



Health Club  
St. Bede's College, Shimla

## ACTIVITIES 2024-25

**Activity Name: Yoga Camp and National Webinar on International Yoga Day**

**Date: 13<sup>th</sup>-14<sup>th</sup> & 21<sup>st</sup> June, 2024**

The Health Club, in collaboration with the Department of Physical Education, St. Bede's College, Shimla, organized a Two-Day Yoga Camp under the aegis of the Ministry of AYUSH.

### **Objectives:**

The primary objective of the program was to raise awareness about the benefits of practicing yoga. It also aimed to promote the adoption of healthy lifestyle patterns that contribute to overall well-being. Specifically, the webinar focused on exploring the importance of yoga in the lives of women and how it can serve as a powerful tool for empowerment.

### **Description:**

The camp was conducted on 13th and 14th June 2024, aligning with the theme of this year's International Yoga Day — '*Yoga for Women Empowerment*'.

The sessions were expertly led by Dr. Rinku Kumar, a renowned yoga expert from the Department of Yogic Sciences, Himachal Pradesh University (HPU). Over 50 college students actively participated in the camp and gained valuable insights into the physical, mental, and emotional benefits of yoga.

### **Outcome:**

The yoga camp helped to promote a sense of balance and harmony between the mind and body among the participants. This unity is crucial for the emotional and psychological stability of young students and contributes significantly to their holistic development and empowerment.






**MINISTRY OF AYUSH**

**Celebration of...**  
**"INTERNATIONAL YOGA DAY"**  
under the aegis of.....  
**MINISTRY OF AYUSH**  
(June 13<sup>th</sup> to 15<sup>th</sup> & 21<sup>st</sup>, 2024)  
**Theme 2024: "Yoga for Women Empowerment"**  
Highlights are:  
@ Yoga Camp (June 13<sup>th</sup>- 14<sup>th</sup>, 2024) and,  
@ National Webinar: Yoga for Women Empowerment (June 21, 2024)  
Org. by:  
Department of Physical Education & Health Club,  
St. Bede's College, Shimla, (H.P), India

**Brochure**



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<i>Yoga Camp (June 13-14, 2024)</i>	<i>National Webinar: Yoga for Women Empowerment (June 21, 2024)</i>	
		
<b>Yoga Expert</b> Dr. Rinku Kumar Hamirpur, (H.P), India	<b>Resource Person</b> Dr. K. Jothi Dayanandan Associate Professor, YMCA Chennai, (T.N), India	<b>Moderator</b> Dr. Chander Shekhar Asth. Prof. SPN, Mukerian, (P.B), India
<b>Organiser's</b>		
		
<b>Patron</b> Prof. (Sr.) Molly Abraham Principal, St. Bede's College, Shimla, (H.P), India		<b>Convener</b> Dr. Ashwani Kumar Department of Physical Education, St. Bede's College, Shimla, (H.P), India

*Brochure*



Shimla, Himachal Pradesh, India  
35VP+MMQ, Navbahar, Chotta Shimla, Shimla, Himachal Pradesh 171002, India  
Lat 31.094193°  
Long 77.186592°  
13/06/24 10:38 AM GMT +05:30

GPS Map Camera

*Yoga Session Day-I*



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*Yoga Session Day-II*



### *Yoga Camp on International Yoga Day, 13<sup>th</sup>-14<sup>th</sup> June, 2024*

#### **Activity Name: National Webinar on “Yoga for Women Empowerment”**

On the occasion of International Day of Yoga, the Department of Physical Education and Health Club of St. Bede's College, Shimla, jointly organized a National Webinar on “Yoga for Women Empowerment” on 21st June 2024.

#### **Objectives:**

- To raise awareness about the importance and benefits of yoga in daily life.
- To highlight how yoga contributes to women's physical, emotional, and mental empowerment.
- To encourage participants to incorporate yoga as a lifestyle practice for holistic well-being.
- To provide a platform for discussion and learning on the role of yoga in enhancing self-confidence and inner strength among women.

#### **Description:**

The event was held under the aegis of the Ministry of AYUSH, in line with the official theme of International Yoga Day 2024 — “Yoga for Women Empowerment”.

The keynote address was delivered by Dr. Jothi K. Dayanandan, Associate Professor at YMCA, Chennai. She spoke brilliantly on the transformative power of yoga in a woman's life, stressing its role in self-care, mental strength, and emotional stability. Dr. Chander Shekhar, Assistant Professor at SPN College, Mukerian, Punjab, served as the moderator. He concluded the session with words of appreciation for both the speaker and the organizing team.



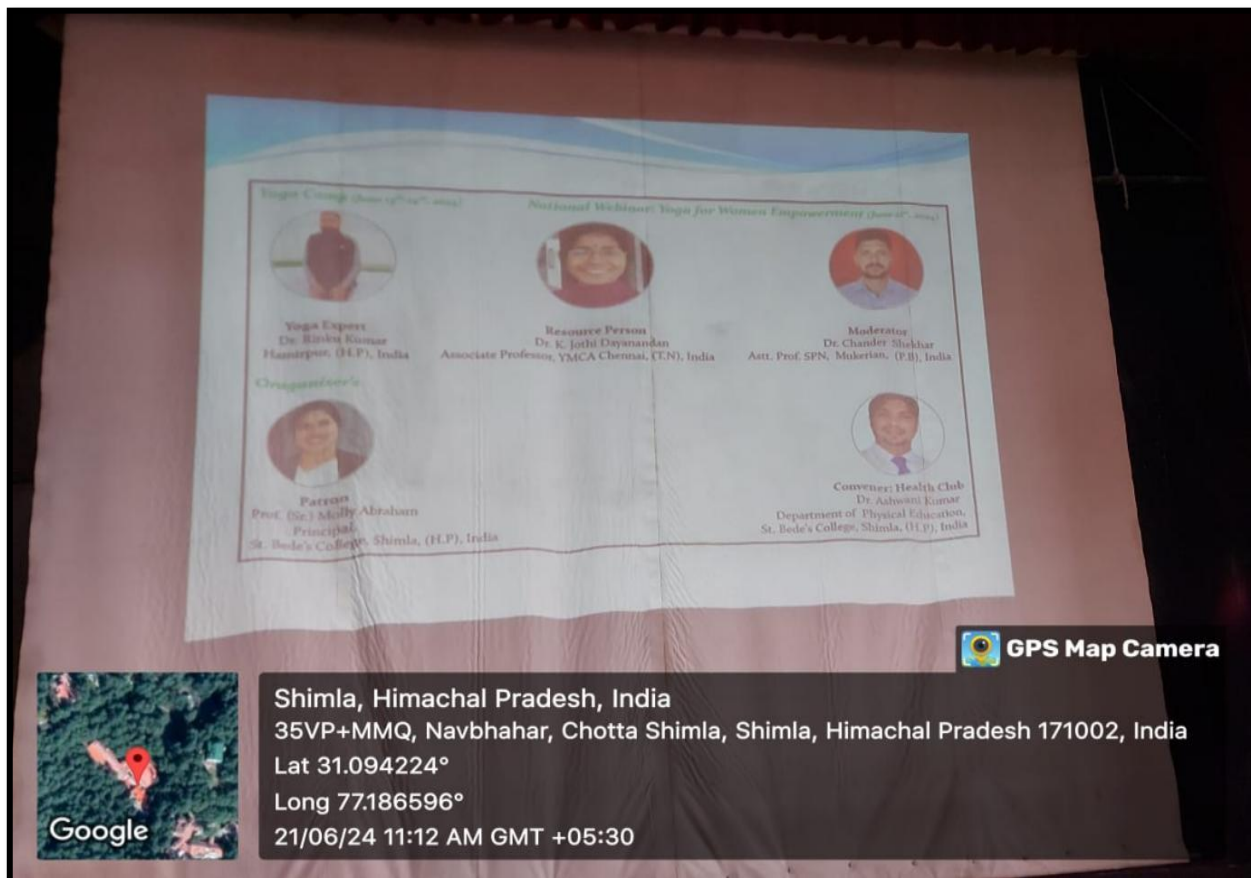
## Health Club St. Bede's College, Shimla

Prof. (Sr.) Molly Abraham, Principal of St. Bede's College, also addressed the participants, underlining the need for harmony between the body, mind, and soul — a harmony achievable through regular yoga practice.

The webinar saw enthusiastic participation from over 40 delegates, making it a truly engaging and insightful experience.

### Outcomes:

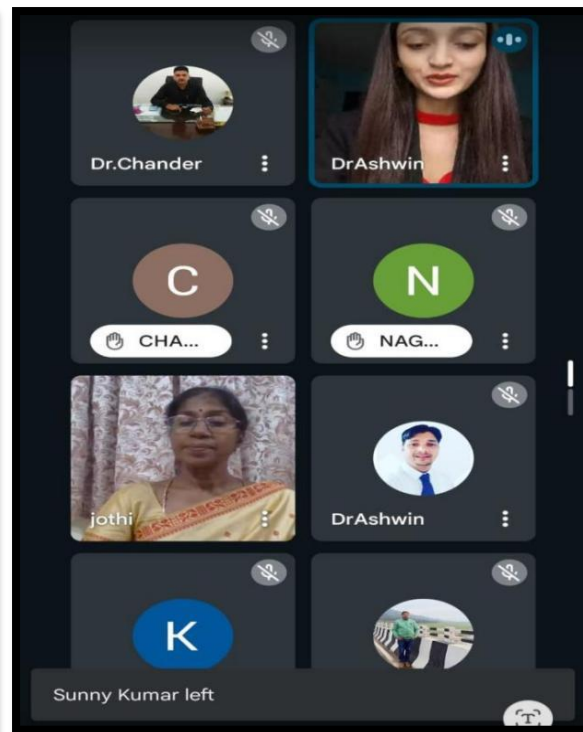
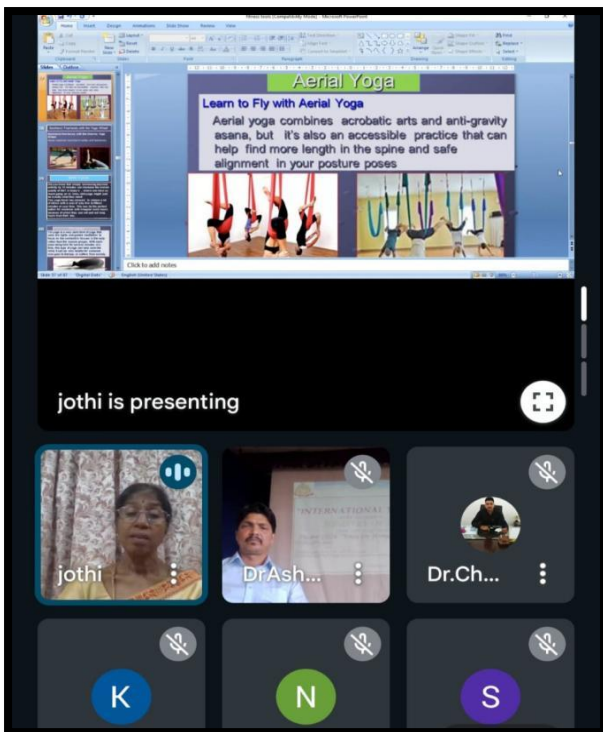
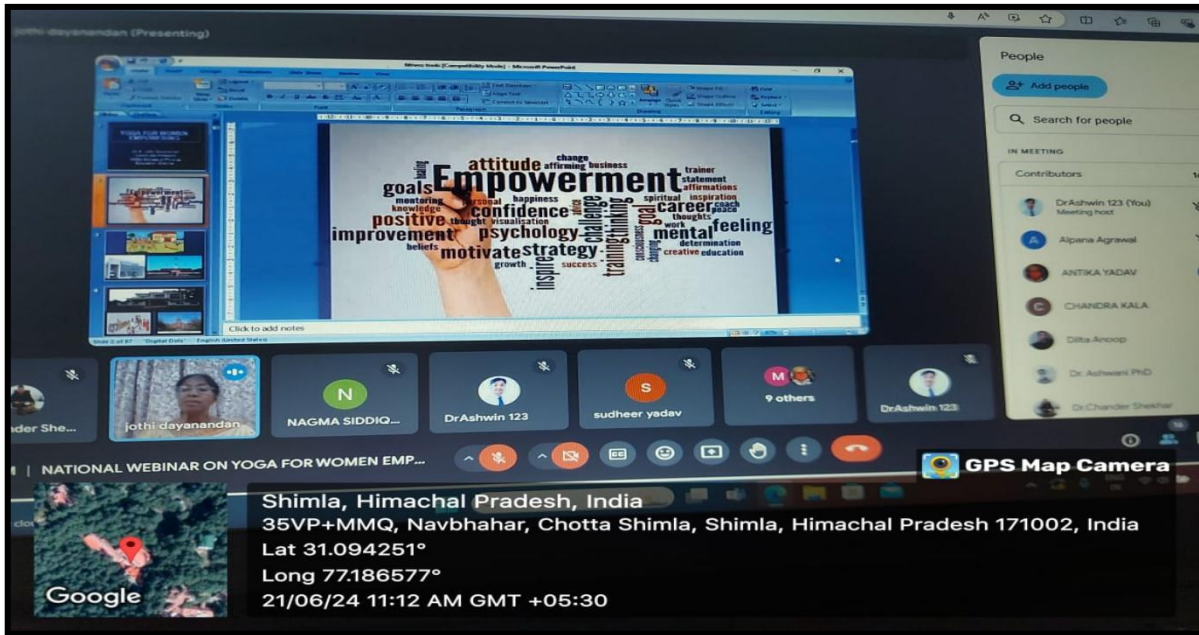
- Participants gained enhanced awareness of their inner strengths, capabilities, and emotional well-being.
- The session motivated attendees to make empowered life choices and trust their personal decisions.
- It promoted a greater appreciation for yoga as a tool for personal growth and empowerment, particularly among women.
- The webinar contributed to promoting yoga as a lifelong practice for achieving balance and self-reliance.



Webinar, 21<sup>st</sup> June , 2024



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Webinar International Day of Yoga on 21<sup>st</sup> June, 2024



**Activity Name: A Workshop on Health and Dental Care**

**Date: 25<sup>th</sup> September 25, 2024.**

The Health Club of St. Bede's College, Shimla, organized a Workshop on Health and Dental Care on 25th September 2024.

**Objectives:**

- To raise awareness among students and the general public about the importance of health and dental care.
- To promote the adoption of healthy habits for physical and mental well-being.
- To provide access to basic health and dental check-ups and treatments within the college campus.
- To sensitize participants to the role of preventive healthcare in reducing future health complications.

**Description:**

A dedicated team of 13 members from the Department of Public Health Dentistry, H.P. Government Dental College and Hospital, IGMC, Shimla, participated in the event.

The workshop began with an enlightening talk on general health and dental hygiene delivered by Prof. Shailee Fotedar, an expert from IGMC. She emphasized the importance of maintaining dental hygiene and discussed various common dental diseases along with their preventive measures. The session was highly informative and was attended by more than 500 students and faculty members.

In the second part of the program, a Health Fitness and Dental Care Camp was conducted. The Health Fitness Camp covered five key parameters — Blood Pressure, Height, Weight, Knock Knee, and Flat Foot — and benefitted over 150 students.

The Dental Camp provided valuable services to students, faculty, and the general public, including:

- 122 oral check-ups
- 27 dental fillings
- 7 oral cleanings/prophylaxis



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- 20 X-rays

The camp concluded successfully around 4:00 PM, offering accessible and essential healthcare support to the college community.

**Outcomes:**

- Students developed awareness about preventive health and dental practices, which may help reduce future health issues.
- Participants gained access to basic health screenings and dental treatments within the college premises.
- The activity encouraged the integration of good health practices into daily routines, contributing to the overall well-being of students, faculty, and the general public.

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NAAC Re-Accredited A Grade

**HEALTH CLUB**  
IS ORGANISING

**A WORKSHOP ON HEALTH AND DENTAL CARE**

**HIGHLIGHTS:**

- TALK ON HEALTH AND DENTAL CARE
- FREE DENTAL CHECKUP AND TREATMENT
- FITNESS CHECKUP ( BP, HEIGHT, WEIGHT, KNOCK KNEES, FLAT FEET)

DATE: SEPTEMBER 25, 2024  
TIME: 11:00 AM (ONWARDS)  
VENUE: AUDITORIUM

**OPEN TO ALL**  
(College students, faculty and general public).

The brochure features a blue background with a white dotted pattern. It includes an illustration of a person sitting in a dental chair, a heart with a pulse line, and a small image of a dental X-ray.

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**HEALTH CLUB**  
IS ORGANISING

**A TALK ON HEALTH AND DENTAL CARE**

**Resource Person**

**Professor Shailee Fotedar**  
Department of Public Health Dentistry, HP Govt.  
Dental College & Hospital IGMC, Shimla

DATE: SEPTEMBER 25, 2024  
TIME: 10:20 - 11:00 AM  
VENUE: AUDITORIUM

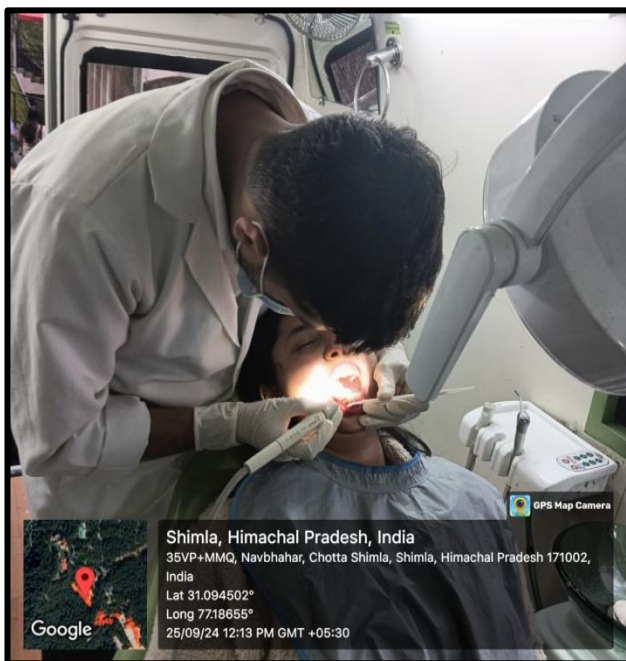
The brochure features a blue background with a white dotted pattern. It includes a portrait of Professor Shailee Fotedar and a small image of a dental X-ray.

**Brochures**





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*Workshop on Health and Dental Care, 25<sup>th</sup> September, 2025*



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St. Bede's College, Shimla



**सेंट बीड्स कॉलेज में जांचा छात्राओं का स्वास्थ्य**

शिमला। सेंट बीड्स कॉलेज के हेल्थ क्लब ने बुधवार को शिविर लगाकर छात्राओं के स्वास्थ्य और दांतों की जांच करवाई।

शिविर में छात्राओं को उनके स्वास्थ्य और दांतों की देखभाल को लेकर जागरूक भी किया। डेंटल कॉलेज शिमला और आईजीएमसी के चिकित्सकों ने 150 से अधिक छात्राओं का स्वास्थ्य जांचा। आईजीएमसी से आई स्रोत व्यक्ति प्रो. शैली फोतेदार ने छात्राओं को

स्वास्थ्य और दांतों की साफ-सफाई के बारे में जानकारी दी। दूसरे सत्र में हेल्थ फिटनेस और डेंटल केयर कैंप का आयोजन किया गया। इसमें छात्राओं की हाइट, वजन, नॉक नी, प्लेट फुट आदि की जांच की गई। इसके साथ दांतों की सफाई बारे बताया।

शिविर में 122 का ओरल चेकअप किया गया, 27 के दांतों की फिलिंग, 7 के दांतों की सफाई और 20 के एक्सरे किए गए। ब्यूरो

*Amar vyala* 26/9/24

Workshop on Health and Dental Care Glimpse and News Cuttings, 25<sup>th</sup> September, 2025



**Activity Name: A session on Brain Functioning and Its Enhanced Applications and Longevity of Life.**

**Date: 5<sup>th</sup> December, 2024**

The Health Club of St. Bede's College, Shimla, organized a session titled "Brain Functioning, Its Enhanced Applications, and Longevity of Life" on 5th December 2024.

**Objectives:**

- To make students aware of different learning styles and how they can develop and enhance brain activity.
- To educate students on practices that promote brain health and contribute to increased life span.
- To instill consciousness about adopting skills that lead to better cognitive performance and overall well-being.

**Description:**

The event featured distinguished speakers Dr. Sababbi Mangal and Dr. B.S. Chauhan, who shared their expertise and research insights with the students.

Dr. Sababbi Mangal delivered an insightful talk on various learning styles and techniques to enhance brain function through practical exercises and daily practices. Dr. B.S. Chauhan shared findings from his research conducted in Tokyo, focusing on strategies to increase human life span and the role of cognitive and physical well-being in achieving longevity.

The session was highly interactive and informative, attended by 249 students, and offered valuable takeaways on improving mental functions and sustaining a healthy life.

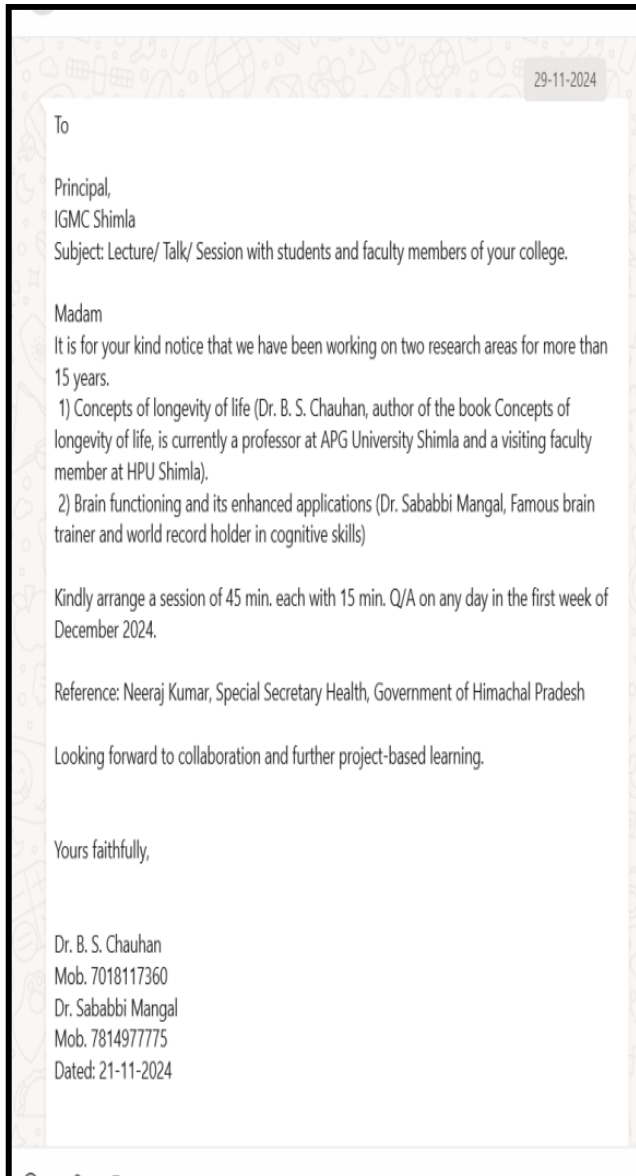
**Outcomes:**

- Students gained practical knowledge on improving attention, perception, and memory, contributing to better performance in academics, work, and daily life.
- They became more aware of the impact of cognitive health on illness prevention and long-term well-being.



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- The session highlighted how increased longevity can enable individuals to remain mentally active, continue meaningful work, and enhance life satisfaction.



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NAAC Re-Accredited A Grade

**HEALTH CLUB**  
IS ORGANISING

**SESSION ON:**  
**1) BRAIN FUNCTIONING AND ITS ENHANCED APPLICATIONS**  
**2) LONGEVITY OF LIFE**

**Resource Persons**

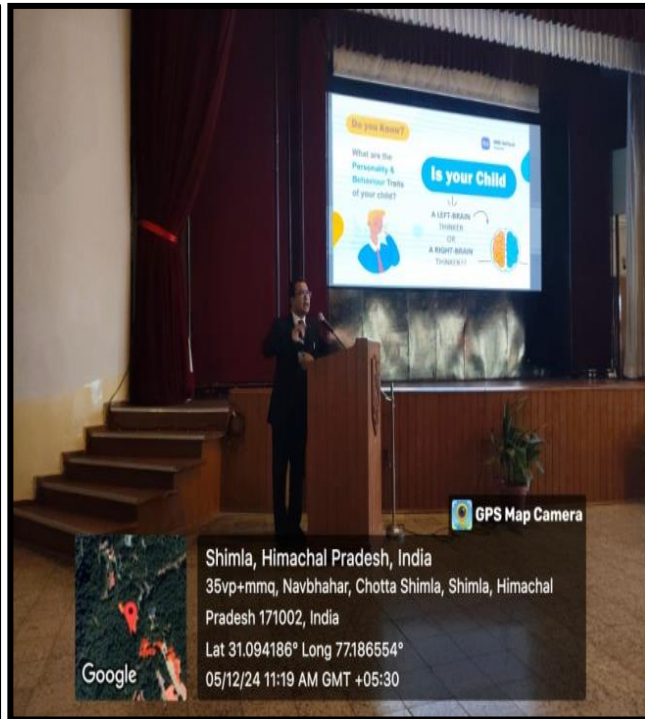
  
**Dr. Sababbi Mangal**  
Founder and CEO, IBRI  
Education Private  
Limited, Haryana

  
**Prof. B. S. Chauhan**  
HOD, Department of  
Physics, APG  
University, Shimla

*Letter from State Health Department and Brochure of the Event*



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*Session on Brain Functioning and Its Enhanced Applications and Longevity of Life 5<sup>th</sup> December, 2024*



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St. Bede's College, Shimla*

**Activity Name:** Awareness Session on “Breast And Cervical Cancer” In Collaboration with the Tyacan Foundation

**Date:** 6<sup>th</sup> December, 2024

On 6th December 2024, the Health Club and Women Cell of St. Bede’s College, Shimla, in collaboration with the TYACAN Foundation, organized an awareness session on Breast and Cervical Cancer.

**Objectives:**

- To educate students about early detection, prevention, and treatment of breast and cervical cancer.
- To raise awareness of the risk factors, symptoms, and preventive measures associated with both cancers.
- To promote regular self-examinations, timely screenings, and adoption of healthy lifestyle practices.
- To encourage open discussions, dispel myths, and empower young women to take charge of their health and well-being.

**Description:**

The resource team included Ms. Minnie Singh, an active member of the TYACAN Foundation, Ms. Simran Jagga, a counseling psychologist, and Ms. Shivali, a volunteer and social worker.

Ms. Minnie Singh delivered a comprehensive and enlightening session focused on the importance of preventive measures, early detection through regular self-examinations, and the consequences of late-stage diagnosis. She debunked several common myths surrounding breast cancer, replacing misconceptions with evidence-based facts. Drawing on her experience with TYACAN, she emphasized the transformative role of awareness and education in saving lives. The session also featured guidance on specific yoga practices and exercises that may help reduce cancer risk, as well as tips for leading a balanced, healthy lifestyle.

**Outcomes:**

- Students left the session with enhanced awareness of breast and cervical cancer, including key risk factors, symptoms, and prevention strategies.



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- The session empowered participants with practical skills such as performing self-examinations and recognizing warning signs.
- Myths and misconceptions about cancer were effectively addressed, contributing to a more informed and proactive student body.
- The event successfully provided a supportive environment for discussing women's health, encouraging attendees to prioritize their physical and mental well-being through informed choices and healthy habits.

**St. Bede's College**  
NAAC RE-ACCREDITED 'A' GRADE

**HEALTH CLUB & WOMEN CELL**

ORGANISES

AN AWARENESS SESSION  
ON  
**BREAST & CERVICAL CANCER**

IN COLLABORATION  
WITH  
**TYACAN FOUNDATION**

**RESOURCE PERSON**

MS. MINNIE SINGH  
MEMBER  
TYACAN FOUNDATION

DATE: DECEMBER 6, 2024  
TIME: 10:30 AM ONWARDS  
VENUE: SEMINAR ROOM

**FIGHT  
CANCER!**

*Brochure*

**Who is Affected?**  
One in ten women will be diagnosed with breast cancer in their lifetime.

Although breast cancer in men is rare, an estimated 1 in 100 men will be diagnosed with breast cancer with 130 male patients.

Shimla, Himachal Pradesh, India  
35vp+mmq, Navbahar, Chotta Shimla, Shimla, Himachal Pradesh 171002, India  
Lat 31.09407° Long 77.186448°  
06/12/24 10:49 AM GMT +05:30

*Session by Resource person*



Health Club  
St. Bede's College, Shimla



*Awareness Session on “Breast and Cervical Cancer” in Collaboration with the TYACAN Foundation, on 6<sup>th</sup> December, 2024.*





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## छात्राओं को गर्भाशय ग्रीवा कैंसर पर जागरूक

सेंट बीड्स कालेज में एक दिवसीय कार्यक्रम का किया आयोजन, सुझाव भी दिए



**सिटी रिपोर्टर—शिमला**

सेंट बीड्स कालेज के हेल्थ क्लब और महिला सेल द्वारा शुक्रवार को टीवाईएसीएन फाउंडेशन के सहयोग से स्तन और गर्भाशय ग्रीवा कैंसर पर एक जागरूकता सत्र का आयोजन किया गया। इस कार्यक्रम की रिसोर्स पर्सन मित्री सिंह, सदस्य टायकन फाउंडेशन रहीं। उनके साथ सिमरन जग्गा, एक परामर्श मनोवैज्ञानिक और शिवाली, टीवाईएसीएन की एक स्वयंसेवक और सामाजिक कार्यकर्ता भी शामिल रही। इस सत्र का उद्देश्य छात्रों को दो सबसे गंभीर स्वास्थ्य मुद्दों से अवगत कराना रहा। जो कई लोगों के जीवन को प्रभावित करते हैं। स्तन और गर्भाशय ग्रीवा के कैंसर महत्वपूर्ण स्वास्थ्य चुनौतियां हैं जिन पर लोगों के ध्यान और कार्रवाई की आवश्यकता है। छात्रों को इस सत्र के माध्यम से सीखे गए ज्ञान और संसाधनों को अपने आसपास के लोगों, विशेषकर अपनी माताओं के साथ साझा करने के लिए प्रोत्साहित किया गया। सत्र का समापन प्रश्नोत्तरी दौर के साथ हुआ जिसमें छात्रों ने चर्चा किए गए विषयों के संबंध में अपने संदेह और चिंताएं व्यक्त की।

... ने ... बढ़ाया

### Media Coverage