



## HEALTH CLUB ACTIVITIES 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.

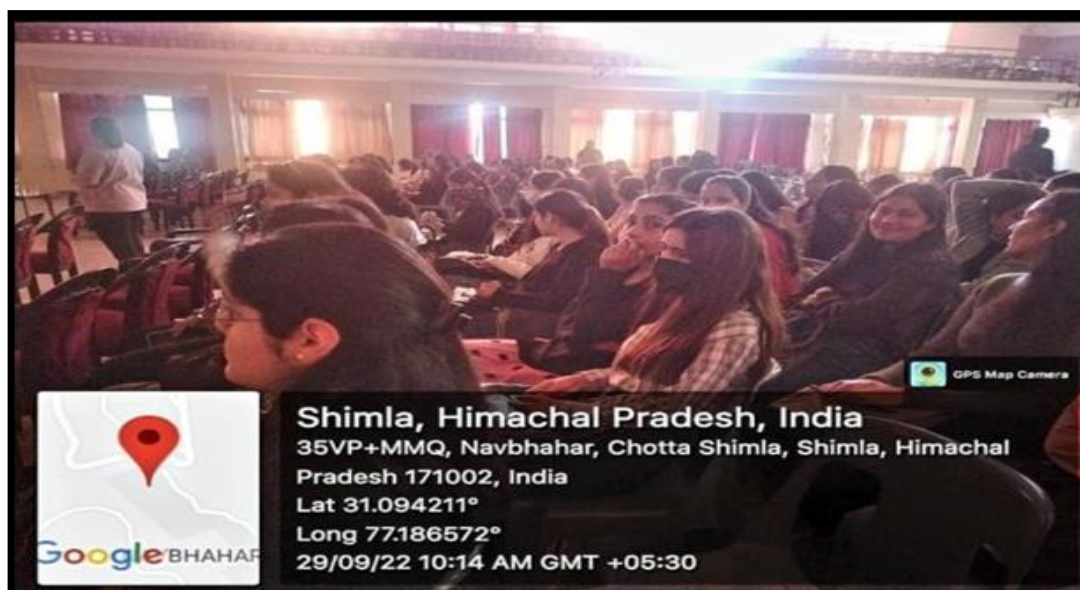
The program was presided over by Miss Vasundhra Saphia, the President of the Health Club. Her leadership and dedication ensured the successful organization of the event.

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 top left and the Ministry of Health and Family Welfare logo on the top right. The text is centered and reads: 'ST. BEDE'S COLLEGE SHIMLA' in a red banner, followed by 'Health Club & Ministry of Health & Family Welfare H.P. Organises' in a blue box, and 'A HEALTH AWARENESS PROGRAM FOR THE STUDENT'S On "BREAST CANCER"' in a green box. Below this, it specifies the date '(29<sup>th</sup> September 2022, Thursday)', venue 'College Auditorium', and 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*  
*St. Bede's College, Shimla*

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.

