



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

**Activity Name: Health awareness Talk on 'DRUGS AND THEIR PREVENTIONS'**

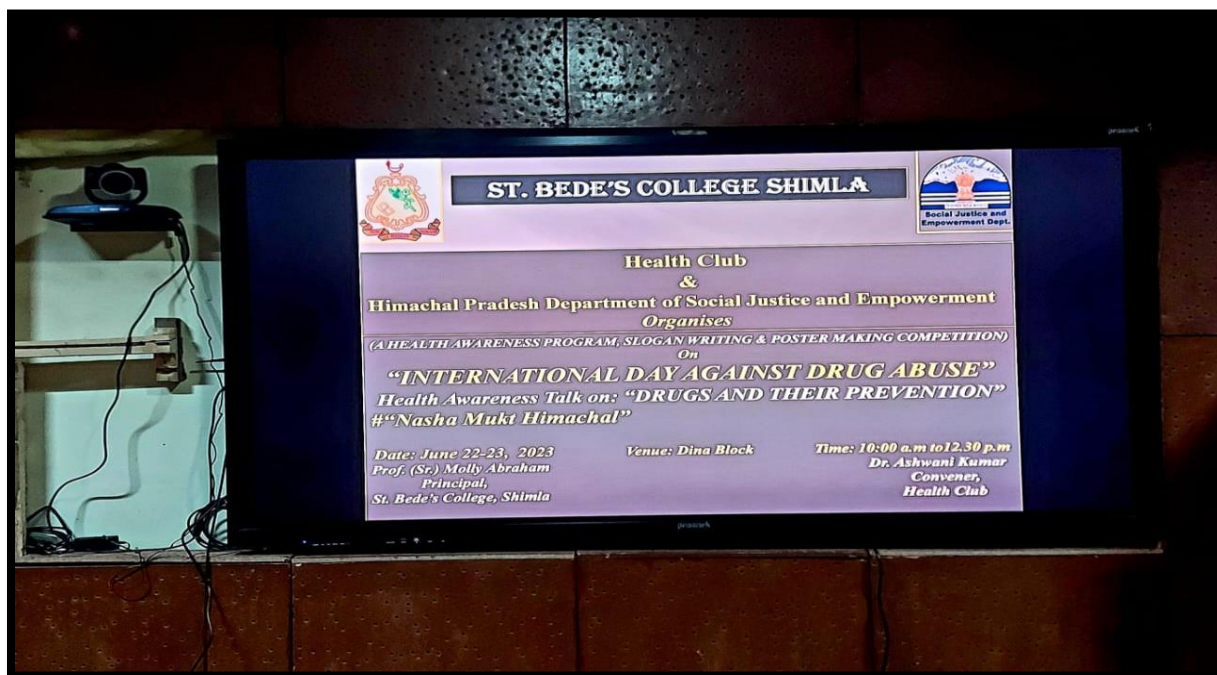
**Date: June 22-23, 2023**

**Objective:** To spread awareness about adverse effects of drugs.

**Description:** The Health Club of St. Bede's College conducted a health awareness talk on drugs and their preventions. Dr. Ashwani Kumar, Convener of Health Club conducted the session. The main objective of this talk was to spread awareness among students towards drugs, doping and their preventions. The session was conducted under the banner of "International day against drug abuse andNasha MukHimachal". 50 students participated in this session.

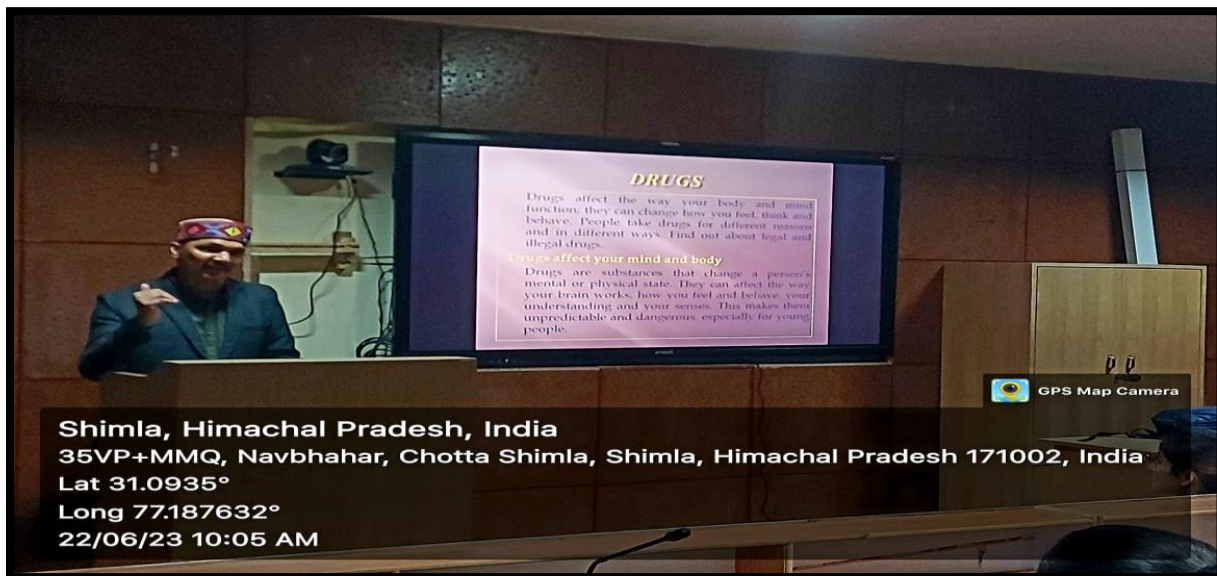
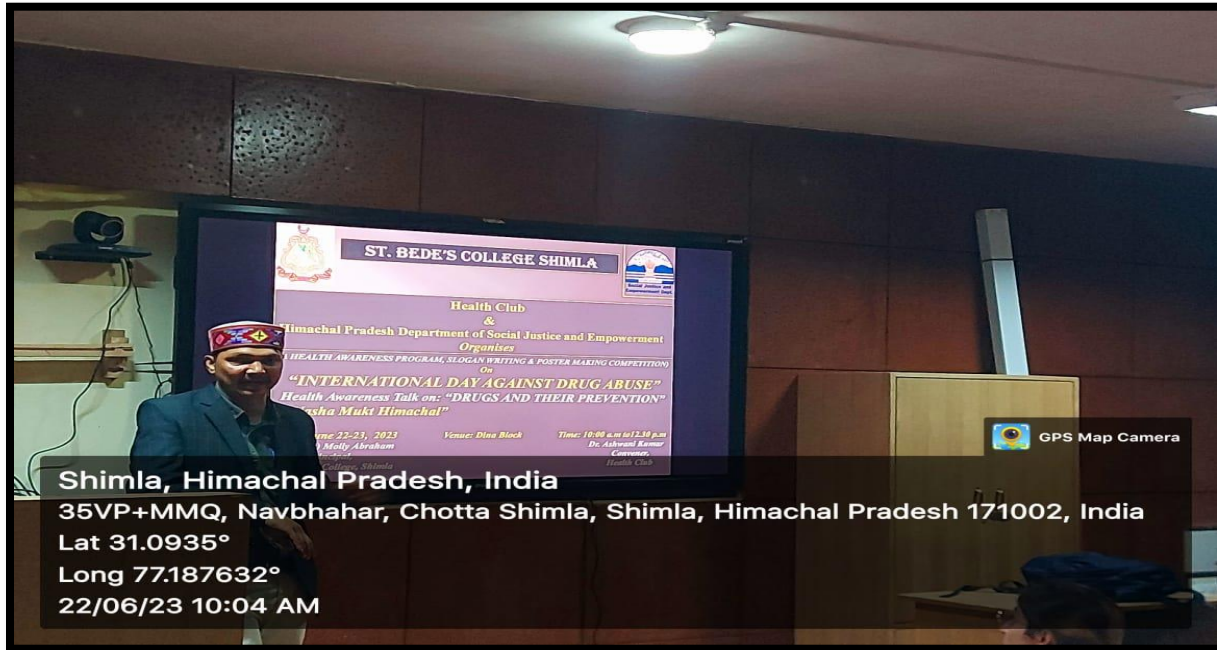
**Outcome:** It includes the drug control system and its potential to improve the quality of life of people affected by drug use disorders.

**Glimpses:**





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**Event Name:** International Webinar on Health under the theme of “Y20 Yuvamanthan Model G20”

**Date:** September 9, 2023

**Objective:** To build self-awareness through youth leadership programs and create a platform for young people to have a discussion on global issues.

**Description:** The Health Club of St. Bede's College, Shimla, Organized an International Webinar in collaboration with ministry of youth affairs and sports on “Complete well-being Physical Mental Health through Traditional Medicine and Yoga”, on September 9, 2023, under



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the theme of “Y20 Yuvamanthan Model G20”. Professor Yvone Paul from South Africa and Professor Jerome Porto from Philippines were the international speakers for the webinar. The moderator of the webinar was Professor Rajkumar Malipatil from Karnataka. The first speaker gave a talk on the topic ‘Exercise is Medicine’. The talk was very informative and threw light on role of exercise as medicine. The second session was presented by Professor Jerome Porto on the topic of Smart fitness. He highlighted the importance of health and fitness and its importance in the present time. The College Principal Professor (Sr.) Molly Abraham also emphasised on the importance of health for everyone and also motivated the organisers to conduct such health related webinars and activities to create awareness among students and public as well. More than 70 participants from India and abroad participated in the webinar.

**Outcome:** Increased Knowledge and Awareness: The ability to comprehend the interrelated elements of physical, mental, and emotional well-being will be improved in participants.





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**Activity Name: Health Check-up Camp for Govt. School Children.**

**Date: September 23, 2023**

**Objective:** To make students aware about their health and about the importance of the routine checkups.


**Description:** Health club of St. Bede's College organized a Health Check-up for School children. The check-up was done for the students of Govt. Primary School, Sanjauli, Shimla. There were three parameters for the check-up, viz. Weight, Height and Harward Step Test. Total 32 children were tested on the above parameters. More over the faculty members of the college got themselves checked on the parameters along with tests for Blood Pressure and Pulse rate. A proper record was maintained for the check-up and students were advice to take nutritious food supplements and to take care of their health by participating in various health activities.

**Outcome:** To improve health, attention should be paid to balanced diet along with daily health checkup.





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**Glimpses:**



Y20  
2023 INDIA





Y20  
2023 INDIA

# “HEALTH CHECK-UP CAMP”

( FOR GOVT. SCHOOL, SANJAULI, SHIMLA)  
23<sup>rd</sup> September 2023 (Saturday)

- 1. Weight
- 2. Height
- 3. Blood Pressure and,
- 4. Harvard Step Test

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**Activity Name: Workshop on Substance Use (Drug) Prevention**

**Date: December 6, 2023**

**Description:** On December 6, 2023 the Health Club, St. Bede's College in collaboration with the NCC Unit organized a workshop on Substance Use (Drug) Prevention. The session was conducted by the Non profit - Vyaktitva Foundation under the initiative "Udaan". The resource persons for the day were Major Vikas Kadsholi, Mr. Kulpreet Singh Saini and Ms. Arunima Sharma. It was an interactive session which emphasized on the importance of fostering a supportive environment to prevent and combat drug abuse. The students actively participated in the discussions, raising questions and engaging in conversations about the role of education, community, and mental health support to combat the issue of issue drugs. The event not only provided valuable information but also encouraged an open dialogue among students, faculty,



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and staff. The day's event was organized under the guidance of College Principal Prof. Sr. Molly Abraham.

**Outcome:** Students were awakened about physical and mental health and emphasis was laid on not consuming drugs.

**Glimpses:**

**SUBSTANCE USE  
(DRUG) PREVENTION  
SESSION**

NCC Unit, St. Bede's College under  
7 HP (I) Coy NCC Shimla in  
collaboration with the Health Club is  
Organising a Session on  
Substance Use (Drug) Prevention

**DATE : December 6, 2023**  
**TIME : 11.30 onwards**  
**VENUE : Auditorium**

**Resource Persons:**  
**Ms. Arunima Sharma**  
**Major Vikas Kadsholi**  
**Mr. Kulpreet Singh**





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**Activity Name:**One Day Workshop on “Sawasthya ka Mahatav” under the theme of “Bhartiya Bhasha Diwas”

**Date:** December 11, 2023

**Objective:**To know and understand the value of our culture.

**Description:**The Health Club of St. Bede's College organized a one day workshop on “SawasthyaKaMahatav” under the theme of “BhartiyaBhashaDiwas” on December 11, 2023. The charts were put on display by the students of Health Club depicting the value of health education. Some healthrelated activities (Weight and Height Measurement, Sit-ups, Skipping Exercise, Vital Capacity Measurement) were also conducted to make the students aware about their health. The activity emphasised on the importance of health and made students conscious about their health.

**Outcome:** This activity contributed in increasing cultural awareness and encouraged language preservation among students.

**Glimpses:**





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