

COVID-19 Relief Awareness Initiative Programmes

The past year has been a rough ride for people all over the globe. In such a time, every small act of helpfulness and kindness makes a difference. Finding oneself in the middle of an adversity can be heart wrenching, and while there are many reasons to slip in and give up, one only needs a ray of hope to get back up again and continue the battle. St. Bede's stepped up to help the affected and provide relief in every possible way to reassure those around that even amidst the chaos of the world, some hope can be found. As a way to do that, the students and staff of the college were involved in spreading awareness, volunteering to serve at-risk and infected people, mental health support and encouraging online training on the topic of COVID-19.

● Awareness Raising Health Campaigns (Good health and Well Being during COVID-19)

On October 1, 2020 Department of Zoology took an initiative to educate the mass regarding Good health and Well Being during COVID-19. Various activities like campaigns, poster making competition and YOU TUBE videos were prepared by the zoology students so as to impart literacy on health related issues. They imparted information about how to keep them healthy and away from diseases. The students organized health campaigns to spread awareness about 'COVID-19'. People were made aware of its background, risks, warning signs and symptoms and preventive measures.



- **Campaign on How To Boost Immunity**

On October 2, 2020 mass was made aware about the importance of boosting their immunity in order to keep oneself away from corona virus by practising exercise and eating healthy food.



- **Advertising Campaign Video published on YouTube**

Due to COVID-19 pandemic, social media platforms have played a very crucial role in disseminating news at various levels in lockdown so Department of Zoology prepared some videos and made Zoology Department's Youtube channel (Everybody's Zooing it). Theme for these awareness videos were "Be a health literacy hero". From October 11, 2020- October 13, 2020 Advertising Campaign Videos were published on YouTube Channel. A total of three videos were published. Video 1: Non- communicable disease with more than 35 comments and 550+ views in just 24 hours <https://youtube.be/LYMoO2Q8sIE>. Video 2 : International Infection Prevention Week, with more than 250+ views within 24 hour <https://youtu.be/94nUrjwqVwc>. Video 3: Global hand washing day posted on the channel: "Everybody's Zooing it" with more than 200 views <https://youtu.be/8Ce7dUDmbQk>



- **Advertising Awareness on Updates of Zoology Through Various Social Media Platforms i.e. Significance of Honey, Bee Pollen, Propolis and Royal Jelly for Well being**

From October 14, 2020- October 21, 2020 a campaign was conducted on topic **Need of Practising Apiculture**. Various bee products are used in cosmetics , medicines and supplements thereby emphasizing the importance of bees and their role in pollination. Consumption of bee products (especially honey) have proven to boost the immunity and fight against COVID-19.



● **Awareness Drive about Corona Virus**

On October 10, 2020 an online Poster Making competition on the theme 'Corona Virus' was organised by the Community Outreach Cell. The students of Government Middle School Theog, Shimla sent their entries by taking pictures of the posters made by them. The winners were given a cash prize of Rs. 100/- as a token of appreciation for increasing awareness about corona virus.

The posters depicted the following points.

1. Protecting oneself from the virus
2. The importance of a clean environment.
3. Use an alcohol-based hand sanitizer.
4. Cover your nose and mouth with masks
5. Stay home stay safe.
6. Importance of maintaining a safe distance.

Apart from this, general awareness, latest updates on COVID-19, its spread and prevention were also discussed with the students of Government Middle School Theog, Shimla.



Posters made by the students

- **Helping the people in need during pandemic**

Department of Zoology took an initiative to do some social cause by making a database of blood groups of few college students. For this the blood sample of students were taken in order to check their blood group and then accordingly a database was made with different types of blood groups. This activity was started in the month of August 2019 since then the department of Zoology was testing the blood groups of college students. The database was compiled in March, 2020. The data generated was shared by NGO Almighty Blessings and the person in need of specific blood group can be helped out as these students would donate the blood as and when required. The same data was also be shared by IGMC, Department of Immunohaematology and Blood transfusion Shimla. This activity done by the Zoology department would be an extra help to the people in need of blood. In this current pandemic situation where it was not possible to have much blood donation camps which has led to shortage of blood in blood banks.



- **NCC Yogdan**

In April, 2020 right after the very first lockdown was imposed, the cadets of the college volunteered under NCC Yogdan to provide aid in the hard-hit areas. This was in form of food, sanitary products and other essential items. The cadets also took an initiative to distribute masks at local schools and talking to the students about preventive measures that they can take to stop the spread of virus. Throughout all this, the college also kept a close record of the students becoming infected or showing symptoms so that steps could be taken to trace the spread and prevent it.



- **Making your own hand Sanitizers**

In the month of March, 2020 as the shortages related to sanitizers came up, the Department of Chemistry at St. Bede's College decided to make their own hand sanitizers. They made use of the guidelines given by WHO to make this sanitizer. The sanitizer contained 70% alcohol, 30% hydrogen peroxide and a few drops of glycerin. It was then distributed to all the departments within the college where it seemed to be of great help and was utilized resourcefully.

- **New initiatives during this pandemic COVID-19**

On March 10, 2021 was a new beginning for everyone at college as it was the Raising Day for the NCC Unit. St. Bede's College started a NCC unit under 1 HP (I) Coy NCC, Shimla with an objective to serve the society and spread humanity. The event was organized with all COVID-19 protocols and it left all the cadets as well as other students deeply motivated to the cause of serving the country in the time of need. With the fire of service now once again rekindled by the event, the College continued providing a helping hand wherever and whenever it could.



Raising Day



Raising Day

- **NCC cadets as frontline workers**

The NCC Cadets have also been working as one of the frontline workers to provide relief. When the oxygen cylinders and medicine availability hit a low, one of the cadets joined the Covid-19 Support Group in Shimla wherein they provided people with the required resources. Alongside, if an infected person could not cook for themselves, they were provided with two home-cooked meals a day.

- **Exercises to manage stress and anxiety during quarantine period due to COVID**

With the ongoing events, mental health seemed to have been pushed into the shadows but the college took initiatives to ensure that the staff and the students stayed in a good shape mentally as well. There was an online session conducted by the Department of Psychology on Mental Health Day on October 10, 2020 and during the session, many tips and exercises were shared to help everyone manage their time, anxiety and stress.

- **Practicing Yoga to Combat Negativity**

On June 21, 2021 the NCC and Health Club of the college also collaborated to conduct an online Yoga Session on the International Day of Yoga. The aim behind it was to allow people to have a positive attitude towards life and learn some basics of yoga as well as meditation which might help in combating the negativity surrounding the world today during this pandemic.



- **Quality of Academics was not neglected due to COVID**

It is important to note that even though the pandemic is our utmost priority at the moment, it is not an excuse to not abandon other duties. The quality of academics was not neglected by the institution. The college adapted to the online medium and ensured that proper decorum was maintained in online classes as well.



- **Extra-curricular activities for holistic development**

Throughout the pandemic and the lockdowns, the college made use of technology to continue conducting extra-curricular activities that are beneficial for the overall development of the students. The students also worked all year round to make sure that other activities such as statue cleaning, cleanliness drives, plogging, and awareness about social causes and the environment crisis were not neglected either.



In the past one year the college has taken one day at a time and has worked to make things better not only for themselves but also for those around. Through all the cycles of chaos and calm that the world has experienced St. Bede's seemed to have survived the test of time for over a century and shall continue to do so with only one thing within-'Non Nobis Solum', the College Motto which stands for 'not for ourselves alone.'