



## **SUPPORTING DOCUMENTS**

**7.2.1(a)**

**EVIDENCE OF SUCCESS FOR BEST PRACTICE**

**COMMUNITY OUTREACH**



**This document contains:**

<b>SOCIAL RESPONSIBILITY</b>	▪ <b>UNICEF Young Warrior</b>
	▪ <b>Blood Donation Camp</b>
	▪ <b>International Women's Day : Blood donation- DOs and DON'Ts"</b>
	▪ <b>Nukkad Natak at Government Model Girls Senior Secondary School Portmore</b>
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	▪ <b>Christmas Celebration</b>
	▪ <b>Manzil – Doordarshan Talk</b>
	▪ <b>National Parliament for Women</b>
▪ <b>Seminar on Artificial Intelligence</b>	

<b>HEALTH AWARENESS PROGRAM</b>	▪ <b>Rally against Drug Abuse</b>
	▪ <b>Approaches to Lifestyle Management PCOS</b>
	▪ <b>Declamation Competition on 'Mental Health In An Unequal World'</b>
	▪ <b>International Yoga Day</b>
	▪ <b>Webinar On Mental Health And Youth: Grow, Heal, Thrive</b>
	▪ <b>International Day of the Girl Child</b>
	▪ <b>Fit India Campaign</b>
	▪ <b>Tuberculosis, Personal Hygiene And Potion Mah</b>
	▪ <b>Potion Mah Celebration</b>
	▪ <b>World Mental Health Day Celebration</b>
	▪ <b>World AIDS Day</b>
	▪ <b>Nukkad Natak on Health Issues and Drug Abuse in GDC Kotshera</b>

<b>ENVIRONMENTAL CONCERNS</b>	▪ <b>World Environment Day</b>
	▪ <b>Anti-Pollution Drive</b>
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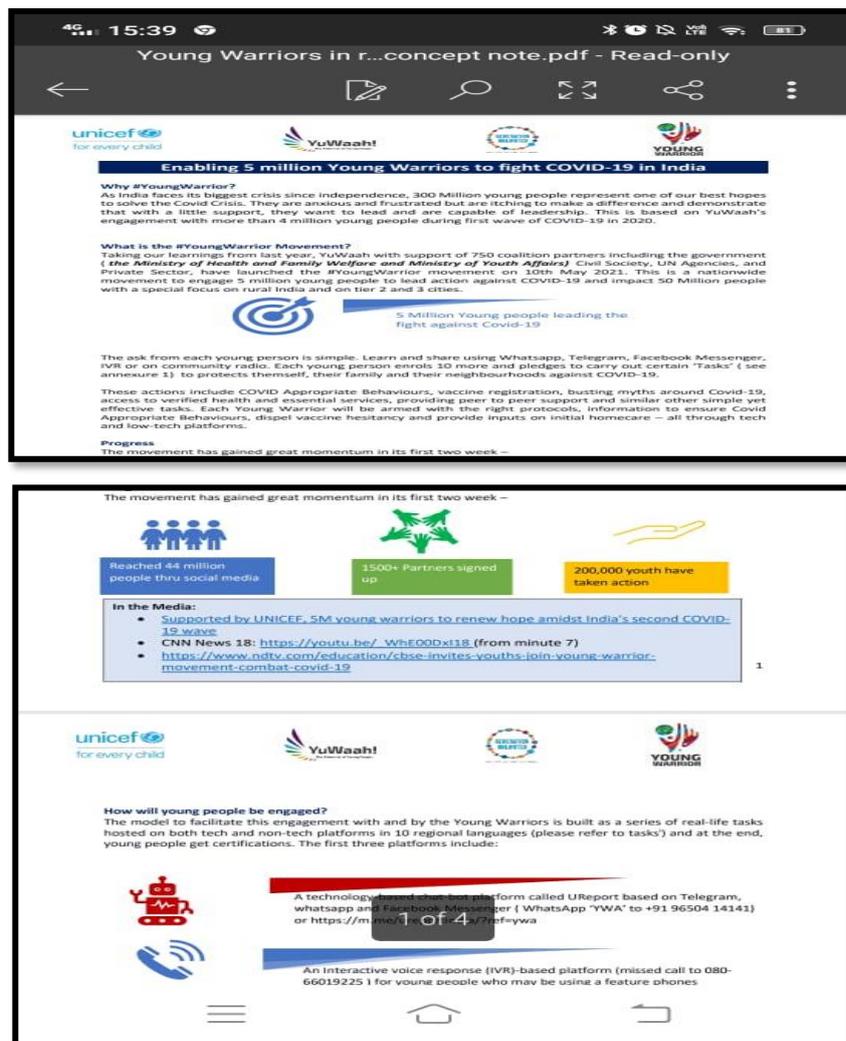


## SOCIAL RESPONSIBILITY

St. Bede's College has always been at the forefront when it comes to fulfill social responsibilities. Students and faculty members performed the following activities:

### ❖ UNICEF Young Warrior

On June 7, 2022, the cadets registered in a nationwide Young Warrior movement initiated by UNICEF in partnership with the Ministry of Health and Family Welfare and the Ministry of Youth Affairs to make the youth aware of COVID-19.



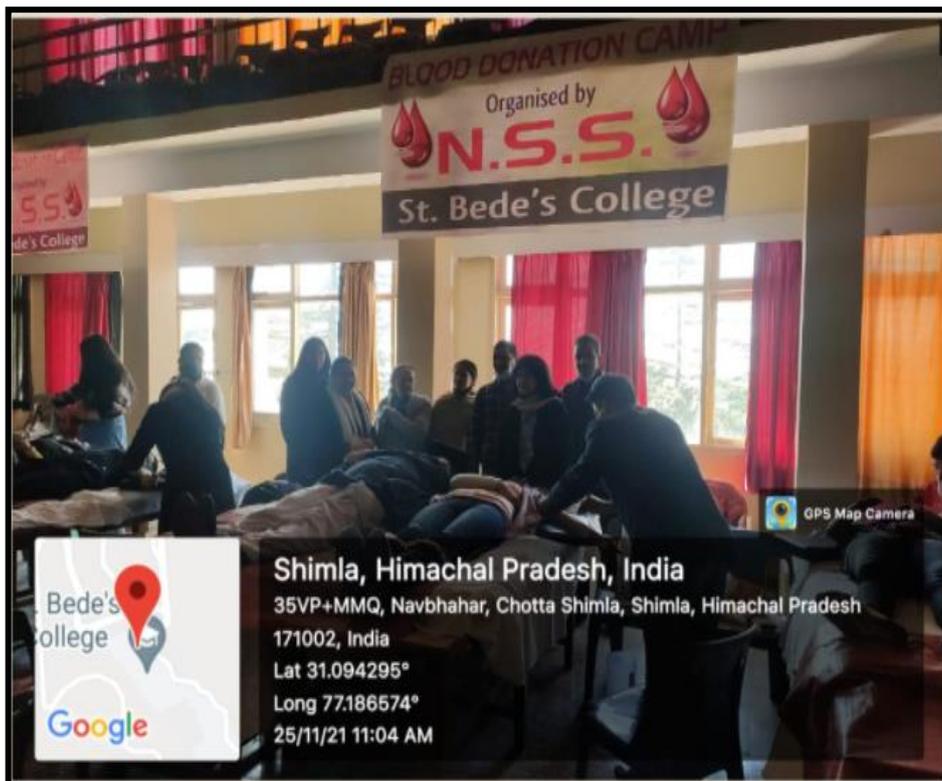
### UNICEF Young Warrior

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### ❖ Blood Donation Camp

On 25th November, 2021 the NSS unit of St. Bede's College organized a Blood Donation Camp.



*Blood Donation Camp on November 25, 2021*

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❖ **International Women's Day: Blood donation- DOs and DON'Ts"**

On March 8, 2022, the NCC cadets were invited to perform a Nukkad Natak on the event of International Women's Day at GDC, Kotshera. The cadets presented a Nukkad Natak titled "Blood Donation- DOs and DON'Ts".



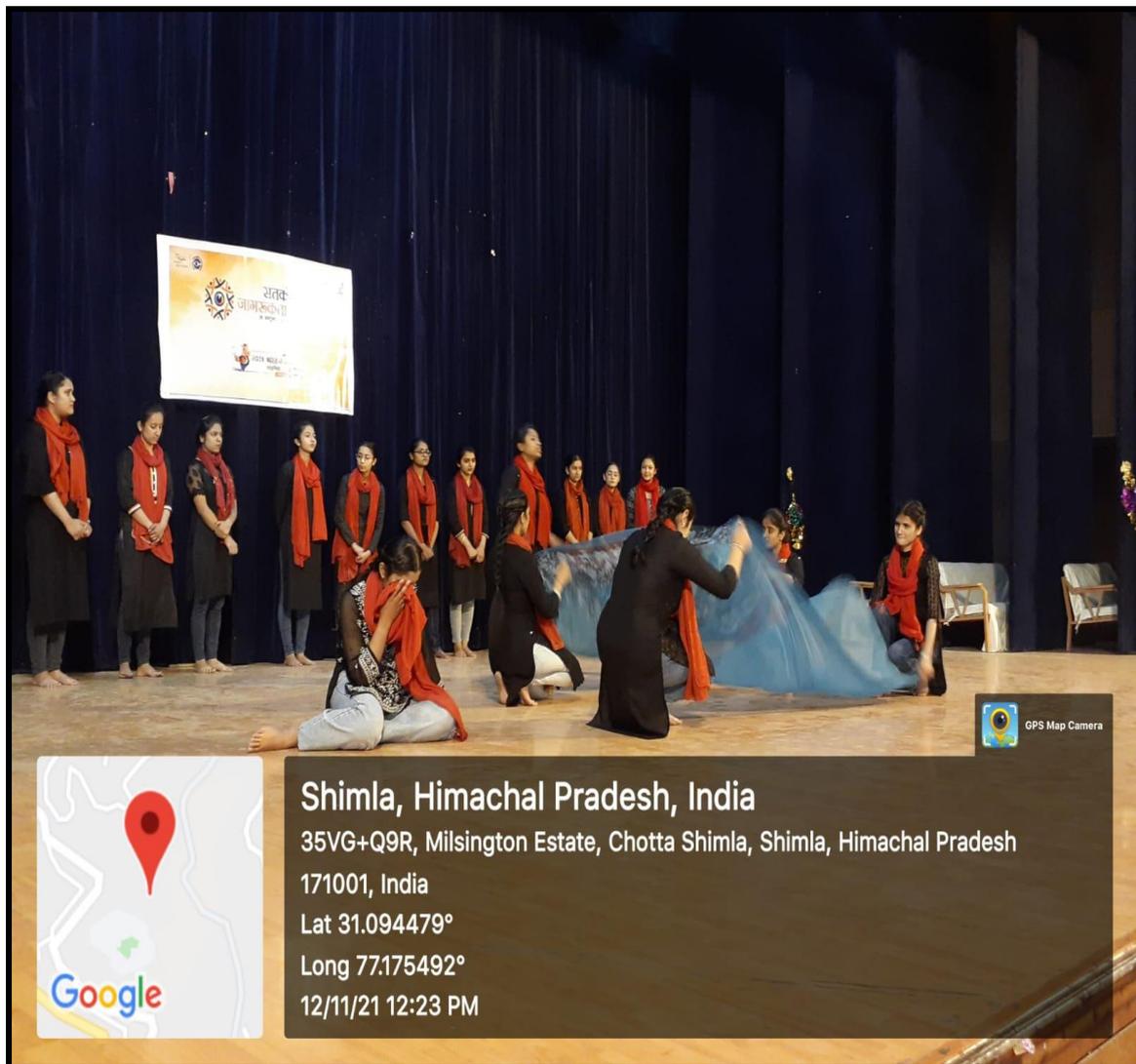
*International Women's Day: "Blood donation- DOs and DON'Ts" on March 8, 2022*

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❖ **Nukkad Natak at Government Model Girls Senior Secondary School Portmore**

The students of the Community Outreach Cell performed a Nukkad Natak on 'Disaster Management' on November 12, 2021, at Government Model Girls Senior Secondary School Portmore. The objective of this performance was to reach out to the students at the school and create awareness about disaster management.



*Nukkad Natak at Government Model Girls Senior Secondary School Portmore on November 12, 2021*

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## ❖ Blood Bank Database

The Zoology department in collaboration with the NCC unit of the college initiated to bring voluntary blood donors to a common platform through an innovative concept in which a donor database has been created to donate blood as and when requested by hospitals in and around the locality, with the goal of providing a humanitarian service to society.



**St. Bede's College**  
Shimla -171002  
(UGC-NAAC "A+" Grade Re-Accredited)  
College with Potential for Excellence  
Phone: 0177-2842304, Fax:- 0177-2842498  
www.stbedescollege.in, **E-mail:-** [bedescollege@gmail.com](mailto:bedescollege@gmail.com)

### Blood Group Database

The department of Zoology in collaboration with NCC unit created a database of blood groups of students to donate blood as and when required. A total of 552 blood samples were analyzed out of which maximum blood group was B<sup>+</sup> (219 students), followed by blood group A<sup>+</sup> (131 students), O<sup>+</sup> (86 students), AB<sup>+</sup> (81 students), O<sup>-</sup> (16 students), B<sup>-</sup> (09 students), A<sup>-</sup> (07 students), and least number of students with AB<sup>-</sup> (03 students). The data generated was shared with NGO and IGMC, Department of Immunohematology and Blood Transfusion Shimla, Shimla for donating blood during emergency.

S.No.	Blood Groups	Number of Students
1.	B <sup>+</sup>	219
2.	A <sup>+</sup>	131
3.	O <sup>+</sup>	86
4.	AB <sup>+</sup>	81
5.	O <sup>-</sup>	16
6.	B <sup>-</sup>	09
7.	A <sup>-</sup>	07
8.	AB <sup>-</sup>	03

**Contact Details:**  
0177-2842304  
St. Bede's College Shimla

*Blood Bank Database*

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### ❖ Christmas Celebration in Adopted Village

On December 22, 2021, the NSS Unit celebrated Christmas at Dhanan village of Dhalli Panchayat. This village has been adopted by the college. The volunteers did a small Christmas skit through which, they conveyed the message of love, hope and peace. Blankets and ration packets were also distributed to 23 families of the village.



*Christmas Celebration in Adopted Village on December 22, 2021*

### ❖ Manzil – Doordarshan Talk

February 11 is celebrated every year as the International Day of Women and Girls in Science. To celebrate this occasion a team comprising two teachers and a student of St. Bede's College visited the Himachal Doordarshan Studio to host a talk show titled 'MANZIL - Employment Opportunities for Women in the Field of Science'.



*Manzil – Doordarshan Talk on February 11, 2022*

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## ❖ National Parliament for Women

HP State Commission for Women in association with National Commission for Women organized a National Parliament for Women at Government Senior Secondary School, Portmore, Shimla on March 3, 2022, celebrating the upcoming International Women's Day on March 8. Accomplished women from the fields of politics, journalism, academics, judiciary, police and administration became the bearers of a fruitful evening.

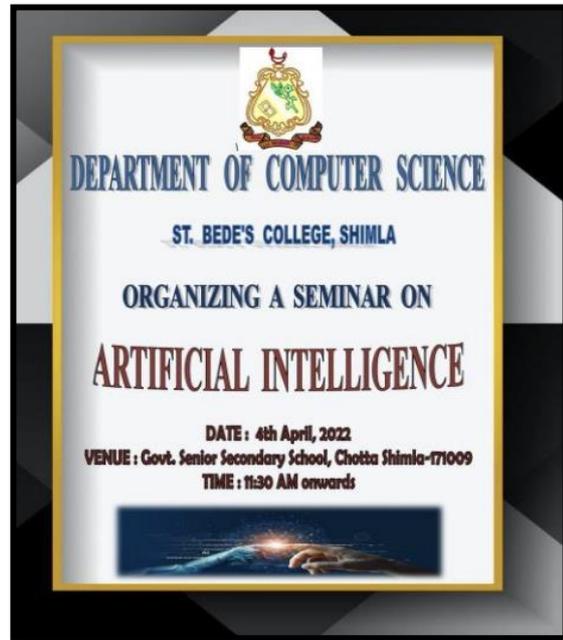


*National Parliament for Women March 3, 2022*



### ❖ Seminar on Artificial Intelligence

Department of Computer Science organised a seminar on “Artificial Intelligence” for the students of Class IX to XII of Government Senior Secondary School, Chotta Shimla on April 4, 2022 in the school auditorium.



*Seminar on Artificial Intelligence on April 4, 2022*

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## HEALTH AWARENESS PROGRAM

### ❖ Rally against Drug Abuse

On 20<sup>th</sup> November, a rally on Drug Abuse was conducted by the first year cadets of St. Bede's College, Shimla to make general public specially youth aware about the consequences of drug abuse.



*Rally against Drug Abuse on November 20, 2021*



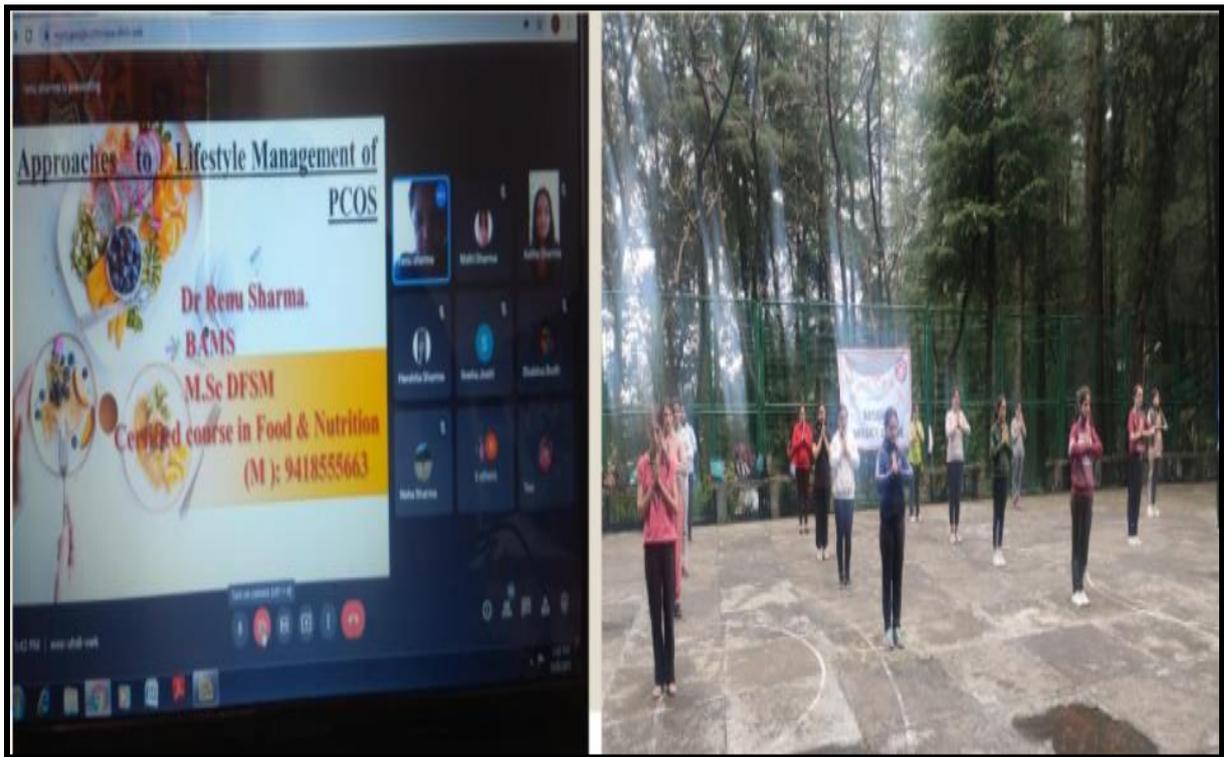
*Rally against Drug Abuse on November 20, 2021*

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### ❖ Session on “Approaches to Lifestyle Management of PCOS”

On September 25, 2021 a session on “Approaches to Lifestyle Management of PCOS” was organized by Dr. Renu Sharma who made the NSS volunteers aware about the importance of lifestyle changes in improving the reproductive, weight, body composition, metabolic and quality of life factors to manage PCOS.



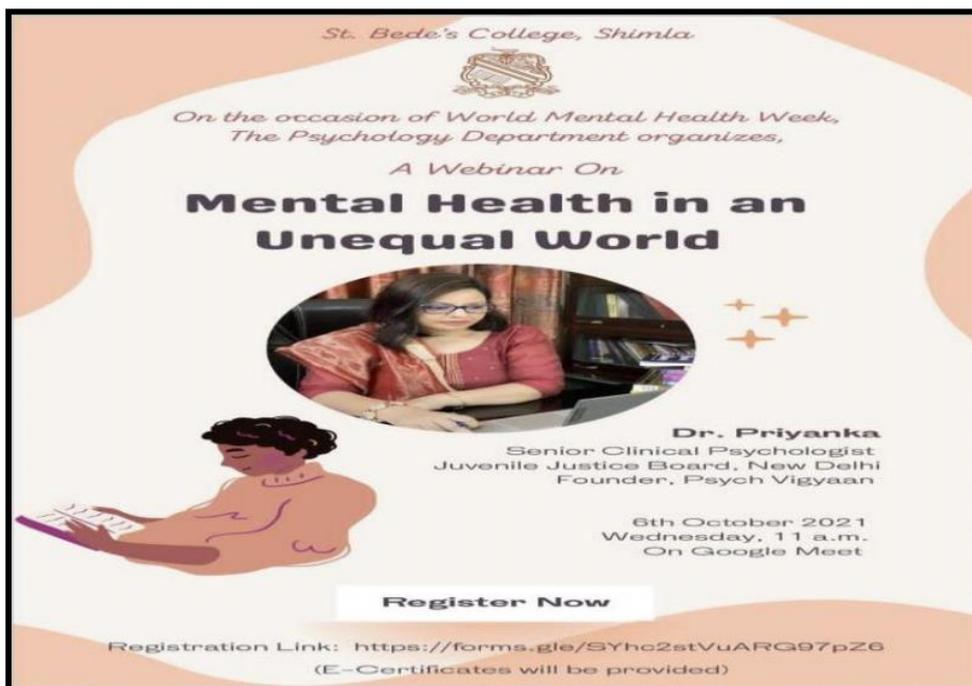
*Session on “Approaches to Lifestyle Management of PCOS” on September 25, 2021*

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### ❖ **Declamation Competition on 'Mental Health In An Unequal World'**

On October 4, 2021, the Psychology department organised a declamation competition on the topic "Mental Health in an Unequal World".



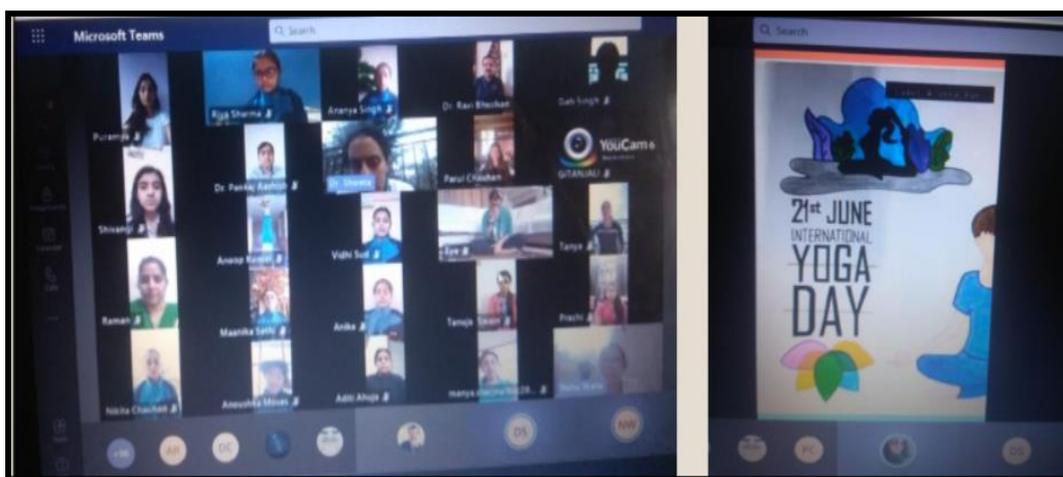
*Declamation Competition on 'Mental Health In An Unequal World' October 4, 2021*

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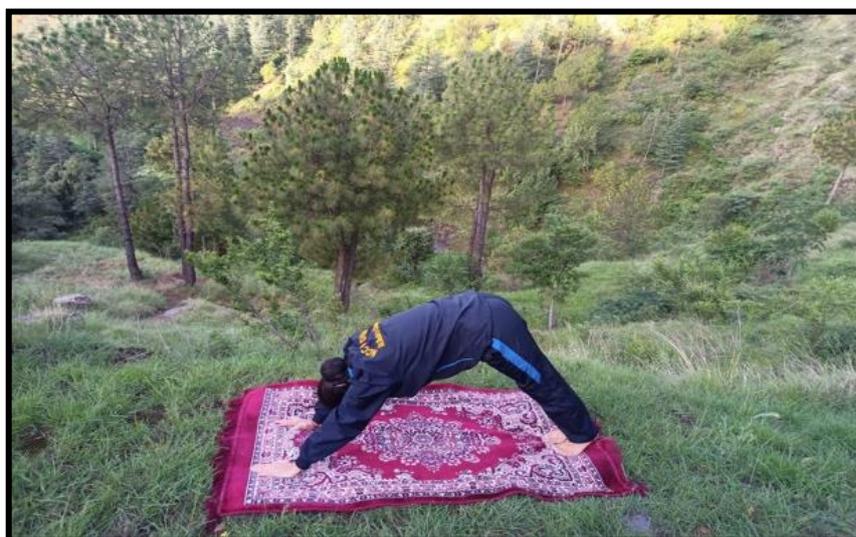
### ❖ International Yoga Day

On June 21, 2021 International Yoga Day was celebrated online by the volunteers of NSS Unit of the college on the theme “ Be with Yoga, Be at Home”. Ms. Parul Chauhan, trained yoga instructor guided the volunteers to perform different yoga asanas. The volunteers also prepared charts, posters, presentations and videos depicting the importance of Yoga.



*International Yoga Day on June 21, 2021*

A series of activities on the theme ‘Be with Yoga, Be at Home’ were conducted by the cadets under 7HP (I) Coy, NCC Shimla to mark the International Yoga week.



*International Yoga Day on June 21, 2021*

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### ❖ Webinar On Mental Health And Youth: Grow, Heal, Thrive

A virtual webinar on the topic “Mental Health and Youth: Grow, Heal, Thrive” was organized for the students on October 5, 2021 in which Dr. Surender Kumar Dhalwal a Clinical Psychologist and Assistant Professor and Head of Department, NIEPVD, Dehradun and Ms. Sunanda Rana, Assistant Professor Clinical Psychology, NIEPVD, Dehradun made students aware about the importance of mental health for overall personality development.

ST. BEDE'S COLLEGE, SHIMLA

OBSERVING MENTAL HEALTH WEEK,  
THE DEPARTMENT OF PSYCHOLOGY ORGANISES A WEBINAR ON:

*Mental Health and Youth -  
Grow, Heal, Thrive.*

**GUEST SPEAKERS**

**DR. SURENDER KUMAR DHALWAL**  
Clinical Psychologist, Assistant Professor and  
Head of Department,  
NIEPVD, Dehradun

**MS. SUNANDA RANA**  
Assistant Professor Of  
Clinical Psychology,  
NIEPVD, Dehradun

5TH OCTOBER 2021 | TUESDAY | 11 A.M. | ON GOOGLE MEET

Link for registration: <https://forms.gle/ujKAuRY3VJ69L9BH7>  
(E-Certificates will be provided)

*Webinar on Mental Health And Youth: Grow, Heal, Thrive October 5, 2021*

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### ❖ International Day of the Girl Child

The NCC Units of St. Bede's College under 7HP (I) Coy NCC, Shimla and 1HP Naval Unit NCC, Bilaspur collaborated with the Women Cell of St. Bede's College to organize a series of competitions to celebrate International Day of the Girl Child on the theme 'Empowerment'.

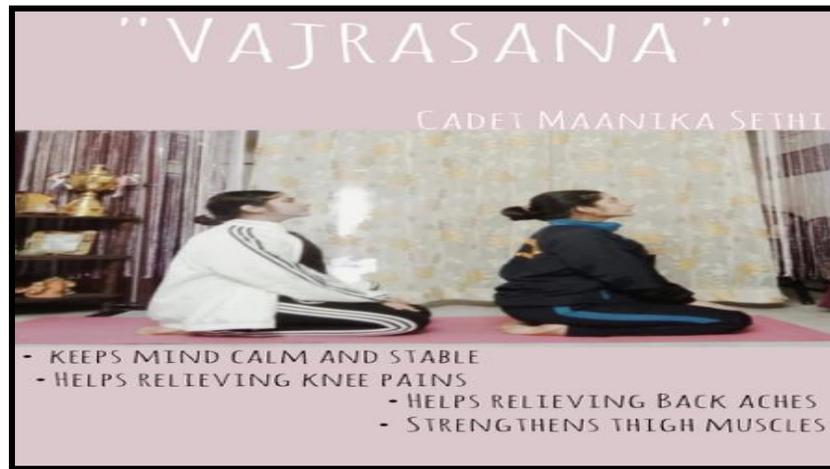


*International Day of Girl Child on October 11, 2021*



### ❖ Fit India Campaign

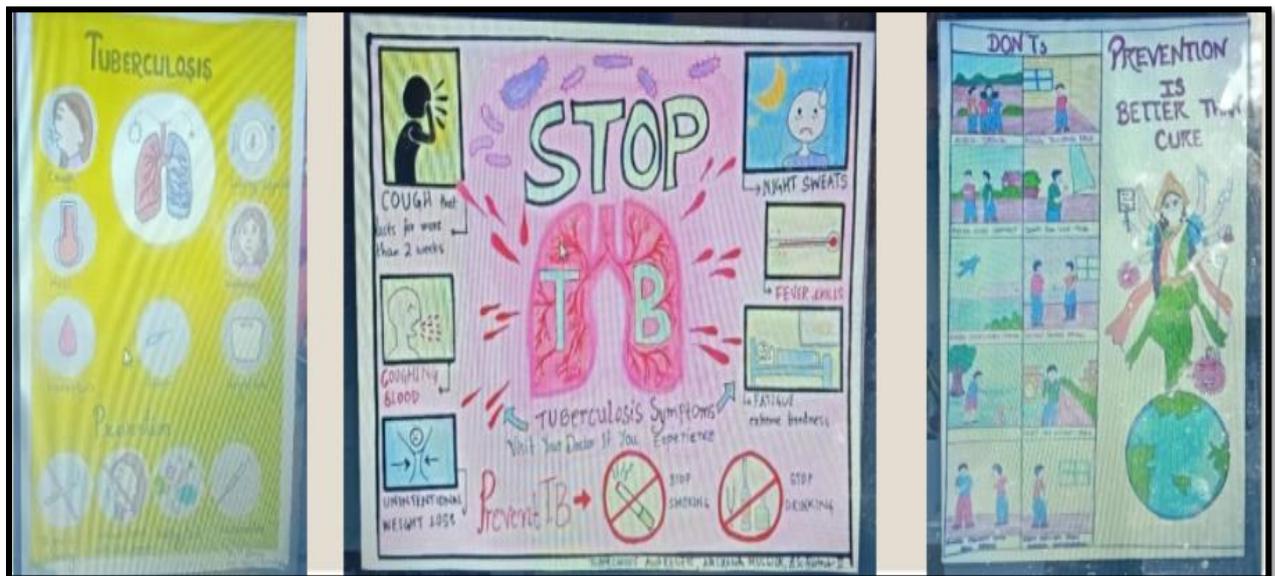
On August 12, 2021, 7HP (I) Coy NCC Shimla cadets participated in the Fit India Campaign virtually and performed various asanas and pranayamas.



*Fit India Campaign on August 12, 2021*

### ❖ Tuberculosis, Personal Hygiene And Potion Mah

On August 18, 2021, a poster making competition was organized on the topic “Awareness on tuberculosis” and “Importance of personal hygiene during covid pandemic”.



*Poster Making Competition on August 18, 2021*

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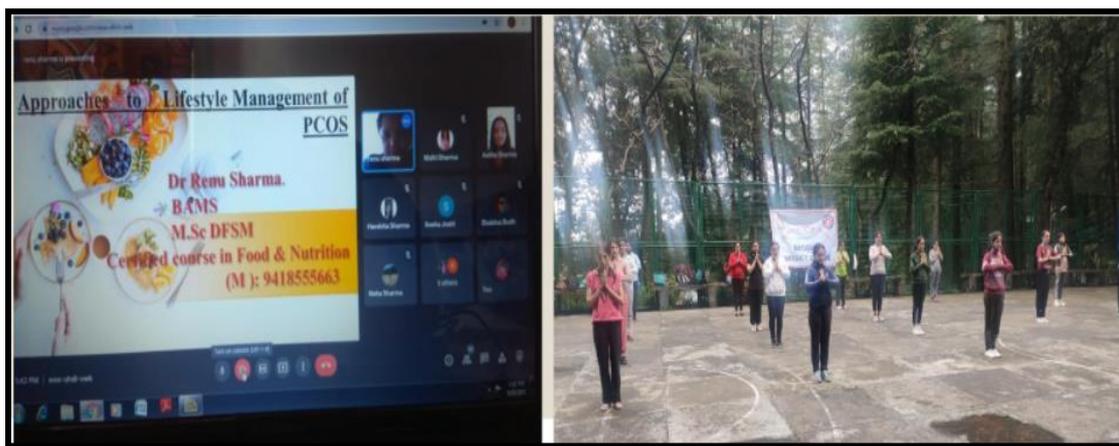


## Potion Mah Celebration

The following activities were conducted under Potion Mah in the month of September :

The NSS unit conducted a yoga session throughout the week within the college campus to spread awareness regarding health and nutrition. A general survey was also conducted in which the Body Mass Index (BMI) was calculated.

A session was also organized on “Approaches to Lifestyle Management of PCOS”. During the session, the resource person Dr. Renu Sharma made the volunteers aware about the importance of nutrition in disease management.



*Potion Mah Celebration*

## ❖ World Mental Health Day Celebration

A short Nukkad Natak was organised to generate awareness and sensitize students about mental health disorders on World Mental Health Day. It highlighted different situations which gravely affect mental health.



*World Mental Health Day Celebration*

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## ❖ World AIDS Day

On the occasion of the World AIDS Day 2021, Red Ribbon Club organized an awareness program. Peer educators of club Muskaan Sood, Anchal Singh and Aastha Raizada created awareness regarding HIV/AIDS. The theme for World AIDS Day 2021 was “End Inequalities, End AIDS”. The club organized poster making and slogan writing competition .



*World AIDS Day*

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### ❖ Nukkad Natak on Health Issues and Drug Abuse in GDC Kotshera

On the occasion of International Women's Day (March 8, 2022), the college students participated in the state-level function at Rajiv Gandhi Government Degree College Chaura Maidan (Kotshera) organised by the Department of Health and Family Welfare, District Shimla. The students participated in rangoli making, slogan writing, poster making and street play competitions.



*Nukkad Natak on Health Issues and Drug Abuse in GDC Kotshera on March 8, 2022*

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## ENVIRONMENTAL CONCERNS

### ❖ World Environment Day

On June 5, 2021, the NCC units (Army and Navy wing) St. Bede's College Shimla, organized various competitions to celebrate the World Environment Day. The theme for the day was 'Khaki and Prakriti'.

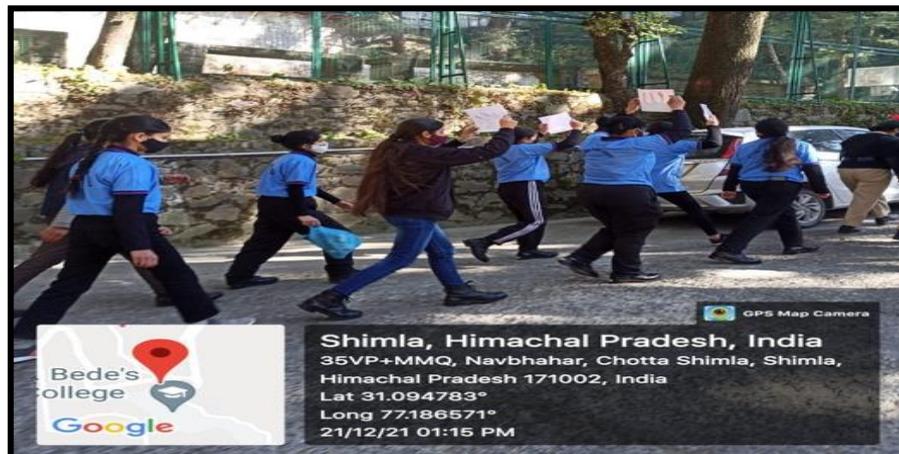


*World Environment Day on June 5, 2021*

### ❖ Anti-Pollution Drive

On December 24, 2021, under the theme "Anti Pollution Drive" the cadets participated in Synergy, Swachhta, Statue cleaning, and Foot policing activities.

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*Anti-Pollution Drive*

### ❖ Clean India Campaign

The cadets performed the following activities under Clean India Campaign:

- ❖ Cleaning of statues, parks and schools/colleges
- ❖ Awareness Drives: Rallies Swachhta Bases, Adopted Village Bases, lectures and talks
- ❖ Poster Making Competition

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### *Clean India Campaign*

#### ❖ **Tree Plantation**

On July 26, 2021, a few staff members of St. Bede's College Shimla, planted 210 trees in Theog. The trees were planted at the Sacred Grove near the Govt. Middle School, Bagaghat, Theog, Shimla, which the college collaborates with for Community Outreach activities. The tree saplings were procured from the Government nursery at Sainj, Theog.

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*Tree Plantation on July 26, 2021*

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