



Institutional Social Cell
St. Bede's College, Shimla

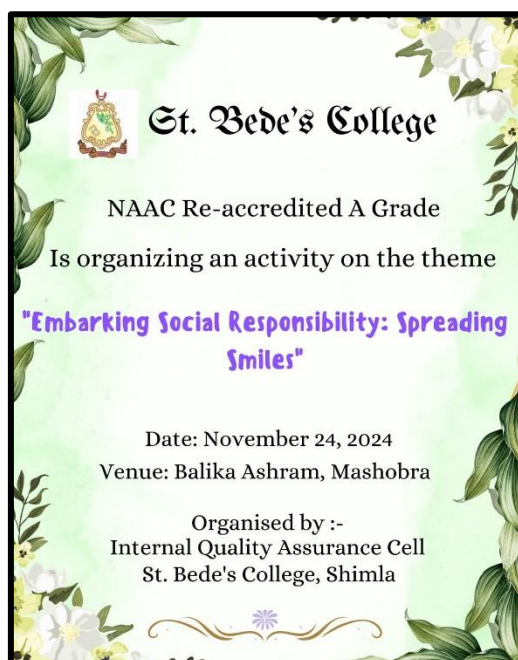
**COLLABORATIVE SKILL DEVELOPMENT INITIATIVE AT BALIKA ASHRAM,
MASHOBRA**

Objective:

The visit to Balika Ashram, Mashobra, aimed to initiate a collaborative skill development program to empower the girls by identifying and nurturing their interests in sports, creative arts, music, English communication, painting, and dance.

On November 24, 2024, a team from the college, including Principal Prof. Sr. Molly Abraham, Dr. Shweta Thakur Assistant Professor, and the students Ms. Dianoor and Ms. Niharika visited Balika Ashram, Mashobra, to initiate a collaborative skill development program to make the girls of Balika Ashram empowered. During the visit, they identified the girls' interests in sports, creative arts, music, English communication, painting and dancing. Going forward, college students and faculty will volunteer to train the girls in these areas, fostering self-reliance and enhancing their talents. Activities will be conducted every Sunday, starting in December, following a structured schedule with the necessary resources provided by the college.

Outcome: This initiative will not only enhance the artistic, linguistic and athletic abilities of the ashram girls but also instil a sense of social responsibility and gratitude in the participating college students.



Brochure



Collaborative Skill Development Program at Balika Ashram

EMPOWERING YOUNG MINDS THROUGH ART AND CULTURE: A CREATIVE LEARNING INITIATIVE AT BALIKA ASHRAM

Objective:

The visit to Balika Ashram aimed to foster creative expression and cultural awareness among the students through interactive learning sessions.

On February 18, 2025, a group of teachers and students visited Balika Ashram to conduct interactive and creative learning sessions. They introduced the students to the graceful art of semi-classical dance, helping them explore rhythm, expressions and storytelling through movement. Additionally, the group taught a unique mashup of Pahari songs, celebrating the rich cultural heritage of the Himalayan region and encouraging the children to connect with their roots through music. The session also included sketching activities, where students were guided in expressing their creativity and emotions through art. The initiative aimed to nurture artistic talents, boost confidence, and provide the students with an enriching and joyful learning experience.

Outcome:

The students actively engaged in the sessions, gaining exposure to semi-classical dance techniques, rhythm and storytelling through movement. Learning a mashup of Pahari songs helped them connect with their cultural heritage, while the sketching activities encouraged self-expression and creativity. The experience not only nurtured their artistic talents but also contributed to their overall personal growth and confidence.

ST. BEDE'S COLLEGE VISIT TO BALIKA ASHRAM: A DAY OF LEARNING, CREATIVITY, AND JOY

Objective: The visit to Balika Ashram, Mashobra, aimed to uplift and empower the young girls through a series of skill-building and well-being activities.

On February 23, 2025, faculty and few students from St. Bede's College visited Balika Ashram, Mashobra, organizing a series of meaningful activities for uplifting the young girls.



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One of the key highlights of the visit was a semi-classical dance training session, where students from the college shared their expertise. They guided the girls through graceful movements, helping them understand rhythm, expressions, and the art of storytelling through dance.

Another significant part of the event was a meditation session conducted by a faculty member, focusing on the power of positivity and mindfulness. The session was divided into three stages:

1. **Laughter Therapy** – A series of engaging laughter exercises that helped relieve stress, boost energy, and create an atmosphere of happiness.
2. **Silent Sitting with Affirmations** – The girls were introduced to the concept of positive affirmations, encouraging self-belief and inner peace.
3. **Musical Celebration** – The session concluded with a joyful celebration through music, leaving everyone refreshed and motivated.

This meditation session proved to be a powerful stress reliever, helping the girls embrace positivity, mindfulness, and emotional well-being.

Beyond dance and meditation, the students of St. Bede's College also conducted engaging music sessions, helping the girls prepare group songs that enhanced their teamwork and musical expression. Additionally, they explored visual arts, including painting and sketching, allowing the girls to unleash their creativity and develop new artistic skills.

Another unique activity introduced was jewellery making, where the girls learned the basics of designing and crafting jewellery.

Outcome: The ashram girls actively participated in the sessions, gaining exposure to dance techniques, mindfulness practices, music, and artistic expression. The semi-classical dance training boosted their confidence and self-discipline, while the meditation session fostered emotional well-being through laughter therapy, affirmations and musical celebration. Jewellery-making workshop introduced them to a practical skill with potential future applications.

EMPOWERING YOUNG LEARNERS THROUGH ART: A STUDENT'S TALENT IN TEACHING

Objective: To provide young learners with a creative platform for artistic expression while enabling the student to utilize her skills in teaching, fostering both personal growth and entrepreneurial development.

St. Bede's College is fostering entrepreneurial skills among students by providing diverse platforms for skill development and business exposure. The college has initiated art classes where Ms. Jhanvi, a first-year student, teaches sketching and painting to children aged 5–15 years in and around Shimla region. She conducts both online and offline sessions on Sundays, successfully earning through her talent.



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Outcome: The young children of the Shimla region have been able to make productive use of their time by learning sketching and painting from a talented student of St. Bede's College. This initiative not only provides them with a creative outlet but also helps reduce screen time while fostering cognitive development and artistic skills.



Art Classes Conducted for the Young Students