



## **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:

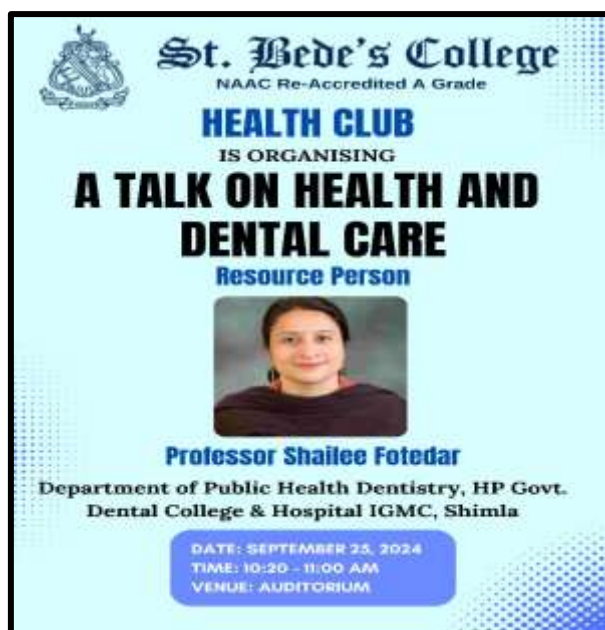
- 122 oral check-ups
- 27 dental fillings
- 7 oral cleanings/prophylaxis
- 20 X-rays



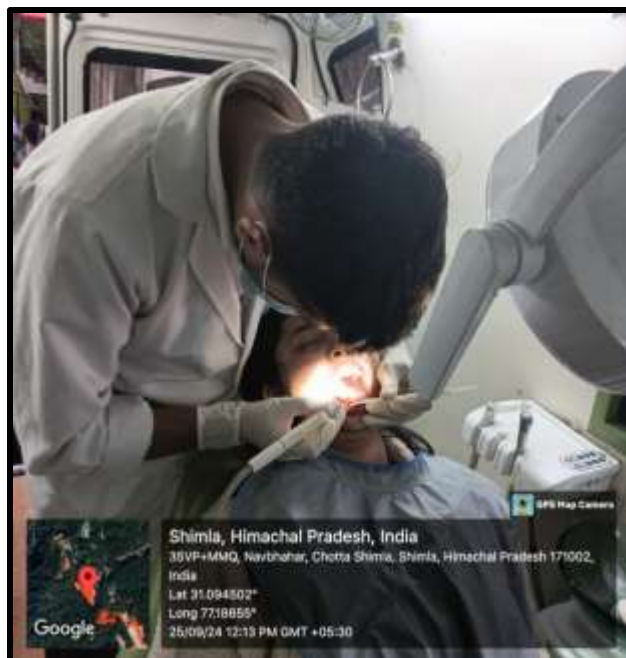
The camp concluded successfully around 4:00 PM, offering accessible and essential healthcare support to the college community.

### 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.



Brochures



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





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

### सेंट बीड्स कॉलेज में जांचा छात्राओं का स्वास्थ्य

शिमला। सेंट बीड्स 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 स्रोत 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 कैंप का आयोजन किया गया। इसमें छात्राओं की हाइट, वजन, नॉक नी, प्लेट फुट आदि की जांच की गई। इसके साथ दांतों की सफाई बारे 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। ब्यूरो

*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

Sr. No.	Name	Designation/Class	Height	Weight	B.P.	Knee	Flat Feet	Signature
1	Aisha	BioTech 1 year	5'3	49	112/60	✓	✓	Aisha
2	Ahushkar	" "	5'4	51	101/60	✓	X	Ahushkar
3	Ahushkar	BA Hons 1st	5'4	46	118/54	✓	X	Ahushkar
4	Himanshi	BA BSc 1st	5'2	52	120/60	✓	X	Himanshi
5	Aarti	BSc 1st year	5'3	45	119/59	✓	✓	Aarti
6	Amisha	" "	5'3	60	125/70	✓	✓	Amisha
7	Harshika	BA Hons 1st	5'2	55	109/58	X	✓	Harshika
8	Arushi	" "	5'8	60	122/60	X	✓	Arushi
9	Srishti	BA 1 year	5'1	47	102/50	X	X	Srishti
10	Sunam	" "	5'6	46	112/65	✓	X	Sunam
11	Johanna	BA 1 year	5'2	48	120/51	✓	✓	Johanna
12	Shravanika	BA 1st	5'5	54	120/50	✓	X	Shravanika
13	Kavya S	" "	5'4	52	102/49	✓	X	Kavya
14	Arushi	BA 1 year	5'4	47	101/60	✓	X	Arushi
15	Arushi	" "	5'3	46	121/60	X	✓	Arushi
16	Akshita	1st Year 2 year	5'4	46	109/58	X	✓	Akshita
17	Arushi	" "	5'2	55	105/62	X	✓	Arushi
18	Tejaswini	Psychology 2 year	5'1	52	121/50	X	✓	Tejaswini
19	Muskan	BioTech 1st year	5'2	46	132/60	X	✓	Muskan
20	Aarthy	BSc 1 year	5'1	50	111/50	X	✓	Aarthy
21	Arushi	" "	5'7	49	102/65	X	✓	Arushi
22	Sakshi	MSc 3rd Sem	5'3	51	102/59	X	X	Sakshi
23	Varshika	MSc 3rd Sem	5'2	53	122/57	✓	✓	Varshika
24	Kirika	1st Year 1 year	5'4	47	119/50	X	✓	Kirika
25	Varshika	" "	5'3	56	116/52	X	✓	Varshika
26	Aarthy	Psychology 2 year	5'7	57	123/51	X	✓	Aarthy
27	Aarthy	BA 2 year	5'2	44	120/60	X	✓	Aarthy

Principal  
St. Bede's College  
Shimla

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

Sr. No.	Name	Designation/Class	Height	Weight	B.P.	Knee Exam	Flat Feet	Signature
28	Rishi	ADON 1 year	5'1	51	120/85	✓	X	Rishi
29	Rishi	"	5'4	57	110/70	✓	✓	Rishi
30	Aparna	"	5'3	48	108/70	✓	X	Aparna
31	Omika	OLEFO 1 year	5'2	45	105/70	✓	X	Omika
32	Atika	"	5'1	50	120/80	✓	X	Atika
33	Ankusha	"	5'2	47	110/70	✓	X	Ankusha
34	Rachal	"	5'5	40	110/60	✓	X	Rachal
35	Sukanya	BSC 1 year	5'3	40	105/70	✓	X	Sukanya
36	Hanna	"	5'2	45	120/80	✓	X	Hanna
37	Schamunda	Eng Med 2 year	5	60	110/60	✓	✓	Schamunda
38	Kritika	"	5'1	51	100/70	✓	X	Kritika
39	Shruti	BBA 1 year	5'3	49	120/80	✓	X	Shruti
40	Neha	"	5'2	46	100/60	✓	X	Neha
41	Harshika	BA 1 year	5'5	39	100/50	✓	X	Harshika
42	Komal	QPM 1 year	5'6	44	100/70	✓	X	Komal
43	Shruti	"	5'5	53	100/70	✓	X	Shruti
44	Shruti	Eng Med 1 year	5'8	59	110/70	✓	X	Shruti
45	Shruti	"	5'2	59	110/70	✓	X	Shruti
46	Arushi	"	5'4	60	110/70	✓	X	Arushi
47	Arushi	Eng Med 2 year	5'5	57	120/80	✓	X	Arushi
48	Krishna	"	5'3	53	110/70	✓	X	Krishna
49	Shruti	"	5'2	59	110/70	✓	X	Shruti
50	Neha	"	5'8	52	120/80	✓	X	Neha
51	Rekha	BBA 3 year	5'3	58	110/70	✓	X	Rekha
52	Aditi	"	5'2	47	100/70	✓	X	Aditi
53	Shruti	BA 2 year	5'1	49	110/70	✓	X	Shruti
54	Hishika	YD 1 year	5'3	61	120/80	✓	X	Hishika

25/9/24

Principal  
St. Bede's College  
Shimla

(Signature)

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	Sahil	5th 2 year	5'5	48	136/81		X	
56	Aartha	5th "	5'5	46	82/58		X	
57	Sushma	6th 2 year	5'5	59	123/75		X	
58	Arvind	6th 2 year	5'5	43	82/59		X	
59	Arvind	6th 2 year	5'5	59	96/72		X	
60	Aravind	6th 2 year	5'5	61	96/72		X	
61	Aravind	6th 2 year	5'5	61	96/72		X	
62	Neha	6th 2 year	5'5	61	172/65		X	
63	Rishi	6th 2 year	5'5	61	108/60		X	
64	Sahil	6th 2 year	5'5	61	113/73		X	
65	Aravind	6th 2 year	5'5	61	115/74		X	
66	Aravind	6th 2 year	5'5	61	115/74		X	
67	Aravind	6th 2 year	5'5	61	115/74		X	
68	Aravind	6th 2 year	5'5	61	115/74		X	
69	Aravind	6th 2 year	5'5	61	115/74		X	
70	Aravind	6th 2 year	5'5	61	115/74		X	
71	Aravind	6th 2 year	5'5	61	115/74		X	
72	Aravind	6th 2 year	5'5	61	115/74		X	
73	Aravind	6th 2 year	5'5	61	115/74		X	
74	Aravind	6th 2 year	5'5	61	115/74		X	
75	Aravind	6th 2 year	5'5	61	115/74		X	
76	Aravind	6th 2 year	5'5	61	115/74		X	
77	Aravind	6th 2 year	5'5	61	115/74		X	
78	Aravind	6th 2 year	5'5	61	115/74		X	
79	Aravind	6th 2 year	5'5	61	115/74		X	
80	Aravind	6th 2 year	5'5	61	115/74		X	
81	Aravind	6th 2 year	5'5	61	115/74		X	

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

Sr. No.	Name	Designation/Class	Height	Weight	B.P.	Knee Knee	Flat Feet	Signature
83	Riya	Bio tech 1 year	5'2	54	97/70	✓	✓	
84	Sakshya	"	5'3	52	120/96	✓	✓	
85	Anusha	"	5'1	39	130/100	✓	✓	
86	Dakshina	BA 3 year	5'2	52	96/67	✓	✓	
87	Anshika	"	5'3	49	102/98	✓	✓	
88	Sakshi	B.Sc. 3y.	5'5	46	108/92	✓	✓	
89	Surbhi	"	5'4	52.9 kg	110/110	✓	✓	
90	Pooja	"	5'3	57.29	105/90	✓	✓	
91	Harekat	Phy. 2nd yr.	5'4	72 kg	110/89	✓	✓	
92	Kavita	BA 3rd yr.	5'2	36 kg	113/84	✓	✓	
93	Anshika	D.Phil. 2nd yr.	5'3	62	111/90	✓	✓	
94	Mitali	D.Phil. 1st yr.	5'2	46	99/86	✓	✓	
95	Neha	BA 2 year	5'3	45	105/89	✓	✓	
96	Kajal	"	5'5	46	95/79	✓	✓	
97	Kavya	Eng 1 year	5'4	56	82/57	✓	✓	
98	Mahima	"	5'3	45	97/61	✓	✓	
99	Akshara	"	5'4	49	108/84	✓	✓	
100	Samman	BA Pass II	5'4	68	120/89	✓	✓	
101	Ishwari Devi	"	5'4	55	114/100	✓	✓	
102	Krishna Devi	"	5'5	57	92/79	✓	✓	
103	Anamika	BA Pass II	5'6	66	120/101	✓	✓	
104	Shweta	BA Pass II	5'2	50	106/44	✓	✓	
105	Pooja	BA Pass II	5'5	49	93/64	✓	✓	
106	Sakshi	BA Pass II	4'7	46	109/89	✓	✓	
107	Mukta	BA Pass II	5'2	54	120/100	✓	✓	
108	Alankar	BA Pass II	5'5	61 kg	106/94	✓	✓	
109	Pranika	BA Pass II	5'5	58 kg	110/96	✓	✓	

100/100  
25/9/24

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	Kneek Knees	Flat Feet	Signature
109	Suman Arora	BA III <sup>rd</sup>	5' 3	60	94/163	X	X	Suman
110	Shalika	BA III <sup>rd</sup>	5' 1	52	112/75	X	✓	Shalika
111	Shruti Kaur	BA III <sup>rd</sup> Pass.	5' 2	54	115/84	X	✓	Shruti
112	Tanvi Kaur	BA II <sup>nd</sup> year	5' 3	56	90/61	X	✓	Tanvi
113	Riya Kaur	BA II <sup>nd</sup> year	5' 1	54	109/60	X	X	Riya
114	Nikshita	"	5' 2	54	99/64	X	X	Nikshita
115	Anurag	"	5' 3	63	116/70	X	X	Anurag
116	Arushi	BA III <sup>rd</sup> year	5' 5	64	100/59	X	X	Arushi
117	Arushi	"	5' 4	59	98/70	X	X	Arushi
118	Arushi Chahal	BA III <sup>rd</sup> (D.Yer)	5' 2	48 kg	101/69	X	X	Arushi
119	Arushi	BA III <sup>rd</sup> (Hons) I <sup>st</sup>	5' 3	44	110/75	X	X	Arushi
120	Kousha	BA III <sup>rd</sup> Hons	5' 5	58	125/85	X	X	Kousha
121	Utkarsh	BA Pass. cos.	5' 6	46 kg	141/57	✓	X	Utkarsh
122	Arushi	"	5' 8	45 kg	128/65	X	X	Arushi
123	Nishita	BA Hons. 3 <sup>rd</sup> yr.	5' 5	40 kg	119/67	X	X	Nishita
124	Arushi	BA Pass. cos.	5' 3	46 kg	106/68	X	✓	Arushi
125	Manya	BSc med. 1 <sup>st</sup>	5' 1	52 kg	126/72	X	X	Manya
126	Manika	"	5	45 kg	100/60	X	X	Manika
127	Shwangi	Bconsist.	5' 2	39 kg	119/63	X	X	Shwangi
128	Sonal	BA Pass. cos.	5' 3	51 kg	104/75	X	✓	Sonal
129	Shriya	BSc med. 1 <sup>st</sup>	5' 5	55 kg	114/70	X	X	Shriya
130	Musika	BSc med. 3 <sup>rd</sup> yr.	5' 2	70 kg	100/71	X	X	Musika
131	Manshika	BSc med. 1 <sup>st</sup>	5' 1	71 kg	127/67	X	X	Manshika
132	Khal	"	5' 2	54 kg	121/64	X	X	Khal
133	Ananya	"	5' 3	47 kg	107/60	X	X	Ananya
134	Nedica	BSc med. 2 <sup>nd</sup> yr.	5' 4	47 kg	121/58	✓	X	Nedica
135	Charvi	BSc med. 2 <sup>nd</sup> yr.	5' 1	49 kg	123/50	X	X	Charvi

molym  
26/9/24

Principal  
St. Bede's College  
Shimla

Pl



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.	Black Knee	Flat Feet	Signature
136	Mishra	Health 3yr	5'2	48	123/85	✓	✓	
137	Patel	"	5'2	50	116/101	✓	✓	
138	Patel	"	5	46	101/70	✓	✓	
139	Patel	"	5'1	48	107/72	✓	✓	
140	Patel	"	5'3	67	132/65	✓	✓	
141	Mishra	Health 3yr	5'2	68	119/70	✓	✓	
142	Mishra	"	5'5	57	115/61	✓	✓	
143	Mishra	Health 3yr	5'6	41.2kg	122/75	✓	✓	
144	Mishra	BA Pass 1 <sup>st</sup>	5'5	41.4kg	108/79	✓	✓	
145	Patel	"	5'3	46.5kg	115/74	✓	✓	
146	Mishra	"	5'2	51.0kg	101/70	✓	✓	
147	Mishra	B.Sc. Health 3yr	5'4	55kg	106/71	✓	✓	
148	Mishra	BA Pass 3rd	5'5	44kg	107/77	✓	✓	
149	Mishra	B.Sc. Health 3yr	5'5	70	99/56	✓	✓	
150	Mishra	BA Pass 3rd	5'2	47	101/60	✓	✓	
151	Mishra	Health 3yr	5'3	78	127/60	✓	✓	
152	Mishra	Health 3yr	5'2	56	118/65	✓	✓	
153	Mishra	BA	5'1	69.7kg	122/66	✓	✓	
154	Mishra	BA	5'3	51kg	106/68	✓	✓	
155	Mishra	BA 2 years	5'2	48	108/59	✓	✓	
156	Mishra	BA 1 year	5'5	44kg	110/75	✓	✓	
157	Mishra	BA 1 year	5'1	44kg	96/53	✓	✓	
158	Mishra	BA 1 year	5'7	62kg	105/69	✓	✓	
159	Mishra	BA 1 year	5'3	52kg	112/62	✓	✓	

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

Health Club,  
St. Bede's College Shimla

Sr. No.	Name	Designation/Class	Height	Weight	B.P.	Knee	Flat Foot	Signature
1	Dr. Anurag	Teacher	5'3	58.2	90/61	X	X	[Signature]
2	Ananya	"	5'2	60.4	147/61	X	X	[Signature]
3	Anshika	"	5'4	55.3	139/64	X	X	[Signature]
4	Aradhya	"	5'5	65.4	144/83	X	X	[Signature]
5	Arushi	"	5'7	72.7	105/109	X	X	[Signature]
6	Arushi	"	5'5	56.4	114/85	X	X	[Signature]
7	Arushi	"	5'2	51.3	115/85	X	X	[Signature]
8	Arushi	"	5'3	58.6	100/71	X	X	[Signature]
9	Arushi	"	5'5	57.1	145/83	X	X	[Signature]
10	Arushi	"	5'4	52.3	115/60	X	X	[Signature]
11	Arushi	"	5'3	48.6	80/51	X	X	[Signature]
12	Arushi	Teacher	5'3	67.4	117/73	X	X	[Signature]
13	Arushi	Teacher	5'6	57.2	138/90	X	X	[Signature]
14	Arushi	"	5'1	44.6	113/81	X	X	[Signature]
15	Arushi	"	5'3	68.2	105/69	X	X	[Signature]
16	Arushi	"	5'2	54.2	124/83	X	X	[Signature]
17	Arushi	"	5'3	70.4	125/70	X	X	[Signature]
18	Arushi	"	5'5	55.3	141/83	X	X	[Signature]
19	Arushi	"	4'10	48.2	115/79	X	X	[Signature]
20	Arushi	"	5'6	67.2	142/80	X	X	[Signature]
21	Arushi	"	4'7	76.35	150/93	X	X	[Signature]
22	Karla Devi	Housewife	5'6	72.5	135/72	X	X	[Signature]
23	Sahni Devi	Housewife	5'10	68.2	116/80	X	X	[Signature]
24	Rajni	Shopkeeper	5'6	59.1	105/64	X	X	[Signature]
				73.5	136/90	X	X	[Signature]

(FACULTY)

AND

GENERAL PUBLIC

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

85.09.24

Attendance Sheet