



**Members Health Club:**

1. Mr. Anoop Dilta
2. Dr. Vikrant Bhardwaj
3. Ms. Jagriti Chauhan
4. Ms. Anjana Devi

**Students Members:**

1. Vice-President: Shreya Chauhan
2. Secretary: Srishti Chauhan

## **ACTIVITIES FOR THE SESSION 2021-22**

### **Exhibition of Traditional Foods & its Health Benefits**

An event was organized on 9th March, 2022 by the Health Club of St. Bede's College in collaboration with Home Science Department and Geography Department on the theme: 'Traditional Food and its Health Benefits'. In this event the students of various departments cooked and show cased their traditional foods in the laboratory of the department of Home Science. There were 7 participants in the competition. The Benefits of these Dishes were explained by the teacher and the students of Home science Department.

Event was judged by Dr. Vikrant Bhardwaj, Mr. Anoop Dilta, Ms. Jagriti Chauhan, and Ms. Jaivanti Madaik.

The objective of this event was to focus on inter-dependency of Healthy food and Healthy body.

The results of this event were as follows:

- 1<sup>st</sup> position - Ananya Garg (B.A. Geography, Honours 2<sup>nd</sup> Year).
- 2<sup>nd</sup> position - Hari Chandana (B.A. Geography Pass Course 2<sup>nd</sup> Year).
- 3<sup>rd</sup> position - Darshleen Kaur (B.A. Geography Honours 2<sup>nd</sup> year).



*Health Club*  
*St. Bede's College, Shimla*



*"Let food be thy medicine, thy medicine shall be thy food."*



Students displaying traditional dishes and explaining its health benefits



## PARTICIPATION IN THE MARATHON: NASHAMUKT BHARAT ABHYAN

St. Bede's College always looks forward towards the nation building activities. In the context of **NASHA MUKT BHARAT ABHIYAN**, 14 students took part in the marathon organized by DC Shimla at Ridge Ground on 24<sup>th</sup> April 2022. Each participant was provided with T-Shirt, Refreshment and a certificate of participation by the organizer.

### Names of the participants:

Ivy Bhattan, Anika, Yashrita Sharma, Manisha Sharma, Ananya Singh, Riya Verma, Arushi Awasthi, Anoushka Moses, Nikita Chauhan, Varnika Rathour, Nandini Sharma, Maanika Sethi and Mehak Mehta.

### Attendance Sheet

Sr. No.	Participant Name	Name of School/college	Signature
1)	Ivy Bhattan	St. Bede's College.	Ivy
2)	Anika		Anika
3)	Rutuja Kulkarni		
4)	Yashrita Sharma		Yashrita Sharma
5)	Suishti Mehta		
6)	Manisha Sharma		Manisha
7)	Ayushi Parmar		
8)	Ananya Singh		
9)	Riya Verma		Riya Verma
10)	Arushi Awasthi		Arushi
11)	Angelina Tej		
12)	Anoushka Moses		Anoushka
13)	Nikita Chauhan		Nikita
14)	Varnika Rathour		Varnika
15)	Nandini Sharma		Nandini
16)	Maanika Sethi		Maanika
17)	Jehita Modi		
18)	Mehak Khakta.		Mehak



# Health Club St. Bede's College, Shimla

