



**St. Bede's College Shimla**  
(UGC-NAAC "A+" Grade Re-Accredited)

**CRITERION 1**

**1.3.1. INSTITUTION INTEGRATES CROSSCUTTING ISSUES RELEVANT TO PROFESSIONAL ETHICS, GENDER, HUMAN VALUES, ENVIRONMENT AND SUSTAINABILITY INTO THE CURRICULUM.**



**INCULCATING HUMAN VALUES**



**St. Bede's College Shimla**

**INCULCATING HUMAN VALUES**

**MENTORING SYSTEM/VALUE EDUCATION**

**PHILANTHROPIC DRIVES**

**DONOR DATABASE**

**HONESTY STORE**



St. Bede's College Shimla

## PHILANTHROPIC DRIVES ORGANIZED BY ST. BEDE'S COLLEGE

2018-19

NSS

### BLOOD DONATION CAMP



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](mailto:bedescollege@gmail.com)

#### **BLOOD DONATION CAMP**

**Collaborating Agency: NGO Almighty Blessings**

**No. of Participants: 200**

**Organizing Unit: NSS**

On September 15, 2018, the NSS unit of St. Bede's College organized a Blood Donation Camp in collaboration with the NGO Almighty Blessings.

**Objective:** The objective of organising the camp was to make students aware of the importance of blood donation and encourage them to actively participate in this noble cause.

A power point presentation was conducted by the students providing valuable insights into the working of the National Service Scheme (NSS), emphasizing the importance of blood donation, and discussing myths and misconceptions attached to it.

The NSS unit efficiently managed the registration and screening process and collected more than 100 units of blood.

**Outcome:** The collaboration between the NSS Unit and the NGO Almighty Blessings promoted community engagement, setting an example for future endeavours.

  
NSS Program Officer

Principal  
St. Bede's College  
Shimla-171002

BACK



## St. Bede's College Shimla



शिमला - शिमला स्थित सेंट बीडस महाविद्यालय में बुधवार को रक्तदान शिविर का आयोजन किया गया। कार्यक्रम में समस्त सेवक सरबजीत सिंह ने मुख्यातिथि उपस्थित रहे। शिविर में आई.एम.सी की टीम उपस्थित रही जिनके माध्यम से शिविर को सफल बनाया जाएगा। एनएसएस अफिसरों ने फावर प्वाइंट प्रेजेन्टेशन के माध्यम से लोगों को रक्तदान के महत्व बारे समझाया। शिविर में करीब 100 यूनिट ब्लाड किया गया। इस दौरान सरबजीत सिंह ने बताया कि रक्तदान के लिए युवाओं को आगे आना चाहिए। ताकि जरूरतमंद लोगों को समय रहते रक्त मिल सके। डा. अजित दिवान ने बताया कि अधिकतर लड़कियां अनिश्चिन्ता की वजह से रक्तदान नहीं कर पाती हैं इसलिए अच्छा ब्रान्चिंग बहुत जरूरी है ताकि समाज से अनिश्चितता को दूरम किया जा सके।

**Divya Himachal 13/09/18**

### Blood Donation Campaign



St. Bede's College Shimla

2019-20

DEPARTMENT OF NUTRITION AND HEALTH EDUCATION  
VISIT TO GOVERNMENT PRIMARY SCHOOL SANJAULI SHIMLA



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](mailto:bedescollege@gmail.com)

**VISIT TO GOVERNMENT PRIMARY SCHOOL SANJAULI SHIMLA**

**Collaborating Agency: Community**

**No. of Participants: 7**

**Organizing Unit: Department of Nutrition & Health Education**

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 to assess the anthropometric measurements of the children, including their height, weight, mid-upper circumference, and calculate their body mass index (BMI) and to gather information about the government feeding policy running in the school.

During the visit, the students participated in learning how to measure the height, weight, and mid-upper circumference of children. Trained personnel guided them in performing these measurements accurately.

After this there was a discussions session with the school authorities and staff to get a deeper understanding of the government feeding program, the frequency of meals, its nutritional value and the overall impact of the program on the students' health and well-being.

**Outcome:** As a result of the visit, the students acquired practical knowledge on how to measure anthropometric parameters such as height, weight, mid-upper circumference, and calculate BMI. They also got valuable insights into the effectiveness of the feeding program.

*M. Hanuman*

Officiating Principal  
St. Bede's College  
Shimla *M. Hanuman*

BACK



**St. Bede's College Shimla**



*Student's Visit at Government Primary School, Sanjauli*

**BACK**



St. Bede's College Shimla

2020-21

NCC

## BLOOD DONATION CAMP



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](mailto:bedescollege@gmail.com)

### BLOOD DONATION CAMP

**Collaborating Agency: Community**

**No. of Participants: 40**

**Organizing Unit: NCC**

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 aim of organising this camp was to collect blood for the hospital and make students realise that it is a noble cause and can help people in need.

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 theme of the day, 'Rakht Daan Jeevan Daan,' wanted to make people understand that when you give blood, it's like giving someone the gift of life.

**Outcome:** During the camp the cadets not only donated blood but promised to donate blood at least once a year.

Officially Principal  
St. Bede's College  
Shimla - 2

BACK



## St. Bede's College Shimla



### 80 CADETS DONATE BLOOD IN SHIMLA (2020)

More than 80 cadets from COE-GDC Sanjauli, Rajiv Gandhi GDC, Kot Shera, GDC Theog, Sunni and St Bede's College, and ANOs/CTOs of a number of schools and colleges donated 43 litres of blood during a blood donation camp held at the Ridge on Sunday. 7 HP (1) COY NCC, Shimla, organised the camp to celebrate NCC Day and Constitution Day. A medical team from the IGMC provided the medical support, while Urban Development Minister Suresh Bhardwaj inaugurated the camp. Col Suneet Shankta, Commanding Officer, 7 HP (1) COY NCC, Shimla, appreciated the cadets and other donors for the noble gesture.

*NCC Unit, St. Bede's College under 1HP Naval Unit Bilaspur*

**BACK**





St. Bede's College Shimla

2021-22

NSS

## BLOOD DONATION CAMP



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](mailto:bedescollege@gmail.com)

### BLOOD DONATION CAMP

**Collaborating Agency: Indira Gandhi Medical College Shimla**

**No. of Participants: 55**

**Organizing Unit: NSS**

On November 25, 2021, the NSS unit organized a Blood Donation Camp, to promote the noble cause of blood donation. The camp was coordinated by a dedicated team led by Dr. Payal Vij from Indira Gandhi Medical College Shimla.

The event was inaugurated by the esteemed Principal, Prof. (Sr) Molly Abraham, who set an exemplary example by donating blood herself.

**Outcome:** During the camp, a total of 55 units of blood were collected. The NSS volunteers helped the medical team and made sure everything went smoothly.

*Reena*

*mollym*  
Principal  
St. Bede's College  
Shimla 171002

BACK



## St. Bede's College Shimla



*Blood Donation Camp, with the Aim of Saving Lives (November 25, 2021)*

BACK



St. Bede's College Shimla

DEPARTMENT OF NUTRITION AND HEALTH  
NUTRITIONAL ASSESSMENT OF PREGNANT WOMEN



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](mailto:bedescollege@gmail.com)

**NUTRITIONAL ASSESSMENT OF PREGNANT WOMEN**  
**Collaborating Agency: Community**  
**No. of Participants :3**  
**Organizing Unit: Department of Nutrition & Health Education**

On February 28, 2022, nutritional assessment program for pregnant women was organized by the department of Nutrition and Health Education, St. Bede's College, Shimla.

**Objective:** The purpose was to learn about diet and to check if they were healthy during their pregnancies.

The students asked them to remember what they ate and drank in the last 24 hours. They measured their weight, height, and arm size to evaluate their BMI.

**Outcome:** The students learned how to conduct dietary surveys for pregnant women and use the 24-hour dietary recall method to collect information about their food. They examined the diet chart of pregnant women and planned a healthy diet for them containing nutrients like folic acid, iron, calcium, and protein.

*M. Mahan*

*Molly M*  
Principal  
St. Bede's College  
Shimla 171002



**St. Bede's College Shimla**



*Nutritional Assessment of Pregnant Women, on February 28, 2022*



St. Bede's College Shimla

DEPARTMENT OF ZOOLOGY

VOLUNTEER BLOOD GROUP DATABASE



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

**VOLUNTEER BLOOD GROUP DATABASE**

**Collaborating Agency: Community**

**No. of Participants:25**

**Organizing Unit: Department of Zoology**

On May 4, 2022, the Zoology department of St. Bede's College Shimla, in collaboration with the NCC unit, proposed an innovative concept to attract volunteer blood donors to a common platform.

**Objective:** The objective of this initiative was to build a comprehensive and accessible donor database for blood donation when required by the Indira Gandhi Medical College (IGMC) in Shimla. The students actively participated by donating blood, thereby providing a humanitarian service to the community.

The primary objective of creating a volunteer blood group database is to establish a record of individuals who are willing to donate blood voluntarily. By collecting and organizing donor information, the database aims to create a supportive ecosystem that encourages individuals to come forward and willingly donate blood.

**Outcome:** The outcomes of establishing a volunteer blood group database are far-reaching. Firstly, it has enhanced the availability of blood, ensuring that patients in need have timely access to this life-saving resource. The initiative also aims to raise awareness about the importance of blood donation and the positive impact it can have on the community.

Name of the Hospitals	No. of volunteers who have donated blood
IGMC Shimla	9
KNH Shimla	2

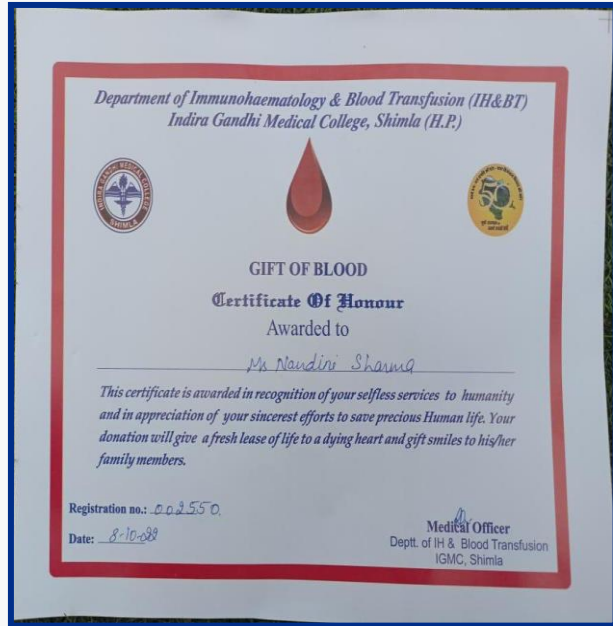
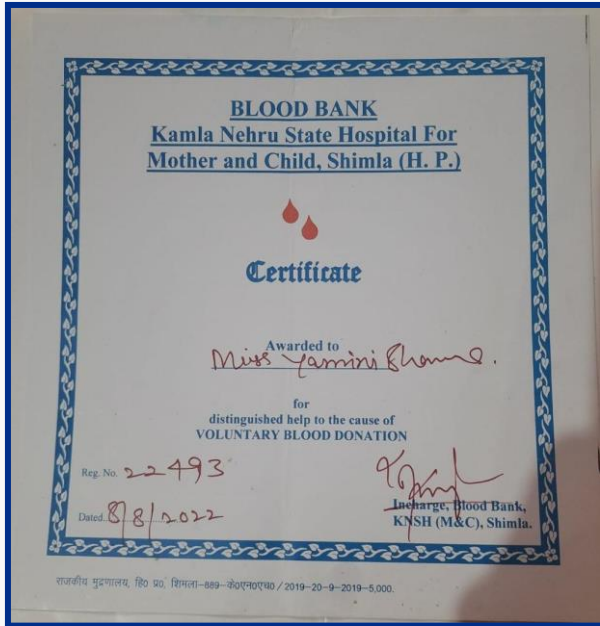
*Shweta*

*mollym*  
Principal  
St. Bede's College  
Shimla 171002

BACK



## St. Bede's College Shimla



### Certificates



### Volunteer Blood group Database

BACK



St. Bede's College Shimla

DEPARTMENT OF NUTRITION AND HEALTH  
NUTRITIONAL ASSESSMENT OF PRE SCHOOL-CHILDREN



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](mailto:bedescollege@gmail.com)

**NUTRITIONAL ASSESSMENT OF PRE SCHOOL-CHILDREN**

**Collaborating Agency: Community**

**No. of Participants: 2**

**Organizing Unit: Department of Nutrition & Health Education**

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

**Objective:** The main aim was to assess the anthropometric measurements of preschoolers, particularly their weight and height to find their growth patterns and nutritional status.

**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 measuring instruments and techniques appropriately to gather precise data.

The students also understood the functioning of Anganwadi's and the feeding program running in schools. They concluded that nutritious meals could help preschoolers grow and develop.

*M. Kaur*

*Mollym*  
Principal  
St. Bede's College  
Shimla 171002



**St. Bede's College Shimla**



*Nutritional Assessment of Pre School Children*

**BACK**





St. Bede's College Shimla

2022-2023

DEPARTMENT OF NUTRITION AND HEALTH

NUTRITIONAL ASSESSMENT OF PREGNANT AND LACTATING WOMEN



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

**NUTRITIONAL ASSESSMENT OF PREGNANT AND LACTATING WOMEN**

**Collaborating Agency: Community**

**No. of Participants: 7**

**Organizing Unit: Department of Nutrition & Health Education**

On 7th September 2022 the department of Nutrition and Health Education organized a community outreach program where the students visited pregnant and lactating women to know their nutritional status and take anthropometric measurements.

- Objectives:**
1. To know the role of a dietician in a hospital.
  2. To find how nutrition is vital for pregnant and nursing women.
  3. To make students acquire skills to make a diet plan for pregnant and nursing women.

During the activity, the role of a dietician in a hospital was thoroughly explained to the students. They learned that dieticians 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 learnt that the growth and development of a baby and even the health of the mother during pregnancy and breastfeeding depends on these nutrients.

To enhance their practical skills, the students were guided on how to plan a well-balanced diet for pregnant and lactating women. They learnt 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.

**Result:** After the activity, the students had a clear understanding of what dietitians do in hospitals and why nutrition is crucial for pregnant and nursing women.

*Mhauban*

*maly m*  
Principal  
St. Bede's College  
Shimla 171002

BACK



## St. Bede's College Shimla



*Students During Their Assessment*



St. Bede's College Shimla

DEPARTMENT OF BIOTECHNOLOGY

DIWALI CELEBRATION WITH UNPRIVILEGED CHILDREN



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](mailto:bedescollege@gmail.com)

**DIWALI CELEBRATION WITH UN-PRIVILEGED CHILDREN**

**Collaborating Agency: Community**

**No. of Participants: 8**

**Organizing Unit: Department of Biotechnology**

To inculcate social and cultural values in the students, the Department of Biotechnology in collaboration with the Department of Microbiology conducted a social activity on October 10, 2022.

**Objective:**

- To inculcate social skills and awareness among students.
- Make the students socially responsible citizens of the country.
- To make the students appreciate the value of establishing cordial relationships with people of different status, ethnicities, and castes.

The students collected and distributed toys, clothes, and stationery items to the underprivileged children at Chotta Shimla.

**Outcome:** The activity helped in inculcating inter-personal skills that foster cooperation and loyalty towards fellow citizens along with a sense of responsibility that makes them sensitive towards society and its upliftment.

*Shilpa*  
(convenor)

*Molly*  
Principal  
St. Bede's College  
Shimla 171002

BACK



**St. Bede's College Shimla**



*Diwali Celebration with Unprivileged Children*

**BACK**



St. Bede's College Shimla

NSS

## BLOOD DONATION CAMP



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](mailto:bedescollege@gmail.com)

### **BLOOD DONATION CAMP**

**Collaborating agency: Community**

**No. of Participants: 48**

**Organizing Unit: NSS**

On November 17, 2022, a group of NSS volunteers from St. Bede's College performed a street play to highlight the importance of blood donation. The aim of the play was to raise awareness among students about the significance of donating blood and to encourage them to actively participate in this life-saving act.

It conveyed the message of the importance of blood donation, emphasizing how a noble act of donating blood can save lives. Through appealing performances, the volunteers explained the misconceptions and fears about blood donation to change the outlook and attitude of blood donors.

Following the play, the NSS unit of St. Bede's College organized a Blood Donation Camp on November 18th, 2022. The camp was coordinated by a team led by Dr. Apoorva Mehta from Indira Gandhi Medical College. The objective of the camp was to provide a platform for students and staff of the college to contribute to society by donating blood.

The event made students aware of the importance of donating blood and how it can help save lives of people especially during emergencies.

*Reens*

*mollym*  
Principal  
St. Bede's College  
Shimla 171002

BACK



**St. Bede's College Shimla**



*Blood Donation Camp*



*Nukkad Natak (Street Play) to Highlight the Importance of Blood Donation*

**BACK**



St. Bede's College Shimla

NSS

## CHRISTMAS CELEBRATION AT LANGER HALL NEAR IGMC SHIMLA



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](mailto:bedescollege@gmail.com)

### CHRISTMAS CELEBRATION AT LANGER HALL NEAR IGMC SHIMLA

**Collaborating Agency: Community**

**No. of Participants: 8**

**Organizing Unit: NSS**

On December 24, 2022, the NSS Unit of St. Bede's College celebrated Christmas at Langer Hall near IGMC Shimla.

**Objective:** The main aim of celebration at hospital was selfless service to spread joy and happiness during the festive season.

As part of the Christmas celebration, the college donated food grains to the ALMIGHTY BLESSINGS NGO, a charitable organization. This donation aimed to support those in need and bring some relief to the less fortunate, especially the ones attending their near and dear ones undergoing treatment in the hospital.

During the event, the NSS volunteers had the opportunity to interact with the founder of the NGO, Mr. Sarbjeet Singh Bobby, as well as patients and their attendees. These interactions fostered a sense of connection and empathy, allowing the volunteers to understand the challenges faced by individuals in difficult circumstances. The teachers and volunteers enthusiastically participated in serving food to the people present at the hospital.

*Reens*

*mallym*  
Principal  
St. Bede's College  
Shimla 171002

BACK



**St. Bede's College Shimla**



*Christmas Celebration, College Donated Food Grains to The ALMIGHTY BLESSINGS NGO  
(December 24, 2022)*

**BACK**





St. Bede's College Shimla

DEPARTMENT OF POLITICAL SCIENCE

CLOTHES DONATION DRIVE



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](mailto:bedescollege@gmail.com)

**CLOTHES DONATION DRIVE**

**Collaborating Agency: NGO**

**No. of Participants: 14**

**Organizing Unit: Department of Political Science**

The clothes donation drive organized by the students of the Department of Political Science in collaboration with the Rotaract Club, Shimla, held on October 30, 2022, was an endeavour 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 collected warm clothes from their homes and neighborhoods. They examined each and every garment to check that it is suitable to 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.

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

**Outcome:** The clothes donation drive had a profound impact on the students, as they witnessed the gratitude and happiness of the underprivileged recipients. The experience reinforced the importance of community welfare activities and acts of kindness in the minds and hearts of the students.

*Sharma*

*mollym*

Principal  
St. Bede's College  
Shimla - 171002



# St. Bede's College Shimla



*Clothes Donation Drive*

*Brochure*



St. Bede's College Shimla

DISASTER MANAGEMENT CELL

DONATION DRIVE



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](mailto:bedescollege@gmail.com)

**DONATION DRIVE**

**Collaborating Agency: Community**

**No. of Participants: 2**


**Organizing Unit: Disaster Management Cell**

In response to the severe earthquake that struck Turkey on 6th February 2023, the Disaster Management Cell of the college organized a donation drive on 15th and 16th February 2023.

**Objective:** The aim of the donation drive was to provide immediate assistance and meet the basic needs of the population affected by this natural calamity. The college community came together, demonstrating their generosity and compassion by donating to the relief efforts. The Disaster Management Cell ensured that the donations were handled responsibly and reached the intended beneficiaries.

**Outcomes:** The students realised how important it was to help the victims as the earthquake had a devastating impact on people and there was an urgent need for assistance. This increased awareness promoted a supportive and compassionate environment, contributing to a sense of empathy among students.

  
Convener

  
Principal  
St. Bede's Coll-  
Shimla 171002

BACK



# St. Bede's College Shimla



Shimla, HP, India  
NH 5, Chotta Shimla, Shimla, 171002, HP, India  
Lat 31.094371, Long 77.186232  
02/15/2023 11:18 AM GMT+05:30  
Note : Captured by GPS Map Camera



Shimla, HP, India  
NH 5, Chotta Shimla, Shimla, 171002, HP, India  
Lat 31.094833, Long 77.187437  
02/20/2023 02:43 PM GMT+05:30  
Note : Captured by GPS Map Camera

**+CIFRC** f t i y l d

YOUR DONATION INFORMATION [Print receipt](#)

Payment Type	credit_card
Card Type	Visa
Cardholder Name	Pankaj Aashish
Credit card Ends With	9000
Amount	50.00 CHF
Transaction Date	5/29/2023 8:17:52 AM

**TAX DEDUCTION**  
Unfortunately, you cannot deduct a donation to the IFRC from your taxes.

**QUESTIONS**  
If you have any queries or concerns regarding donations, please do not hesitate to contact the donation team by email [prc.geneva@ifrc.org](mailto:prc.geneva@ifrc.org).  
If you have any queries or concerns regarding technical issues, please consult the following [FAQ](#).

29/05/2023

## Donation Receipt

**YOUR DONATION INFORMATION**

Payment Type  
credit\_card  
Card Type  
Visa  
Cardholder Name  
Pankaj Aashish  
Credit card Ends With  
9000  
Amount  
50.00 CHF  
Transaction Date  
5/29/2023 8:17:52 AM

*Donation Drive*

**BACK**



St. Bede's College Shimla

## DEPARTMENT OF NUTRITION AND HEALTH

### NUTRITIONAL ASSESSMENT OF PRE SCHOOLERS



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

#### NUTRITIONAL ASSESSMENT OF PRE SCHOOLERS

**Collaborating Agency: Community**

**No. of Participants: 7**

**Organizing Unit: Department of Nutrition & Health Education**

On November 21, 2022, an educational session was organized with a clear objective: to provide students with knowledge about malnutrition, methods to assess nutritional status, and the significance of national programs in tackling this issue.

**Objectives:**

1. Understand what malnutrition is and how it affects individuals and communities.
2. Gain insight into national programs and guidelines designed to combat malnutrition and promote better health outcomes.

During the session, the students understood the meaning, causes and consequences of malnutrition. Various methods for assessing nutritional status were explained. Students also learned about growth charts and reference standards to identify signs of malnutrition.

The national and international policies to combat malnutrition were also discussed. They learned about initiatives like promoting exclusive breastfeeding, food fortification, and school feeding programs. Additionally, students explored the role of nutrition education and counseling in improving nutritional outcomes.

**Outcome:** By the end of the session, students acquired knowledge about malnutrition, its impact, and assessment methods of nutritional status, especially in preschoolers. They also acquired practical skills in accurately measuring weight and height, enabling them to evaluate the nutritional status of young children.

Principal  
St. Bede's College  
Shimla 171002



**St. Bede's College Shimla**



*Students and children during Nutritional Assessment of Pre School-Children*



St. Bede's College Shimla

DEPARTMENT OF COMPUTER SCIENCE

SOCIAL RESPONSIBILITY



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](mailto:bedescollege@gmail.com)

**SOCIAL RESPONSIBILITY**

**Collaborating Agency: NGO**

**No. of Participants :22**

**Organizing Unit: Department of Computer Science**

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. 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.
- To serve meals to the patients and their families.

**Outcome:** The visit provided a platform for working towards social responsibility. The students also experienced the importance of community welfare and to have feelings like compassion and empathy.

*Awais*

*mollym*

Principal  
St. Bede's College  
Shimla 171002

BACK

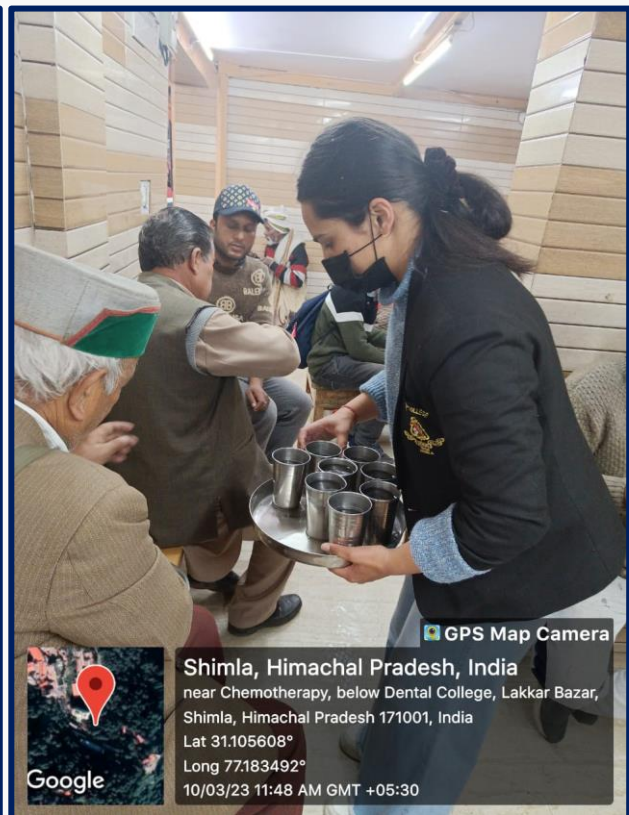


# St. Bede's College Shimla

  
**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

BACK





**St. Bede's College Shimla**

## **HONESTY STORE**

### **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.

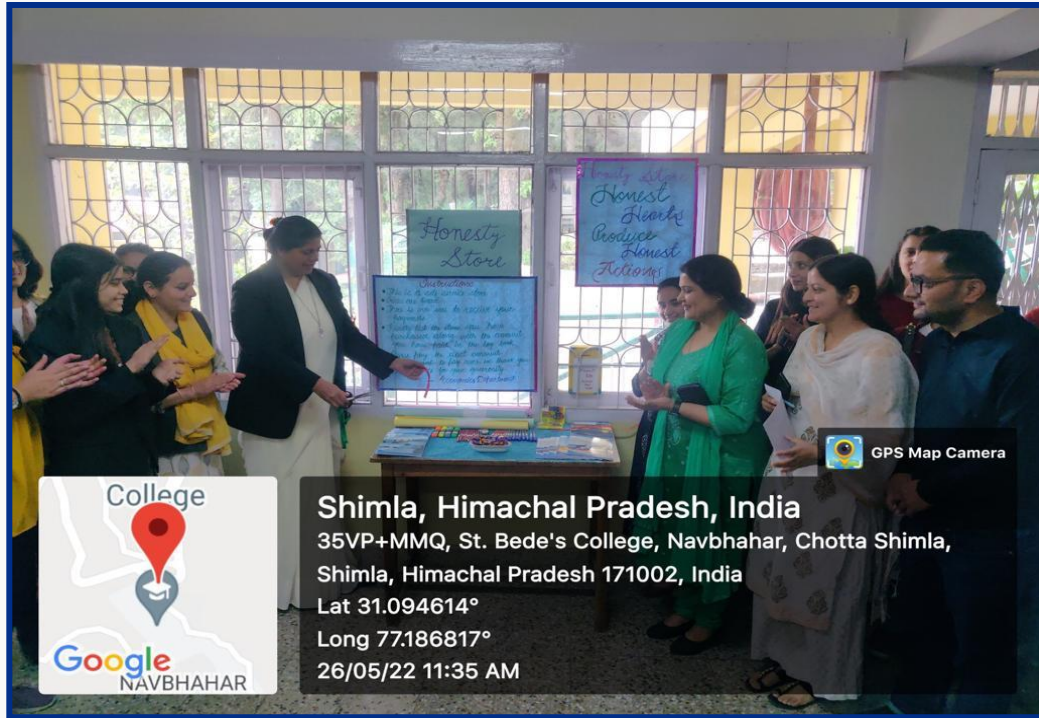


*Economics Department “Honesty Store”*

**BACK**



## St. Bede's College Shimla



*Economics Department "Honesty Store"*

BACK