



*Department of Physical Education,
St. Bede's College, Shimla (H.P)*

DEPARTMENT ACTIVITIES 2023-2024

Three-day National Workshop on the Celebration of International Yoga Day

June, 19 to 21, 2023

Objective: The main objective of the workshop was to explore the importance of yoga in the life of common people and students.

Description: The Department of Physical Education and Physical Education Foundation of India jointly organized a Three- day National Workshop on “Yoga for a Healthy Lifestyle” from June, 19 to 21, 2023. The workshop was organized under the aegis of G20, International Yoga Day and Azadi ka Amrit Mahotsav. The theme of International Yoga Day this year was “Yoga for Humanity”. On this occasion National Workshop sessions were conducted by eminent speakers of the country. All the speakers provided information about the importance of yoga and health to the society. Dr. Ashwani Kumar was the convener of this workshop. The principal of the college Prof. (Sr.) Molly Abraham highlighted the importance of harmony between body, mind and soul which could be attained by regular practice of yoga. The occasion was graced by the speakers, chief guest, moderator, college principal, workshop convener and participants who were present in every session of the workshop. The chief guests appreciated the memorandum of understanding (MoU) signed between the College and Physical Education Foundation of India.

The schedule of the National Workshop (June, 19-21, 2023) was as follows:

This workshop was organized by the Department of Physical Education of the college. More than 100 students and delegates participated online and offline in this workshop on June 19, 2023 (10.00 a.m. to 11.30.a.m.)

- **Speaker:** Dr. Kavita Kholgade, Director of Physical Education, SMRK, Women College, Nashik, (M.S).
- **Topic:** “Yoga for Well -being and Happiness”
- **Moderator:** Yogacharya Sh. Raman Kumar, Organizing Secretary of Asian Yoga Federation.

June 19, 2023 (10.00 a.m. to 11.30.a.m.)

- **Speaker:** Dr. Chander Shekhar, Department of Physical Education, Premanand College, Mukerian, Hoshiyarpur, (Punjab).
- **Topic:** “Anstanga Yoga and their Benefits to the Society”
- **Moderator:** Yogacharya Sh. Raman Kumar, Organizing Secretary of Asian Yoga Federation.

June 21, 2023, (10.00 a.m. to 12.30 p.m.)

- **Speaker:** Dr. Laxmi Narayan Joshi, Dean of Students Welfare & Head Department of Yogic Sciences, Uttarakhand Sanskrit University, Haridwar, Uttarakhand.
- **Topic:** “Nadi Vigyan and Aayurveda”
- **Moderator:** Dr. Piyush Jain, National Secretary Physical Education Foundation of India.
- **Workshop Moderator** (June, 19 to 21, 2023): Dr. Vinod Kumar, Department of Physical Education, Government College, Jukhala, Bilaspur, (Himachal Pradesh).



*Department of Physical Education,
St. Bede's College, Shimla (H.P)*

Outcome: The students experienced that practice of yoga is known to bring about a perfect harmony between mind and body and this unity plays a great role in the overall stability.

St. Bede's College
Shimla-171002
(UGC-NAAC "A+" Grade Re-Accredited)
College with Potential for Excellence
Phone: 0177-2812504, Fax: 0177-2812198
www.stbedescollege.in, E-mail: bedescollege@gmail.com

NATIONAL WORKSHOP
(UNDER THE CELEBRATION OF INTERNATIONAL YOGA DAY)

ONE EARTH ONE FAMILY ONE FUTURE
Collaboration with Physical Education Foundation of India
THEME (IYD): "HUMANITY"
ON
"YOGA FOR A HEALTHY LIFE STYLE"
(June, 19-21, 2023), Time: 10.00 A.M to 11.00 A.M
Organised By:
Department of Physical Education,
St. Bede's College, Shimla (H.P)-INDIA
Google meet link: <https://meet.google.com/nfb-phaw-gyn>
@ Certificates will be given to all the participants

Brochure

St. Bede's College
Shimla-171002
(UGC-NAAC "A+" Grade Re-Accredited)
College with Potential for Excellence
Phone: 0177-2812504, Fax: 0177-2812198
www.stbedescollege.in, E-mail: bedescollege@gmail.com

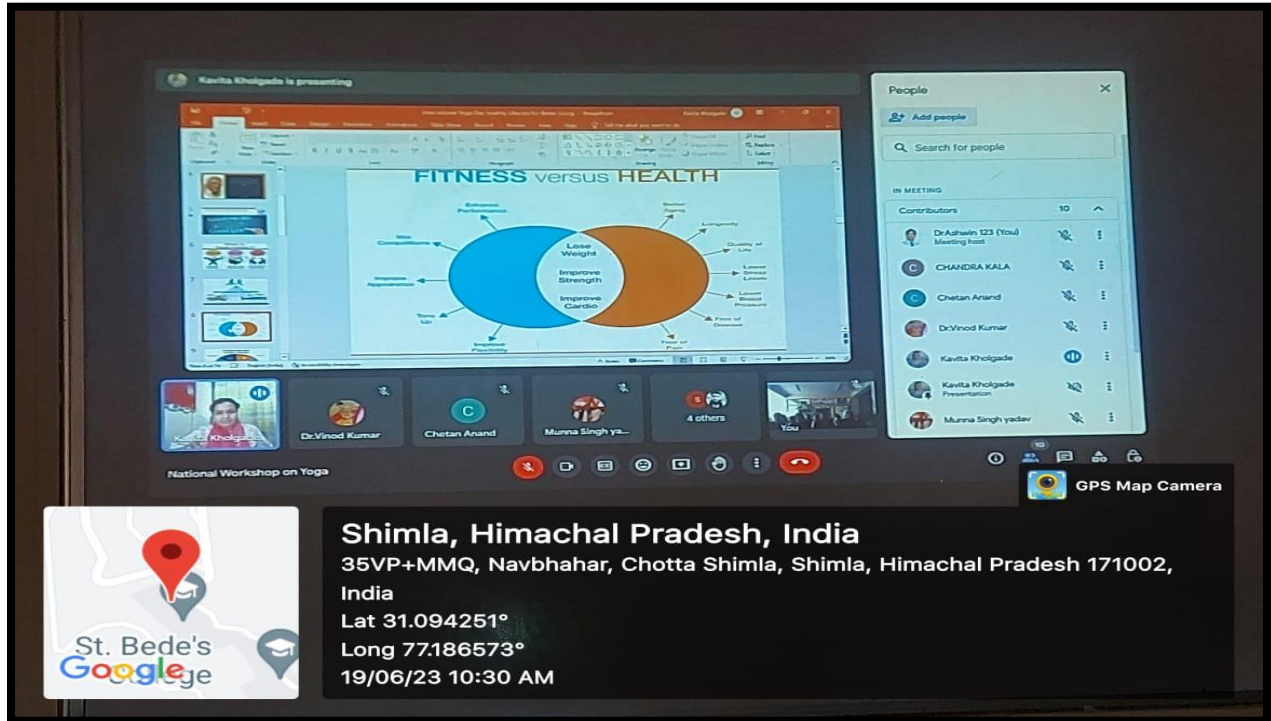
Eminent Speakers and Chief Guests:

 Dr. Kavita Kholgade ⁰⁹⁶²³ Director of Physical Education, SMRK-BK-AK, Women College, Nashik, (M.S)-INDIA	 Dr. Chander Shekhar ²⁰⁰⁶²³ Department of Physical Education, Swami Premanand College, Mukerian, Haridwar (P.O)-INDIA	 Yogacharya Raman Kumar ^{Chief Guest 09623/0623} Organiser & Secretary, Aaina Yoga Federation, Director Hrudayan Yoga, H.P. Yoga, Association, Nalgonda, (H.P)-INDIA
 Dr. Laxmi Narayan Joshi ¹⁰⁰⁶²³ Head and Dean, Student Welfare, Ultra akadand Sanskrit University, Haridwar, (U.K)-INDIA	 Dr. Piyush Jain ^{Chief Guest 100623} National Secretary, Physical Education Foundation of India, New Delhi-INDIA	 Dr. Vinod Kumar ^{Chief Guest} Department of Physical Education, Govt. P.G. College, Jukhala, Bilaspur, (H.P)-INDIA
 Patron Prof. (Sr.) Moty Abraham Principal, St. Bede's College, Shimla (H.P)	 Convener Dr. Ashwani Kumar Department of Physical Education, St. Bede's College, Shimla (H.P)	



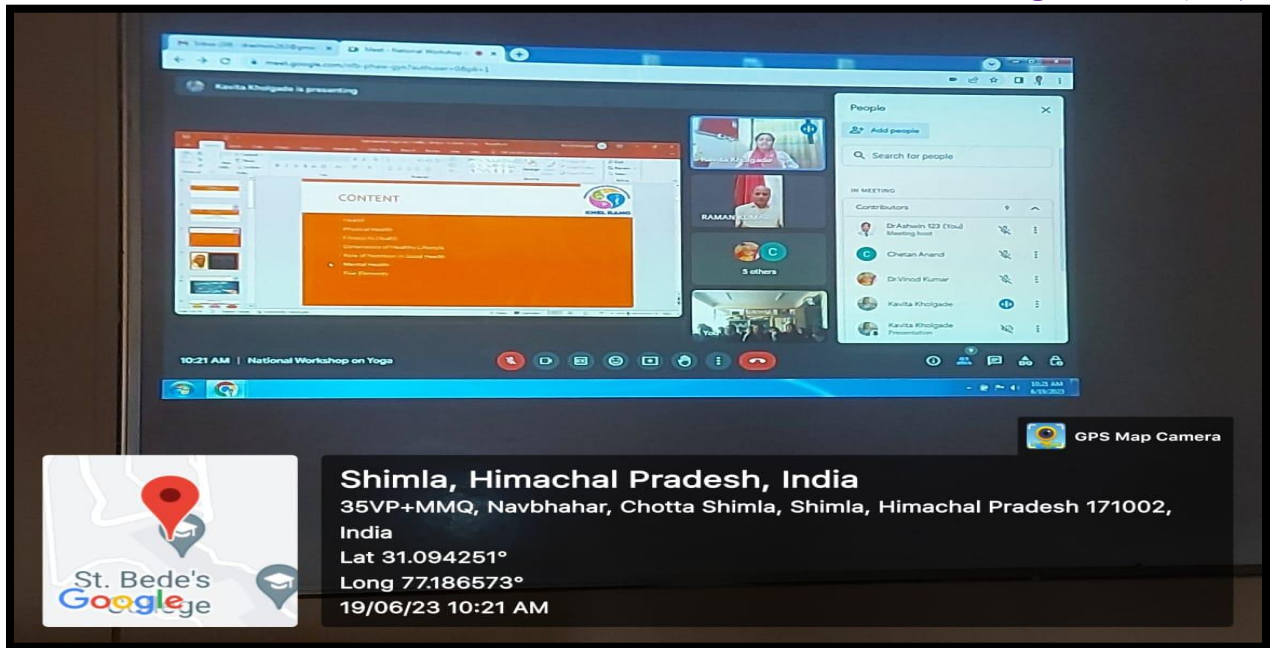
Department of Physical Education,
St. Bede's College, Shimla (H.P)

Glimpses of National Workshop (June 19, 2023)

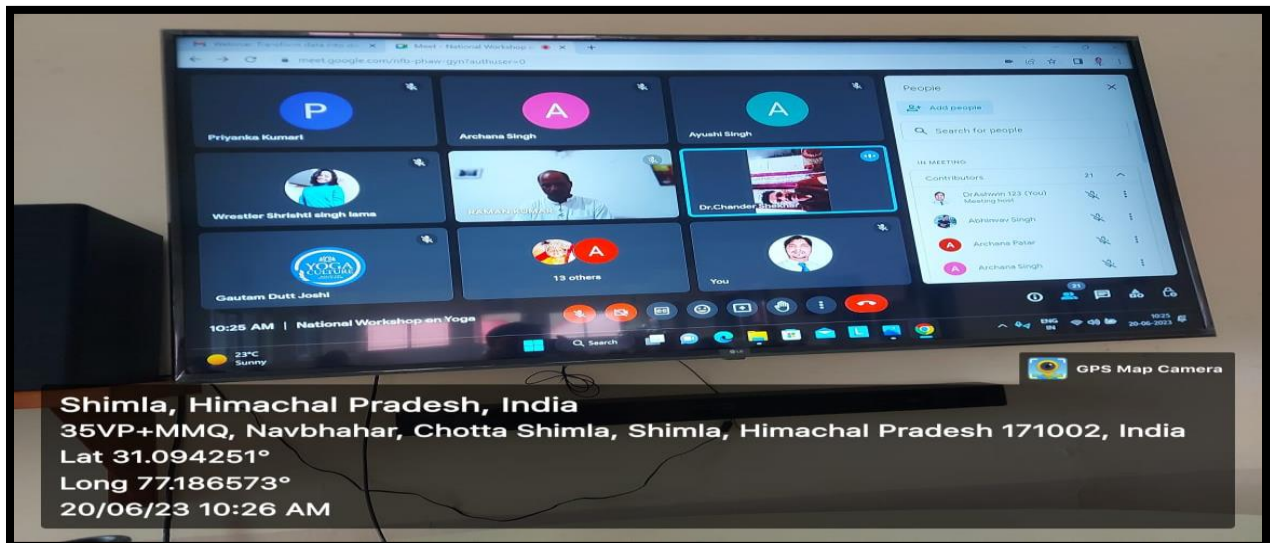




Department of Physical Education,
St. Bede's College, Shimla (H.P)

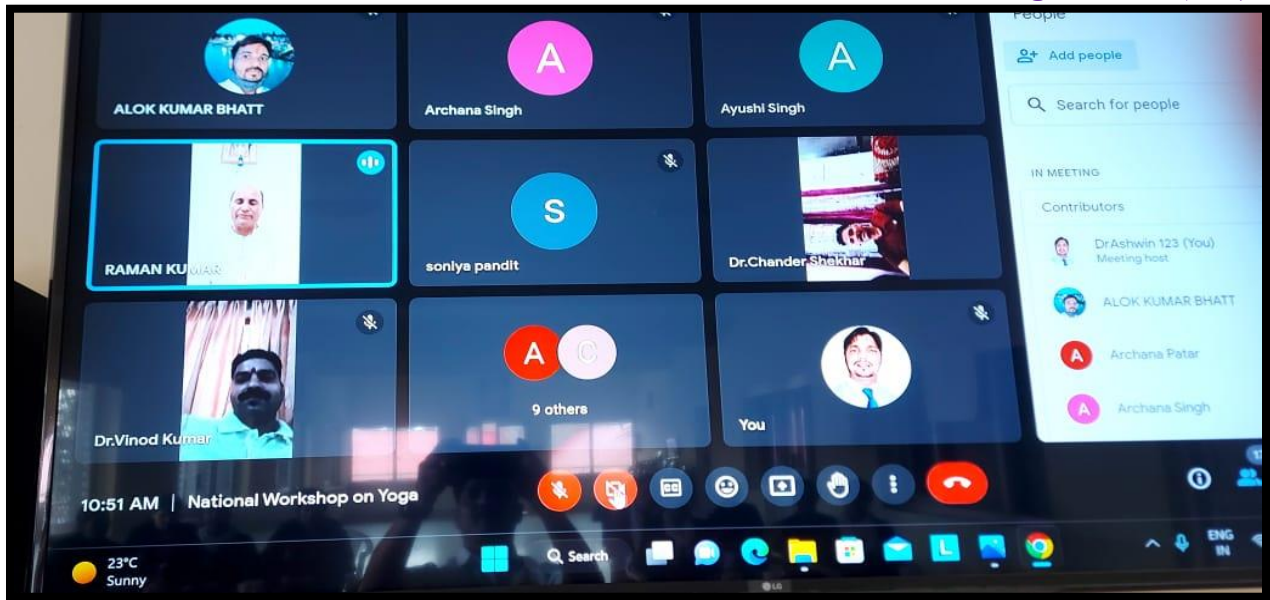


June 20, 2023:





*Department of Physical Education,
St. Bede's College, Shimla (H.P)*

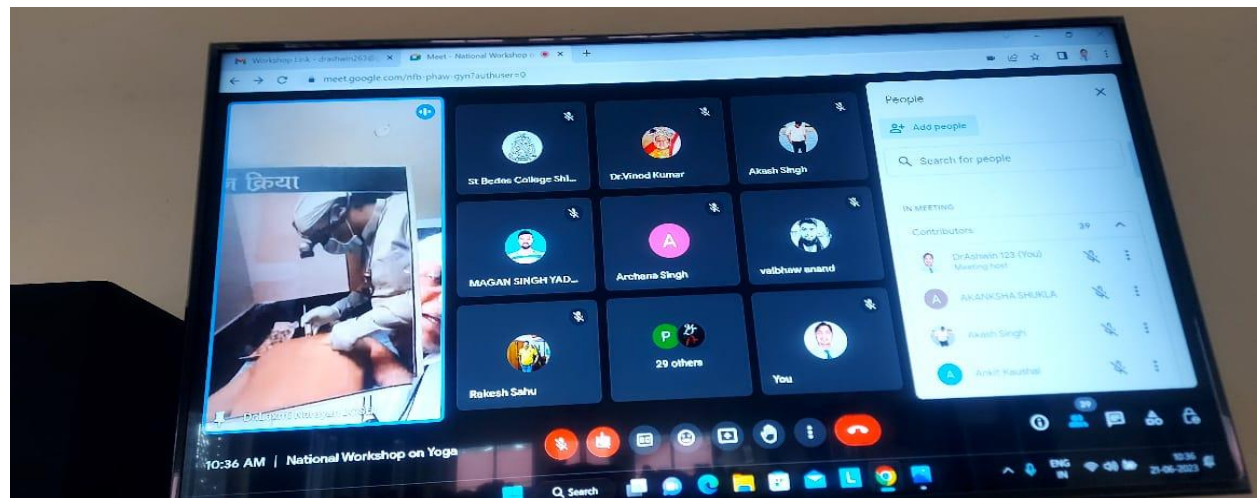


June 21,2023:





*Department of Physical Education,
St. Bede's College, Shimla (H.P)*





*Department of Physical Education,
St. Bede's College, Shimla (H.P)*



International Workshop on the Celebration of International Olympic Day

June 26, 2023.

Objective: This activity aimed to make the students aware that the goal of celebrating International Olympic Day is to spread sports across the globe regardless of age, gender or athletic ability.

Description: The Department of Physical Education, organized an International Workshop on the theme of International Olympic Day- “Let’s Move: For Daily Physical Activity” on June 26, 2023. The workshop was organized on Google Meet platform. International speakers provided information to the participants on their respective topics. More than 50 participants were connected through online and offline mode in the workshop. Dr. Ashwani Kumar was the workshop convener. The College Principal Prof. (Sr.) Molly Abraham welcomed the speakers



*Department of Physical Education,
St. Bede's College, Shimla (H.P)*

and moderator of the workshop. After both sessions, the moderator concluded the session. The vote of thanks was proposed by the workshop convener.

Following was the schedule of the International Workshop:

International Speakers:

Session- 1:

1. Prof. Marlene Orfecio, Department of Physical Education, Sports and Recreation, University of Southern Mindano, Kabacan, Cotabato- Philippines

Topic: “Let’s Move: Physical Educators Empowerment for a Lifestyle of Active Living”

Session-II:

2. Dr. A. K. Shiotriya, Department of Physical Education, School of Education, National Fiji University, Fiji Islands.

Topic: “Physical Activity: A Booster Dose for Healthy Life”

Workshop Moderator: Dr. Deny Borah, Department of Physical Education, Dhemaji-Assam.

Outcome: The students felt motivated to participate and encourage people of all ages, genders, color and castes etc. to participate in athletic events all over the world.

The poster is for an International Workshop on Olympic Day 2023. It features the Olympic rings logo and the text 'INTERNATIONAL WORKSHOP THE CELEBRATION OF INTERNATIONAL OLYMPIC DAY: 2023'. Below this, it lists the themes 'ONE EARTH', 'ONE FAMILY', and 'ONE FUTURE' with their respective logos. The main theme is 'THEME (IOD): "LET'S MOVE": "For daily physical activity"'. It also mentions the motto 'Citius, Altius, Fortius' and the date 'June, 26, 2023'. The workshop is organized by the Department of Physical Education, St. Bede's College, Shimla (H.P.)-INDIA. Contact information for St. Bede's College is provided in the top right corner. A link to the workshop is given at the bottom left.

St. Bede's College
Shimla-171002
(UGC-NAAC "A" Grade Re-Accredited)
College with Potential for Excellence
Phone: 0177-2842304, Fax:- 0177-2842498
www.stbedescollege.in **E-mail:** iactecollege@gmail.com

International Olympic Day 2023

INTERNATIONAL WORKSHOP
THE CELEBRATION OF INTERNATIONAL OLYMPIC DAY: 2023

ONE EARTH ONE FAMILY ONE FUTURE

THEME (IOD): "LET'S MOVE": "For daily physical activity"
Citius, Altius, Fortius June, 26, 2023
(Under the aegis of G20 & Indian Olympic Association)

Organised By:
Department of Physical Education,
St. Bede's College, Shimla (H.P.)-INDIA

Link: <https://InternationalWorkshoponOlympicDay>
Monday, June 26, 11:00am - 12:30pm
Time zone: Asia/Kolkata: INDIA
Google Meet joining info
Link: <https://meet.google.com/TV4-qftt-tpv>



*Department of Physical Education,
St. Bede's College, Shimla (H.P)*

St. Bede's College
Shimla-171002
(UGC-NAAC "A+" Grade Re-Accredited)
College with Potential for Excellence
Phone: 0177-2842304, Fax:- 0177-2842498
www.stbedescollege.in **E-mail:-** stbedescollege@gmail.com

International Eminent Speakers


Dr. Marlene E. Orfrecio
Associate Professor-II,
Institute of Sports Physical Education & Recreation,
University of Southern Mindanao, Kabisuan, Cotabato, PHILIPPINES


Dr. A. K. Shirotriya, Ph.D
Assistant Professor (Physical Education),
School of Education, Fiji National University,
FUTU ISLANDS

Moderator


Dr. Demy Borah
Lecturer DIET, Physical Education Department,
Dhemaji, Assam-INDIA

Organiser's


Patron
Prof. (Sr.) Molly Abraham
Principal,
St. Bede's College, Shimla (H.P)-INDIA


Convener
Dr. Ashwani Kumar
Department of Physical Education,
St. Bede's College, Shimla (H.P)-INDIA

Brochure



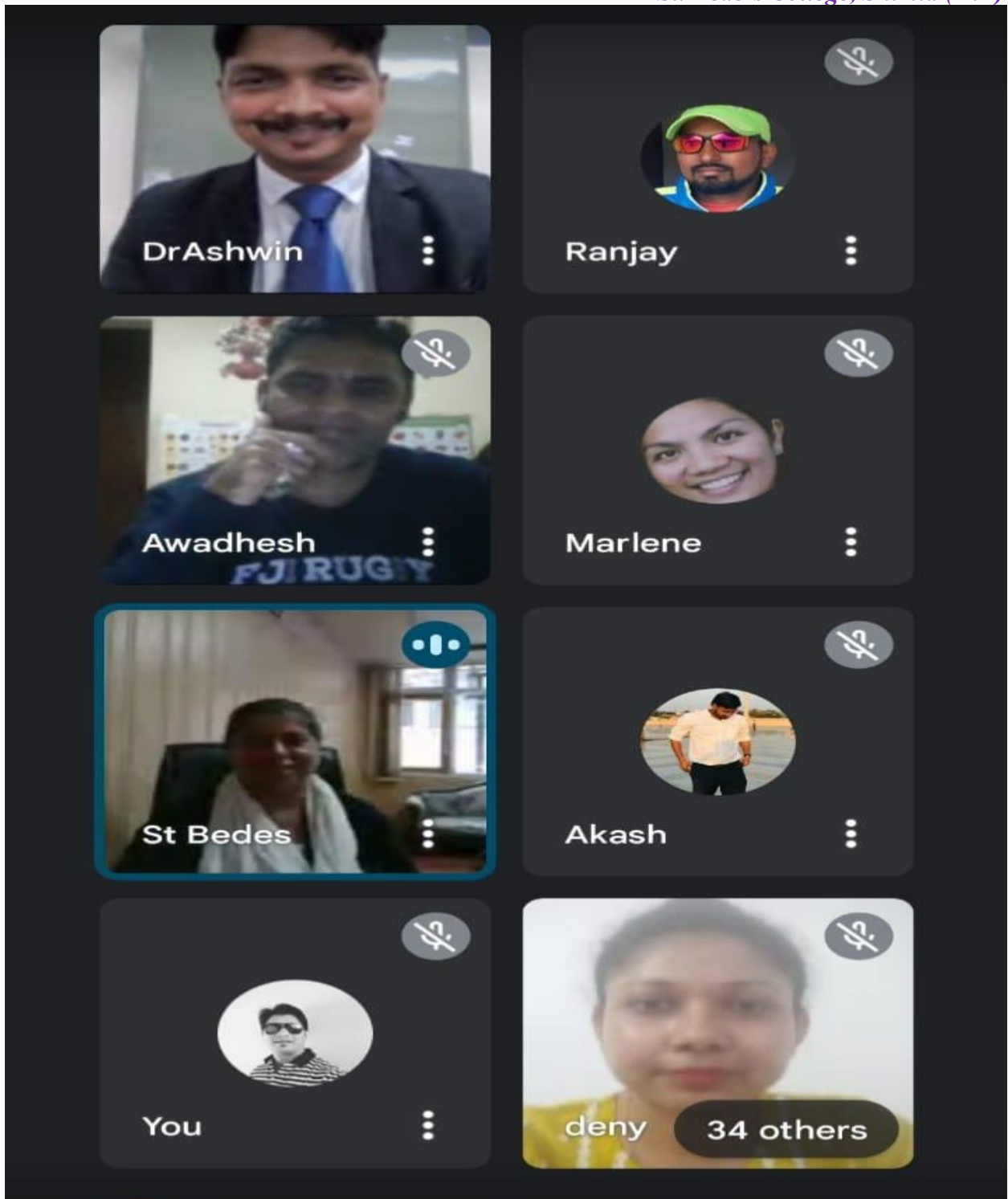
*Department of Physical Education,
St. Bede's College, Shimla (H.P)*

Glimpses of the International Workshop





*Department of Physical Education,
St. Bede's College, Shimla (H.P)*





Department of Physical Education,
St. Bede's College, Shimla (H.P)

The screenshot displays a Zoom meeting interface. At the top, a presentation slide is visible, titled "Motives for Physical Activity" from FNU (Fiji National University). The slide content includes a bullet point: "Skill development, appearance, and positive health (Shirotriya, Sharma and Pandey, 2023*)". Below the slide, the text "Awadhesh is presenting" is shown. The meeting grid contains four video thumbnails: "Awadhesh" (top-left), "DrAshwin" (top-right), "Y..." (bottom-left), and "Marle 29 others" (bottom-right). Each thumbnail includes a mute icon and a three-dot menu icon.



Department of Physical Education,
St. Bede's College, Shimla (H.P)

The screenshot displays a Zoom meeting interface. The main window shows a PowerPoint presentation titled "ROLE OF PHYSICAL EDUCATORS IN FOSTERING ACTIVE LIVING." The slide content includes:

- They create a supportive and inclusive environment that encourages participation and enjoyment of physical activity (Smith, 2018).
- Physical educators teach fundamental movement skills, sportsmanship, and teamwork, laying the foundation for a lifetime of active living (NASPE, 2015).
- They serve as role models, inspiring students to embrace an active lifestyle and make healthy choices (Everson et al., 2017).
- Physical educators contribute to the development of physical literacy, which encompasses movement competence, confidence, and motivation (Whitehead, 2013).

An image on the slide shows a physical educator interacting with children in a gymnasium. The Zoom interface includes a "Marlene is presenting" overlay, a "Click to add notes" button, and a gallery view of participants:

- DrAshwin
- St Bedes
- You
- Marler17 others



*Department of Physical Education,
St. Bede's College, Shimla (H.P)*

The screenshot displays a Zoom meeting interface. At the top, a PowerPoint presentation is shared, showing a slide titled "ROLE OF PHYSICAL EDUCATORS IN FOSTERING ACTIVE LIVING." The slide content includes:

- They create a supportive and inclusive environment that encourages participation and enjoyment of physical activity (Smith, 2016).
- Physical educators teach fundamental movement skills, sportsmanship, and teamwork, laying the foundation for a lifetime of active living (NASPE, 2013).
- They serve as role models, inspiring students to embrace an active lifestyle and make healthy choices (Etterson et al., 2017).
- Physical educators contribute to the development of physical literacy, which encompasses movement competence, confidence, and motivation (Whitehead, 2012).

Below the presentation, the Zoom interface shows two participants in a grid view:

- Marlene**: A woman with glasses and curly hair, wearing a green top.
- DrAshwin**: A man with a mustache, wearing a dark suit and blue tie.

At the bottom of the screen, there are two empty slots for participants. The left slot contains a red circle with a white letter 'S'. The right slot contains a circular icon of the St. Bede's College logo.



*Department of Physical Education,
St. Bede's College, Shimla (H.P)*

Health and Personality Development Classes for School Children

Day: Every Tuesday & Friday (Per Week)

Date: September 29, 2023 (onwards)

Objectives:

- To enhance the overall personality of the school children.
- To improve their confidence level.
- To augment their innate leadership qualities and to improve children's interpersonal communication skills

Description: The College structured a development program on 'Health and Personality Development', for the students of Government Primary School, Sanjauli. The classes were organized to raise confidence, strength and to build an optimistic personality of young children. The interaction also eliminates negative behavior that hinders the growth and success of the students. These classes also created general awareness about health amongst the students of the school.

Dr. Ashwani, from Department of Physical Education, St. Bede's College has been taking Health and Personality Development classes of the school children. The classes have been taken on every Tuesday and Friday of the week. In each class a new topic was taught. The topics were based on health, physical, emotional, psychological, spiritual and professional aspects of personality development. After the class students were evaluated randomly to observe the change in them.

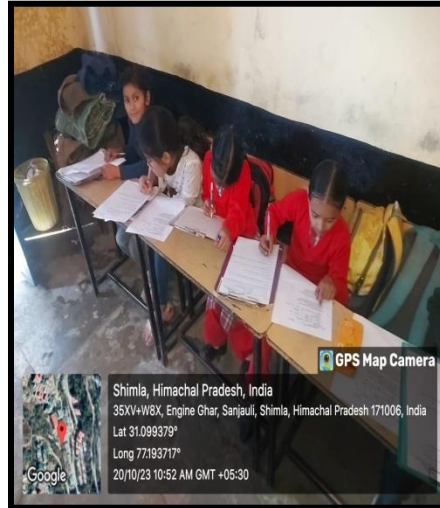
Outcome:

Personality development plays an important role in helping students to build a strong and positive foundation for the future. The students were guided to develop good study habits and strengthening their inter-personal skills. They were also made aware about the importance of health and hygiene. As quality education is an important part of any student's life, these classes played a vital role in the overall development of the school children.



*Department of Physical Education,
St. Bede's College, Shimla (H.P)*

Glimpses:





*Department of Physical Education,
St. Bede's College, Shimla (H.P)*

Research and Statistics Classes for PG Students

Objective:

- To develop research aptitude among students.
- To enable students to take up and implement a research project/study.
- To facilitate learners' prosperity in higher education.

Description: The Research Development Cell in collaboration with Post Graduate Courses (Science, English & Commerce) of St. Bede's College, Shimla, organised research and statistical classes for PG students for two weeks. These classes were taught by Dr. Ashwani Kumar (Assistant Professor), Department of Physical Education. The basic concepts in research methodology and statistics were introduced to the students.


Outcome: The students learnt how to collect, edit and analyse the research projects. This activity aimed to develop research aptitude in students that could help them to pursue higher education.





Department of Physical Education,
St. Bede's College, Shimla (H.P)




RESEARCH & STATISTICS CLASSES (FOR PG STUDENTS): 2023-2024

Sr. No.	Date	Department of Botany		Department of Commerce	
		Name	Class	Name	Class
1	4 th Nov 2023	Akanksha Sharma	M.Sc III rd Sem	Himani	M.Com III rd Sem.
2				Divya	M.Com III rd Sem
3	4 th Nov 2023	Deeksha Awasthi	M.Sc III rd Sem (Bot)	Ambika	M.Com III rd Sem
4	4 th Nov 2023	Deepsha Thakur	M.Sc III rd Sem (Bot)	Hirpankhi	M.Com III rd Sem
5	4 th Nov 2023	Rishika Kumari	M.Sc III rd Sem (Bot)	Ishika Kushikth	M.Com III rd Sem
6	4 th Nov 2023	Jayoti Chauhan	M.Sc III rd Sem (Bolo)	Anchal Thakur	M.Com III rd Sem
7	4 th Nov 2023	Purnima	M.Sc III rd Sem (Botany)	Vidhi Thakur	M.Com III rd Sem
8	4 th Nov 2023	Priya	M.Sc III rd Sem Botany	Rishika	M.Com III rd Sem
9	4 th Nov 2023	Priya	M.Sc III rd Sem Botany	Swati Shrivastava	M.Com III rd Sem
10	4 th Nov 2023	Sakshi Sharma	M.Sc III rd Sem Botany	Bhawana Thakur	M.Com III rd Sem
11	4 th Nov 2023	Shikha Sharma	M.Sc III rd Sem Botany	Carapini Sharma	M.Com III rd Sem
12	4 th Nov 2023	Ishika Thakur	M.Sc III rd Sem Botany	Ankita Thakur	M.Com III rd Sem
13	4 th Nov 2023	Sakshi Bhardwaj	M.Sc I st Sem Botany		
14	4 th Nov 2023	Priyanshu Chandel	M.Sc I st Sem (Bot)		
15	4 th Nov 2023	Vandita Bhadwaj	M.Sc I st Sem (Bot)		
16	4 th Nov 2023	Himani Thakur	M.Sc I st Sem (Botany)		
17	4 th Nov 2023	Shreya	M.Sc I st Sem (Botany)		
18	4 th Nov 2023	Swarnam Thakur	M.Sc I st Sem (Botany)		
19	4 th Nov 2023	Vandita Sharma	M.Sc I st Sem (Botany)		
20	4 th Nov 2023	Swati Puri	M.Sc I st Sem (Botany)		
21	4 th Nov 2023	Rishika Bhatia	M.Sc I st Sem (Botany)		
22	4 th Nov 2023	Vibhuti	M.Sc I st Sem (Botany)		
23	4 th Nov 2023	Isha	M.Sc I st Sem (Botany)		
24	4 th Nov 2023	Radhika	M.Sc I st Sem (Botany)		
25	4 th Nov 2023	Samjana Thakur	M.Sc I st Sem (Botany)		
26	4 th Nov 2023	Shikha	M.Sc I st Sem (Botany)		

Total: 38
04/Nov/23



*Department of Physical Education,
St. Bede's College, Shimla (H.P)*



**National Webinar cum Lecture Series-I under the aegis of 'VIKSIT BHARAT@2047'
February, 28, 2024**

Objective: The main objective of the webinar was to explore the importance of exercises and its health benefits in our life.

Description: The Department of Physical Education, organized a National Webinar cum Lecture Series-I, under the aegis of 'VIKSIT BHARAT@2047' on "Health and Injuries in Sports" on February, 28, 2024. On the occasion of this event a session was conducted by eminent speaker Dr. L. Santosh from Manipur University, Manipur. Dr. Dibakar Debnath from Ramkrishan Institute of Research and Training, Coimbatore, Tamilnadu was the moderator of the webinar. The speaker provided information about the importance of exercise and health benefits to the society. Dr. Ashwani Kumar was the convener of this workshop. Principal Prof. (Sr.) Molly Abraham highlighted the importance of harmony between body, mind and soul which could be attained by regular practice of yogic and physical activities. Speaker, moderator, college Principal, workshop convener and participants from different parts of India were present in the webinar.

Outcome: The practice of regular exercise is known to bring about a perfect harmony between mind and body and this unity plays a great role in overall stability.

Glimpses:

 **St. Bede's College, Shimla, (H.P)-171002** 

(UGC-NAAC "A+" Grade Re-Accredited)
College with Potential for Excellence
www.stbedescollege.in, E-mail: stbedescollege@gmail.com

*Department of Physical Education
Organises...*

**A NATIONAL WEBINAR CUM LECTURE SERIES-I
UNDER THE AEGIS OF VIKSIT BHARAT@2047
ON
"HEALTH AND INJURIES IN SPORTS"
(February 28, 2024)**

National Webinar cum Lecture Series-I
Held on: February 28, 2:50pm - 4:30pm
Time zone: Asia/Kolkata
Google Meet joining info
Video call link: <https://meet.google.com/ty-kdnc-ern>

*Organised By:
Department of Physical Education,
St. Bede's College, Shimla (H.P)-INDIA*



*Department of Physical Education,
St. Bede's College, Shimla (H.P)*

Eminent Speaker


Dr. Latakrum Santosh Singh
Associate Professor
Department of Physical Education and Sports Science,
Manipal University, Manipal-INDIA

Moderator


Dr. Dibakar Debnath
Assistant Professor,
Rambhadracharya Mission Vivekananda Educational and Research Institute,
Faculty of General and Adapted Physical Education and Yoga, Coimbatore, (T.N)-INDIA

Organiser


Prof. (Sr.) Molly Abraham
Principal,
St. Bede's College, Shimla (H.P.)-INDIA

Convener


Dr. Ashwani Kumar
Department of Physical Education,
St. Bede's College, Shimla (H.P.)-INDIA





The image shows two screenshots of a Zoom meeting. The left screenshot displays a slide titled "Types of Injuries....." with two columns: (A) Acute Injuries and (B) Overuse Injuries. The right screenshot displays a slide titled "Prevention Strategies....." with a list of five strategies.

(A) Acute Injuries:	(B) Overuse Injuries:
1. Sprains	1. Tendonitis
2. Strains	2. Stress Fractures
3. Fractures	3. Bursitis
4. Dislocations	4. Runner's Knee
5. Concussions	5. Tennis Elbow/ Golfer's Elbow
6. Lacerations and Contusions	

Prevention Strategies.....

- Proper Training and Conditioning
- Technique Correction
- Pre-Activity Warm-up and Stretching
- Equipment and Safety Gear
- Environmental Considerations
- Education and Awareness

Dr. L. Santosh is presenting

Participants in the meeting include: Dr. L. Santosh, Dibakar, You, DrAsh..., and 23 others (left); Dr. L. Santosh, Dibakar, and 28 others (right).