



## **SUPPORTING DOCUMENTS**

### **3.2.2**

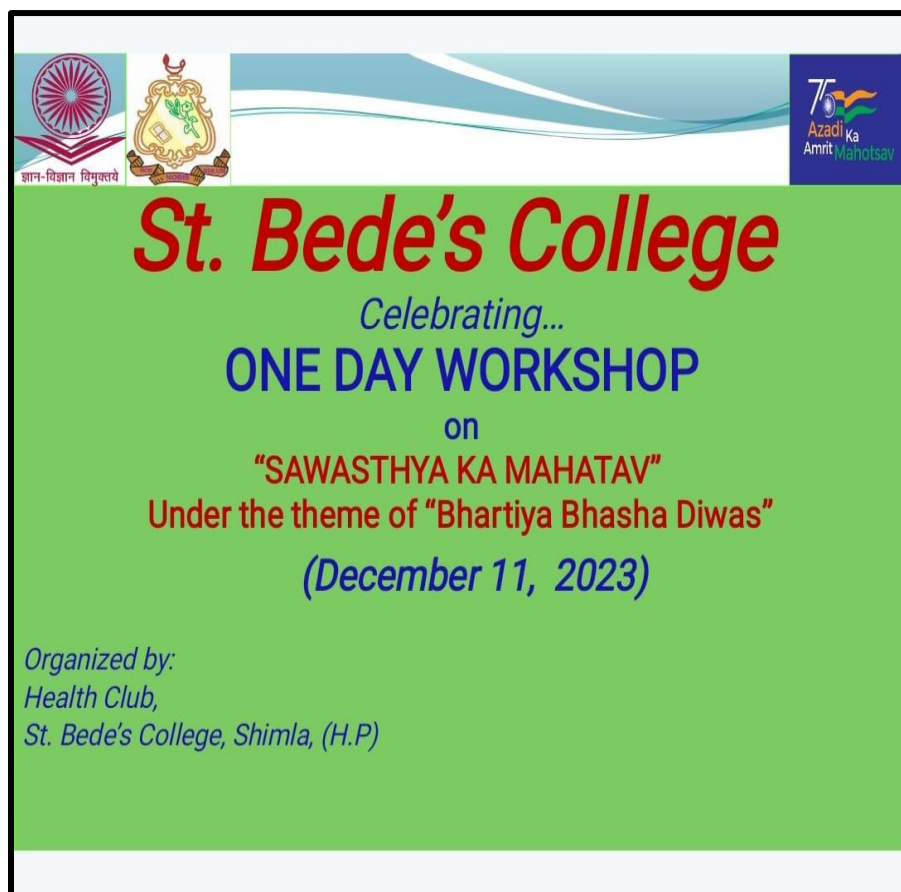
**NUMBER OF WORKSHOPS/SEMINARS CONDUCTED ON RESEARCH  
METHODOLOGY, INTELLECTUAL PROPERTY RIGHTS (IPR) AND  
ENTREPRENEURSHIP DURING THE YEAR**

## ONE DAY WORKSHOP ON “SAWASTHYA KA MAHATAV” UNDER THE THEME OF “BHARTIYA BHASHA DIWAS”

**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 “Swasthya Ka Mahatav” under the theme of “Bhartiya Bhasha Diwas” on December 11, 2023. The workshop highlighted the importance of health education through an engaging display of charts prepared by Health Club students, showcasing the significance of maintaining a healthy lifestyle. A variety of health-related activities, including weight and height measurement, sit-ups, skipping exercises, and vital capacity assessment, were conducted to promote awareness about personal health metrics. These activities not only encouraged active participation but also emphasized the importance of regular health check-ups and physical fitness. The initiative successfully inspired students to prioritize their well-being, fostering a sense of consciousness about the value of health in daily life.

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



**Brochure**



*One Day Workshop on “Sawasthya ka Mahatav” under the theme of “Bhartiya Bhasha Diwas” (December 11, 2023)*





***One Day Workshop on “Sawasthya ka Mahatav” under the theme of “Bhartiya Bhasha Diwas” (December 11, 2023)***

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

Date: December 11, 2023

Number of Attendees: 30

Sr. No.	Name	Signature
1.	Radhika Sood	Radhika
2.	Anushka Kalanbi	Anushka
3.	Aashna Karia	Aashna
4.	Maha Thapa	Maha
5.	Kashish	Kashish
6.	Yukti	Yukti
7.	Vishakha Sharma	Vishakha
8.	Chiranjit Sharma	Chiranjit
9.	Vandana Sharma	Vandana
10.	Sneha Khuntia	Sneha
11.	Mehak Chauhan	Mehak
12.	Devgani Chauhan	Devgani
13.	Gargi Shekhawat	Gargi
14.	Archi Ghanta	Archi
15.	Jyoti Mehta	Jyoti
16.	Rishi Chauhan	Rishi
17.	Anjali Sori	Anjali
18.	Mehak	Mehak
19.	Anika Verma	Anika
20.	Divya Uniyal	Divya
21.	Samriddhi Rajwani	Samriddhi
22.	Aarti Kumari	Aarti
23.	Niharika Roy Chaudhary	Niharika
24.	Saizal Sharma	Saizal
25.	Jahnavi Wale	Jahnavi
26.	Tamanna Naulgal	Tamanna
27.	Akshita Chaudhary	Akshita
28.	Viveka Kookna	Viveka
29.	Mamta Kaur	Mamta
30.	Prapti Joseph Kiddy	Prapti

Prapti Kiddy  
12/12/23