



VISIT TO HIMALAYAN FOREST RESEARCH INSTITUTE PANTHAGHATI SHIMLA

On September 13, 2022, a group of B.Sc. - III students from the Department of Zoology at St. Bede's College went on a field trip to the Himalayan Forest Research Institute in Panthaghathi Shimla. During the visit, the students were given the opportunity to explore the Forest Protection Division, which was equipped with advanced tools and equipment for research purposes.

Under the guidance of scientist Dr. Pawan Rana and his research team, the students were introduced to a wide range of species, including mushrooms, pink rhododendrons (the state flower), moths, and butterflies, and their importance in the ecosystem. The students were also introduced to species-specific mycorrhiza, a type of biofertilizer that, when applied to the roots of plants such as deodar, promotes their growth.

The students were able to gain hands-on experience by dissecting genitalia and stretching the wings of butterflies for taxonomic studies. In addition, the students learned about the preparation of agarose gels, DNA isolation, and gel electrophoresis for molecular studies.

Overall, the field trip to the Himalayan Forest Research Institute provided the students with a valuable opportunity to learn about the latest research techniques and explore the rich biodiversity of the region. The experience was both educational and exciting and will undoubtedly inspire the students to pursue further studies and research in the field of Zoology.





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HEALTH AND FITNESS WORKSHOP

September 23, 2022

The Departmental Club of Zoology, "Zoo Quest" organized a workshop on health and fitness on September 23, 2022. The event was aimed at promoting awareness among the students and the local community about the importance of maintaining good health and fitness.

The workshop featured two resource persons - Dr. R. K. Patial, MBBS, MD, PhD, Retired Professor and Head of Medicine at IGMC, Shimla, and Mr. Sharik, a skilled aerobics instructor. Dr. Patial discussed the benefits of a balanced diet and the importance of regular exercise in maintaining good health. He also provided tips on how to maintain a healthy lifestyle through proper nutrition and exercise.

Mr. Sharik conducted an aerobics and flexibility session to demonstrate the various ways in which physical activity can contribute to overall fitness and well-being. Participants of all ages, including local residents of Shimla, took part in the session and learned about the different exercises that can be done at home to improve their fitness levels.

The workshop proved to be an informative and engaging session, with participants gaining valuable insights on how to stay healthy and fit





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The guests were felicitated by Dr. Shramja Munjal and Dr. Anupama Tandon.





The workshop session included 4 events:



- Presentation on health and fitness
- Significance of vitamin D in the human body by Dr. R.K. Patial
- Nukkad Natak on health and fitness
- Aerobic and Flexibility session

PRESENTATION ON HEALTH AND FITNESS

During their presentation on health and fitness, the students emphasized the importance of maintaining a balanced diet that includes the necessary macro- and micronutrients, as well as an active lifestyle. They pointed out that good health is not just about the absence of illness, but encompasses a comprehensive state of physical, mental, and social well-being.

The presentation highlighted the need for regular physical activity, adequate rest, a balanced diet, and a positive mindset in achieving optimal health. The students emphasized the importance of essential nutrients such as water, fats, proteins, vitamins, and minerals in maintaining a healthy body and mind.



Overall, the presentation by the students was informative and insightful, emphasizing the importance of a holistic approach to health and wellness. By emphasizing the importance of proper nutrition and an active lifestyle, they encouraged the audience to take responsibility for their own health and well-being. The presentation serves as a reminder to prioritize our health and make conscious choices that support our overall well-being.

Significance of vitamin D in the human body by Dr. R.K. Patial

During his speech, Dr. R. K. Patial emphasized the importance of maintaining good health and fitness, with a particular focus on the role of vitamin D. He highlighted that vitamin D is the body's third most important contributor to overall health and is essential for survival, defense, and reproduction.

Dr. Patial discussed how proper nutrition can help feed our genes with the essential vitamins and nutrients they need to function optimally. He specifically emphasized the importance of vitamin D in maintaining a healthy body and mind.

The resource person further discussed vitamin D as the key to the genomic library, and how its deficiency can contribute to various diseases. He elaborated on the diseases associated with vitamin D deficiency and provided insights on how to prevent and treat them.

The session was informative and engaging, with the audience gaining valuable insights on the importance of vitamin D and its role in maintaining good health. The resource person also took the time to answer questions and address the concerns of the audience. Dr. Patial's talk served as a reminder of the importance of proper nutrition and the role of vitamins and minerals in supporting our overall health and well-being.

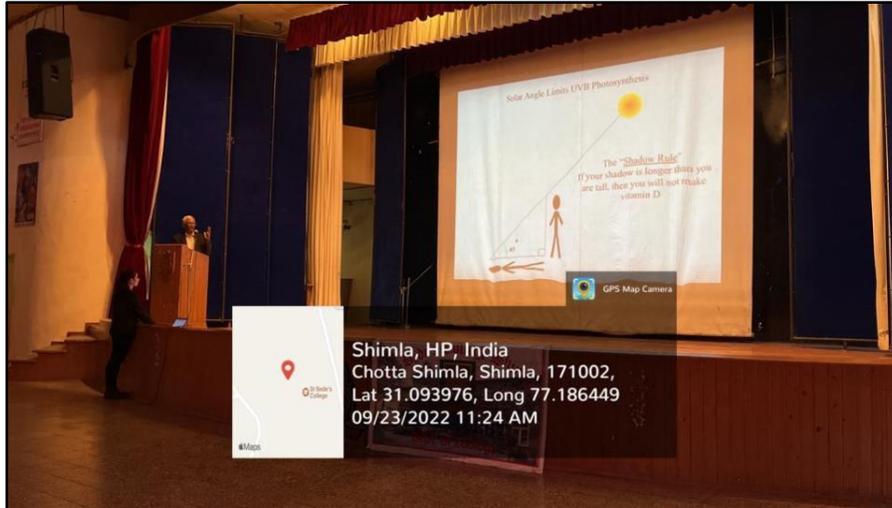
NUKKAD NATAK ON HEALTH AND FITNESS

The students of the college performed a Nukkad Natak called "Babu Rao Ki Kahani" on the theme of health and fitness. The play showcased the story of Babu Rao, a middle-aged man who had been ignoring his health for a long time. It highlighted the consequences of ignoring one's health and the importance of leading a healthy lifestyle.



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The play emphasized the significance of a balanced and healthy diet, regular exercise, practicing yoga, and consuming fruits and vegetables for maintaining good health. It showcased how small changes in one's lifestyle can make a big difference in one's overall well-being.



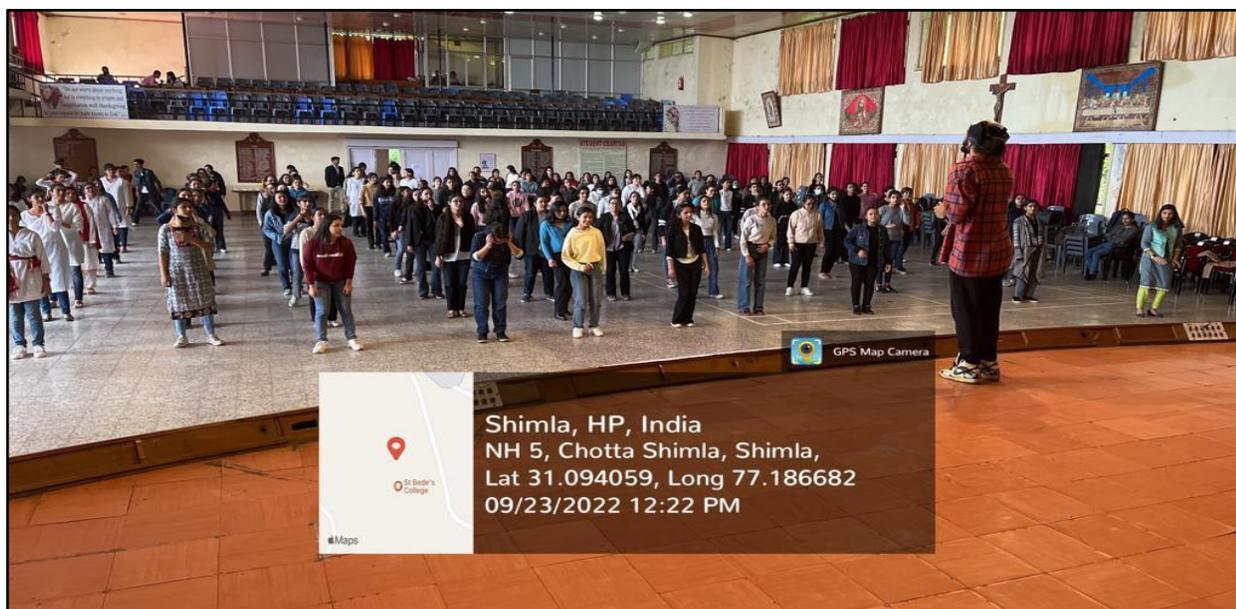


AEROBIC AND FLEXIBILITY SESSION

Mr. Sharik, a certified aerobics instructor, spoke about the importance of aerobic exercise for maintaining good health. The attendees of the workshop, including students and local residents of Shimla, participated in a 30-minute aerobics workout led by Mr. Sharik.

The entire health and fitness workshop was recorded, and the video has been uploaded to YouTube for others to benefit from. By sharing the video, the organizers hope to encourage more people to prioritize their health and fitness and make positive changes in their lives. The link is:

<https://www.youtube.com/watch?v=CWRJyN93Pwk&t=180s>



WILDLIFE WEEK CELEBRATION

October 2-October 8, 2022

Under the 'Azadi Ka Amrut Mahotsav initiative,' the Department of Zoology and Botany celebrated Wildlife Week from October 2-8, 2022. The aim was to raise awareness about the conservation of biodiversity and to encourage people to contribute to its protection.

As part of the celebration, the department organized an inter-college poster making competition to encourage students to use their creativity to highlight the importance of wildlife conservation. Additionally, students delivered lecture series on 'Raising Awareness on Biodiversity Conservation' at Government Senior Secondary School in Sanjauli and at Government Senior Secondary School in Lakkar Bazar, Shimla.



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The lecture series provided valuable insights into the importance of biodiversity and the need to preserve it for future generations. The students highlighted the various ways in which human activities have adversely affected the environment and its inhabitants. They also discussed the role of conservationists in protecting endangered species and their habitats.

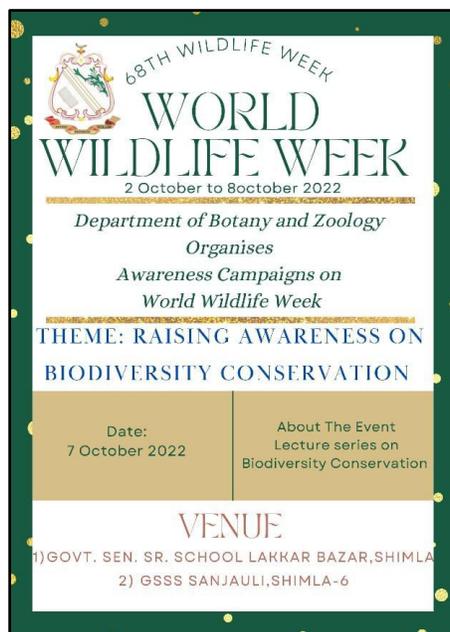
Overall, the Wildlife Week celebration was a success, and the activities organized by the department helped to spread awareness and encourage people to take action towards biodiversity conservation.

Lecture Series on Raising Awareness on Biodiversity Conservation

The students of the Botany and Zoology Department organized a lecture series on Raising Awareness on Biodiversity Conservation on October 7, 2022, at two government senior secondary schools in Shimla. The aim of the event was to educate school students about the importance of wildlife conservation. The presentation was delivered by three students - Shaiful Dogra, Tavishi Sharma, and Shivangi - who gave a PowerPoint presentation on the topic of Biodiversity Conservation.

During the presentation, the speakers highlighted some of the major threats to wildlife and discussed the effects of wildlife depletion. They also talked about the wildlife of India, both past and present, and mentioned the IUCN Red List. The students emphasized the importance of making an animal or bird an emblem of the state in wildlife conservation.

An interactive session was held at the end of the presentation to evaluate its effectiveness. The lecture series aimed to raise awareness among school students about the importance of biodiversity conservation, especially in the context of the Azadi Ka Amrut Mahotsav initiative.





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Brochure of Wildlife Week



Government Senior Secondary School, Sanjauli

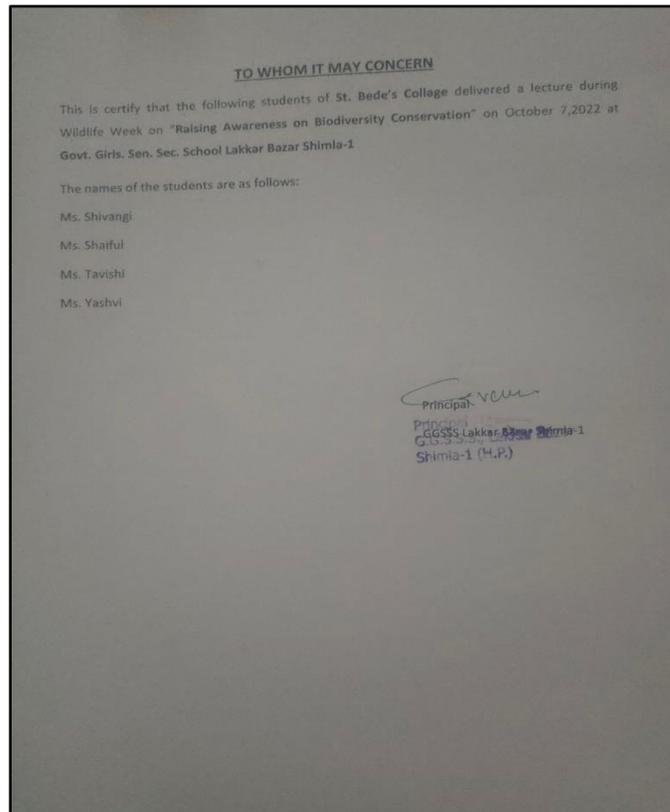




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Government Senior Secondary School, Lakkar Bazar, Shimla.



Appreciation letter from Govt. Girls Sen. Sec. School Lakkar Bazar Shimla



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Inter-college Poster making

The Department of Botany and Zoology organized an Inter-college poster making competition on the theme of "Flagship Species, Indicator Species and Keystone Species". The competition saw participation from various colleges in the region. After careful evaluation, Neha Thakur from the Centre of Excellence, Govt. College, Sanjauli and Sanjana Gupta from St. Bede's College, Shimla were declared the winners of the first position. The second and third positions were secured by Sakshi Bhardwaj of RKMV, Shimla and Jasmine Chauhan of St. Bede's College, Shimla respectively. The winners were awarded certificates and prizes by the faculty members of the department. The competition was a great platform for the students to showcase their artistic skills and their knowledge on the importance of various species in maintaining a healthy ecosystem. The entire event was recorded and a video of it has been uploaded on YouTube. The link is:

<https://www.youtube.com/watch?v=ivyucoQRr74&t=22s>

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Department of Botany and Zoology
is Organizing an Inter-College Poster
Making Competition on the Occasion of
Wildlife Week
(2nd-8th October)

Instructions

1) **Theme :**

- Flagship species
- Indicator species
- Keystone species

2) Online submission of poster on or before 8th October, 2022 by 4:00 pm

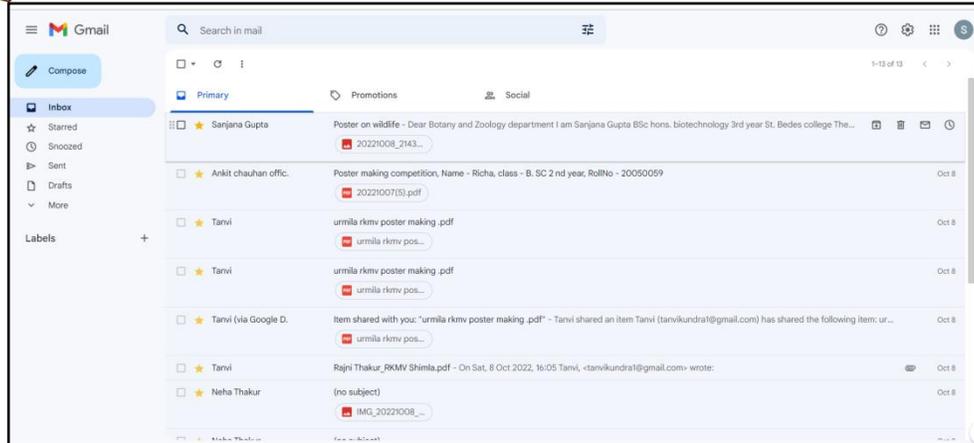
3) Posters to be submitted through mail-
stbedescollegepostermaking22@gmail.com

4) Submission should include :

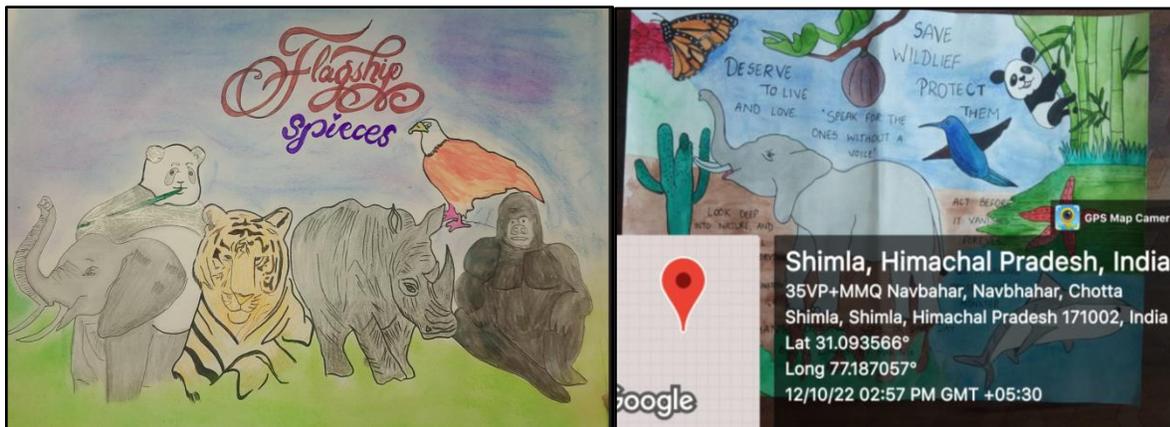
- Name of the Participant
- Class
- College Name
- Image of Poster

E-certificates will be given to the price winners

Brochure of Inter-College Poster Making Competition



Entries of Participants on E-mail



Posters on Flagship Species, Indicator Species and Keystone Species

MASS AWARENESS RALLY AGAINST FEMALE FOETICIDE

December 8, 2022

On December 8, 2022, Zoo Quest, the Department of Zoology at St. Bede's College Shimla, organized a mass awareness program on the theme "Female Foeticide in India - A Bitter Truth of Society." A rally was conducted from Navbahar Chowk to Sanjauli Chowk to raise awareness against female foeticide. Students educated the public on how to raise a girl child without discrimination, and they showcased handmade posters and raised slogans to emphasize that sex determination should not be allowed. A slogan and poster-making competition was also held, with Anushka, Mannat, and Swati winning the first prize in the slogan writing competition, and Samriti, Priyanka, and Khushboo winning the first, second, and third position in the poster-making competition. The entire rally, as well as the slogan and poster-making competition, were recorded and uploaded to YouTube.

The link is: <https://www.youtube.com/watch?v=wN1RBhiJzpA&feature=youtu.be>



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Zoo Quest

Department of Zoology
Organizes
Mass Awareness Programme

Theme : Female Foeticide in
India. A Bitter Truth of
Society

DATE- DECEMBER 8, 2022
TIMING- 5:15 ONWARDS

Events

- 1) Awareness Rally from St. Bede's to Sanjauli Chowk, Shimla
- 2) Poster making competition
- 3) Slogan writing competition

Google





WEBINAR ON ENTREPRENEURSHIP

March 2, 2023

The Department of Zoology at St. Bede's College organized a webinar on March 2, 2023, focusing on entrepreneurship skills in insect farming and livestock management. The webinar was conducted by two distinguished resource persons, Prof. V.K. Mattu (Emeritus) from Himachal Pradesh University and Dr. Moneesh Thakur, Veterinary Officer at Veterinary Hospital Harchakian Kangra, Himachal Pradesh. The main objective of the webinar was to educate farmers and students about entrepreneurship and employment opportunities in beekeeping and livestock management.

The webinar was attended by around 80 participants, including students from various colleges and farmers. Prof. V.K. Mattu spoke about beekeeping and entrepreneurship in the era of digitalization, while Dr. Moneesh shared insights on livestock entrepreneurship management. The students were made aware of the various prospects in beekeeping and livestock entrepreneurship as a cottage industry.

The webinar aimed to provide an in-depth understanding of the opportunities and challenges associated with entrepreneurship in insect farming and livestock management. The panelists shared their experiences and insights on the best practices, techniques, and strategies that can be adopted to succeed in this field. They also discussed the regulatory framework, market trends, and investment opportunities that can help entrepreneurs build successful and sustainable businesses.



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Webinar on Entrepreneurship
Department of Zoology, St. Bede's College is organizing an online webinar on

Entrepreneurship Skills in Insect Farming and Livestock Management

Prof. Vinod K Mattu (Emeritus)
Himachal Pradesh University
Talk: Beekeeping and Entrepreneurship in the Era of Digitalisation

Dr. Moneesh Thakur
Veterinary Officer, Kangra, H.P.
Talk: Livestock Entrepreneurship Management

Date: March 2, 2023
Time: 10:15 AM
Platform: Google Meet

Registration Form:
Register yourself through this link
<https://forms.gle/GiEvVRSKMf5P3sCkYy6>

Target Audience:
College Students & Farmers
E-Certificate will be awarded

Link to the event:
<https://meet.google.com/vyw-jmxxv-seg>
We request you to join 10 minutes before the event to avoid last-minute traffic

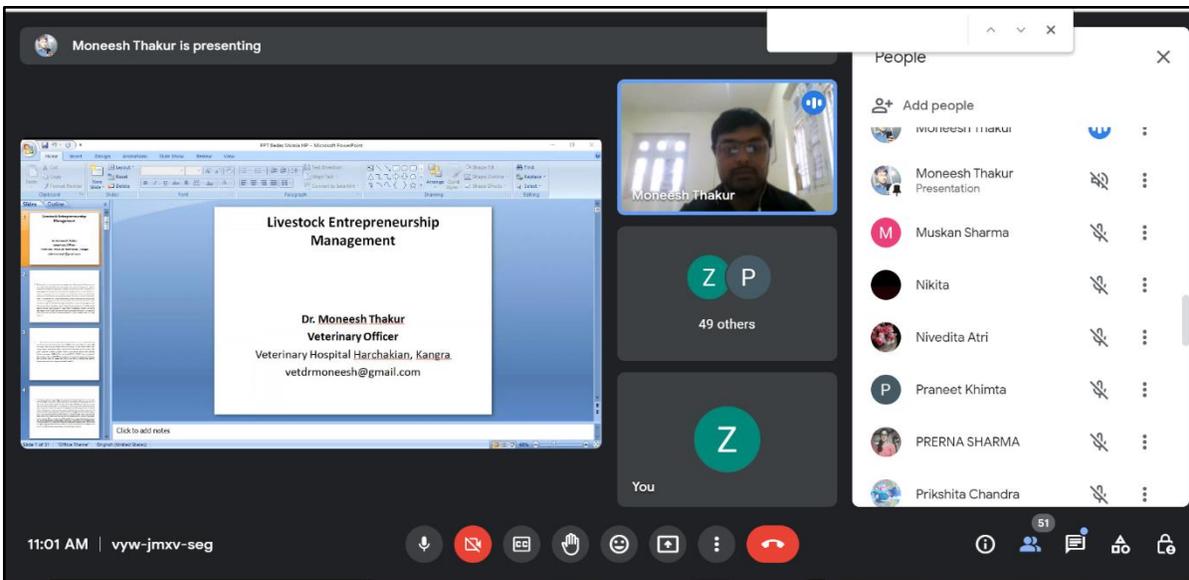
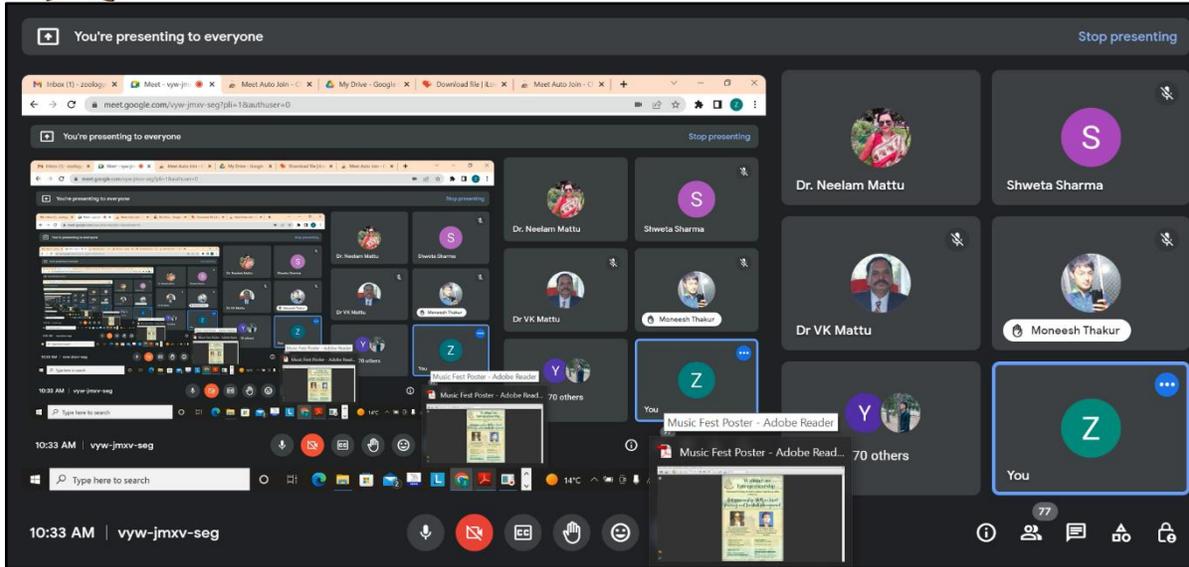
Brochure

The screenshot shows a Google Meet session in progress. The top bar indicates "You're presenting to everyone" and "Stop presenting". The main area displays a grid of participants: Praneet Khimta, Moneesh Thakur, Dr VK Mattu, Riya, Ridhima Kashyap, Anshul kashyap, Dr. Neelam Mattu, and "46 others". A "You" window is visible in the bottom right corner. The bottom status bar shows the time as 10:17 AM and the meeting ID as vyw-jmxxv-seg.

Welcome Address



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Talk on Livestock Entrepreneurship management by Dr. Moneesh Thakur, Veterinary Officer



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Dr VK Mattu

12:22 PM | vyw-jmxv-seg

Zoology Stbedes is presenting

Initiatives by Government of India

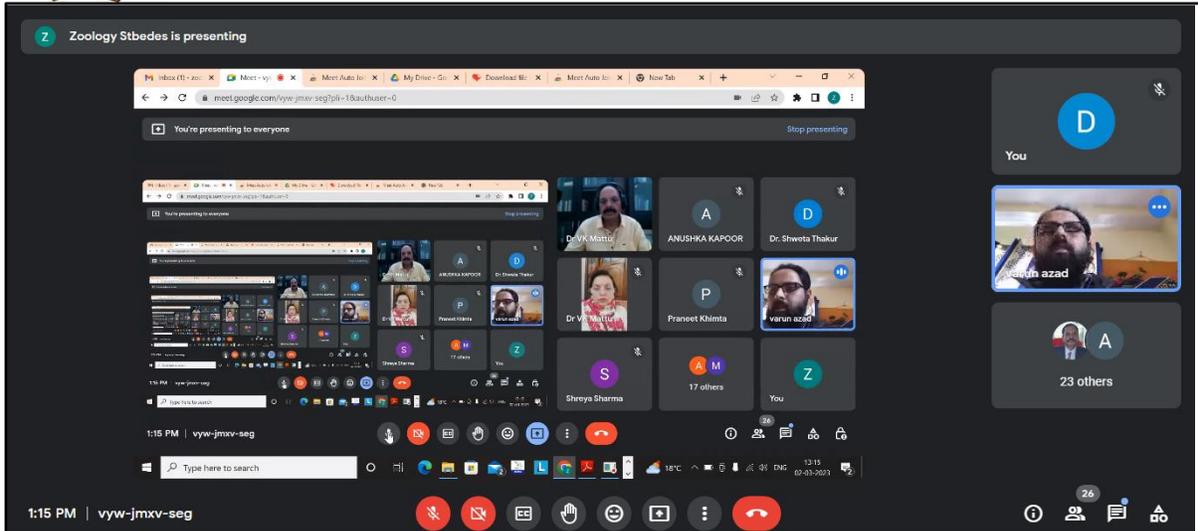
- Venture Capital Scheme**
Ministry of Agriculture
Venture Capital Assistance is financial support in the form of an interest fr...
- Support for International Patent Protection**
Ministry of Electronics and Information Technology
SIP-IT is a scheme to provide financial support to MSMEs and Technology Start...
- Stand Up India**
Ministry of Finance
Stand Up India Scheme facilitate bank loans between 5 lakh and 1 crore to all...

- Allocated Rs 500 crore for National Beekeeping & Honey Mission (NBHM) for three years (2020-21 to 2022-23)**
- The mission, launched as part of Atmanirbhar Bharat scheme, is being implemented through National Bee Board (NBB).**

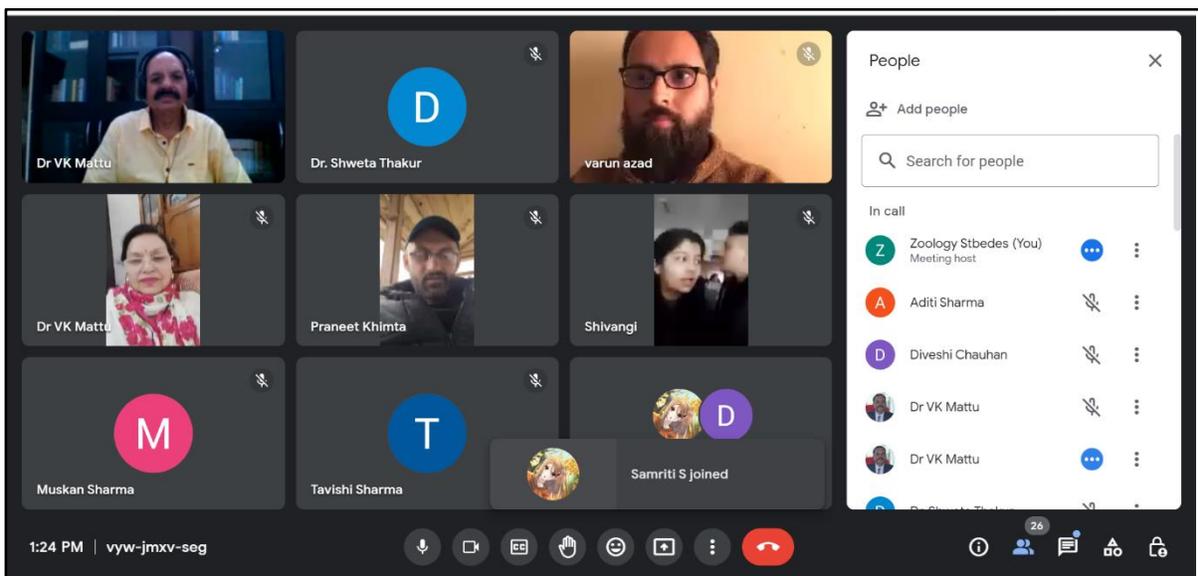
- Single Point Registration Scheme (SPRS)**
Ministry of Micro, Small and Medium Enterprises
The Government is the single largest buyer of a variety of goods. With a view...
- Extra-Mural Research Funding**
Ministry of Science & Technology
Extramural Research (EMR) funding scheme of SPRS to academic institution, etc...
- High Risk - High Reward Research**
Science and Engineering Research Board (SERB)
High Risk and High Reward Research is a scheme supporting and inviting new pr...

1:05 PM | vyw-jmxv-seg

Talk on Beekeeping and Entrepreneurship in the Era of Digitalisation by Prof. V.K. Mattu



Interactive Session with Farmers



Discussions and Recommendations on Entrepreneurship Skills in Insect Farming and Livestock Management

- Learn about the industry: Understand the beekeeping and livestock management industry, including market trends, demand, regulations, and competition to identify potential opportunities.



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- Develop a business plan: Create a solid roadmap that outlines business goals, strategies, marketing plans, and financial projections to guide the business and ensure objectives are achieved.
- Build a strong network: Connect with other beekeepers, livestock farmers, suppliers, customers, and industry experts to gain insights, share ideas, and build partnerships that can help in finding new customers, suppliers, and investors.
- Focus on quality: Invest in the right equipment, techniques, and practices to ensure the beekeeping and livestock farming operations are efficient, effective, and sustainable, producing high-quality products that meet customer demand and exceed their expectations.
- Market your products: Develop a marketing plan to reach potential customers and promote products through social media, word of mouth, farmers' markets, and other channels to reach the target market.
- Stay updated with industry developments: Attend workshops, seminars, and industry events to continuously improve skills and knowledge, stay updated with the latest trends, techniques, and best practices in beekeeping and livestock management.

Overall, these recommendations can help in developing entrepreneurship skills in beekeeping and livestock management by combining industry knowledge, business insight, networking skills, and a commitment to quality and innovation.