



Activity: Orientation Programme for M.Sc Students

Date: 1st August, 2025

Venue: Department of Botany

Objectives:

- To familiarize students with the M.Sc. Botany curriculum, academic expectations and internal assessment procedures.
- To introduce departmental activities, including seminars, workshops, field visits and field excursions.
- To promote interaction between faculty members and students for building effective communication and support systems.
- To orient freshers to the college environment through a guided campus tour led by senior students.

Description:

The Department of Botany organised an Orientation Programme for the newly admitted M.Sc. Botany first-year students to introduce them to the academic framework, departmental activities, and institutional values. The programme was designed to support students in their transition to postgraduate studies and to ensure an informed and confident beginning to their academic journey.

The session commenced with a warm welcome by the faculty, followed by an address by the Head of the Department, who briefed the students on the curriculum, academic structure, and departmental expectations. Students were guided on the importance of regularity, discipline, and active involvement in departmental events.

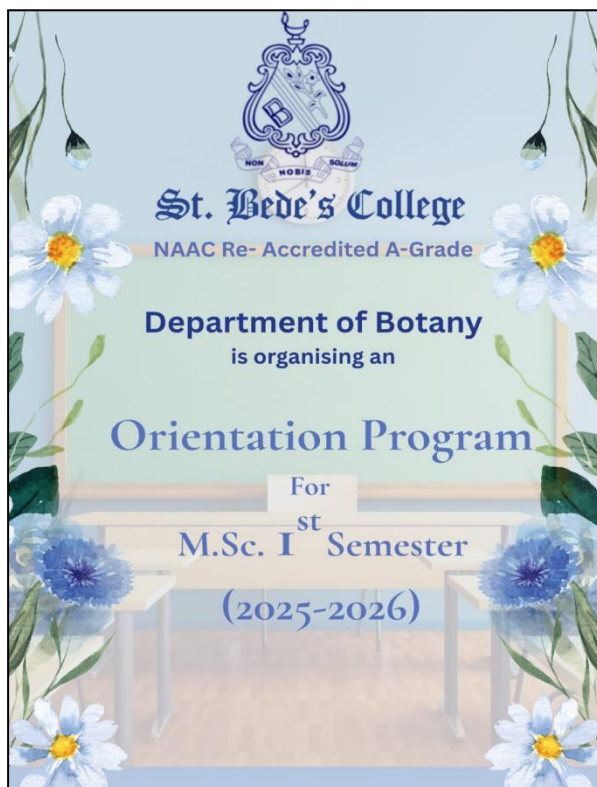
A campus tour was then conducted by senior students, who acquainted the freshers with essential facilities such as laboratories, classrooms, the library, herbarium, computer lab, auditorium, and common areas. Seniors also shared valuable insights into campus life and available academic resources.

Outcomes

- Enhanced understanding of the academic structure and departmental functioning among new students.
- Improved interaction and comfort levels between juniors and seniors, fostering peer support.
- Greater awareness of college facilities, resources, and opportunities for academic and personal growth.
- Strengthened confidence among freshers to navigate the campus and departmental activities.



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Orientation Programme for M.Sc Students



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Orientation Programme for M.Sc Students



Orientation Programme for M.Sc Students



Orientation Programme for M.Sc Students

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.

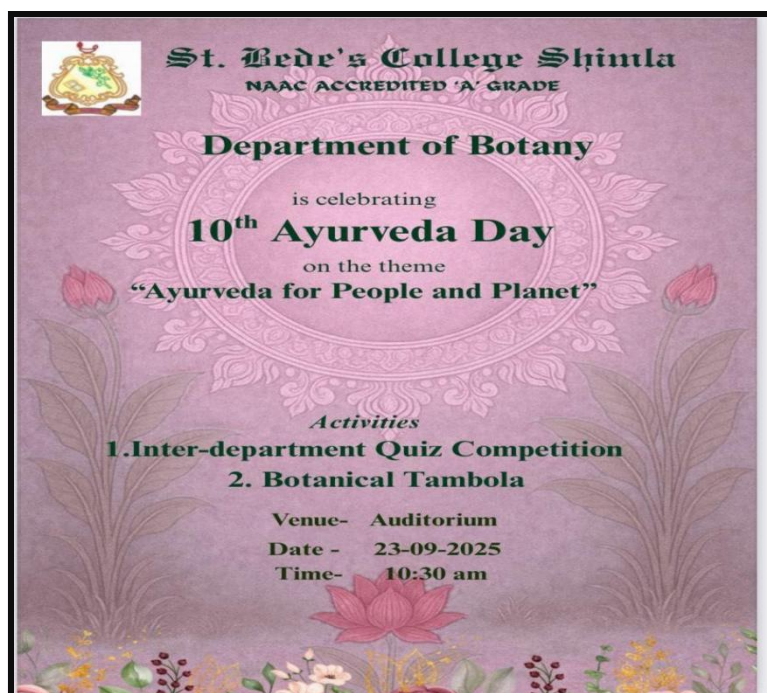
An interdepartmental quiz on Ayurveda was also organized, with the participation of seven teams, which created a lively spirit of competition and encouraged interdepartmental collaboration. The team comprising Aastha Nresht, Shatakshi Rawat, and Lavanya Bhatt (B.Sc. Biotechnology 3rd Year) secured the 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.



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National Ayurveda Day (23rd September, 2025)



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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



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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.



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



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



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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 Name: National Webinar on 'World Food Day'

Date: 16 October, 2025

Objectives

- To raise awareness food day celebration and about ongoing problem of hunger and malnutrition and to emphasize the importance of food security for all.
- To promote healthy food habits with vitamin and mineral in it.
- To highlight liver and brain health impacts overall body functional.
- To aware students about specific nutrients and dietary pattern for brain, liver and overall health.

Description:

The keynote address was delivered by Dietitian Khushboo Agarwal, Founder of Balance Bites, Meerut, Uttar Pradesh, India. The topic of the session was "Fuel for Brain and Liver." She delivered a talk on overall health and dietary patterns, with a special focus on brain and liver health.

Dt. Khushboo Agarwal also elaborated on issues related to hormonal imbalance, menstrual hygiene, and bone health, and discussed the adverse effects of junk food on various organs of the human body. The session was followed by an interactive question-and-answer round, during which the resource person addressed the participants' queries effectively, reflecting her in-depth knowledge and expertise in the field of nutrition.

The webinar was highly interactive and informative. A total of 110 participants attended the session, out of which 65 participants from the Department of Botany and other departments joined from the college seminar hall, while 45 participants joined through the online platform from various educational institutions across India

Important Links for the webinar were as follows:

Registration link: <https://forms.gle/RkhyQizYUxakCM2F9>

Google meet link <https://meet.google.com/xmy-cguy-kux>

Outcomes:

- By this session participants became aware about the relevance to celebrate food day.
- Participants left the session with enhanced knowledge about impacts of different food on our liver and brain
- The session helped in bringing awareness about menstrual cycle and menstrual hygiene.



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

Department of Botany
in collaboration with Health Club
is organising a
National Webinar on World Food Day

Topic: Fuel for brain and liver

Resource Person


Dietitian Khushboo Agarwal
Meerut, (U.P), India
Hormone Health Consultant/ Diabetes
Educator/Sports Nutritionist
Founder Of Balance Bites
www.balancebites.in

WHEN?
16th October, 2025 Thursday 11:00AM
Onwards

WHERE?
Online: google platform
For College Students: Seminar Hall

Links
Registration link:
<https://forms.gle/RkhyQizYUzakCM2F9>
Google meet link:
<https://meet.google.com/xny-cguy-kux>

Brochure



National Webinar on World Food Day, October 16, 2025



National Webinar on World Food Day, October 16, 2025

Activity: Training Programme on “Seed Nursery and Plantation Techniques of Oak Species”

Date: 22-24 October, 2025

Organized by: Himalayan Forest Research Institute (HFRI), Shimla

Sponsored by: Ministry of Environment, Forest and Climate Change (MoEF&CC), New Delhi

Objectives of the Programme:

- To impart scientific knowledge on seed collection, nursery management, and plantation techniques of Himalayan oak species.
- To enhance understanding of the ecological importance, distribution, and conservation strategies related to oak forests.
- To promote sustainable forest management practices through the selection of quality planting material and eco-friendly pest and disease control methods.
- To provide participants with field-based and laboratory exposure to modern forestry technologies developed by HFRI, Shimla.

Description:

The Himalayan Forest Research Institute (HFRI), Shimla, organized a training programme on “Seed Nursery and Plantation Techniques of Oak Species” for various stakeholders. The



event was sponsored by the Ministry of Environment, Forest and Climate Change (MoEF&CC), New Delhi. Five postgraduate students from the Department of Botany, St. Bede's College, Shimla, actively participated in the training programme.

Day 1 (22 October 2025): Inaugural Session and Technical Lectures

The programme commenced with the registration of participants, followed by an introduction and felicitation of the Chief Guest, Dr. Sandeep Sharma, Director, HFRI, Shimla. Dr. P. S. Negi, Scientist-E, HFRI, briefed the participants about the schedule, objectives, and expected outcomes of the training.

In his inaugural address, Dr. Sandeep Sharma emphasized the ecological significance of oak species in maintaining biodiversity, soil stability, and watershed health. He also highlighted the need for sustainable forest management to mitigate the impacts of climate change.

Following the inaugural tea session, the technical lectures commenced:

- Dr. Vineet Jisthu, Scientist-E, HFRI, delivered the first lecture on *"Understanding the Role of Oaks in Our Ecosystem,"* outlining the ecological and socio-economic importance of oak forests.
- The second lecture, by Dr. P. S. Negi, focused on *"Seed Nursery and Plantation Techniques of Himalayan Oaks,"* detailing propagation methods and best nursery practices.
- After lunch, Dr. Ashwini Tapwal, Scientist-F, HFRI, presented a lecture on *"Diseases of Oaks and Their Eco-friendly Management,"* emphasizing integrated and sustainable control measures.
- The next lecture of the day was delivered by Dr. Shiv Paul, ICFRE-HFRI, Shimla on *"Himalayan Oaks: Distribution, Uses, and Conservation Needs,"* highlighting the conservation status and future prospects of oak forests in the Himalayas.
- After session tea, Dr. Sandeep Sharma, Scientist-G, HFRI, Shimla presented a lecture on *"Modern Nursery Techniques for Production of Quality Planting Stock"*.
- The last lecture was delivered by Dr. Balkrishnan Tiwari, Scientist-C, HFRI, Shimla on *"Genetic Diversity and Population Structure of Oak species in the North-Western Himalaya: Implications for Conservation and Genetic Improvement."*

Day 2 (23 October 2025): Field Visit

The second day comprised a field visit to the Forest Research Station (FRS), Shilaru, and the Oak Forests at Kufri and Narkanda. The visit aimed to provide participants with practical exposure to oak plantation techniques, species identification, forest management practices, and silvicultural operations.



Participants were accompanied and guided by Sh. P. S. Negi, Sh. Jawala Prasad, and Sh. Manoj Kumar, who shared valuable insights into the ecological and management aspects of oak forests during the field excursion.

Day 3 (24 October 2025): Expert Lectures, Lab Demonstration, and Valedictory Session

The third day featured a series of specialized lectures delivered by eminent scientists from HFRI, Shimla:

- Dr. Pawan Rana, Scientist-F, HFRI, presented a lecture on *“Insect Pests of Himalayan Oaks and Their Control Measures,”* discussing key pest species and sustainable management strategies.
- Dr. Pravin Rawat, Scientist-C, HFRI, delivered a lecture on *“Fodder Uses and Nutritive Value of Himalayan Oaks,”* highlighting the importance of oak leaves as a valuable fodder resource in the mid-Himalayan region.
- Dr. R. K. Verma, Scientist-G, HFRI, spoke on *“Assessment of Carbon Stock in Ban Oak and Other Species in the Shimla Forest Circle, Himachal Pradesh,”* emphasizing the role of oak forests in carbon sequestration and climate regulation.
- The fourth lecture, by Dr. Mohammad Ibrahim, Scientist-E, HFRI, focused on *“Selection of Quality Planting Material for Plantation Programmes,”* underscoring the significance of high-quality planting stock for successful afforestation initiatives.

Following the working lunch, participants visited the laboratories of HFRI, Shimla, where they were given demonstrations of various technologies developed by the institute, including techniques for nursery management, seed testing, and pest control. The practical exposure enhanced participants' understanding of applied forestry research and technology transfer.

The programme concluded with a feedback and discussion session, during which participants shared their experiences and learning outcomes. The event formally ended with the valedictory ceremony, marking the successful completion of the training programme.

Outcomes:

- Participants gained in-depth knowledge of oak propagation, plantation techniques, and ecological management.
- The training enhanced awareness of the environmental, economic, and social importance of oak forests.
- Students and stakeholders were exposed to practical field and laboratory techniques, bridging the gap between theoretical learning and real-world forestry practices.
- The programme fostered collaboration among scientists, students, and forest professionals for promoting sustainable forest management in the Himalayan region.



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Certificates



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Training Programme on “Seed Nursery and Plantation Techniques of Oak Species”



Training Programme on “Seed Nursery and Plantation Techniques of Oak Species”



Training Programme on “Seed Nursery and Plantation Techniques of Oak Species”



Activity: Medicinal Plant Exhibition

Date: 25th February, 2026

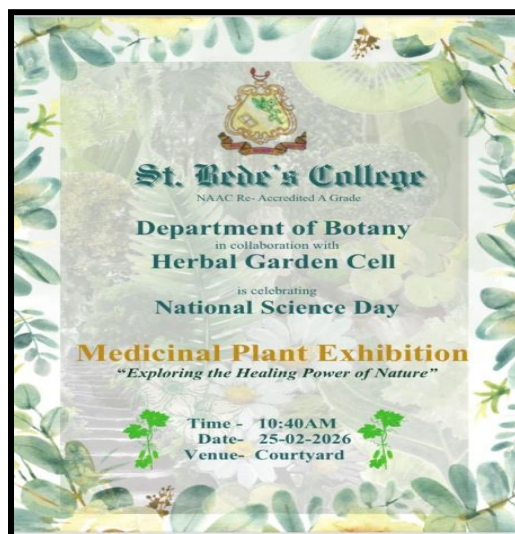
Objective: The objective of the exhibition was to create awareness about the importance, uses, and conservation of medicinal plants that play a vital role in traditional and modern healthcare systems.

Description: An exhibition on medicinal plants was successfully organized by the Department of Botany in collaboration with Herbal Garden Cell on 25th February, 2026. The exhibition displayed a wide variety of medicinal plants commonly used in herbal medicine and traditional systems such as Ayurveda. Students showcased different categories of plants, including magicoreligious plants, seeds and nuts, nature's pharmacy, bioindicator plants, fragrance of faith, and morpho-therapeutics. 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, boosting immunity and many other uses. 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.



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Medicinal Plant Exhibition



Medicinal Plant Exhibition



Medicinal Plant Exhibition

Activity: International Women's Day Celebration

Date: 07th March, 2026

Objectives:

- To celebrate and recognize the achievements and contributions of women in various fields.
- To raise awareness about gender equality and women's rights in society.
- To inspire students by sharing the stories and journeys of successful women.
- To promote confidence, self-reliance, and empowerment among young women.
- To encourage active participation of students in discussions and activities related to women's empowerment.

Description:

The Department of Botany celebrated International Women's Day on 7th March 2026 to highlight the achievements of women and promote the values of equality and empowerment. The program featured a variety of engaging activities. It began with a student presentation based on the theme "Give to Gain," which highlighted the contributions of women in science, technology, sports, arts and culture. A role play titled "Breaking Barriers: The Story of Kamala Sohonie" was performed by students, portraying the struggles and achievements of the first Indian woman to earn a Ph.D. in a scientific discipline. She was a pioneering Indian biochemist whose journey reflected determination and resilience in the face of societal barriers. The event also included a poem recitation by students on "We Are Women," celebrating the strength and spirit of women.

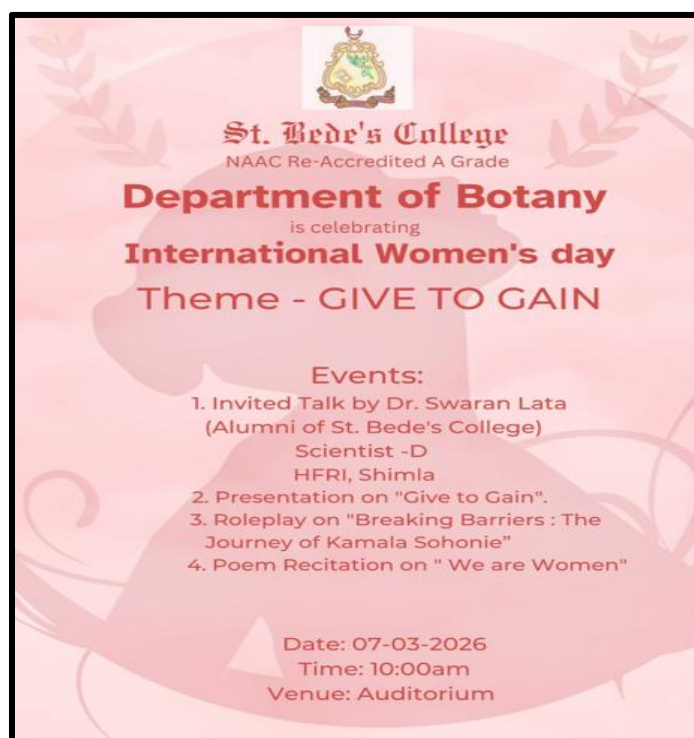
The major highlight of the program was an invited talk by **Dr. Swaran Lata Negi**, Scientist-D, Himalayan Forest Research Institute, Panthaghatti, Shimla and an esteemed alumna of the Department of Botany. She shared her experiences, insights and journey in the field of



science, motivating students to pursue their goals with confidence and dedication. She also created awareness about the laws related to women's rights, emphasizing the importance of legal knowledge in ensuring safety, equality and empowerment.

Outcomes:

- Students developed a deeper understanding of the significant contributions of women across various fields, particularly in science and research.
- Awareness regarding gender equality, women's rights, and legal provisions for women's safety was enhanced among participants.
- The inspirational journey shared by the guest speaker motivated students to pursue their academic and professional goals.
- Active participation in discussions and presentations encouraged critical thinking on issues related to women's empowerment.



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International Women's Day Celebration



International Women's Day Celebration





International Women's Day Celebration

Activity: Nature Walk and Literary Exploration

Date: 02nd April, 2026

Objectives:

To provide field-based learning through observation of forest ecosystems.

To enhance understanding of plant diversity and ecology.

To promote environmental awareness and reading habits.

Description:

The students of M.Sc. IV Semester, Department of Botany, undertook an educational excursion aimed at enhancing both environmental awareness and intellectual engagement.

The programme commenced with a nature walk along the Forest Road in Shimla. The activity provided students with an opportunity to observe the natural flora and forest ecosystem in situ. As part of their academic training, the students actively engaged in identifying plant species and understanding ecological relationships, thereby gaining practical exposure beyond the classroom.

Subsequently, the students visited a Book Exhibition organized at Gaiety Theatre. The exhibition featured a diverse collection of books encompassing academic literature, reference materials, and general reading. The visit facilitated intellectual enrichment and encouraged students to cultivate reading habits and explore interdisciplinary knowledge.

Overall, the excursion proved to be both informative and enriching, effectively integrating experiential learning with academic and literary exposure.

Outcome:

Improved practical knowledge of plant identification and ecology.

Enhanced appreciation for biodiversity and conservation.

Increased interest in reading and interdisciplinary learning.



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Nature Walk and Literary Exploration



Nature Walk and Literary Exploration

Activity: Sports Day (Friendship and Camaraderie)

Date: 13th April, 2026

Objectives:

- To promote physical fitness and overall well-being among students
- To encourage teamwork, coordination, and leadership qualities
- To provide a platform for recreation and relief from academic stress
- To foster a spirit of healthy competition and sportsmanship
- To strengthen interaction and unity between MA English and MSc Botany students

Description:

The Sports Day for M.A. English and M.Sc. Botany students was organized successfully during the academic session 2025–2026. The event witnessed enthusiastic participation from students, creating a lively and energetic environment. A variety of games were conducted, including kho-kho, lemon spoon race, badminton, and a treasure hunt. Each activity was designed to engage students in both physical and mental challenges. Kho-Kho promoted teamwork and agility, while the lemon spoon race added an element of fun and tested balance and concentration. Badminton matches allowed students to display their individual sporting skills, and the treasure hunt encouraged collaboration, problem-solving, and quick thinking.



Faculty members also supported and motivated the participants, contributing to the smooth conduct and success of the event.

Outcome:

- High level of student participation and enthusiasm
- Improvement in physical fitness and active involvement
- Enhanced teamwork, coordination, and cooperation among students
- Boost in confidence and leadership skills
- Effective stress relief from academic routine
- Strengthened bonding and interaction between departments
- Development of sportsmanship and positive competitive spirit

Overall, the Sports Day was a successful and enjoyable event that highlighted the importance of balancing academics with physical activities.



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*Department of Botany
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Sports Day (Friendship and Camaraderie)



Sports Day (Friendship and Camaraderie)



Sports Day (Friendship and Camaraderie)



Activity: Field Visit to Jakhu Hills

Date: 21st April 2026

Department of Botany, St. Bede's College, successfully organized a field visit to Jakhu Hills on 21st April 2026 for the students of M.Sc. Botany.

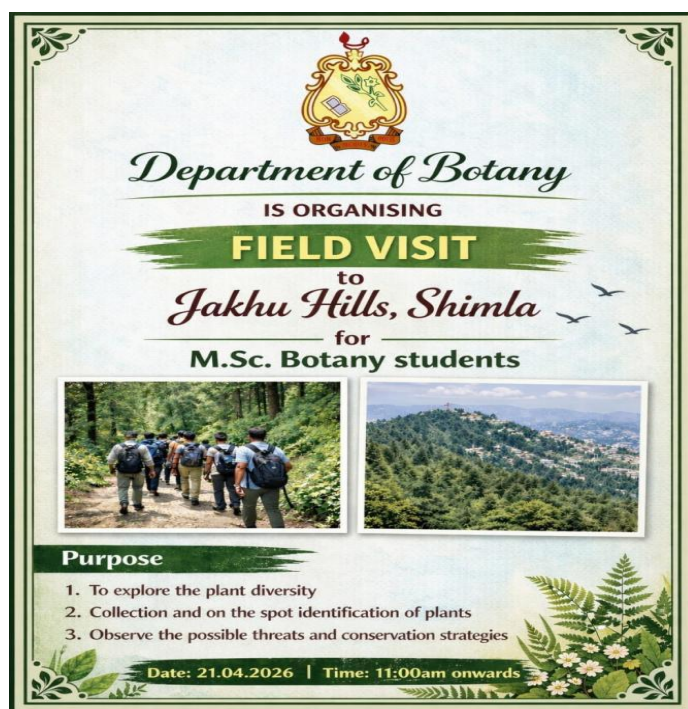
Objectives

- To provide practical exposure to plant diversity
- To carry out collection and on-the-spot identification of plant species
- To study environmental threats and explore conservation strategies

Description:

The visit was conducted as a part of the academic curriculum with prior permission granted by the Principal. A total of 28 students from M.Sc. 2nd and 4th semesters participated in the field visit under the supervision of Dr. Kusum, Assistant Professor, Department of Botany.

The visit commenced at 11:00 AM onwards, where students explored the natural vegetation of Jakhu Hills, a region known for its rich biodiversity. During the visit students actively identified and documented around 53 plant species. Specimens were observed in their natural habitats. Discussions were held on ecological balance and conservation practices. All necessary safety measures and guidelines were strictly followed throughout the visit.





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A Field Visit to Jakhu Hills, April 21, 2026



Outcomes:

The field visit served as an excellent opportunity for experiential learning. It enhanced students' understanding of taxonomy, biodiversity, and ecological interactions, bridging the gap between theoretical knowledge and field-based application.

Activity: Educational Visit to Western Himalayan Temperate Arboretum
Date: 2nd May 2026

Objectives:

- To study the diversity of temperate plant species in their natural habitat.
- To understand the ecological adaptations of plants in the Western Himalayan region.
- To gain knowledge about ex-situ conservation practices.
- To familiarize students with rare, endemic, and economically important plant species.
- To bridge the gap between theoretical knowledge and field-based learning.

Description:

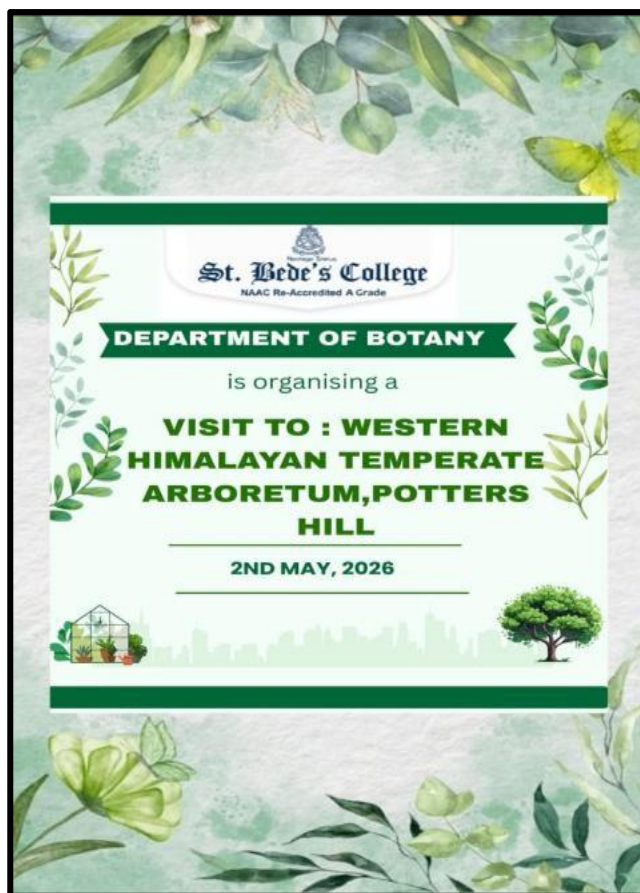
An educational visit to the Western Himalayan Temperate Arboretum was organized by the Department of Botany on 2nd May 2026 for the students of M.Sc. Botany. The visit aimed to provide practical exposure to the rich diversity of temperate flora and to enhance students' understanding of plant taxonomy, ecology, and conservation strategies in the Himalayan region.

The Western Himalayan Temperate Arboretum is recognized for conserving a wide variety of temperate plant species, including trees, shrubs, and medicinal plants native to the Himalayan region. It serves as an important center for biodiversity conservation, research, and academic learning. During the visit, students observed several plant species, including *Acer*, *Juglans regia*, *Pinus wallichiana*, *Taxus wallichiana*, bamboo, and *Ginkgo biloba*. The visit provided an opportunity to study plant diversity in a natural and well-maintained environment, enabling students to relate theoretical knowledge to practical field observations. The visit proved to be academically enriching, contributing to a better understanding of plant diversity and strengthening practical knowledge among the students.



Outcomes:

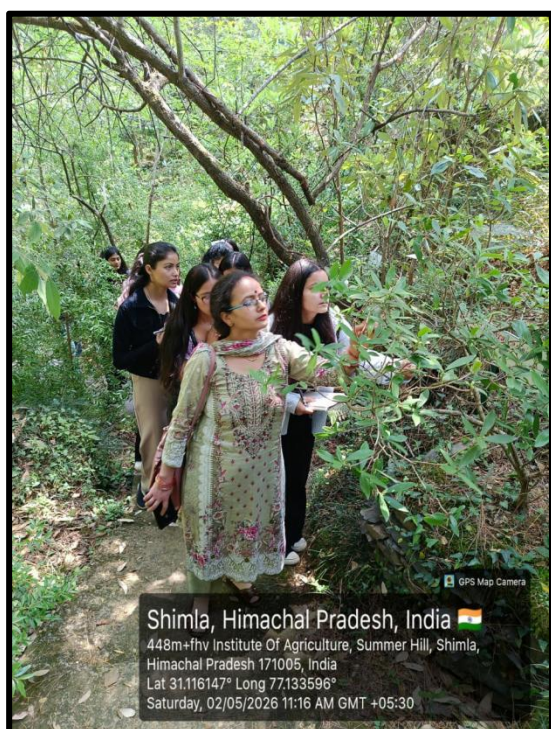
- Enhanced understanding of plant diversity in temperate ecosystems.
- Improved skills in plant identification and field observation.
- Increased awareness regarding the conservation of endemic and threatened plant species.
- Practical exposure to ecological concepts such as adaptation, succession, and biodiversity.
- Development of interest in field-based research and conservation biology.



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Educational Visit to Western Himalayan Temperate Arboretum



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Educational Visit to Western Himalayan Temperate Arboretum