



WOMEN CELL ACTIVITIES 2017-2023

SESSION 2017-18

INTERNATIONAL WOMEN'S DAY CELEBRATION

International Women's Day was celebrated on 8th March 2018 to honour the achievements of women in various fields.

Objective: The college organized a special event to celebrate the achievements of women and address an important health issue, breast cancer. Ms. Kalpana, a social activist with expertise in women's health, delivered a lecture to educate the students about breast cancer, its symptoms, and the significance of early detection.

During the lecture, Ms. Kalpana emphasized the importance of self-examination and regular medical tests for early detection of breast cancer. She provided detailed information about the symptoms, risk factors, and available treatment options. The students were encouraged to spread awareness about breast cancer and motivate women to take their health seriously.

Following the lecture, a group discussion was organized among the students to explore various ways to spread awareness about breast cancer. The participants actively shared their ideas, suggestions, and personal experiences related to the topic. They discussed strategies such as organizing awareness campaigns, conducting workshops and seminars, utilizing social media platforms, and collaborating with local healthcare organizations to provide screening camps and educational resources.

Outcome: The lecture by Ms. Kalpana increased the students' understanding of breast cancer, its symptoms, and the importance of early detection. The students became aware of the significance of self-examination and regular check-ups, which could potentially save lives. Moreover, the event instilled a sense of responsibility among the students to take an active role in spreading awareness about breast cancer and encouraging women to prioritize their health. The students were motivated to become advocates for women's health and make a positive impact in their communities.





SESSION 2018-19

INTERACTIVE SESSION

On 7th December 2018, an interactive session on the topic of "Women Empowerment" was organized in collaboration with the National Service Scheme (NSS) in the college auditorium.

Objective: The session aimed to provide students with insights and inspiration regarding women's empowerment and the importance of gender equality.

Miss Shilpa Sood, a well-known personality in the field of women empowerment, was invited as the guest speaker for the session. Her expertise and experiences provided valuable insights into the challenges faced by women in society and the importance of empowering them to achieve their full potential.

During the session, Miss Shilpa Sood engaged the students with her interactive and thought-provoking presentation. She discussed various aspects of women empowerment, including education, employment opportunities, equal rights, and social and cultural barriers faced by women. She shared inspiring examples of women who have made significant contributions in various fields, breaking stereotypes and challenging societal norms.

Outcome: The interactive session provided students with a deeper understanding of women's empowerment and the challenges faced by women in society.





INTERNATIONAL WOMEN'S DAY CELEBRATION

On 8th March 2019, a special assembly was organized to celebrate International Women's Day at our college.

Objective: The assembly aimed to honour and acknowledge the achievements of women.

The special assembly held on International Women's Day created an environment of celebration and appreciation for women's contributions to society. The theme chosen for the assembly was "Balance for Better," which focused on achieving gender balance and equality in all aspects of life.

The assembly commenced with an introduction to the significance of International Women's Day and the importance of promoting gender equality. It highlighted the progress made in the pursuit of gender equality while acknowledging the need for further efforts to create a balanced society.

Various performances, speeches, and presentations were organized to commemorate the achievements of women in different fields. Students and faculty members actively participated in these activities, showcasing their talents and paying tribute to influential women.

Outcome: The special assembly provided a platform to honour and appreciate the achievements of women in various fields. It recognized the contributions of women and inspired students to follow in their footsteps.

SESSION 2019-20

POWER POINT PRESENTATION

On 25th September 2019, the Women Cell of St. Bede's College organized a PowerPoint presentation on Gender Mainstreaming.

Objective: The presentation aimed to create awareness about gender-related issues, promote gender equality, and emphasize the importance of empowering not only women but also the LGBTQ community.

The presentation aimed to create awareness and educate students about gender-related issues, emphasizing the empowerment of both women and the LGBTQ community. Professor Aparna Negi, a renowned academic and expert in the field of gender studies, was invited as the chief guest for the function. She delivered an enlightening talk, highlighting the difference between gender and sex. She emphasized that gender is a social construct and goes beyond biological differences. Her presentation focused on debunking gender stereotypes and promoting inclusivity.

During the presentation, Professor Aparna Negi discussed the concept of gender mainstreaming, which involves integrating a gender perspective into all policies, programs, and activities. She emphasized the importance of understanding the diverse experiences and needs of individuals, irrespective of their gender identity.



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The presentation also shed light on the significance of empowering not only women but also the LGBTQ community. She emphasized that true empowerment lies in promoting equality and providing opportunities for all individuals, regardless of their gender or sexual orientation.

Outcome: The presentation emphasized the empowerment of not only women but also the LGBTQ community. It highlighted the need for inclusivity and equality, promoting a more diverse and accepting society. The students gained a deeper understanding of the challenges faced by marginalized groups and were inspired to actively support their empowerment.





POETRY COMPETITION

On 20th September 2019, a poetry recitation competition on the theme of "Women Empowerment" was organized by the Women Cell of St. Bede's College.

Objective: The competition aimed to provide a platform for students to express their thoughts and emotions about women's empowerment through the art of poetry.

The competition encouraged students to use poetry as a medium to express their perspectives, experiences, and emotions related to women's empowerment. Participants prepared and recited their original poems, reflecting the theme of women's empowerment. The competition witnessed enthusiastic participation from students who passionately presented their poems, conveying messages of strength, resilience, and the importance of gender equality.

Outcome: The competition highlighted the talent and creativity of the participants. The recitation of their poems showcased their ability to communicate effectively and convey powerful messages related to women's empowerment.

INTERNATIONAL WOMEN'S DAY

On 9th March 2020, an assembly was organized to celebrate International Women's Day at our college. The assembly focused on the theme "I am Generation Equality: Realising Women's Rights."

Objective: It aimed to highlight the importance of gender equality and women's rights in creating a just and inclusive society.

The assembly began with an introduction to International Women's Day and its significance in promoting gender equality worldwide. The theme "I am Generation Equality: Realising Women's Rights" was emphasized to inspire the audience to take action and become advocates for change.

Several activities were organized during the assembly to engage and educate the attendees. Inspirational speeches, poetry recitations, and multimedia presentations were delivered to highlight the struggles and triumphs of women throughout history and in contemporary times. These presentations aimed to raise awareness about the importance of gender equality and women's empowerment.

Outcome: The open discussions and interactive sessions facilitated meaningful conversations about gender equality. Students and faculty members actively participated, sharing their perspectives and aspirations for creating a more inclusive and equal society.



SESSION 2020-21

INTERNATIONAL DAY OF THE GIRL CHILD

On 10th October, 2020, the Women Cell of St. Bede's College organized a slogan writing and poster making competition on the occasion of the International Day of the Girl Child.

Objective: The competition aimed to raise awareness about the importance of empowering girls and promoting gender equality.

Despite the challenging times, the participants displayed their creativity and enthusiasm by participating in the online competition.

The theme for this year's competition was "My Voice, Our Equal Right," which highlighted the significance of girls' empowerment and equal opportunities.

The slogan writing competition witnessed remarkable entries in both Hindi and English categories. The slogans reflected the participants' understanding of the theme and their commitment to empowering girls. The judges evaluated the entries based on their creativity, relevance to the theme, and the impact of the message conveyed.

The poster making competition provided a visual representation of the participants' ideas and thoughts on empowering girls. The posters showcased unique artistic styles, compelling visuals, and powerful messages advocating for gender equality. The judges evaluated the posters based on their creativity, clarity of message, and alignment with the theme.

Outcome: The competition allowed participants to express their creativity and thoughts on empowering girls. It encouraged them to think critically about the challenges faced by girls and the importance of providing equal opportunities for their development.



INTERNATIONAL WOMEN'S DAY

The Women Cell of the college organized an inter-ship poster making and poetry writing competition to celebrate International Women's Day on 8th March, 2021.

Objective: The competition aimed to encourage students to embrace their femininity, express their views on feminism, and highlight the theme of "Women in Leadership."

The participants enthusiastically showcased their creativity and perspectives through their entries.

The poetry writing competition prompt was "Why am I a feminist?" which encouraged participants to delve into the reasons behind their belief in gender equality and the empowerment of women. The participants expressed their views through poetic verses, showcasing their passion for advocating women's rights.

For the poster making competition, the theme was "Women in Leadership," aiming to highlight the importance of women's representation in leadership roles. The participants used their artistic skills to create visually impactful posters that conveyed messages of empowerment, equality, and the potential of women in leadership positions.

Outcome: The competition also encouraged healthy competition and camaraderie among the participants, as they embraced their femininity and expressed their views on feminism. It created an environment that celebrated diverse voices and perspectives, contributing to a more inclusive and empowering atmosphere.



ALL WOMAN PARADE

On March 8, 2021, the Women Cell of St. Bede's College, in collaboration with the Police Department of Himachal Pradesh, organized an "All Woman Parade" to commemorate International Women's Day.

Objective: The objective of the International Women's Day celebration was to highlight the importance of women's full and effective participation and leadership in all areas of life. The event aimed to celebrate women's achievements, reflect on progress made towards gender equality, and inspire continued momentum towards a more equitable society.

The International Women's Day celebration at St. Bede's College commenced with a variety of activities that showcased the talents, confidence, and determination of the institute's students. Daring bike stunts, musketry drills, and martial arts performances were major attractions that captured the audience's attention and admiration.

The highlight of the event was the speech delivered by the honourable Governor, Mr. Bandaru Dattatreya. His words inspired everyone to challenge and overcome gender stereotypes,



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emphasizing the importance of women's leadership and their contribution to society. The Governor's presence added prestige and significance to the event, encouraging participants to strive for gender equality and empower women in all spheres of life.

Outcome: The event provided a platform for students to showcase their talents, creativity, and knowledge. The bike stunts, musketry drills, and martial arts performances demonstrated the participants' skills, confidence, and determination. The parade raised awareness about gender issues, highlighting the vital role of women in the fight against the COVID-19 pandemic. The event showcased the diverse contributions of women as frontline workers, health sector professionals, scientists, doctors, and caregivers.



St. Bede's College Shimla
NAAC Re-Accredited 'A+' College
in collaboration with
THE POLICE DEPARTMENT OF
HIMACHAL PRADESH
Organizes

'ALL WOMAN PARADE'

*On the occasion of
Women's Day
At the Ridge, Shimla*

Date: March 8, 2021



SESSION 2021-22

INTERNATIONAL DAY OF THE GIRL CHILD-EMPOWERMENT

On October 11, 2021, the International Day of the Girl Child, the NCC Unit of St. Bede's College, along with the Women Cell, organized a series of competitions to support the cause of women's empowerment.

Objective: The collaboration aimed to celebrate the achievements of young women and promote activism for gender equality.

The competitions included a poster-making competition, poetry writing competition, and a



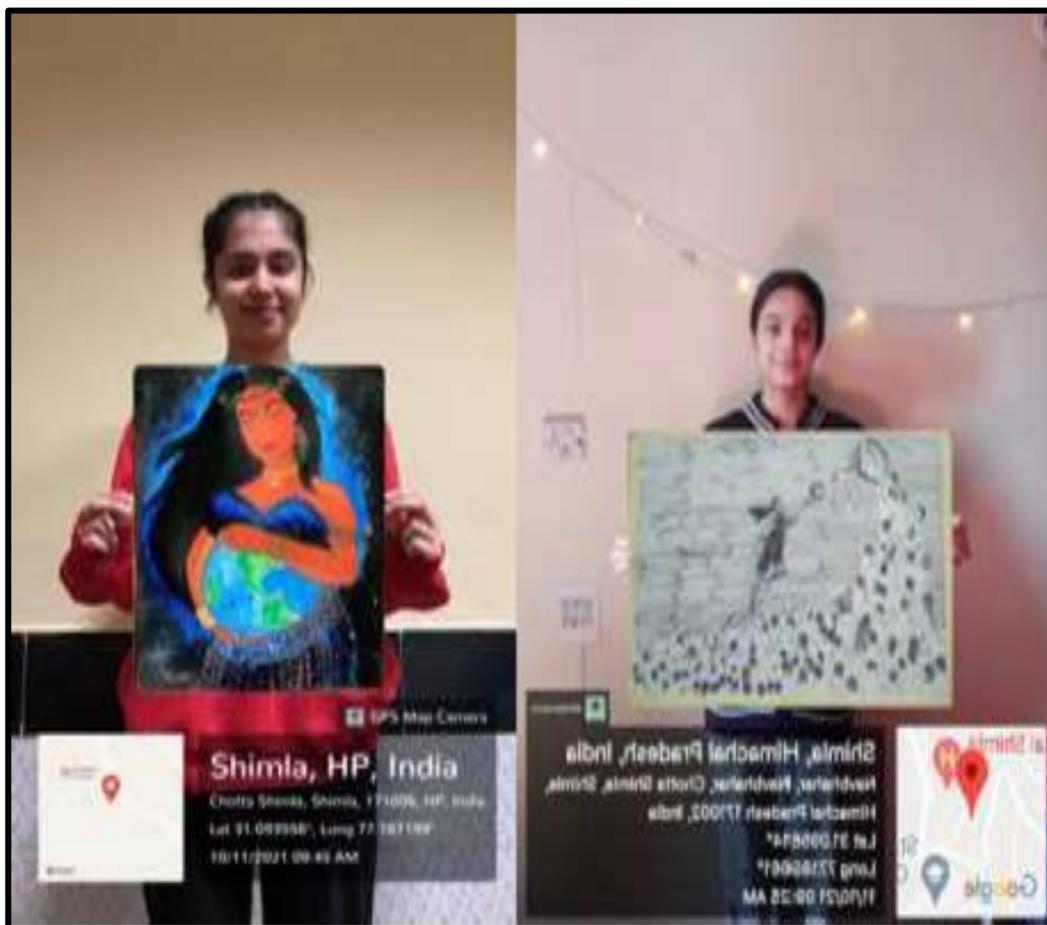
cultural representation competition, all revolving around the theme of empowerment.

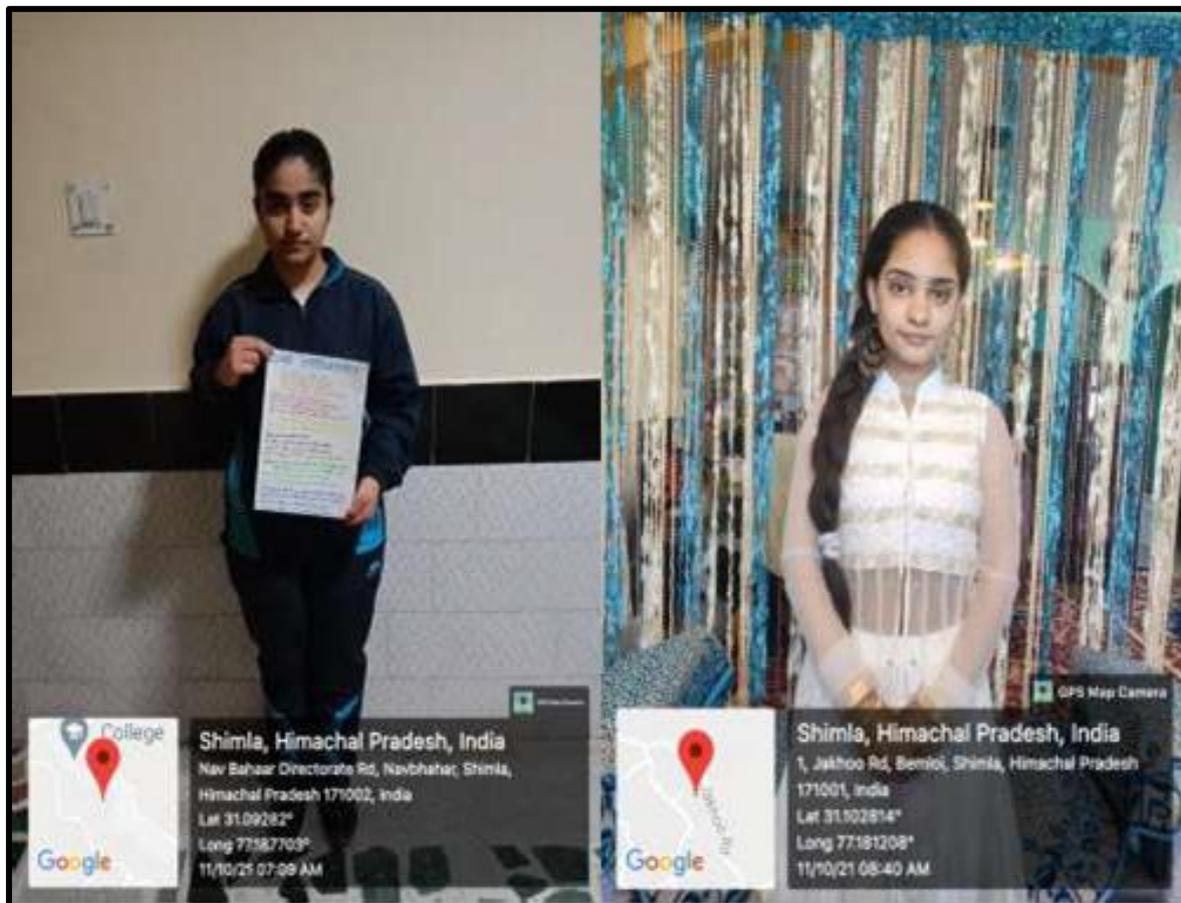
In the poster-making competition, participants showcased their artistic skills and creativity by creating visually compelling posters that captured the essence of empowerment. Aditi Sankhyan secured the first position, followed by Aakshi Dharma and Abhiramy Biju in second and third place, respectively.

The poetry writing competition provided a platform for participants to express their thoughts and emotions through poetic verses. Arushi Awasthi claimed the first position with her powerful composition, while Tavishi Chauhan and Mahima Sharma secured the second and third positions, respectively.

The cultural representation competition allowed participants to showcase their talent and creativity through various cultural performances. Suhani Singh secured the first position with her captivating performance, followed by Srishti Mehta in second place, and Aditi Sankhyan in third place.

Outcome: The competitions provided a platform for participants to express their thoughts on empowerment and promote the importance of women's empowerment in society. The themes of the competitions inspired participants to reflect on the challenges faced by girls and young women and encouraged them to actively contribute to their empowerment.





PANEL DISCUSSION ON “WOMEN: THE PILLARS OF LIFE”

The Women Cell of St. Bede's College, Shimla, organized a panel discussion on November 23, 2021, focusing on the theme "Women: The Pillars of Life."

Objective: The event aimed to enlighten the students about various aspects related to women's empowerment, laws concerning women's rights, and the concept of feminism.

The panel discussion commenced with the lighting of the lamp by the Principal, Sister (Prof) Molly Abraham, and the guest speakers. Dr. Vandana Thakur delivered the keynote address, expressing her views on feminism and setting the tone for the discussion. Dr. Daisy Thakur, an alumna of the college and the Chairperson of H.P. State Commission for Women, shared her experiences and explained the workings of the Commission. She emphasized the significance of education in bringing about change and stressed the need for sensitization on gender roles and feminism from an early age. Dr. Thakur highlighted the importance of financial independence for women and advocated for their participation in decision-making processes. She concluded by expressing the vision of building a society where there is no difference between men and women. During the panel discussion, Dr. Thakur positively responded to a query about the inclusion of women's studies at the school level.

Mr. Navlesh Verma, a renowned advocate of the High Court in Shimla, addressed the audience on the topic of laws and rights of women. He discussed the need for the state and central



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governments to enact laws that protect women. Mr. Verma acknowledged the challenges faced by women who file complaints and highlighted the pressure they often face from their families and friends to withdraw the cases. He emphasized the importance of spreading awareness about women's rights and encouraging women to step forward and demand justice. Mr. Verma acknowledged that the enforcement of women's laws faces obstacles due to regressive societal thinking and the resistance to accepting modern, independent women. He interacted with the students and answered their questions related to cybercrimes.

Dr. Priyanka Vaidya, an Associate Professor at H.P.U, focused her presentation on feminism in India. She discussed "The Myth of Femininity" and how societal expectations restrict women's behavior. Dr. Vaidya highlighted that the challenges faced by women vary across different sections of society and regions of the world. She shared examples from ancient India to illustrate the existence of feminism throughout history. Responding to a query, Dr. Vaidya explained the misconception surrounding feminism, clarifying that it is about equality rather than degrading men and that men can be feminists too.



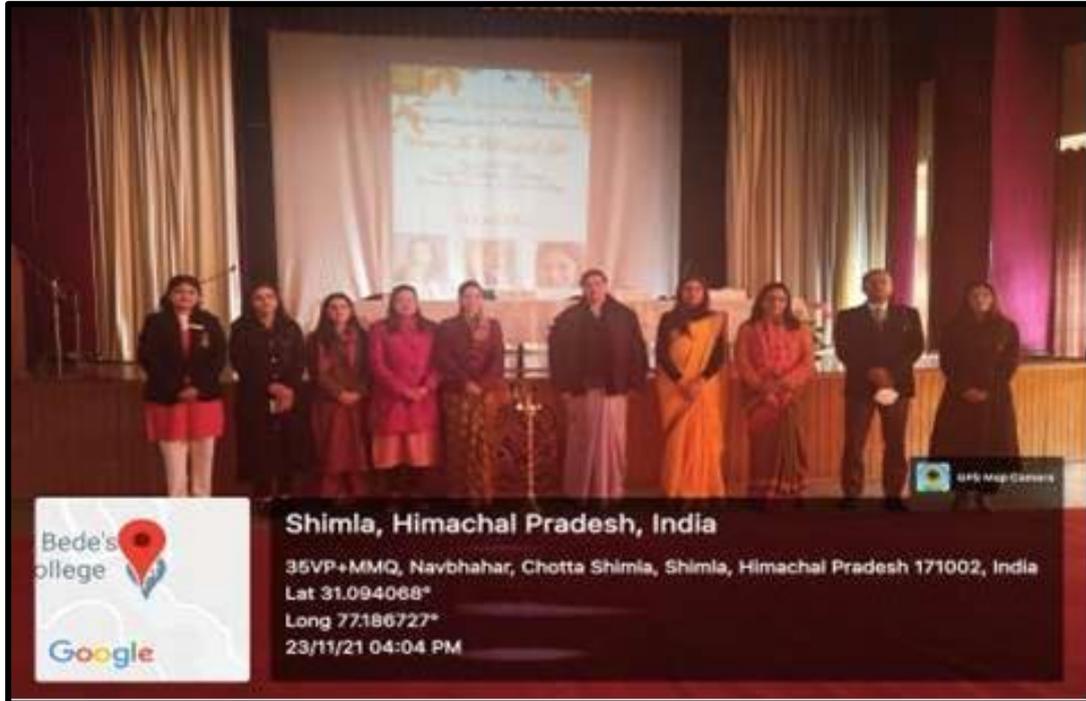


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SHEROES

The Women Cell of St. Bede's College, Shimla, organized an online event called Sheroes on December 20, 2021, to celebrate women empowerment.

Objective: The event consisted of three competitions: Painting, Poetry, and Essay Writing, with the aim of highlighting the importance of empowering women and breaking gender biases.

The Sheroes event provided an opportunity for college students to showcase their talents and express their thoughts on women empowerment through various creative means.

1. **Painting Competition - Empowering Woman, Empowering Humanity:** Participants were given the theme of "Empowering Woman, Empowering Humanity" for the painting competition. They were encouraged to depict the strength, resilience, and achievements of women through their artwork. The paintings were submitted online and evaluated by the esteemed judges.
2. **Poetry Competition - Break the Bias:** The poetry competition aimed to encourage participants to break gender biases and challenge societal norms. Participants were required to compose poems that addressed issues related to gender inequality and highlighted the importance of empowering women. The poems were judged based on creativity, relevance to the theme, and poetic expression.
3. **Essay Writing Competition - Woman in Leadership: Achieving an Equal Future:** The essay writing competition focused on the theme "Woman in Leadership: Achieving an Equal Future." Participants were asked to discuss the importance of women in leadership roles and their contributions to creating a more equitable society. The essays were evaluated based on content, organization, and clarity of thought.





MANZIL – DOORDARSHAN TALK

The International Day of Women and Girls in Science is celebrated on February 11th every year to recognize the valuable contributions of women in the field of science and technology. Despite progress in women's education, there is still under-representation of women in science and technology. To celebrate this occasion, a talk show titled "MANZIL - Employment Opportunities for Women in the Field of Science" was organized by St. Bede's College on February 11, 2022.

Objective: The objective of the talk show was to highlight career opportunities for women in science and encourage their participation in the field.

The talk show was hosted by Dr. Vandana Thakur, Assistant Professor from the Department of English. The guest speakers were Dr. Sapna Sharma, Associate Professor from the Department of Physics, and Ms. Archana Malik, a student of BSc Honours Biotechnology.

During the talk show, Dr. Vandana initiated discussions about Women's Day and the achievements of women in various fields and careers. The panelists acknowledged and praised Indian women achievers and their significant contributions. Dr. Sapna shared insights into the diverse career paths available for students after completing science education in Class 12. She mentioned fields such as bioinformatics, biophysics, pharmacy, and basic sciences, among others. The panelists also discussed scholarship exams and entrance tests for reputed institutions across India. Dr. Sapna provided information about fellowships for post-graduation and Ph.D. studies.

Ms. Archana shared her personal experiences as a student interested in science from a young age. She talked about her field of interest and highlighted the importance of passion and dedication in pursuing a career in science.

Outcome: During the talk show, Dr. Sapna and Dr. Vandana discussed the achievements of various female scientists and recommended a book titled "Leela's Daughters," which profiles 100 Indian female scientists. They also mentioned various government schemes available to support women pursuing careers in science. The event concluded with a motivational message for girls interested in STEM fields, emphasizing that although the path may be challenging, it is not impossible, and staying motivated is crucial.

The talk show was recorded and made available on the Himachal Doordarshan Studio YouTube channel, reaching a wider audience. Electronic media played a vital role in disseminating the message and creating awareness among the masses. The talk show served as a platform to educate and inspire young women to consider careers in science and showcased the achievements of women in the field.



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NATIONAL PARLIAMENT FOR WOMEN

On March 3, 2022, the HP State Commission for Women, in association with the National Commission for Women, organized a National Parliament for Women at Government Senior Secondary School, Portmore, Shimla.

Objective: The event aimed to celebrate the upcoming International Women's Day and promote gender equality and women's empowerment as part of the 75th Azadi ka Amrit Mahotsav. Eminent speakers from various fields were invited to address the audience and shed light on important topics related to women's rights and empowerment.

The chief guest for the event was Ms. Indu Bala Goswami, Hon'ble Member of Parliament (Rajya Sabha) from Himachal Pradesh. Other important guests included Mrs. Satya Kaundal, Mayor of Shimla, Mr. Shailender Chauhan, Deputy Mayor, Ms. Payal Vaidya, Ms. Vandana Yogi, Ms. Shashi Bala, Mr. Narendra Sood, Principal of Govt. Model Senior Secondary School, Portmore, and various counsellors. The guests were felicitated with traditional Himachali caps and shawls. Ms. Indu Goswami also launched the booklet of the HP State Commission for Women.

The event began with a welcome address by Dr. Daisy Thakur, Hon'ble Chairperson of the HP State Commission for Women. She emphasized the need for collective efforts in implementing laws related to women and creating a gender-sensitive society. The first speaker, Dr. Mamta Mokta, Chairperson of the Department of Public Administration at HPU, discussed the changing role of women in the present economic and business scenarios and highlighted the evolving dimensions of gender issues. She stressed the importance of education in empowering women and fostering confidence.

Ms. Archana Phull, a Senior Journalist, spoke about the significance of education for girls and their inclusive growth in society. She addressed the root causes of the Indian patriarchal



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mindset, such as lack of education and early marriage of girls. Ms. Phull shared inspiring stories of women who made choices to learn and educate others, emphasizing the importance of empowering and supporting women.

Ms. Sakshi Verma, an IPS officer, focused on cybercrime and its implications. She highlighted the prevalence of cybercrime and the need for women to be aware of the potential risks and take necessary precautions. Ms. Verma encouraged victims to come forward and lodge complaints, emphasizing that they have the right to be social without being victimized.

Ms. Rupali Thakur, IAS, Chief Executive Officer of Himurja, Shimla, discussed the mentality of women subjected to abuse and highlighted the increase in domestic violence cases during the pandemic. She quoted the Bhagavad Gita to emphasize the importance of addressing injustice and supporting victims.

Ms. Vandana Misra, an advocate in the High Court of Himachal Pradesh, shed light on the societal notions and challenges faced by women. She discussed sexual harassment, domestic violence, and the responsibilities of employers in ensuring a safe working environment.

The honorable chief guest, Ms. Indu Goswami, shared her personal experiences and encouraged girls to pursue education and develop skills for independence and self-determination. She highlighted the influence and power of women throughout history.





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INTERNATIONAL WOMEN'S DAY

On March 8, 2022, the Women Cell of St. Bede's College, Shimla, organized a special event to commemorate International Women's Day.

Objective: The event aimed to raise awareness about gender equality and the role of women in addressing climate change for a sustainable future. Three distinguished speakers were invited to share their insights on various topics related to women's empowerment and societal issues.



The event witnessed enthusiastic participation from students and faculty members.

The event began with a warm welcome note by Nishtha Thakur, Vice President of the Women Cell, followed by the lighting of the lamp by Sister (Prof) Molly Abraham, the Principal of the college, and the guest speakers. Angel Shan, a student of BA III year, hosted the event and ensured its smooth proceedings.

Dr. Monika Bhatungaru, the first speaker, initiated her address by presenting a riddle that sparked curiosity among the audience. She emphasized the importance of equality in society, emphasizing that true empowerment does not require special rights but rather a fair and equal treatment of all individuals. Dr. Bhatungaru shed light on crimes against women, including feticide, child labor, kidnapping, domestic violence, and sexual assault. She highlighted the role of society, law enforcement, and helpline services in eliminating these social menaces. The speaker also addressed issues like online transmission of sexual content and financial crimes, providing valuable helpline numbers for immediate assistance.

A poetry recitation by Mr. Amitabh Bachchan from the movie Pink and a video compilation of students' thoughts on gender equality added depth and perspective to the event. Ms. Anuja Sharma, HOD of the Department of English, recited a thought-provoking poem titled "Sandook," written by her sister.

Dr. Puja Negi Rajta, the second speaker, shared her perspective on womanhood, describing women as natural achievers. She focused on the importance of good health, discussing topics such as anemia and mental health disorders. Dr. Rajta explained the causes, symptoms, and remedies for anemia, while also addressing mental health problems such as depression, PTSD, and anxiety.

Rohita Ghara, a student of BA III year, recited a self-composed poem titled "An Inconvenient Woman," which resonated with the audience and highlighted the challenges faced by women in society.

Advocate Vandana Misra, the final speaker, shed light on the origin of International Women's Day and explored the concepts of sex and gender. Through an interactive activity, she demonstrated how societal norms and gender roles shape individuals' thoughts and perceptions. Advocate Misra discussed the importance of gender sensitization and breaking stereotypes to achieve gender equality. She shared inspiring examples of successful women who have shattered barriers in various fields. The speaker also highlighted significant judgments made by the Hon'ble Supreme Court of India, such as the NDA judgment, Sabrimala Shrine Entry, Decriminalization of Adultery and Nullification of Triple Talak.



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SESSION 2022-23

ISSUES OF DOMESTIC VIOLENCE AGAINST WOMEN

On September 3, 2022, an interactive meeting focusing on the "Issues of Domestic Violence Against Women" and gender sensitization was organized by the HP State Commission for Women.

Objective: The event aimed to raise awareness about domestic violence and its impact on women's lives.

Dr. Daisy Thakur, the Chairperson of HP State Commission for Women, graced the occasion as the chief guest. The meeting also saw the participation of important guests, including Law Officer HPSCW Adv. Anuj Verma, Prof. Meenakshi F. Paul, and Prof. Shiv Nath Ghosh. One of the key highlights of the meeting was the introduction of an awareness questionnaire for college students, addressing the issue of domestic violence against women.

The interactive meeting took place at the D C Office, Bachat Bhawan, Shimla. Dr. Daisy Thakur delivered an opening address, emphasizing the importance of addressing domestic violence and promoting gender sensitization in society. She acknowledged the prevalence of domestic violence and highlighted the need for collective efforts to create awareness and provide support to the victims. The chairperson stressed the significance of education and spreading awareness among college students to foster a culture of gender equality and prevent domestic violence.

Adv. Anuj Verma, Law Officer of HPSCW, provided valuable insights into the legal aspects of domestic violence and the rights of women. He discussed the legal provisions and mechanisms available to victims of domestic violence, emphasizing the importance of reporting such incidents and seeking legal recourse. Prof. Meenakshi F. Paul and Prof. Shiv Nath Ghosh shared their expertise on gender sensitization and its role in addressing domestic violence. They emphasized the need to challenge patriarchal norms and promote a more inclusive and egalitarian society.

During the meeting, an awareness questionnaire on domestic violence against women was introduced for college students. The questionnaire aimed to gauge students' knowledge and understanding of domestic violence, its causes, consequences, and available support systems. The participants were encouraged to actively engage in the questionnaire and provide their insights and suggestions.





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BEAUTY PAGEANTS- A GATEWAY TO SUCCESS AND GLORY!

On September 9, 2022, Amar Ujala and GOYAL Motors Pvt Ltd sponsored the registrations for the highly anticipated beauty pageant "Miss Himachal Princess" at St. Bede's College, Shimla.

Objective: The event, organized by the convener of the Women Cell, Dr. Vandana Thakur, aimed to provide students with a platform to showcase their talents, boost their confidence, and explore career opportunities in the modelling industry. Over 60 students enthusiastically registered themselves for the pageant, which offered a cash prize of one lakh rupees and a one-year modelling contract for the winner.

The registration process for the "Miss Himachal Princess" beauty pageant was made simple and accessible to all interested participants. Girls were required to provide their personal details and hobbies on the registration forms. Once the forms were filled out, they were mailed to Amar Ujala's official website, which partnered with GOYAL Motors Pvt Ltd for the event. The sponsorship from these esteemed organizations ensured that the pageant could offer valuable career options and opportunities to the participants.

After the registration process, the selected participants would proceed to auditions where their talents, personality, and presentation skills would be assessed. The auditions aimed to shortlist the most promising candidates who would then embark on a journey of extensive training and development. The pageant provided an exciting opportunity for the selected participants to receive training from a Bollywood choreographer, grooming sessions from a renowned beauty institute (Lakme), and outfits designed by budding designers from INIFD (Inter National Institute of Fashion Design).

The opportunity for comprehensive training and development through industry experts and professionals was highly appreciated by the students. It not only gave them a chance to enhance their modeling skills but also provided valuable exposure to the fashion industry. The pageant aimed to empower young women by nurturing their talents and helping them build a strong foundation for their future endeavours.





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MOTORS PVT.LTD.

Present

अमर उजाला
जोता सपना

Miss
Himachal
Princess

CO-SPONSORS: HANS JEWELLERS THE MALL, SHIMLA; HIMACHAL UNIVERSITY

BEAUTY PARTNER: LAKME ACADEMY

FITNESS PARTNER: GYMNASTICS

Win Prizes Worth ₹1 LAKH

Destiny Awaits You... Register Now!

To Participate download Amar Ujala app & Scan QR Code

LAST DATE OF REGISTRATION : 12 September 2022
ELIGIBILITY : Age- 18-24 years (Unmarried)

The winner will receive a 1-year Modelling Contract!

- Training by renowned Bollywood Choreographer
- Grooming by leading beauty institute, Lakme
- Outfits designed by Budding designers of INIFD International Institute of Fashion Design

Pankhuri Gidwani
Femina Miss Grand India 2016
Actor, Model, Influencer



मिस हिमाचल प्रिंसेस के लिए सेंट बीड्स कॉलेज में हुआ पंजीकरण

मिस हिमाचल प्रिंसेस के ताज के लिए शिमला की युवतियों में खासा उत्साह है। आरकेएमवी, कोटशेरा के बाद अब सेंट बीड्स कॉलेज में छात्राओं ने रुचि दिखाते हुए पंजीकरण करवाया। पंजीकरण के पहले चरण में सैंकड़ों छात्राएं इसमें प्रतिभागी बनने के लिए पंजीकृत हो गई हैं। दूसरे चरण में इन पंजीकृत प्रतिभागियों को ऑडिशन के लिए आमंत्रित किया जाएगा। 18 से 24 वर्ष की युवतियां इसमें भाग ले सकती हैं। ऑडिशन में चयनित होने वाली प्रदेशभर की 20 युवतियां फैशन शो में प्रतिभागी बनेंगी। इन प्रतिभागियों को संवारने, व्यक्तित्व निखारने और रैंप वॉक का छह दिनों तक प्रशिक्षण दिया जाएगा। संवाद

इस शो के ऑडिशन में भाग लेने के लिए इच्छुक प्रतिभागी ऑनलाइन और ऑफलाइन आवेदन कर सकते हैं। अमर उजाला एप डाउनलोड कर ऊपर दिए गए क्यूआर कोड को स्कैन कर अपना पंजीकरण कर सकते हैं।

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INTERNATIONAL WOMENS' DAY 2023

On March 4, 2023, a group of sixty students from St. Bede's College attended the International Women's Day celebration at Gaiety Theatre, organized by the Directorate of Women and Child Development, H.P. The event showcased two impactful documentaries, "No Woman's Land" and "Breaking the Ice," directed by Dr. Devkanya Thakur. The documentaries shed light on the challenges faced by women in their pursuit of equality and highlighted their remarkable achievements.

The International Women's Day celebration at Gaiety Theatre provided an excellent platform for students to witness the screening of two powerful documentaries. The first film, "No Woman's Land," directed by Dr. Devkanya Thakur, explored the issue of gender-biased laws prevailing in the tribal areas of Himachal Pradesh. The film revealed that despite discussions on women's empowerment and the need to address the imbalance in child sex ratios, certain areas in India still have gender-biased laws. These laws prohibit women from inheriting ancestral property from both their paternal and maternal sides, showcasing the persisting patriarchal attitudes. Dr. Thakur shared her experiences and creative inspirations with the students, guiding them through the filmmaking process.

The second film showcased the challenges faced by women in the male-dominated field of skiing. It highlighted their remarkable achievements and the perseverance required to succeed in a sport that often lacks gender equality. Both documentaries directed by Dr. Devkanya Thakur captivated the audience and served as a source of inspiration for the students.

The event provided a valuable opportunity for students to learn about the struggles and achievements of women in different fields. Dr. Thakur's documentary "No Woman's Land" was produced in 2015 and aimed to bring attention to the gender-biased laws in tribal areas of Himachal Pradesh. Despite facing resistance from the male society in these districts, Dr. Thakur continued to screen the film at various platforms, eventually gaining the attention of local and national media. The issue was subsequently brought to the notice of the Himachal Pradesh High Court.





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





CELEBRATION OF INTERNATIONAL WOMENS' DAY 2023

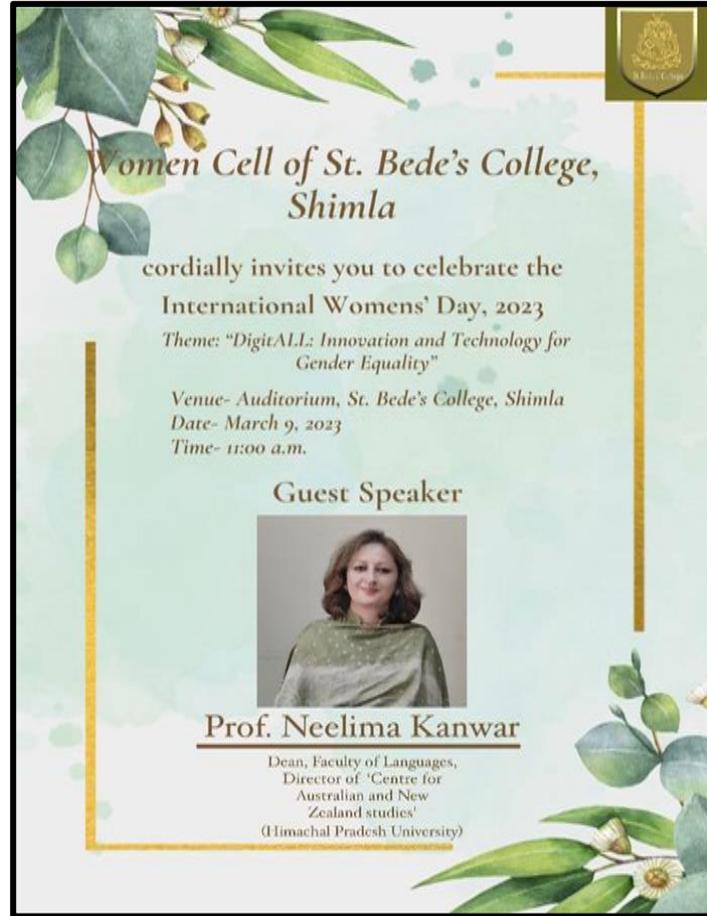
On March 9, 2023, St. Bede's College's Women Cell commemorated International Women's Day with various activities and discussions centered around the theme "DigitALL: Innovation and technology for Gender Equality."

Objective: The objective of the event was to celebrate the progress made towards achieving gender equality and empower women while reflecting on the challenges that still exist.

The celebration began with a Nukkad Natak (street play) performed by the students of St. Bede's College. The play aimed to raise awareness about gender issues and empower women through the medium of performing arts. The students showcased their talents, confidence, and creativity, effectively conveying important messages to the audience.

Following the Nukkad Natak, an interactive session was held with Professor Neelima Kanwar, the Dean of the Faculty of Languages at Himachal Pradesh University, who was invited as the guest speaker. Professor Kanwar engaged the students in a discussion on various issues faced by women in today's world. The students actively participated and shared their experiences, concerns, and opinions on gender equality and empowerment. The session provided an opportunity for students to learn from the expertise of Professor Kanwar and engage in meaningful conversations surrounding gender issues.

Outcome: The celebration of International Women's Day at St. Bede's College provided a platform for students to showcase their talents, creativity, and knowledge. The event created an inclusive and supportive environment for students to express themselves, share their concerns, and be part of a collective effort to strive for gender equality.







शिमला। सेंट बीड्स महाविद्यालय के महिला प्रकोष्ठ द्वारा अंतरराष्ट्रीय महिला दिवस के अवसर पर महाविद्यालय के सभागार में एक संवादात्मक सत्र आयोजन किया गया। इस कार्यक्रम में मुख्य वक्ता के रूप में हिमाचल प्रदेश विश्वविद्यालय के अंग्रेजी विभाग में बतौर प्रोफेसर डॉ नीलिमा कंवर रही। अपने वक्तव्य के माध्यम से उन्होंने महाविद्यालय की छात्राओं को वर्तमान समय में महिलाओं के सामने आने वाली विभिन्न समस्याओं को लेकर जागरूक किया, साथ ही महिला सशक्तिकरण पर विस्तृत चर्चा की और अपने वक्तव्य द्वारा पूरे महाविद्यालय को लाभान्वित किया। इसके बाद छात्राओं द्वारा वक्तव्य से संबंधित प्रश्न पूछे गए तथा अपने अनुभवों और चिंताओं को साझा किया। महाविद्यालय की छात्राओं ने नुक्कड़ नाटक तथा रैली के माध्यम से दर्शकों को जागरूक करने का प्रयास किया और इसके साथ ही कार्यक्रम का समापन हुआ। कार्यक्रम का आयोजन डॉ वंदना ठाकुर तथा प्रियंका मेहता द्वारा किया गया।

Divya Himachal 10/3/23

सेंट बीड्स में संवाद सत्र का आयोजन

शिमला। अंतरराष्ट्रीय महिला दिवस पर सेंट बीड्स कॉलेज सभागार में वीरवार को खुला संवाद सत्र का आयोजन किया गया। इसका विषय नवाचार और प्रौद्योगिकी रखा था। कार्यक्रम में मुख्य वक्ता हिमाचल प्रदेश विश्वविद्यालय के अंग्रेजी विभाग की प्रो. डॉ नीलिमा कंवर रही। उन्होंने कॉलेज की छात्राओं को वर्तमान समय में महिलाओं को पेश आने वाली विभिन्न समस्याओं से अवगत करवाया। इस सत्र के आयोजन में डॉ. वंदना ठाकुर और प्रियंका मेहता ने अहम योगदान दिया। ब्यूरो



Amar usava 10/3/23

