



ACTIVITY REPORT
SESSION 2024-25

Partition Horrors Remembrance Day
August 14, 2024

The Department of History at St. Bede's College observed, Partition Horrors Remembrance Day to pay tribute to the millions affected by the tragic events of the Partition of 1947. This event aimed to educate students about the historical significance and human cost of the Partition while fostering a deeper understanding of its lasting impact on society. Various activities were conducted like poster making, screening of documentary, storytelling session and skit performance.

Objectives:

- To educate students about the historical events, struggles, and consequences of the Partition.
- To provide a platform for students to engage emotionally and intellectually with the impact of the partition through creative activities.
- To use various mediums such as movies, storytelling, and skits to make history engaging and relatable.
- To encourage students, express their thoughts and emotions on the theme through poster-making and dramatic performances.

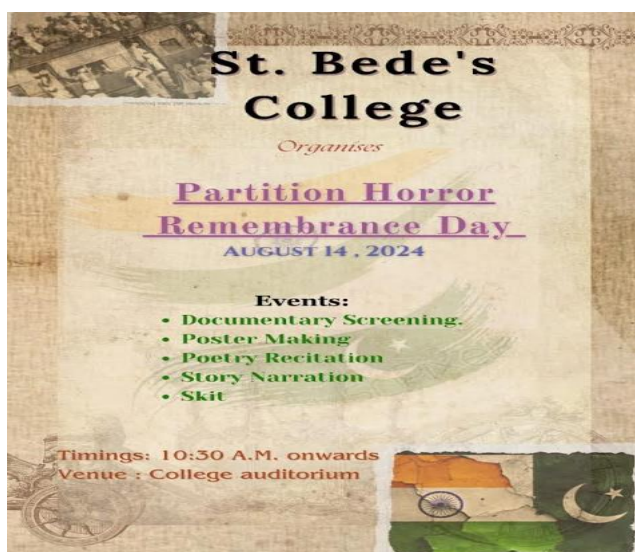
Outcomes:

- Students gained deeper insights into the pain and challenges faced by people during partition.
- The storytelling and skit performances, allowed participants to empathize with the struggles of those affected by partition.
- The poster-making activity provided a platform for students to visually express the emotional and social impact of partition.

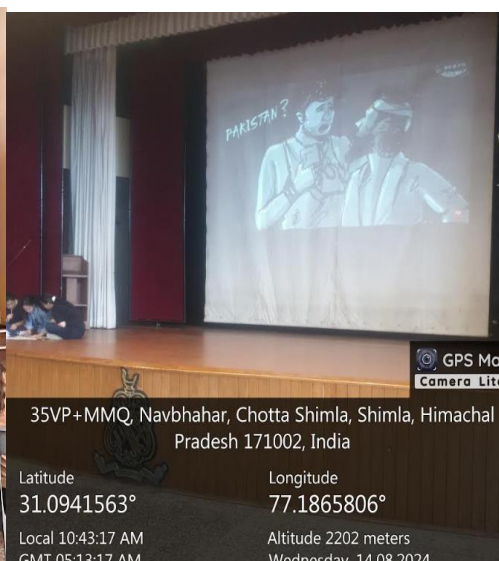


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The **Partition Horrors Remembrance Day** event was a meaningful and impactful initiative that successfully met its objectives by combining historical learning with creative expression. Through various activities, students not only remembered the past but also reflected on its significance in today's world, fostering a sense of unity, empathy, and responsibility toward preserving historical narratives.



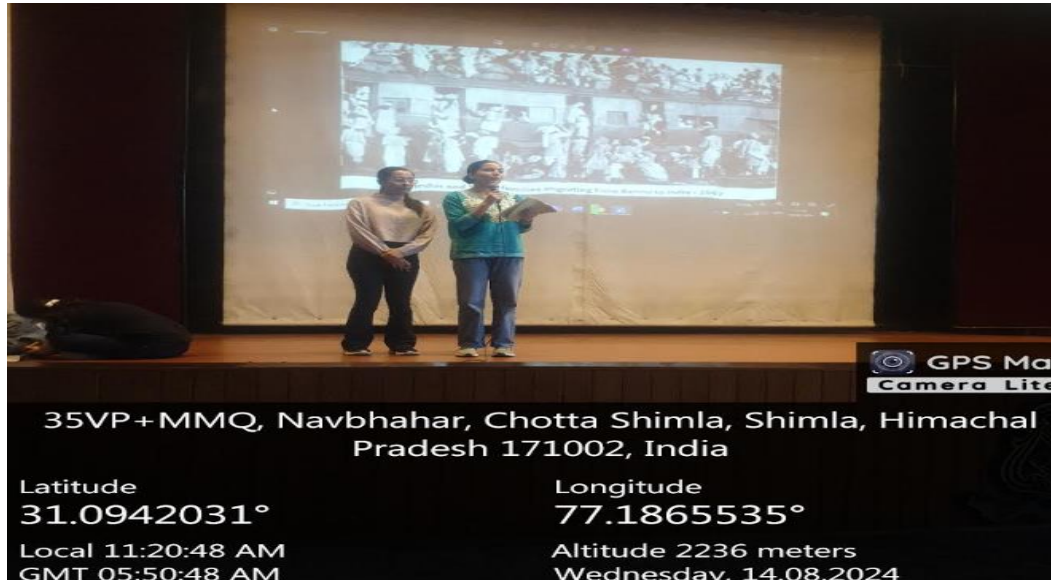
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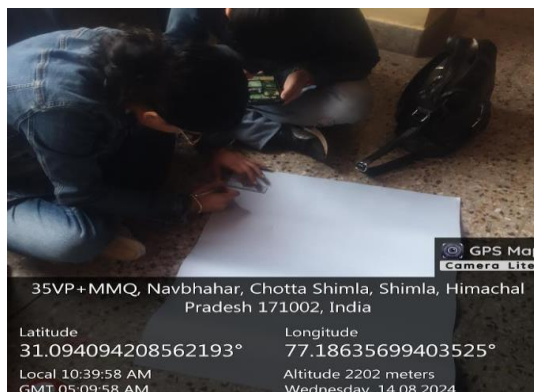
Documentary Screening



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Story Narration



Poster Making



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Assembly by the Department of History

September 27,2024

Objectives:

- To create awareness among students about the relevance of history in shaping society.
- To discuss significant historical events and their impact on the present times.
- To provide students with an opportunity to develop confidence and communication skills.
- To help students appreciate their cultural and historical heritage.

The Department of History conducted its morning assembly on September 27, 2024 in the college auditorium focusing on reflection on the thought of the day, current events, and historical insights. The students enthusiastically participated in the assembly.

Outcomes:

- The students gained insights into key historical events and their significance.
- Participants developed confidence through speeches, presentations, and discussions.
- Assembly inspired students to explore history beyond textbooks.
- Organizing the assembly fostered teamwork and leadership skills among students



Department Assembly



Food Heritage Competition

September 30,2024

Objectives:

To promote awareness and appreciation of India's diverse culinary heritage.

- To encourage students to explore and research traditional Indian recipes.
- To provide a platform for showcasing culinary creativity and innovation.
- To instil a sense of cultural pride through traditional food preparation.
- To foster teamwork, time management, and presentation skills among participants.

As part of the ongoing efforts to explore and celebrate the rich and diverse Indian Knowledge System, the Department of History organized a Food Heritage Cooking Competition on September 30, 2024. The event aimed to highlight the importance of traditional Indian cuisine and its connection to history, culture, and sustainability. It also aimed to integrate the philosophy, values, and scientific principles of the Indian Knowledge System in the culinary domain. The event saw enthusiastic participation from students across various departments. Dishes ranged from long-forgotten recipes to modern interpretations of classic meals. Ms. Jayawanti Madik, Assistant Professor from the Department of Home Science and Ms. Unnatti Chauhan, Assistant Professor, Department of Economics were the judges for the event. The criteria for judgment included authenticity, use of traditional ingredients, presentation, taste, and a brief historical background of the dish prepared. Winners were given prizes by the principal Prof. Sr. Molly Abraham.

Winners of the Competition

1. First Prize: Team -Aromatic Alchemy (Jigyasa, Mittali & Himani)

Dish: *Mithe Chawal, Siddu, Ural Dal Vada, Babru with Bhanjeeri Suffing, Malpue Rabri*

2. Second Prize: Team-Dholpur ke Chiraag (Mamta Mehra & Rakshita Chaturvedi)

Dish: *Punjabi Thali.*



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Outcomes:

- Students gained knowledge about the historical and cultural significance of Indian cuisine.
- Enhanced cooking skills and understanding of traditional ingredients and techniques.
- Increased awareness of regional food diversity and sustainable cooking practices.
- Encouragement of healthy and traditional eating habits.
- A collection of diverse and well-presented dishes representing India's rich culinary traditions.



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Food Heritage Cooking Competition



Food Heritage Cooking Competition



Visit to State Museum, Shimla

October 24, 2024

Objectives of the Visit:

- To provide students with practical exposure to historical artifacts, paintings, and sculptures.
- To enhance their understanding of the cultural and historical heritage of Himachal Pradesh.
- To explore ancient manuscripts, coins, and traditional costumes housed in the museum.
- To promote experiential learning through direct interaction with historical exhibits.

On October 24, 2024 the Department of History organized an educational visit to the State Museum, Shimla, to enhance students' understanding of historical artifacts, art, and the cultural heritage of Himachal Pradesh. The visit aimed to provide first-hand experience of studying historical exhibits and understanding their relevance to the academic curriculum. The museum's collection was a rich and diverse representation of Himachal Pradesh's history and culture, covering Pahari Miniature Paintings, Woodcarvings and Stone Sculptures, Coins and Manuscripts, Traditional Attire and Ornaments. The curator conducted an engaging session, addressing students' queries about the significance and historical context of various exhibits. The session helped students connect theoretical knowledge from their studies to tangible evidence of history. The visit to the State Museum, Shimla, was an enriching experience for the students. It successfully bridged the gap between academic knowledge and real-world historical evidence.

Outcome of the Visit

- Students gained deeper insights into the rich history and traditions of Himachal Pradesh through various artifacts and exhibits.
- The diverse collection of paintings, jewellery, and handicrafts helped students appreciate the cultural heritage of the region.
- Viewing rare manuscripts and sculptures reinforced classroom learning, making historical studies more engaging.



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- The visit encouraged students to ask questions, analyse historical sources, and develop a keen interest in history.



Visit to State Museum



Workshop on Stone Tools & Techniques

November 19-Novemember 21,2024

Objectives:

- To provide students with practical exposure to prehistoric stone tools and their manufacturing techniques.
- To enhance students' knowledge of how early humans crafted and used stone tools for survival.
- To teach students the techniques of toolmaking, including flaking, chipping, and polishing.
- To integrate archaeology with history, helping students analyse historical evidence from multiple perspectives.
- To encourage students to explore careers in archaeology, anthropology, and related fields.

Students of the Department of History, St Bede's College attended a 3-day workshop on "Stone Tools and Techniques" at the State Museum, Shimla. The event aimed to educate participants about ancient stone tool-making methods, their historical significance, and hands-on crafting techniques. The workshop was attended by a diverse group of students, researchers, and history enthusiasts. The workshop included lectures on the evolution of tool-making techniques across different periods, discussions on identifying and analyzing archaeological artifacts. Students interacted with the experts. Students gained practical insights into ancient craftsmanship techniques and enhanced understanding of the cultural and historical importance of stone tools. The workshop was an enriching experience, bridging the gap between theoretical knowledge and practical application. Students expressed enthusiasm and appreciation for the opportunity to engage with history in a hands-on environment.



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Outcomes of the Workshop:

- Students learned to identify and classify different types of stone tools, linking theoretical knowledge with real-world applications.
- The hands-on experience helped students understand the evolution of human technology and its impact on early civilizations.
- The workshop fostered critical thinking and observational skills, essential for historical and archaeological research.
- Interaction with archaeologists and museum curators provided students with deeper insights into the field of archaeology.
- Many students expressed a keen interest in further archaeological studies and fieldwork after the workshop.



Students Attending the Workshop on "Stone Tools and Techniques"



Students Attending the Workshop on "Stone Tools and Techniques"



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Students engaged with history in a hands-on environment.



Students Being Awarded the Certificates



Yoga Workshop

November 19-November 23,2024

The Department of History, St. Bede's College, successfully organized a **Yoga Workshop** as part of its initiative to promote the Indian Knowledge System (IKS). The event was held from November 19 to November 23,2024 in the college auditorium, attracting enthusiastic participation from students. The workshop aimed to emphasize the ancient roots of yoga as a cornerstone of India's cultural and spiritual heritage while highlighting its relevance in modern times for physical, mental, and emotional well-being.

Objectives:

1. To introduce participants to the fundamental principles of Yoga as part of India's heritage.
2. To promote physical, mental, and emotional well-being through yoga practices.
3. To create awareness about the holistic benefits of yoga in daily life.
4. To enhance mindfulness and stress management techniques among students and faculty.
5. To integrate traditional Indian knowledge systems into modern lifestyles for improved health.

The session was conducted by Ms. Jaivanti Madik, a certified yoga practitioner and Assistant Professor from the Department of Home Science. Participants were introduced to a series of asanas (postures), pranayama (breathing exercises), and meditation techniques designed to improve focus, reduce stress, and enhance overall health.

During the event, Ms. Punam Chauhan, Assistant Professor, Department of History addressed the gathering and spoke about yoga's integration into the Indian Knowledge System. She emphasized how yoga serves as a bridge between historical traditions and contemporary wellness practices, fostering a holistic approach to life.

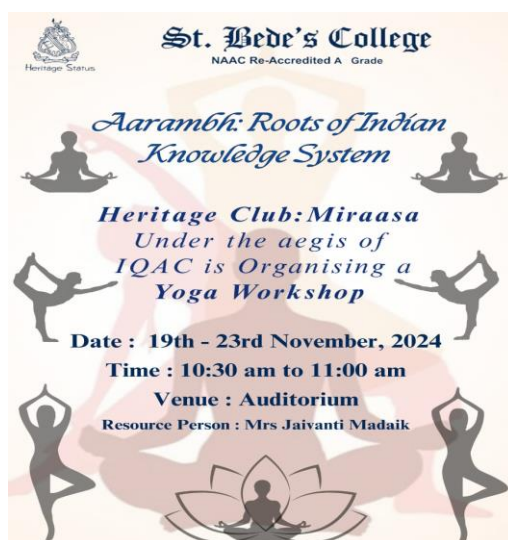


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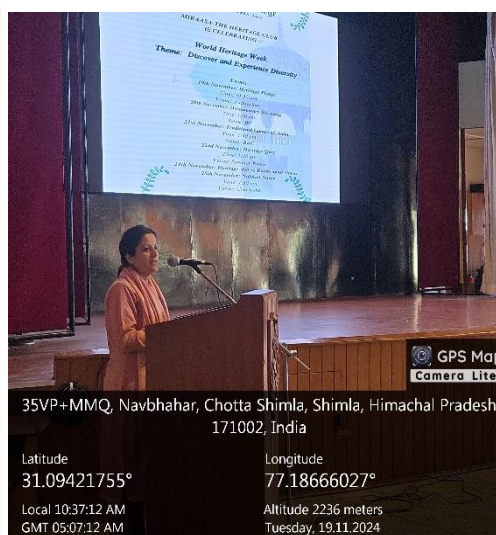
Outcomes:

1. Participants will gain practical knowledge of yoga postures and breathing techniques.
2. Improved flexibility, concentration, and relaxation skills.
3. Awareness of the significance of Yoga in Indian heritage and wellness traditions.
4. Reduction in stress and anxiety through guided meditation practices.
5. Encouragement of a disciplined and healthy lifestyle among attendees.

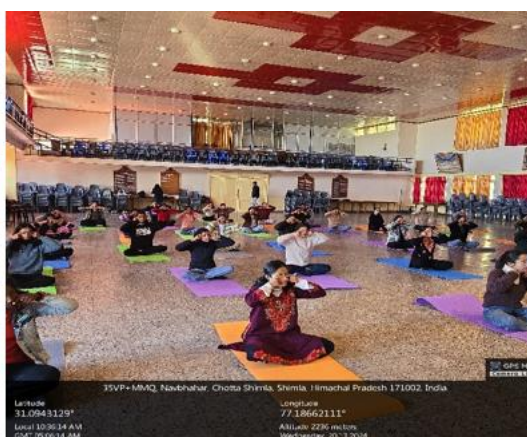
The workshop concluded with an interactive Q&A session, where participants shared their experiences and received personalized guidance from the instructor.



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Resource Person: Ms. Jaivanti Madik



Student practising Yoga



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Awareness Session on Special Rights under “Bhartiya Nagarik Suraksha Sanhita 2023”

November 29,2024

The Department of History, St. Bede's College organized an awareness session on the " *Bhartiya Nagarik Suraksha Sanhita 2023*" to educate students about the recently enacted laws and policies aimed at ensuring the safety and empowerment of women. The session was held on November 29,2024 in the Seminar Hall, at 11:00. The session saw active participation from students and faculty members.

Objectives of the Session:

- To create awareness about the provisions and significance of the *Bhartiya Nagarik Suraksha Sanhita 2023*.
- To empower students with knowledge about women's rights and safety measures.

The session began with an introductory speech by Ms. Punam Chauhan, Assistant Professor in the Department of History, who emphasized the importance of understanding legal rights for fostering a safe and inclusive environment. Miss Kritika Pundir, a student of BA III, delivered a PowerPoint presentation highlighting the key aspects of the *Bhartiya Nagarik Suraksha Sanhita 2023*. The presentation explained the new provisions and amendments introduced in the legislation, with a focus on laws addressing harassment, sexual assault, domestic violence, and judgement of rape and arrest of women. The practical application of the laws was also emphasized by providing guidance on reporting mechanisms for women facing violence or harassment, as well as information on support systems and helpline services available.

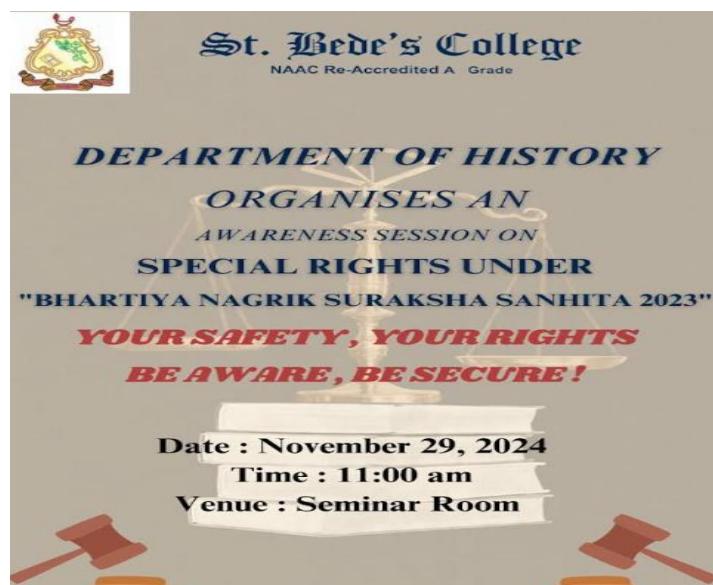
Outcomes of the Session:

The awareness session proved to be highly informative and engaging. Students gained a deeper understanding of their rights and responsibilities under the *Bhartiya Nagarik Suraksha Sanhita 2023*. The interactive nature of the event helped address specific concerns and scenarios, making the session relevant to their daily lives.

The session on *Bhartiya Nagarik Suraksha Sanhita 2023* was a successful endeavor by the Department of History to empower students with knowledge and awareness. It underscored the importance of education as a tool for social change and highlighted the collective role of individuals in creating a safer society for women.



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Awarness Session on Special Rights under "Bhartiya Nagarik Suraksha Sanhita 2023"