



*NSO,
St. Bede's College, Shimla*

Activity Name: “Celebration of National Sports Day”

Date: August 29, 2023

Objective: The main objective of the National Sports Day was to promote awareness about the significance of sports and being physically active in the day to day life.

Description: The National Sports Organization (NSO), St. Bede's College Shimla, celebrated National Sports Day on 29th August, 2023 to commemorate the birth anniversary of legendary hockey player Major Dhyan Chand ji, who had earned the moniker ‘The Wizard’. The college thus organized various sports activities on 28th August 2023 such as -Table tennis, Badminton, Yoga, Skipping, Running and Basketball. The College Principal Prof. (Sr.) Molly Abraham emphasized on importance of Fit India Movement which aims to motivate everyone to become more physically active. The position holders of respective games were felicitated by the college principal.

Outcome: National Sports Day is a reminder of the power of unity. It brings together people from all walks of life, transcending boundaries of age, gender, and background, to collectively celebrate the incredible feats of athletes who represent the nation on various platforms.

Glimpses of the National Sports Day:





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National Sports Day



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Activity Name: “Organization of National Webinar on “Promotion of Indigenous Sports” under the theme of “Y20 Yuvamanthan Model G20”

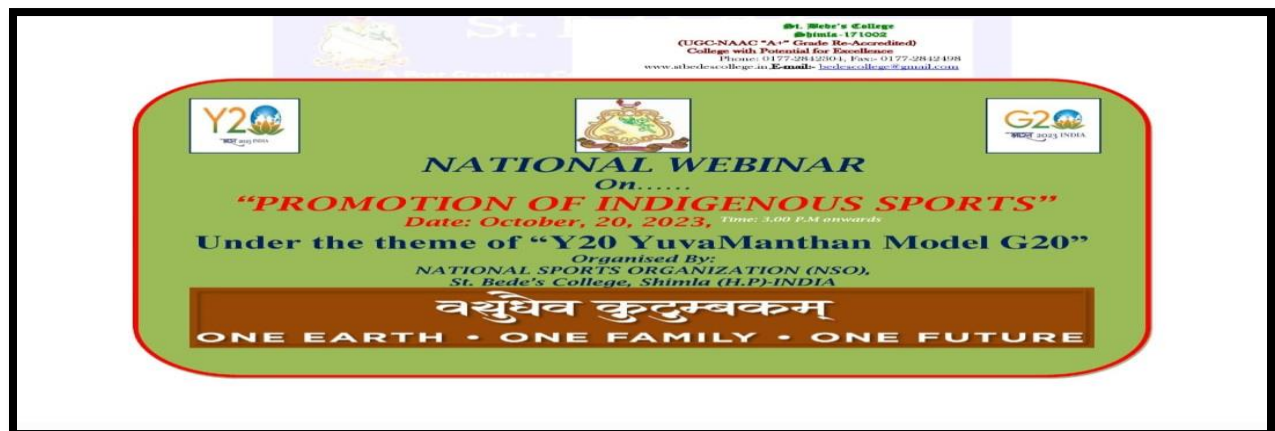
Date: October 20, 2023

Objective: The main objective of the webinar was to promote indigenous sports in our country.

Description: The National Sports Organization (NSO) of St. Bede's College, Shimla organized a National Webinar on “**Promotion of Indigenous Sports**” under the theme of “**Y20 Yuvamanthan Model G20**” on October 20, 2023. Prof. K. Jothi Dayanandan from YMCA, College of Physical Education, Chennai was the keynote speaker in the webinar. The moderator of the webinar was Dr. Gurtej Singh, RIMT, University, Govindgarh, Punjab. The program was started with the introductory speech on Y20 and G20 followed by a welcome address. The keynote speaker delivered an impactful talk on Promotion of Indigenous Sports which proved very informative and threw light on historical background of national heritage sports. The College Principal and Moderator appreciated the efforts of organizers to conduct this session emphasizing on importance of healthy life style for a good health.

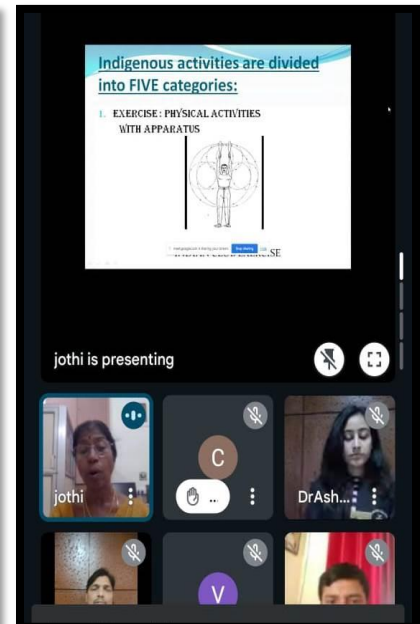
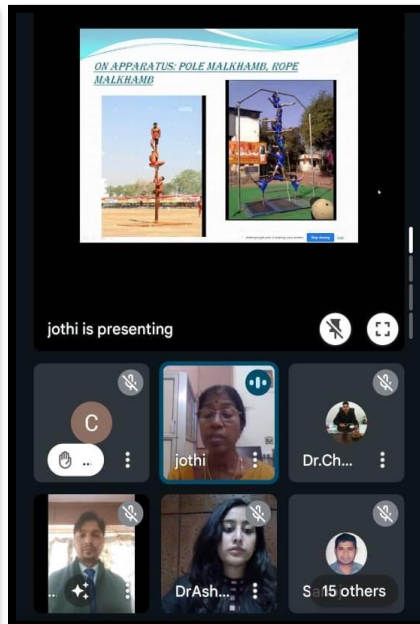
Outcome: The participants were acquainted with the benefits of sports on daily life routine and work potential. It also proved useful in promoting traditional games which hold the capacity to attract tourists to explore our Indian culture.

Glimpses of the Webinar:



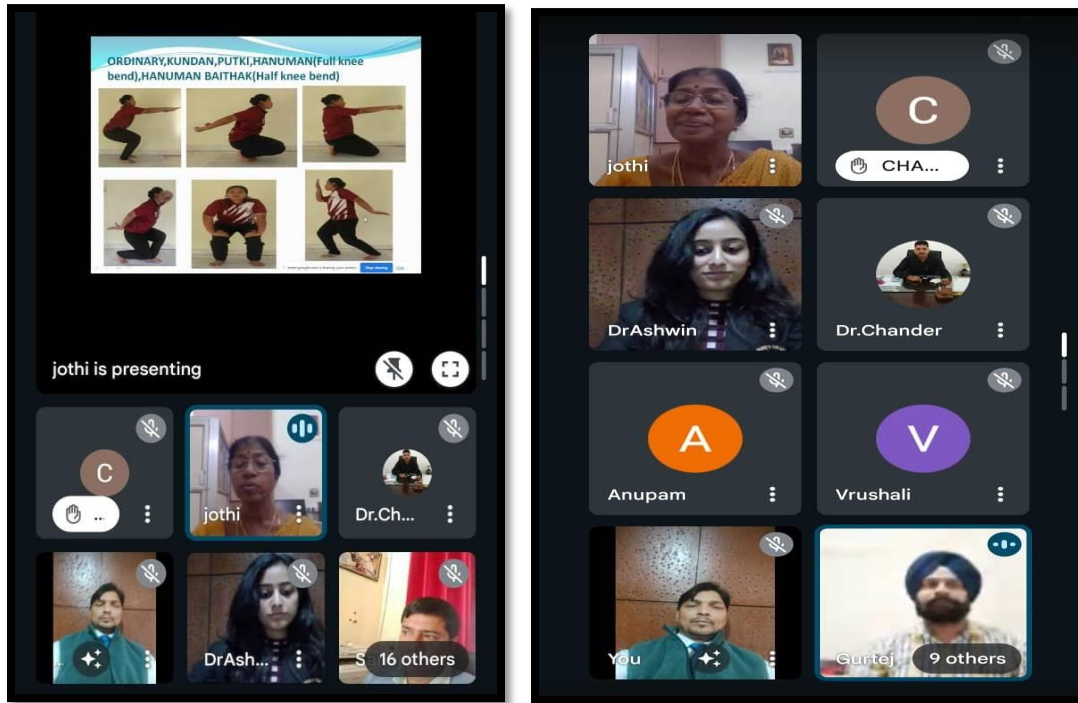


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National Webinar on “Promotion of Indigenous Sports”



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Activity Name: Fun Activity under the theme “Bhartiya Bhasha Diwas”

Date: December 11, 2023

Objective: The main objective of the activity was to know the value of our culture.

Description: The NSO of St. Bede's College organized a fun activity under the theme of “Bhartiya Bhasha Diwas” on December 11, 2023. These activities were organized for students to indulge them in extra-curricular activities give impetus to happiness for a healthy life style.

Outcome: This activity contributed in increasing cultural awareness and encouraged language preservation among students.

Glimpses of Bhartiya Bhasha Diwas:





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Activity Name: “Organization of Intramural Competitions on Various Games”

Date: March 1-2, 2024

Objective: The main objective of the competition was to know the sports talent of the students.

Thus, these Intramural Competitions of various games (Running, Table Tennis, Basketball, and Yoga) were conducted by Department of Physical Education and NSO, St. Bede's College Shimla on March 1-2, 2024 under the banner of NSO.

Description:

The aim was to provide an opportunity for every student to take part in competitive and non-competitive recreational sports activities within the framework of educational endeavors. Around 20 students participated in their respective competitions.

Dr. Ashwani Kumar, Head Department of Physical Education felicitated the position holders. Mr. Bihari Lal Thakur, Miss Divyanshi Desta President: NSO, & Miss Ritul Chauhan, Secretary: NSO actively contributed in making the competition a success.

Outcome:

The competitive sports helped students to develop their social, physical and mental well being



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Following were the results of the competitions:-

Games	First	Second	Third
Table Tennis	Aditi	Harshita Thakur	Pragya Acharya
Yoga	Sukriti Sharma	Minakshi Sharma	Surbhi
Basketball	IIInd Year Team	IIIrd Year Team	Ist Year Team
Running	Parul Chauhan	Ritul	Khushi Mehta

Glimpses of Intramural Competitions:

ST. BEDE'S COLLEGE SHIMLA
NAAC RE-ACCREDITED A+ GRADE

National Sports Organisation (NSO)
Organises....

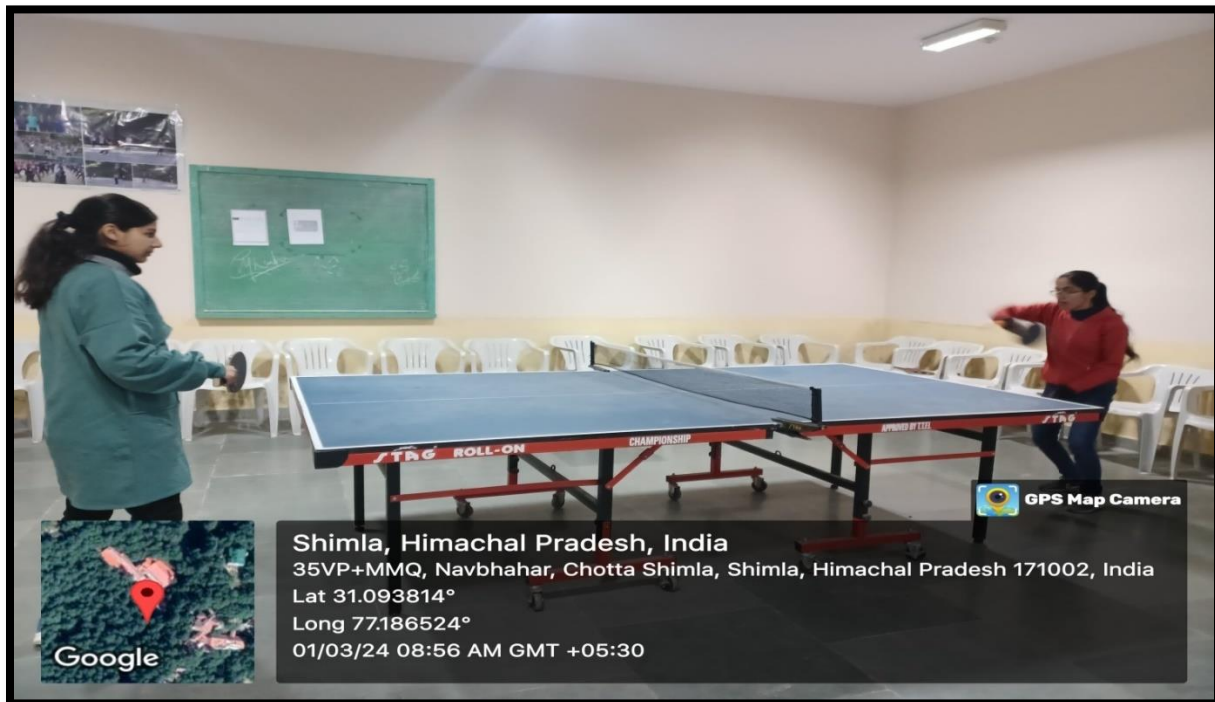
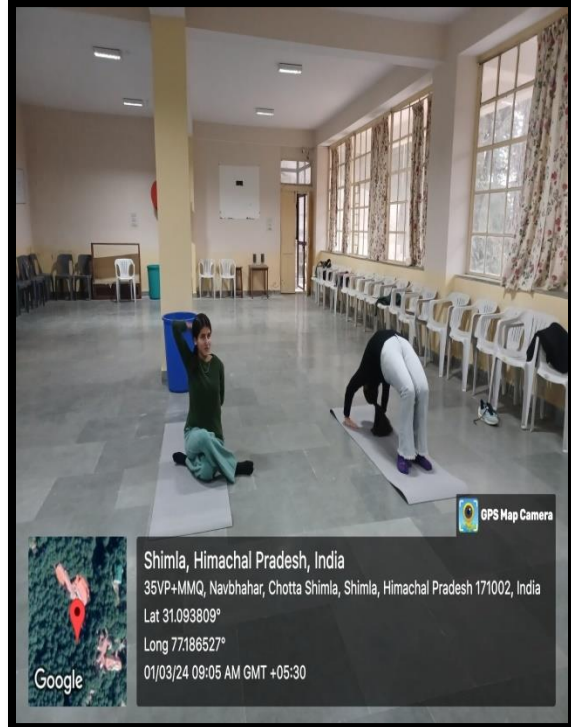
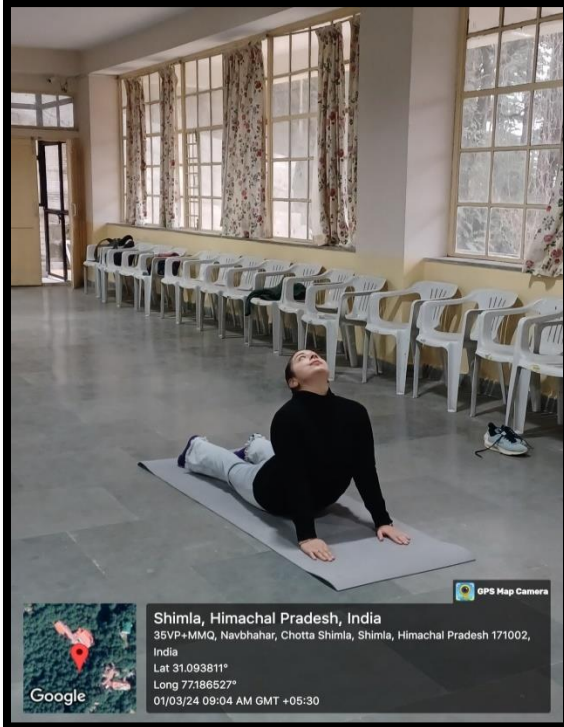
"INTRAMURAL COMPETITIONS"

"Running, Table Tennis, Basketball & Yoga"
March 1st & 2nd, 2024 (Friday & Saturday), Time: 3.00 pm onwards

Brochure



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Intra- Mural Sports Competitions

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