



## **SUPPORTING DOCUMENTS**

### **3.2.2**

#### **NUMBER OF WORKSHOPS/SEMINARS CONDUCTED ON RESEARCH METHODOLOGY, INTELLECTUAL PROPERTY RIGHTS (IPR) AND ENTREPRENEURSHIP DURING THE YEAR**



## A Workshop on Health and Dental Care

The Health Club of St. Bede's College, Shimla, organized a Workshop on Health and Dental Care on 25th September 2024.

### Objectives:

- To raise awareness among students and the general public about the importance of health and dental care.
- To promote the adoption of healthy habits for physical and mental well-being.
- To provide access to basic health and dental check-ups and treatments within the college campus.
- To sensitize participants to the role of preventive healthcare in reducing future health complications.

### Description:

A dedicated team of 13 members from the Department of Public Health Dentistry, H.P. Government Dental College and Hospital, IGMC, Shimla, participated in the event.

The workshop began with an enlightening talk on general health and dental hygiene delivered by Prof. Shailee Fotedar, an expert from IGMC. She emphasized the importance of maintaining dental hygiene and discussed various common dental diseases along with their preventive measures. The session was highly informative and was attended by more than 500 students and faculty members.

In the second part of the program, a Health Fitness and Dental Care Camp was conducted. The Health Fitness Camp covered five key parameters — Blood Pressure, Height, Weight, Knock Knee, and Flat Foot — and benefitted over 150 students.

The Dental Camp provided valuable services to students, faculty, and the general public, including:

- 122 oral check-ups
- 27 dental fillings
- 7 oral cleanings/prophylaxis
- 20 X-rays



The camp concluded successfully around 4:00 PM, offering accessible and essential healthcare support to the college community.

### Outcomes:

- Students developed awareness about preventive health and dental practices, which may help reduce future health issues.
- Participants gained access to basic health screenings and dental treatments within the college premises.
- The activity encouraged the integration of good health practices into daily routines, contributing to the overall well-being of students, faculty, and the general public.

**St. Bede's College**  
NAAC Re-Accredited A Grade

**HEALTH CLUB**

IS ORGANISING

**A WORKSHOP ON HEALTH AND DENTAL CARE**

**HIGHLIGHTS:**

- TALK ON HEALTH AND DENTAL CARE
- FREE DENTAL CHECKUP AND TREATMENT
- FITNESS CHECKUP ( BP, HEIGHT, WEIGHT, KNOCK KNEES, FLAT FEET)





DATE: SEPTEMBER 25, 2024  
TIME: 11:00 AM (ONWARDS)  
VENUE: AUDITORIUM

**OPEN TO ALL**  
(College students, faculty and general public)

**St. Bede's College**  
NAAC Re-Accredited A Grade

**HEALTH CLUB**

IS ORGANISING

**A TALK ON HEALTH AND DENTAL CARE**

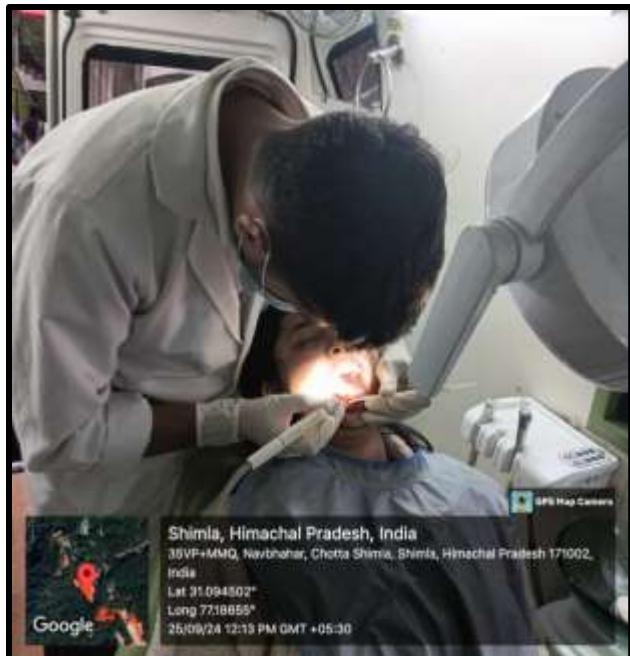
**Resource Person**



**Professor Shailee Fotedar**  
Department of Public Health Dentistry, HP Govt.  
Dental College & Hospital IGMCH, Shimla

DATE: SEPTEMBER 25, 2024  
TIME: 10:20 – 11:00 AM  
VENUE: AUDITORIUM

### Brochures



*Workshop on Health and Dental Care (September 25, 2025)*



*Workshop on Health and Dental Care (September 25, 2025)*

## सेंट बीड़िस कॉलेज में जांचा छात्राओं का स्वास्थ्य

शिमला। सेंट बीड़िस कॉलेज के हेल्थ क्लब ने बुधवार को शिविर लगाकर छात्राओं के स्वास्थ्य और दांतों की जांच करवाई।

शिविर में छात्राओं को उनके स्वास्थ्य और दांतों की देखभाल को लेकर जागरूक भी किया। डेंटल कॉलेज शिमला और आईजीएमसी के चिकित्सकों ने 150 से अधिक छात्राओं का स्वास्थ्य जांचा। आईजीएमसी से आई स्नोत व्यक्ति प्रो. शैली फोतेदार ने छात्राओं को

स्वास्थ्य और दांतों की साफ-सफाई के बारे में जानकारी दी। दूसरे सत्र में हेल्थ फिटनेस और डेंटल केयर कैप का आयोजन किया गया। इसमें छात्राओं की हाइट, वजन, नॉक नी, प्लेट फुट आदि की जांच की गई। इसके साथ दांतों की सफाई भी बताया।

शिविर में 122 का ओरल चेकअप किया गया, 27 के दांतों की फिलिंग, 7 के दांतों की सफाई और 20 के एक्सरे किए गए। व्यूरो

*Amar ujala*

*26/9/24*

*Workshop on Health and Dental Care Glimpse and News Cuttings, (September 25, 2025)*



Health Club,  
St. Bede's College Shimla

Activity Name: Workshop on Health & Dental Care

Date: September 25<sup>th</sup>, 2024 (Wednesday)

Timing: 10.30 am onwards

Sl. No.	Name	Designation/Class	Height	Weight	R.P	Hand Known	Flat Feet	Signature
1	Aastha	BioTech 1 <sup>st</sup> year	5'3	49	121/40	✓	✓	
2	Anushka	"	5'4	51	107/50	✓	✗	
3	Anushka	BATHMEN 3 <sup>rd</sup>	5'4	48	118/34	✓	✗	
4	Himanshu	BA 3 <sup>rd</sup> year	5'2	52	120/64	✓	✗	
5	Aarti	BSC 1 <sup>st</sup> year	5'3	45	109/29	✓	✓	
6	Urvisha	"	5'3	68	125/70	✓	✓	
7	Ranu Mehta	BA 3 <sup>rd</sup> year	5'2	55	108/58	✓	✓	
8	Tekro Vang	"	5'8	60	122/60	✗	✓	
9	Srishti	BA 1 <sup>st</sup> year	5'1	47	102/38	✗	✗	
10	Sunay	"	5'6	46	112/65	✓	✗	
11	Jehanzeb	BA 1 <sup>st</sup> year	5'2	48	120/52	✓	✓	
12	Shivanshu	BA 3 <sup>rd</sup> year	5'5	54	129/50	✓	✗	
13	Kavya S	"	5'4	52	102/42	✓	✗	
14	Kavya	BA 1 <sup>st</sup> year	5'4	47	101/50	✓	✗	
15	Ranu Mehta	"	5'3	46	121/60	✗	✓	
16	Akashdeep	Engg Hon 2 <sup>nd</sup> year	5'9	48	109/53	✓	✓	
17	Umar	"	5'2	55	105/63	✗	✓	
18	Tejaswi	Psychology 2 <sup>nd</sup> year	5'1	52	121/32	✗	✓	
19	Muskan	BioTech 1 <sup>st</sup> year	5'2	46	132/60	✗	✓	
20	Aastha	BSC 1 <sup>st</sup> year	5'1	50	111/50	✗	✓	
21	Anushka	"	5'7	49	102/45	✗	✓	
22	Sakshi	HSC 3 <sup>rd</sup> year	5'3	51	102/59	✗	✗	
23	Yogeshwar Bhandari	M.Sc 3 <sup>rd</sup> year	5'2	53	127/32	✓	✓	
24	Kerika	Engg Hon 1 <sup>st</sup> year	5'4	47	119/30	✗	✓	
25	Yashika	"	5'3	56	116/52	✗	✓	
26	Anitha	Psychology 2 <sup>nd</sup> year	5'7	57	123/51	✗	✓	
27	Aastha B	RN 2 <sup>nd</sup> year	5'2	44	120/62	✗	✓	

Mr. Brijesh  
25/09/2024  
Principal  
St. Bede's College  
Shimla

### Attendance Sheet



Activity Name: Workshop on Health & Dental Care

Date: September 25<sup>th</sup>, 2024 (Wednesday)

Timing: 10.30 am onwards

Sl. No.	Name	Designation/Class	Height	Weight	B.P.	Keek Knee	Flat Feet	Signature
28	Rashi	BCOM 1 year	5'1	51	122/85	✓	✓	Rashi
29	Afsha	II	5'2	51	102/72	✓	✓	Afsha
30	Akansha	II	5'3	48	108/74	✓	✓	Akansha
31	Shweta	BCOM 1 year	5'2	46	103/71	✓	✓	Shweta
32	Ritika	II	5'1	50	124/84	✓	✓	Ritika
33	Rekha	II	5'2	47	103/73	✓	✓	Rekha
34	Archel	II	5'5	47	97/60	✓	✓	Archel
35	Suhana	BSC 1 year	5'3	42	105/70	✓	✓	Suhana
36	Hannu	II	5'2	46	122/65	✓	✓	Hannu
37	Savantika	BCOM 2 year	5	51	102/62	✓	✓	Savantika
38	Kritika	II	5'1	51	109/75	✓	✓	Kritika
39	Shweta	BBA 1 year	5'3	49	123/73	✓	✓	Shweta
40	Neeru	II	5'2	46	108/62	✓	✓	Neeru
41	Harshika	BA 1 year	5'5	49	98/56	✓	✓	Harshika
42	Hanaf	BCOM 1 year	5'6	49	103/77	✓	✓	Hanaf
43	Srujanika	II	5'5	53	108/71	✓	✓	Srujanika
44	Rekha	BCOM 1 year	5'3	59	101/70	✓	✓	Rekha (2nd)
45	Shreya	II	5'2	59	110/74	✓	✓	Shreya
46	Atharva	II	5'4	60	103/79	✓	✓	Atharva
47	Devanshi	BCOM 3 year	5'5	57	127/83	✓	✓	Devanshi
48	Kekhila	II	5'3	53	105/64	✓	✓	Kekhila
49	Shweta	II	5'2	59	119/74	✓	✓	Shweta
50	Nandika	II	5'6	52	132/66	✓	✓	Nandika
51	Rekha	BBA 3 year	5'3	58	113/72	✓	✓	Rekha
52	Aditi	II N	5'2	47	101/70	✓	✓	Aditi
53	Sneha	BA 2 year	5'1	49	116/101	✓	✓	Sneha
54	Heek	BCD N	5'3	61	127/70	✓	✓	Heek

25/9/24

Principal  
St. Bede's College  
Shimla

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### Attendance Sheet



Activity Name: Workshop on Health & Dental Care

Date: September 25<sup>th</sup>, 2024 (Wednesday)

Timing: 10:30 am onwards

Sr. No.	Name	Designation/Class	Height	Weight	B.P	Knee Knee	Flat Feet	Signature
55	Sihir	F10 ZYPER	5'5	48	136/81		X	
56	Aastha	5th Y 10	5'5	45	82/53		X	
62	Yashika	Ecce Homo	5'5	69	123/75			
58	Aaravika	Ecce Homo	5'4	43	88/59		X	
59	Monica	CAO 4th year	5'5	59	94/72		✓	
60	Aparajita	Biotech 1 year	5'5	61	107/61		✓	
61	Munish	BCA 1 <sup>st</sup>	5'5	61	123/61		✓	
62	Neha	BCA 1 <sup>st</sup>	5'4	61	123/61		X	
63	Kidhi	BCA 1 <sup>st</sup>	5'	57	109/60			
64	Saheli	BA 1 year	5'2	65	113/73		X	
65	Monay	1 <sup>st</sup>	5'5	41	105/83		✓	
66	Neelam	1 <sup>st</sup>	5'4	60	112/73		✓	
67	Aavishi	1 <sup>st</sup>	5'2	41	101/75		X	
68	Sakshi	1 <sup>st</sup>	5'2	44	105/42			
69	Aastha	BA 3 year	5'4	48	108/79		X	
70	Shweta	BA 3 year	5'6	48	100/61		X	
71	Suhani	1 <sup>st</sup>	5'1	35	94/62		✓	
72	Paroma	BA 1 year	5'3	50	105/69		✓	
73	Vagisha	1 <sup>st</sup>	5'	51	106/75		X	
74	Deeksha	1 <sup>st</sup>	5'5	55	98/59		X	
75	Hanif	BSC 2 year	5'5	58	104/69		X	
76	Yashvi	BSC 1 year	5'10	52	91/65		X	
77	Preethi	BBA 1 year	5'5	47	110/63		✓	
78	Caroline	BBA 3 year	5'2	53	112/70		✓	
79	Ujwana	BBA 1 <sup>st</sup>	5'3	57	128/60		X	
80	Hedhawali	BA 1 year	5'2	59	92/65		X	
81	Aastha	Biotech 1 year	5'	63	103/70		X	

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25/9/24  
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St. Bede's College  
Shimoga

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Attendance Sheet



St. Bede's College Shimla

Activity Name: Workshop on Health & Dental Care

Date: September 25<sup>th</sup>, 2024 (Wednesday)

Timing: 10.30 am onwards

Sl. No.	Name	Designation/ Class	Height	Weight	B.P	Knee Knee	Flat Feet	Signature
82	Reya	Bio Tech 1 <sup>year</sup>	5'2	54	97/70	✓	✓	
83	Supriya	"	5'3	52	120/96	✓	✓	Supriya
84	Anusha	"	5'1	39	121/80	✓	✓	Anusha
85	Deeksha	BBA 3 <sup>year</sup>	5'2	52	96/67	✓	✓	Deeksha
86	Bawalka	"	5'3	49	102/88	✓	✓	Bawalka
87	Sukriti	B.Sc 3 <sup>year</sup>	5'5	46	98/92	✓	✓	Sukriti
88	Surbhi	"	5'4	52-55	110/110	✓	✓	Surbhi
89	Aditi	"	5'3	52-59	105/80	✓	✓	Aditi
90	Harsat	polytechnic	5'4	77-80	110/88	✓	✓	Harsat
91	Yashika	BBA 3 <sup>year</sup>	5'2	33-36	119/88	✓	✓	Yashika
92	Binali	D.Ed. 3 <sup>year</sup>	5'3	62	111/90	✓	✓	Binali
93	Mitali	D.Ed. 3 <sup>year</sup>	5'2	62	99/86	✓	✓	Mitali
94	Nisha	BA 2 <sup>year</sup>	5'3	65	102/89	✓	✓	Nisha
95	Kajal	"	5'5	46	95/79	✓	✓	Kajal
96	Reya	Eng 1 <sup>year</sup>	5'4	56	92/53	✓	✓	Reya
97	Mehima	"	5'3	45	97/61	✓	✓	Mehima
98	Akshara	"	5'4	49	109/84	✓	✓	Akshara
99	Samantha	BA Pass II	5'4	63	120/89	✓	✓	Samantha
100	Ishuwar Jh	"	5'4	55	114/102	✓	✓	Ishuwar Jh
101	Keshav Raut	"	5'5	57	92/79	✓	✓	Keshav Raut
102	Akashika Ma	BA Pass II	5'6	66	130/101	✓	✓	Akashika Ma
103	Shreya	BA Pass II	5'2	50	106/47	✓	✓	Shreya
104	Funk	BA Pass II	5'5	49	93/61	✓	✓	Funk
105	Sakshi	BA Pass II	4'7	46	109/89	✓	✓	Sakshi
106	Mukta Bijlani	BA Pass II	5'2	54	120/100	✓	✓	Mukta Bijlani
107	Alankar	BA Pass II	5'5	61 kg	106/99	✓	✓	Alankar
108	Pranita	BA Pass IIIR	5'5	58 kg	110/98	✓	✓	Pranita

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15/9/24  
Principal  
St. Bede's College  
Shimla

Attendance Sheet



Health Club,  
St. Bede's College Shimla

Activity Name: Workshop on Health & Dental Care

Date: September 25<sup>th</sup>, 2024 (Wednesday)

Timing: 10.30 am onwards

Sr. No.	Name	Designation/ Class	Height	Weight	B.P	Knock Knees	Flat Feet	Signature
109	Surendra Arora	BA IIIrd	5' 3	60	94/63		X	
110	Pratiksha	BA IIIrd	5' 1	52	112/75	X	✓	
111	Anuradha Kaurpal	BA II <sup>1/2</sup> year, Paper C	5' 2	54	115/64	X	✓	
112	Yashika Nagpal	BA II year **	5' 3	56	90/61	X	✓	
113	Riya Kaurpal	BA II year	5' 1	54	109/60	X	X	
114	Yashika	"	5' 2	54	99/64	X	X	
115	Anuradha	"	5' 3	63	116/70	X	✓	
116	Pratiksha	BA I <sup>1/2</sup> year	5' 5	64	106/59	X	X	
117	Yashika	"	5' 4	59	98/70	X	X	
118	Anuradha Bachan	BA Psych (II year)	5' 2	48kg	101/69	X	✓	
119	Abhishti	BA Geo (Hon) I <sup>st</sup>	5' 3	44 kg	110/75	X	X	
120	Kavita	BA Geo Hon	5' 5	56	125/85	X	X	
121	Leena	BA Psych. I <sup>st</sup>	5' 6	46kg	141/57	✓	X	
122	Divyanshu	"	5' 3	45kg	128/65	X	X	
123	Neetu	Eng Hon. 3 yrs.	5' 5	40kg	119/67	X	X	
124	Deepti	BA Bass. Edn.	5' 3	46kg	106/68	X	✓	
125	Manya	BSc. Mod. St.	5' 1	62kg	126/72	X	X	
126	Neetu	"	5	45kg	106/60	X	X	
127	Shwangi	B. Com. I <sup>st</sup>	5' 2	39kg	119/63	X	X	
128	Sonal	BA Bass. Edn.	5' 3	51kg	104/75	X	✓	
129	Shivay	BSC Mod. I <sup>st</sup>	5' 5	55kg	114/70	X	X	
130	Merida	Psy. Hon. 3 yrs.	5' 2	70kg	100/71	X	X	
131	Manishita	BSc. Mod. I <sup>st</sup>	5' 1	71kg	127/67	X	X	
132	Rehal	"	5' 2	54kg	121/64	X	X	
133	Ananya	"	5' 3	47kg	107/60	X	X	
134	Neetu	BSC. Mod. 2 yrs.	5' 4	47kg	121/58	✓	X	Vidika
135	Chahat	BSc. Mod. 2 yrs.	5' 1	49kg	123/50	X	X	

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St. Bede's College  
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Activity Name: Workshop on Health & Dental Care  
Date: September 25<sup>th</sup>, 2024 (Wednesday)  
Timing: 10.30 am onwards

Health Club,  
St. Bede's College Shimla

Sr. No.	Name	Designation/ Class	Height	Weight	R.P.	Rock Knee	Flat Feet	Signature
136	Shivathi	Scouting 3 <sup>rd</sup>	5'2	48	123/85	✓	✓	
137	Farwa	-	5'2	50	141/101	✓	✓	
138	Pratya	"	5'	46	101/70	✓	✓	
139	Fabilla	"	5'1	48	101/72	✓	✓	
140	Amritika	"	5'3	67	132/65	✓	✓	
141	Viswanath	Scouting 3 <sup>rd</sup>	5'2	68	119/70	✓	✓	
142	Uttam	"	5'3	57	115/65	✓	✗	Uttam
143	Malvika	10 <sup>th</sup> H.S. 3 <sup>rd</sup>	5'6	41.3kg	122/75	✓	✓	
144	Simran	B.A. 1 <sup>st</sup> year	5'5	41.9kg	108/69	✓	✓	
145	Sanya	"	5'3	46.5kg	115/74	✓	✓	
146	Abhishek	"	5'2	51.0kg	101/70	✓	✓	
147	Yashika	B.Sc. 1 <sup>st</sup> year	5'4	55.8kg	106/71	✓	✗	
148	Abhishek	B.A. 2 <sup>nd</sup> year	5'5	44kg	102/71	✓	✗	
149	Abhishek	B.Sc. 1 <sup>st</sup> year	5'4	70	109/56	✓	✓	
150	Yashika	B.A. 2 <sup>nd</sup> year	5'2	47	100/60	✓	✓	
151	Bharti	Scouting 3 <sup>rd</sup>	5'3	78	127/60	✓	✓	
152	Shreya	Scouting 3 <sup>rd</sup>	5'2	56	118/65	✓	✓	
153	Helly Mani	6 <sup>th</sup>	5'1	69.7kg	122/66	✓	✓	
154	Pragya	B.A.	5'3	51.0kg	106/68	✓	✓	
155	Kashish	B.A. 2 <sup>nd</sup> year	5'2	48	108/59	✓	✓	
156	Gauravika	B.A. 1 <sup>st</sup> year	5'5	44kg	110/75	✓	✓	
157	Aryana	10 <sup>th</sup> H.S. 2 <sup>nd</sup>	5'1	49kg	110/75	✓	✓	
158	Ushna Sehgal	10 <sup>th</sup> H.S. 2 <sup>nd</sup>	5'7	62kg	105/69	✓	✓	
159	Alamina	Scouting 3 <sup>rd</sup>	5'3	57.8kg	112/63	✓	✓	

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25/09/24  
Principal  
St. Bede's College  
Shimla

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Attendance Sheet



Health Club,  
St. Bede's College Shimla

Activity Name: Workshop on Health & Dental Care  
Date: September 25<sup>th</sup>, 2024 (Wednesday)  
Timing: 10.30 am onwards

(FACULTY)

AND

GENERAL  
PUBLIC

Sl. No.	Name	Designation/Class	Height	Weight	BP	Round Knee	Flat Foot	Signature
1	Shivani	Teacher	5'3	58.2	90/60	X	X	
2	Supriya	"	5'2	60.1	102/70	X	X	
3	Monica	"	5'4	55.3	133/80	X	X	
4	Sonal	"	5'5	65.9	194/103	X	X	
5	Rishabh	"	5'7	72.7	105/74	X	X	
6	Bikash	"	5'5	56.4	109/72	X	X	
7	Raj	"	5'2	51.3	125/95	X	X	
8	Rishi	"	5'3	58.5	100/71	X	X	
9	Shanti	"	5'5	57.1	145/78	X	X	
10	Shivam	"	5'4	52.3	115/80	X	X	
11	Ankita	"	5'3	49.2	80/51	X	X	
12	Lavani	Teacher	5'3	67.4	127/71	X	X	
13	Uma	Teacher	5'6	57.2	138/92	X	X	
14	Armita	"	5'1	44.6	113/81	X	X	
15	Swati	"	5'3	68.1	105/69	X	X	
16	Monika	"	5'3	64.8	124/83	X	X	
17	Swetha	"	5'3	70.4	125/72	X	X	
18	Shanti	"	5'5	55.3	141/83	X	X	
19	Yogita	"	4'10	48.2	115/79	X	X	
20	Archana	"	5'6	57.2	102/80	X	X	
21	Grace	"	4'7	76.35	157/93	X	X	
22	Madhu	Farmer	5'6	72.5	145/72	X	X	
23	Kavita Devi	Housewife	4'10	68.2	115/80	X	X	
24	Sabu Devi	Housewife	5'7	59.1	105/69	X	X	
25	Raju	Shopkeeper	5'6	73.5	138/90	X	X	

25/9/24 Principal  
St. Bede's College  
Shimla

25/09/24

Attendance Sheet