiative**, aiming to instill a love for reading, enhance imagination and comprehension skills, and provide emotional comfort to children through storytelling. Additionally, the rakhi-making workshop encouraged creativity, cultural bonding, and skill-building, helping children connect with traditions while learning something new.

Description:

On 27th July, a special program was conducted at Mashobra School focusing on the themes of storytelling, rakhi-making through crochet, and JAM session. The session was facilitated by the Department of Psychology and Women's Health in collaboration with the Institutional Social Responsibility (ISR) Cell.

• **Storytelling & Reading Session**

- The storytelling session was designed to **ignite imagination** and **strengthen comprehension**. Volunteers narrated engaging stories in a lively manner, often pausing to ask questions, encouraging children to predict outcomes, or relate the story to their own lives.
- Interactive reading activities were conducted where children participated by reading short passages, improving both **fluency** and **confidence** in their reading skills.
- Stories covered themes of **friendship, kindness, and resilience**, which children could easily understand and connect to, making the session both entertaining and educational.

• **Rakhi-Making Workshop (Crochet)**

- After the storytelling session, children participated in a **rakhi-making workshop** using **crochet techniques**. Volunteers provided materials like colorful yarn, beads, and decorative items.
- The facilitators demonstrated simple crochet patterns suitable for beginners and guided children step by step in making their own rakhis.
- Some children experimented with different patterns, trying **floral motifs, braids, and bead improvisations**, displaying creativity and eagerness to learn.
- Beyond the craft itself, the activity also connected children to the **cultural tradition of Raksha Bandhan**, giving them a sense of belonging and joy in preparing something handmade.



Institutional Social Responsibility Cell St. Bede's College, Shimla

JAM (Just A Minute) Session

- To conclude the day with energy and joy, a **JAM session** was organized.
- Students enthusiastically performed short dance routines to popular Bollywood songs.
- The activity helped break inhibitions, encouraging **confidence, expression, and teamwork** among the children.

● **Team Involvement**

Volunteers—**Anayata Chauhan, Mannat Kapoor, Aditi Negi, Shreya Verma, and Disha Sharma**—actively engaged with the children, making the session lively and interactive. The program was supervised by **Ma'am Neha Walia**, ensuring smooth coordination and guidance throughout.

Outcome:

The combined storytelling and rakhi-making activities had multiple benefits:

- **Cognitive & Emotional Growth:** Storytelling nurtured imagination, comprehension, and empathy while giving children comfort through engaging narratives.
- **Creative Skill Development:** Crochet rakhi-making introduced them to a new art form, building patience, focus, and self-confidence.
- **Cultural Connection:** Making rakhis reinforced the value of traditions, giving children a sense of pride and cultural identity.
- **Sense of Belonging:** The interactive environment fostered joy, teamwork, and a feeling of being valued, leaving a lasting positive impact.

Overall, the program was a **rich blend of literacy, creativity, and cultural celebration**, helping children grow intellectually and emotionally while enjoying the experience.





*Institutional Social Responsibility Cell
St. Bede's College, Shimla*



Rakhi-Making with Crochet, Reading & Storytelling, and Jam Session (July 27, 2025)

READING AND STORYTELLING DAY

Objective:

The aim was to engage students in **fun, creative, and skill-oriented activities** that went beyond classroom learning, helping them discover hidden talents and build confidence.

Description:

On **3rd August**, a special program was organized at **Mashobra School** under the theme of *Reading and Storytelling*. To make the session lively and enriching, several activities were conducted:

- **Dance:** Children learned choreography to the Bollywood song “*Barso Re Megha*”, encouraging rhythm, coordination, and joy.
- **Sketching:** On the occasion of Friendship Day, students created drawings around the theme of friendship, promoting creativity and expression.
- **English-Speaking Skills:** Children practiced self-introductions and basic conversational responses in English, building communication confidence.

The program was facilitated by volunteers **Prithvi Rajput, Pehal, Jahnvi Jain, Shreya, and Disha Sharma**, under the guidance of Dr. **Jyotika**.

Outcome:

The day proved to be **highly engaging and enjoyable**, with children participating enthusiastically in every activity. They improved their **creative expression, language skills, and confidence**, while also experiencing teamwork and joy in learning new talents.



Institutional Social Responsibility Cell St. Bede's College, Shimla



Reading and Storytelling Day (August 3, 2025)

KNOW YOUR RIGHTS

Objective:

The aim of the session was to equip students with essential awareness and practical skills in a friendly and pressure-free environment. The activities conducted were creative, intellectually engaging, and ensured that children could grasp important concepts without feeling overwhelmed. Overall, the session played a significant role in strengthening the students' awareness, confidence, and readiness to participate effectively in a modern, informed society.

Description:

On **28th September**, a special program was organized at **Mashobra School**. The activities conducted during the session significantly enhanced the intellectual understanding of the children while also spreading essential awareness about their fundamental and human rights, as well as basic computer knowledge. Through interactive and thoughtfully structured tasks, the students gained clearer, more practical insights into the rights they hold as individuals and the digital skills they need in everyday life.

1. Know your rights

- The activity was a meticulously planned and executed program designed to engage children through a variety of creative and educational methods. The session was structured to cater to different learning styles, ensuring that every child remained engaged and interested throughout.



Institutional Social Responsibility Cell *St. Bede's College, Shimla*

- **Visual Videos:** The session began with visually appealing videos that simplified complex concepts, making them easy to understand. The videos were carefully selected to capture the children's attention and stimulate their curiosity.
- **Informative Flashcards:** Following the videos, informative flashcards were used to provide key information in a concise and accessible format. The flashcards were designed to be engaging and easy to comprehend.
- **Short Plays:** The children were treated to short plays that brought concepts to life, encouraging participation and teamwork. The plays were both entertaining and educational, making learning a fun experience.
- **Lively Quiz:** A competitive and exciting quiz session followed, testing the children's knowledge and understanding. The quiz was designed to be engaging, with prizes and recognition for the winners.

2. Basic computer literacy

- The session was designed to make computer learning fun, visual, and practical. A laptop and projector were used to demonstrate how to use Microsoft Word and Excel, ensuring that every student could clearly see and participate. The session began with a brief presentation explaining the importance of digital skills in today's world, followed by hands-on demonstrations.
- **Presentation:** A clear and simple PowerPoint presentation was shown to introduce the functions of Word and Excel.
- **Microsoft Word Activity:** Children were guided to create their own short document — learning how to type, change fonts, use colors, and add headings or borders.
- **Microsoft Excel Activity:** Students were shown how to make a basic table, enter data, and perform simple calculations like addition and subtraction.
- **Practical Task:** The students were given small tasks such as creating a mini timetable in Word and a marks table in Excel. They enjoyed completing these on the laptop with assistance.

The session was supported by **volunteers**— Prisha Rawal, Srijan, Shreya Verma, Divanshi Sharma , Sneha Verma , Urvashi , Surya Tejasvni Chandel—under the guidance of faculty members **Ms. Neha** and **Ms. Nivedita**. Their teamwork created a nurturing environment where every child felt valued and listened to.

Outcome:

The day's activities left a lasting impact:

- **Active Participation:** The children participated with great enthusiasm and curiosity, showing active interest throughout the session.
- **Conceptual Understanding:** Complex ideas about human rights and basic computer functions were simplified through interactive activities, helping students understand the concepts easily.
- **Skill Development:** Many students were able to perform basic computer tasks independently, reflecting improved digital confidence and practical learning.



Institutional Social Responsibility Cell St. Bede's College, Shimla

- **Positive Engagement:** The session concluded on a cheerful and appreciative note, further enhanced by the warm gesture of distributing sweets.

Overall, the outcomes of the session highlighted that the activities were creative, engaging, and impactful, successfully enhancing the students' awareness, understanding, and practical skills in an enjoyable and meaningful way.



Students Digital Learning Session



Know Your Rights (September 28, 2025)

VEDIC MATHEMATICS WORKSHOP

Objective:

The session aimed to make mathematics fun and engaging for the students while introducing shortcut techniques for quicker and more efficient problem-solving. It was designed to build



Institutional Social Responsibility Cell
St. Bede's College, Shimla

confidence in their mathematical abilities and help them approach challenges without hesitation. By presenting concepts in an interactive and supportive manner, the session also focused on reducing the fear of numbers, encouraging students to develop a positive and confident mindset towards mathematics.

Description:

A Vedic Mathematics Workshop was conducted at Mashobra School on 5th October, organized by St. Bede's College, Shimla, to introduce students to faster and easier methods of solving mathematical problems using ancient Indian techniques. The main aim was to make mathematics enjoyable and to help students improve their calculation speed and accuracy.

Topics Covered in the Workshop:

1. Multiplication of 2-Digit Numbers (Vertically and Crosswise Method):

Students learned a quick method to multiply two-digit numbers without the traditional lengthy steps.

Example: Multiply 23×41

- Multiply unit digits: $3 \times 1 = 3$
- Cross-multiply and add: $(2 \times 1) + (4 \times 3) = 2 + 12 = 14$
- Multiply tens digits: $2 \times 4 = 8$ (carry 1)
- Final Answer: 943

2. Squares of 3-Digit Numbers Close to a Base (like 100, 200):

A fast technique to calculate squares of numbers near a round number.

Example: Square of 103

- Difference from 100: +3
- Add the difference to the number: $103 + 3 = 106$
- Multiply by base: $106 \times 100 = 10600$
- Add square of difference: $3^2 = 9$
- Final Answer: 10609

3. Squaring Numbers Ending in 5:

A simple method to quickly find squares of numbers ending in 5.

Example: Square of 75

- Take the number before 5: 7
- Multiply it by the next number: $7 \times 8 = 56$
- Add 25 at the end $\rightarrow 5625$
- Final Answer: 5625



Institutional Social Responsibility Cell St. Bede's College, Shimla

The program was facilitated by volunteers **Ananya Khoond, Payal Mehta, Aditi Sharma, Sunidhi Sharma, Aastha Verma and Disha Sharma**, under the guidance of Ms. Shweta.

Outcome:

The students of Mashobra School enjoyed the workshop thoroughly and participated with great enthusiasm. They found the Vedic Methods easier, quicker, and fun to use. Many students expressed their interest in learning more such techniques in future sessions.

It helped students build confidence in mathematics and introduced them to new and exciting ways of problem-solving. Workshops like these are a great step toward making learning more joyful and effective.



Vedic Mathematics Workshop (October 5, 2025)