



EXTENSION ACTIVITY 2024-25

Activity Name: A Workshop on Health and Dental Care

Date: 25th September 25, 2024

The Health Club of St. Bede's College, Shimla, organized a Workshop on Health and Dental Care on 25th September 2024.

Objectives:

- To raise awareness among students and the general public about the importance of health and dental care.
- To promote the adoption of healthy habits for physical and mental well-being.
- To provide access to basic health and dental check-ups and treatments within the college campus.
- To sensitize participants to the role of preventive healthcare in reducing future health complications.

Description:

A dedicated team of 13 members from the Department of Public Health Dentistry, H.P. Government Dental College and Hospital, IGMCH, Shimla, participated in the event.

The workshop began with an enlightening talk on general health and dental hygiene delivered by Prof. Shailee Fotedar, an expert from IGMCH. She emphasized the importance of maintaining dental hygiene and discussed various common dental diseases along with their preventive measures. The session was highly informative and was attended by more than 500 students and faculty members.

In the second part of the program, a Health Fitness and Dental Care Camp was conducted. The Health Fitness Camp covered five key parameters — Blood Pressure, Height, Weight, Knock Knee, and Flat Foot — and benefited over 150 students.

The Dental Camp provided valuable services to students, faculty, and the general public, including:

- 122 oral check-ups
- 27 dental fillings



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- 7 oral cleanings/prophylaxis
- 20 X-rays

The camp concluded successfully around 4:00 PM, offering accessible and essential healthcare support to the college community.

Outcomes:

- Students developed awareness about preventive health and dental practices, which may help reduce future health issues.
- Participants gained access to basic health screenings and dental treatments within the college premises.
- The activity encouraged the integration of good health practices into daily routines, contributing to the overall well-being of students, faculty, and the general public.

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

HEALTH CLUB
IS ORGANISING

A WORKSHOP ON HEALTH AND DENTAL CARE

HIGHLIGHTS:

- TALK ON HEALTH AND DENTAL CARE
- FREE DENTAL CHECKUP AND TREATMENT
- FITNESS CHECKUP (BP, HEIGHT, WEIGHT, KNOCK KNEES, FLAT FEET)

DATE: SEPTEMBER 25, 2024
TIME: 11:00 AM (ONWARDS)
VENUE: AUDITORIUM

OPEN TO ALL
(College students, faculty and general public)

St. Bede's College
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HEALTH CLUB
IS ORGANISING

A TALK ON HEALTH AND DENTAL CARE

Resource Person

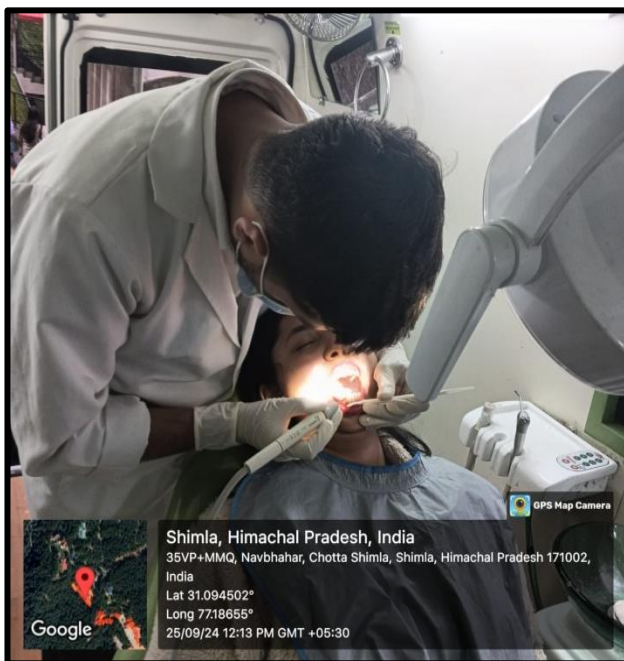
Professor Shailee Fotedar
Department of Public Health Dentistry, HP Govt.
Dental College & Hospital IGMCH, Shimla

DATE: SEPTEMBER 25, 2024
TIME: 10:20 - 11:00 AM
VENUE: AUDITORIUM

Brochures



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Workshop on Health and Dental Care, 25th September, 2025



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St. Bede's College, Shimla*



सेंट बीड्स कॉलेज में जांच छात्राओं का स्वास्थ्य

शिमला। सेंट बीड्स कॉलेज के हेल्थ क्लब ने बुधवार को शिविर लगाकर छात्राओं के स्वास्थ्य और दांतों की जांच करवाई।

शिविर में छात्राओं को उनके स्वास्थ्य और दांतों की देखभाल को लेकर जागरूक भी किया। डेंटल कॉलेज शिमला और आईजीएमसी के चिकित्सकों ने 150 से अधिक छात्राओं का स्वास्थ्य जांचा। आईजीएमसी से आई स्रोत व्यक्ति प्रो. शैली फोतेदार ने छात्राओं को

स्वास्थ्य और दांतों की साफ-सफाई के बारे में जानकारी दी। दूसरे सत्र में हेल्थ फिटनेस और डेंटल केयर कैंप का आयोजन किया गया। इसमें छात्राओं की हाइट, वजन, नॉक नी, प्लेट फुट आदि की जांच की गई। इसके साथ दांतों की सफाई बारे बताया।

शिविर में 122 का ओरल चेकअप किया गया, 27 के दांतों की फिलिंग, 7 के दांतों की सफाई और 20 के एक्सरे किए गए।

Amar Ujala 26/9/24

Workshop on Health and Dental Care Glimpse and News Cuttings, 25th September, 2025.