



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

Activities Organised by the Department in 2020-2021

HEALTH LITERACY MONTH (OCTOBER 2020)

Awareness Campaign on COVID-19

October 1, 2020

With the rapid spread of coronavirus, spreading awareness about this pandemic has become necessary. A campaign was organized to spread awareness about COVID-19 on the first day. People were made aware of its background, risks, warning signs, symptoms and preventive measures.



Campaign on How to Boost Immunity

October 2, 2020

Keeping into view the importance of strong immunity in today's difficult times, a campaign was organized on the topic: how to boost your immunity. Details of various useful products were shared and common misconceptions related to several beliefs were cleared.





Awareness on Tuberculosis

October 3, 2020

On the third day, awareness about a very serious infectious bacterial disease Tuberculosis (TB) was spread. People were made aware of its cause, symptoms, treatment (DOTS) and prevention.



Awareness on Mental Health and Drug Abuse

October 4, 2020

With increasing isolations and distanced social life, mental health and stability has become a topic of concern. On the fourth day, students tried to counsel people and acquaintances about their mental health and effects of drug abuse.



Awareness on Typhoid disease

October 5, 2020

On this day, students spread awareness about bacterial infection Typhoid. People were made aware of its causes, symptoms, treatment and prevention.





Awareness on Physical Fitness

October 6, 2020

COVID and lockdown made us realize the importance of health. Fitness programs were organized by students where several people participated actively and various physical exercises were performed.



Awareness on Women's Gynaecologic Health

October 7, 2020

Students spread information about women's gynecologic health, including health promotion, maintenance and treatment.



BEE and WE - Significance of Honey Bees (Poster Making Activity)

October 8, 2020

A poster making competition was organized on the theme "BEE AND WE-The Significance of Honey Bees".





Campaign on Business Aspect of Apiculture

October 9, 2020

Door to door informative campaign was done to inform all age groups about the business aspect of Apiculture.



Analysis and Importance of Honey Bee Products

October 10, 2020

An analysis for the presence of various bee products in cosmetics, medicines and supplements we use at our homes on daily basis. Thereby emphasizing the importance of bees and apiculture.



Social media platforms have played a very crucial role in disseminating news at various levels during lockdown, we also chose this method to create awareness and keep people informed about various ongoing occurrences in the world of Zoology.

Firstly students from B.Sc. II Year created two informative videos and published them on the behalf of Zoology Department of College on a personal YouTube channel owned by Shruti Chauhan.

Later an official channel was created by the name of Zoology Department (**Everybody's Zooing it**) for future purpose.

Finally, students uploaded their videos on the given channel and received a good response. Theme for these awareness videos was "Be a Health Literacy

Hero":
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NON-COMMUNICABLE DISEASES (Advertising Campaign Video published on YouTube)

October 11, 2020

Video 1: Non- Communicable Disease More than 35 comments and 550+ views in just 24 hours.

The video comprises of an introduction to NCDs, its various types [Cardiovascular diseases (heart attack and stroke), Cancer, COPD, Diabetes] their description, symptoms and treatments along with some facts and prevention.

<https://youtube.be/LYMoO2Q8sIE>



INTERNATIONAL INFECTION PREVENTION WEEK (Advertising Campaign Video published on YouTube)

October 12, 2020

Video 2 : International Infection Prevention Week. More than 250+ views within 24 hours.

The video shared some important points about infectious diseases, their transmission along with their prevention and control.

<https://youtu.be/94nUrjwqVwc>





GLOBAL HANDWASHING DAY (Advertising Campaign Video published on YouTube)

October 13, 2020

Video 3: Global hand-washing day posted on the channel: "Everybody's Zooing it". More than 200 views.

A short video on Global Handwashing Day, imparting knowledge about how to wash hands and sanitize hands in detail with steps. Theme-Hand Hygiene for all-The importance of Washing hands.

<https://youtu.be/8Ce7dUDmbQk>



BEE AND WE- Significance of Honey Bee (Advertising Campaign Video published on YouTube)

October 14, 2020

Video 4: Significance of Honey Bee. More than 200 views.

This video is a compilation of various posters and e-posters made by B.Sc. II year students with a motto of awareness on Honey Bees.

Introduction to Video - Health benefits of bee products and bee pollination

Content 1. Health benefits of various bee products

2. Bee pollination importance

3. Practicing apiculture



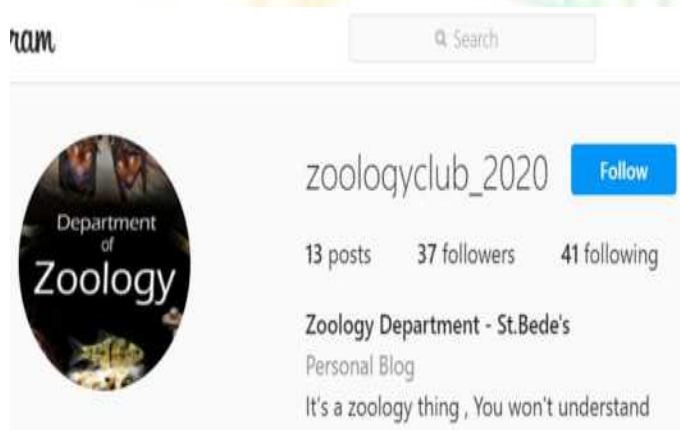
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Advertising Awareness on updates of Zoology through various Social Media platforms

October 15, 2020

A Facebook and Instagram page was created for further updates of Zoology Department. Instagram username: **zoologyclub_2020**. Facebook Page: **Zoology Club- St. Bede's College**.



Significance of Honey (Advertising campaign/Field Visit)

October 16, 2020

Students went around villages to enlighten people on the health benefits of honey and encouraged them to add it to their regular diet.

Apiculture farms were visited and students were lucky enough to get some samples of pure wild honey from this campaign.



Significance of Bee Propolis (Education Campaign)

October 17, 2020

Propolis is a resin like material made by bees from the buds of different plants. It is used by bees to build their hives.

Students made charts depicting the importance of propolis. There are many ways in which propolis can be used and the main aim was to make people aware about these unknown uses.



Importance of Royal Jelly (Education Campaign)

October 18, 2020

Royal jelly known as BEE MILK is a honey bee secretion used in the nutrition of larvae and adult queens.

Students decided to gather people in small groups taking in consideration the social distancing and educate them about Royal Jelly. They were told about how Royal jelly can be used as a medicine and how it should be considered as a dietary supplement.



Awareness on Importance of Bee Pollen

October 19, 2020

Students went around their neighborhood to spread awareness regarding the uses of Bee Pollen and how they can include it in their diet as supplement. Its major uses were discussed along with medicinal properties, its role in increasing the strength and stamina of the body. To assure that people can grasp most of it and put this into practice, students explained with the help of **presentations, videos and pictures.**



Awareness raising Campaign on Bee Venom

October 20, 2020

It is a colorless liquid, excreted through the stings, into a target when they feel threatened. It is primarily responsible for the pain associated with bee stings. But how can venom be beneficial for our health? Students met different people and tried to gather their thoughts and spread awareness about this. They mentioned about its uses and health benefits so that people can adopt it.



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Visit to a former Apiculturist and learning the benefits of Bee Hive Air

October 21, 2020

Bee hive air contains all the components of hive i.e. propolis, royal jelly, pollen and wax. The bee hive air treatment is known as Apitherapy. The students organized a visit to a former apiculturist. They decided to share the information of benefits of bee hive air with acquaintances. These included healing properties and how it helps fight major diseases.



Collection of Bees wax and Awareness on its Importance

October 22, 2020

Bee Wax is a product made from the honey comb of the honey bees. Students organized an awareness program where several uses of beeswax were explained to public. Students were amazed to see the participation and the curiosity people had regarding this particular awareness program.



Awareness on Significance of Bee bread **October 23, 2020**

Bee bread is a mixture of pollen nectar and honey. It is a food used by worker bees and larvae. Students mentioned its uses such as it can be used as a diet supplement as it boosts immunity along with. Bee bread is a product which most people are unaware about. So this proved to be beneficial and exciting session for both, students and the people.



Outreach Awareness on Significance of Pollination **October 24, 2020**

“NO BEES NO HONEY, NO WORK, NO MONEY”



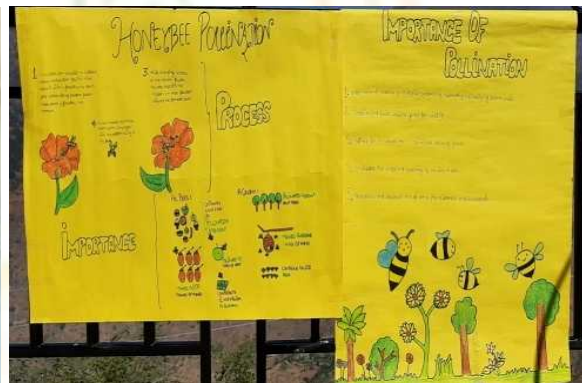
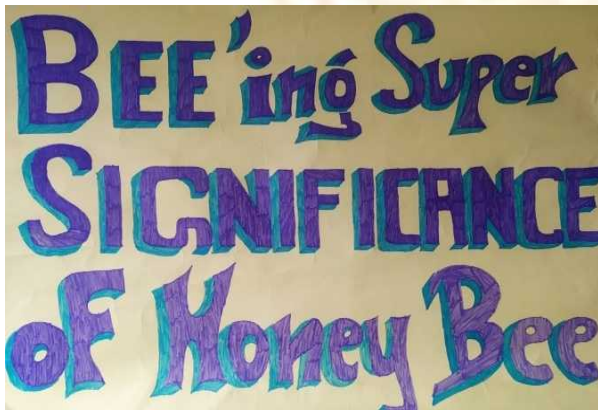
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On the last day of the apiculture awareness program students decided to educate people regarding the role of bees in pollination and various aspects of entrepreneurship.

Pollination refers to the transfer of pollen grains (male gamete) to the stigma of the flower for the process of fertilization.

Students tried to gather people in small groups and make them understand the value, the impeccable contribution of the bees towards the ecosystem, with the help of different charts and pictures. All these aspects including the role which bees offer in entrepreneurship was also discussed.

“IF BEES DISAPPEAR FROM THE SURFACE OF THE EARTH, HUMAN LIFE WILL FOLLOW IN 4 YEARS”



Overall motive of the program was to make people aware about how they can include different bee products in their dietary supplement, use the products for medicinal purpose, and adopt apiculture as a mean for entrepreneurship and much more which was accomplished very well.



Outreach Awareness on Importance of Labs and how to choose right lab?

October 25, 2020

Students spread awareness regarding the “NABL Certified” Labs. Only the “NABL” certified labs should be our preferences when performing diagnostic tests. Taking into consideration the area in which the program was conducted, SRL labs and Lal Path labs were considered the best options. This awareness program helped people understand the importance of the right labs.



Outreach campaigns on Importance of diagnostic tests

October 26, 2020

Diagnosis can improve the effectiveness of treatments and avoid long term complications for infected patient.



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Diagnostic tests are the best course of action when we want to determine the disease. So the students tried spreading awareness regarding Diagnostic tests. A few details regarding certain Diagnostic Tests were shared with the people. They were assured that these tests might alert them beforehand and can also help them prevent some major diseases.



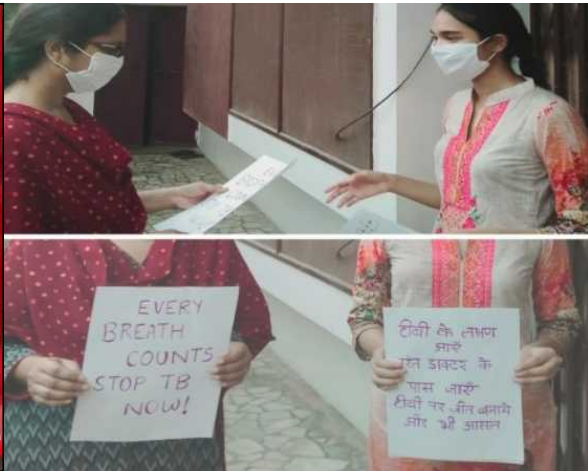
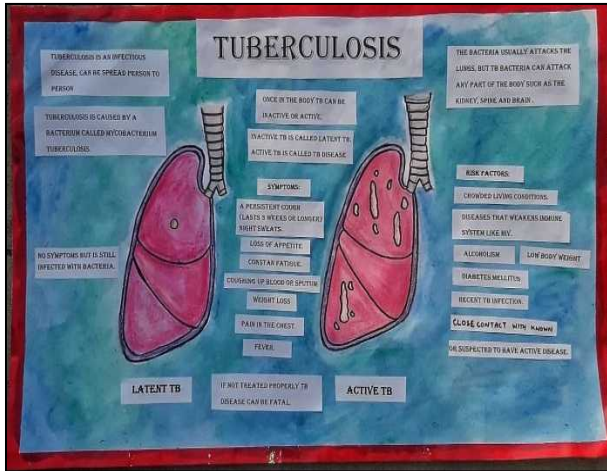
Tuberculosis Prevention Campaign

October 27, 2020

Tuberculosis (TB) is a potentially serious infectious disease that mainly affects the lungs. It is the second biggest killer, globally. Awareness regarding TB was spread with the help of posters, pamphlets and talking sessions. Awareness regarding the causes, symptoms, spread, diagnosis and treatment of TB was done.

Every breath counts, let's stop TB now!!!

The spread of TB is easy so methods for preventing its spread were the highlights of the talking sessions. The students along with the people pledged to help complete the vision of the Indian Health Ministry by eradicating TB from India by 2025.



Hepatitis Prevention Campaign

October 28, 2020

Hepatitis refers to an inflammatory condition of the liver. There are 5 types of hepatitis A, B, C, D and E. There are many ways in which Hepatitis can spread so it was made very important by the students that everyone understood about the transmission of the disease.

Say yes to hepatitis free generation!!

Educating people regarding the diagnosis of Hepatitis was made the main subject of the awareness program. The students also focused a lot on how treatments differ with respect to the type of Hepatitis the patient is suffering from. Not all types of Hepatitis have medications available. While there is no cure for the disease the only positive thing about the condition is that it is highly



preventable. Make the most of it and get yourself and your family immunized with hepatitis vaccine.



Awareness Campaign on Diabetes

October 29, 2020

Diabetes is a condition that impairs the body's ability to process blood glucose, otherwise known as blood sugar level.

Students explained how the symptoms of both the diabetes differ from one another with the help of pamphlets. They educated people regarding the diagnosis of the diseases and ended the session by giving few details about the cure and treatment of diabetes.

They also did sample testing of few people in order to explain the topic in a better way while taking necessary precautions.

Type I diabetes occurs when immune system destroys insulin forming beta cells in pancreas. Type II diabetes occurs when body cells lose the ability to use the formed insulin. Diabetes is a very common disease that people suffer from.



Spreading Awareness on Diagnosis and Prevention of Hypertension and Hypotension

October 30, 2020

Hypertension is a medical condition in which blood pressure in arteries is persistently high.

Students went around their neighborhood and talked regarding this disease. They discussed in detail about the diagnosis of both high and low B.P. They found it to be very common among people so they educated them regarding various treatments of the disease. They did a few sample testing and explained how changes in the lifestyle can help cure the disease. Complications of blood pressure are major source of mortality as campaigns like these will help people avoid BP Issues.



Cancer Awareness Campaign

October 31, 2020

Cancer is a group of diseases involving abnormal cell growth with the potential to invade or spread to other parts of the body.

Students created cancer awareness in order to remove the stigma and fear attached to it. They talked in detail about different types of cancers and started with educating people regarding the signs and symptoms so they can recognize



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them early, thus enabling them to seek treatment at an early age. Following the footsteps of the Indian Cancer Society the campaign was named “RAHO CANCER SE DO KADAM AAGE”. Mainly three types of cancers were discussed which were Oral, Lung and Breast Cancer. Students talked about the causes, symptoms and especially treatment of the disease.



Research Activity

An inventory on blood analysis of blood groups was made. This activity was being carried out since 2019. An initiative was taken by the Department of Zoology to have the database of the blood groups of few college students. For this the blood sample of students were taken in order to check their blood group and then accordingly a database was made with different types of blood groups. The data generated shall be given to the NGO Almighty Blessings and the person in need of specific blood group can be helped out as these students would donate the blood as and when required. The same data shall also be shared by IGMC, Department of Immunohaematology and Blood transfusion Shimla. A total of 552 blood samples were analyzed out of which maximum blood group was **B⁺** (219 students), followed by blood group **A⁺** (131 students), **O⁺** (86 students), **AB⁺** (81 students), **O⁻** (16 students), **B⁻** (09 students), **A⁻** (7 students), and least number of students with **AB⁻** (3 students). This activity done by the Zoology Department would be an extra help to the people in need.



Department Achievers

Achievements of Students' (2020-2021)

- **Shruti Chauhan** of B.Sc. II Year was nominated as Youth Health Advocate for the **4th Global Youth Meet on Health 2021** (virtual) to represent Himachal Pradesh on Health Promotion.

Jointly co-organized by HRIDAY and World Health Organization Regional Office for South East-Asia #GYM takes place in every 5 years in which more than 32 countries participate. Theme for #GYM2021 was **Meaningful Youth Engagement for Leading Action on Universal Health Coverage and Sustainable Development Goals**. 16 workshops were organized with 03 plenary sessions for two days. Participants could participate in one Workshop per day.

The two day webinar consisted of:

April 20, 2021:

1. Pre-GYM workshop on Meaningful Engagement of Youth to “Build Back Better”.
2. Zoom interactive room where she talked about priorities to promote health and well-being during COVID-19.
3. Workshop on Evidence based prevention for Youth Leaders

April 21, 2021: Workshop on NCD Alliance.

She participated actively in all interactive sessions to share her perspective on the affect of COVID-19 on youngsters and their Health enhancement.

The webinar opened many scopes for future in the sector of Health.

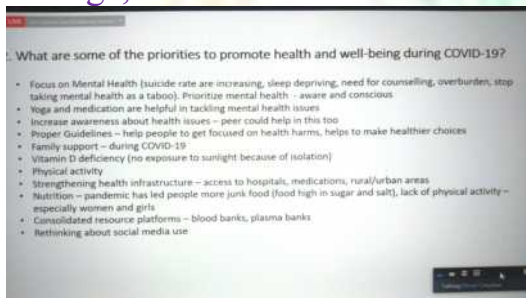
She was the youngest to represent the state among five faculty level Youth delegates from Himachal Pradesh.



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- **Shruti Chauhan** of B.Sc. II Year participated in a National Online Quiz on Healthy Food & Eating Habits Against COVID-19 organized by GP College, Alour-Khanna and received an e-certificate of appreciation.



- **Sarah Gupta** of B.Sc. II Year represented the College in a webinar organized by the EBSB club of St. Bede's College, Shimla, Himachal Pradesh in collaboration with Kahm Unity Women's College Manjeri, Kerela. She presented a PowerPoint presentation on "Himachali Attire". This interaction introduced the regional literature and ensured cultural exchange.





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- **Shruti and Sarah** volunteered in a Cleanliness program organized by @earthaidindia, a Shimla based NGO with motto of Cleaner and greener Planet. Litter was collected between the areas of Sanjauli-Navbahar and was properly disposed off with the help of MC, Shimla.



- **Shreya Dubey** of B.Sc. II Year was awarded 1st prize for poster making competition organized on World AIDS Day.



- **Sritisha Kumari** of B.Sc. II Year got 1st prize in a poster making competition organized by Departmental Club of Zoology, **ZOO QUEST** on the occasion of Health Literacy Month, on the topic “BEE AND WE-Significance of Honey Bees”.





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- **Shaiphali Kaushal** of B.Sc. II Year was adjudged 2nd in the poster making competition on the topic “BEE AND WE- Significance of Honey Bees” organized by Departmental Club of Zoology, ZOO QUEST on the occasion of Health Literacy Month.