



*Department of Physical Education,
St. Bede's College, Shimla, (H.P), India*

EXTENSION ACTIVITIES: 2025-2026

Activity Name: Health and Hygiene Awareness Program

Date: December 5, 2025

Objectives:

- To create awareness about health, hygiene, and sanitation among school students.
- To promote healthy lifestyle practices including proper diet and exercise.
- To educate students on the importance of personal and environmental cleanliness.
- To provide practical knowledge of hand washing and basic first aid.
- To encourage community engagement and social responsibility among NCC cadets.

Description: The NCC Unit of St. Bede's College, in collaboration with the Department of Physical Education, organized a community outreach program on "Health and Hygiene Awareness" at Government School, Sanjauli, Shimla. The program aimed to educate school students about the importance of maintaining a healthy lifestyle through informative talks, demonstrations, and interactive activities. NCC cadets highlighted key aspects such as personal cleanliness, balanced diet, regular exercise, and proper sanitation. Hands-on sessions on effective hand washing techniques and basic first aid were also conducted.

In addition, a cleanliness drive was organized to promote environmental hygiene and instil a sense of responsibility amongst students. The initiative successfully encouraged young learners to adopt healthy habits, contributing towards a cleaner and healthier community. A total of 27 school children and 6 NCC cadets actively participated in the program.



Outcomes:

- Students gained awareness about the importance of personal hygiene and sanitation.
- Participants learned practical skills such as proper hand washing and basic first aid.



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- The program encouraged adoption of healthy habits among school children.
- The cleanliness drive promoted environmental responsibility.
- NCC cadets developed leadership skills and a sense of community service.

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

**COMMUNITY OUTREACH
PROGRAM:-**

NCC Unit, St. Bede's College Shimla
under 7 HP (I) COY NCC Shimla
organised an health and hygiene
awareness program for children.

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Date:- 5th December 2025
Venue:- Govt. School, Sanjauli

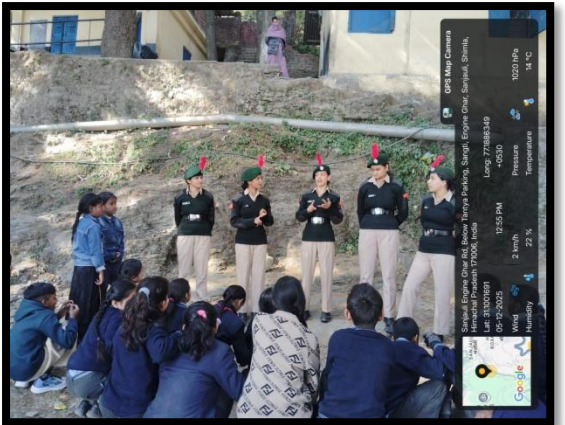
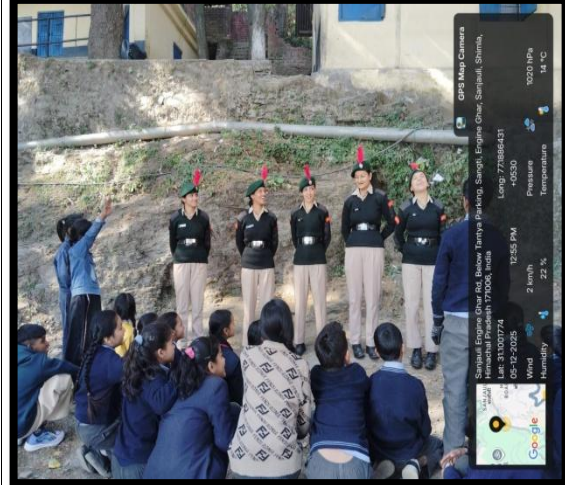
ANO, Convener :
Dr. Ashwani

Patron:
Dr. (Sr.) Rosily T.L.

Brochure

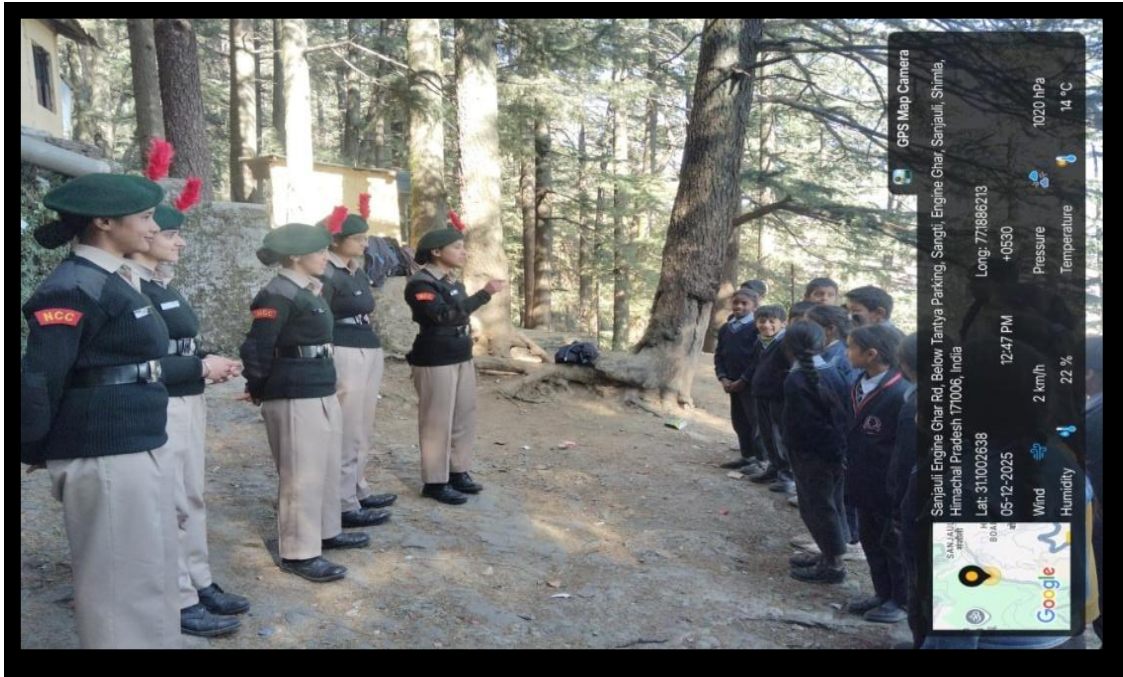


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Community Outreach Program (Health and Hygiene Awareness), December 5, 2025