



SUPPORTING DOCUMENT

FOR 3.4.3

**NUMBER OF EXTENSION AND OUTREACH PROGRAMS CONDUCTED BY
THE INSTITUTION THROUGH ORGANIZED FORUMS INCLUDING
NSS/NCC WITH INVOLVEMENT OF COMMUNITY DURING THE YEAR**



St. Bede's College
Shimla-171002
(UGC-NAAC "A" Grade Re-Accredited)
College with Potential for Excellence
Phone: 0177-2842304, Fax:- 0177-2842498
www.stbedescollege.in, E-mail:- bedescollege@gmail.com

I, hereby confirm that a total of 32 Extension Activities were conducted by various departments/cells/societies during the year 2023-2024. The information of the total number is accurate to the best of my knowledge.

mollym
11/08/24
Principal
St. Bede's College
Shimla



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EXTENSION ACTIVITIES

(NCC ACTIVITIES)

SESSION-2023-2024

NCC UNIT, ST. BEDE'S COLLEGE

RALLY ON DRUG ABUSE

Collaborating Agency: Community

No. of Participants: 13

Date: June 19, 2023

Objective: It aimed to educate the community, promote prevention efforts, and encourage support for individuals struggling with substance abuse issues.

Description: On June 19, 2023, the NCC cadets of St. Bede's College under 7 HP (I) COY NCC SHIMLA conducted a Rally on Drug Abuse from St. Bede's college, Navbahar to Sanjauli. The cadets spread awareness in the community by educating people on the rampant spread of drug abuse. They also motivated people to quit drugs. A total of 13 cadets participated in the rally writing slogans and making posters on drug abuse. The basic objective of the rally was to create awareness among the youth. The entire event was conducted under the #nashamukthimachal.


Outcome: The rally served as a catalyst for community engagement and collaboration to address and combat drug abuse issues.




Rally on Drug Abuse (June 19, 2023)



Rally on Drug Abuse (June 19, 2023)



RALLY ON DRUG ABUSE



**DRUGS ARE NOT AN ESCAPE,
THEY'RE A TRAP**

NCC Unit, St. Bede's College under
7 HP (I) Coy NCC Shimla is
organising a rally on Drug Abuse
under the #nashamukthimachal

DATE : June 19, 2023
TIME : 04:00 PM
ROUTE : St. Bede's College to Sanjauli

| | |
|--|--|
| PATRON : Prof. Sr. Molly Abraham | CONVENER : Dr. Shweta Thakur |
|--|--|

Brochure



RALLY ON SUICIDE PREVENTION

Collaborating Agency: Community

No. of Participants: 15

Date: September 18, 2023

Objective: The primary objective of the rally on suicide prevention was to raise awareness about the importance of mental health, promote understanding of the signs of suicide, and encourage support for individuals struggling with mental health issues. The basic objective of the rally was to tell people "To not make Suicide a Permanent Decision to Cope with Temporary Feelings".

Description: On September 18, 2023, the NCC Cadets of St. Bede's College under 7HP (I) Coy NCC Shimla conducted a rally on 'Suicide Prevention' from St. Bede's College, Navbahar to Sanjauli. A total of 15 cadets were a part of the rally. Attractive posters and slogans were made to raise awareness among the public. The cadets also interacted with people and made them aware about Suicide Prevention. People of age group of 15yrs-30yrs were the target audience. They were informed about the causes and preventive measures of suicide in the present time.





Outcome: The rally contributed to creating a more empathetic and supportive environment for individuals facing mental health challenges.



Rally on 'Suicide Prevention' (September 18, 2023)



Rally on 'Suicide Prevention' (September 18, 2023)



RALLY ON SUICIDE PREVENTION

DON'T MAKE PERMANENT DECISIONS TO COPE WITH TEMPORARY FEELINGS

NCC Unit, St. Bede's College under 7 HP (I) Coy NCC Shimla is organising a rally on Suicide Prevention.

— ❖ —

DATE : September 18, 2023
TIME : 03:30 PM
ROUTE : St. Bede's College to Sanjauli

— ❖ —

| | |
|--|--|
| PATRON : Prof. Sr. Molly Abraham | CONVENER : Dr. Shweta Thakur |
|--|--|

Brochure



CLEANLINESS DRIVE UNDER THE THEME “GARBAGE FREE INDIA: SWACHHTA HI SEWA”

Collaborating Agency: Community

No. of Participants: 18

Date: October 1, 2023

Objective: The objective of a cleanliness drive was to create awareness among communities towards sanitation and cleanliness.

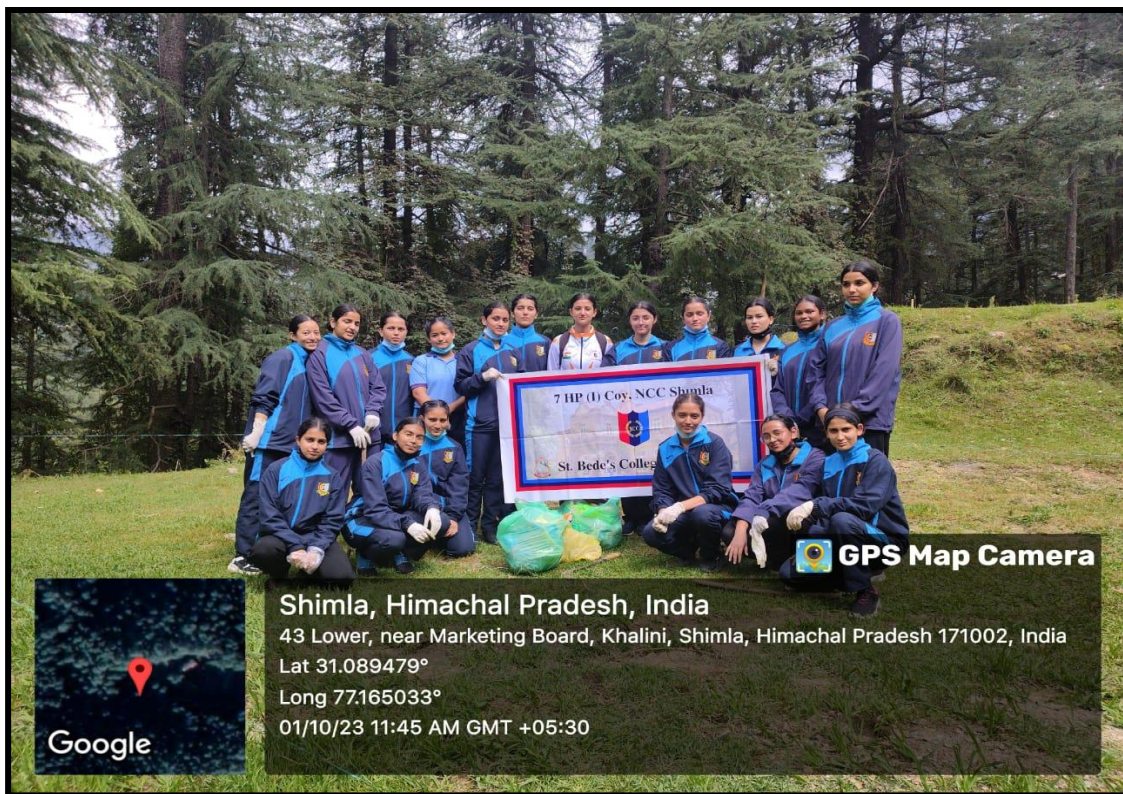
Description: On October 1, 2023 the NCC cadets of St. Bede’s College, Shimla and GDC Kotshera under 7 HP (1) COY NCC, Shimla conducted a cleanliness drive under the theme “Garbage free India: Swachhta hi Sewa” in Khalini. The main purpose of the drive was to create awareness among the students and the society regarding cleanliness and its benefits. Under the guidance of Col. Desh Raj Gargi, Commanding Officer 7HP (I) COY NCC, Shimla, the cadets went to the forest area Khalini and cleaned the desired area, the entire forest area was cleaned by the cadets of both the colleges. The primary motive for this drive was to contribute to the betterment of our community and environment by actively participating in cleaning and maintaining our public areas.

Outcome: The Cleanliness drive yielded several positive outcomes, the efforts of cadets resulted in noticeable improvement in the cleanliness. The event served as a practical and valuable lesson in civic responsibility and environmental stewardship.

The link of the video is: <https://youtu.be/8tW1KTAz7HI?si=UZTTgCeYdGTCGR5N>



Cleanliness Drive at Rani Jhansi Park and Navbahar (October 1, 2023)



Cleanliness Drive at Khalini Forest Area (October 1, 2023)



Brochure



KHADI MAHOTSAV

Collaborating Agency: Community

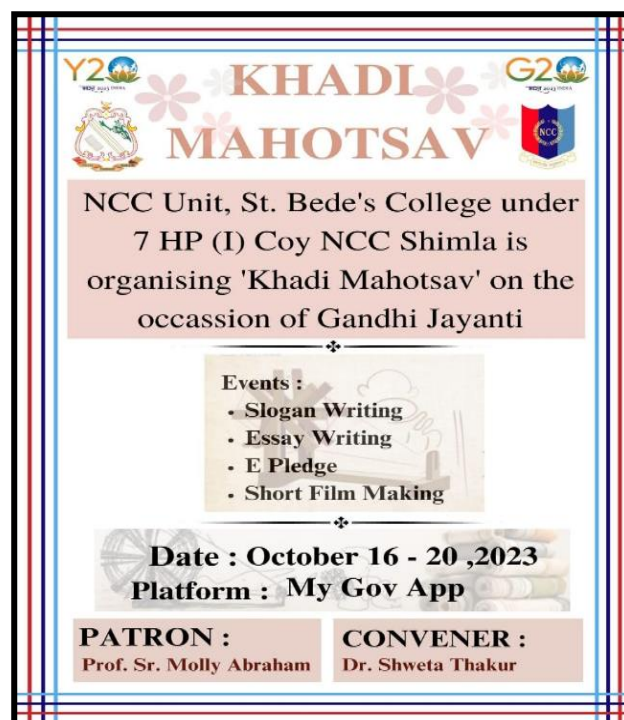
No. of Participants: 27

Date: October 16, 2023

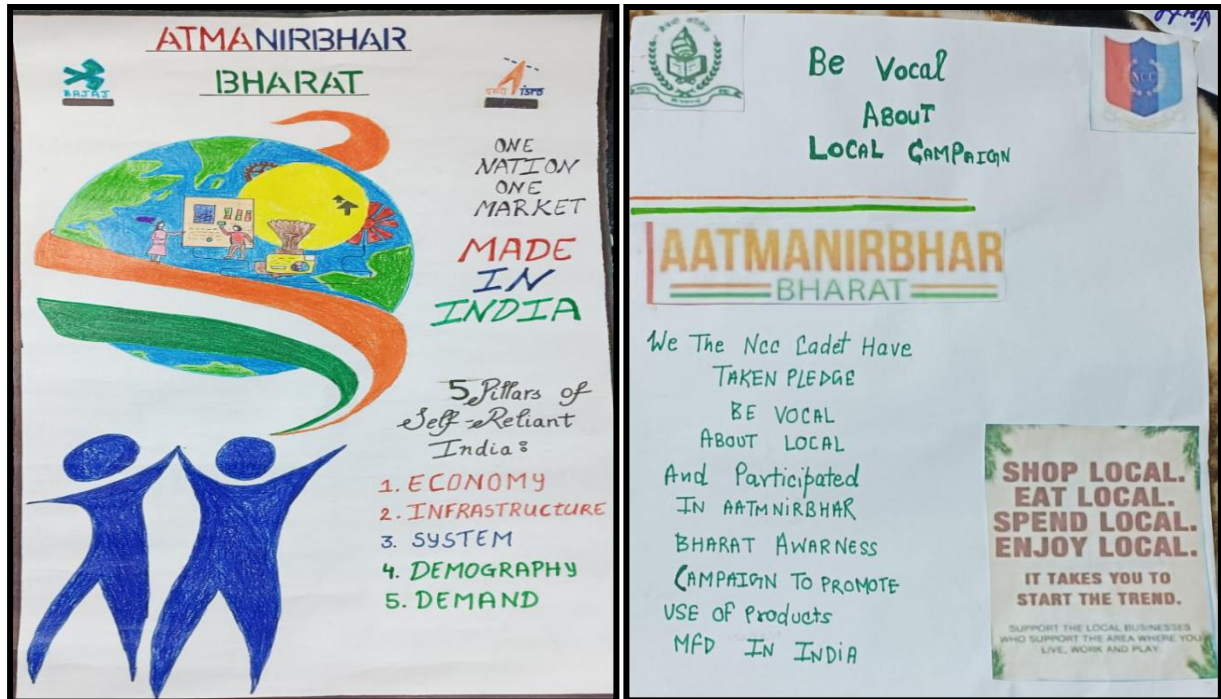
Objective: Khadi Mahotsav promoted and showcased the significance of khadi, a hand spun and handwoven fabric, in preserving traditional craftsmanship, supporting rural livelihoods, and fostering sustainable development. The primary objective of the Cadets was to promote and showcase the indigenous handloom and handicraft products of India, particularly those made from Khadi. The Cadets aimed to promote the rich cultural heritage of the country and provide a platform for artisans and weavers to exhibit their skills and products to a wider audience.

Description: On October 16, 2023, the NCC Cadets of St. Bede's College under 7 HP (I) COY NCC Shimla organised 'Khadi Mahotsav' on the occasion of Gandhi Jayanti. The activities included Slogan Writing, Essay Writing, Short Film Making and E- Pledge. All the activities were uploaded on the official website of the Indian Government. The Cadets also participated in a short-film making activity to create awareness amongst people about the production and promotion of Khadi. A total of 27 Cadets participated in the Slogan Writing, 19 in the Essay Writing, 9 in Short Film Making and 19 in the E- Pledge.

Outcome: The celebration contributed to the preservation of traditional skills and promoted a sense of pride in the cultural heritage associated with khadi.



Brochure



Slogan Writing on Khadi Mahotsav (October 16, 2023)



Khadi Mahotsav (October 16, 2023)



NUKKAD NATAK

Collaborating Agency: Community

No. of Participants: 20

Date: December 10 -11, 2023

Objective: The objective of the street play was to promote cultural exchange, linguistic diversity, and building community connections through language or artistic expression.

Description: On December 10th and 11th, 2023, the NCC Unit at St. Bede's College, under 7HP (I) Coy NCC Shimla, organised a Nukkad Natak (street play) centred around the theme "Where Language meets Harmony." This event was a celebration of Unity in Diversity, coinciding with the Bhartiya Bhasha Utsav (Indian Language Festival). The venue for this street play was Khalini area in Shimla region and St. Bede' College, where the performance aimed to emphasize the significance of languages and culture within our society. The play was thoughtfully crafted to resonate with the locals, allowing them to thoroughly enjoy the performance while comprehending its underlying message.

Outcome: The outcome involved increased cross cultural understanding, improved language skills, and a deeper appreciation for diversity among participants and the broader community.



Nukkad Natak on Unity in Diversity at Khalini Chowk (December 10 -11, 2023)



Nukkad Natak on Unity in Diversity at St. Bede's College (December 10 -11, 2023)



REPUBLIC DAY CAMP

Collaborating Agency: Community

No. of Participants: 1

Date: December 27- January 26, 2024

Objective: The primary objective of participation in the Republic Day Camp (RDC) was to foster national pride, enhance cultural understanding, and develop leadership skills through a series of structured activities and interactions with high-ranking officials and peers from different backgrounds.

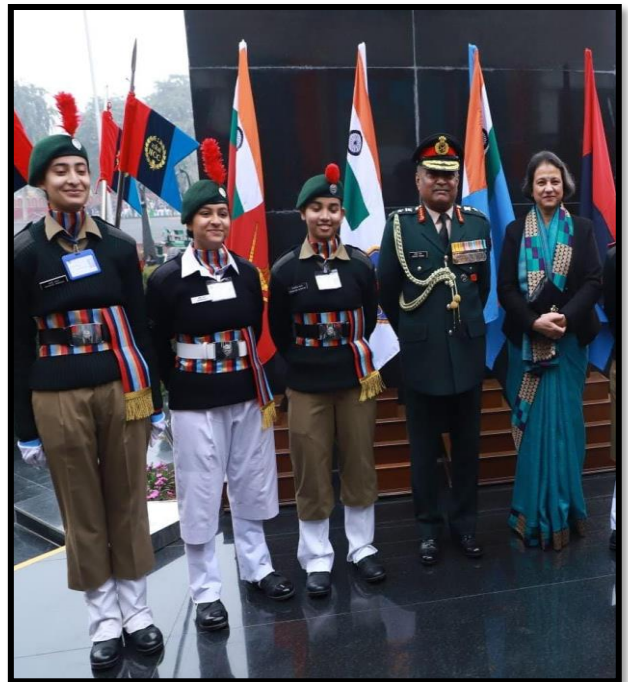
Description: The Republic Day Camp commenced on December 27, 2024, with the departure of select cadets from NCC Academy Rupnagar, Punjab, en route to Delhi. Cadet Charvee Kanwar from St. Bede's College, Shimla was selected for the Republic Day Camp.

During the camp, Cadet Charvee Kanwar showcased her talents in various cultural activities, including a group song, group dance, ballet performance, and engaging NIAP sessions. One of the most notable highlights of her experience was her selection for the Hall of Fame. In this esteemed position, she had the honour of briefing several dignitaries, such as Rajya Raksha Mantri (RRM) Shri Ajay Bhatt, Chief of the Army Staff (COAS) General Manoj Pande, PVSM AVSM VSM ADC, Chief of the Naval Staff (CNS) Admiral R. Hari Kumar, Chief of the Defence Staff (CDS) General Anil Chauhan and cadets from 25 friendly foreign countries participated in the Youth Exchange Program (YEP).

Outcome: Republic Day Camp provided Cadet Charvee Kanwar with a platform to enhance her skills, develop leadership qualities, and gain significant exposure, contributing to her personal and professional growth.



Cadet Charvee Kanwar performing in a cultural event



Glimpses of Republic Day Camp (December 27- January 26, 2024)



**EXTENSION ACTIVITIES
NSS ACTIVITIES
SESSION 2023-2024**

TREE PLANTATION DRIVE

Collaborating Agency: Community

Number of Participants :21

Date: August 9, 2023

Objective: To contribute significantly to environmental sustainability and community well-being by fostering a sense of responsibility among our volunteers.

Description: The volunteers of NSS Unit of St. Bede's College conducted Tree Plantation Drive on August 1, 2023, in the surrounding areas in Navbahar and college campus. The activity helped students connect with nature and promoted ecological balance. It aimed to combat deforestation by planting a diverse range of native trees, enhancing biodiversity, and mitigating the impacts of climate change.

Outcome: The outcomes of an NSS tree plantation drive extend beyond the physical act of planting trees, influencing the community, raising environmental awareness, and contributing to the broader goals of sustainability and ecological well-being.



Tree Plantation Drive (August 9, 2023)



Tree Plantation Drive (August 9, 2023)

CLEANLINESS DRIVE

Collaborating Agency: Community

Number of participants: 29

Date: September 1, 2023

Objective: To foster a sense of civic responsibility and environmental stewardship among the community.

Description: The NSS aimed to make a meaningful and lasting impact on the cleanliness and hygiene standards of the community, promoting a culture of responsibility and care for the environment. The surrounding areas in Navbahar and college campus were cleaned.

Outcome: This activity improved and help to create clean and green environment, fostering sense of responsibility towards cleanliness among students.



Cleanliness Drive (September 1, 2023)



EXTENSION ACTIVITIES
COMMUNITY OUTREACH CELL
SESSION-2023-2024

CHRISTMAS CELEBRATION AT OLD AGE HOME, SANJAULI

Collaborating Agency: Namgyal Monastery Old Age Home, Sanjauli

No. of Participants: 11

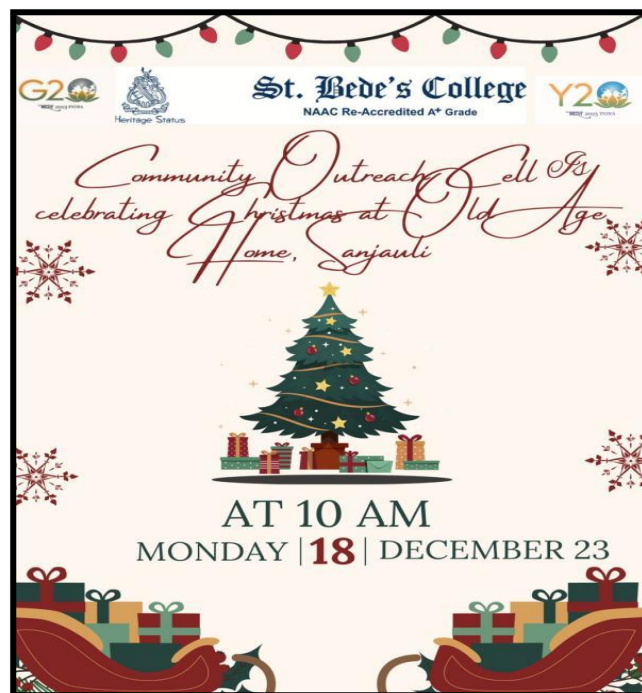
Date: December 18, 2023

Objective: The main aim of organizing this event was to bring joy, warmth, and festive spirit to the elderly.

Description: On December 18, 2023, Community Outreach Cell organized a heart-warming Christmas celebration at the Namgyal Monastery Old Age Home, Sanjauli

Students along with the convenor of Community Outreach Cell visited the Namgyal Monastery Old Age Home, Sanjauli to celebrate Christmas with the elderly residents. Students enthusiastically interacted with the elderly and spent time conversing and sharing experiences with them. Students also served Christmas treats and distributed gifts to the elderly attendees. Event created a festive and joyful atmosphere and fostered a sense of community services. The residents expressed their gratitude, and the event had a reciprocal impact on both students and attendees.

Outcome: Event served the immediate objective of bringing joy to the elderly residents and also fostered a sense of community service and building connections, among students.



Brochure



Christmas Celebration at Old Age Home, Sanjauli (December 18, 2023)



Christmas Celebration at Old Age Home, Sanjauli (December 18, 2023)



EXTENSION ACTIVITIES HEALTH CLUB

SESSION-2023-2024

HEALTH CHECK-UP CAMP FOR GOVT. SCHOOL CHILDREN.

Collaborating Agency: Govt. Primary School, Sanjauli, Shimla

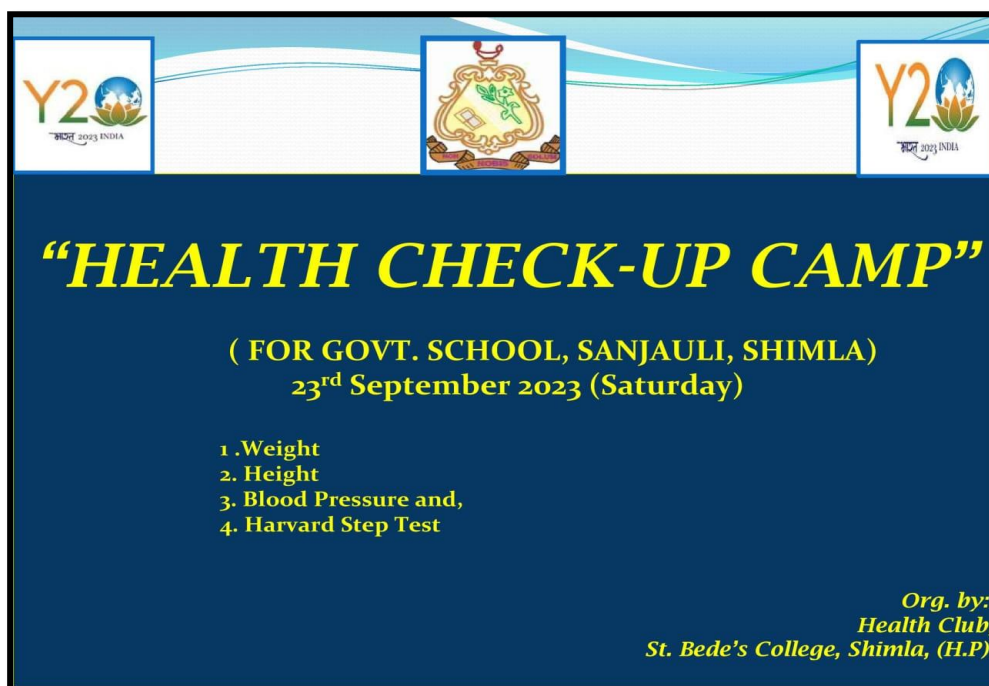
No. of Participants: 38

Date: September 23, 2023

Objective: To make students aware about their health and about the importance of the routine check-ups.

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 Harvard Step Test. Total 32 children were tested on the above parameters. The faculty members of the college had 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 advised 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 check-up.



Brochure



Health Check-up Camp for Govt. School Children (September 23, 2023)



**EXTENSION ACTIVITIES
ENVIRONMENT CELL
SESSION 2023-2024**

WORLD RIVER DAY

Theme: “NANHE SNRAKSHAK”

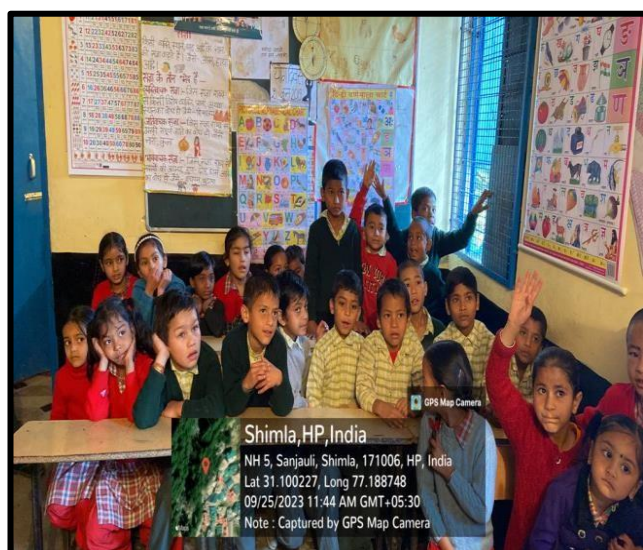
Collaborating agency: Government Primary School Sanjauli, Shimla

Number of Participants: 4

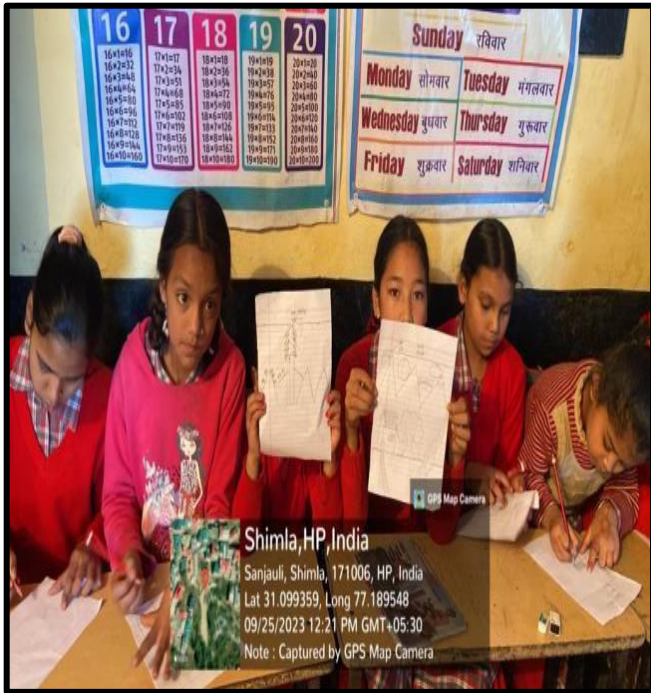
Date: September 25, 2023

Objective: The objective of the Activity was to interact with the school students and share with them the knowledge regarding river water pollution and its harmful impacts.


Description: An awareness program was organized by the Environment Awareness Cell under the theme of *NANHE SNRAKSHAK* on the occasion of World River's Day that was on 25 September 2023. The students and convener of Environment Cell made a nearby visit to a Government Primary School Sanjauli, Shimla and made the students aware about river and environment pollution through various activities. A power point presentation was shown to the students regarding river pollution and its impacts. The program started with a short discussion where the members of the cell spread awareness about the River Day and how rivers are being polluted and what measures should be taken to prevent it. And after showing them the presentation a short quiz was held where the cell members asked simple questions and the students participated enthusiastically. The students were given small rewards for their active participation. By the end of the event, the members of the cell performed a short skit where they showed how people pollute the river or the surroundings and what should be done to prevent it.



Nanhe Snrakshak (September 25, 2023)



NANHE SNRAKSHAK (September 25, 2023)



ST.BEDE'S COLLEGE
NAAC Re- Acceradited A+ Grade

ENVIRONMENT CELL
of
ST. BEDE'S COLLEGE,SHIMLA
is celebrating

WORLD RIVERS DAY
Date: 25th September,2023

Theme - "Rights of Rivers"

Venue: Government Primary School,Sanjauli

"SAVE RIVER TO SAVE MANKIND, TO SAVE LIFE"

Brochure



NUKKAD NATAK: TRANSITION TO SUSTAINABLE LIVING

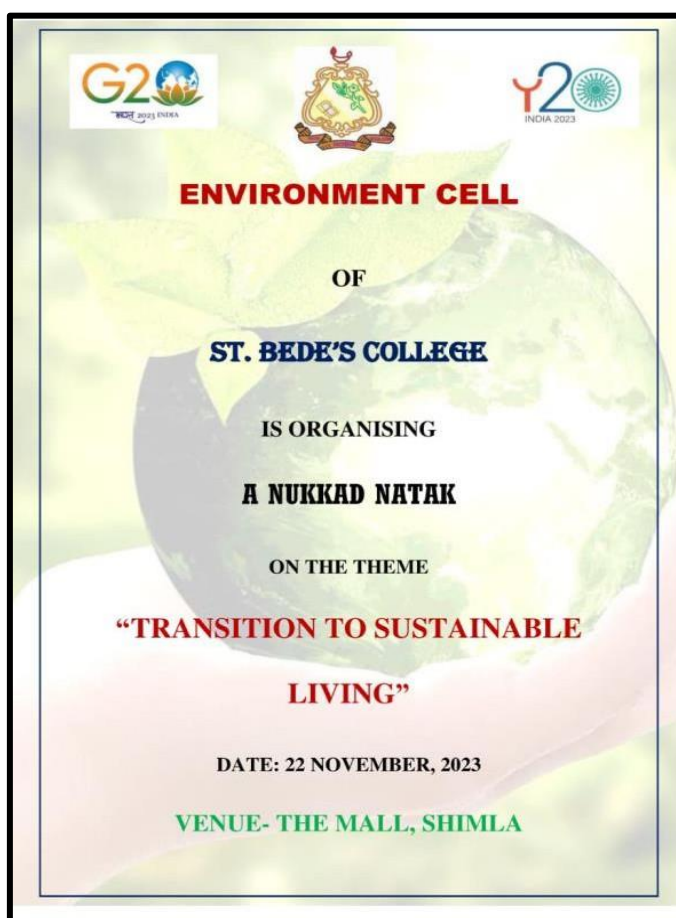
Collaborating Agency: Community

Number of Participants: 10

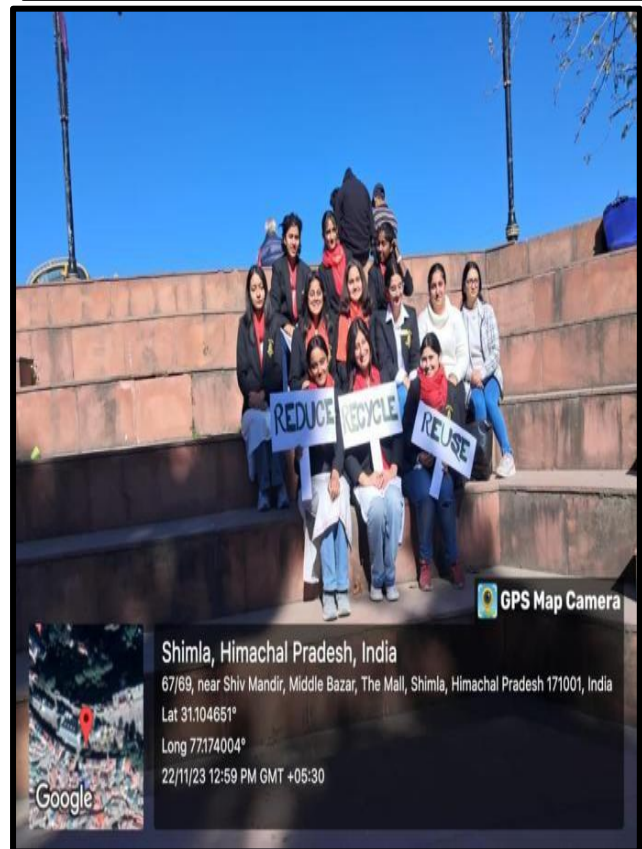
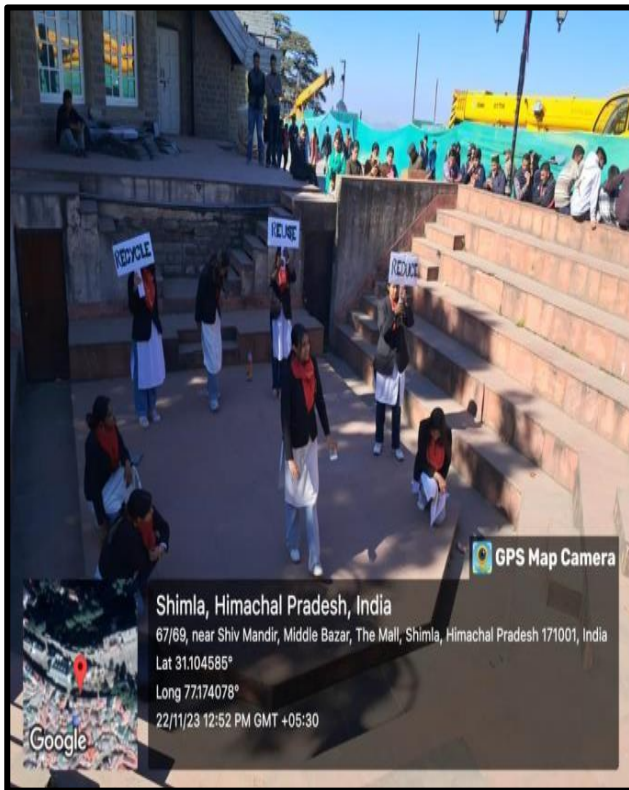
Date: November 22, 2023

Objective: To promote sustainable living habits among the general public.

Description: On November 22, 2023, the Environment Cell of St. Bede's College organized a Nukkad Natak on the theme, '*TRANSITION TO SUSTAINABLE LIVING*' to raise the awareness among people about the importance of sustainability and its advantages to the future generations. The Nukkad Natak emphasized the concept of 3R's of sustainable development that is Reduce, Reuse and Recycle. Environment Protection is the need of the hour, and this is only possible when everyone follows a lifestyle that is eco-friendly, a lifestyle that reduces its ecological footprint to minimum. The students through the nukkad natak tried to spread the message of environment protection through proper treatment of the house hold garbage, through use of public transport and by saving other natural resources. We have one Earth, one future and it's our responsibility to save it.



Brochure



Nukkad Natak: Transition to Sustainable Living (November 22, 2023)



**EXTENSION ACTIVITIES
DISASTER MANAGEMENT ACTIVITIES
SESSION 2023-2024**

DISASTER RISK REDUCTION DAY

Theme: “FIGHTING INEQUALITY FOR A RESILIENT FUTURE”.

Collaborating Agency: Community

Number of Participants: 20

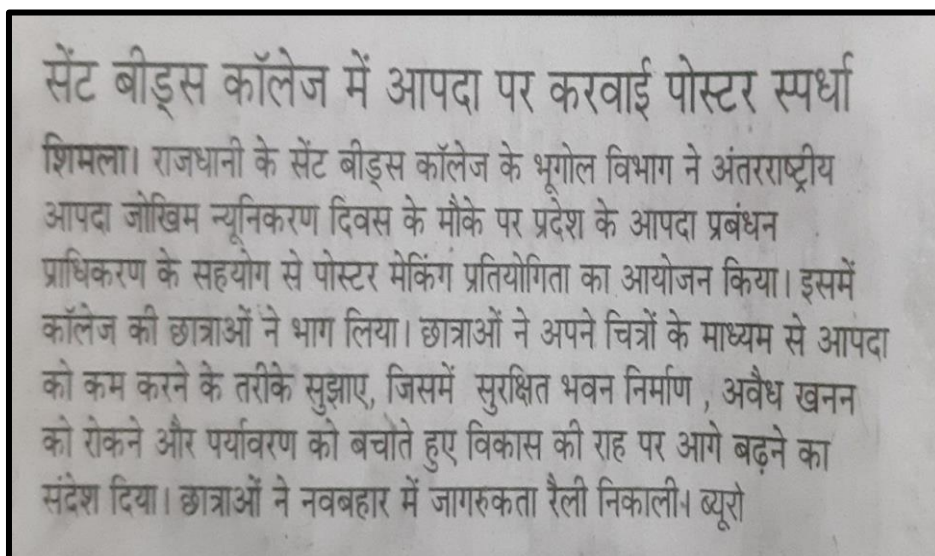
Date: October 13, 2023

Objectives: -The objective of organizing an awareness rally and poster making competition on disaster risk reduction day was to promote a culture of safety, resilience and proactive action in the face of disaster.

Description: On October 13th, 2023 poster making competition and rally was conducted by Disaster Management Cell on the occasion of International Disaster Risk Reduction Day under the theme “FIGHTING INEQUALITY FOR A RESILIENT FUTURE”.

The event witnessed the active participation of students and teacher, also the students of different department participated enthusiastically in the poster making competition and rally. The students created very impressive and meaningful posters to aware the people about disaster risk reduction. Following the competition, a rally was held, with students marching from the college gate to the horticulture department at Navabhar, holding posters and chanting slogans to spread awareness about disaster risk reduction and disaster management.

Outcomes: -The awareness rally and poster making competition on Disaster Risk Reduction Day brought several positive outcomes as they contributed to increase the awareness among participants and the wider range of community about the importance of disaster risk reduction day.



Media Report



Disaster Risk Reduction Day (October 13, 2023)

EXTENSION ACTIVITIES

RED RIBBON CLUB ACTIVITIES SESSION 2023-2024

RED RUN MARATHON COMPETITION AT THE RIDGE, SHIMLA

Collaborating Agency: Himachal Pradesh State AIDS Control Society

Number of Participants: 17

Date: October 1, 2023

Objective: Awareness on HIV & AIDS through Marathon Competition

Description: Red Run Marathon was organized by Himachal Pradesh State AIDS Control Society (HPSACS) at Ridge, Shimla on October 1, 2023. The students of St Bede's College performed a skit to create awareness about HIV & AIDS on this occasion. Forty students of red ribbon club, NSS and NCC also participated in awareness campaign on this occasion.

Outcome: This event helped in spreading awareness about the importance of HIV & AIDS and also talked about fighting stigma and discrimination associated with HIV & AIDS



No. EDN-HE (21) F (09) 07/2008 -AIDS
 Directorate of Higher Education
 Himachal Pradesh

Dated: Shimla-171001 the September, 2023

To

1. The Principal
Government Degree College Sanjauli, Shimla-171006
2. The Principal
Rajkiya Kanya Mahavidyalaya,
Longwood, Shimla-171001.
3. The Principal
St. Bede's College, Shimla-171002.
4. The Principal
Jawahar Lal Nehru GDC of Fine Arts, Shimla-171004.
5. The Principal
Rajiv Gandhi Govt. Degree College Chaura Maidan, Shimla-171004.

Subject:- Regarding State Level Marathon Competition-Red Run.

As you are aware that Department of Health and family Welfare, Himachal Pradesh State AIDS Control Society is organizing the State Level Marathon Competition-Red Run on 1st October, 2023 at 9:00 AM at the Ridge, Shimla which will be flagged off by the Hon'ble Chief Minister of Himachal Pradesh.

Invitation Letter



Red Run Marathon Competition at the Ridge (October 1, 2023)



Red Run Marathon Competition at the Ridge (October 1, 2023)

WORLD AIDS DAY FUNCTION AT HOTEL PETERHOFF, SHIMLA

Collaborating Agency: NCC and NSS

Number of Participants: 31

Date: December 1, 2023

Objective: To create awareness about the influence of Communities on HIV& AIDS response

Description: The Red Ribbon Club of St. Bede's collaborated with NSS and NCC units of the college for State Level World AIDS DAY function at Hotel Petetrhoff, Shimla. The students of the club participated enthusiastically in State Level Function

Outcome: This event helped in spreading awareness about the importance of Communities in leading the way in ending HIV& AIDS.



Brochure



World AIDS Day Function At Hotel Peterhoff (December 1,2023)



FLASH MOB ON HIV&AIDS AWARENESS AT SANJAULI CHOWK AND ST. BEDE'S COLLEGE COURTYARD

Collaborating Agency: Himachal Pradesh State AIDS Control Society

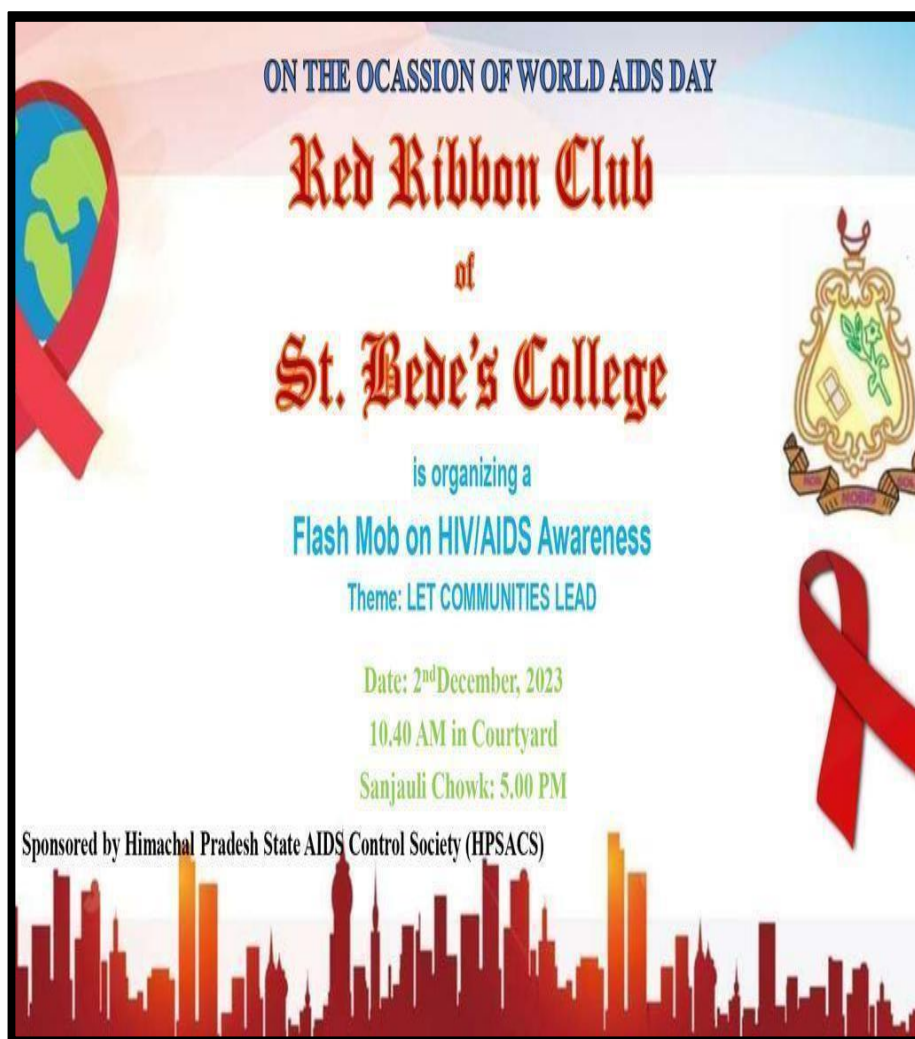
Number of Participants: 20

Date: December 2, 2023

Objective: To create awareness about the influence of Communities on HIV& AIDS response

Description: The Red Ribbon Club and Dance Society of St. Bede's College collaborated with Himachal Pradesh State AIDS Control Society (HPSACS) to organize Flash Mob for AIDS awareness. On December 2, 2023 flash mob was organized in College Courtyard and at Sanjauli Chowk, Shimla to create awareness about HIV/AIDS. Twenty-one Students performed in Flash Mob Awareness Program on the Theme "Let Communities Lead".

Outcome: The students successfully did the awareness campaign about HIV& AIDS.



Brochure



Flash Mob HIV & AIDS Awareness in St. Bede's College (December 2, 2023)



Flash Mob on HIV & AIDS Awareness in Sanjauli (December 2, 2023)



Flash Mob on HIV & AIDS Awareness in Sanjauli (December 2, 2023)

**EXTENSION ACTIVITIES
HINDUSTAN SCOUTS AND GUIDE
SESSION-2023-2024**

NATIONAL UNITY DAY AWARENESS PROGRAM

Collaborating Agency: Govt. Sr. Sec. School, Sanjauli

No. of Participants: 6

Date: October 31, 2023

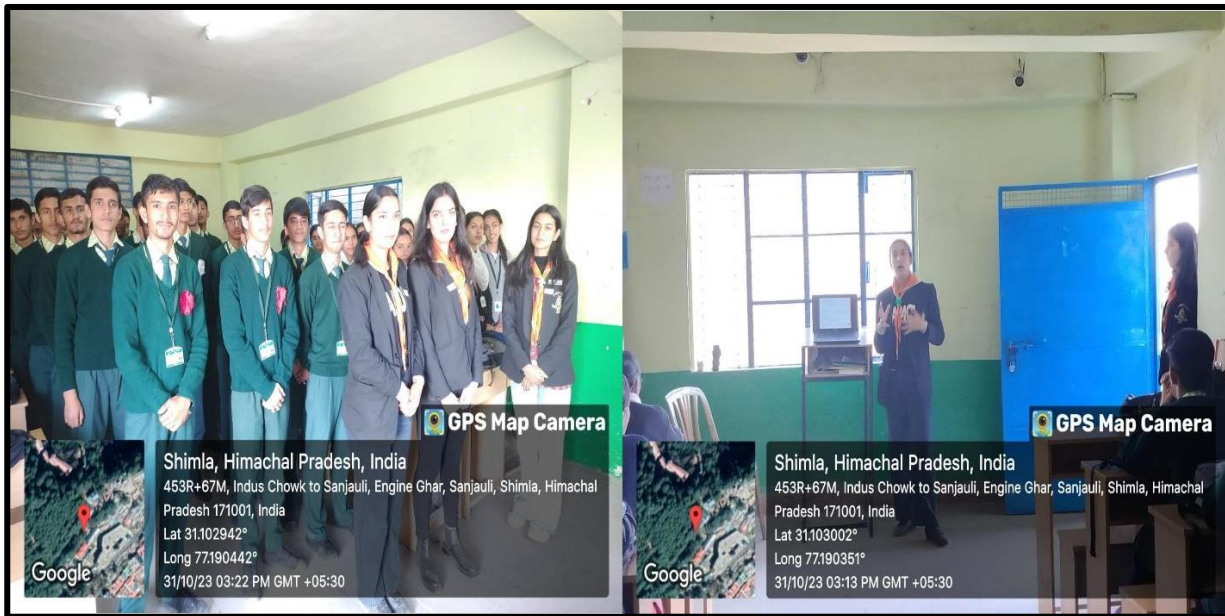
Objective: The initiative aimed to instill a sense of unity, patriotism, and national pride among students and to enlighten students about the significance of National Unity Day, celebrated on 31st October each year.

Description: The Hindustan Scouts and Guides unit of St. Bede's College, Shimla, organized a comprehensive awareness program at Govt. Sr. Sec. School, Sanjauli, on National Unity Day (October 31). The program commenced with a dynamic Power Point presentation skillfully delivered by the volunteers of Hindustan Scouts and Guides. The presentation provided an overview of National Unity Day and shed light on Sardar Vallabhbhai Patel's pivotal role as the "Iron Man of India" in unifying princely states. Emphasis was placed on promoting the values of unity in diversity and encouraging active student participation in nation-building activities. Additionally, a quick quiz was organized to assess students' knowledge about National Unity Day. The program concluded with students taking a unity pledge, affirming their commitment to uphold the values of unity, integrity, and diversity in their daily lives. Overall, the initiative successfully contributed to building

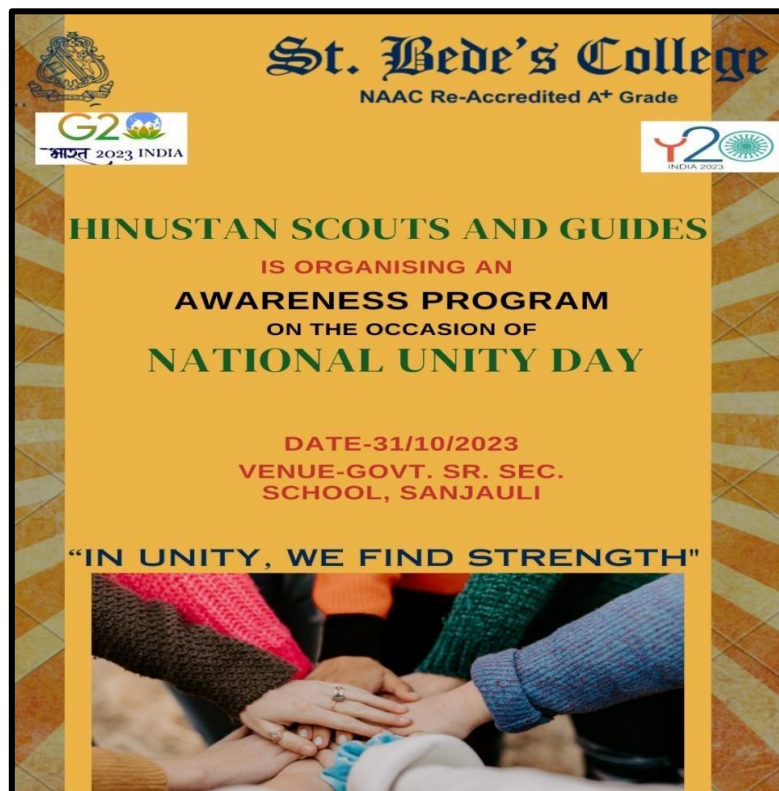


awareness and instilling a sense of responsibility among the student community.

Outcome: The National Unity Day Awareness Program achieved its goal of fostering a sense of unity and patriotism among the students. The dynamic presentation effectively conveyed the historical significance of the day and Sardar Patel's contributions. The interactive session and quiz not only enhanced students' knowledge but also encouraged critical thinking and engagement.



National Unity Day Awareness Program



Brochure



**EXTENSION ACTIVITIES
DEPARTMENT OF COMPUTER SCIENCE
SESSION-2023-2024**

PRESENTATION FOR SCHOOL STUDENTS ON “WORD PROCESSING PACKAGES”

Collaborating Agency: Government Girls Senior Secondary School, Lakkar Bazar, Shimla
No. of Participants: 2

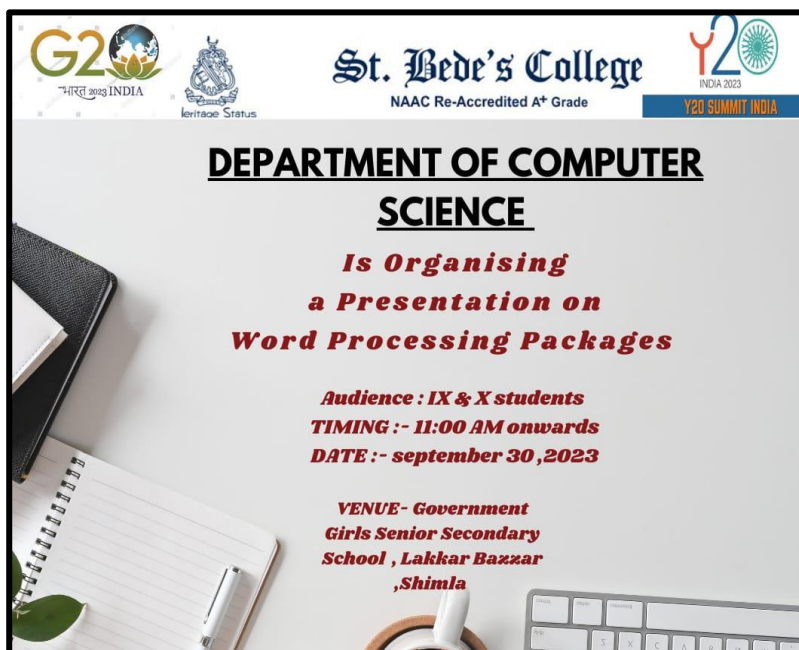
Date: September 30, 2023

Objective: The presentation was given to create awareness among school students about computer science and technology. The school students were provided with detailed information about the word processing packages available now a days.

Description:

The students of Department of Computer Science presented a PowerPoint presentation session at Government Girls Senior Secondary School, Lakkar Bazar, Shimla on September 30, 2023 from 10:00 AM onwards. The seminar was for the students of IXth and Xth standard on the topic "WORD PROCESSING PACKAGES ". The seminar was led by students from the B.A and B.SC. Students, who aimed to educate the children on the fundamentals of Ms Word package and its significance in day-to-day life. The event was well attended, with over 30 students participating.

Outcome: The school students got a platform to know about the new application that were available for work processing in addition to MS-Word application. The interactive session was an eye-opener for the young students.



Brochure



Presentation Session at Government Girls Senior Secondary (September 30, 2023)

WORKSHOP ON “HTML & CSS WITH VS CODE” FOR SCHOOL STUDENTS

Collaborating Agency: Government Girls Senior Secondary School, Lakkar Bazar, Shimla

No. of Participants: 7

Date: September 30, 2023

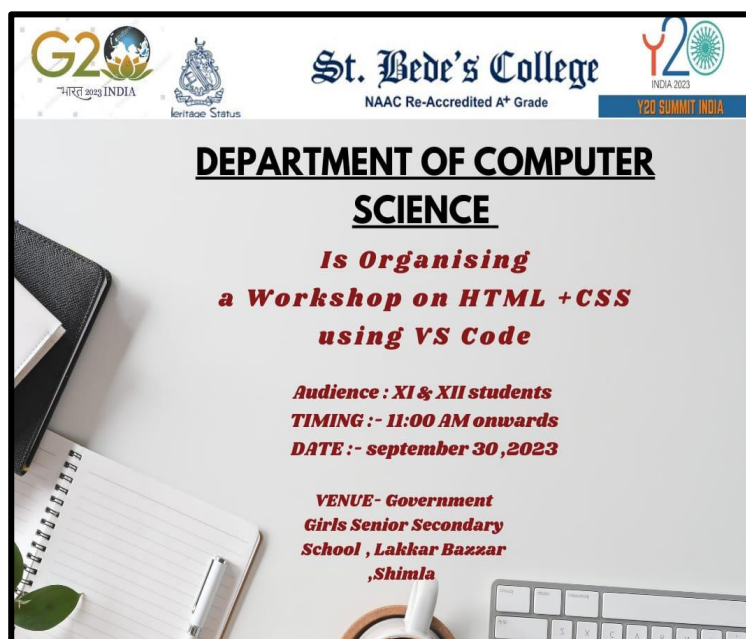
Objective: The workshop was organised for school students to create awareness among school students about the static and dynamic websites creation using HTML language

Description: The students of Department of Computer Science organised a workshop on “HTML & CSS WITH VS CODE” at Government Girls Senior Secondary School, Lakkar Bazar, Shimla on September 30, 2023 from 10:00 AM to 3:00 pm. The seminar was for the students of XIth and

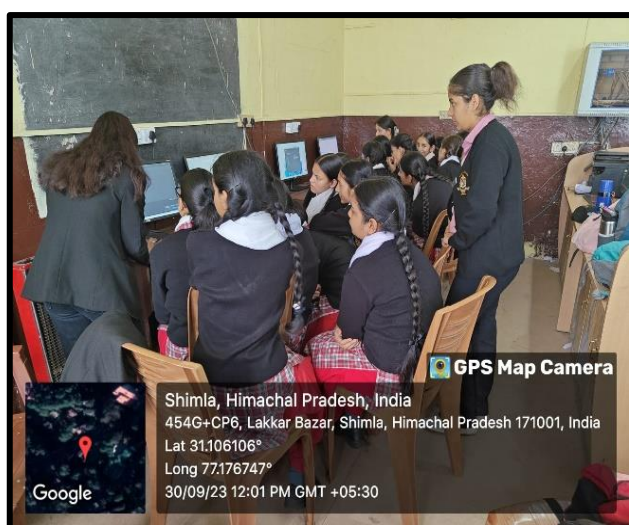


XIIth standard. The workshop was led by students from the BCA VIth semester students, who aimed to educate the students on the fundamentals of hypertext markup language, usage of CSS in HTML and development of interactive websites using VS code. The event was well attended, with over 28 students participating.

Outcome: The school students got a platform to know about the importance of coding at the backend to make the websites attractive. The interactive session was an eye-opener for the school students.



Brochure



Workshop on "Html & Css with Vs Code" (September 30, 2023)



DIWALI CELEBRATIONS WITH DIFFERENTLY-ABLED STUDENTS

Collaborating Agency: Udaan School, New Shimla

No. of Participants: 6

Date: November 9, 2023

Objective: The objective of the tour was to provide our students an insight to the unique educational environment of school and interact with the students and teachers.

Description: Students of Department of computer science visit Udaan School for differently abled students on November 9, 2023 for Diwali celebrations. Students had an interactive session with school students on day-to-day activities. Students interacted with the students through games and charts that helped school children to understand daily activities more efficiently. Students distributed sweets and gifts to school children.

Outcomes: It was an attempt to inculcate the sense of responsibility among the college students. The enthusiasm and determination of the specially abled students was a source of inspiration for the college students



Brochure



Diwali Celebrations with Differently-Abled Students (November 9, 2023)



**EXTENSION ACTIVITIES
DEPARTMENT OF GEOGRAPHY**

SESSION-2023-2024

TREE PLANTATION DRIVE IN COLLABORATION WITH MUNICIPAL COOPERATION SHIMLA

Under the theme “Ek Buta Desh ke Naam”

Collaborating Agency: Municipal Ward 21 Dhalli Mashobra

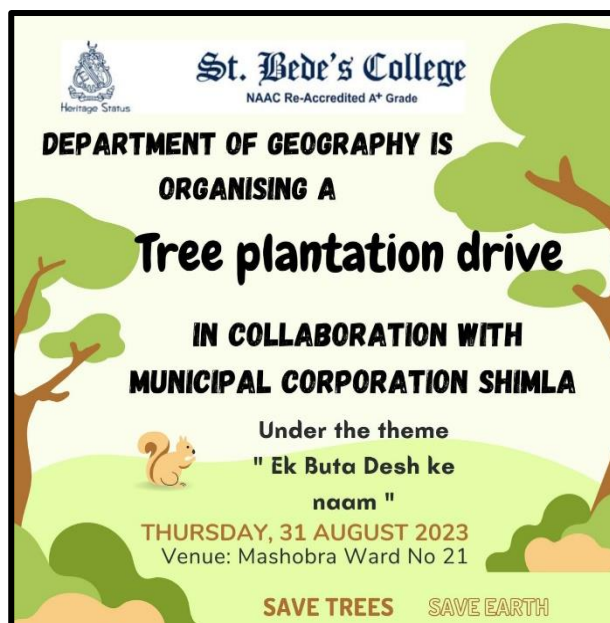
No. of Participants: 30

Date: August 31, 2023

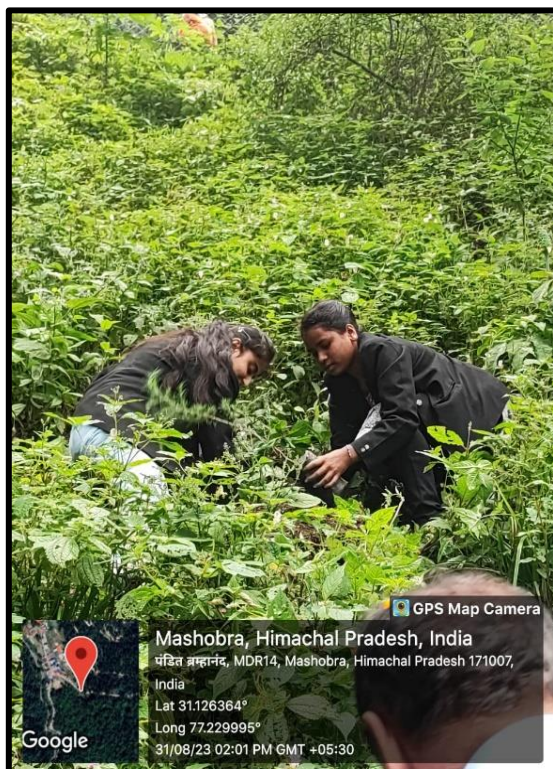
Objective: To enhance green cover, promote environmental consciousness, and foster community engagement in sustainable practices.

Description: On August 31, 2023, a tree plantation drive took place in Municipal Ward 21 Dhalli Mashobra. The initiative was jointly organized by the Geography Department of St. Bede's College Shimla and the Municipal Corporation Shimla. The event witnessed the active participation of esteemed dignitaries, including the mayor - Surinder Chauhan, deputy mayor - Uma kaushal, commissioner - Bhupendra Atri, BDO Mashobra Dr Ankit Mankotiyaa, BDC chairman block Mashobra Chandrakanta Verma, Counselor ward Dhalli Mashobra Vishakha Modi, Forest team Mashobra, along with enthusiastic college and school students.

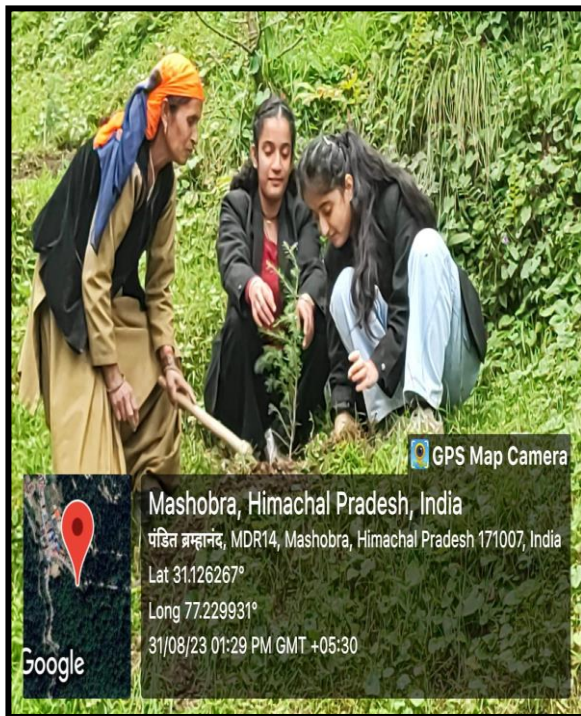
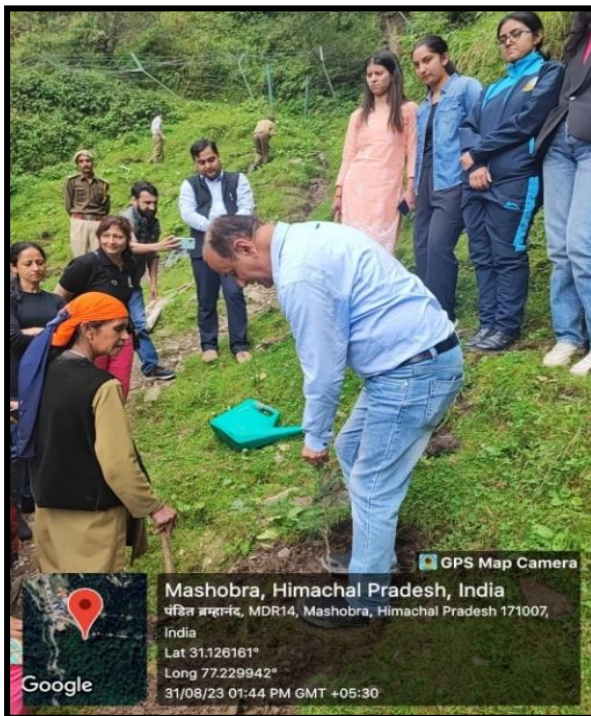
Outcome: This event not only added 150 trees to the urban landscape but also raised awareness about the importance of trees and environmental stewardship among the citizens. It served as an example of how partnerships between educational institutions and local authorities can lead to a positive change. The staff of St. Bede's extended their gratitude to all the participants, sponsors, and volunteers who made this initiative possible of making the city greener and more sustainable.



Brochure



***Tree Plantation Drive in Collaboration with Municipal Cooperation Shimla
Under the theme "Ek Buta Desh ke Naam" (August 31, 2023)***



Tree Plantation Drive in Collaboration with Municipal Cooperation Shimla
Under the theme "Ek Buta Desh ke Naam" (August 31, 2023)

शहर में पौधारोपण अभियान शुरू

निगम के मेयर सुरेंद्र चौहान ने संभाला मोर्चा, मशोबरा से की शुरुआत

स्टाफ रिपोर्टर—शिमला

शहर में आपदा के दौरान सैकड़ों पेड़ आपदा के शिकार हुए हैं। शहर की सुंदर बमाने वाले इन पेड़ों की भरपाई के लिए नगर निगम के मेयर सुरेंद्र चौहान ने मोर्चा संभाल लिया है।

मेयर सुरेंद्र चौहान ने सप्ताहित पौधारोपण अभियान शुरू कर दिया है। इसके लिए गुरुवार को मेयर सुरेंद्र चौहान ने मशोबरा से शुरुआत कर ली है। नगर निगम शहर में पांच हजार पौधे लगाने जा रहा है। इसके लिए पौधारोपण अभियान शुरू किया गया है। गुरुवार को मशोबरा वार्ड में नगर निगम द्वारा पौधारोपण कार्यक्रम का आयोजन किया गया। जहां पर नगर निगम के महापौर आयुक्त सहित पार्षदों ने यहां पर करीब एक सौ पचास पौधे लगाए हैं। इन पौधों की देखरेख भी की जाएगी।

बरसात में इस बार शिमला शहर में काफी ज्यादा नुकसान हुआ है। खासकर देवदार के पेड़ 1000 से ज्यादा गिरे हैं और शहर में खतरनाक पेड़ों को भी काटा गया है ऐसे में इसकी भरपाई के लिए शिमला शहर में पौधारोपण कार्यक्रम का आयोजन किया जा रहा है। शहर में पांच हजार से ज्यादा पेड़ लगाने का लक्ष्य रखा गया है ताकि जो पेड़ गिरे हैं उसकी भरपाई हो सके।

सुरेंद्र चौहान, महापौर, नगर निगम शिमला

मशोबरा से पौधे लगाने के साथ शिमला के घाव भरने की शुरुआत

बरसात में गिरे हैं एक हजार पेड़, पांच हजार पेड़ लगाने का लक्ष्य

संभाला मोर्चा/ कुलदीप

शिमला, 31 अगस्त : पहाड़ों की रानी शिमला में बरसात में इस बार गहरे जलम गिरा है। शहर में जगह-जगह पुस्तखाने से घरी नुकसान हुआ है, वहीं जगह-जगह केरा कीपली देवदार के पेड़ भी गिरे हैं। रातपाणी में करीब 1000 से ज्यादा पेड़ इस बार बरसात में गिर गए हैं और सैकड़ों खतरनाक पेड़ भी काटे गए हैं। वहीं इसकी भरपाई के लिए नगर निगम शिमला ने विशेष अभियान शुरू कर दिया है। नगर निगम शहर में 5000 पौधे लगाने जा रहा है और इसके लिए पौधारोपण अभियान शुरू किया गया है।

मेयर सुरेंद्र चौहान इन पेड़ों की देखरेख करने के भी निर्देश जारी किए। नगर निगम के महापौर सुरेंद्र चौहान ने कहा कि बरसात में इस बार शिमला शहर में काफी ज्यादा नुकसान हुआ है। खासकर देवदार के पेड़ 1000 से ज्यादा गिरे हैं और शहर में खतरनाक पेड़ों को भी काटा गया है ऐसे में इसकी भरपाई के लिए शिमला शहर में पौधारोपण कार्यक्रम का आयोजन किया जा रहा है। शहर में पांच हजार से ज्यादा पेड़ लगाने का लक्ष्य रखा गया है ताकि जो पेड़ गिरे हैं उसकी भरपाई हो सके।

मशोबरा वार्ड को पार्षद विशाखा मोदी ने कहा कि मशोबरा में काफी जगह खाली पड़ी है और वहां पर पौधारोपण कार्यक्रम का आयोजन किया गया। जिसमें सेंट वीएड कीपली के अलावा स्थानीय छात्र नगर निगम के महापौर, आयुक्त सहित पार्षदों ने यहां पर करीब 150 पौधे लगाए हैं। उन्होंने कहा कि इन पौधों की देखरेख भी की जाएगी।

Media Report of the Event



मेयर ने शुरू की पौधारोपण मुहिम

शिमला, 31 अगस्त (वन्दना): शिमला में जगह-जगह हुए भूस्खलन वाले क्षेत्रों में भूमि कटाव को रोकने के लिए नगर निगम पौधे रोपेगा। वीरवार से नगर निगम मेयर सुरेंद्र चौहान ने इस अभियान को मशोबरा में भूस्खलन वाले क्षेत्रों से शुरू किया और एक सप्ताह तक शहर भर में यह जारी रहेगा। इस अभियान में एन.जी.ओ. और पार्षदों की मदद भी ली जाएगी।

इस दौरान इस तरह के पौधे लगाए जाएंगे, जो भूमि कटाव को रोकने में मददगार हों। इसके लिए वन विभाग के अधिकारियों को इस दिशा में काम करते हुए पौधों के चयन का काम सौंपा है। मेयर सुरेंद्र चौहान ने कहा कि शहर को बचाने के लिए ऐसे पौधे लगाए जाएंगे, जो जमीन में जल्द ही अपनी पकड़ बना सकें।



शिमला : मशोबरा वार्ड में नगर निगम द्वारा आयोजित पौधारोपण कार्यक्रम के दौरान महापौर सुरेंद्र चौहान व उपमहापौर उमा कौशल के साथ छात्र-छात्राएं सामूहिक चित्र में और (इनसेट) पौधारोपण करते महापौर व उपमहापौर। (संस्था)



Media Report of the Event

<https://www.facebook.com/100064793405841/posts/pfbid0ZPBx5EZsvibc1bwcDnGEcGiSV7aNiBVxiCYkerVqNa1BDfsufn8Zyw9JRHZgknvl/?s=chYV2B&fs=e&mibextid=6AJuK9>



EXTENSION ACTIVITIES
DEPARTMENT OF PHYSICAL EDUCATION
SESSION-2023-2024

HEALTH AND PERSONALITY DEVELOPMENT CLASSES FOR SCHOOL CHILDREN

Day: Every Tuesday & Friday (Per Week)

Collaborating Agency: Government Primary School, Sanjauli

No. of Participants: 56

Date: September 29, 2023 (onwards)

Objectives:

- To enhance the overall personality of the school children.
- To improve their confidence level.
- To augment their innate leadership qualities and to improve children's interpersonal communication skills

Description: The St. Bede's College structured a development program on Health and Personality Development classes for the students of Government Primary School, Sanjauli. The classes are organized to raise confidence, strength and to build an optimistic personality of young children. The interaction also eliminates negative behavior that hinders the growth and success of the students. These classes also created general awareness about health amongst the students of the school.

Dr. Ashwani, from Department of Physical Education, St. Bede's College has been taking Health and Personality Development classes of the school children. The classes have been taken on every Tuesday and Friday in a week. In each class a new topic was taught. The topics were based on health, physical, emotional, psychological, spiritual and professional aspects of the personality development. After the class students were evaluated randomly to observe the change in them.

Outcome: Personality development plays an important role in helping students to build a strong and positive foundation for the future. The students were guided to develop good study habits and strengthening their inter-personal skills. They were also made aware about the importance of health and hygiene. As quality education is an important part of any student's life, these classes played a vital role in the overall development of the school children.



ST. BEDE'S COLLEGE SHIMLA, (H.P)
NAAC RE-ACCREDITED A+ GRADE

HEALTH & PERSONALITY DEVELOPMENT COURSE

Brochure



***Health and Personality Development Classes for School Children
Day (September 29, 2023) onwards Every Tuesday & Friday (Per Week)***



Health and Personality Development Classes for School Children
Day (September 29, 2023) onwards Every Tuesday & Friday (Per Week)



**EXTENSION ACTIVITIES
DEPARTMENT OF BOTANY
SESSION 2023-2024**

WORLD FOOD DAY CELEBRATION

Skit and Chart Demonstration

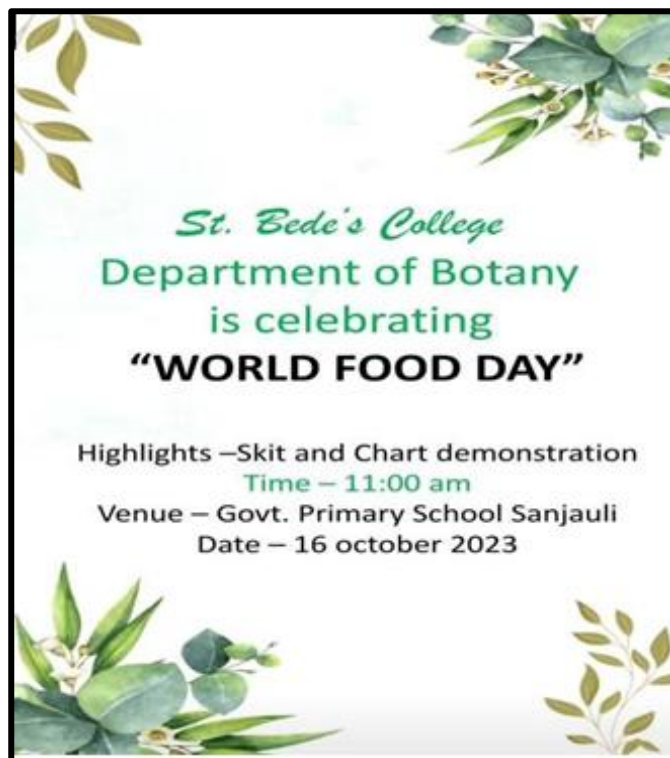
Collaborating Agency: Govt. Primary School, Sanjauli

Number of Participants: 15

Date: October 16, 2023

Objectives: To motivate school children to eat healthy food.
To spread awareness about water conservation

Description: The students of M.Sc.-Botany of St Bede's college went to Government primary school Sanjauli on October 16, 2023 to celebrate World Food Day. The theme for world food day 2023 was "Water is life, water is food. Leave no one behind." This theme emphasized on the crucial role of water in sustaining life on earth and its connection to food sources. Students gave pictorial presentation and performed a skit to motivate students. With the help of charts they differentiated between healthy and unhealthy food and spread awareness about water content of some vegetables and fruits. After presentation they performed a skit entitled "Healthy vs. Unhealthy food" which portrayed benefits of eating healthy and ill effects of eating unhealthy /junk food.



Brochure



World Food Day Celebration (October 16, 2023)



**EXTENSION ACTIVITIES
DEPARTMENT OF ECONOMICS
SESSION 2023-2024**

ENLIGHTENING MINDS: ST. BEDE'S ECONOMICS DEPARTMENT SETS SAIL ON WORLD LITERACY DAY"

Collaborating agency: Government Primary School, Sanjauli

Number of Participants: 8

Date: September 8, 2023

In celebration of World Literacy Day, the Economics Department at St. Bede's College Shimla orchestrated a meaningful excursion to kindle a passion for literacy and education among young learners. This collaborative initiative involved both faculty and students, converging at the Government School in Sanjauli, Himachal Pradesh, to create a lasting impact on students from LKG to 5th class.

Objectives: The primary objectives of this excursion were to promote literacy and educational awareness, emphasizing the importance of learning in personal and societal development.

Description: The day unfolded with a compelling skit performance by college students, illuminating the crucial role of education and literacy in shaping one's life. This theatrical endeavor captured the attention of the young audience, delivering a powerful message that resonated throughout the day.

Interactive sessions followed suit, featuring storytelling sessions conducted by college students to instill a love for books and reading. To blend education with enjoyment, a series of fun and educational games were organized, enhancing cognitive abilities and reinforcing the idea that learning can be both enjoyable and rewarding.

As a gesture of encouragement and support, the Economics Department distributed stationery items among the students, including notebooks, pencils, and erasers, aimed at facilitating their educational journey. Furthermore, the introduction of interactive learning materials aimed to foster a more engaging learning environment within the classroom.



This collaborative effort involving the Economics Department, college students, and the dedicated staff of the Government School showcased the impact of community engagement. It underscored the pivotal role educational institutions can play in spreading awareness about literacy and education.



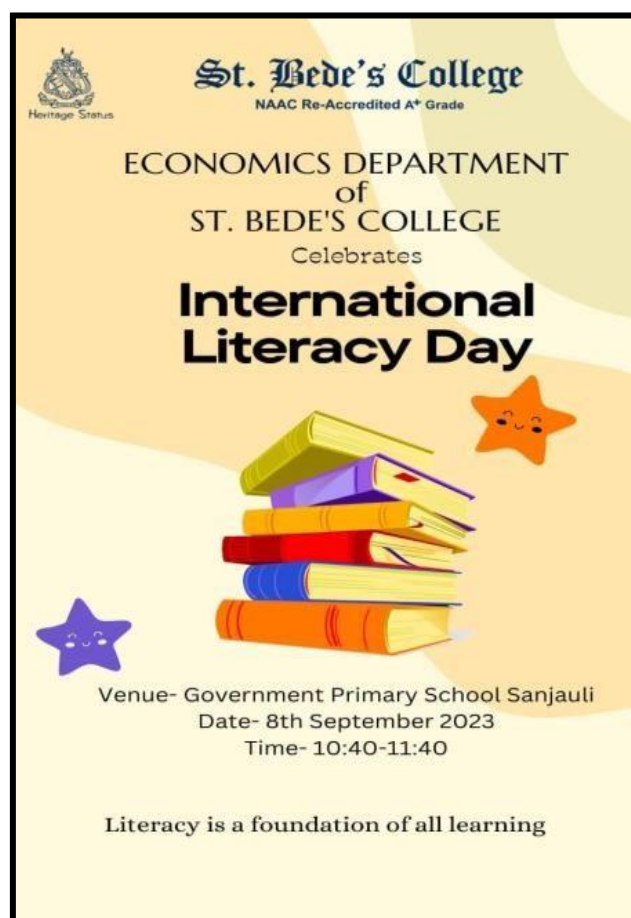
***Enlightening Minds: St. Bede's Economics Department Sets Sail on World Literacy Day"**
(September 8, 2023)*

Outcomes: The excursion on World Literacy Day at the Government School in Sanjauli surpassed expectations, achieving its primary goal of promoting literacy and education awareness. Students, spanning from LKG to 5th class, not only gained insights into the significance of learning but also left with beaming smiles and newfound enthusiasm for education.





Enlightening Minds: St. Bede's Economics Department Sets Sail on World Literacy Day"
(September 8, 2023)



Brochure



POVERTY ERADICATION WEEK-"EMPATHY IN ACTION"

Collaborating Agency:

Number of participants: 11

Date: October 11 -17, 2023

Dedicated to making a meaningful impact on societal issues, the Economics Department fervently observed Poverty Eradication Week from October 11th to 17th, 2023. This week-long initiative saw active student engagement in a diverse array of impactful activities, including poster making, film screenings, Nukkad Natak (street play), and a sensitization program. The collective efforts of the students played a pivotal role in the success of the week, creating heightened awareness about poverty and eliciting emotions of empathy and compassion within the college community and beyond.

Objectives: The overarching objectives of Poverty Eradication Week were to raise awareness about poverty and stimulate emotions of empathy and compassion among students and the general public. Through various mediums, the Economics Department aimed to foster a deeper understanding of the challenges faced by those living in poverty.

A standout event during Poverty Eradication Week was the screening of the impactful short film titled "Hunger" at 2:50 on October 13, 2023. The objective was clear: to employ visual storytelling to convey the harsh realities faced by individuals living in poverty. The film struck a chord with the students, evoking emotional responses, including tears, as they witnessed the struggles of the male protagonist striving to make ends meet.

Following the film screening, a film review competition added an interactive dimension to the event. Participants were tasked with providing their perspectives on the overall impact of the film. Entries were meticulously evaluated by the esteemed judge, Ms. Annette, considering criteria such as content quality, vocabulary usage, reference to the film, and clarity of thoughts.

Outcomes: The film screening and subsequent review competition effectively achieved the goal of evoking empathy among students for those living below the poverty line. This activity served as a powerful medium to sensitively address the issues surrounding poverty, prompting thoughtful reflections and discussions among the participants. The success of these initiatives during Poverty Eradication Week underscores the commitment of the Economics Department and its students to creating awareness and understanding that extends beyond the classroom.



***Poverty Eradication Week- "Empathy in Action
(October 11 -17, 2023)***



"SEEDS OF CHANGE: A CHARITABLE OUTREACH BY THE ECONOMICS DEPARTMENT"

Collaborating Agency: Community

Number of Participants: 11

Date: November 24, 2023

On November 24, 2023, the Economics Department demonstrated its commitment to social responsibility by conducting a community outreach activity at Indira Gandhi Medical College, Shimla. This benevolent initiative, conducted under the banner of "Seeds of Change," aimed to make a meaningful impact on the lives of individuals at the Cancer hospital, IGMC.

Objectives: To engage in social service by contributing essential grocery items and serving langar at the Cancer hospital, IGMC.

To instill empathy, compassion, and a sense of gratitude among students through direct involvement in community service.

To support the non-profit community service, GURU KA LANGAR, run by social activist Mr. Sarbjeet Singh's NGO Almighty Blessings.

The donated grocery items were procured through funds generated from departmental events, including the World Savings Day Donation Drive, Mehndi Competition, and the Diwali Carnival. Both students and faculty actively participated in the event, serving a complimentary langar to patients and their attendees at the Cancer hospital, IGMC.

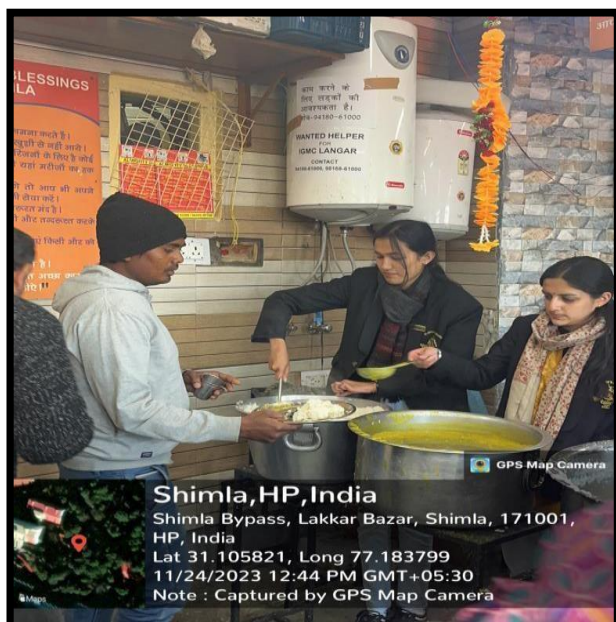
Students engaged in various tasks, such as serving food, distributing water, and assisting authorities in attending to people at the langar service. The experience provided a firsthand understanding of the values of sharing and service to humanity.

Outcome: The "Seeds of Change" community outreach activity at the langar service, IGMC Shimla, was a resounding success. The event not only achieved its primary objectives of social service but also left a lasting impact on the participating students. The engagement fostered a sense of responsibility and ignited a fiery zeal among students to contribute towards humanitarian aid.

Mr. Sarbjeet addressed the students, sharing his journey and emphasizing the importance of working for a greater cause. The activity encouraged students to recognize the transformative power of small acts of kindness and motivated them to continue working towards building a better society and nation.



Brochure



Seeds of Change: A Charitable Outreach by the Economics Department (November 24, 2023)



***Seeds of Change: A Charitable Outreach by the Economics Department
(November 24, 2023)***



**EXTENSION ACTIVITIES
DEPARTMENT OF HINDI
SESSION 2023-2024**

हिंदी विभाग और डिबेट्स एंड ड्रामेटिक्स सोसाइटी की सहभागिता में आयोजित नुक्कड़ नाटक (NUKKAD NATAK)

थीम: “मुझे काटो मत मुझे रोको मत”

अवसर : अंतरराष्ट्रीय महिला दिवस 2024

Collaborating Agency- Community

Number of Participants: 6

तिथि : 11 मार्च, 2024

उद्देश्य :

छात्राओं को प्रदर्शन कला (परफार्मिंग आर्ट्स) में अपनी प्रतिभा और कौशल बढ़ाने के लिए प्रेरित करना।
छात्राओं को सार्वजनिक मंच प्रदान करना जहाँ वे परिवार, समाज और प्रकृति संरक्षण में महिलाओं की महत्वपूर्ण भूमिका को समझकर उसे आम जन के बीच रेखांकित कर सकें।
छात्राओं को लैंगिक समानता और अवसर पर अपने विचार व्यक्त करने के लिए प्रेरित करना।
छात्राओं को अपनी भावाभिव्यक्ति की स्वतंत्रता के महत्व के बारे में समझाना।

11 मार्च, 2024 को सेंट बीड्स महाविद्यालय के हिंदी विभाग और डिबेट्स एंड ड्रामेटिक्स सोसाइटी की सहभागिता में अंतरराष्ट्रीय महिला दिवस 2024 के अवसर पर एक नुक्कड़ नाटक का आयोजन किया गया। नुक्कड़ नाटक का विषय था **“मुझे काटो मत, मुझे रोको मत”**। महाविद्यालय की बी.ए., बीकॉम और अर्थशास्त्र की छात्राओं ने नुक्कड़ नाटक का मंचन एम्फीथिएटर, रिज, शिमला में आम जनता के बीच उत्साहपूर्वक किया, जिसमें महिलाओं के सशक्तीकरण के साथ ही ‘चिपको’ और ‘नर्मदा बचाओ’ आंदोलनों के विशेष संदर्भ में प्रकृति संरक्षण में उनकी महत्वपूर्ण भूमिका को भी रेखांकित किया गया। यह नुक्कड़ नाटक मूलतः इकोफेमिनिज़्म की विचारधारा को प्रदर्शित करने के लिए मंचित किया गया।

परिणाम :

- छात्राओं के प्रदर्शन कौशल को समृद्ध किया गया और दर्शकों का सामना करने के लिए उनका आत्मविश्वास बढ़ा।
- छात्राओं ने स्त्री की पारिवारिक और सामाजिक भूमिका से इतर पर्यावरण संरक्षण जैसे व्यापक क्षेत्रों में अपनी भूमिका का अन्वेषण किया।
- छात्राओं ने अपने समाज के रोल मॉडल के बारे में सीखा जिन्होंने न केवल अपनी पहचान के लिए बल्कि एक बड़े उद्देश्य के लिए संघर्ष किया।
- छात्राओं को आभाविष्यक्ति करने के लिए सार्वजनिक मंच मिला, जहाँ मीडिया और आम जनता द्वारा उनकी खूब सराहना हुई।



हिंदी विभाग और डिबेट्स एंड ड्रामेटिक्स सोसाइटी की सहभागिता में आयोजित नुक्कड़ नाटक
(मार्च 11, 2024)



**EXTENSION ACTIVITIES
DEPARTMENT OF POLITICAL SCIENCE
SESSION 2023-2024**

ANECDOTE NARRATION & RALLY TO OBSERVE “INTERNATIONAL DAY OF PEACE”

Theme: End Racism and Build Peace

Collaborating agency: Community

Number of Participants: 25




Date: September 21-22, 2023

Objective: The Department of Political Science and History organized a session on anecdote narration to observe “International Day of Peace”. It aimed to create an awareness among the youth about the importance of peace and ways to avoid local, national and international conflicts.

Description: The event began by underlining the importance of global peace and harmony. It featured three compelling anecdotal narratives from participants. These participants were from BA III Year who narrated the stories of racism which were prevalent in the societies of USA, Australia and South Africa. They also suggested the ways and means through which harmony is to maintain in the world highlighting important roles of international non-state actors. These anecdote narrations were followed by a lecture which emphasized on social cleavages created through racism, casteism, gender biasness and need to reduce such practices. On September 22, 2023 a rally was organized by the department which started from Sanjauli Chowk to Navbahar. The effort to sensitize and spread message of harmony and peace was remarkable and the event ended on a successful note giving message of peace and non-violence.

Outcome: The event ended on a successful note by sensitizing students about the impact of conflict on general lives and methods to prevent them. These methods include use of different tracks of diplomacy, ending arms race, cutting down usage and production of Weapons of Mass Destruction. It further emphasized on the roles which different individuals, communities, institutions can play to create a harmonious world.



St. Bede's College




DEPARTMENT OF POLITICAL SCIENCE AND HISTORY

are organizing
a session on anecdote narration
to observe

INTERNATIONAL DAY OF PEACE

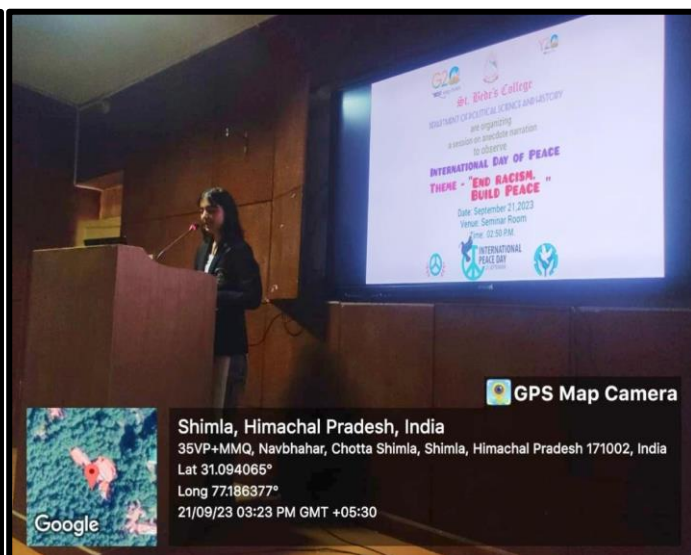
**THEME - "END RACISM.
BUILD PEACE"**

Date: September 21, 2023
Venue: Seminar Room
Time: 02:50 P.M.



Brochure



Anecdote Narration & Rally to observe "International Day of Peace" (September 21, 2023)



“NURTURING THE ABANDONED: SPREADING SMILES”

Collaborating Agency: Namgyal Monastery, Old Age Home Sanjauli

Number of Participants: 10

Date: November 04, 2023

Objective: The Department of Political Science organized an extension activity on November 04, 2023, under which, the students visited Namgyal Monastery, Old Age Home situated at Sanjauli. The purpose of this activity was to promote social responsibility among students and create a sense of empathy towards the elderly members of our society who are abandoned by their own children and families. The initiative also aimed to offer companionship to the elderly people and foster an inter-generational understanding thus creating a positive impact on the lives of elderly residents.

Description: The students visited an Old Age Home situated at Sanjauli to reach out to the most vulnerable section of our society under the theme “*Nurturing the Abandoned: Spreading Smiles*”. Therefore, they organized numerous recreational activities such as games, skit, singing competition to bring striking smiles on all faces. The students got an exceptional experience after interacting with the aged people and knowing about their real life stories. They also distributed fruits, sweets and promised to offer all kind of support whenever needed. The residents appreciated the companionship and efforts made by the students and making them feel valued and cherished.

Impact and Outcomes: - The students gained valuable life lessons and a practical understanding of the challenges faced by the elderly, enhancing their empathy and compassion for the bigger cause. The visit also created a positive atmosphere at the old age home. Moreover, the outreach enhanced the spirits and enthusiasm of the residents and staff. This outreach activity overall fostered a sense of social responsibility and community engagement among the participants.





भारत 2023 INDIA





भारत 2023 INDIA

ST. BEDE'S COLLEGE

Department of Political Science

*is organizing
an extension activity
on the theme :*

**"NURTURING THE ABANDONED-
SPREADING SMILES"**

Date: November 4, 2023

Location: Namgyal Monastery
Old Age Home,
Sanjauli.




Brochure



“Nurturing the Abandoned: Spreading Smiles” (November 4, 2023)



EXTENSION ACTIVITIES DEPARTMENT OF PSYCHOLOGY

SESSION-2023-2024

AWARNESSTALK ON PSYCHOLOGICAL DISORDERS

Collaborating Agency: Government Senior Secondary School, Sanjauli, Shimla

No. of Participants: 7

Date: 6th October 2023

Objective: The aim of the activity was to spread awareness on various psychological disorders among the students from classes 9th to 12th.

Description: An extension activity on psychological disorders was conducted on October 6, 2023 at Government Senior Secondary School, Shimla. An awareness talk was conducted by the final year psychology honors students, Shubhangi Chopra, Yashasvi Sharma, Ashi Gaba and Sneha Dagar, on topics such as bullying, exam anxiety, depression and drug and substance abuse. A few relaxation techniques were also taught by Cherie Sharma. Vishwavandita Chandel a videographer from the psychology department accompanied the students, to cover the event.

The motive of the awareness talk was to make the students understand various signs and symptoms of different disorders and to empower them, to deal with psychological disorders effectively. A question-answer round was also conducted at the end in which students were awarded with candies for every correct response.

Outcome: Students gained a comprehensive understanding of various psychological disorders, including their symptoms, causes, and impact. This increased knowledge helps in recognizing mental health issues within themselves and others.



Talk on Bullying, Exam Anxiety, Drug and Substance Abuse

(6 October 2023)



*Talk on Bullying, Exam Anxiety, Drug and Substance Abuse
(6 October 2023)*



**EXTENSION ACTIVITIES
DEPARTMENT OF NUTRITION**

SESSION-2023-2024

SIGNIFICANCE AND BENEFITS OF EXCLUSIVE BREAST FEEDING

Collaborating Agency:

No. of Participants: 8

Date: 5th August, 2023

Description: An awareness program for pregnant and lactating women was conducted on 5th August, 2023 in maternal hospital of Shimla. The health talk was delivered to sensitize and educate the pregnant, lactating women and also to the community. Highlighted on initiation of breastfeeding, its importance, understanding the adequacy of breastfeeding and also discussed the importance of diet. In the end the nutritional assessment of lactating mothers was also conducted by the students.



Significance and Benefits of Exclusive Breast Feeding (5 August, 2023)



Significance and Benefits of Exclusive Breast Feeding (5 August, 2023)



Outcomes: By the end of the week, the students successfully achieved the desired outcomes. They developed a comprehensive understanding of the role of a dietician in a hospital setting and the significance of nutrition for pregnant and lactating women. They acquired the knowledge and skills required to plan a well-balanced diet that meets the unique nutritional needs of expectant and new mothers. The participants clarified their doubts and were well appreciated. The students also got information on Care Companion Program (CCP).

VISIT TO ANGANWADI

Collaborating Agency: Anganwadi Kendra Vihar Sanjauli Shimla

No. of Participants: 6

Date: 21st November, 2022

Event Name: Nutritional assessment of pre-schoolers by anthropometry measurements

Objectives:

- To understand the methods used to assess the nutritional status of individuals, with a focus on measuring weight and height in pre-schoolers.
- To acquire knowledge about malnutrition and its impact on individuals and communities.

Description: On 21st November 2022, an educational session was conducted with the objective of providing students with knowledge about malnutrition, methods of assessing nutritional status, and the importance of national programs in addressing this issue. Students of BA IIIrd year visited **Anganwadi Kendra Vihar Sanjauli Shimla**, to assess the nutritional status of pre-schoolers. The anthropometry measurements were taken by the students and BMI was calculated accordingly. Dietary intake was taken by the mother of the child and counselling was done regarding the food intake.

Outcome: By the end of the session, the students successfully achieved the desired outcomes. They acquired knowledge about the methods used to assess nutritional status, specifically in pre-schoolers. The students developed practical skills in measuring weight and height accurately, allowing them to assess the nutritional status of young children. Additionally, the students gained an understanding of the importance of national programs and policies in combating malnutrition.



Nutritional assessment of pre-schoolers by anthropometry measurements (November 21, 2023)



Nutritional assessment of pre-schoolers by anthropometry measurements (November 21, 2023)