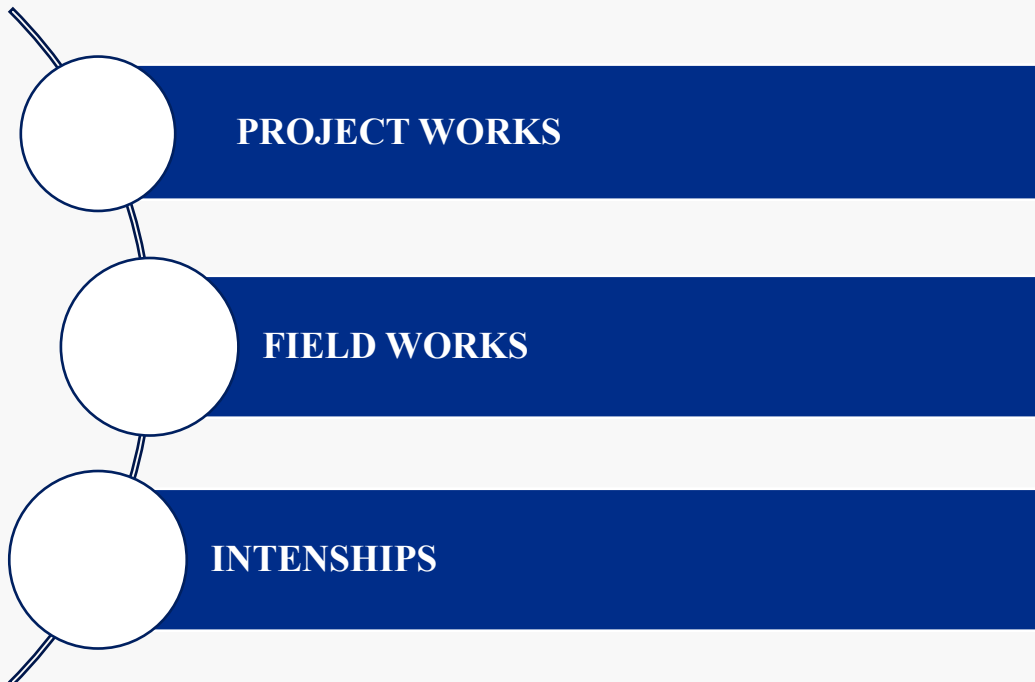




1.3.1. PERCENTAGE OF STUDENTS UNDERTAKING PROJECT WORK/FIELD WORK/INTERNSHIPS





St. Bede's College Shimla

INCULCATING HUMAN VALUES

MENTORING SYSTEM/VALUE EDUCATION

PHILANTHROPIC DRIVES

DONOR DATABASE

HONESTY STORE



St. Bede's College Shimla

OTHER PHILANTHROPIC DRIVES ORGANIZED BY ST.BEDE'S COLLEGE

2019-20

1. DEPARTMENT OF NUTRITION AND HEALTH EDUCATION

VISIT TO GOVERNMENT PRIMARY SCHOOL SANJAULI SHIMLA

On the 5th of August, 2019, a visit was conducted to Government Primary School Sanjauli in Shimla.

Objective: The primary objectives of the visit were twofold. Firstly, it aimed to assess the anthropometric measurements of the children, including their height, weight, mid-upper circumference, and calculate their body mass index (BMI). This assessment would provide valuable insights into the growth and nutritional status of the students.

Secondly, the visit aimed to gather information about the government feeding policy running in the school. This policy ensures that the students receive regular and nutritious meals during school hours. Understanding the implementation and impact of the feeding policy would provide valuable insights into the overall nutritional support provided to the students.

During the visit, the students were actively engaged in learning how to measure their height, weight, and mid-upper circumference. Trained personnel guided them in performing these measurements accurately. The students had the opportunity to apply their knowledge and skills, enhancing their understanding of the importance of proper growth and nutrition.

Additionally, discussions were held with the school authorities and staff to gain a deeper understanding of the government feeding policy implemented in the school. The discussions focused on the availability of nutritious meals, the frequency of meals, and the overall impact of the policy on the students' health and well-being. This provided valuable insights into the effectiveness of the feeding program.

Outcome: As a result of the visit, the students gained practical knowledge on how to measure anthropometric parameters, including height, weight, mid-upper circumference, and calculate BMI. This hands-on experience enhanced their understanding of the importance of maintaining a healthy lifestyle and the impact of nutrition on growth and development.

Furthermore, the discussions with school authorities shed light on the government feeding policy. The students learned about the implementation of the mid-day meal program and the Integrated Child Development Services (ICDS) program running in government schools. This knowledge allowed them to comprehend the significance of these initiatives in addressing malnutrition and ensuring the overall well-being of students.

The visit to Government Primary School Sanjauli in Shimla provided valuable educational experiences for the students. They not only acquired practical skills in measuring anthropometric parameters but also gained insights into the government feeding policy and its impact on the students' nutritional well-being.

[BACK](#)



St. Bede's College Shimla



Student's Visit at Government Primary School, Sanjauli

2020-21

1.NCC

BLOOD DONATION CAMP

On November 22, 2020, a blood donation camp was organized at the Ridge in Shimla, where the cadets of the National Cadet Corps (NCC) came forward to donate blood.

Objective: The camp aimed to create awareness about the importance of blood donation and promote the theme 'Rakht Daan Jeevan Daan,' emphasizing the significance of giving the gift of life through blood donation.

The blood donation camp saw active participation from NCC cadets who selflessly volunteered to donate blood. The event was organized with the collaboration of medical professionals, ensuring a safe and efficient blood collection process. The cadets, driven by their sense of duty and compassion, eagerly participated in this noble cause.

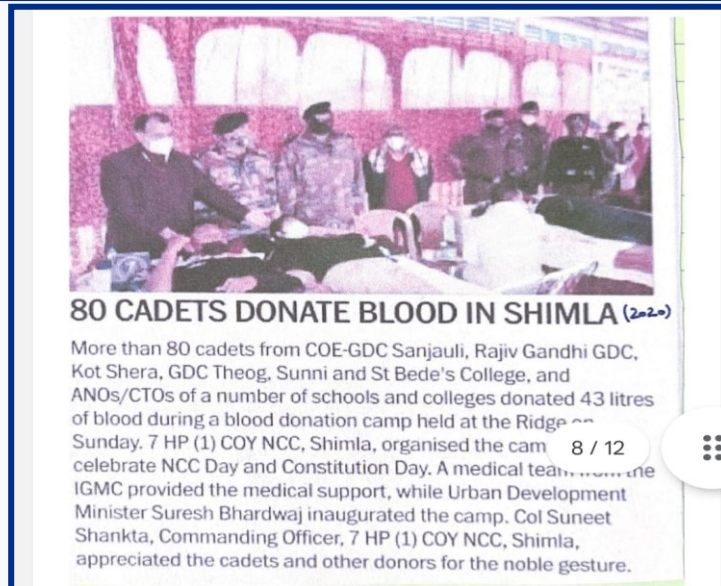
The theme for the day, 'Rakht Daan Jeevan Daan,' highlighted the idea that donating blood is equivalent to giving the gift of life. It aimed to sensitize individuals about the critical need for blood donations and emphasized the role each person can play in helping others by contributing their precious blood. The camp provided an opportunity for cadets to experience the joy of saving lives and instilled in them a strong sense of social responsibility.



St. Bede's College Shimla

Outcome: The NCC cadets exhibited remarkable enthusiasm and dedication during the blood donation camp. Their active participation served as an inspiration to others, motivating them to recognize the importance of timely blood donations to meet the needs of the less fortunate. By actively engaging in this activity, the cadets sensitized themselves and others about the value of donating blood and the impact it can have on saving lives.

The camp encouraged the cadets to take a pledge to donate blood at least once a year, reinforcing the idea that regular blood donations can significantly contribute to meeting the growing demand for blood in medical emergencies and treatments. Through their active participation, the cadets imparted the value of blood donation to others, ultimately creating a culture of compassion and altruism within the community.



NCC Unit, St. Bede's College under IHP Naval Unit Bilaspur



St. Bede's College Shimla

2021-22

1.NCC

VOLUNTARY BLOOD DONATION INITIATIVE ON INTERNATIONAL DAY OF CHARITY

A voluntary blood donation drive was successfully organized by the NCC unit of St. Bede's College, Shimla, in collaboration with the Zoology Department, on September 12, 2022, under the 7HP(I) Coy NCC Shimla, in commemoration of the International Day of Charity.

Objective: The primary objective of the blood donation initiative was to save the lives of individuals in need of blood transfusions due to accidents, diseases, or surgeries. Additionally, the initiative aimed to promote a culture of altruism and volunteering, which can benefit the donors' emotional and physical health.

During the event, a total of 11 individuals stepped forward and donated blood in response to emergency calls at IGMC and KNH. The cadets actively emphasized the importance of charity and presented a PowerPoint presentation on humanitarianism, showcasing their past experiences of donating masks during the COVID-19 pandemic and teaching women handicraft skills. The blood donors were felicitated and acknowledged for their noble cause and selfless act of donating blood.

BACK

Outcome: The 11 donors contributed to helping patients in need of blood transfusions, potentially saving lives and providing necessary medical support. Furthermore, the event served as an opportunity for the cadets to raise awareness among their fellow students about the importance of blood donation and the impact it can have on individuals and society as a whole. The donors also shared information about the precautions and procedures involved in the blood donation process, encouraging others to consider this selfless act. The event helped the cadets develop a sense of responsibility towards society and recognize their role as compassionate human beings.



Brochure

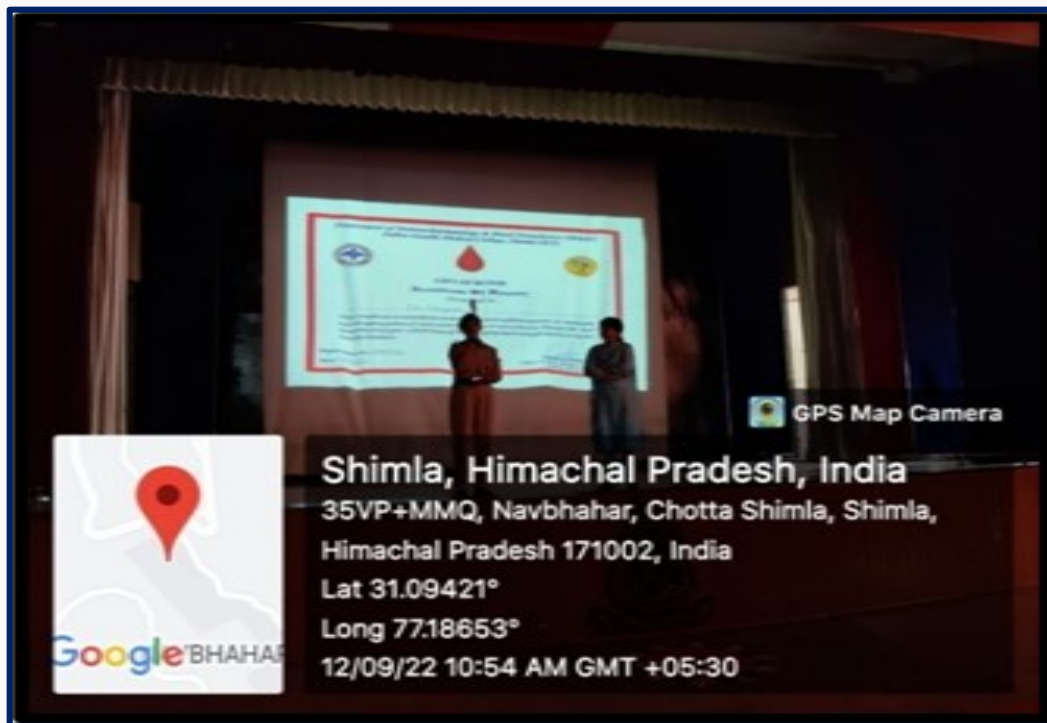


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Certificate Awarded to Student

BACK



Voluntary Blood Donation Initiative



St. Bede's College Shimla



Certificates of Blood Donation Received by the Blood Donors

2. NSS

BACK

2. DEPARTMENT OF NUTRITION AND HEALTH EDUCATION

NUTRITIONAL ASSESSMENT OF PREGNANT WOMEN

On the 28th of February 2022, a nutritional assessment was conducted for pregnant women. The purpose of this assessment was to gather information about the dietary habits and nutritional status of pregnant women.

Objective: The primary objective of the nutritional assessment was to conduct a comprehensive survey of the dietary habits of pregnant women. This involved using the 24-hour dietary recall method, where the participants were asked to recall their food and beverage intake over a 24-hour period. This method allowed for a detailed understanding of their dietary patterns and nutrient intake. The assessment also aimed to assess the anthropometric measurements of pregnant women. This involved measuring parameters such as weight, height, mid-upper arm circumference, and body mass index (BMI). These measurements provided information about the nutritional status and overall health of the pregnant women.

Outcome: As a result of the nutritional assessment, the students gained practical knowledge and skills in conducting a dietary survey for pregnant women. They learned how to effectively use the 24-hour dietary recall



St. Bede's College Shimla

method to gather accurate information about food and nutrient intake. This knowledge enabled them to analyse the dietary patterns of pregnant women and identify any deficiencies or imbalances in their diets.

Additionally, the students learned how to plan a nutritional and balanced diet specifically tailored to the needs of pregnant women. They gained an understanding of the key nutrients required during pregnancy, such as folic acid, iron, calcium, and protein. Using this knowledge, they were able to develop personalized dietary plans that would ensure the pregnant women received the necessary nutrients for their health and the healthy development of their babies.



Students during their nutritional assessment

BACK

NUTRITIONAL ASSESSMENT OF PRE SCHOOL-CHILDREN

On the 10th of March 2022, an assessment was conducted to evaluate the anthropometric measurements of preschoolers.

Objective: The primary objective of the assessment was to assess the anthropometric measurements of preschoolers, particularly their weight and height. These measurements provided valuable insights into the growth patterns and nutritional status of the children. By evaluating these parameters, it became possible to identify any potential growth deficiencies or excesses and address them appropriately.

Outcome: As a result of the assessment, the students acquired practical skills in measuring the weight and height of preschoolers accurately. They learned how to use appropriate measuring instruments and techniques to gather precise data. Additionally, they were able to calculate the ideal body weight for each child, based on their height and age, which further helped in assessing their growth patterns.



St. Bede's College Shimla

Furthermore, the students gained insights into the functioning of Anganwadi and the feeding program running in schools. They learned about the importance of these initiatives in providing nutritious meals to preschoolers, ensuring their proper growth and development.



BACK



St. Bede's College Shimla



Nutritional Assessment of Preschool Children

2022-23

1. DEPARTMENT OF COMPUTER SCIENCE

SOCIAL RESPONSIBILITY

The students and faculty of the Department of Computer Science went to Indira Gandhi Medical College Langar Hall on March 10 and 13, 2023 to serve langar to cancer patients and their attendants. Students from B.A. Computer Applications II year, BCA III year, and BCA I year went to IGMC. Over 1000 people were served in the entire day. The students also made chapattis for the patients.

Objective:

- To make students aware of their social responsibility towards people.
- To serve meals to the patients and their families.

Outcome:

Visit to Indira Gandhi Medical College Langar Hall provided a platform for working towards social responsibility. Students got a chance to interact with people from diverse cultures and learnt to work with people from diverse backgrounds. The students also experienced the importance of community welfare and the development of feelings like compassion and empathy.

BACK



St. Bede's College Shimla



DEPARTMENT OF COMPUTER SCIENCE
St. Bede's College, Shimla
organizes
SOCIAL RESPONSIBILITY
ON
MARCH 10-13, 2023

Venue: Indira Gandhi Medical College Langar Hall
Time: 11:00 AM onwards

Brochure



Students at IGMC Langar Hall



St. Bede's College Shimla

2. DEPARTMENT OF ECONOMICS

"PROMOTING LITERACY AND EDUCATION: DEPARTMENT OF ECONOMICS' EXTENSION ACTIVITY AT GOVERNMENT PRIMARY SCHOOL, SANJAULI"

On September 8, 2022, the Department of Economics organized a remarkable extension activity at Government Primary School, Sanjauli, in commemoration of World Literacy Day. The event aimed to promote literacy and education among children while emphasizing the power and significance that education holds. By engaging in various interactive activities, the students of the Department of Economics sought to create a stimulating and enjoyable learning environment for the young students.

Objectives: The primary objective of the extension activity was to foster literacy and education among the children and underscore the vital role that education plays in their lives. By organizing interactive activities, the event aimed to promote basic literacy skills such as reading, writing, and comprehension. Additionally, the activity sought to encourage the children to ask questions, share their experiences, and cultivate a love for learning. Another objective was to motivate the students to continue their education and recognize the value of education as a tool for future success.

The extension activity organized by the Department of Economics was filled with engaging and educational activities. The students of the department planned and executed a range of interactive exercises to make the learning experience both enjoyable and informative for the children. These activities were designed to enhance the children's literacy skills while fostering a sense of curiosity and enthusiasm for education.

The activities included storytelling sessions, where the students shared captivating stories that not only entertained but also imparted valuable lessons. The children actively participated by asking questions and expressing their thoughts, thereby encouraging dynamic and lively interaction.

Furthermore, the students organized reading and writing exercises, providing the children with the opportunity to practice their literacy skills. They guided the students in reading aloud and writing short paragraphs, offering constructive feedback and support.

To create a holistic learning experience, the activity also incorporated games and puzzles that combined entertainment with education. These games were carefully designed to reinforce various concepts, such as vocabulary, spelling, and numeracy, in a playful and engaging manner.

Outcome: The extension activity at Government Primary School, Sanjauli, proved to be a resounding success. The event achieved its objectives of promoting literacy and education among children while highlighting the significance of education in their lives.

Through the interactive activities, the children not only acquired essential literacy skills but also developed a keen interest in learning. By encouraging them to ask questions and share their experiences, the activity fostered a positive and inclusive learning environment.

As a token of motivation and a memento of the event, all the students of Government Primary School, Sanjauli, were presented with stationery hampers. This gesture aimed to encourage the children to continue their education and served as a reminder of the importance of education in their journey towards success.



St. Bede's College Shimla



Students with children at Government Primary School, Sanjauli



3. DEPARTMENT OF NUTRITION AND HEALTH EDUCATION

NUTRITIONAL ASSESSMENT OF PREGNANT AND LACTATING WOMEN

On 7th September 2022, an educational activity was conducted to shed light on the crucial role of a dietician in a hospital setting and to emphasize the significance of nutrition for pregnant and lactating women.

Objectives:

- To understand the role of a dietician in a hospital setting.
- To comprehend the importance of nutrition for pregnant and lactating women.
- To equip students with the knowledge and skills required to plan a balanced diet specifically tailored for pregnant and lactating women.

During the activity, the role of a dietician in a hospital was thoroughly explained to the students. They learned that dietitians assess the nutritional needs of patients based on their medical conditions, dietary restrictions, and personal preferences. They work closely with the medical team to design individualized meal plans that support the patients' overall health goals and aid in their recovery process.

The importance of nutrition for pregnant and lactating women was emphasized. The students gained insights into the unique nutritional requirements of these women during these crucial stages. They learned that adequate nutrient intake, including essential vitamins, minerals, and macronutrients, is vital for supporting the growth and development of the baby and maintaining the mother's well-being. The students were educated on the specific dietary considerations and recommendations for pregnant and lactating women.

To enhance their practical skills, the students were guided on how to plan a well-balanced diet specifically tailored for pregnant and lactating women. They learned about the essential nutrients required during these stages, appropriate food choices, portion control, and meal planning strategies. Case studies and practical examples were utilized to demonstrate the application of this knowledge in real-life scenarios.

Outcome: By the end of the activity, 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.



St. Bede's College Shimla



Students During Their Assessment

NUTRITIONAL ASSESSMENT OF PRE SCHOOLERS

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.

Objectives:

- To acquire knowledge about malnutrition and its impact on individuals and communities.
- To understand the methods used to assess the nutritional status of individuals, with a focus on measuring weight and height in preschoolers.
- To gain insight into national programs and policies aimed at combating malnutrition and promoting better health outcomes.

During the session, students were introduced to the concept of malnutrition and its detrimental effects on individuals and communities. They learned that malnutrition can arise from deficiencies, imbalances, or excesses in nutrient intake and can lead to impaired growth, weakened immune system, and increased susceptibility to diseases.

[BACK](#)



St. Bede's College Shimla

The session focused on various methods used to assess nutritional status, with a specific emphasis on measuring weight and height in preschoolers. Students were provided with practical demonstrations and guidance on how to accurately measure the weight and height of young children. They learned about growth charts and reference standards that aid in assessing the child's growth patterns and identifying signs of malnutrition.

Furthermore, the session shed light on the importance of national programs and policies in addressing malnutrition. Students gained insights into the initiatives undertaken by governments and international organizations to combat malnutrition at a population level. They learned about programs such as promoting exclusive breastfeeding, food fortification, and school feeding programs. The students also explored the role of nutrition education and counselling in improving nutritional outcomes.

Outcome: By the end of the session, the students successfully achieved the desired outcomes. They acquired knowledge about malnutrition, its impact on individuals and communities, and the methods used to assess nutritional status, specifically in preschoolers. 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.





St. Bede's College Shimla



Students and children during Nutritional Assessment Of Pre School Children

4. DEPARTMENT OF POLITICAL SCIENCE

CLOTHES DONATION DRIVE

A clothes donation drive organized by the students of the Department of Political Science in collaboration with the Rotaract Club, Shimla, was held on October 30, 2022. It was an altruistic endeavor aimed at serving the underprivileged residents of Bangla Colony, Sanjauli.

Objective: The primary objective of this clothes donation drive was to extend a helping hand to the underprivileged people living in our vicinity in the most simple and meaningful way possible.

The students began by reaching out to their own homes and neighborhoods to collect warm winter clothes. With meticulous care, they inspected each garment to ensure that they were in suitable condition for use.

After the collection process, the students packed the donated clothes into carry bags, ready for distribution. The collaboration with the Rotaract Club was instrumental in facilitating the transportation of these packages to the designated location, Bangla Colony, Sanjauli, where the drive was to take place.

[BACK](#)

Upon reaching Bangla Colony, the students started the distribution process, ensuring that the warm clothes reached people of all age groups who were in need. This interaction with the residents,



St. Bede's College Shimla

particularly the children, allowed the students to witness the genuine appreciation and happiness on the faces of the recipients. In addition to providing warm clothes, the students also shared sweets and chocolates with the children, creating moments of joy and camaraderie.

Outcome: The clothes donation drive left a profound impact on the minds and hearts of the students. Witnessing the gratitude and happiness of the underprivileged recipients reinforced the importance of community welfare activities and acts of kindness. The experience not only served the immediate material needs of the less fortunate but also instilled a sense of compassion and empathy within the students.



Clothes Donation Drive Brochure

BACK



St. Bede's College Shimla

Economics Department “Honesty Store”

Economics Department launched Honesty Store in the campus on 26th May 2022. It offers a wide variety of essentials and stationery supplies like pencils, notebooks, and chart papers to name a few. The store has no keeper and follows a simple transactional policy of honesty where students take what they need and pay right.

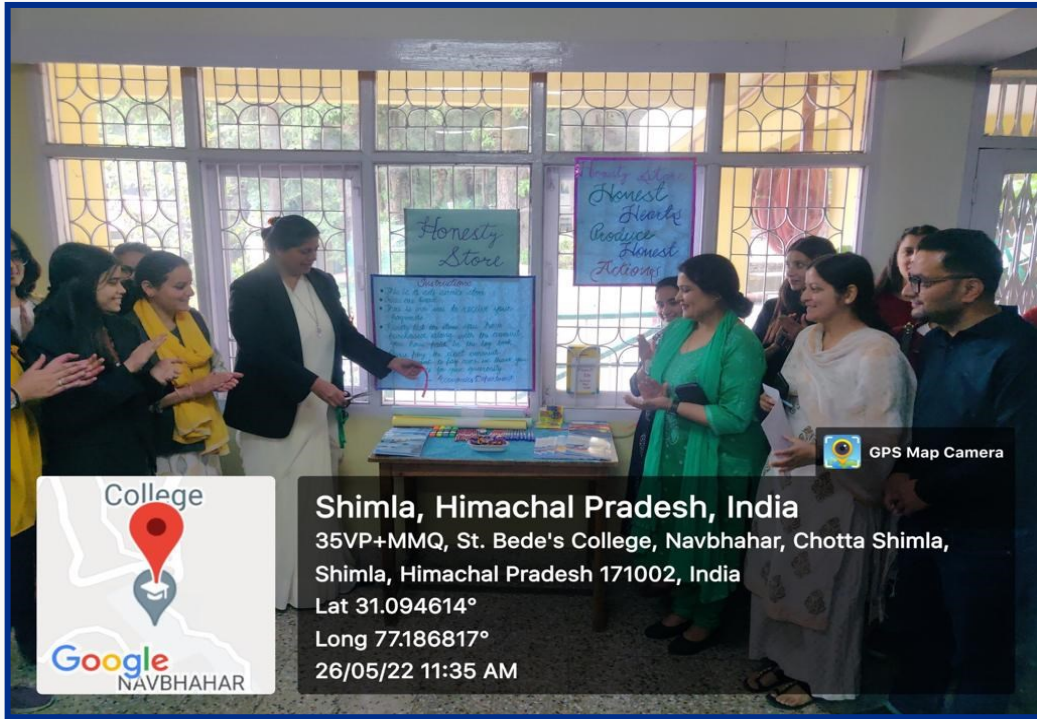


Economics Department “Honesty Store”

BACK



St. Bede's College Shimla



Economics Department "Honesty Store"