



ACTIVITIES 2024-2025

ONLINE WEBINAR ON MENSTRUAL HEALTH AND HYGIENE

Women Cell and Gender Champion Club of St. Bede's College, Shimla in collaboration with Uncharm India And Global Hunt Foundation, organised an online webinar on "Menstrual Health and Hygiene" on August 14, 2024, in Room no. A12 at 10:40 am . The resource person for this virtual webinar was Mrs. Nitya Chaudhary, CSR Executive Unicharm India.

Objectives: The session commenced with an engaging and energetic introduction by the resource person, who shared her experiences with menstrual health challenges. She highlighted the common struggles due to lack of awareness, stigma, and inadequate hygiene practices. By sharing her journey, she created a comfortable and open environment, encouraging participants to engage freely. Her introduction emphasised the importance of education, breaking societal taboos, and adopting safe menstrual hygiene practices. This set a positive and interactive tone for the workshop, ensuring active participation from attendees.

Description: Menstrual health and hygiene are essential aspects of overall well-being, yet they are often surrounded by misinformation and stigma. This workshop aims to educate, empower, and promote safe menstrual practices to ensure dignity and confidence for all.

Topics covered in the sessions were as follows:

- **Educate on Menstrual Health** – Provide accurate information on menstruation, the menstrual cycle, and its biological and hormonal changes.
- **Promote Hygiene Practices** – Teach proper menstrual hygiene management, including the use of sanitary products, disposal methods, and personal hygiene.
- **Break Myths and Taboos** – Address and debunk common myths, misconceptions, and cultural taboos surrounding menstruation.
- **Boost Confidence and Self-Esteem** – Encourage open discussions to help participants feel comfortable and confident about their bodies and menstrual health.
- **Provide Product Awareness** – Introduce different menstrual products (pads, tampons, menstrual cups, cloth pads) and their safe usage.
- **Ensure Accessibility and Sustainability** – Discuss eco-friendly and cost-effective menstrual hygiene solutions and advocate for better access to sanitary products.
- **Improve Menstrual Health Management in Schools and Communities** – Guide institutions on setting up menstrual-friendly environments, including clean washrooms and availability of hygiene products.



Women Cell & Gender Champion Club *St. Bede's College, Shimla*

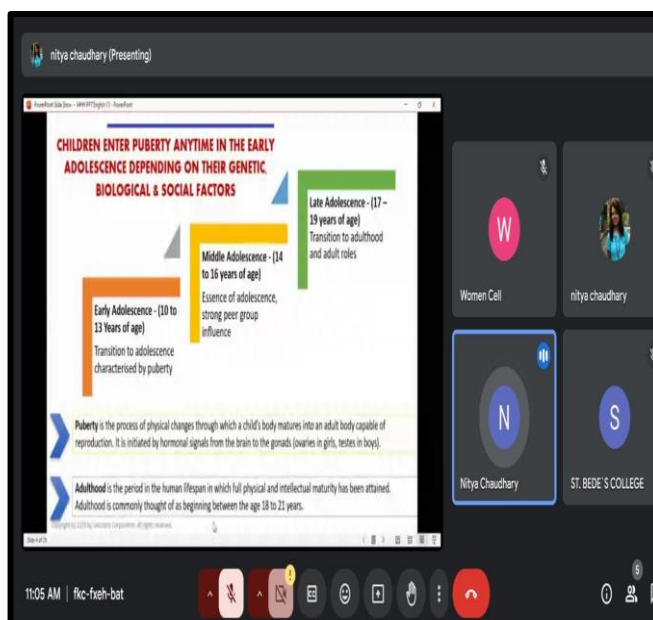
- **Encourage Male Involvement and Awareness** – Foster understanding and support among men and boys to help reduce stigma and promote inclusivity.
- **Empower Through Self-Care and Nutrition** – Highlight the importance of diet, exercise, and mental well-being during menstruation.
- **Advocate for Policy and Social Change** – Encourage discussions on government policies, workplace and school accommodations, and initiatives for menstrual equity.

The session concluded on a positive and encouraging note, with an interactive question and answer segment where students actively participated by asking insightful questions. The resource person addressed their concerns, provided practical solutions, and reinforced the importance of maintaining proper menstrual hygiene. Additionally, students were advised to incorporate meditation and regular exercise into their daily routines to manage menstrual discomfort and promote overall well-being.

Outcome: The webinar successfully enhanced participants' understanding of menstrual health, hygiene practices, and the importance of breaking societal taboos. Students gained awareness about different menstrual products, safe disposal methods, and the significance of maintaining personal hygiene. The interactive session helped dispel common myths, fostering a more open and supportive environment for discussions on menstruation. Additionally, attendees learned about the role of meditation and exercise in managing menstrual health. Overall, the webinar empowered participants with knowledge and confidence, encouraging them to prioritize self-care and advocate for menstrual health awareness in their communities.

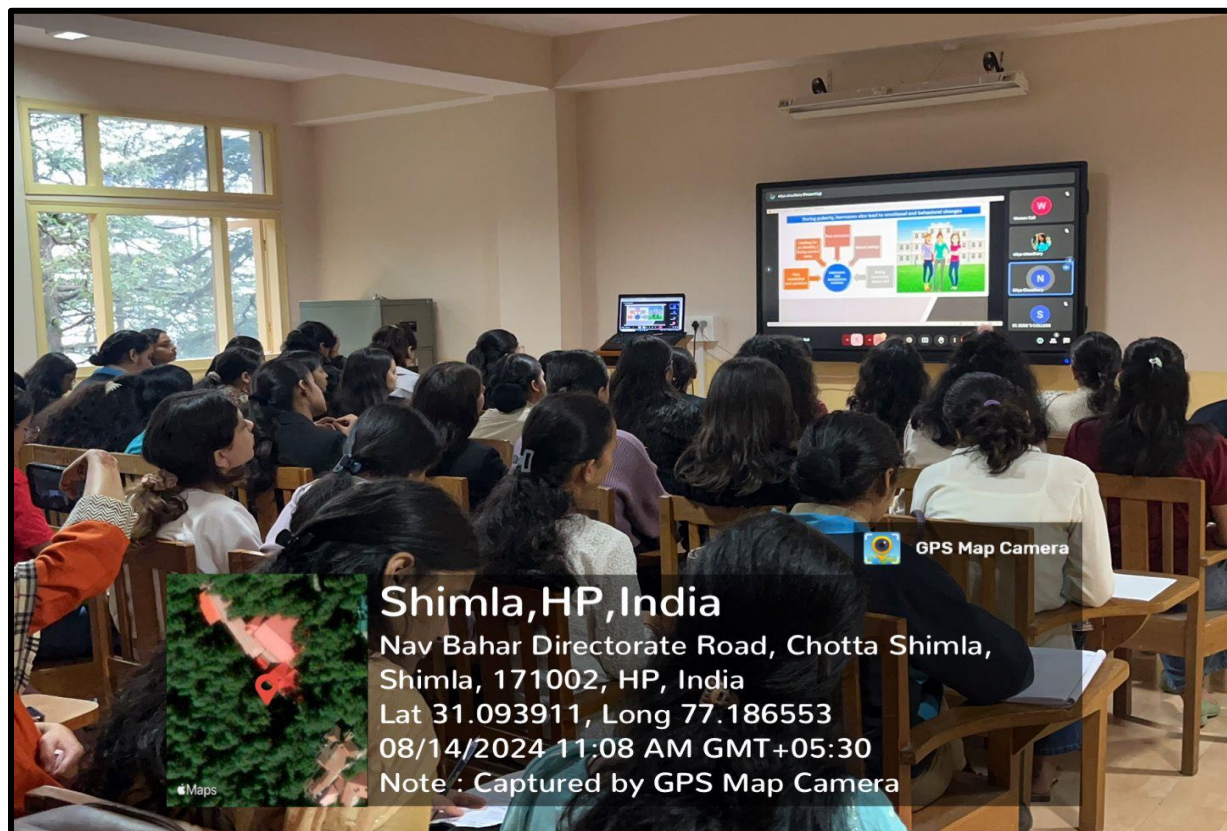


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Women Cell & Gender Champion Club
St. Bede's College, Shimla



Online Webinar on "Menstrual Health and Hygiene" organised on August 14, 2024



INTERNATIONAL DAY OF THE GIRL CHILD

On October 10, 2024, to mark the International Day of the Girl Child, the Women Cell and Gender Champion Club of St. Bede's College organised a vital session on Menstrual Hygiene and Stress Management for students at Government Senior Secondary School, Sanjauli.

Objectives: The primary aim of the session was to create awareness about menstrual hygiene among the students and also make them learn about stress management.

Description: Before the session started the students were segregated into two groups. Group-A included girls from classes 5-8 and Group-B included students from classes 9-10. The groups were taken to different classes with different Women Cell and Gender Club members.

For both groups, the session started with a friendly interaction with the students and a bit of introduction.

For Group -A after the introduction and power point presentation was presented to the students from the Gender Champion Club Member which involved basic knowledge and topic about menstruation.

Some of the main topics covered were:

- What is menstruation
- Biological Reasons for menstruation
- Early signs of menstruation (including PMS and cycle of menstruation)
- Problems faced during menstruation
- Importance of menstrual hygiene.
- How to maintain hygiene during menstruation
- Easy ways to deal with problems faced.

After the presentation session, all the questions from the students were addressed and answered thoroughly to clear any doubts in their minds and to inform them about hygienic menstruation.

On the other hand, Group B also delivered a PowerPoint presentation to the students on stress management, considering the perspective of teenagers and their upcoming career-building years.

Topics covered in the session included-

1. What is stress?
2. How does it dominate our brain?
3. Outcomes of stress.
4. How to deal with stress?

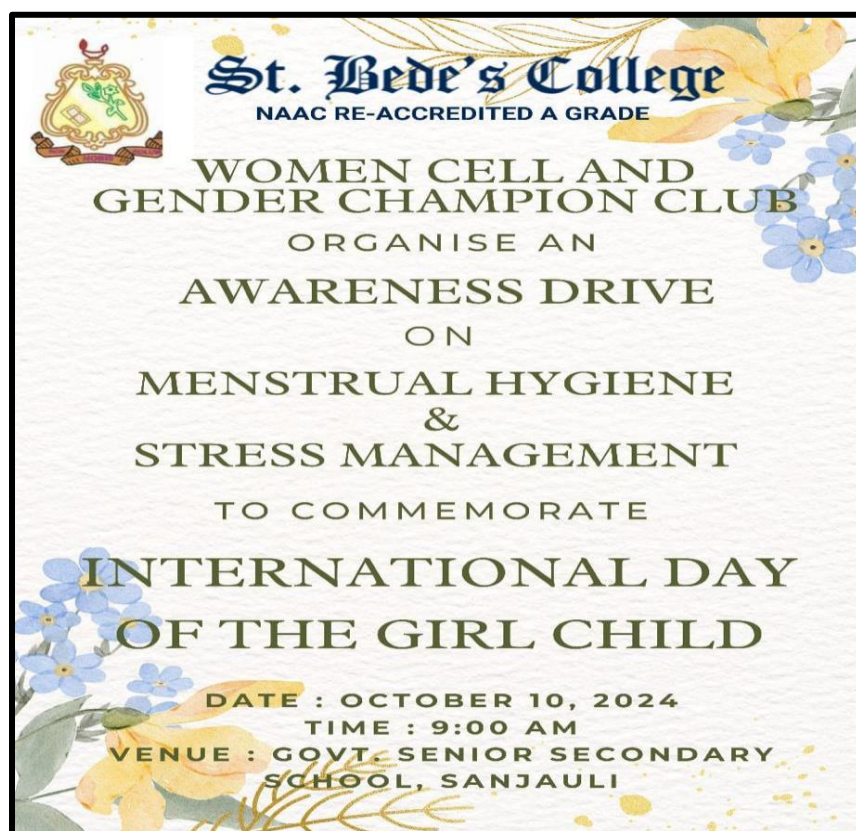


Women Cell & Gender Champion Club
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After the session, various games were played with the students to refresh their minds, and different exercises were introduced to help release stress. Questions from the students were also answered at the end, leaving them with a clear mind.

Outcome: The workshop had a significant impact on students by increasing awareness about menstrual health, promoting better hygiene practices, and reducing the stigma associated with menstruation. It empowered students with effective stress management techniques, improving their emotional well-being and ability to handle academic pressures. The session fostered a supportive environment, encouraging open discussions and peer support.

As a result, students demonstrated improved confidence, healthier habits, and better focus, contributing to reduced absenteeism and enhanced academic performance. The knowledge gained is expected to have a lasting impact, enabling students to make informed health decisions and advocate for well-being.



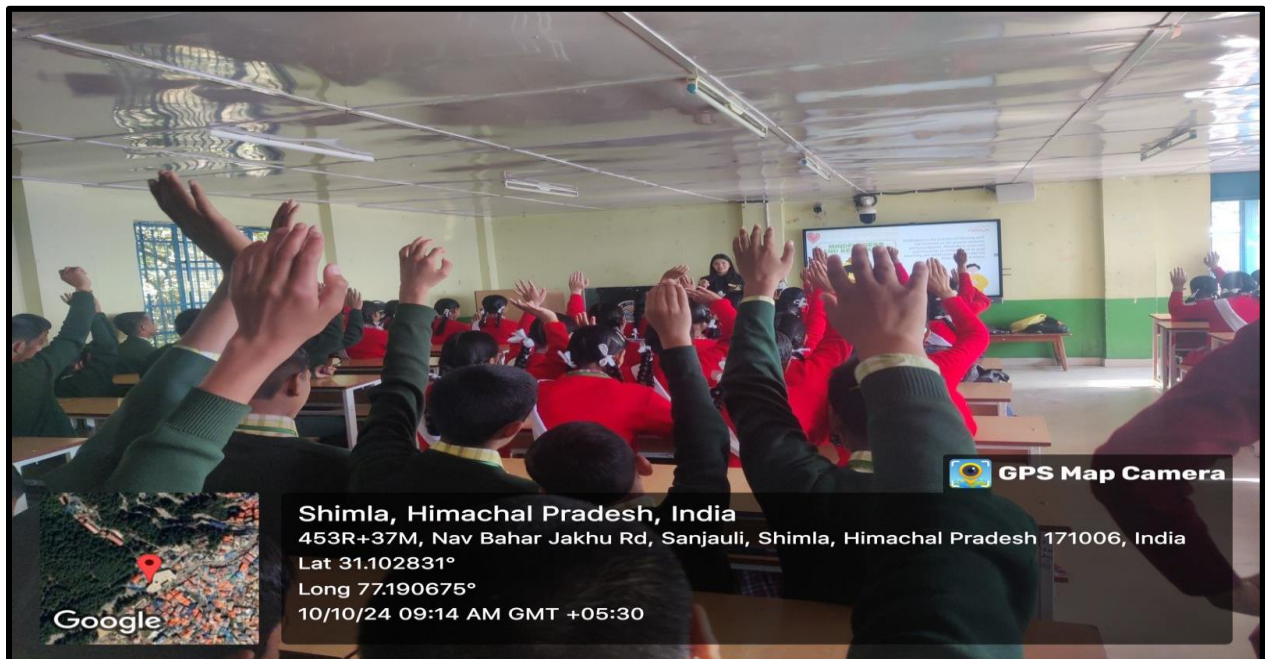
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Women Cell & Gender Champion Club
St. Bede's College, Shimla



Celebration of International Day of the Girl Child on October 10, 2024, at Government Senior Secondary School, Sanjauli. Shimla



 **GPS Map Camera**

Shimla, Himachal Pradesh, India

453R+37M, Nav Bahar Jakhu Rd, Sanjauli, Shimla, Himachal Pradesh 171006, India

Lat 31.102831°

Long 77.190675°

10/10/24 09:14 AM GMT +05:30

Google



Women Cell & Gender Champion Club
St. Bede's College, Shimla



Celebration of International Day of the Girl Child on October 10, 2024, at Government Senior Secondary School, Sanjauli, Shimla

INTERNATIONAL DAY FOR THE ELIMINATION OF VIOLENCE AGAINST WOMEN

The Women Cell at St. Bede's College commemorated the "International Day for the Elimination of Violence Against Women" on November 25, 2024, with an engaging session to raise awareness about women's rights and empower young girls. The esteemed resource person for the event was Dr. Seema Kashyap, Associate Professor of Law, University Institute of Legal Studies, Shimla.

Objective: The primary aim of this session was to educate the students about the various rights they are entitled to and make them aware of the use of it. The focus was on raising awareness about the prevalence and impact of gender-based violence. This was done to encourage students to speak out against any form of violence and become advocates of change.





Description: Dr. Kashyap delivered an impactful session, shedding light on the various forms of violence women face, including physical, sexual, emotional, and technology-facilitated violence. She emphasized the importance of women knowing their rights and the tools at their disposal to safeguard themselves against any form of abuse. The various laws that were discussed included The Sexual Harassment of Women at Workplace Act 2013, The Criminal Law Act, The National Police for Empowerment of Women etc. The resource person also highlighted the need for community engagement and education to spread awareness and change the stereotypes associated with violence against women.



Women Cell & Gender Champion Club
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The event also featured two competitions organized by the Women Cell—poster-making and slogan-writing contests. Both competitions drew enthusiastic participation from students, who creatively expressed their perspectives on the theme of eliminating violence against women. Rozali Thapa secured first position in poster making and the second position was secured by Vrinda Sharma and a consolation prize to Garbeeta Ray for slogan writing, Mamta Mehra secured first position and the second position was secured by Avani Thakur. This was done to provide a platform for students to express their concerns about such social issues creatively and uniquely.

Outcome: The session was a significant step towards empowering students with knowledge about their rights and the importance of gender equality. Students gained a deeper understanding of their rights under various laws designed to protect them from violence and discrimination. The information and knowledge provided armed the students to face any kind of challenge in future. The collective resolve demonstrated during the event was a reminder that together, we can work towards a future free from violence and discrimination.


St. Bede's College
NAAC RE-ACCREDITED 'A' GRADE
WOMEN CELL & GENDER CHAMPION CLUB
ORGANISES
SESSION
ON
**"INTERNATIONAL DAY FOR
ELIMINATION OF VIOLENCE AGAINST WOMEN"**
RESOURCE PERSON

Dr. Seema Kashyap
ASSOCIATE PROFESSOR OF LAW,
UNIVERSITY INSTITUTE OF LEGAL STUDIES, SHIMLA
DATE: NOVEMBER 25, 2024
TIME: 10:15 AM
VENUE: SEMINAR ROOM



Brochure



Women Cell & Gender Champion Club
St. Bede's College, Shimla



Commemoration of "International Day for the Elimination of Violence Against Women" on November 25, 2024



Women Cell & Gender Champion Club St. Bede's College, Shimla



Commemoration of "International Day for the Elimination of Violence Against Women" on November 25, 2024



Media Coverage



WORKSHOP ON "PROMOTING INTERGENERATIONAL BONDING WITH COLLEGE STUDENTS"

On November 27, 2024, the Women Cell and Gender Champion Club of St. Bede's College organised a workshop titled "Promoting Intergenerational Bonding with College Students", sponsored by the National Institute of Social Defence. The distinguished resource persons for the occasion included Prof. Sr. Molly Abraham, the Principal of St. Bede's College, and Mr. Mohit Kumar, Assistant Professor in the Department of Psychology at St. Bede's College.

The workshop began with a warm welcome to the guest speakers, followed by the traditional lighting of the lamp, symbolizing the beginning of knowledge and enlightenment. This was followed by a beautiful classical dance performance, setting a cultural tone for the event.

Objective: The objective of the workshop was to foster meaningful connections between generations by encouraging college students to engage, share experiences, and build mutual understanding with older generations, promoting empathy, respect, and stronger community ties.

Description: Prof. Sr. Molly Abraham, Principal of St. Bede's College delivered a powerful lecture on the importance of intergenerational bonding, sharing heartfelt anecdotes from her childhood when family and community ties were stronger. She reflected on moments of respect, storytelling, and wisdom exchange that shaped her values, contrasting them with today's growing disconnect. She attributed this decline to factors like the rise of technology, nuclear families, and busy modern lifestyles, which limit meaningful interactions between generations. Highlighting the impact of this gap on both the youth and the elderly, she urged students to reconnect with their elders, learn from their experiences, and cherish these invaluable relationships. Her speech left the audience inspired to bridge the generational divide.

After the lecture, a short break was taken, allowing attendees to reflect on the insights shared.

On the other hand, Mr. Mohit Kumar, Assistant Professor in the Department of Psychology at St. Bede's College, delivered an engaging lecture on intergenerational bonding, focusing on its psychological impact, benefits, and challenges. Through a well-structured PowerPoint presentation, he explained how such bonds promote emotional well-being, empathy, and knowledge exchange while addressing challenges like generational conflicts due to differing values and lifestyles. To make the session interactive, he conducted a game, encouraging students to reflect on their relationships with older generations. The lecture emphasised the importance of fostering these connections for mutual respect, trust, and a harmonious society. The session left students with valuable insights and practical strategies to strengthen intergenerational relationships.



Women Cell & Gender Champion Club *St. Bede's College, Shimla*

Outcome: The session aimed at fostering mutual respect, understanding, and collaboration between generations. The resource persons emphasized the role of shared experiences and values in bridging the generational gap and provided insights into the psychological benefits of intergenerational relationships, including enhanced empathy, communication, and emotional well-being. The session encouraged students to actively engage with elders, recognizing their wisdom and life experiences as valuable assets. The session concluded with a call to action for students to strengthen bonds with older generations, fostering a more inclusive and harmonious society.

The workshop concluded with a heartfelt vote of thanks, expressing gratitude to both the resource persons for their enlightening insights on intergenerational bonding. The sessions underscored the significance of mutual understanding, empathy, and collaboration between generations.

At the end of the workshop, students were provided with refreshments, giving them a chance to relax and unwind. Also to reflect on the valuable insights shared during the sessions.

St. Bede's College
NAAC RE-ACCREDITED 'A' GRADE

WOMEN CELL & GENDER CHAMPION CLUB
(UNDER THE AEGIS OF IQAC)

Organises Workshop on

**PROMOTING INTERGENERATIONAL BONDING
WITH COLLEGE STUDENTS**

sponsored by

NATIONAL INSTITUTE OF SOCIAL DEFENCE
(MINISTRY OF SOCIAL JUSTICE & EMPOWERMENT, GOVERNMENT OF INDIA)

RESOURCE PERSONS

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

Mr. Mohit Kumar
Assistant Professor
Department of Psychology
St. Bede's College

DATE: NOVEMBER 27, 2024
TIME: 9:30 AM ONWARDS
VENUE : AUDITORIUM

Brochure

Shimla, Himachal Pradesh, India
Nav Bahar Directorate Road, Chotta Shimla,
Shimla, 171002, Himachal Pradesh, India
Lat 31.094126, Long 77.186557
11/27/2024 12:23 PM GMT+05:30
Note : Captured by GPS Map Camera



*Women Cell & Gender Champion Club
St. Bede's College, Shimla*



A Workshop titled "Promoting Intergenerational Bonding with College Students" was organised on November 27, 2024



सेंट बीड्स में कार्यशाला का आयोजन

शिमला। सेंट बीड्स कॉलेज में महिला प्रकोष्ठ और जेंडर चैंपियन क्लब ने कॉलेज की छात्राओं के साथ अंतर पीढ़ी गत संबंध विषय पर कार्यशाला का आयोजन किया। आयोजन में राष्ट्रीय सामाजिक रक्षा संस्थान ने भी सहयोग किया। कार्यशाला में कॉलेज की प्राचार्य डॉ. सिस्टर मौली अब्राहम मुख्य वक्ता रहीं। मनोविज्ञान विभाग के सहायक आचार्य मोहित कुमार ने भी छात्राओं को संबोधित किया। सिस्टर मौली ने वृद्धों के साथ नियमित रूप से बातचीत कर उनके जीवन के अनुभवों को सुनने तथा उनके साथ अच्छे संबंध विकसित करने के लिए प्रेरित किया। वहीं सेंट बीड्स कॉलेज में आंतरिक गुणवत्ता आश्वासन प्रकोष्ठ और जीव विज्ञान विभाग ने भी स्तन कैंसर को लेकर जागरूकता कार्यक्रम आयोजन किया। डॉ. कल्पना ने छात्राओं स्तन कैंसर बारे जानकारी दी। इस मौके पर डॉ. श्वेता ठाकुर, डॉ.

योग से दूर रहती हैं हजारों बीमारियां

सेंट बीड्स कालेज में स्तन-स्व परीक्षण पर छात्रों को किया जागरूक



सिटी रिपोर्टर-शिमला

सेंट बीड्स कालेज में बुधवार को आंतरिक गुणवत्ता आश्वासन प्रकोष्ठ आईक्यूएस के तत्वावधान में प्राणोशास्त्र विभाग ने स्तन-स्व परीक्षण पर जागरूकता कार्यक्रम का आयोजन किया गया। इस कार्यक्रम में समितिक सामाजिक

कार्यकर्ता और स्तन कैंसर जागरूकता को समर्थक डा. कल्पना मुख्य विशेषज्ञ रहीं। इस कार्यक्रम में स्तन कैंसर का शीघ्र पता लगाने और रोकथाम पर जोर दिया गया।

कार्यक्रम में शिमला नर्सिंग कालेज, भट्टाकुफर के विद्यार्थियों और शिमला क्षेत्र के स्थानीय

निवासियों ने उत्साहपूर्वक भाग लिया। कार्यक्रम का प्राथमिक उद्देश्य उपस्थित लोगों को स्तन कैंसर के बारे में ज्ञान और निवारक उपाय के रूप में स्तन स्व परीक्षण के महत्व के बारे में शिक्षित और सशक्त बनाना था। डा. कल्पना ने स्तन कैंसर के बढ़ते प्रचलन और तनाव, जंक फूड के सेवन और मोटापे जैसे जीवन शैली कारकों से इसके संबंध पर प्रकाश डाला और स्तन कैंसर के जोखिम को कम करने में योग और नियमित शारीरिक गतिविधि की भूमिका पर जोर दिया। इसके साथ ही स्तन स्व परीक्षण तकनीकों पर एक लघु वीडियो प्रदर्शित कर छात्राओं को मार्गदर्शन प्रदान किया।

पीढ़ीगत विभाजन को कम करने पर फोकस

सिटी रिपोर्टर-शिमला



सेंट बीड्स कालेज में महिला प्रकोष्ठ और जेंडर चैंपियन क्लब ने कॉलेज की छात्राओं के साथ अंतर-पीढ़ीगत संबंध को बढ़ावा देना नामक कार्यशाला आयोजन किया। जिसे राष्ट्रीय सामाजिक रक्षा संस्थान द्वारा प्रायोजित किया गया। इस अवसर के लिए प्रतिष्ठित विशेषज्ञों में सेंट बीड्स कालेज की प्रिंसिपल प्रो सिस्टर मौली अब्राहम प्रमुख रहीं और सेंट बीड्स कालेज में मनोविज्ञान विभाग में सहायक प्रोफेसर मोहित कुमार रहीं। कार्यशाला का प्राथमिक उद्देश्य कॉलेज की छात्राओं को पुरानी पीढ़ियों के साथ सार्थक संबंध विकसित करने के लिए प्रेरित करके अंतर-पीढ़ीगत सामंजस्य

को बढ़ावा देना रहा। साथ ही पीढ़ीगत विभाजन को कम करने के लिए कार्यप्रणाली की पेशकश करना रहा। प्रो. सिस्टर मौली ने वृद्ध वयस्कों के साथ दोस संबंध विकसित करने के महत्वपूर्ण और इससे होने वाले बहुआयामी लाभों पर प्रकाश डाला। साथ ही बुजुर्गों के साथ बातचीत करने और उनके साथ दोस संवाद करने के लिए

समय आर्बिट करके के मूल्य बारे में अपने दृष्टिकोण को स किया। मोहित ने विभिन्न पीढ़ी समूहों का वर्णन किया और पीढ़ीगत अंतर को बढ़ाने वा अंतर्निहित कारकों और इस समाधान के लिए रणनीतियों के स्पष्ट किया। कार्यक्रम का समाप एक इंटरैक्टिव प्रश्नोत्तरी सत्र साथ हुआ।



AWARENESS DRIVE ON "EMERGENCY RESPONSE FOR QUICK ACCESS TO SERVICES"

On November 29, 2024, the Gender Champions Club and Women Cell of St. Bede's College organised an awareness drive titled "Emergency Response for Quick Access to Services" on campus.

Objectives: The primary purpose of this drive was to educate the students regarding the various services that have been provided to the citizens of India by the government and encourage their use in times of crisis. Additionally, the initiative aimed to reduce stigma associated with seeking help and foster a safer, more informed campus environment.

Description: In today's world students often face challenges related to safety, mental health, and emergencies and therefore it has become crucial for them to be aware of the services they are entitled to. The gender champions used placards to disseminate information across the campus. The key helpline numbers that were highlighted were

100 - Police helpline number

101 - Helpline number for fire emergencies

102 - Helpline number for medical assistance
and emergencies

112 - National emergency helpline number for all services including fire, police and medical emergencies

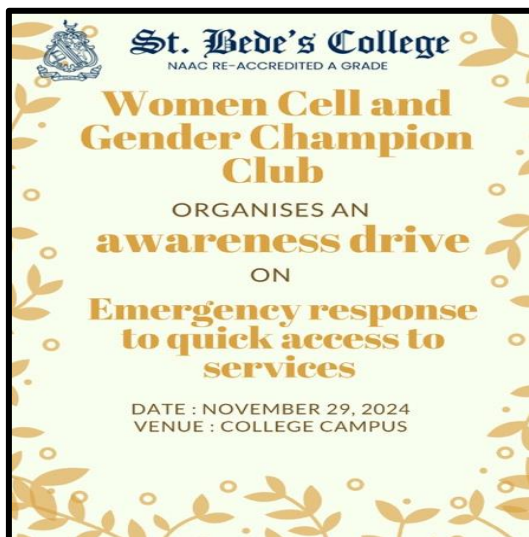
1091- Women's helpline number for issues like domestic violence or sexual abuse and harassment.

The use and availability of these numbers was explained in detail by the gender champions to the students. The campaign provided an opportunity for students to ask questions, voice concerns, and clarify doubts about the services.

Outcome: The drive increased awareness among students about available support systems. It helped to ensure that the students are well equipped with vital information to handle emergencies. Overall, the drive was a success as it empowered the students to face challenges with confidence and seek timely assistance when required.



Women Cell & Gender Champion Club
St. Bede's College, Shimla



Brochure



Awareness Drive on "Emergency Response for Quick Access to Services" held on November 29, 2024



IGNITING CHANGE FOR WOMEN'S RIGHTS ON CAMPUS: A SOCIAL MEDIA CAMPAIGN BY THE WOMEN CELL AND GENDER CHAMPION CLUB

On December 2, 2024, the Women's Cell and Gender Champion Club launched a social media campaign to raise awareness about women's rights. The aim was to empower the students with the knowledge and resources about women's rights so that they can advocate for themselves and others in future, encouraging them to become active participants in promoting social justice and equality.

Objectives: The campaign aimed to raise awareness about the state of women's rights on the college campus, focusing on gender equality, sexual harassment prevention, mental health, and academic opportunities. Educate students about their legal rights regarding sexual harassment, gender discrimination, and other related topics to empower them to raise their voices and take necessary action wherever and whenever required.

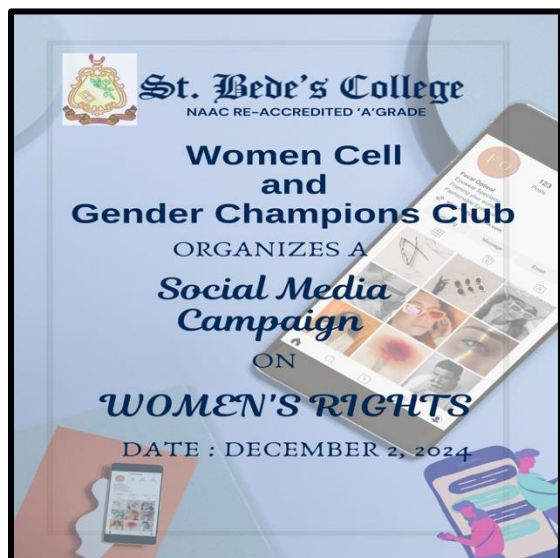
Description: The Women Cell and Gender Champion Club created an engaging Instagram Reel that not only highlighted key issues related to women's rights in college but also encouraged students to share the message with their peers in WhatsApp groups, further amplifying the campaign's reach and fostering community action. A diverse group of students walking through a college campus, holding signs of various laws about women like the Dowry Prohibition Act (1961), the Medical Termination of Pregnancy Act (1971), the Prohibition of Child Marriage Act (2006), the Protection of Women Against Domestic Violence act (2005), etc. were showcased in the Instagram reel. By ending the Reel with a collaborative, visual representation of solidarity, the campaign used the power of visual storytelling to drive home the message of unity and collective action for women's rights on campus.

After posting the Reel on the official Instagram handle of Women Cell, students are encouraged to share it within their WhatsApp groups—whether with classmates, friends, or specific student organization groups on campus. Additionally, some students also shared the reel on their Instagram stories, further spreading the message.

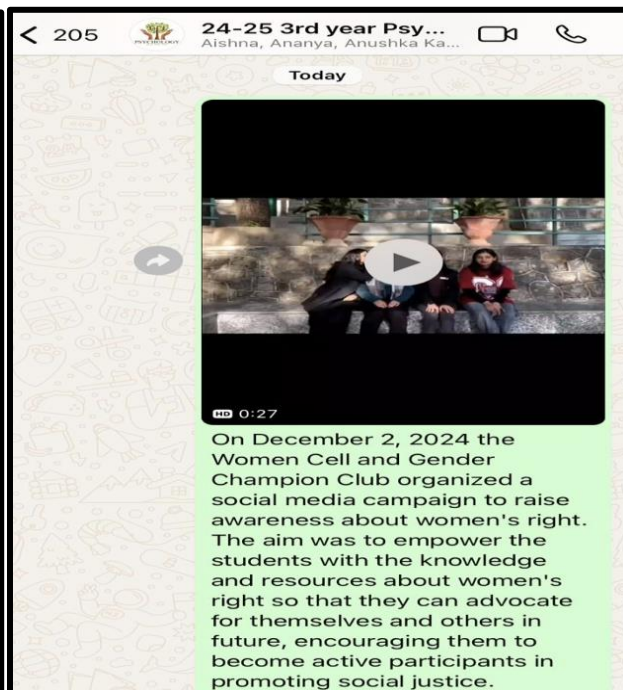
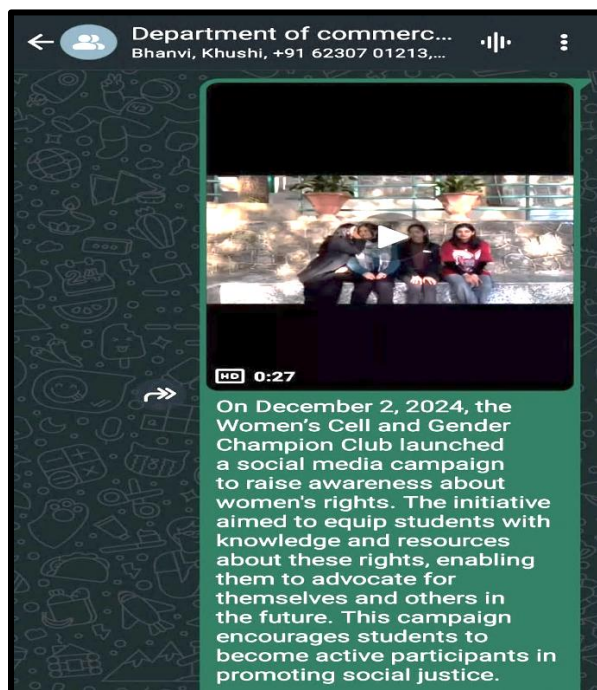
Outcomes: The reel quickly gained attention due to the ease of sharing within WhatsApp groups, which are often used for group studies, class announcements, or social gatherings. Additionally, posting this reel on Instagram resulted in reaching a greater audience, especially young adults who generally use Instagram frequently. Students reported feeling more empowered to speak up about women's rights on their campuses. Through this campaign, we reached a broad audience, encouraged dialogue, and provided resources for advocacy and support for women's safety and social justice. All in all, this campaign proved to be a great success.



*Women Cell & Gender Champion Club
St. Bede's College, Shimla*



Brochure



Igniting Change for Women's Rights on Campus: A Social Media Campaign Organised on December 2, 2024



WORKSHOP ON "INTERGENERATIONAL BONDING WITH COLLEGE STUDENTS"

On December 4, 2024, the Women Cell and Gender Champion Club of St. Bede's College hosted a workshop titled "Intergenerational Bonding with College Students" with support from the National Institute of Social Defence. The workshop featured distinguished facilitators Ms. Unnatti Chauhan and Ms. Jagriti Sharma, Assistant Professors in the Departments of Economics and Psychology, respectively.

Objective: The purpose of the workshop was to instill among students the value of family ties and connections between the different age groups. This was done to promote understanding, respect and collaboration among students

Description: Ms. Unnatti introduced the topic of the session to the students. She elaborated on the meaning of intergenerational bonding, the importance of it and the benefits associated with it. Ma'am also talked about the importance of nurturing meaningful relationships with the older generations. Continuing the session, Ms Jagriti explained to the students the 4 R's of building a strong connection which includes respect, reciprocity, responsibility and resiliency. She also shared with the students the various psychological theories associated with intergenerational gaps.

To bring the active participation of students, the resource persons ensured the inclusion of various types of games to make the learning experience more entertaining. Students were asked to prepare on-the-spot skits, dance and music performances depicting the beauty of different generations. They were able to come up with thoughtful ideas for their performances despite the short time frame. Through the skit, the students showcased the varying mindsets and ideologies of the different generations and how they exacerbate the generation gap. Music and dance activities encouraged students to work together and navigate different generations' traditions and cultural expressions, blending diverse styles and fostering a sense of unity through shared artistic expression.


A trivia game on items that were used in the past decades and their modern counterparts also witnessed the active engagement of the students. The game required quick thinking on the part of students to identify the objects that did not seem familiar but were once essential to daily life. The introduction of games to the routine of the session facilitated communication, teamwork and mutual learning.

Outcome: The session was a unique approach to help students understand the value of intergenerational bonding. By using games as tools for communication and learning, the event



*Women Cell & Gender Champion Club
St. Bede's College, Shimla*

succeeded in bridging the generational divide, fostering mutual respect, and strengthening community ties.

 **St. Bede's College**
NAAC RE-ACCREDITED 'A' GRADE

WOMEN CELL & GENDER CHAMPION CLUB
(UNDER THE AEGIS OF IQAC)


Organises Workshop
ON

**PROMOTING INTERGENERATIONAL BONDING
WITH COLLEGE STUDENTS**


sponsored by

NATIONAL INSTITUTE OF SOCIAL DEFENCE
(MINISTRY OF SOCIAL JUSTICE & EMPOWERMENT, GOVERNMENT OF INDIA)

RESOURCE PERSONS



Ms. Unnatti Chauhan
Assistant Professor
Department of Economics
St. Bede's College



Ms. Jagriti
Assistant Professor
Department of Psychology
St. Bede's College

DATE: DECEMBER 4, 2024
TIME: 9:30 AM ONWARDS
VENUE: AUDITORIUM



Brochure



The Workshop titled “Promoting Intergenerational Bonding with College Students” was organised on December 4, 2024



*Women Cell & Gender Champion Club
St. Bede's College, Shimla*



The Workshop titled "Promoting Intergenerational Bonding with College Students" was organised on December 4, 2024



Women Cell & Gender Champion Club
St. Bede's College, Shimla

सेंट बीड्स कॉलेज में बताई रिश्तों की अहमियत

शिमला। सेंट बीड्स कॉलेज शिमला के महिला प्रकोष्ठ और जेंडर चैंपियन क्लब ने बुधवार को राष्ट्रीय सामाजिक रक्षा संस्थान के सहयोग से छात्राओं के लिए अंतर पीढ़ी संबंध पर कार्यशाला का आयोजन किया। इसमें अर्थशास्त्र विभाग की सहायक प्रोफेसर उन्नति चौहान और मनोविज्ञान विभाग की सहायक आचार्य जागृति शर्मा ने विशेषज्ञ के रूप में छात्राओं को पीढ़ी के अंतर के साथ सामाजिक ढांचे और व्यवहार में आ रहे बदलाव पर जानकारी दी। दोनों विशेषज्ञों ने इस कार्यशाला में भाग लेने वाली छात्राओं के व्यक्ति विचार और परिवार में रहने को लेकर अपने अनुभवों को साझा करने और संवाद करने का मौका दिया। पीढ़ियों की सुंदरता और उनके बीच विकसित हो रहे अंतर को दर्शाने के लिए ऑन स्पोर्ट एक स्किट भी पेश की। ब्यूरो

सेंट बीड्स कालेज में अंतर-पीढ़ी संबंध पर कार्यशाला



शिमला। सेंट बीड्स कालेज की महिला प्रकोष्ठ और जेंडर चैंपियन क्लब द्वारा बुधवार को राष्ट्रीय सामाजिक रक्षा संस्थान द्वारा प्रायोजित कालेज के छात्रों के साथ अंतर-पीढ़ी संबंध पर कार्यशाला का आयोजन किया गया। इस आयोजन के लिए विशेषज्ञ की भूमिका में अर्थशास्त्र विभाग की सहायक प्रोफेसर उन्नति चौहान और मनोविज्ञान विभाग की सहायक प्रोफेसर जागृति शर्मा रही। कार्यशाला का उद्देश्य छात्राओं के बीच पारिवारिक संबंधों और विभिन्न आयु समूहों के बीच संबंधों के मूल्य को स्थापित करना था। यह छात्राओं के बीच समझ, सम्मान और सहयोग को बढ़ावा देने के लिए किया गया था। दोनों विशेषज्ञों ने सुनिश्चित किया कि कार्यशाला में अनुभव को और अधिक मजेदार और इंटरैक्टिव बनाने के लिए खेलों को शामिल किया जाए। आइस ब्रेकर सत्र के परिणामस्वरूप छात्राओं की अधिक सक्रिय भागीदारी रही। छात्राओं ने विभिन्न पीढ़ियों की सुंदरता और उनके बीच विकसित हो रहे अंतर को दर्शाने के लिए ऑनस्पोर्ट स्किट, नृत्य और संगीत प्रदर्शन की तैयारी में बहुत उत्साह दिखाया

Media Coverage



AWARENESS SESSION ON “BREAST AND CERVICAL CANCER” IN COLLABORATION WITH THE TYACAN FOUNDATION

On December 6, 2024, the Health Club and Women Cell of St. Bede's College organised an awareness session on ‘Breast and Cervical Cancer’ in collaboration with the TYACAN Foundation. The resource person for the event was Ms. Minnie Singh, a member of the TYACAN Foundation, accompanied by Ms. Simran Jagga, a counselling psychologist and Ms. Shivali, a volunteer and social worker with TYACAN.

Objective: The session aimed to educate students about the importance of early detection, prevention, and treatment. It focused on raising awareness about the risk factors, symptoms, and preventive measures for both types of cancer. The session encouraged students to adopt healthy lifestyle practices, perform regular self-examinations, and seek timely screenings. By fostering open conversations, the event aimed to reduce stigma and empower students with valuable information for maintaining women’s health.

Description: Ms. Minnie Singh provided an in-depth education on breast and cervical cancer, covering essential topics such as preventive measures, the significance of regular self-screening examinations, and the potential consequences of advanced stages of the disease. She clarified several myths surrounding breast cancer, replacing them with factual information to help students better understand the realities of the condition. Drawing from her personal experiences with the TYACAN Foundation, she highlighted the transformative power of knowledge and the importance of awareness in early detection. To conclude the session, the resource person shared valuable insights on specific exercises and yoga practices that can reduce the risk of both breast and cervical cancer while also encouraging students to adopt a holistic approach to health through a balanced lifestyle, proper nutrition, and regular physical activity.

Outcome: The session concluded with a greater sense of awareness among students regarding the importance of breast and cervical cancer prevention. Attendees gained valuable knowledge on early detection methods, including self-examinations, and dispelled common myths related to the diseases. The personal insights shared by the resource person, along with practical advice on exercises and healthy lifestyle choices, left students empowered to take proactive steps in safeguarding their health. Overall, the session successfully raised awareness and inspired students to prioritize their well-being and stay informed about women’s health issues.




*Women Cell & Gender Champion Club
St. Bede's College, Shimla*

St. Bede's College
NAAC RE-ACCREDITED 'A' GRADE

HEALTH CLUB & WOMEN CELL

ORGANISES
AN AWARENESS SESSION
ON
BREAST & CERVICAL CANCER
IN COLLABORATION
WITH
TYACAN FOUNDATION

RESOURCE PERSON

MS. MINNIE SINGH
MEMBER
TYACAN FOUNDATION

DATE: DECEMBER 6, 2024
TIME: 10:30 AM ONWARDS
VENUE: SEMINAR ROOM

**FIGHT
CANCER!**



Brochure



Awareness Session on "Breast and Cervical Cancer" in Collaboration with the TYACAN Foundation organised on December 6, 2024



*Women Cell & Gender Champion Club
St. Bede's College, Shimla*



छात्राओं को गर्भाशय ग्रीवा कैंसर पर जागरूक

सेंट बीड्स कालेज में एक दिवसीय कार्यक्रम का किया आयोजन, सुझाव भी दिए

सिटी रिपोर्टर-शिमला

सेंट बीड्स कालेज के हेल्थ क्लब और महिला सेल द्वारा शुक्रवार को टीवाईएसीएन फाउंडेशन के सहयोग से स्तन और गर्भाशय ग्रीवा कैंसर पर एक जागरूकता सत्र का आयोजन किया गया। इस कार्यक्रम को रिसोर्स पर्सन मिर्ची सिंह, सदस्य टायकन फाउंडेशन रहीं। उनके साथ सिमरन जग्गा, एक परामर्श मनोवैज्ञानिक और शिवाली, टीवाईएसीएन की एक स्वयंसेवक और सामाजिक कार्यकर्ता भी शामिल रही। इस सत्र का उद्देश्य छात्रों को दो सबसे गंभीर स्वास्थ्य मुद्दों से अवगत कराना रहा। जो कई लोगों के जीवन को प्रभावित करते हैं। स्तन और गर्भाशय ग्रीवा के कैंसर महत्वपूर्ण स्वास्थ्य चुनौतियां हैं जिन पर लोगों के ध्यान और कार्रवाई की आवश्यकता है। छात्रों को इस सत्र के माध्यम से सीखे गए ज्ञान और संसाधनों को अपने आसपास के लोगों, विशेषकर अपनी माताओं के साथ साझा करने के लिए प्रोत्साहित किया गया। सत्र का समापन प्रश्नोत्तरी दौर के साथ हुआ जिसमें छात्रों ने चर्चा किए गए विषयों के संबंध में अपने संदेह और चिंताएं व्यक्त की।

Media Coverage



WORKSHOP ON “PROMOTING INTERGENERATIONAL BONDING AMONG COLLEGE STUDENTS”

On December 11, 2024, the Women Cell and Gender Champion Club of St. Bede's College held a workshop on “Promoting Intergenerational Bonding Among College Students” sponsored by the ‘National Institution of Social Defence’. The Resource Persons for the event were Ms. Jyoti Rana, ADM Shimla, Government of Himachal Pradesh, and Ms. Pratiksha Tomar, Assistant Professor, Department of Psychology, St. Bede's College.

Objective: The workshop aimed to foster among students the values of respect of empathy through intergenerational interactions. This was done to narrow down the widening gap between different generations and minimise the negative effect of it.

Description: The first resource person, Ms. Pratiksha, started by acquainting the students with the basic foundations of intergenerational bonds. She threw light upon the various forms of generations, which included generations like the silent generation, baby boomers, Generation X, Millennials and Generation Z. The widening gap between the different generations, the reasons behind it and its effect on the general population were discussed in detail by her. Ma'am also suggested some activities like gardening, storytelling, cooking, etc, to strengthen the intergenerational bond and reduce the feeling of isolation. The insights shared by her were followed by a fun game activity and an open mic competition in which students showed activities participation and depicted the theme through poetry, storytelling and singing performance. The winners of the competition were -

1st position - Aastha Nresht



2nd position - Priyana Larzoo

A heart-touching musical play was also performed by the students that portrayed the evolving relationship between a mother and her daughter as they navigated the challenges of generational differences. Next, Ms. Jyoti Rana expressed her views by sharing her own life experiences to promote understanding and appreciation of the values of different generations. She emphasised the importance of building strong connections with one's family members to strengthen communication in today's fast-paced world.

Outcome: The workshop fostered respect and empathy among students and made the value the importance of intergenerational interactions. The students were happy to engage in activities that gave them the chance to understand and value the older generations. The workshop successfully achieved its objective of creating a platform for dialogue and connection between generations.



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St. Bede's College, Shimla*



St. Bede's College
NAAC RE-ACCREDITED 'A' GRADE

WOMEN CELL & GENDER CHAMPION CLUB
(UNDER THE AEGIS OF IQAC)


*Organises Workshop
on*

**PROMOTING INTERGENERATIONAL BONDING
WITH COLLEGE STUDENTS**


sponsored by

NATIONAL INSTITUTE OF SOCIAL DEFENCE
(MINISTRY OF SOCIAL JUSTICE & EMPOWERMENT, GOVERNMENT OF INDIA)

RESOURCE PERSONS



Ms. Jyoti Rana
ADM Shimla
Government of Himachal Pradesh



Ms. Pratiksha Tomar
Assistant Professor
Department of Psychology
St. Bede's College

DATE: DECEMBER 11, 2024
TIME: 9:30 AM ONWARDS
VENUE: AUDITORIUM

Brochure



The Workshop titled "Promoting Intergenerational Bonding with College Students" was organised on December 11, 2024



*Women Cell & Gender Champion Club
St. Bede's College, Shimla*



The Workshop titled "Promoting Intergenerational Bonding with College Students" was organised on December 11, 2024



WORKSHOP ON PROMOTING "INTERGENERATIONAL BONDING WITH COLLEGE STUDENTS"

On December 17, 2024, the Women Cell and Gender Champion Club of St. Bede's College hosted a workshop, "Intergenerational Bonding with College Students," sponsored by the National Institute of Social Defence. Esteemed resource persons included Mrs. Sharu Gupta Sehgal, a freelancer, counsellor, and psychologist, and Dr. Jyotika Brari, an Assistant Professor in the Department of Zoology.

Objectives: The objective of the workshop on 'Intergenerational Bonding with College Students' was to promote understanding, respect, and collaboration between different age groups, particularly focusing on bridging the generational gap between students and older generations. The workshop aimed to instil the value of family ties and intergenerational connections, encouraging students to appreciate the wisdom and experiences of older generations. It also sought to provide students with practical insights into how changing societal dynamics affect relationships and to foster an environment of empathy, open communication, and peaceful coexistence across age groups.

Description: The core aim of the workshop was to highlight the importance of intergenerational bonding, particularly focusing on the student community. In today's fast-paced world, the gap between different generations—especially between the younger and older generations—has become more pronounced. Through the workshop, the resource persons sought to instill the value of family ties and encourage students to appreciate the wisdom and experiences that older generations bring to the table.

Mrs. Sharu Gupta Sehgal, with her expertise in psychology and counselling, led the discussion by focusing on how generational differences manifest in attitudes, perceptions, and daily interactions. Drawing on personal anecdotes and psychological research, she helped students understand the significance of empathy, communication, and active listening when interacting with older family members or individuals from different age groups. She elaborated on the psychological roots of generational differences and how these affect relationships, offering practical suggestions to bridge these gaps.

Dr. Jyotika Brari, with her academic and scientific background, brought a more analytical perspective to the conversation. She spoke about how societal changes, work distribution, and shifts in lifestyle have altered the relationships between generations over time. By using examples from both scientific studies and personal experiences, Dr. Brari helped students understand how different generations, often shaped by distinct historical contexts, can have varying viewpoints and



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approaches to life. Her approach was especially helpful in understanding how these differences can lead to conflict and how fostering respect can lead to harmonious relationships.



Throughout the session, there was an emphasis on the idea of 'Life full of awareness and no attitude.' Both resource persons emphasized the importance of embracing a mindset that values each generation's contributions, perspectives, and life experiences. They encouraged students to shift away from assumptions, biases, and judgmental attitudes, opting instead for curiosity, open-mindedness, and dialogue.

One of the key aspects of the workshop was its highly interactive format, which allowed students and resource persons to engage in open discussions. This not only made the session more dynamic but also enabled participants to share their own experiences and thoughts on intergenerational relations. The dialogue helped break down barriers, making it easier for the younger generation to understand the challenges faced by older generations, and vice versa.

Outcome: The workshop on 'Intergenerational Bonding with College Students' resulted in several positive outcomes. Students gained a deeper understanding of the generational gap, learning to appreciate the differing perspectives, values, and experiences of both younger and older generations. The session fostered mutual respect and empathy, encouraging students to engage in open, respectful dialogues with individuals from different age groups. Through interactive discussions and practical examples, participants developed enhanced communication skills, learning how to bridge generational differences effectively. The workshop also equipped students with strategies to navigate relationships more thoughtfully, fostering stronger familial ties and promoting peaceful coexistence across generations. Overall, the event succeeded in helping students recognise the importance of intergenerational bonds and how they contribute to a harmonious society.



Women Cell & Gender Champion Club
St. Bede's College, Shimla

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Organises Workshop
on

**PROMOTING INTERGENERATIONAL BONDING
WITH COLLEGE STUDENTS**


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NATIONAL INSTITUTE OF SOCIAL DEFENCE
(MINISTRY OF SOCIAL JUSTICE & EMPOWERMENT, GOVERNMENT OF INDIA)

RESOURCE PERSONS



Dr. Jyotika Brari
Assistant Professor
Department of Zoology
St. Bede's College



Mrs. Sharu Gupta Sehgal
Free Lancer Counsellor
and
Psychologist

DATE: DECEMBER 17, 2024
TIME: 9:30 AM ONWARDS
VENUE: AUDITORIUM



Brochure



The Workshop titled "Promoting Intergenerational Bonding with College Students" was organised on December 17, 2024



*Women Cell & Gender Champion Club
St. Bede's College, Shimla*



The Workshop titled "Promoting Intergenerational Bonding with College Students" was organised on December 17, 2024



सेंट बीड्स कॉलेज में कार्यशाला का आयोजन

शिमला। सेंट बीड्स कॉलेज के महिला प्रकोष्ठ और जेंडर चैंपियन क्लब ने राष्ट्रीय सामाजिक रक्षा संस्थान के सहयोग से विद्यार्थियों के साथ पीढ़ीगत संबंध विषय पर कार्यशाला आयोजित की। इसमें फ्री लांसर, परामर्शदाता और मनोवैज्ञानिक शारू गुप्ता सहगल और सहायक प्रोफेसर डॉ. ज्योतिका बरारी ने छात्राओं को पारिवारिक संबंधों और आयु समूहों के बीच के संबंधों के मूल्यों की जानकारी दी। विशेषज्ञों ने छात्राओं को अपने ज्ञान से समृद्ध किया। उन्होंने काम के वितरण के साथ लोगों के बदलते रिश्तों और दृष्टिकोण को भी समझाया। ब्यूरो



Women Cell & Gender Champion Club
St. Bede's College, Shimla

**THE GIFT OF TOGETHERNESS: CELEBRATING CHRISTMAS WITH ADOPTED
SCHOOLS IN DHALLI PANCHAYAT**

On December 18, 2024, the Women Cell and Gender Champion Club of St. Bede's College, in collaboration with the UBA Cell, organised a joyful Christmas celebration at the Government Primary School, Dhanain and Government Middle School, Panjog, both in Dhalli Panchayat.

Objective: The program aimed to spread the festive spirit of Christmas, educate students about its cultural and historical significance, and encourage meaningful interactions between college representatives and the village school community. The program also aimed to motivate and support the students by engaging them in creative and recreational activities and by providing small tokens of appreciation to uplift their spirits.

The event was graced by the presence of the college principal, Professor Sr. Molly Abraham, along with faculty members and students. The festivities included a Christmas celebration program aimed at engaging activities such as discussions on the true meaning of Christmas, poetry recitations, and lively dance performances. The celebration concluded with the distribution of sweets and stationery, creating a joyful atmosphere and enhancing the sense of community among everyone involved.

Description: Women Cell and Gender Champion Club, in collaboration with the UBA Cell, organized a vibrant and meaningful Christmas celebration program at Government Primary School Dhali, an adopted village school. This program was designed to spread the festive cheer of Christmas and foster a deeper connection between the college and the village school community. The event was honoured by the presence of College Principal Professor Sr. Molly Abraham, along with an enthusiastic team of teachers and students who actively participated in the event.

The program's primary aim was to create a joyful and inclusive atmosphere, enabling meaningful engagement between the school and the college. It sought to highlight the significance of Christmas while promoting the spirit of sharing and unity. The celebration began with an interactive session that brought together school students, teachers, and the visiting team from the college. This session set a welcoming tone for the day, encouraging open dialogue and a sense of camaraderie. The interactions were not just limited to festive discussions but also aimed to inspire and motivate the school students through meaningful conversations.

As part of the program, the college representatives explained the cultural and historical significance of Christmas to the young students. They shared insights into the festival's origins and traditions, emphasising the universal values of love, kindness, and togetherness that Christmas represents. This educational component of the event allowed the school children to gain a deeper understanding of the festival and its relevance beyond mere celebrations.



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St. Bede's College, Shimla

The celebration also featured a series of engaging activities that added enthusiasm and energy to the occasion. Poem recitations and dance performances were among the highlights of the day, providing a platform for the school students to showcase their talents. These activities were carefully planned to not only entertain but also encourage creativity and self-expression among the children. The participation of students in such events fostered confidence and a sense of accomplishment, making the day even more memorable for them.

In keeping with the spirit of Christmas, the program concluded with the distribution of sweets and stationery to the students. This gesture symbolized the festival's core message of sharing and caring, leaving a lasting impression of goodwill and support. The thoughtful distribution of gifts not only brought smiles to the students' faces but also reinforced the values of generosity and kindness, which are integral to the festive season.

Beyond the festivities, the program had a profound impact on everyone involved. It provided an opportunity for the college students to step out of their regular academic routines and contribute meaningfully to the development and welfare of the village school. For the school students, it was a day filled with learning, joy, and encouragement, leaving them with cherished memories and a renewed sense of motivation.

The Christmas celebration program at Government Primary School Dhali reflected the dedication and commitment of the Women Cell, the Gender Champion Club, and the UBA Cell to fostering positive community relationships. It demonstrated how educational institutions can play a vital role in promoting cultural awareness and social harmony. The active participation of all stakeholders, from the college principal to the students, ensured the success of the event and highlighted the importance of collective efforts in achieving common goals.

In conclusion, the program was not merely a celebration but a meaningful initiative to bring joy, share knowledge, and build stronger community ties. It exemplified the true spirit of Christmas by spreading happiness, fostering togetherness, and creating lasting memories for everyone involved. Such events serve as a reminder of the transformative power of kindness, education, and unity in making a positive impact on society.

Outcomes: The event fostered a joyful and inclusive atmosphere, enabling meaningful connections between the college representatives and the village school community. Students gained a deeper understanding of the cultural and historical significance of Christmas, appreciating the universal values of love, kindness, and togetherness. The interactive sessions and creative activities such as poem recitations and dance performances encouraged confidence, self-



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St. Bede's College, Shimla

expression, and participation among the school students. Additionally, the distribution of sweets and stationery reinforced the spirit of sharing and caring, leaving a lasting impression of goodwill and support. Overall, the event succeeded in promoting cultural awareness, community engagement, and a sense of unity, making it a memorable and impactful experience for all participants.



Brochure



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Christmas Celebration on December 18, 2024, at the Government Primary School, Dhanain and Government Middle School, Panjog, both in Dhalli Panchayat



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Christmas Celebration on December 18, 2024, at the Government Primary School, Dhanain and Government Middle School, Panjog, both in Dhalli Panchayat



Media Coverage



Women Cell & Gender Champion Club
St. Bede's College, Shimla

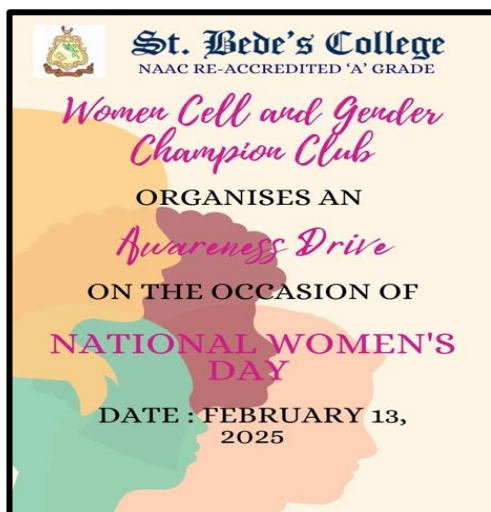
NATIONAL WOMEN'S DAY CELEBRATION

On February 13, 2025, the Women Cell at St. Bede's College commemorated National Women's Day with an awareness drive that celebrated Sarojini Naidu's legacy and highlighted the importance of gender equality. The event included interactive discussions, poster exhibitions, and pamphlets showcasing women's contributions to society.

Objectives: The Awareness Drive on National Women's Day was conducted to educate students about its significance and history, foster discussions on women's empowerment and gender equality, highlight the barriers that women still face in society, and raise awareness about women's rights among students.

Description: The Awareness Drive took place on February 13, 2025, in the college, organised by the Women Cell and Gender Champions Club. The initiative involved interactive sessions where students were informed about the importance of National Women's Day and the progress made in women's empowerment. The members of the Women Cell and Gender Champions Club went from class to class, engaging students in discussions about women's rights, gender equality, and existing societal barriers. Through these discussions, students were encouraged to express their perspectives and share their thoughts on the challenges faced by women in various spheres of life.

Outcomes: The awareness drive successfully enhanced students' understanding of National Women's Day and its relevance. It sparked meaningful conversations about gender equality and the importance of women's rights. Many students showed keen interest in advocating for gender inclusivity and pledged to contribute towards creating a more equitable society. The initiative effectively created awareness and encouraged students to be more conscious of gender-related issues in their communities.



Brochure





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An Awareness Drive to Celebrate National Women's Day on February 13, 2025



Media Coverage



WORKSHOP ON " PROMOTING INTERGENERATIONAL BONDING WITH COLLEGE STUDENTS"

On February 19, 2025, St. Bede's College in Shimla hosted a workshop organised by the Women Cell and Gender Champion Club on intergenerational bonding. The resource persons for the day were Dr. Shonali Sud, Retd. Associate Professor and Head, Department of Psychology, St. Bede's College, Shimla and Ms. Pankhudi Bhatnagar, Assistant Professor at University of Legal Studies Chaura Maidan, Shimla.

Objective: The workshops aimed to foster understanding and appreciation between generations by exploring intergenerational relationship dynamics, psychological insights, and the evolution of values and communication. Activities focused on encouraging gratitude, empathy, teamwork, and enhanced social skills, bridging generational experiences. Ultimately, the goal was to inspire lifelong learning, self-reflection, and personal growth through interactive and engaging methods like discussions, storytelling, and games.

Description: The workshop commenced with a warm welcome to the first resource person of the day, Dr. Shonali Sud, who joined virtually. She engaged with the students on the topic of intergenerational bonding, illustrating her insights with examples from renowned psychologists. Additionally, she provided a comparative analysis between her time and the present, highlighting the evolving dynamics of relationships across generations. She also shared some practical psychological analyses, helping students connect theoretical concepts with real-world applications. Concluding her session, she motivated the students, wished them good luck for the future, and emphasized that the sky is the limit. Her insights added a valuable psychological perspective to the workshop.

The second resource person Ms. Pankhudi Bhatnagar, commenced her session on a positive note, setting an engaging and encouraging atmosphere for the students. She used a PowerPoint presentation to visually support her discussion, making complex ideas more accessible and engaging. Drawing from her own childhood experiences, she provided real-life examples that helped students relate to the evolving nature of intergenerational relationships.

She emphasized the importance of practising gratitude and love, encouraging students to develop a positive mindset and appreciate the bonds they share with different generations. To make the session more interactive, she incorporated games designed to highlight generational evolution. These activities focused on fostering team spirit, identifying commonalities between different age groups, and understanding the shifts in values and traditions over time.

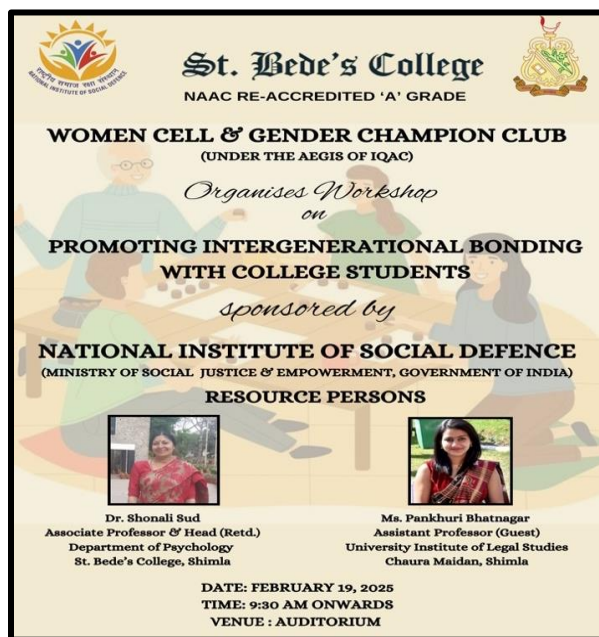
Her session was both insightful and engaging, leaving students with a deeper appreciation for intergenerational connections and the significance of empathy and understanding in building strong relationships across ages.



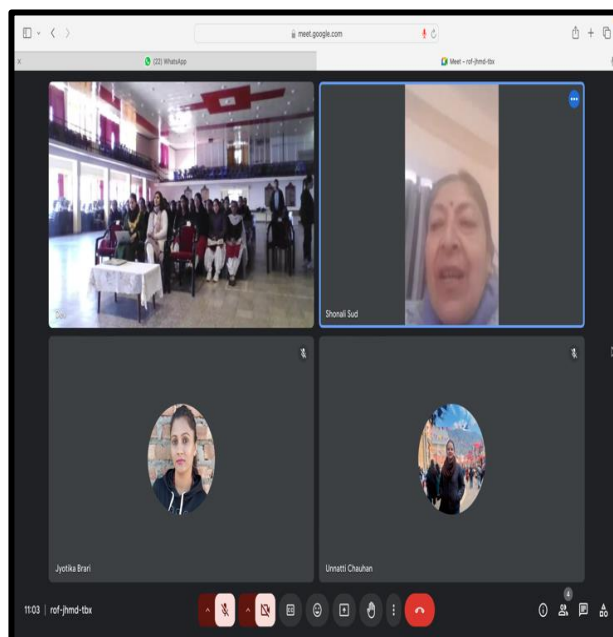
Women Cell & Gender Champion Club St. Bede's College, Shimla

After the sessions, a special montage created by college students was played, highlighting the theme of generational bonding. The video featured students engaging in heartfelt conversations with their grandparents and parents, sharing experiences, memories, and the deep bonds they cherish. Through these interactions, the montage beautifully captured the essence of intergenerational relationships, emphasizing the importance of love, respect, and understanding between different age groups. The presentation served as a touching conclusion to the workshop, reinforcing the key messages conveyed by the resource persons.

Outcome: The workshop successfully provided students with a deeper understanding of intergenerational bonding, emphasizing the significance of communication, mutual respect, and shared experiences. Through engaging discussions and real-life examples, students were able to connect psychological concepts with practical applications, gaining valuable insights into the evolving relationships between different generations. Activities promoting gratitude, love, and empathy encouraged students to reflect on their relationships with their elders, fostering emotional growth and stronger familial connections. Interactive games further enhanced teamwork and collaboration, highlighting common values across generations. The student-created montage served as a powerful expression of these themes, reinforcing the importance of preserving family traditions and wisdom. Overall, the workshop left a lasting impact, inspiring students to appreciate and nurture meaningful relationships with their parents, grandparents, and the generations to come.

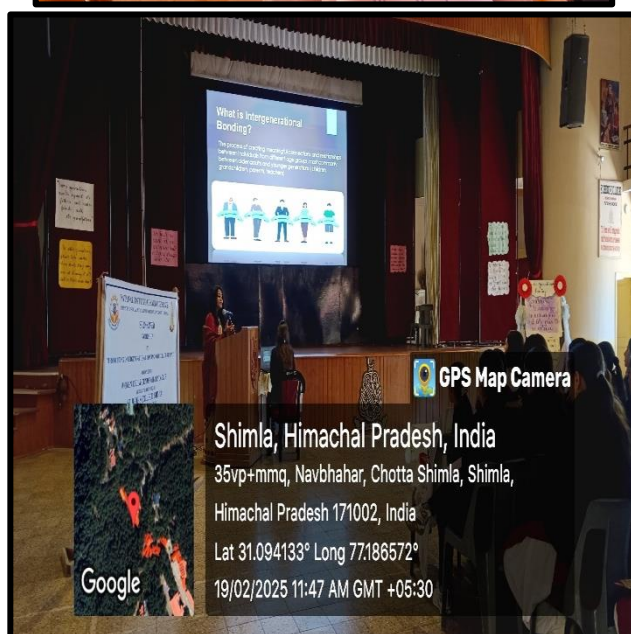


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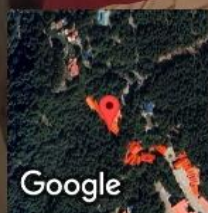
 GPS Map Camera

Shimla, Himachal Pradesh, India

35vp+mmq, Navbahar, Chotta Shimla, Shimla,
Himachal Pradesh 171002, India

Lat 31.094226° Long 77.186579°

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Google

The Workshop titled “Promoting Intergenerational Bonding with College Students” was organised on February 19, 2025



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St. Bede's College, Shimla*



The Workshop titled “Promoting Intergenerational Bonding with College Students” was organised on February 19, 2025

सेंट बीड्स कालेज में तनाव कम करने के बताए तरीके
शिमला। सेंट बीड्स कालेज की महिला प्रकोष्ठ और लिंग चैंपियन समिति द्वारा
बुधवार को कालेज के छात्राओं के साथ अंतर्जनपदीय संबंध को बढ़ावा देने
पर एक कार्यशाला का आयोजन किया गया। कार्यशाला में मुख्य विशेषज्ञों में
डा. शोनाली सूद और पानखुरी भट्टनागर मौजूद रहीं। प्रसिद्ध मनोवैज्ञानिक
डा. शोनाली सूद ने पीढ़ीगत मतभेदों, जीवन लक्ष्यों और तनाव प्रबंधन पर एक
आभासी व्याख्यान दिया। उन्होंने पीढ़ियों में आत्म-मूल्य और प्रेम पोषण के
महत्व पर भी जोर दिया। सत्र ने प्रभावी रूप से संयुक्त सीखने और बातचीत
को बढ़ावा दिया गया।



Media Coverage

VIRTUAL WORKSHOP ON "PROMOTING INTERNATIONAL BONDING WITH COLLEGE STUDENTS"

The Women Cell and Gender Champion Club of St. Bede's College, Shimla, organised a virtual workshop on "Promoting International Bonding with College Students" on February 25, 2025. The workshop aimed to foster intergenerational relationships, uphold ethical values, and explore the impact of technological advancements on family dynamics. The event featured two distinguished resource persons, Dr Seema Kashyap, Associate Professor at the University of Legal Studies, Chaura Maidan, Shimla, and Dr SN Ghosh, Professor at the Department of Psychology, Himachal Pradesh University (HPU). The workshop provided valuable insights into intergenerational bonding, respect for ethics, and the role of technology in shaping relationships.

Objective: The initiative aimed to promote international and intergenerational connections while highlighting the role of ethics in building strong relationships. It encouraged students to honour their cultural heritage alongside modern adaptations and explored the impact of technology, including AI, on intergenerational dynamics. Interactive activities fostered awareness of family traditions and the importance of shared wisdom.

Description: Dr. Seema Kashyap's session stressed the vital role of intergenerational bonding and ethical values in a thriving society. She emphasised the need to respect and cherish the wisdom of elders, recognising their invaluable contributions. Furthermore, she highlighted how ethical values are fundamental in shaping individual character and fostering integrity and responsibility. Dr Kashyap explained that mutual respect and meaningful relationships within families and



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communities are the cornerstones of strong societal bonds, creating a supportive and interconnected environment. Finally, she challenged students to find a harmonious balance between preserving their cultural heritage and adapting to the evolving demands of contemporary lifestyles, encouraging them to embrace both tradition and progress.

Dr. SN Ghosh's session delved into the widening historical gap between generations, exploring how evolving lifestyles and broader societal shifts have reshaped family dynamics. He illuminated how technological advancements have fundamentally altered communication patterns and relationships between different age groups, creating both opportunities and obstacles for connection. The discussion extended to the benefits and challenges of Artificial Intelligence (AI) in potentially bridging these generational gaps, offering new avenues for interaction while also raising concerns about digital divides. Dr Ghosh also emphasised the continuing importance of physical proximity and shared spaces in nurturing and maintaining emotional connections across generations. He then presented a multifaceted perspective, incorporating viewpoints from children, youth, adults, and the elderly on practical strategies for strengthening family bonds in the face of these modern challenges.

Interactive Activities

The workshop incorporated engaging activities to encourage student participation and practical understanding of the discussed concepts. These included:

Poster-Making and Slogan-Writing:

Students expressed their thoughts creatively on family bonds, ethical values, and generational harmony through posters and slogans. The activity helped them visually represent the importance of unity and respect across generations.

Traditional Recipes and Home Remedies Sharing:

One of the most engaging segments of the workshop involved students sharing traditional recipes and home remedies passed down by their grandparents. This activity highlighted the rich cultural wisdom of older generations and reinforced the importance of preserving family traditions and knowledge.



Skit Performance:

The workshop concluded with a skit performed by students, showcasing real-life scenarios emphasizing mutual respect, emotional connections, and bridging generational gaps. The performance effectively conveyed the importance of fostering strong family relationships and understanding different generational perspectives.



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Outcomes: The workshop, organised by the Women Cell and Gender Champion Club , successfully fostered insightful discussions on intergenerational bonding, ethical values, and evolving family dynamics in the digital age. Students enhanced their awareness of intergenerational relationships, appreciated cultural preservation through shared traditions, and explored the impact of technology on family bonds. Interactive activities encouraged active participation and emphasised the importance of emotional well-being across generations. The event reinforced the significance of mutual respect and adapting to modern advancements while staying rooted in traditional values, leaving participants with a memorable and enriching experience. The organisers expressed their gratitude to the resource persons, faculty, and students for their enthusiastic involvement.

 **St. Bede's College** 
NAAC RE-ACCREDITED 'A' GRADE

WOMEN CELL & GENDER CHAMPION CLUB
(UNDER THE AEGIS OF IQAC)


Organises Workshop
on

**PROMOTING INTERGENERATIONAL BONDING
WITH COLLEGE STUDENTS**


sponsored by

NATIONAL INSTITUTE OF SOCIAL DEFENCE
(MINISTRY OF SOCIAL JUSTICE & EMPOWERMENT, GOVERNMENT OF INDIA)

RESOURCE PERSONS



Dr. S.N.Ghosh
Professor
Department of Psychology
Himachal Pradesh University, Shimla



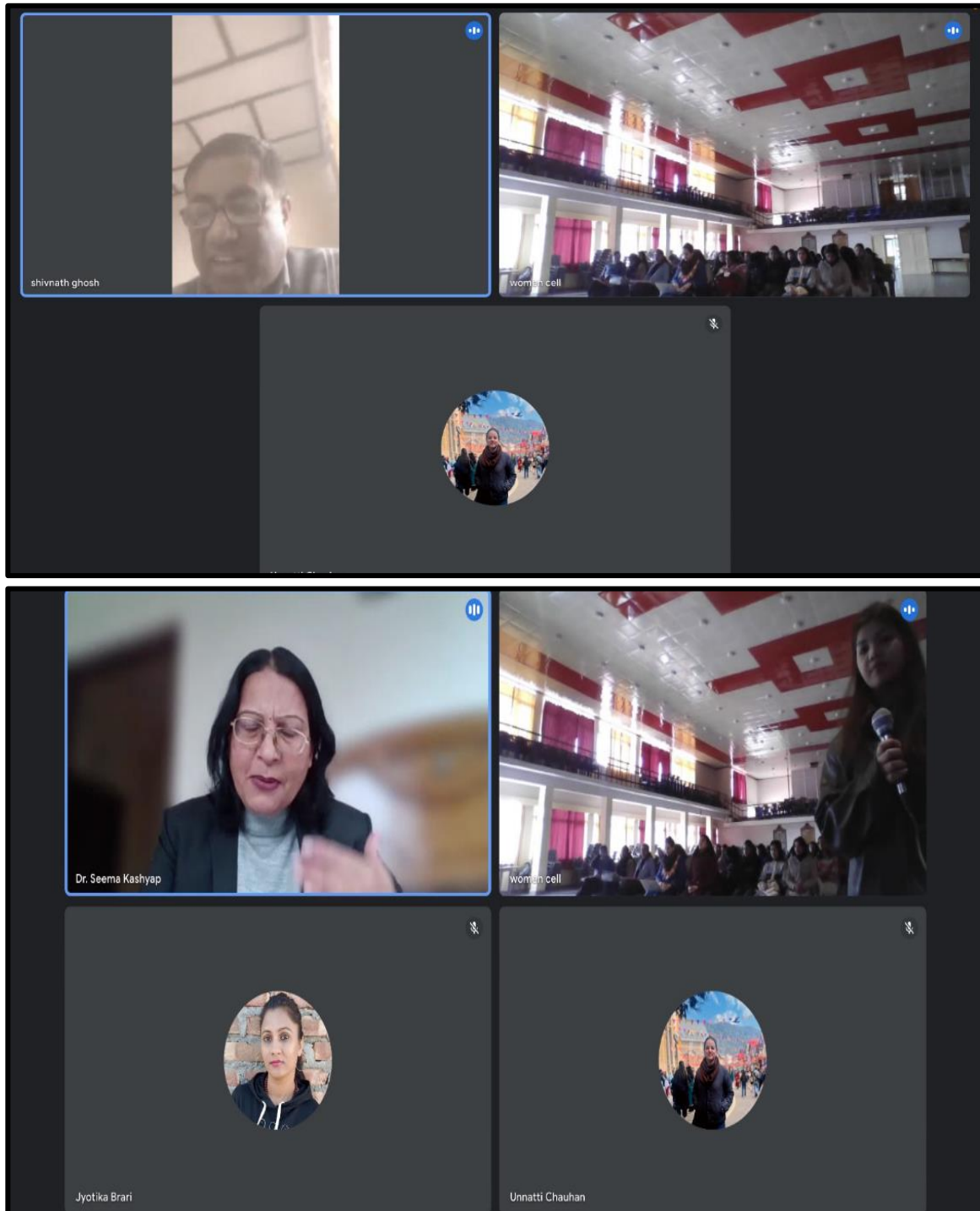
Dr. Seema Kashyap
Associate Professor
University Institute of Legal Studies
Chaura Maidan, Shimla

DATE: FEBRUARY 25, 2025
TIME: 9:30 AM ONWARDS
VENUE : AUDITORIUM

Brochure



*Women Cell & Gender Champion Club
St. Bede's College, Shimla*



*Virtual Workshop on “Promoting International Bonding with College Students” held on
February 25, 2025*



Women Cell & Gender Champion Club
St. Bede's College, Shimla



Media Coverage

CELEBRATION ON INTERNATIONAL WOMEN'S DAY

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

Objectives: The primary aim of the celebration was to highlight the progress made by women in various fields while also acknowledging the challenges that they face. Another key objective was to foster dialogue among individuals on sensitive topics related to gender biases and stereotypes prevailing in society.

Description: International Women's Day serves as a global platform to raise awareness about women's empowerment and the social injustices faced by them. The students of St. Bede's College commenced the celebration by presenting a short PowerPoint presentation on the historical



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significance of the day and its relevance in the contemporary world. The ppt elaborated on issues such as gender discrimination, gender-based violence and patriarchy. The importance of education as an instrument to uplift women and equip them with the knowledge and skills necessary for leading an independent lifestyle was also highlighted. This was followed by a heartfelt musical play by the students on a woman's journey through different stages of life. The spectacular performance left a lasting impact on the audience as they could feel a deep emotional connection with the characters.

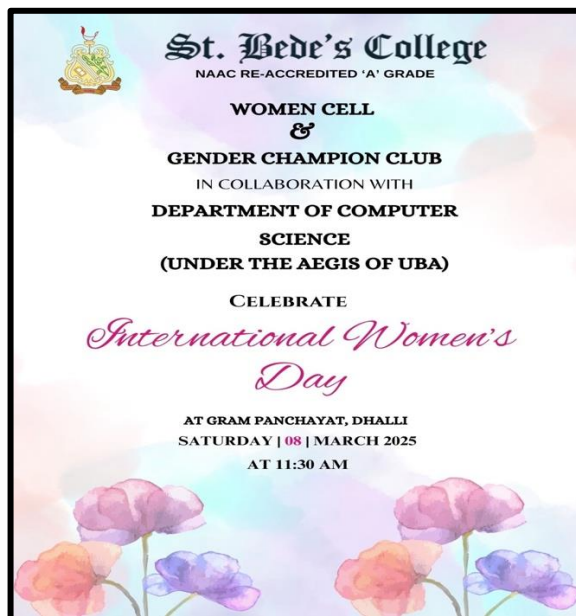
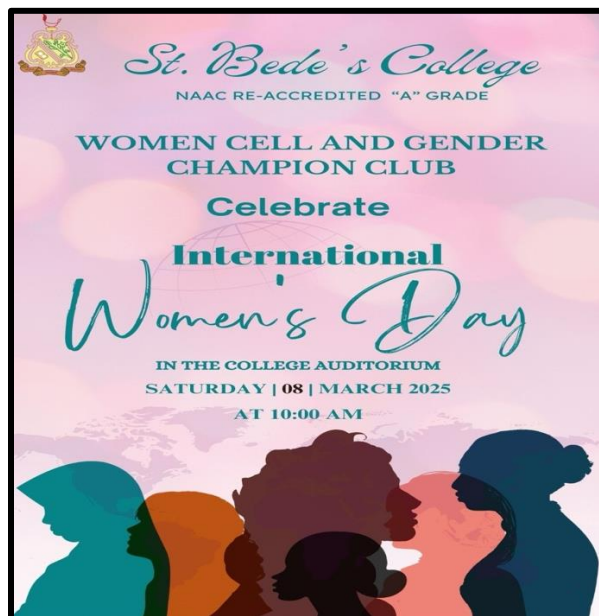
To continue the celebration and build a sense of community engagement, the students along with their teachers went for an outreach programme at Gram Panchayat, Dhalli to commemorate the meaningful day. The musical play was re-performed in front of the women and official members of the Panchayat. The soul-stirring performance won the hearts of the audience as it made them explore the diaspora of a woman's character and her unwavering courage to tackle every obstacle. The play celebrated the strength and resilience of women as they challenged stereotypes, and encouraged dialogue about gender roles and expectations.

Another aspect of the event was the creation of awareness regarding digital literacy and cyber security. The students of the Computer Science Department presented a PowerPoint presentation on the topic to educate the general public of rural areas about the importance of developing safe online practices and being vigilant about online scams. This was done to promote cyber awareness and ensure the digital safety of people. Discussions on various types of online frauds, protection strategies, relevant laws and regulations etc. were discussed in detail with the audience.

Conclusion: The celebration of International Women's Day was a successful initiative that aimed to create an inclusive environment for all individuals. It encouraged everyone to come together and become instruments of change in a society that has long been dominated by men. By engaging in active discussions, it provided a platform for a better understanding of the importance of women's empowerment and upliftment.



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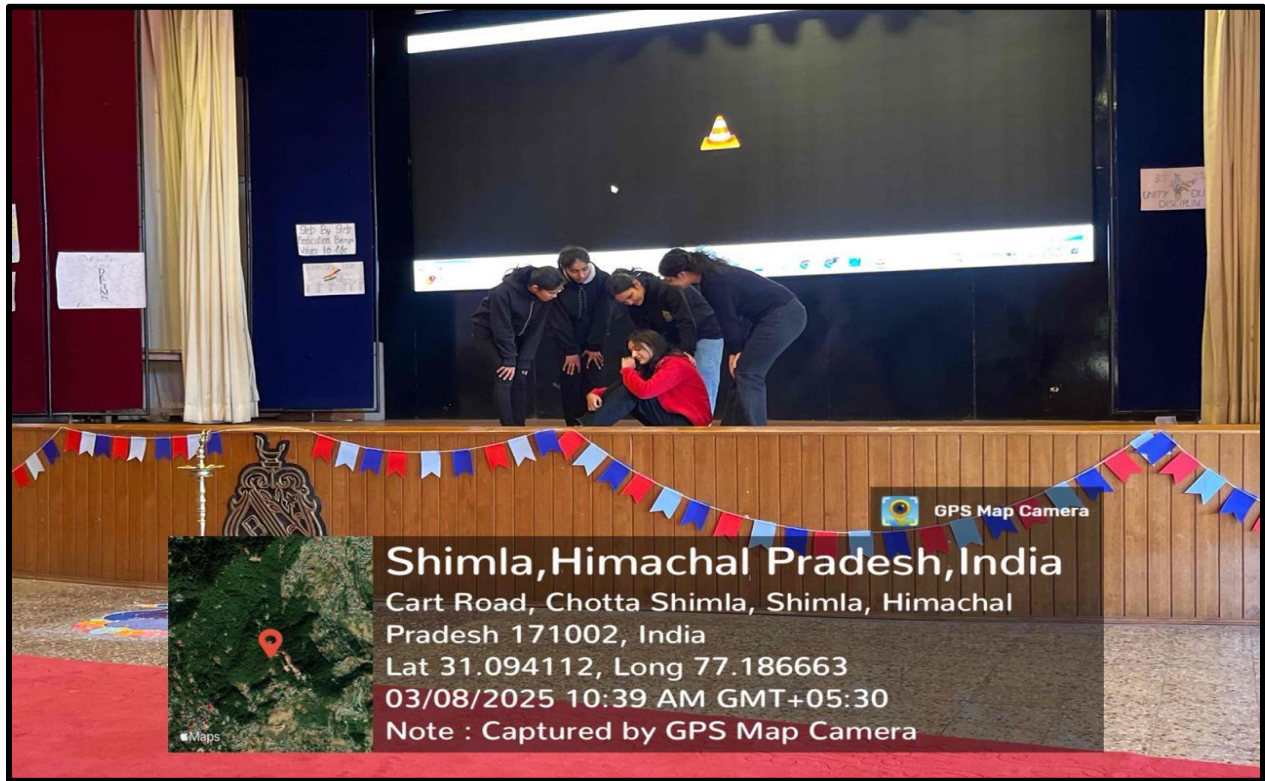
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International Women's Day celebration at St Bede's College and also an Outreach Programme at Gram Panchayat, Dhalli on March 8, 2025



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St. Bede's College, Shimla*



International Women's Day celebration at St Bede's College and also an Outreach Programme at Gram Panchayat, Dhalli on March 8, 2025



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International Women's Day celebration at St Bede's College and also an Outreach Programme at Gram Panchayat, Dhalli on March 8, 2025



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International Women's Day celebration at St Bede's College and also an Outreach Programme at Gram Panchayat, Dhalli on March 8, 2025



सेंट बीड्स कालेज में छात्राओं ने महिला दिवस पर संगीत नाटक किया प्रस्तुत

सिटी रिपोर्टर-शिमला

सेंट बीड्स कालेज में शनिवार को उन्नत भारत अभियान के तत्वावधान में कंप्यूटर साइंस विभाग के सहयोग से महिला प्रकोष्ठ और जेंडर चैंपियन क्लब ने अंतर्राष्ट्रीय महिला दिवस मनाया। साथ ही इस सार्थक दिन को मनाने के लिए ग्राम पंचायत, ढली में एक आउटरीच कार्यक्रम भी आयोजित किया गया। छात्राओं ने कालेज के सभागार में महिला सशक्तीकरण और लैंगिक समानता पर पॉवरपॉइंट प्रेजेंटेशन और जीवन के विभिन्न चरणों के माध्यम से महिलाओं की यात्रा पर एक भावपूर्ण संगीतमय नाटक का प्रदर्शन किया गया। संगीत नाटक में दीक्षा उनियाल,

हर्षिता ठाकुर, निकिता ठाकुर, वृंदा दत्त शर्मा, भारती शर्मा, सान्या झिंगटा, श्रेया ठाकुर, वृत्ति शर्मा, पलक ठाकुर, अदिति ने भाग लिया।

महिलाओं और पंचायत के आधिकारिक सदस्यों के सामने संगीतमय नाटक का फिर से प्रदर्शन किया गया। नाटक में महिलाओं की ताकत का जश्न मनाया गया। साथ ही कंप्यूटर विज्ञान विभाग के विद्यार्थियों ने ग्रामीण क्षेत्रों के आम लोगों को सुरक्षित ऑनलाइन व्यवहार विकसित करने और ऑनलाइन घोटालों के प्रति सतर्क रहने के महत्व के बारे में शिक्षित करने के लिए विषय पर एक संक्षिप्त पावर पॉइंट प्रेजेंटेशन प्रस्तुत किया।

सेंट बीड्स गर्ल्स कॉलेज में अंतर्राष्ट्रीय महिला दिवस पर जेंडर चैंपियन क्लब और कंप्यूटर साइंस विभाग ने उन्नत भारत अभियान के तहत कार्यक्रम आयोजित किया। इस मौके पर प्ले में छात्र दीक्षा, हर्षिता, निकिता ठाकुर, वरिंदा दत्त शर्मा, भारती शर्मा, सान्या झिंगटा, श्रेया ठाकुर, वृत्ति शर्मा, पलक ठाकुर और आदिति ने अभिनय कर महिलाओं की समस्याओं और सामाजिक बदलाव की कहानी को बताया। आरकेएमवी में एनसीसी, एनएसएस, रोड सेफ्टी क्लब और महिला प्रकोष्ठ ने महिला दिवस पर एक्सलरेट एक्शन थीम पर कार्यक्रम आयोजित किया। कार्यक्रम में कॉलेज की कार्यवाहक प्राचार्य डॉ. प्रतिमा कपूर,



BOOK REVIEW ON INTERNATIONAL WOMEN'S DAY

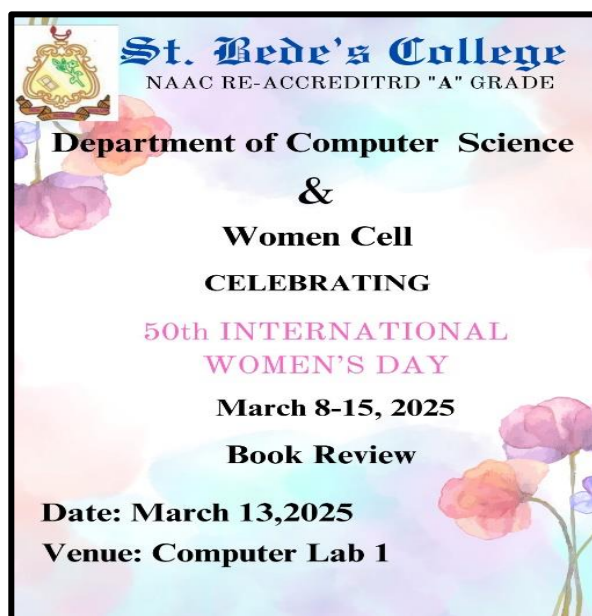
To mark the 50th International Women's Day from March 8-15, 2025, the Department of Computer Science, in collaboration with the Women Cell of St. Bede's College, hosted a book review on March 13, 2025, to celebrate women's accomplishments and advocate gender equality

Objective: The activity aimed at eliminating gender-based discrimination and violence while fostering an environment that enables women to thrive as agents of social and economic change.

Description: We commenced our book review activity by emphasising the vital role that women play in our society and across the globe. The discussion began with a review of “*Women Empowerment in India*” by Sarika Sharma, followed by “*Indomitable: A Working Woman's Notes on Work, Life, and Leadership*” by Arundhati Bhattacharya. These books celebrate women's achievements while illuminating the challenges they face and the barriers they continue to overcome. The review sparked a powerful conversation about resilience, breaking barriers, and inspiring women to push forward and achieve new heights.

Outcome:

The review highlights the essential elements of the book's exploration of Women's Day, outlining its strengths as well as potential areas for growth. This insight helps students appreciate the book's importance in fostering meaningful discussions about women's rights and advocating for global equality.





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Book Review to commemorate the 50th International Women's Day on March 13, 2025

MOVIE SCREENING OF “HIDDEN FIGURES”

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

Objectives: To honour and recognise the vital contributions of women throughout history, especially in STEM fields, and to celebrate their significant achievements by showcasing inspiring stories, empowering young women and girls to pursue careers in these areas, and promoting gender equality by raising awareness of barriers and encouraging dialogue on inclusivity strategies.



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Description: The screening began with an introductory speech emphasising the significance of International Women's Day and celebrating women's achievements in STEM. A brief overview of **“Hidden Figures”** offered context, underscoring its historical relevance and the resilience of its main characters. The audience, comprising students and faculty members, engaged in an insightful discussion on gender equality following the screening. The conversation explored the film's themes, illuminating the challenges faced by women in STEM and the importance of representation. This session created a meaningful platform for dialogue, seamlessly integrating education and advocacy.

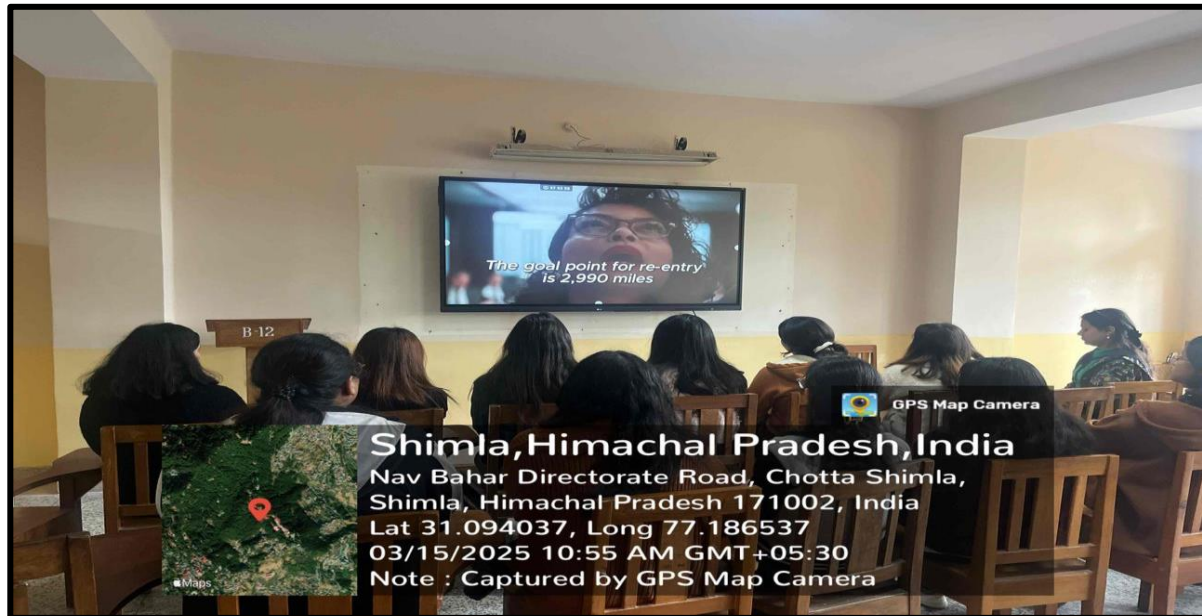
Outcome: The event successfully highlighted women's vital contributions to STEM, inspiring attendees to explore careers in these fields. **Hidden Figures** was praised for its educational and inspirational impact, making it a fitting choice for the celebration. Attendees felt inspired and motivated to support gender equality in STEM.



Brochure



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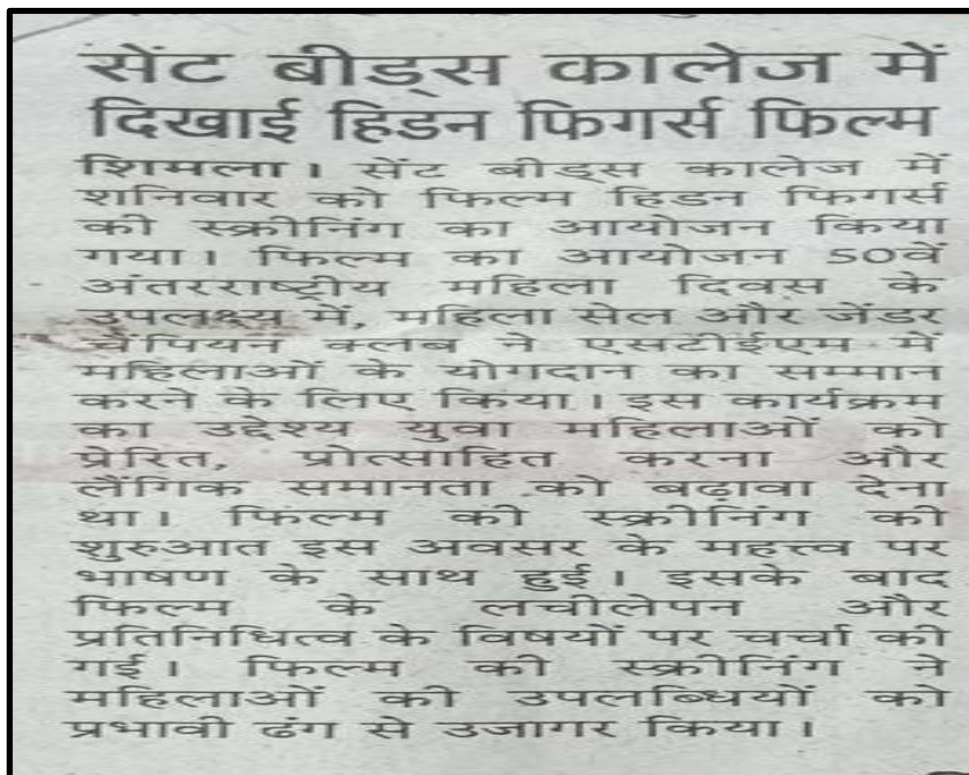
Screening of the Movie "Hidden Figures" to commemorate the 50th International Women's Day on March 15, 2025



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Screening of the Movie "Hidden Figures" to commemorate the 50th International Women's Day on March 15, 2025



Media Coverage