



## **EXTENSION ACTIVITY 2022-2023**

### **HEALTH AND FITNESS WORKSHOP**

On September 23, 2022, the Departmental Club of Zoology, "Zoo Quest," organized a workshop on health and fitness with the following events: a presentation on health and fitness, a session on the significance of vitamin D by Dr. R.K. Patial, a nukkad natak (street play) on health and fitness, and an aerobic and flexibility session.

**Objective:** The workshop aimed to promote holistic well-being, educate students about the importance of maintaining good physical and mental health, and provide practical knowledge and skills for a healthy and active lifestyle.

During the presentation on health and fitness, the students highlighted the importance of a balanced diet, macro- and micronutrients, and an active lifestyle. They emphasized that health encompasses physical, mental, and social well-being, and discussed the need for regular physical activity, adequate rest, a balanced diet, and happiness. The presentation also emphasized the significance of essential nutrients such as water, fats, proteins, vitamins, and minerals for the human body.

Dr. R.K. Patial, a retired Professor and Head of Medicine at IGMC Shimla, delivered a speech on the significance of vitamin D in the human body. He focused on the role of vitamin D as an essential contributor to health, survival, defense, and reproduction. Dr. Patial discussed the importance of feeding the genes appropriately with vitamin D and its association with various diseases. The session concluded with an interactive Q&A segment where the audience had the opportunity to address their queries to the resource person.

A Nukkad Natak titled "Babu Rao Ki Kahani" was performed by the students, addressing the theme of health and fitness. The street play portrayed the value of living a healthy lifestyle and shed light on how people often neglect their health. It emphasized the significance of a balanced diet, regular exercise, practicing yoga, and consuming fruits and vegetables for overall well-being.

Following the Nukkad Natak, Mr. Sharik, a certified aerobics instructor, conducted an aerobic and flexibility session. He discussed the importance of aerobic exercise for maintaining excellent health. Students and local residents of the Shimla region actively participated in a 30-minute aerobics workout, promoting physical activity and fitness.

The entire health and fitness workshop was recorded, and a video of the workshop has been uploaded on YouTube for wider dissemination of the knowledge and experiences shared. The video serves as a resource for those who could not attend the workshop in person. The link is: <https://www.youtube.com/watch?v=CWRJyN93Pwk&t=180s>

**Outcome:** By promoting physical fitness, mental well-being, healthy lifestyle habits, and goal setting, the workshop sought to create a lasting impact on students' health behaviours and overall well-being. It encouraged students to make informed choices and take proactive steps towards maintaining a healthy and balanced lifestyle.



Department of Zoology  
St. Bede's College, Shimla

ZOO QUEST OF ZOOLOGY  
DEPARTMENT BRINGS TO YOU

*Health and Fitness  
Workshop*

OUR BODIES ARE OUR GARDENS-  
OUR WILLS ARE OUR GARDENERS

FRIDAY, SEPTEMBER 23, 2022  
10.30 AM

AUDITORIUM,  
ST. BEDE'S COLLEGE

EVENTS -

- PRESENTATION ON HEALTH & FITNESS
- INTERACTIVE SESSION BY DR. PATIAL
- NUKKAD NATAK ON HEALTH AWARENESS
- AEROBIC AND FLEXIBILITY SESSION

INSTRUCTIONS -

- IT IS ADVISED TO HAVE A LIGHT BREAKFAST TO ALL THOSE WHO WANT TO BE A PART OF THIS ACTIVITY.

TARGET AUDIENCE - LOCAL RESIDENTS IN & AROUND SHIMLA,  
COLLEGE STUDENTS

THIS EVENT IS COMPULSORY FOR SCIENCE STUDENTS. THIS IS OPEN TO ANYONE ELSE ALSO WHO WANTS TO JOIN US.

GPS Map Camera

Shimla, Himachal Pradesh, India  
35VP+MMQ Navbahar, Navbahar, Chotta  
Shimla, Shimla, Himachal Pradesh 171002, India  
Lat 31.093622°  
Long 77.185886°  
23/09/22 10:49 AM GMT +05:30



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





## **WILDLIFE WEEK CELEBRATION**

During the celebration of Wildlife Week from October 2-8, 2022, by the Department of Zoology and Botany under the 'Azadi Ka Amrut Mahotsav' initiative, various activities were organized to raise awareness about wildlife conservation. These activities included an inter-college poster making competition and a lecture series on "Raising Awareness on Biodiversity Conservation." The lecture series was delivered by students at Government Senior Secondary School, Sanjauli, and Government Senior Secondary School, Lakkar Bazar in Shimla.

**Objective:** The objective of the Wildlife Week celebration was to educate, inspire, and empower students to actively participate in wildlife conservation efforts. By fostering a sense of responsibility and promoting interdisciplinary learning, the event aimed to cultivate environmentally conscious and wildlife-friendly individuals.

On October 7, 2022, the lecture series on "Raising Awareness on Biodiversity Conservation" was conducted at the two schools. The students from the Botany and Zoology departments delivered the lectures. During the presentation, three students named Shaiful Dogra, Tavishi Sharma, and Shivangi gave a PowerPoint presentation on the topic of Biodiversity Conservation. They highlighted the major threats to wildlife, the effects of wildlife depletion, and discussed the wildlife of India in both the past and present. The speakers also mentioned the IUCN Red List, which provides information about endangered species. They emphasized the importance of selecting an animal or bird as an emblem of the state to promote wildlife conservation.

To engage the audience and evaluate the effectiveness of the presentation, an interactive session was conducted at the end. This allowed for discussions and questions to further enhance the students' understanding of biodiversity conservation.

**Outcome:** Overall, the lecture series aimed to raise awareness among school students about the importance of wildlife conservation and the need to protect biodiversity. By involving students in such educational activities, the Wildlife Week celebration contributed to building a generation that values and actively works towards the conservation of wildlife and its habitats.



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

68TH WILDLIFE WEEK  
**WORLD WILDLIFE WEEK**  
2 October to 8 October 2022

Department of Botany and Zoology  
Organises  
Awareness Campaigns on  
World Wildlife Week

**THEME: RAISING AWARENESS ON  
BIODIVERSITY CONSERVATION**

Date: 7 October 2022	About The Event Lecture series on Biodiversity Conservation
-------------------------	---

**VENUE**

1) GOVT. SEN. SR. SCHOOL LAKKAR BAZAR, SHIMLA  
2) GSSS SANJAULI, SHIMLA-6



*Government Senior Secondary School, Sanjauli*



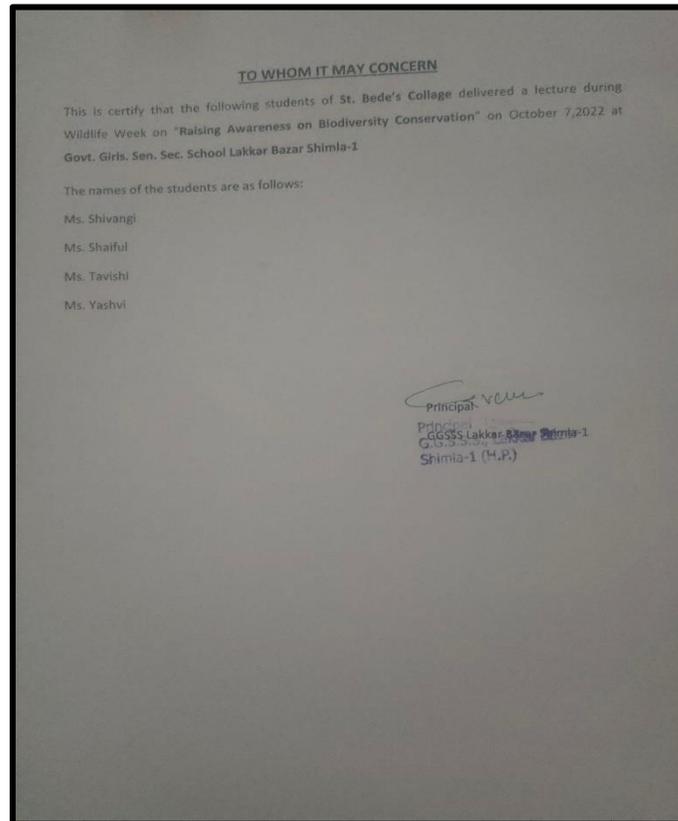
*Department of Zoology  
St. Bede's College, Shimla*



*Government Senior Secondary School, Lakkar Bazar, Shimla.*



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



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

## INTER-COLLEGE POSTER MAKING

During the Wildlife Week celebration organized by the Department of Botany and Zoology, an inter-college poster making competition was held. The theme of the competition was "Flagship Species, Indicator Species, and Keystone Species." Students from various colleges participated in the competition, showcasing their creativity and knowledge on the subject.

**Objective:** To empower students to become responsible stewards of the environment, instilling in them a sense of duty towards wildlife conservation. The entire event, including the poster making competition, was recorded, and a video of the event has been uploaded on YouTube for wider dissemination. The video can be accessed through the provided link. The link is: <https://www.youtube.com/watch?v=ivyucoQRr74&t=22s>

**Outcome:** The outcomes of the Wildlife Week celebration for students focus on creating a lasting impact by increasing awareness about wildlife conservation. By participating in activities like the poster making competition, students develop a deeper understanding of flagship, indicator, and keystone species, and their significance in ecosystems. The celebration aims to foster empathy for wildlife, promote advocacy for their protection, and inspire students to take action in preserving biodiversity and ensuring a sustainable coexistence between humans and wildlife.



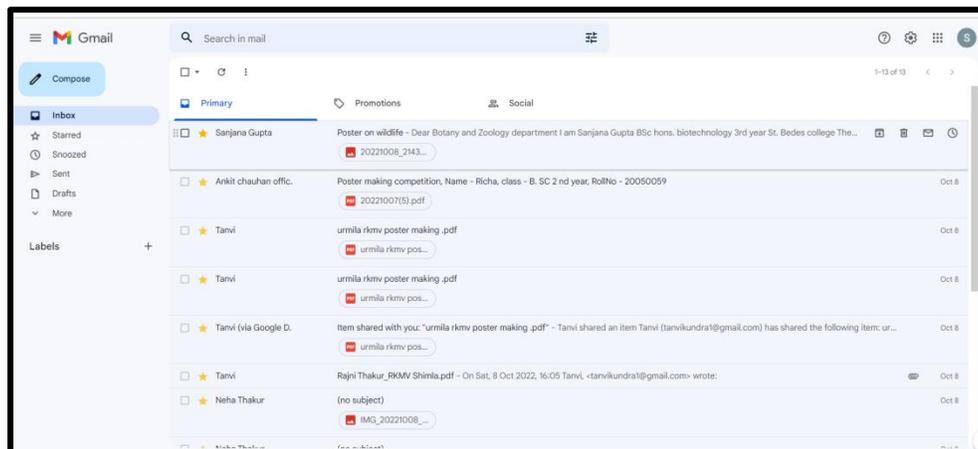
*Department of Zoology  
St. Bede's College, Shimla*

**St. Bede's College, Shimla**  
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](mailto: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**

On December 8, 2022, Zoo Quest, the Department of Zoology at St. Bede's College Shimla, organized a mass awareness program focused on the theme "Female Foeticide in India: A Bitter Truth of Society."

**Objective:** The program aimed to address the issue of female foeticide, raise awareness about gender equality, and inspire individuals and communities to take a stand against this harmful practice.

A mass awareness rally was conducted from Navbahar Chowk to Sanjauli Chowk, with the participation of students and members of the community. During the rally, students educated the public about the importance of raising a girl child without discrimination. They displayed handmade posters and raised slogans to emphasize that sex determination should not be allowed. In addition, a slogan and poster-making competition was held to further engage students in spreading awareness. The entire rally, including the slogan and poster competitions, was recorded, and the video has been uploaded on YouTube for wider dissemination. The link is: <https://www.youtube.com/watch?v=wN1RBhiJzpA&feature=youtu.be>

**Outcome:** The outcomes of this mass awareness program aim to bring about a positive impact on society. By raising awareness about the issue of female foeticide and promoting gender equality, the program seeks to change attitudes and empower individuals and communities to take action against this practice. The ultimate goal is to inspire advocacy and social activism, challenging societal norms and influencing policies to prevent female foeticide and create a society that values and protects the rights and well-being of girls and women.



Department of Zoology  
St. Bede's College, Shimla



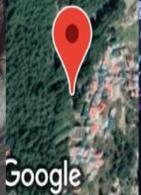
Shimla, Himachal Pradesh, India  
35WP+375, Navbahar, Chotta Shimla, Shimla,  
Himachal Pradesh 171002, India  
Lat 31.094943°  
Long 77.186075°  
08/12/22 02:32 PM GMT +05:30

**Zoo Quest**  
Department of Zoology  
Organizes  
Mass Awareness Programme

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

DATE- DECEMBER 8, 2022  
TIMING- 3:15 ONWARDS

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



Shimla, Himachal Pradesh, India  
Sanjauli, Shimla, Himachal Pradesh 171006, Engine  
Ghar, Sanjauli, Shimla, Himachal Pradesh 171006, India  
Lat 31.099545°  
Long 77.188117°  
08/12/22 02:48 PM GMT +05:30

**FEMALE FOETICIDE**  
Female foeticide means killing the female fetus in the mother's womb.

**MAJOR REASONS**

- Desires for boy
- Discrimination against the girl child
- Lack of awareness about the FPNPT act and its punitive implications

There is no He without SHE.

Female foeticide is suicide. Save the girl child and insure the future...

Please don't kill her but celebrate her birth, she will bring you paradise on earth.

Killing a baby daughter is a crime, do not stop their life before it starts.

**RESPECT FEMALE**

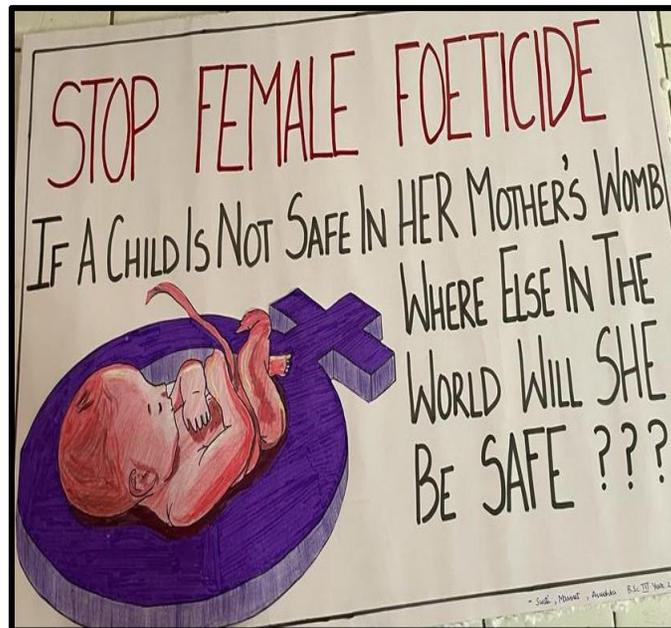
STOP FEMALE FOETICIDE

Beti Bachao Beti Padhao

Save girls, save society...

Stop Female Foeticide

She deserves to live



## **WEBINAR ON ENTREPRENEURSHIP**

On March 2, 2023, the Department of Zoology at St. Bede's College organized a webinar on entrepreneurship skills in insect farming and livestock management.

**Objective-**The objective of the webinar was to create a sustainable and profitable business that utilizes insects as a source of animal feed and food. The webinar aimed to provide an in-depth understanding of the opportunities and challenges associated with entrepreneurship in insect farming and livestock management. To achieve this objective, entrepreneurs need to develop innovative products, build a sustainable supply chain, ensure compliance with regulations, create a positive public perception, and develop a profitable business model.

The webinar was attended by approximately 80 participants, including students from various colleges and farmers. Two distinguished resource persons, Prof. V.K. Mattu (Emeritus) from Himachal Pradesh University and Dr. Moneesh Thakur, Veterinary Officer at Veterinary Hospital HarchakianKangra, Himachal Pradesh, were the speakers at the event.

The webinar focused on the various prospects in beekeeping and livestock entrepreneurship as a cottage industry. Prof. V.K. Mattu spoke about beekeeping and entrepreneurship in the era of digitalization, while Dr. Moneesh shared insights on livestock entrepreneurship management. The



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

panelists shared their experiences and insights on the best practices, techniques, and strategies that can be adopted to succeed in this field.

The webinar helped the participants with a comprehensive understanding of insect farming and livestock management, and the potential benefits of integrating insects into animal feed and food production. Participants learned about the different types of insects used in farming, such as crickets, mealworms, and black soldier flies, and their respective nutritional profiles. They also learned about the production and processing of insects, including the techniques used to rear, harvest, and process insects for use as animal feed and food. Additionally, participants learned about the market potential of insect farming, the role of insect farming in sustainable agriculture, and the regulatory barriers and public perception challenges associated with insect farming.

**Outcome-** The webinar successfully provided participants with a deeper understanding of entrepreneurship in insect farming and livestock management, and the potential opportunities and challenges associated with it. It highlighted the importance of developing sustainable and profitable businesses that can contribute to a more sustainable food system while meeting the needs and preferences of consumers.

**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

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

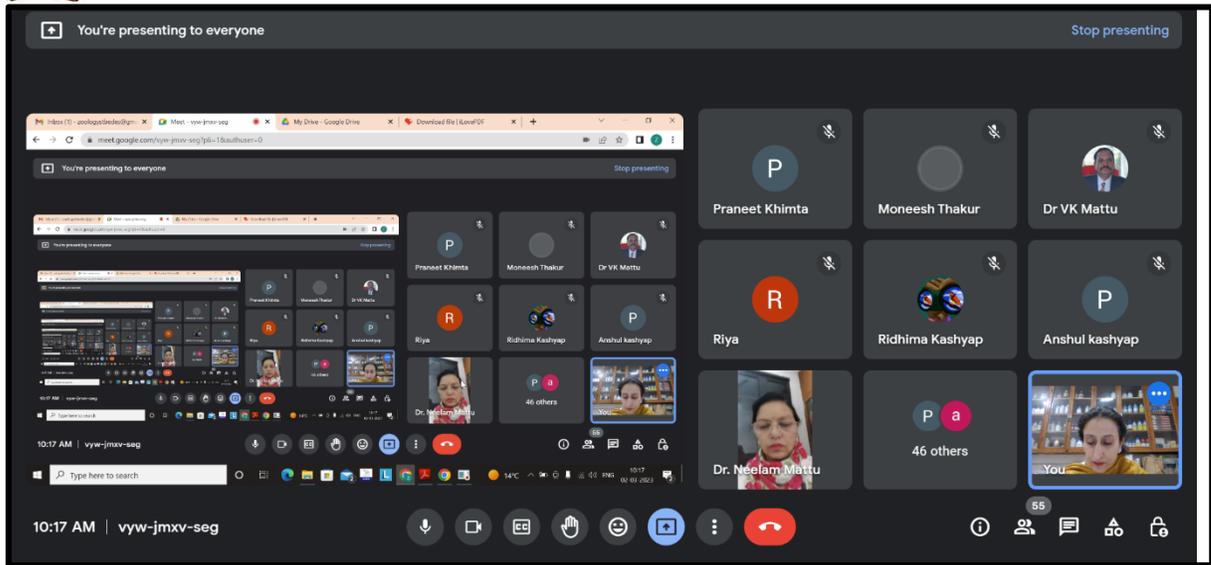
**Registration Form:**  
Register yourself through this link  
<https://forms.gle/6RvVBSKMB5P3zGkY6>

**Link to the event:**  
<https://meet.google.com/yvze-jmxy-szg>  
*We request you to join 10 minutes before  
the event to avoid last-minute traffic*

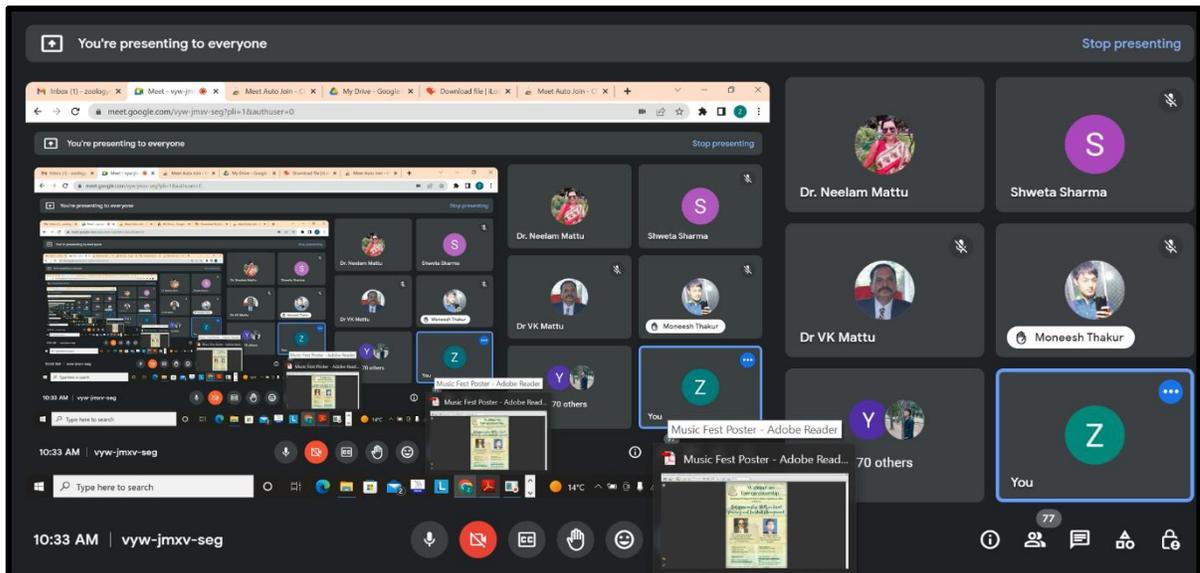
*Brochure*



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

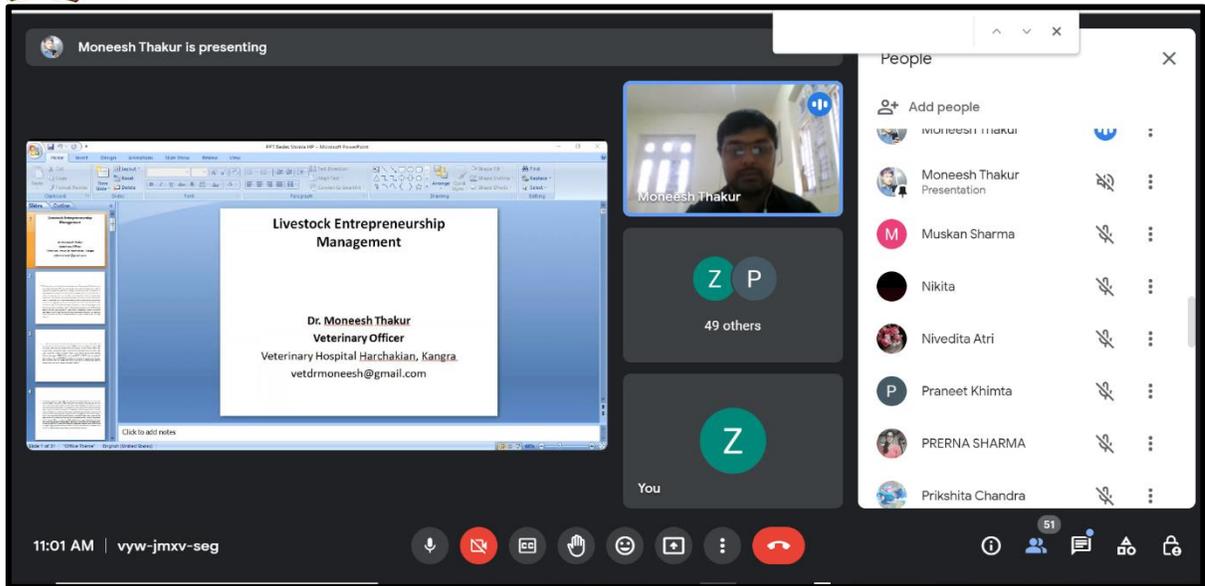


*Welcome Address*

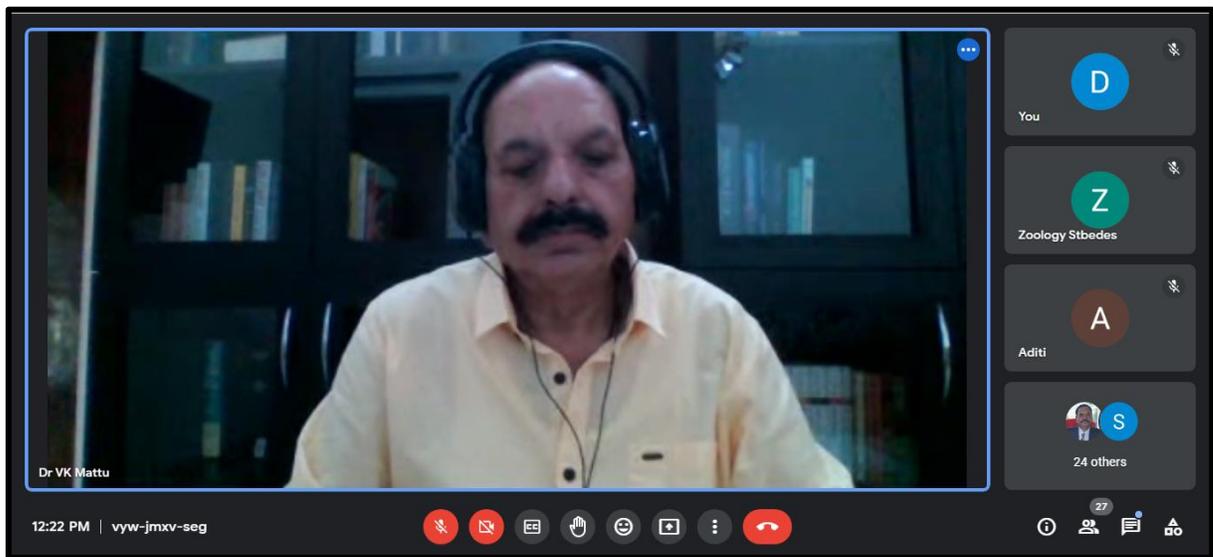




*Department of Zoology  
St. Bede's College, Shimla*



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





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

**Initiatives by Government of India**

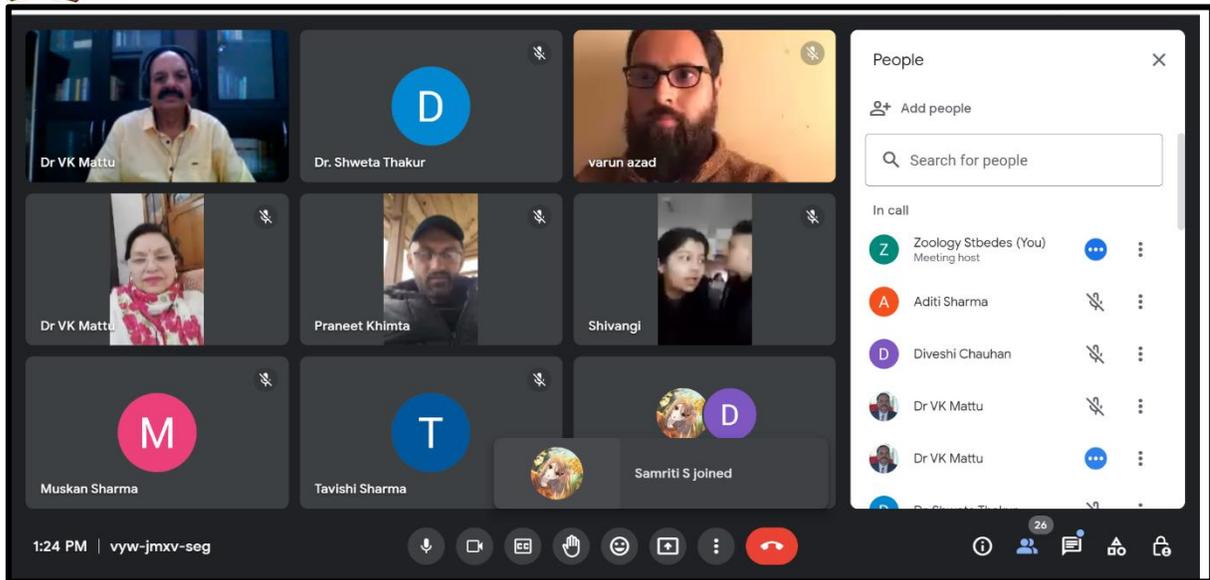
- Venture Capital Schemes** (Ministry of Agriculture): Venture Capital Assistance in financial support in the form of an interest fr...
- Support for International Patent Protection** (Ministry of Electronics and Information Technology): SIPP-IT is a scheme to provide financial support to MSMEs and Technology Start...
- Stand Up India** (Ministry of Finance): Stand Up India Scheme facilitates bank loans between 5 lakhs 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 Basic, 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 SERB to academic institutions, res...
- 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...

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

**Zoology Stbedes is presenting**

1:15 PM | vyw-jmxv-seg

*Interactive Session with Farmers*



### *Interactive Session with Farmers*

Some recommendations and discussions on developing entrepreneurship skills in insect farming and livestock management are:

1. Gain industry knowledge: Entrepreneurs should have a thorough understanding of the beekeeping and livestock management industry, including market trends, regulations, competition, and customer demand to identify potential opportunities.
2. Develop a business plan: Entrepreneurs should create a solid business plan that outlines their goals, strategies, marketing plans, and financial projections. A well-constructed business plan serves as a roadmap that helps entrepreneurs achieve their objectives.
3. Build a strong network: Entrepreneurs should connect with other beekeepers, livestock farmers, suppliers, customers, and industry experts to gain insights, share ideas, and build partnerships. Having a strong network can help entrepreneurs find new customers, suppliers, and investors.
4. Focus on quality: Entrepreneurs should invest in the right equipment, techniques, and practices to ensure their beekeeping and livestock farming operations are efficient, effective, and sustainable. Producing high-quality products that meet customer demand and exceed their expectations is crucial.
5. Market your products: Entrepreneurs should develop a marketing plan to reach potential customers and promote their products through social media, word of mouth, farmers' markets, and other channels to reach the target market.
6. Stay updated with industry developments: Entrepreneurs should attend workshops, seminars, and industry events to continuously improve their skills and knowledge. Staying updated with the latest trends, techniques, and best practices in beekeeping and livestock management is vital for success.