



*IKS (Indian Knowledge System),  
St. Bede's College, Shimla*

## **ACTIVITIES CONDUCTED UNDER IKS & BHASHA SESSION: 2025-26**

During the academic session 2025-26, various activities on the Indian Knowledge System were conducted by various societies, clubs and departments of St. Bede's College, with the aim to connect students with India's rich intellectual heritage. Students were introduced to key contributions of ancient India in diverse fields such as Ayurveda, Yoga, Astronomy, Mathematics, Environmental Ethics and language. The activities highlighted the scientific, philosophical, and cultural foundations of traditional knowledge and their relevance in modern times. This aimed to foster pride in Indian heritage, critical appreciation of traditional wisdom, and integration of sustainable practices into contemporary life.

The following activities have been organised:

### **CELEBRATION OF INTERNATIONAL YOGA DAY**

**Date: June 19-21, 2025**

#### **Objectives:**

- To commemorate International Yoga Day and promote awareness about the significance of yoga in daily life.
- To encourage students to adopt a healthy lifestyle through regular practice of yoga and meditation.
- To impart practical knowledge of various yogic practices, including asanas, pranayama, and meditation techniques.
- To instil discipline, mindfulness, and a sense of inner harmony among participants.
- To promote the theme "*Yoga for One Earth, One Health*" by emphasizing the connection between individual well-being and environmental sustainability.
- To foster collaboration and active participation among students through joint efforts of the Health Club and NCC Unit.

**Description:** The Department of Physical Education organized a three-day Yoga and Meditation Camp to commemorate International Yoga Day based on the theme: Yoga for One Earth, One Health under the aegis of the Ministry of AYUSH, in collaboration with the Health Club and NCC Unit of the college, from June 19 to 21, 2025. Mr. Sanjay and Mr. Gagan Singh, Research Scholars from the Department of Yoga Studies, HPU, Shimla (H.P.),

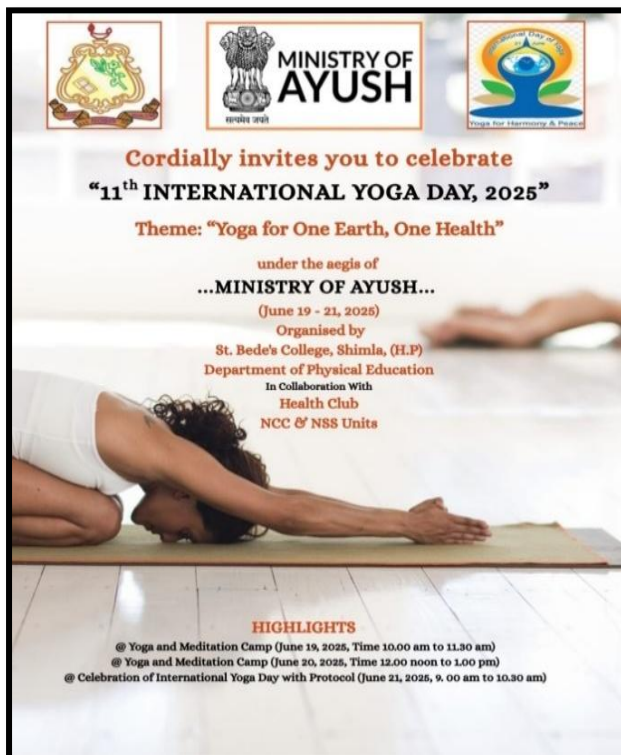


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served as resource persons for the three-day sessions. More than 150 students actively participated in the sessions over the three days.

### **Outcomes:**

- The camp enhanced student's awareness about the importance of yoga and meditation in maintaining physical, mental, and emotional well-being.
- Participants developed a better understanding of various yogic practices, including asanas, pranayama, and meditation techniques.
- Students were motivated to adopt yoga as part of their daily routine for a healthier lifestyle.
- The initiative fostered a sense of discipline, mindfulness, and holistic health, aligning with the theme "Yoga for One Earth, One Health."
- The collaboration with the Health Club and NCC Unit strengthened teamwork and encouraged active student engagement in wellness activities.
- The camp contributed to spreading awareness about the role of yoga in sustainable living and overall well-being.





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*Celebration of International Yoga Day, June 19-21, 2025*



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## **INTERNATIONAL WORKSHOP ON 'FALUN DAFA'**

*(An Ancient Meditation Practice)*

**Date: July 10, 2025**

### **Objectives:**

- To cultivate moral character in young minds based on the principles of Truthfulness, Compassion, and Tolerance.
- To improve physical and mental health through gentle, slow-moving exercises and meditation.
- To enhance overall well-being by promoting inner peace, mental clarity, and emotional balance.

**Description:** The Health Club of St. Bede's College organized an International Workshop on 'Falun Dafa' (An Ancient Meditation Practice) in association with the Falun Dafa Association of India, in collaboration with IKS and Bhasha, on 10th July 2025 for the students. The resource person for the event was Christiane Teich, a close associate of the practice.

The program commenced at around 10:15 a.m. with the introduction of the resource person. She interacted with the students in a very effective manner and explained the origin of Falun Dafa techniques/exercises along with their benefits. She elaborated on how these techniques help bring positive changes in the human body and mind. She also shared personal experiences and examples from people close to her, illustrating how these meditation exercises have improved their lives and made them healthier and more balanced.

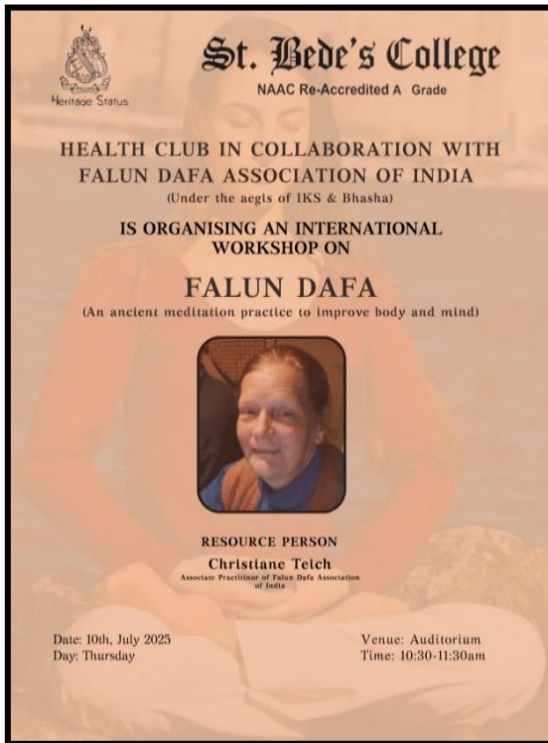
The resource person guided the students through the basic Falun Dafa meditation exercises, including both standing and sitting practices. The students felt relaxed and calm after performing these meditation and exercise sessions.

More than 150 students and 14 teaching and non-teaching staff members attended the session. The workshop proved to be highly beneficial for both students and faculty, contributing to the improvement of their physical and mental well-being.

**Outcomes:** Students and staff became familiar with the new meditation techniques/exercises. The workshop enhanced everyone's overall well-being by promoting a sense of inner peace, mental clarity, and stress relief.



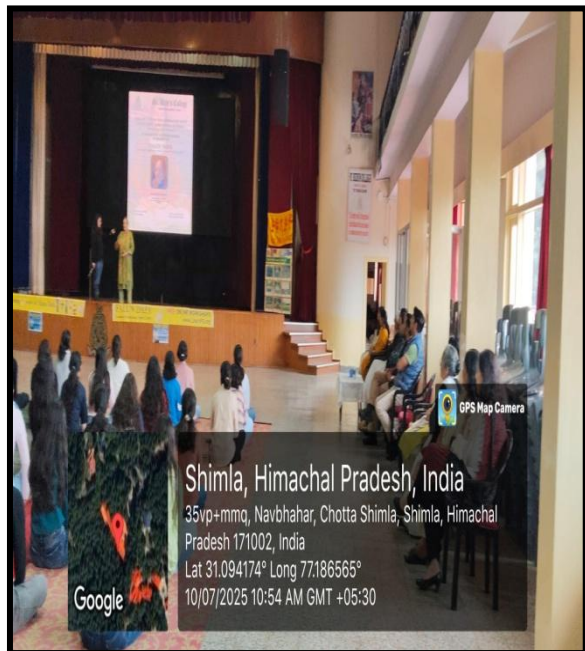
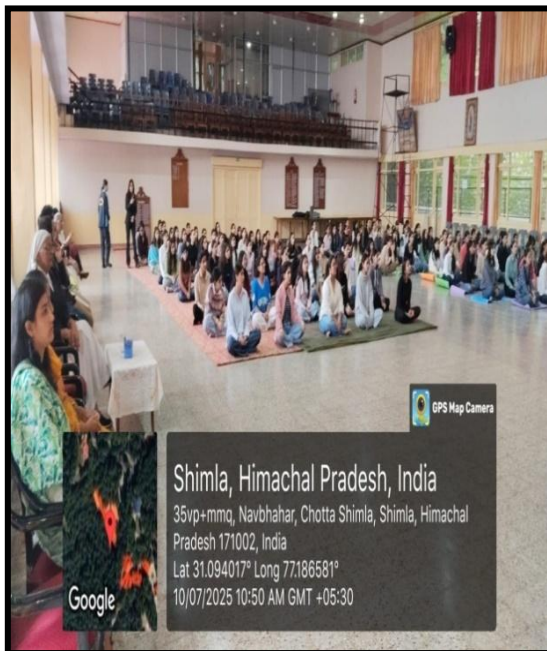
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*Brochure*



*Photograph*



*International Workshop on 'Falun Dafa' (An Ancient Meditation Practice) July 10, 2025*



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*Media Report on the International Workshop on Falun Dafa,  
(An Ancient Meditation Practice), 10<sup>th</sup> July, 2025*

## **MEDITATION IN INDIA: ANCIENT WISDOM FOR MODERN MINDS**

**Date: August 19, 2025**

The Department of Zoology, St. Bede's College, Shimla, organized a special session on "Meditation in India: Ancient Wisdom for Modern Minds". The session was designed to acquaint students with the roots and contemporary relevance of meditation while offering them a practical experience of this timeless practice under the Indian Knowledge System.

### **Objectives:**

The primary objectives of the session were to help students understand meditation as an integral part of India's rich spiritual heritage, to recognize its value in fostering mental clarity, emotional balance, and overall well-being, and to provide them with a hands-on experience of meditation. The session also aimed at encouraging students to cultivate mindfulness and self-awareness, enabling them to apply these practices meaningfully in their day-to-day lives.

**Description:** The session was led by Mr. Varun Azad, who began by introducing the theme, 'Meditation in India: Ancient Wisdom for Modern Minds', and setting the context for the event. He explained that meditation, though rooted in India's ancient spiritual traditions, holds profound relevance in addressing the challenges of today's fast-paced and stressful lifestyle. His approach focuses on cultivating practical awareness observing one's thoughts, emotions, and inner states without judgment-and learning to apply that clarity in everyday situations. By practicing this form of awareness, he emphasized, individuals can experience greater calm, focus, and resilience. Mr. Azad further highlighted that meditation is not



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confined to moments of silence alone, but is a way of life-"an ancient gift of India that can guide modern minds towards balance, mindfulness, and holistic well-being."

He guided the participants through a step-by-step meditation process aimed at helping them reconnect with a sense of calm and presence:

Stage 1 (Laughter Meditation): Beginning with gentle laughter that gradually intensified, helping release stress and tension.

Stage 2 (Deep Listening): Sitting still in silence, participants listened to surrounding sounds with total acceptance, cultivating inner stillness.

Stage 3 (Unity of Mind): Visualization exercise blending the left and right brain, symbolizing wholeness and freedom from duality.

After the meditation practice, an interactive Q&A session took place where Mr. Azad responded to students' questions, enabling them to resolve doubts and explore meditation more deeply.

### **Outcomes:**

The session proved to be highly enriching as students gained practical exposure to different meditation techniques and experienced a sense of calm, clarity, and inner balance. It encouraged participants to observe their thoughts and emotions without judgment, thereby fostering greater self-awareness. The session also highlighted the relevance of India's ancient practices in promoting modern well-being and stress management. Furthermore, the interactive question and answer round provided an excellent platform for students to clarify their doubts and deepen their understanding of meditation as a way of life.

**ST. BEDE'S COLLEGE, SHIMLA**  
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**DEPARTMENT OF ZOOLOGY**  
is  
organizing a session on  
*Meditation in India: Ancient Wisdom for Modern Minds*

Mr. Varun Azad  
Meditation Facilitator

Date: August 19, 2025  
Venue: Auditorium  
Time: 10:30 am-11:30 am

Key highlights

- ❖ Laughter Session
- ❖ Silent Sitting
- ❖ Energy Balancing
- ❖ Q/A Session

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*Introducing the Theme, 'Meditation in India: Ancient Wisdom for Modern Minds' & Meditation, August 19, 2025*



## हिन्दी सप्ताह 2025 का आयोजन

**तिथि :** 08 सितंबर, 2025

### गतिविधि 1 : पोस्टर निर्माण

**उद्देश्य:** छात्राओं को अपनी सर्जनात्मक कुशलता को विकसित करने का अवसर देना और हिंदी भाषा के प्रति सम्मान बढ़ाना।

सेंट बीड्स महाविद्यालय, शिमला के हिंदी विभाग ने हिंदी दिवस 2025 के अवसर पर, 08-13 सितंबर के दौरान हिंदी सप्ताह का आयोजन किया। सभी गतिविधियाँ 'भारतीय ज्ञान परंपरा एवं भाषा' के तहत आयोजित की गयीं। सप्ताह का प्रारम्भ छात्राओं द्वारा निर्मित पोस्टरों से हुआ, जिनके माध्यम से उन्होंने न केवल हिन्दी भाषा की महिमा को रेखांकित किया, बल्कि अपनी सर्जनात्मक कुशलता का भी प्रदर्शन किया।

**परिणाम:** पोस्टरों में छात्राओं के रचनात्मक और बौद्धिक कौशल प्रदर्शित हुए।

### गति विधि 2: अंतरायन भाषण प्रतियोगिता

**तिथि:** 11 सितंबर, 2025

**विषय:** "हिंदी भाषा : सांस्कृतिक गौरव और एकता की आवाज़"

### उद्देश्य:

• छात्राओं को संस्कृति के संरक्षण एवं सामाजिक एकता में भाषा की भूमिका के बारे में अवगत कराना।

• छात्राओं को शुद्ध हिंदी लेखन और वाचन तथा मंच संचालन जैसी गतिविधियों में पारंगत करना।

• छात्राओं को हिंदी में अपने रचनात्मक लेखन कौशल को बढ़ाने के लिए प्रेरित करना।

11 सितंबर, 2025 को महाविद्यालय के संगोष्ठी कक्ष में हिंदी विभाग द्वारा "हिंदी भाषा: सांस्कृतिक गौरव और एकता की आवाज़" विषय पर एक अंतरायन भाषण प्रतियोगिता आयोजित की गई। निर्णायक के रूप में वाणिज्य एवं प्रबंधन विभाग से डॉ. रमन बस्सी को आमंत्रित किया गया। आईएनएस विकास से सुश्री स्नेहा सिंह (बी.ए. प्रथम वर्ष) और सुश्री मनन बाली (बीकॉम प्रथम वर्ष), आईएनएस चिराग से सुश्री जाह्नवी सिंह (बी.ए. तृतीय वर्ष) और सुश्री साक्षी शर्मा (बी.एससी. द्वितीय वर्ष), आईएनएस विक्रांत से सुश्री चारवी कश्यप (बीकॉम प्रथम वर्ष) और सुश्री स्नेहा (बी.ए. प्रथम वर्ष), तथा आईएनएस हिम्मत से सुश्री जागृति (डी.एल.एड) ने प्रतियोगिता में भाग लिया। छात्राओं ने



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बारी.बारी से विषय से संबंधित अपने विचार प्रस्तुत किए। अंततः सुश्री जागृति ने प्रथम स्थान और सुश्री चारवी ने द्वितीय स्थान प्राप्त किए।

### **परिणाम:**

छात्राओं को संस्कृति के संरक्षण एवं सामाजिक एकता में भाषा की भूमिका के बारे में ज्ञात हुआ। छात्राओं को शुद्ध हिंदी लेखन और वाचन तथा मंच संचालन जैसी गतिविधियों में प्रशिक्षण मिला। छात्राओं को हिंदी में अपने रचनात्मक लेखन कौशल को बढ़ाने के लिए सार्थक मंच प्राप्त हुआ।

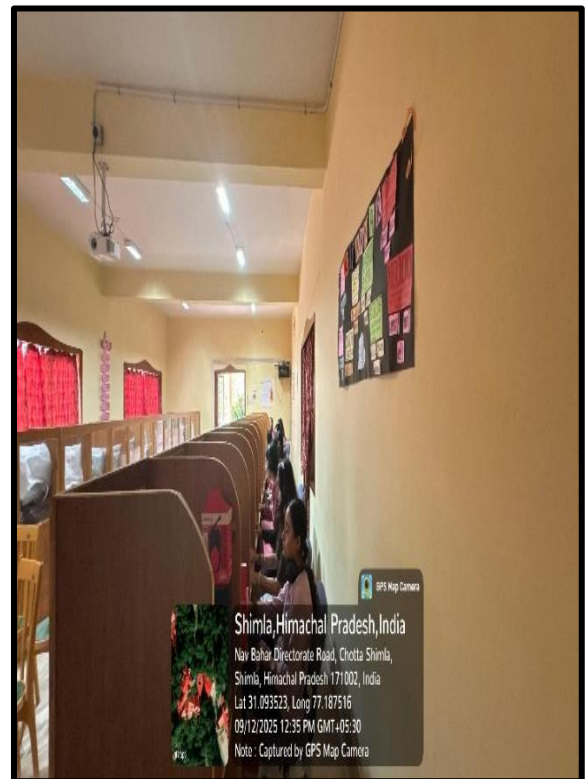
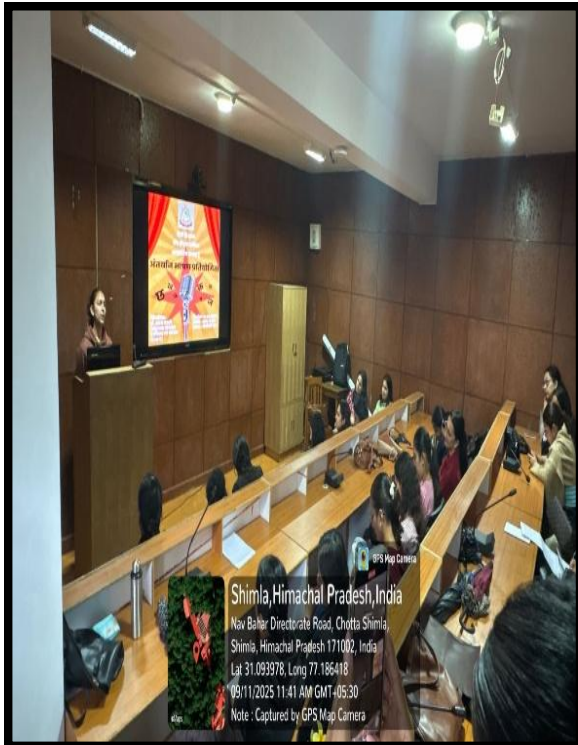
हिंदी विभाग,सेंट बीड्स महाविद्यालय द्वारा 7 से 13 सितंबर तक भारतीय ज्ञान परंपरा एवं भाषा के तहत हिंदी सप्ताह का आयोजन किया जा रहा है । इस अवसर पर महाविद्यालय की छात्राओं के निमित्त निम्न गतिविधियाँ निर्धारित हैं।

08-09-2025 : पोस्टर निर्माण  
10-09-2025 : लैंग्वेज लैब गतिविधि  
11-09-2025 :अंतर्याम भाषण प्रतियोगिता  
समय --9:50 बजे  
स्थान - संगोष्ठी कक्ष  
12-09-2025 :पावर पॉइंट प्रस्तुति स्पर्धा  
समय -11:00बजे  
स्थान - संगोष्ठी कक्ष

**ब्रॉशर**



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*हिंदी सप्ताह एवं हिंदी दिवस 2025 पर भाषा संरक्षण पर आयोजित गतिविधियाँ- एक झलक*

## **AARAMBH: ROOTS OF INDIAN KNOWLEDGE SYSTEM; COOKING COMPETITION CUM FOOD CARNIVAL**

**Date: September 22, 2025**

**Description:** The Heritage Club - Miraasa, under the aegis of IQAC, organised a Cooking Competition cum Food Carnival titled “Aarambh: Roots of Indian Knowledge System” on September 22, 2025, at 11:00 a.m. onwards in the College Auditorium. The event was based on the theme “Parampara ki Thaali”, celebrating India’s rich culinary heritage and traditional knowledge systems.

Students participated enthusiastically by preparing traditional dishes using indigenous ingredients and age-old cooking practices, highlighting the relevance of the Indian Knowledge System (IKS) in the areas of nutrition, sustainability, and cultural continuity. Dr. Savita Rana and Dr. Sangeeta Sharma adjudicated the competition.

### **Objectives:**

- To promote awareness of the **Indian Knowledge System** through traditional culinary practices
- To highlight indigenous food traditions and sustainable cooking methods
- To encourage experiential and culture-based learning



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**Outcomes:**

- Students gained practical insights into IKS embedded in everyday food systems.
- Enhanced appreciation for regional cuisines and sustainable dietary practices
- Strengthened cultural identity and respect for indigenous knowledge.



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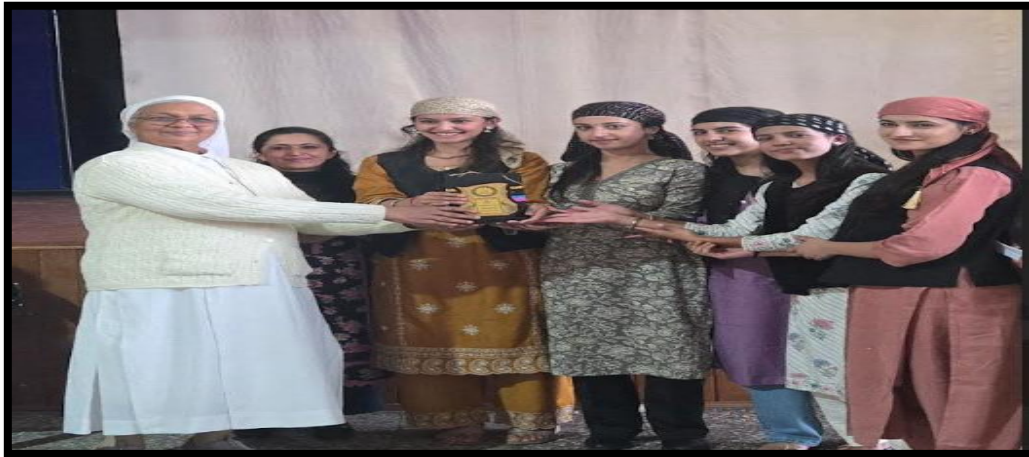




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*Cooking Competition -Cum-Food Carnival*



*Glimpse and Media Coverage, Cooking Competition -Cum-Food Carnival*



## **JATAK TALES COMPETITION**

**Date: September 25, 2025**

### **Objectives:**

- To Familiarize students with ethical values of Jatak Tales
- To encourage student develop a reading culture
- To motivate students indulge in creative writing and critical thinking

**Description:** The Department of Economics, St. Bede's College, Shimla, organized a Jatak Tales Competition on 25 September 2025 from 11:50 a.m. to 12:40 p.m. The event was conducted with the objective of familiarizing students with the moral, philosophical, and cultural significance of the Jatak Tales—ancient narratives that reflect Buddhist wisdom, ethical conduct, and timeless human values.

The competition saw enthusiastic participation from three students. The participants were Ms. Jhanvi Singh and Ms. Saizal Sharma from the third year, and Ms. Ananya from the first year. Each participant presented a selected Jatak Tale, demonstrating creativity, clarity of thought, and a deep understanding of the underlying moral lessons. Their narrations made the session engaging, informative, and thought-provoking for the audience.

The event was judged by Mr. Mohit Kumar, who appreciated the efforts of all participants and offered valuable feedback on narration style, expression, and interpretation. His constructive remarks encouraged students to further develop their storytelling and analytical abilities. The programme was attended by approximately 30–35 students, who actively engaged with the presentations, contributing to a lively and interactive atmosphere.

After careful evaluation, Ms. Ananya (First Year) was declared the winner of the competition for her confident presentation, clear articulation, and engaging narration.

### **Outcomes:**

- This event provided students with a valuable platform to enhance their narrative skills.
- Students understood the relevance of folk narratives in inculcating moral values in young minds.
- Students were inspired to read more.

The Jatak Tales Competition hosted by Ms. Aarushi Kaushal proved to be a meaningful academic and cultural initiative. It provided students with a valuable platform to enhance their narrative skills, ethical understanding, and appreciation of classical literature, making the event a memorable and enriching experience for all participants and attendees.



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*Tales Competition, September 25, 2025*

## **WORKSHOP ON “MATHEMATICS BEYOND NUMBERS: A JOURNEY THROUGH VEDIC METHODS”**

**Date: October 13- 17, 2025**

### **Objectives:**

- To introduce the students with the ancient principles of Vedic Mathematics.
- To enhance logical reasoning, mental ability, and problem-solving abilities among learners.
- To promote interest and confidence in mathematics through intuitive and enjoyable methods.
- To explore the connection between ancient wisdom and contemporary mathematical applications.

**Descriptions:** The 5 Day workshop on “Mathematics Beyond Numbers: A Journey through Vedic Methods” was organized by Department of Mathematics St. Bede’s College Shimla. The Resource persons were Prof. Tania Bose from PES University Bengaluru, Dr.Renu Bala and Dr. Madhu Aneja from CUIET Chitkara University Punjab. The workshop was designed to introduce students to the fascinating world of Vedic Mathematics - a system that simplifies complex calculations while sharpening mental math skills. Each day highlighted on a specific concept, enabling participants to build their understanding gradually and practice techniques that enhanced their mathematical abilities.

Topics such as algebraic product and division, line addition, multiplication from base method, tables up to 100 etc. were covered in the workshop. Overall, the five-day workshop



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was an interesting and enriching experience that inspired enthusiasm and curiosity among the students.

Heritage Status  
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Five Days Workshop  
**Mathematics Beyond Numbers : A Journey Through Vedic Methods**

Organised by  
Department Of Mathematics  
Under the aegis of NAAC

13 Oct, 2025 - 17 Oct, 2025  
Seminar Room

Resource Persons:  
Dr. Tania Bose  
(Assoc. Prof. PES University, Bengaluru)  
Dr. Renu Bala  
(Assoc. Prof. Chitkara University, Punjab)  
Dr. Madhu Aneja  
(Asst. Prof. Chitkara University, Punjab)

**Brochure**

St. Bedes College Shimla Division, Himachal Pradesh,  
35VP+MMQ, Navbhahar, Chotta Shimla, Shimla, Himachal Pradesh  
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Long 77.186450°  
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### ***Workshop on “Mathematics beyond Numbers: A Journey through Vedic Methods”***

#### **Outcomes:**

- The participants were able to enhance their calculation speed and accuracy by applying various Vedic techniques.
- They also learned to approach and solve complex mathematical problems using innovative methods derived from Vedic Mathematics.
- The workshop helped develop analytical and critical thinking skills through interactive exercises and discussions.

Additionally, participants gained the ability to apply Vedic Mathematics in everyday situations, thereby improving their overall mathematical literacy. The programme also boosted their confidence in mathematics, fostering a more positive attitude towards the subject in both academic and professional contexts. Moreover, the sessions enabled them to acquire a deeper understanding of the foundational principles of Vedic Mathematics and its historical significance.

### **WORLD FOOD DAY 2025 CELEBRATION**

**Date: October 16, 2025**

#### **Objectives:**

- To promote awareness about healthy, sustainable, and fireless cooking practices rooted in Indian culinary traditions.
- To encourage students to adopt nutritious eating habits while celebrating World Food Day.



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**Description:** To commemorate **World Food Day 2025**, a *Fireless Food Cooking Competition* was organised by the Department of Biotechnology, St. Bede's College, Shimla, in compliance with the Indian Knowledge System & Bhasha (IKS), celebrating India's rich culinary heritage while promoting healthy, sustainable eating practices. The event centred around the theme "**Balancing Taste and Wellness the Indian Way**," inspiring participants to explore nutritious ingredients and traditional methods that require no flame.

The competition witnessed enthusiastic participation from students who showcased remarkable creativity and innovation. Using fresh, wholesome ingredients, they prepared a variety of dishes such as sprout salads, millet-based recipes, fruit *chaats*, no-flame desserts, and traditional Indian beverages. Each dish reflected the essence of balanced nutrition, mindful cooking, and the integration of indigenous food wisdom.

Ms. Nivedita Bhardwaj and Ms. Jagriti evaluated the entries on parameters including nutritional value, presentation, originality, and adherence to the fireless criteria. The event not only encouraged students to rethink everyday eating habits but also highlighted the importance of sustainable food choices that are both *tasty and health-promoting*.

Overall, the Fireless Cooking Competition successfully conveyed the message of wellness through food, reaffirming the significance of India's time-tested food practices. The celebration proved to be an engaging platform for learning, creativity, and awareness, truly aligning with the spirit of World Food Day.

**Outcomes:**

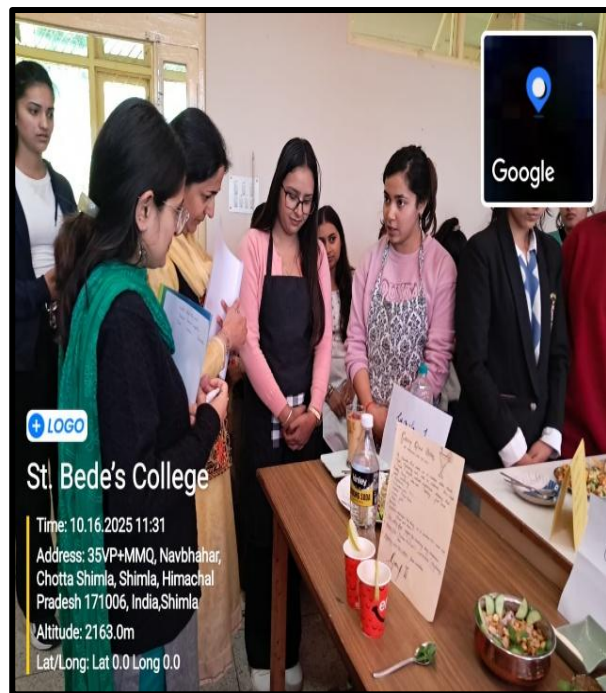
- Students showcased creativity by preparing nutritious, fireless dishes using traditional and wholesome ingredients.
- The activity reinforced the importance of balanced nutrition, sustainability, and India's indigenous food wisdom in daily life.



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*Brochure*



*World Food Day Celebrations, October 16, 2025*



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## **EXPERT TALK: AGRO-BIOTECHNOLOGY THROUGH THE LENS OF INDIA'S TRADITIONAL KNOWLEDGE**

**Date: December 08, 2025**

### **Objectives:**

- To highlight the integration of modern agro-biotechnology with India's traditional agricultural knowledge.
- To create awareness about sustainable and culturally rooted farming practices.

**Description:** The Department of Biotechnology of St. Bede's College, organized an insightful guest lecture titled "Agro-Biotechnology through the Lens of India's Traditional Knowledge" on December 08, 2025. The session aimed to highlight the intersection of modern agricultural biotechnology with India's vast reservoir of indigenous knowledge systems.

The resource person for the lecture was Dr. Nitika Thakur, Associate Professor, Faculty of Applied Sciences and Biotechnology, Shoolini University, Solan. Dr. Thakur, an expert in agricultural biotechnology, shared valuable perspectives on how traditional agricultural practices, biodiversity conservation, and indigenous wisdom can be integrated with contemporary biotechnological advancements to enhance sustainable farming.

During the lecture, Dr. Thakur discussed India's rich heritage of agrarian traditions, emphasizing the relevance of heirloom seeds, organic farming practices, and crop-diversity-based resilience. She elaborated on the role of biotechnology in improving crop productivity, promoting soil health, and ensuring food security, while underscoring the necessity of maintaining ecological balance.

Students and faculty members actively participated in the interactive session, posing questions on bio fertilizers, climate-resilient crops, and the ethical dimensions of modern agricultural innovations. The lecture provided participants with a deeper understanding of how scientific tools can complement time-tested Indian practices to create sustainable and culturally rooted agricultural solutions.

Overall, the event proved to be informative and thought-provoking, successfully enriching the academic exposure of students and fostering appreciation for India's traditional knowledge in the realm of agro-biotechnology.


### **Outcomes:**

- Students gained insight into the role of traditional knowledge in enhancing sustainable agro-biotechnological practices.
- The lecture fostered appreciation for ethical, ecological, and indigenous approaches to modern agricultural innovations



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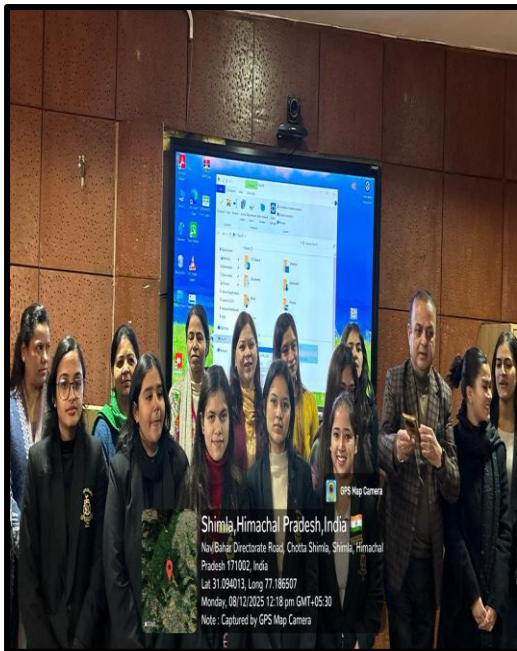
**DEPARTMENT OF BIOTECHNOLOGY**  
PRESENTS LECTURE ON  
**Agro-Biotechnology**  
*Through the Lens of India's Traditional Knowledge*



**DATE AND TIME:**  
December 8, 2025, 11:00AM

**VENUE**  
Seminar Room

**RESOURCE PERSON:**  
Dr. Nitika Thakur  
Associate Professor  
Faculty of Applied Sciences and Biotechnology  
Shoolini University, Solan



***Expert Talk: Agro-Biotechnology through the Lens of India's Traditional Knowledge  
December 8, 2025***



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## **A SESSION ON INTERNATIONAL MEDITATION DAY**

**Date: December 20, 2025**

**Objectives:** The objective of the meditation assembly was to promote mindfulness, mental well-being, and stress management among students through simple meditation techniques. It also aimed to spread awareness about the significance of meditation and holistic health in daily life, in alignment with the spirit of World Meditation Day.

**Description:** On the occasion of World Meditation Day, a meditation assembly was organized by the Health Club and NSO of St. Bede's College in collaboration with the Art of Living Foundation under the aegis of the Indian Knowledge System. The programme was conducted by Mr. Abhay Sharma, Senior Faculty Member and Director of the Art of Living, Shimla, Himachal Pradesh.

During the session, he guided students through simple meditation techniques and emphasized the importance of mindfulness in everyday life. Around 65 students actively participated in the assembly. The session was highly interactive, with both students and faculty engaging in discussions and practical activities.

Overall, the programme proved to be informative and beneficial, leaving a positive and lasting impact on all participants.

### **Outcomes:**

The programme helped students develop a better understanding of meditation as a tool for emotional balance and self-discipline. It encouraged participants to adopt healthy lifestyle practices and improved their awareness of maintaining mental peace amidst academic stress. The session also strengthened student involvement in wellness-oriented activities and promoted a calm and focused learning environment.



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**St. Bede's College**  
NAAC Re-Accredited A Grade  
Heritage Status

**HEALTH CLUB AND COLLEGE NSO**  
in collaboration with Art of Living Foundation Under the  
Aegis of IKS (Indian Knowledge System)

is organising a session on  
**International Meditation Day**

**Resource Person**

**Mr. Abhay Sharma**  
Senior Faculty, Art of Living  
Director, Art of Living, (H.P)

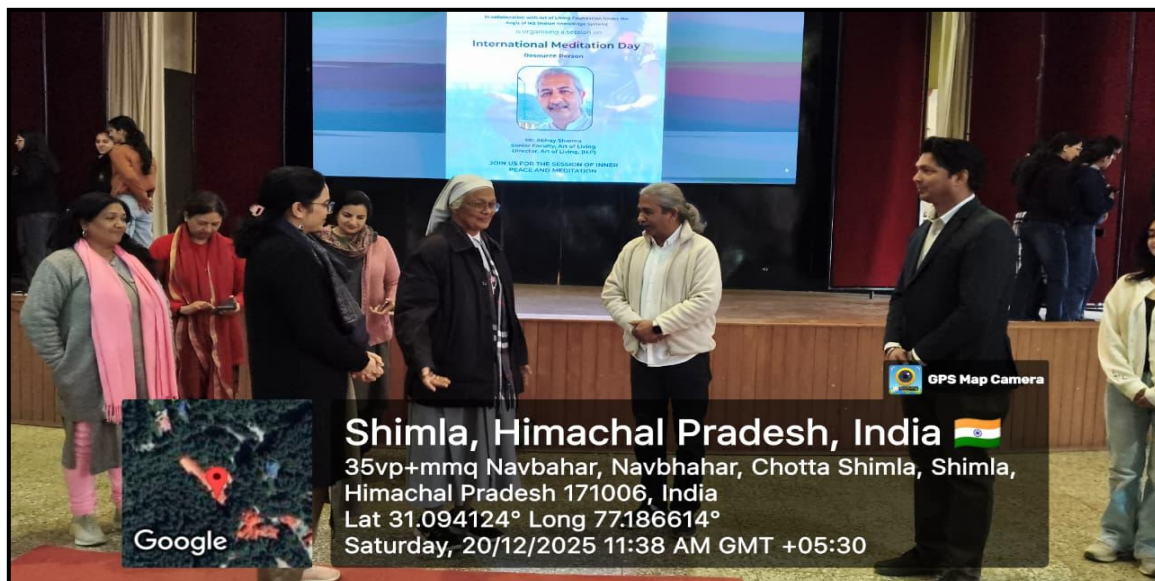
**DATE: 20.12.2025**  
**Time: 10:30am-11:30am**  
**Venue: Auditorium**

**JOIN US FOR THE SESSION OF INNER  
PEACE AND MEDITATION**



*Brochure*

*Photograph*





*IKS (Indian Knowledge System),  
St. Bede's College, Shimla*



*Special Session on International Meditation Day, December 20, 2025*



*IKS (Indian Knowledge System),  
St. Bede's College, Shimla*

## **FREE MEDICAL AYURVEDIC CAMP**

**Date: February 27, 2026**

### **Objectives:**

- To introduce staff, students, and the public to the benefits of Ayurveda for long-term health and disease prevention.
- To provide a platform for expert discussion on specific health issues faced by women and address common queries.
- To offer free professional medical consultations and full-body check-ups to the college community and the general public.
- To distribute essential Ayurvedic medicines on the spot to those in need of immediate care.
- To fulfill the college's social responsibility by extending health services to the local community under the aegis of IQAC.

**Description:** On February 27, 2026, the Health Club of St. Bede's College, under the aegis of the IQAC, organized a free Ayurvedic medical camp in collaboration with BAMS doctors from the Swastha Bharat Foundation Trust for staff, students, and the general public.

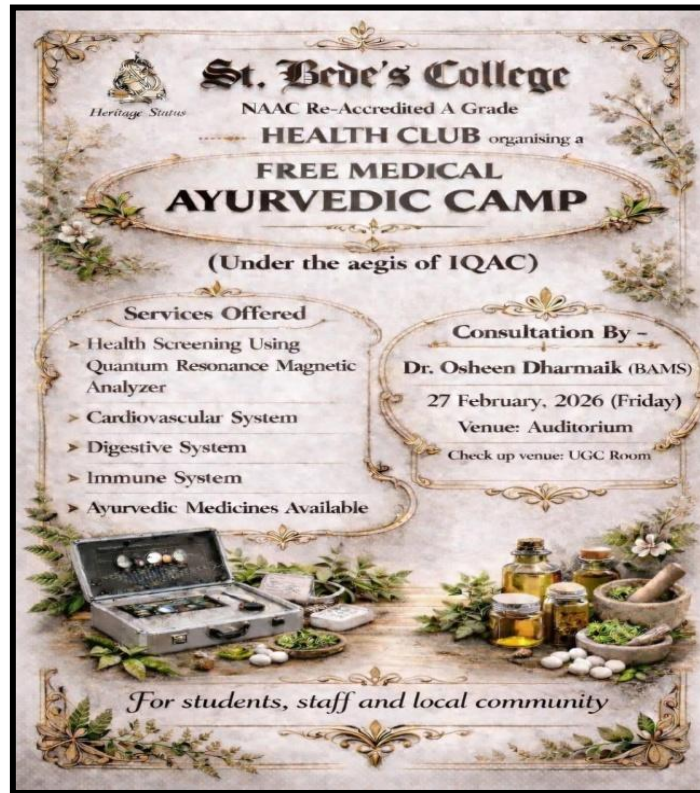
Dr. Osheen Dharmaik, Medical Officer, served as the resource person for the awareness talk. She discussed various women-related health issues and interacted with the staff and students, addressing their concerns and answering their queries. Following the talk, the health check-up camp commenced, during which Dr. Dharmaik and her team examined students, staff, and local public.

The camp featured on-the-spot full-body check-ups and medical consultations. Beneficiaries also received recommended Ayurvedic medicines. In total, 43 staff members, 72 students, and eight members of the general public benefited from the event, which proved highly informative for all attendees.

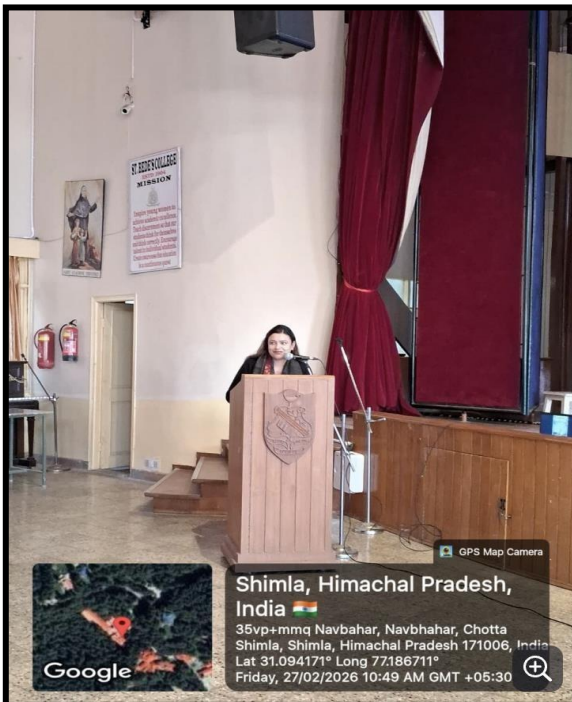
The College Principal, Sr. T.L. Rosily, also availed herself of the camp's services and commended the organizers' efforts. She encouraged them to hold similar events in the future to promote the well-being of both the college community and society at large.



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*Brochure*





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Media Report: Free Medical Ayurvedic Camp, February 27, 2026



## PROJECT WORK

### **Theme: “ETHNOZOOLOGICAL STUDIES ON TRADITIONAL HEALING PRACTICES: A REVIEW”**

#### **Objectives:**

- To help students understand the relevance of Ethnzoology in Traditional Healing Practices
- To give students an insight on the importance of interdisciplinary collaboration between traditional knowledge holders and modern scientific communities.

**Description:** The students of the Department of Zoology, St. Bede's College undertook a comprehensive review study titled “*Ethnzoological Studies on Traditional Healing Practices: A Review*” to explore the relationship between human societies and the use of animals in traditional medicine. The study focused on *Ethnzoology and zotherapy*, highlighting how animal species and their derived products have been historically and culturally utilized for therapeutic purposes across different regions of the world.

The review examined documented evidence from South Asia, Africa, and Latin America, revealing that a wide range of animal groups including mammals, birds, reptiles, insects, and aquatic organisms are used in treating various ailments. These include respiratory disorders, digestive issues, skin diseases, musculoskeletal problems, and reproductive health concerns. The study brought attention to commonly used remedies such as honey, leech therapy, and cow-derived products, which are now gaining recognition for their potential pharmacological benefits.

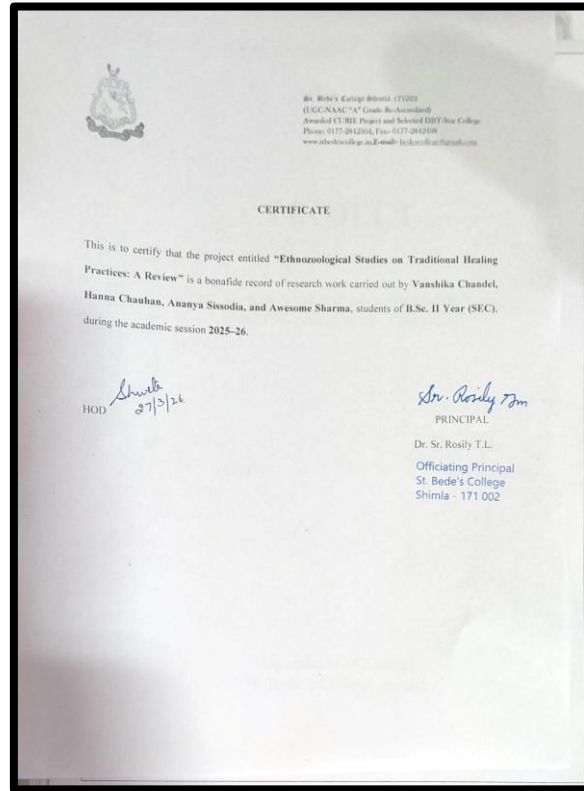
In addition to documenting traditional practices, the students critically analysed the scientific validation of these remedies. While some therapies show promising medicinal value, the study identified significant challenges, including the need for rigorous scientific testing, ethical concerns in the harvesting of animal resources, and threats to biodiversity due to overexploitation.

#### **Outcomes:**

This project helped students underline the importance of interdisciplinary collaboration between traditional knowledge holders and modern scientific communities. As it emphasizes the need to preserve indigenous knowledge systems while promoting sustainable practices and conservation of animal species, students were hence motivated to work towards environment conservation and balancing the ecosystem.



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***Certificate of Project Work***