



HEALTH CLUB ACTIVITIES 2021-23

SESSION 2021-22

Exhibition of Traditional Foods & its Health Benefits

On March 9, 2022, the Health Club of St. Bede's College, in collaboration with the Home Science Department and Geography Department, organized an event focused on the theme of "Traditional Food and its Health Benefits."

Objective: The main objective of the event was to emphasize the inter-dependency of healthy food and a healthy body. By showcasing traditional foods and their health benefits, the event aimed to educate participants and attendees about the significance of incorporating traditional and nutritious meals into their diets. It aimed to promote the preservation of culinary traditions while advocating for the overall well-being of individuals.

The event took place in the laboratory of the Home Science Department, where participants from different departments prepared and showcased their traditional dishes. The students demonstrated their cooking skills and shared the significance of their chosen recipes.

Outcome: The event successfully highlighted the rich heritage and nutritional value of traditional foods. Participants gained a deeper understanding of the health benefits associated with their cultural cuisine. By showcasing their dishes, students not only celebrated their culinary traditions but also raised awareness about the importance of maintaining a balanced and nutritious diet.

The event encouraged participants and attendees to incorporate traditional foods into their daily lives, promoting a healthier lifestyle and fostering a sense of pride in cultural heritage. It served as a platform for cultural exchange and appreciation, as individuals from diverse backgrounds shared their traditional recipes and learned from one another.



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



Students displaying traditional dishes and explaining their health benefit

PARTICIPATION IN THE MARATHON: NASHAMUKT BHARAT ABHYAN

St. Bede's College has always been dedicated to actively engaging in nation-building activities. In line with this commitment, the college participated in the NASHA MUKT BHARAT ABHIYAN (Campaign for a Drug-Free India). As part of this initiative, 14 students from St. Bede's College took part in a marathon organized by the Deputy Commissioner (DC) of Shimla at Ridge Ground on April 24, 2022.

Objective: The objective of their participation was to support the cause of creating a drug-free society and raising awareness about the harmful effects of substance abuse. By participating in the marathon, the students aimed to contribute to the larger mission of the NASHA MUKT BHARAT ABHIYAN and promote a healthier and safer environment for themselves and the community.

Each participant in the marathon was provided with a T-shirt, refreshments, and a certificate of participation by the organizers. The event took place at Ridge Ground, where the students actively ran and showcased their dedication towards the cause. Their involvement demonstrated their commitment to the values and principles of St. Bede's College and their willingness to actively contribute to the betterment of society.

Outcome: The outcome of their participation was not only the physical achievement of completing the marathon but also the impact they made by spreading awareness about the NASHA MUKT BHARAT ABHIYAN. By actively engaging in the event, the students showcased their



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unity, determination, and commitment to building a drug-free nation. They served as role models for others, inspiring individuals to make healthier choices and work towards creating a society free from substance abuse.





SESSION 2022-23

MEGA VACCINATION DRIVE

The Health Club at St. Bede's College, Shimla organized "A MEGA VACCINATION DRIVE" on 6th August 2022, in the college campus under the aegis of the Ministry of Health and Family Welfare and "Azadi ka Amrut Mahotsav."

Objective: The objective of the vaccination drive was to rapidly increase population-level immunity, reduce the spread of the pandemic, and further decrease associated diseases and deaths. The medical team from DDU Hospital, Shimla, conducted the camp, where the booster dose was administered to more than 300 beneficiaries, including students, faculty, and individuals from outside.

Outcome: The primary outcome of the vaccination drive was to create awareness among everyone about their health. By providing the booster dose to the beneficiaries, the event aimed to contribute to raising the overall immunity and combatting the ongoing pandemic.





HEALTH AWARENESS PROGRAM ON “BREAST CANCER”

On September 29, 2022, a Health Awareness Program on "Breast Cancer" was organized in the Auditorium of the college, aiming to educate and raise awareness among the students. The program was conducted under the collaboration of the Ministry of Health and Family Welfare (H.P) and the Health Club of the college. More than 200 students attended the program, showing their interest in learning about breast cancer and its impact.

Dr. Pratima Thakur, a Cancer Specialist from Indira Gandhi Medical College and Hospital Shimla, was invited as the guest speaker for the program. With her expertise in the field, she shared valuable insights, facts, and information related to breast cancer. The students had the opportunity to learn about the causes, symptoms, risk factors, early detection, and preventive measures associated with breast cancer.

The program was presided over by Miss Vasundhra Saphia, the President of the Health Club. Her leadership and dedication ensured the successful organization of the event.

The Health Awareness Program on "Breast Cancer" provided an invaluable learning experience for the students. It equipped them with essential knowledge about breast cancer, empowering them to recognize the importance of early detection, promote preventive measures, and spread awareness among their peers and the community. By organizing such programs, the college aimed to create a health-conscious environment and contribute to the overall well-being of its students.



The poster features the college logo on the left and the Ministry of Health and Family Welfare logo on the right. The central text is set against a blue and green background.

ST. BEDE'S COLLEGE SHIMLA

स्वास्थ्य एवं
परिवार कल्याण मंत्रालय
MINISTRY OF
HEALTH AND
FAMILY WELFARE
मर्यादा बंधन

**Health Club
&
Ministry of Health & Family Welfare H.P.
Organises**

A HEALTH AWARENESS PROGRAM FOR THE STUDENT'S
On
“BREAST CANCER”
(29th September 2022, Thursday)
Venue: College Auditorium
Time: 10:00 am-10:45 am





PHYSICAL FITNESS TEST

On September 17, 2022, the NSO (National Service Scheme) and Health Club organized a Physical Fitness Test in the college campus.

Objective: The test aimed to assess and promote the physical fitness levels of the students. A total of 42 students enthusiastically participated in the event, showcasing their determination and commitment towards their overall well-being.

The Physical Fitness Test included a range of activities and exercises that assessed different aspects of fitness. The items included Sit-ups, Standing Broad Jump, Shuttle Run, Medicine Ball Throw, and a 600 Meter Run. These activities tested various physical abilities such as muscular strength, agility, speed, and endurance.



Health Club
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Under the supervision and guidance of the NSO and Health Club coordinators, the participants gave their best efforts in each activity.

Outcome: The event provided an opportunity for the students to assess their own physical capabilities, set personal fitness goals, and work towards improving their fitness levels.

By conducting the Physical Fitness Test, the NSO and Health Club aimed to promote the importance of physical fitness and encourage students to lead an active and healthy lifestyle. The test served as a reminder of the significance of regular exercise and physical activity in maintaining overall well-being.





WALK FOR HEALTH

On March 18, 2023, the Health Club of St. Bede's College Shimla organized a "WALK FOR HEALTH" activity with the objective of promoting the importance of walking and staying active for overall well-being.

Objective: The event aimed to raise awareness among students about the numerous health benefits associated with walking regularly.

The activity began with the teachers in charge providing a briefing to the volunteers, highlighting the significance of walking as a form of exercise. They emphasized the advantages of walking in improving balance, blood circulation, boosting the immune system, and strengthening bones, among other health benefits.

To make the walk more enjoyable and refreshing, the forest road was chosen as the route. This decision provided the students with an opportunity to connect with nature, appreciate its beauty, and experience a serene environment while engaging in physical activity.

During the walk, Dr. Kusum Sharma, a faculty member, shared valuable knowledge about various medicinal plants found along the route. The students learned about the different plants and their traditional medicinal uses, enhancing their understanding of the natural resources and their potential health benefits.

The walk lasted for two hours, allowing the participants to engage in a sustained physical activity that demonstrated the practical health benefits of walking. As they walked and immersed themselves in the natural surroundings, the students experienced improved blood circulation, increased energy levels, and a sense of well-being.

Outcome: By raising awareness about the benefits of walking and providing a platform for students to engage in physical activity, the Health Club aimed to instil a culture of regular exercise and active living among the student community.

