



## ***NSO & HEALTH CLUB*** ***St. Bede's College Shimla (H.P)***

**Event: Physical Fitness Test**

**Date: September 17, 2022**

**Venue: College Campus**

The Physical Fitness Test was conducted on September 17, 2022 in the college campus. Around 42 students participated in this test. The test was conducted under the banner of NSO & Health Club. Several items such as Sit-ups, Standing Broad Jump, Shuttle Run, Medicine Ball Throw and 600 Meter Run were included in this test.

The test was conducted under the banner of NSO & Health Club. Dr. Ashwani Kumar, Dr. Kusum Sharma, Miss Jagriti Chauhan, Miss Anjana Kumari, Mr. Bihari Lal Thakur, Miss Ananya Thakur (NSO, President), Miss Tenzin Palkey (NSO, Secretary), Miss Vasundhra Sapehia (Health Club, President) and Miss Muskan Sharma (Health Club, Secretary) gave active support in making the test a success.



**NSO & Health Club**





## Health Club St. Bede's College Shimla (H.P)

### MEGA VACCINATION DRIVE (06<sup>th</sup> August, Saturday) UNDER HEALTH CLUB:

A mega vaccination drive was organized by the Health Club of St. Bede's college on 6<sup>th</sup> August, 2022 in the college campus under the aegis of **Ministry of Health and Family Welfare** and **"Azadi ka Amrut Mahotsav"**.

The Medical team from DDU Hospital, Shimla was conducted the camp. The booster dose was given to more than 300 beneficiaries which included students, faculty and individuals from outside. Dr Shramja Munjal, Dr. Ashwani Kumar, Dr. Kusum Sharma, Ms. Jagriti Chauchan and Mr Bihari Lal Thakur were actively involved in organising this Camp.

### Glimpses of the Drive:





## Health Club St. Bede's College Shimla (H.P)



Date: 08/08/2022

Health Club





## HEALTH CLUB St. Bede's College Shimla (H.P)

### **Report: Health Awareness Program on Breast Cancer**

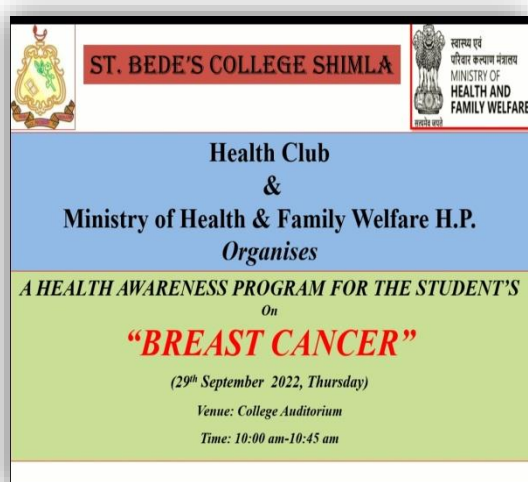
**Date: 29/09/2022, Thursday**

**Venue: College Auditorium**

A Health Awareness Program for students on “Breast Cancer” was conducted on September 29, 2022 in the college Auditorium. More than 200 students participated in this program. The program was conducted under the aegis of Ministry of Health and Family Welfare (H.P) and Health Club. Dr. Pratima Thakur (Cancer Specialist), Indira Gandhi Medical College and Hospital Shimla was the guest speaker of the program. She made the students aware about various facts related to breast cancer. Dr. Sharmja Munjal, Head Department of Botany felicitated the speaker. The program was presided over by the Miss Vasundhra Saphia (President, Health Club) and the vote of thanks was proposed by Miss Muskan Sharma (Secretary, Health Club).

Dr. Ashwani Kumar, Dr. Kusum Sharma, Miss Jagriti Chauhan, Mr. Bihari Lal Thakur, Miss Vasundhra Sapehia (President, Health Club) and Miss Muskan Sharma (Secretary, Health Club) gave active support in making the program a success.

### **Glimpses of the Program:**





## HEALTH CLUB St. Bede's College Shimla (H.P)



Health Club