



Activity: National Ayurveda Day

Date: 23rd September, 2025

Objectives:

1. To commemorate the 10th Anniversary of National Ayurveda Day and highlight the importance of Ayurveda in contemporary society.
2. To create awareness among students about the historical roots, principles, and holistic health benefits of Ayurveda.
3. To encourage interdepartmental collaboration and participation through interactive and competitive activities.
4. To integrate learning with entertainment by organizing engaging activities such as a Botany-themed Tambola and quiz

Description

On 23rd September 2025, the Department of Botany, St. Bede's College, enthusiastically celebrated National Ayurveda Day to mark the 10th Anniversary of Ayurveda Day. The celebration aimed to spread awareness about the richness of Ayurveda and its enduring relevance in modern times.

The program commenced with the felicitation of the Principal, Sr. Rosily with a medicinal plant by the Department of Botany, reflecting the essence of Ayurveda and its emphasis on nature and healing. This was followed by an insightful presentation delivered by M.Sc. 1st year students, who highlighted the significance of Ayurveda, its historical roots, and its continuing importance in promoting holistic health and well-being in today's fast-paced lifestyle. Their presentation encouraged the audience to recognize Ayurveda not merely as an ancient science but as a practical guide for healthier living.

To add an element of fun and engagement, a Botany-themed Tambola game was organized, blending learning with entertainment. The event witnessed enthusiastic participation from students across different classes. The winners of the competition were Mishti Chauhan (B.Sc. Medical 2nd Year) and Saloni (M.Sc. 1st Year), who secured the first position, followed by Prerna (B.Sc. Medical 1st Year) in the second position, and Rudrani (B.Sc. Medical 1st Year) who secured the third position.

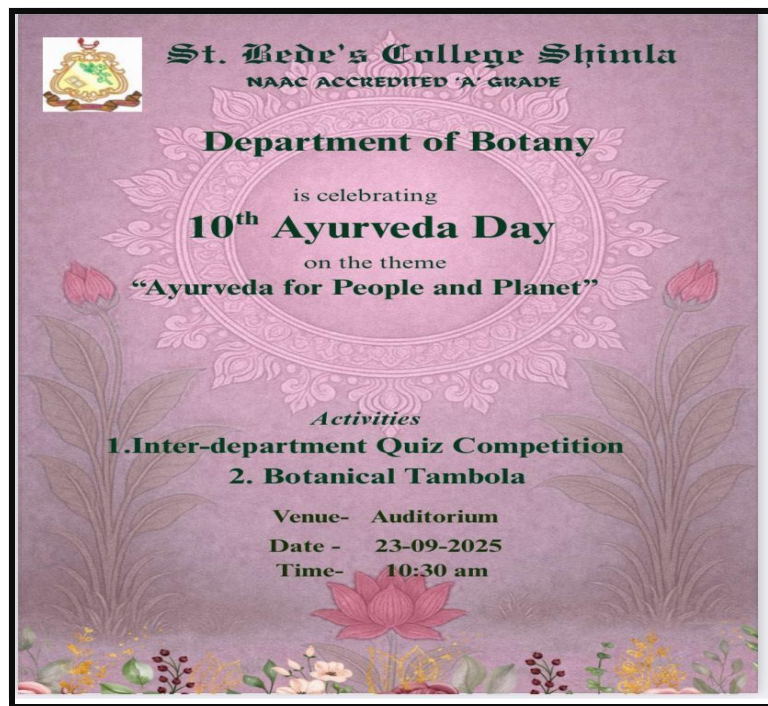
An interdepartmental quiz on Ayurveda was also organized, with the participation of seven teams, which created a lively spirit of competition and encouraged interdepartmental collaboration. The team comprising Aastha Nresht, Shatakshi Rawat, and Lavanya Bhatt (B.Sc. Biotechnology 3rd Year) secured the first position. The second position was shared in a tie between two teams—Nupur Thakur, Riya Kanwar, and Suhani Pathania (B.Sc. Biotechnology 2nd Year), and Urshika Chauhan, Anshika Thakur and Sakshi Sharma (B.Sc. Medical 1st Year).

Outcomes

1. Students gained deeper awareness of Ayurveda's historical and modern-day relevance.
2. Active participation in presentation, tambola, and quiz fostered interactive and enjoyable learning.
3. The quiz competition served as a platform to strengthen interdepartmental collaboration and teamwork.



4. The event successfully blended traditional knowledge with modern education in an engaging manner.



Brochure



National Ayurveda Day (23rd September, 2025)



*Department of Botany
St. Bede's College, Shimla*



National Ayurveda Day (23rd September, 2025)



National Ayurveda Day (23rd September, 2025)



Activity: Educational Visit to Mushroom Fair at ICAR-Directorate of Mushroom Research, Solan

Date: 30th September, 2025

Objectives:

- To observe the latest research and technologies in mushroom cultivation.
- To interact with mushroom growers and subject experts.
- To understand the challenges and opportunities in mushroom cultivation and entrepreneurship

Description

The Directorate of Mushroom Research (DMR), Solan, organized its Annual Mushroom Fair on 30th September 2025 with great enthusiasm. The event served as a vibrant platform for disseminating knowledge on the latest developments in mushroom science, cultivation practices, and the diverse opportunities associated with mushroom-based entrepreneurship.

Faculty members and students pursuing undergraduate and postgraduate studies in the Botany Department of St. Bede's College, Shimla, actively participated in the fair. The visit provided them with a valuable opportunity to gain first-hand exposure to innovative and sustainable mushroom cultivation techniques displayed in the exhibition. Various stalls highlighted the cultivation of button, oyster, and other specialty mushrooms, along with demonstrations on spawn production, composting methods, post-harvest management, and value addition.

A significant highlight of the event was a presentation delivered by the Director of the institute; Dr. V. P. Sharma showcased the achievements, research contributions, and ongoing activities of the Directorate. The session provided insights into the role of DMR in advancing mushroom research and in promoting its adoption as a viable agribusiness across the country.

The fair also witnessed the felicitation of progressive mushroom cultivators from different parts of India for their outstanding contributions and innovative practices in the field. Their success stories served as a source of inspiration and motivation for the aspiring students, reinforcing the potential of mushroom cultivation as both a sustainable livelihood and an area of scientific innovation.

Outcomes:

The visit to the Annual Mushroom Fair at DMR, Solan, proved highly beneficial for the faculty and students of the Botany Department, St. Bede's College. It enhanced their knowledge of advanced mushroom cultivation techniques, spawn production, composting, and value addition, while also providing exposure to the latest research achievements of the institute. Interaction with progressive cultivators inspired students to view mushroom cultivation as a promising entrepreneurial and research avenue. Overall, the experience effectively bridged theoretical learning with practical applications, offering valuable academic and professional insights.



*Department of Botany
St. Bede's College, Shimla*



Brochure



Educational Visit to Mushroom Fair at ICAR-Directorate of Mushroom Research, Solan



Educational Visit to Mushroom Fair at ICAR-Directorate of Mushroom Research, Solan



Educational Visit to Mushroom Fair at ICAR-Directorate of Mushroom Research, Solan



Educational Visit to Mushroom Fair at ICAR-Directorate of Mushroom Research, Solan



Educational Visit to Mushroom Fair at ICAR-Directorate of Mushroom Research, Solan



Educational Visit to Mushroom Fair at ICAR-Directorate of Mushroom Research, Solan

Activity: Training and Demonstration Programme on Diversity, Conservation, Utilization and Marketing of Medicinal Plants of North Western Himalayan Region

Venue: HFRI, Panthaghati Shimla, Himachal Pradesh

Date: 6-9 October, 2025

Objectives:

- To create awareness about the rich medicinal plant diversity of the North Western Himalayan region.
- To provide training on identification, cultivation, and sustainable utilization of medicinal plants.
- To promote conservation of threatened and endemic species through scientific and traditional approaches.
- To enhance understanding of the value chain, marketing, and entrepreneurship opportunities.
- To encourage collaboration among academic institutions, farmers, and industries for sustainable development.

Description:

Programme Overview

The Himalayan Forest Research Institute (HFRI) organized a three-day Training and Demonstration Programme focused on the diversity, conservation, utilization, and marketing of medicinal plants of the North Western Himalayan region. A faculty member from the Botany Department, along with three B.Sc.



second-year students, participated in the training. The programme aimed to enhance practical knowledge, promote sustainable practices, and explore livelihood opportunities linked to medicinal plants.

Day 1

The first day began with a briefing of the schedule and objectives by the Training Coordinator, followed by the inaugural address by the Chief Guest, Mr. Abhilash Damodaran, IFS.

The technical sessions included:

- Dr. Vaneet Jishtu, Senior Scientist – *“Diversity, Identification, Conservation, and Utilization of Medicinal Plants of the North Western Himalaya”* – provided a comprehensive understanding of the region’s medicinal plant wealth.
- Dr. Sandeep Sharma, Scientist-G – *“Nursery Techniques for the Cultivation of Medicinal Plants”* – offered practical knowledge on propagation methods.
- Dr. Jagdish Singh, Scientist-G (online) – *“Medicinal Plants as Intercrops – An Option for Diversification and Augmentation of Income for Rural Communities”* – highlighted economic potential.
- Dr. Rajesh Chauhan, Manager (Marketing), Jadi Buti Cell, JICA-HPFSD – *“Cultivation of Medicinal Plants through Common Interest Groups for Income Generation and Marketing”* – emphasized community-based cultivation and marketing strategies.
- Dr. Vaneet Jishtu – *“Demand and Supply of Medicinal Plants”* – covered market trends and resource management.
- Dr. Pitamber Singh Negi – *“Nursery and Plantation Techniques and Uses of Juniperus polycarpus: An Important Medicinal Tree”* – provided technical insights into cultivation and utilization practices.

Day 2

The second day comprised a field visit to the Forest Research Station (FRS), Shilaru, Narkanda, focusing on the identification and nursery techniques of important medicinal plants. The participants were accompanied by Dr. Sandeep Sharma, Dr. Ashwini Tapwal, Dr. Joginder Singh Chauhan, and technical and field staff. The visit provided participants with hands-on experience in recognizing, propagating, and managing various medicinal plant species, reinforcing practical learning.

Day 3

The third day began with a lecture by Dr. Ashwini Tapwal on *“Biofertilizers and Biofungicides for Organic Cultivation of Medicinal Plants,”* introducing sustainable cultivation practices. This was followed by an interactive session with Sh. Ram Gopal, a progressive medicinal plant grower, who shared insights on cultivation through cooperative societies for income generation.

Later, Sh. Dinesh Paul, DCF, HPFSD, discussed *“Transit Rules, Policies, and Legal Issues for the Cultivation of Medicinal Plants in Himachal Pradesh,”* providing participants with regulatory guidance. An online lecture by Dr. Kuldeep Dogra, Senior Scientist, BSI Solan, on the *“Status of Invasive Plants in Himachal Pradesh”* highlighted regional ecological challenges.



The programme concluded with a laboratory visit, a participant feedback session, and the valedictory ceremony, graced by Dr. Sanjay Sood, Chief Conservator of Forests, Himachal Pradesh, as the Chief Guest.

Outcomes:

- Improved awareness of the diversity, conservation, and sustainable use of medicinal plants in the North Western Himalayas.
- Hands-on training in cultivation, propagation, and value addition techniques of medicinal and aromatic plants.
- Encouragement of conservation-oriented and eco-friendly practices.
- Integration of traditional knowledge with modern scientific approaches.
- Motivation towards entrepreneurship and livelihood opportunities in the medicinal plant sector.
- Strengthened collaboration among researchers, students, farmers, and industries for future initiatives.



Training and Demonstration Programme on Diversity, Conservation, Utilization and Marketing of Medicinal Plants of North Western Himalayan Region



Training and Demonstration Programme on Diversity, Conservation, Utilization and Marketing of Medicinal Plants of North Western Himalayan Region



Training and Demonstration Programme on Diversity, Conservation, Utilization and Marketing of Medicinal Plants of North Western Himalayan Region



Training and Demonstration Programme on Diversity, Conservation, Utilization and Marketing of Medicinal Plants of North Western Himalayan Region



Training and Demonstration Programme on Diversity, Conservation, Utilization and Marketing of Medicinal Plants of North Western Himalayan Region



Training and Demonstration Programme on Diversity, Conservation, Utilization and Marketing of Medicinal Plants of North Western Himalayan Region



Training and Demonstration Programme on Diversity, Conservation, Utilization and Marketing of Medicinal Plants of North Western Himalayan Region



Training and Demonstration Programme on Diversity, Conservation, Utilization and Marketing of Medicinal Plants of North Western Himalayan Region



Certificate



Certificate

Activity: Interactive session on “Importance of healthy food”

Venue: Govt Primary School, Sanjauli

Date: 16 October, 2025

Objectives

1. To commemorate World Food Day by promoting awareness about the importance of healthy and balanced diets among school children.
2. To educate students about the nutritional value of different food groups and the adverse effects of junk food.
3. To encourage healthy eating habits through interactive and engaging learning methods such as charts, demonstrations, and play-way activities.
4. To foster community engagement and strengthen the bond between college students and local schools.
5. To develop communication, presentation, and leadership skills among the participating college students.



Description

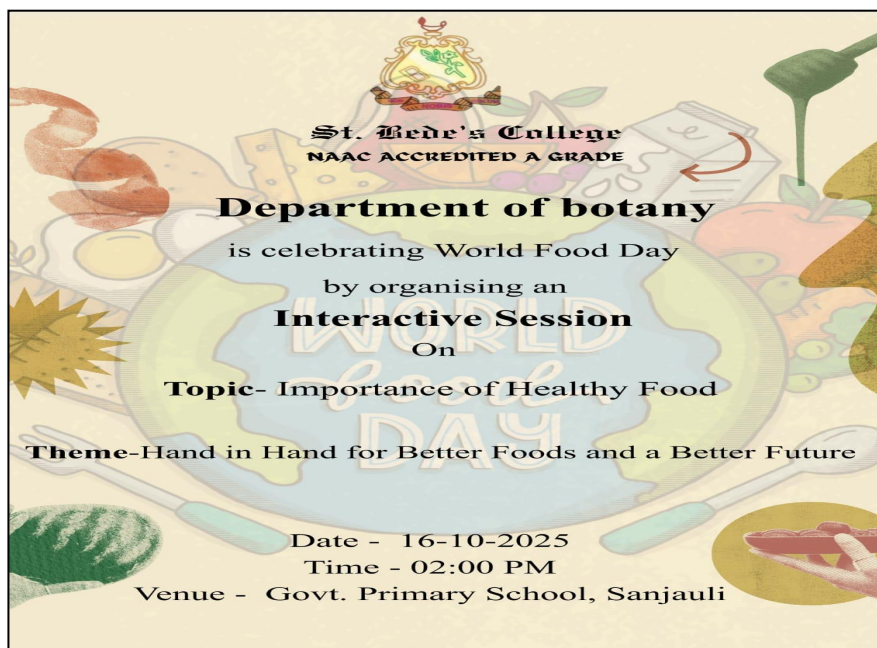
On 16th October 2025, the Department of Botany, St. Bede's College, celebrated World Food Day with great enthusiasm. To mark the occasion, the students visited the Government Primary School, Sanjauli, where they conducted an interactive awareness session on the importance of healthy and balanced food.

During the visit, the college students engaged with the young learners through educational charts, demonstrations, and playful activities, making the session both informative and enjoyable. They explained the significance of consuming nutritious food, the role of fruits and vegetables in maintaining good health, and the importance of avoiding junk food.

The event provided the students with an opportunity to apply their knowledge beyond the classroom and contribute to community awareness. It also fostered a sense of social responsibility and communication skills among them. Overall, the visit was a meaningful and enriching experience, leaving both the college and school students inspired and delighted.

Outcomes

1. The school children gained a better understanding of healthy eating habits and the significance of nutritious food in daily life.
2. The activity helped inculcate a sense of social responsibility and community service among Botany students.
3. College students enhanced their interpersonal and teaching skills through interaction with younger learners.
4. The initiative successfully spread awareness about health and nutrition in the local community.
5. Both the school and college students enjoyed a productive, interactive, and joyful learning experience.



Brochure



Interactive session on “Importance of Healthy Food”



Interactive session on “Importance of Healthy Food”



Interactive session on “Importance of Healthy Food”



Interactive session on “Importance of Healthy Food”



Interactive session on “Importance of Healthy Food”

Activity: Medicinal Plant Exhibition

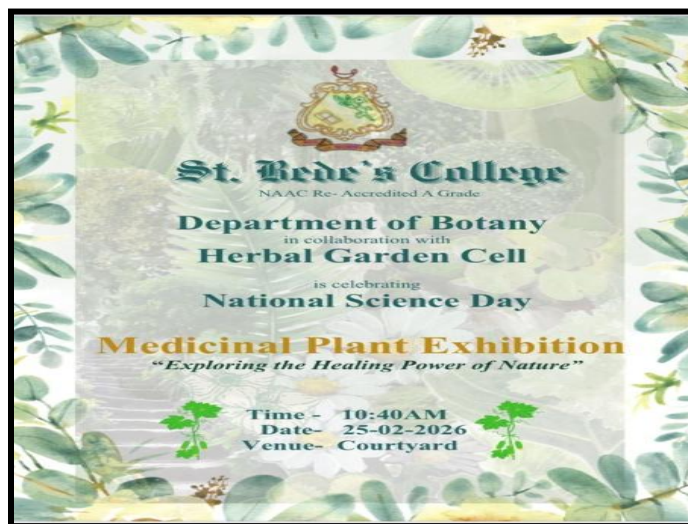
Date: 25th February, 2026

Objective: The objective of the exhibition was to create awareness about the importance, uses, and conservation of medicinal plants that play a vital role in traditional and modern healthcare systems.

Description: An exhibition on medicinal plants was successfully organized by the Department of Botany in collaboration with Herbal Garden Cell on 25th February, 2026 to celebrate National Science Day. The exhibition displayed a wide variety of medicinal plants commonly used in herbal medicine and traditional systems such as Ayurveda. Students collected different plant specimens, prepared informative charts, and arranged live plant samples to demonstrate their medicinal properties. Some of the important plants exhibited included *Ocimum sanctum* (Tulsi), *Azadirachta indica* (Neem), *Aloe barbadensis* (Aloevera), *Withania somnifera* (Ashwagandha), and *Curcuma longa* (Turmeric). Each plant was accompanied by labels describing its scientific name, family, medicinal uses, and significance. The students enthusiastically explained the therapeutic benefits of these plants, such as their use in treating common ailments like cold, fever, skin diseases, digestive disorders, and boosting immunity. Charts and posters also highlighted the role of medicinal plants in pharmaceutical industries and the importance of conserving biodiversity.



Outcome: The exhibition provided a valuable learning experience and encouraged participants to understand the role of plants in sustainable healthcare. Overall, the medicinal plant exhibition was highly informative and successful. It helped spread awareness about the importance of traditional herbal medicine and motivated students to explore the field of medicinal botany further.



Brochure





Department of Botany
St. Bede's College, Shimla



Medicinal Plant Exhibition