

NEWSLETTER

BEDE'S SPORTS PULSE



INDEX

1. Articles	3-8
2. Departmental Activities	9-24
3. NSO Activities	25-33
4. Health Activities	34-42
5. Glimpses	43-47

ARTICLES**A BRIEF INTRODUCTION TO PHYSIOLOGY****Sneha***

*B.A 1st Year (Physical Education), St. Bede's College Shimla, (H.P).

Physiology is the study of normal function within living creatures. It is a sub-section of biology, covering a range of topics that include organs, anatomy, and biological compounds, among others.

Fast facts on physiology

- Physiology can be considered a study of the functions and processes that create life.
- The study of physiology can be traced back to at least 420 BC.
- The study of physiology is split into many disciplines covering topics as different as exercise, evolution, and defense.

What is physiology?

The study of physiology is, in a sense, the study of life. It asks questions about the internal workings of organisms and how they interact with the world around them.

Physiology tests how organs and systems within the body work, how they communicate, and how they combine their efforts to make conditions favorable for survival.

Human physiology, specifically, is often separated into subcategories; these topics cover a vast amount of information.

Researchers in the field can focus on anything from microscopic organelles in cell physiology up to more wide-ranging topics, such as ecophysiology, which looks at whole organisms and how they adapt to environments. The most relevant arm of physiological research to Medical News Today is applied human physiology; this field investigates biological systems at the level of the cell, organ, system, anatomy, organism, and everywhere in between.

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OLYMPIC MOVEMENT**Archi***

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CITIUS ALTIUS FORTIUS

The Olympic Movement is the concerted, organised, universal and permanent action, carried out under the supreme authority of the IOC, of all individuals and entities who are inspired by the values of Olympics.

It covers the five continents. It reaches its peak with the bringing together of the world's athletes at the great sports festival, the Olympic Games. Its symbol is five interlaced rings. The goal of the Olympic Movement is to contribute to building a peaceful and better world by educating youth through sport practiced in accordance with Olympics and its values. Belonging to the Olympic Movement requires compliance with the Olympic Charter and recognition by the IOC.

The three main constituents of the Olympic Movement are the International Olympic Committee ("IOC"), the International Sports Federations ("IFs") and the National Olympic Committees ("NOCs"). In addition to its three main constituents, the Olympic Movement also encompasses the Organising Committees of the Olympic Games ("OCOGs"), the national associations, clubs and persons belonging to the IFs and NOCs, particularly the athletes, whose interests constitute a fundamental element of the Olympic Movement's action, as well as the judges, referees, coaches and the other sports officials and technicians. It also includes other organizations and institutions as recognized by the IOC.

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WILLIAM SHELDON'S BODY TYPE THEORY**Nikita Thakur***

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William Sheldon was an American psychologist and physician, born on November 19, 1898, in Rhode Island, the USA. His father, William Herbert Sheldon, was a naturalist and animal breeder, and his godfather, William James, was a renowned psychologist and

philosopher. Sheldon received his Ph.D. from the University of Chicago in 1926. After teaching psychology at various universities, he joined the University of Oregon and later became a distinguished professor of medicine and director of the constitutional laboratory.

Why Study Body Type Theory?

Sheldon was interested in understanding criminal behaviour. He later used his somatotypes to explain delinquent behaviour. According to his findings, Mesomorphy body type individuals were delinquents and more likely to commit violent and aggressive acts when compared to the other two body types. He, therefore, concluded that criminality has a biological basis. He claimed that body physiology is the main determinant of personal character and behaviour.

Body Type Theory Criticism:

The constitutional psychological theory of Sheldon was groundbreaking at its time and was used in serious attempts to characterize personality. However, many of his theories were later criticized and discredited by researchers because of small sample sizes, as well as confounding and inconsistent results. Many individuals assigned to the Mesomorphy (supposedly delinquent) type had not conducted any criminal activity but just had tendencies for criminal activity. His study only focused on men and it was not clear to what extent his conclusions can be applied to women. He also ignored other influential factors, such as the individual's environment, which can contribute to the body's physics and personal character.

To summarize, the main drawbacks of Sheldon's theory were that his samples were not representative and that he mistook correlation for causation. Although Sheldon's idea has been pushed back into the closet or kept unknown to today's criminologists, he contributed some new concepts and words to the criminological vocabulary.

Summary:

William Sheldon was an American psychologist and physician. Influenced by the pragmatism of philosopher William James and by his own experience as a naturalist, he created the field of somatotype and constitutional psychology that associates body types with personality and delinquency. He classified human beings into three groups based on their body type, or build; an ectomorph, an endomorph, or a mesomorph. Sheldon also studied the association between somatotypes and temperament type and suggested that each personality type is closely correlated with one of three human body types.

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METHODS OF TEACHING IN PHYSICAL EDUCATION



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The teaching method of physical education is not same with that of teaching other general subjects. Here the teacher does not always need a class room to teach. Apart from class room instruction a physical education teacher has to take classes in play ground, gymnasium, swimming pool, yoga hall, track and field for doing various indoor and outdoor activities. Therefore the teacher needs to apply different methods while teaching such activities. No single method is adequately suited to teaching all activities. Besides, the selection of methods for teaching physical education is also influenced by a number of factors. Some are stated below –

Factors affecting selection of teaching physical education:

- Level of students
- Category of institution
- Availability of facilities
- Availability of time
- Provision of space
- Content to be taught
- Efficiency of the teacher

Thus in order to make teaching effective the teacher needs to consider those factors and make judicious selection The methods of education can broadly be divided into two parts –

A. Methods in teaching the cognitive phase of physical education - It includes the following methods:-

- Lecture method
- Discussion method
- Demonstration method
- Project method
- Whole method

B. Methods in teaching the psycho motor phase of physical education - It includes the following methods:-

- Inductive method
- Deductive method

Some of the above mentioned important methods are briefly discussed below-

- i. **Lecture Method:** Lecture method is one of the oldest and common methods of teaching physical education. It lays emphasize on verbal presentation of teaching contents by the teacher to a large group of students. Here the teacher is more active and the students remain passive listeners. It has limited use in teaching physical education. Only while giving theoretical or historical background of various games and sports, physical exercises it is used by the teacher or health instructor. Lecture method is more effective in teaching physical education when it is combined with other methods.
- ii. **Discussion method:** It is mostly applicable for senior standard. In physical education it is used for collaborative exchange of ideas among teacher and older students. Analysis on rules of games and sports, tactics and techniques of performance of game strategies and officiating, time and space management for physical activities do require a good discussion. The exchange of ideas and experience trains the students to stimulate reflective thinking, examine and assimilate the minutest details of the activities they are required to learn and perform.
- iii. **Demonstration method:** This is the most preferable method of teaching physical education. It is an aspect of command method and has its roots in the theory of learning by Imitation. Demonstration implies the presentation of a pre arranged series of events to a group of students for their observation. The physical teacher practically demonstrates how to do exercises with right postures, kick a ball, run in the field, smash a shuttle etc. It enables the students to acquire knowledge in first hand form and to perform independent exercises and sports activities later on. This way the students acquire necessary theoretical and practical knowledge and skills together.
- iv. **Project method:** This is one of the modern methods of teaching where the students occupy the pivotal position in the teaching learning process. It is carried out in a natural setting and takes the four walls of class room. This method encourages investigative, realistic and experimental learning. The projects are planned and executed by the students groups under the guidance of In physical education the teacher may use this method by keeping it open ended where students are allowed to create something new. For example create a new game for the class, designing and using a running course around the campus, create a plan for the healthy life style etc.
- v. **Whole method:** It is the use of analytical and synthetic methods. It is used by the teacher if the exercises that are being adopted cannot be simplified without disturbing the coordination essence. Firstly the skill is demonstrated and then practiced as a whole from the staring to the end. It helps the students to get a feel for the skill, timing and action. It is best suited for fast skills like javelin throw, high jump where the skill cannot be separated into sub parts.
- vi. **Inductive:** Inductive method makes use of student 'noticing'. According to this method parts of the skills are practiced in isolation before being linked together and

- expanded. It keeps motivation and focus on specific elements of the skill For instance in the triple jump, the hop is practiced and learned individually before the skip. Finally the jump will be learnt individually and then tagged on the end of the skip.
- vii. **Deductive method:** In deductive method rule is first accepted and then applied to a number of specific physical activities. The student does not discover the rule but develops skills in applying the same. In physical education the teaching method can either be inductive or deductive or some combination of the two.

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DEPARTMENTAL 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).

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.

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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

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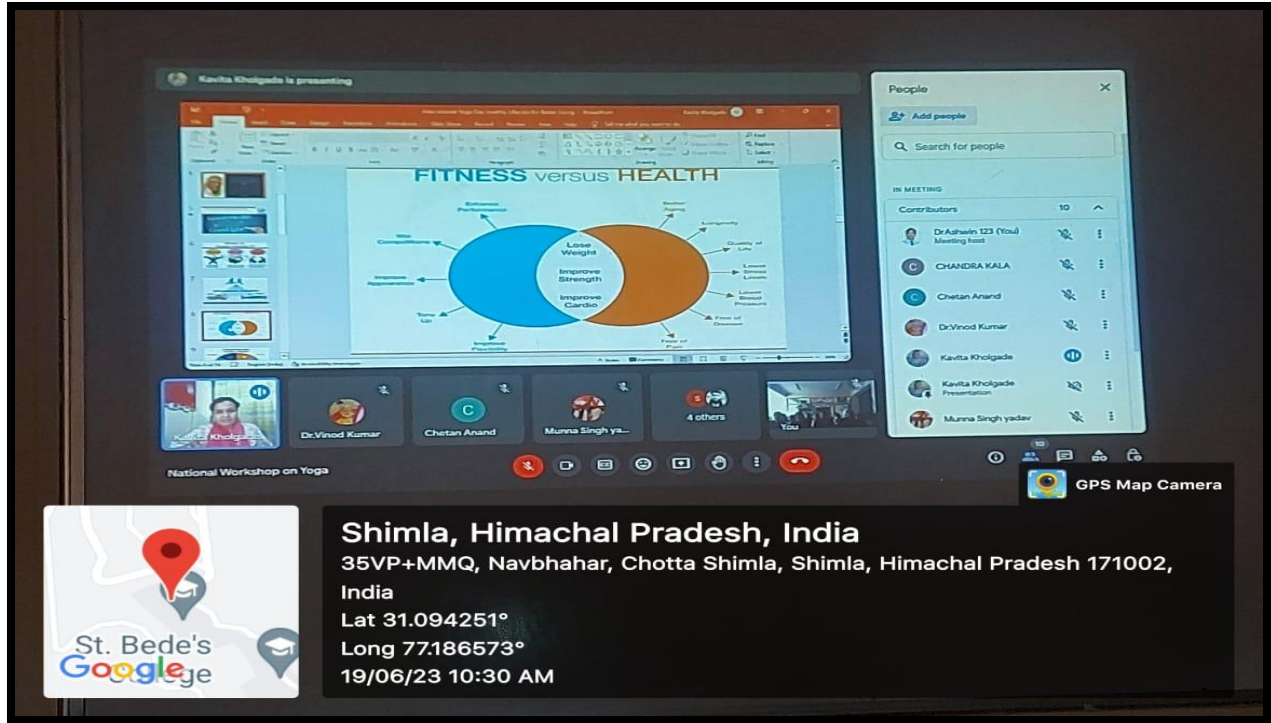
Eminent Speakers and Chief Guests:

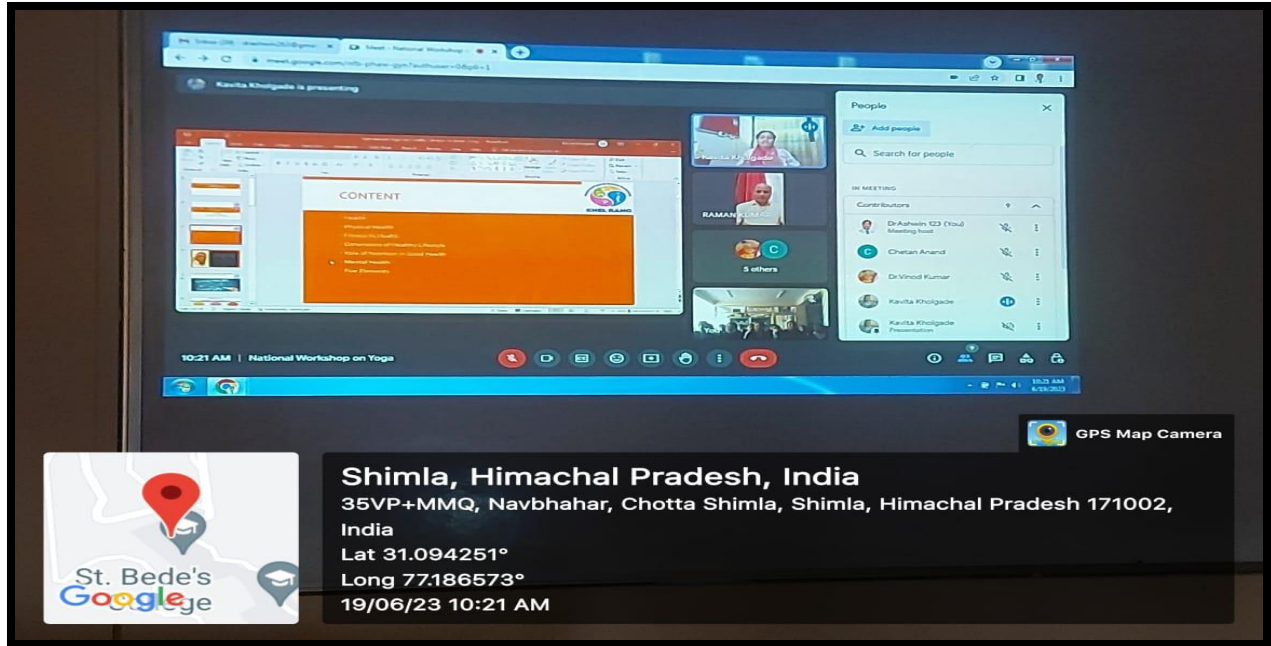
 Dr. Kavita Kholgade ^{19/06/23} Director of Physical Education, SMRE, BIC-AE, Women College, Nashik, (M.S.)-INDIA.	 Dr. Chander Shekhar ^{28/06/23} Department of Physical Education, Swami Premnand College, Mukerian, Hoshiyarpur (P.B.)-INDIA.	 Yogacharya Raman Kumar ^{23/06/2006/21} Organising Secretary Asha Yoga Federation, Director Himalayan Yoga, H.P. Yoga, Association, Dalgaah, (H.P.)-INDIA.
 Dr. Laxmi Narayan Joshi ^{19/06/23} Head and Dean Student Welfare, Uttarakhand Sanskrit University, Haridwar, (U.K.)-INDIA.	 Dr. Piyush Jain ^{Chief Guest 01/06/23} National Secretary, Physical Education Foundation of India, New Delhi.-INDIA.	 Dr. Vinod Kumar ^{Member} Department of Physical Education, Govt. P.O. college, Jukhala, Bilaspur, (H.P.)-INDIA.

Organiser's:

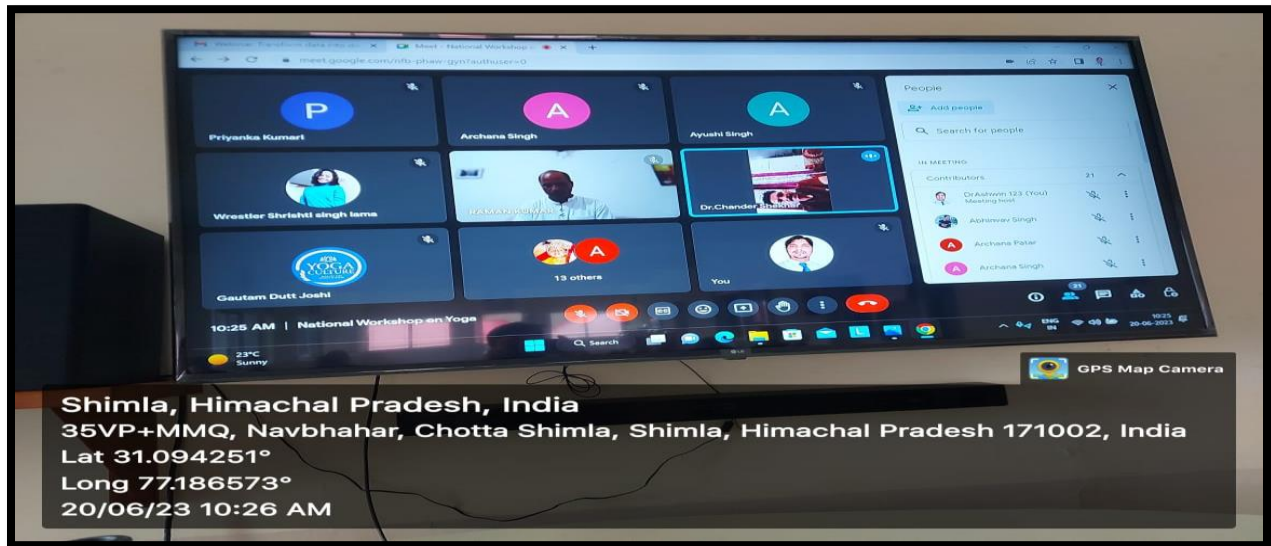
 Patron Prof. (Sr.) Molly Abraham Principal, St. Bede's College, Shimla (H.P.)	 Convener Dr. Ashwani Kumar Department of Physical Education, St. Bede's College, Shimla (H.P.)
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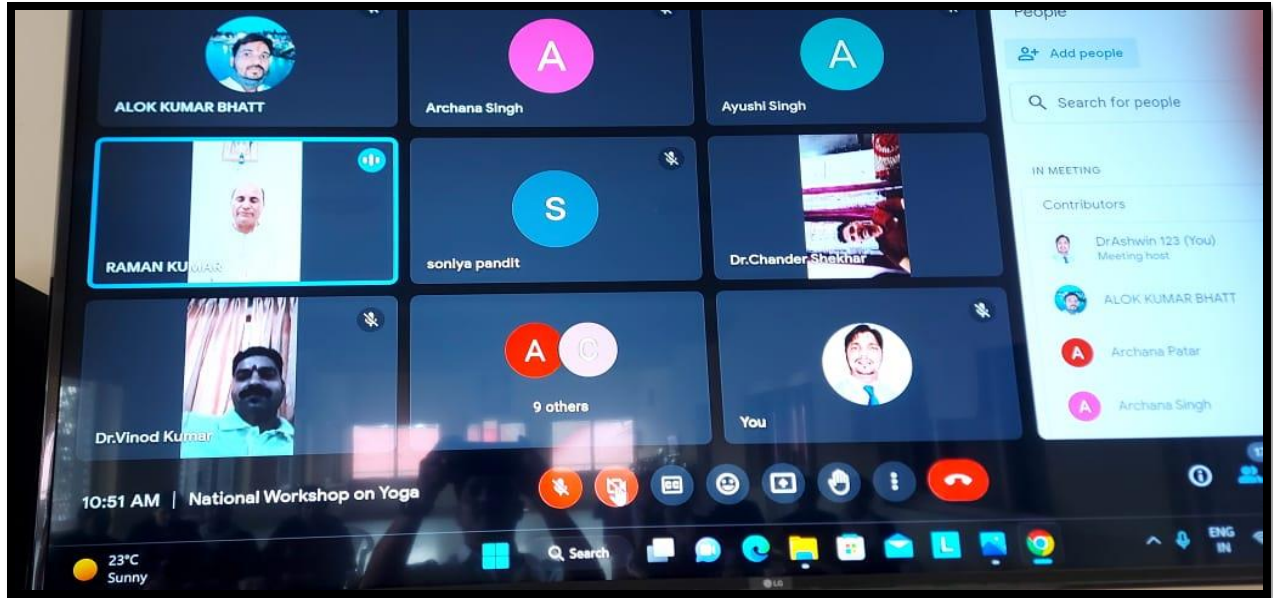
June 19, 2023





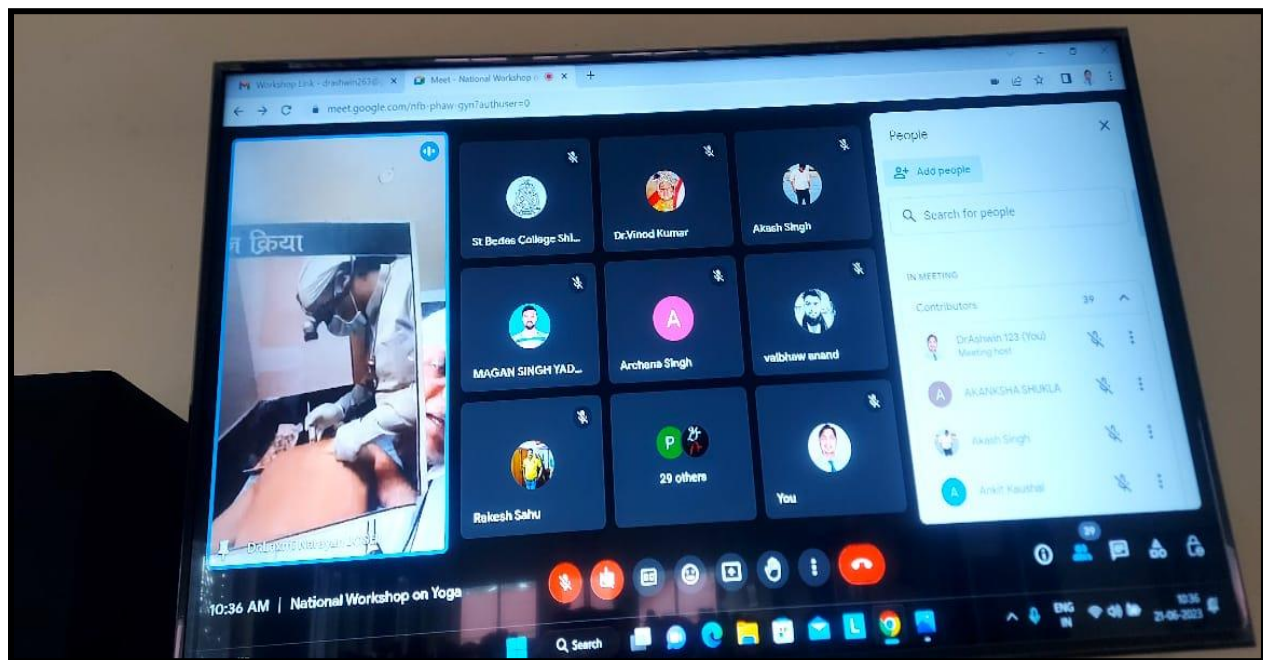
June 20, 2023:





June 21, 2023:







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 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:

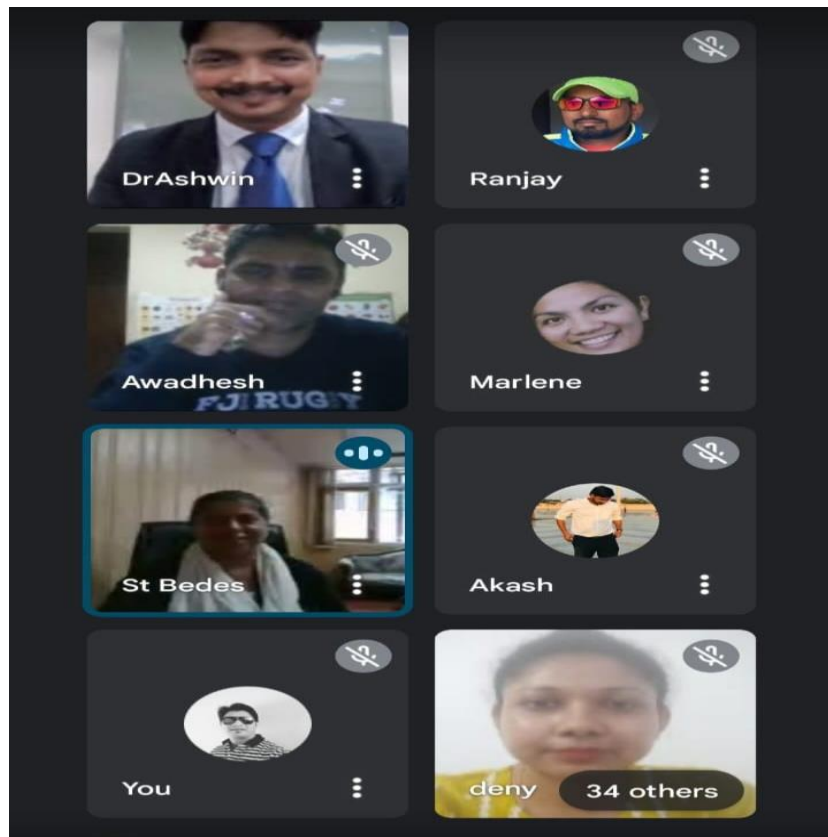
2. Dr. A. K. Shiotriya, Department of Physical Education, School of Education, National Fiji University, Fiji Islands.

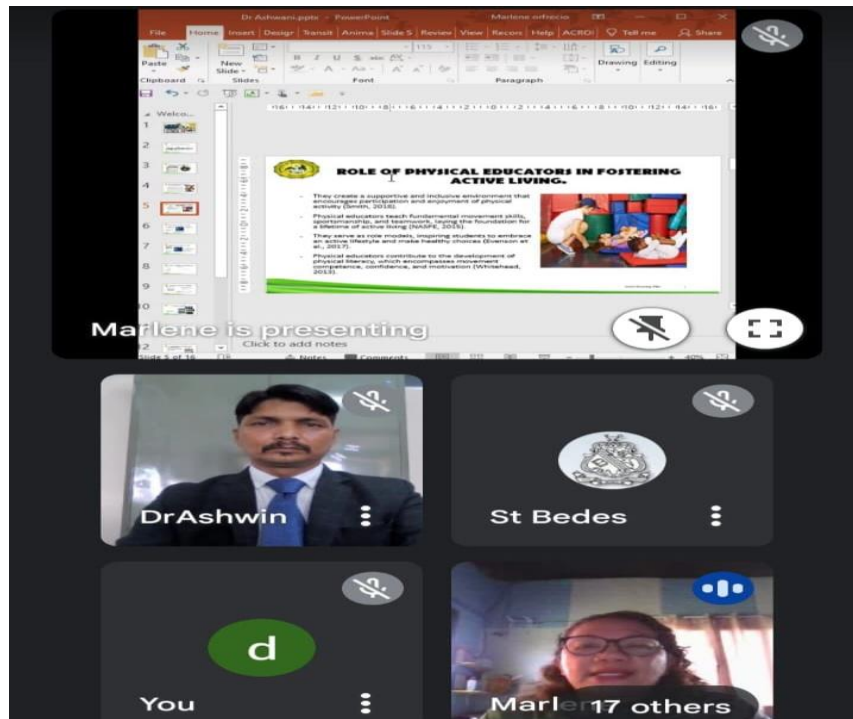
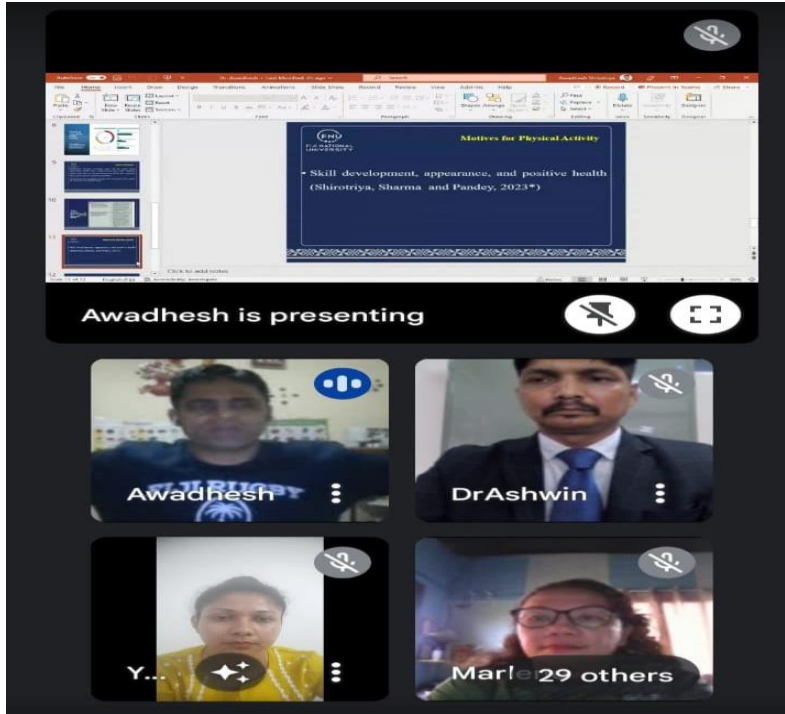
Topic: “Physical Activity: A Booster Dose for Healthy Life”

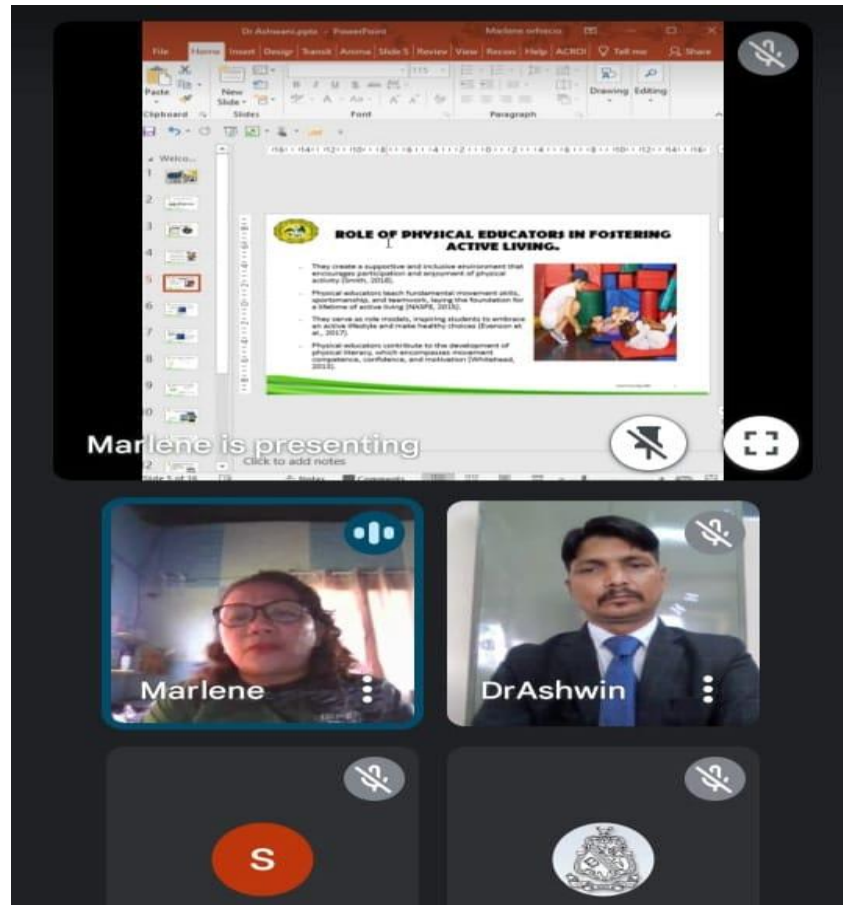
Workshop Moderator: Dr. Deny Borah, Department of Physical Education, Dhemaji-Assam.

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.*

Brochure







Health and Personality Development Classes for School Children

Day: Every Tuesday & Friday (Per Week)

Date: September 29, 2023 (onwards)

Objectives:

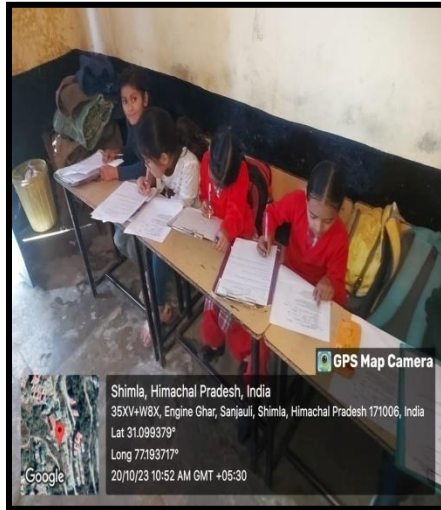
- To enhance the overall personality of the school children.
- To improve their confidence level.
- To augment their innate leadership qualities and to improve children's interpersonal communication skills

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.



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.







**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.



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**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
Wednesday: February 28, 2:50pm-4:30pm
Time zone: Asia/Kolkata
Google Meet joining info
Video call link: <https://meet.google.com/ty-bdus-cm>

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

Eminent Speaker



Dr. Lalitram Santosh Singh
Associate Professor
Department of Physical Education and Sports Sciences,
Maulana University, Meerut, INDIA.

Moderator



Dr. Dibakar Deb Nath
Assistant Professor,
Rameswaram Mission's Vivekananda Educational and Research Institute,
Faculty of General and Adapted Physical Education and Yoga, Coimbatore, (T.N)-INDIA.

Organiser



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



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



Types of Injuries.....

(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/
6. Lacerations and Contusions	Golfer's Elbow

Dr. L. Santosh is presenting

Dr. L. ...

Dibakar

You

DrAsh...

s | 23 others

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

Dr. L. ...

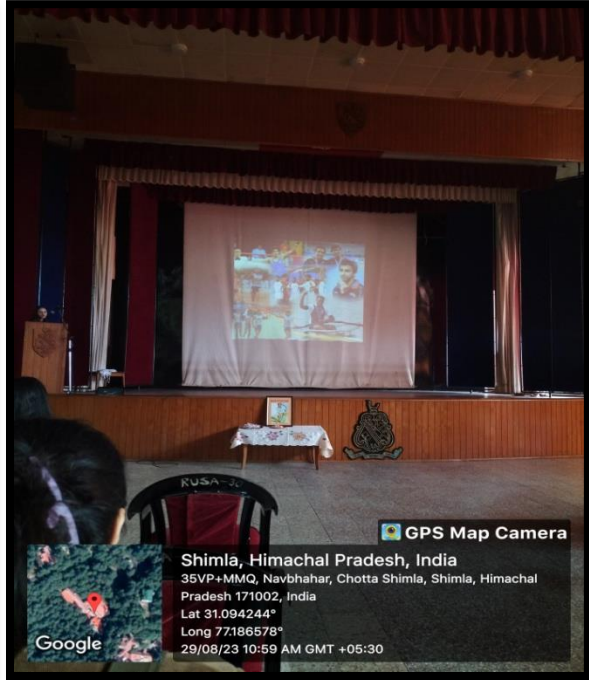
Dibakar

DrAsh...

DrAsh...

28 others

NSO: 2023-2024**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 Dhyani 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.



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.

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: ledescollege@gmail.com

NATIONAL WEBINAR
On.....
"PROMOTION OF INDIGENOUS SPORTS"
Date: October, 20, 2023, Time: 3.00 P.M onwards
Under the theme of "Y20 YuvaManthan Model G20"
Organised By:
NATIONAL SPORTS ORGANIZATION (NSO),
St. Bede's College, Shimla (H.P)-INDIA

वसुधैव कुटुम्बकम्
ONE EARTH • ONE FAMILY • ONE FUTURE

Brochure

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Eminent Speakers:

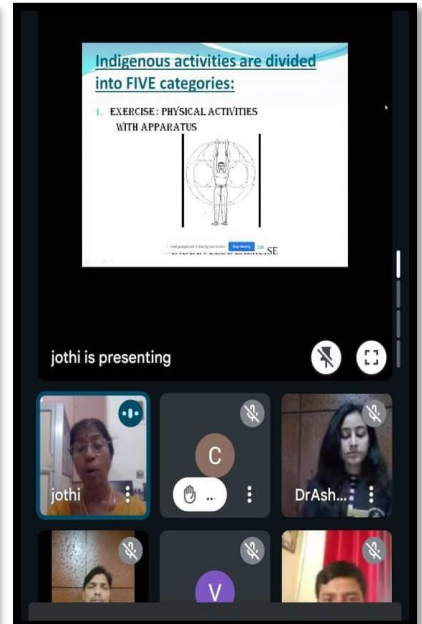
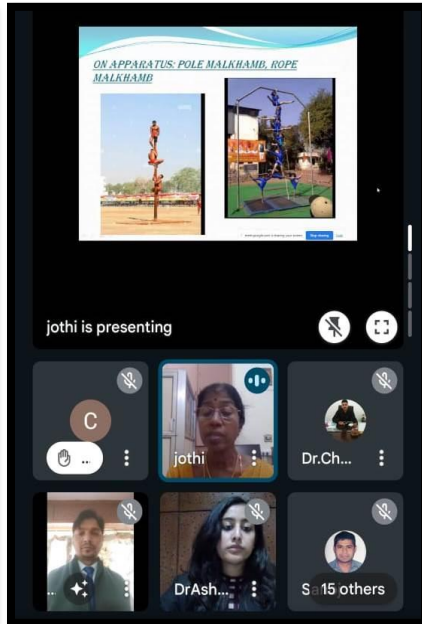
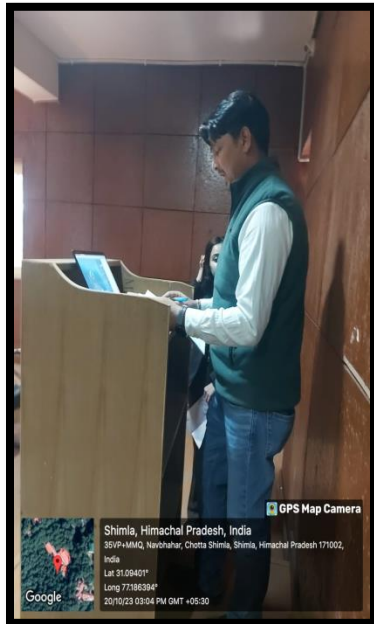
Dr. K. Jothi Dayanandan *Speaker
Associate Professor,
YMCA, College of Physical Education,
Nandanam, CHENNAI (T.N)-INDIA

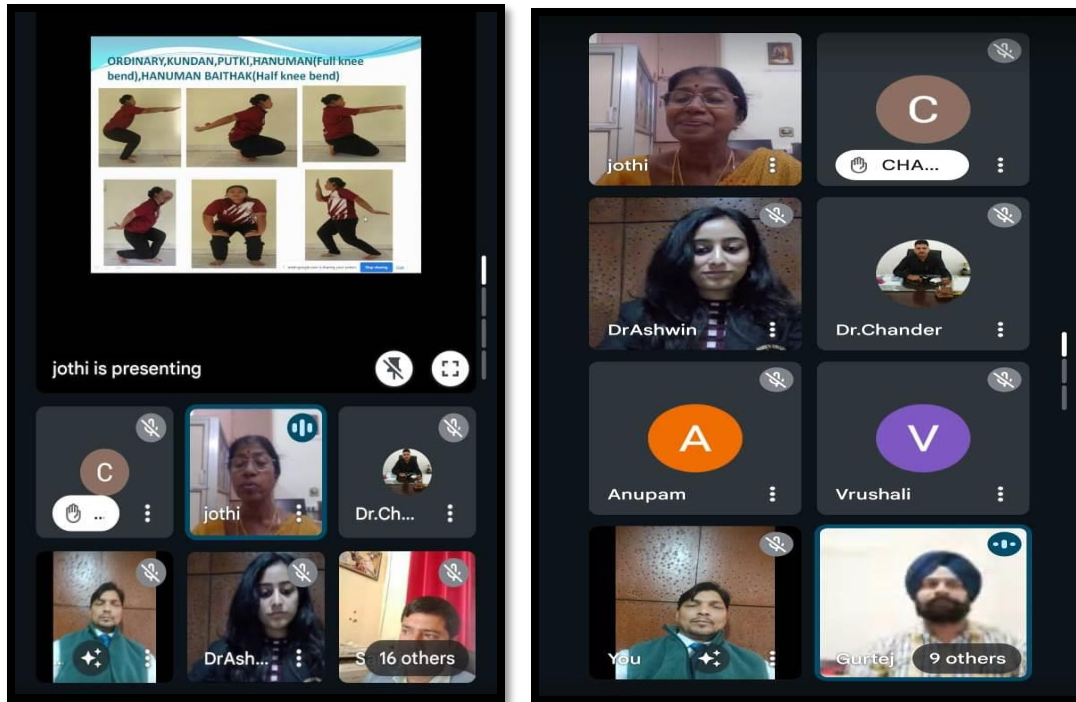
Dr. Gurtej Singh *Moderator
Head,
Department of Physical Education & Sports,
RIMT, University, Mandi, Gobindgarh, (P.B)-INDIA

Organisers:

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

Convener
Dr. Ashwani Kumar
National Sports Organization (NSO),
St. Bede's College, Shimla (H.P)





National Webinar on “Promotion of Indigenous Sports”

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.



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

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	IInd Year Team	IIIrd Year Team	Ist Year Team
Running	Parul Chauhan	Ritul	Khushi Mehta



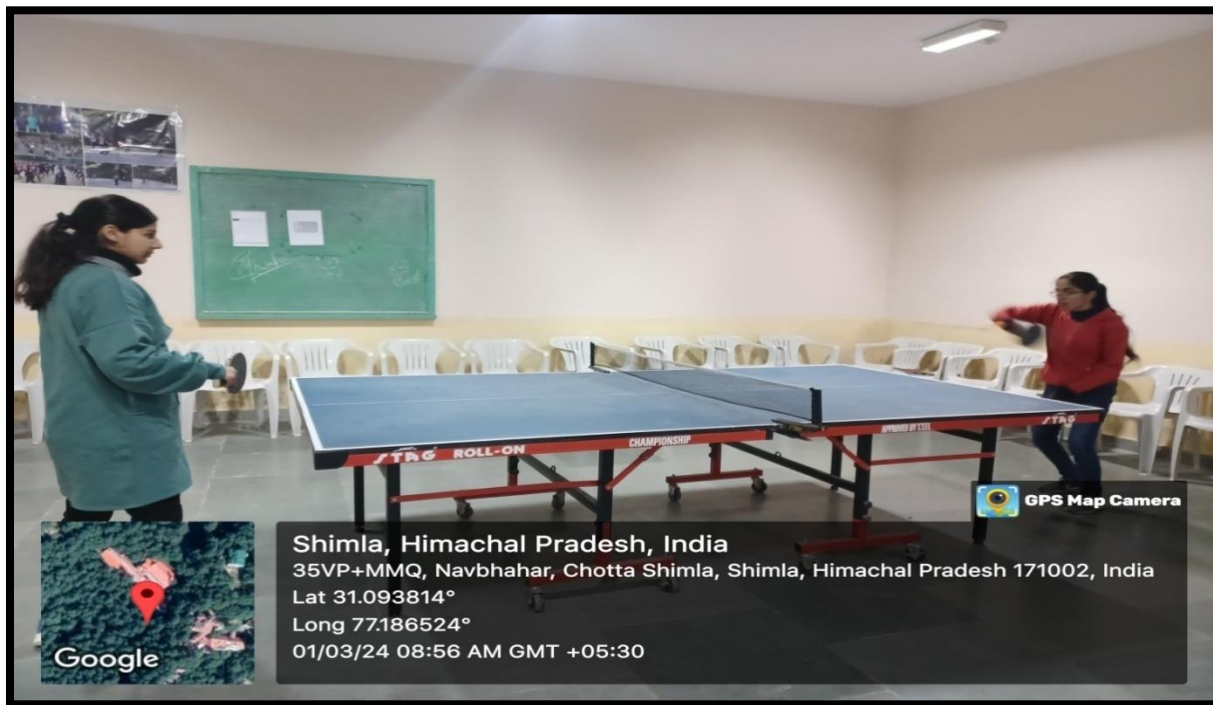
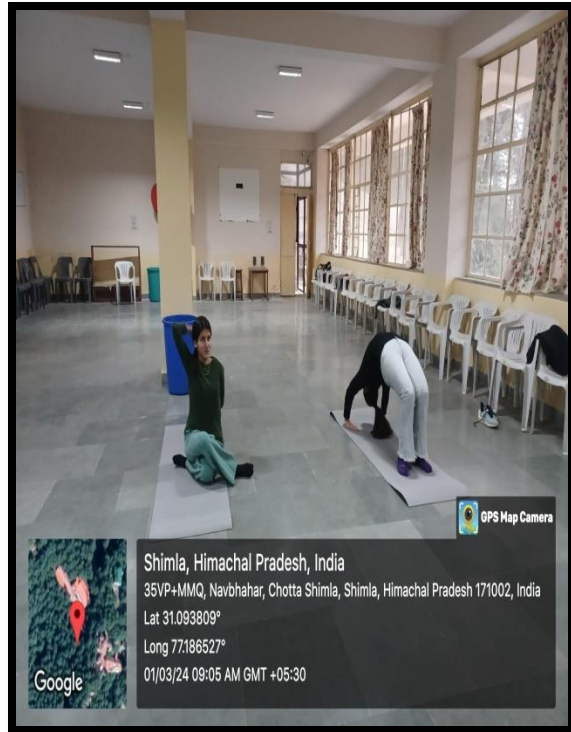
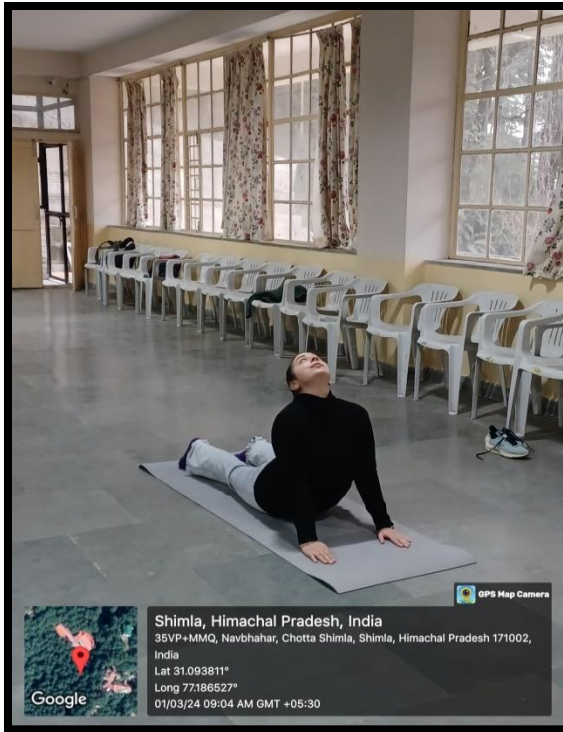
ST. BEDE'S COLLEGE SHIMLA
NAAC RE-ACCREDITED A+ GRADE

National Sports Organisation (NSO)
Organises....

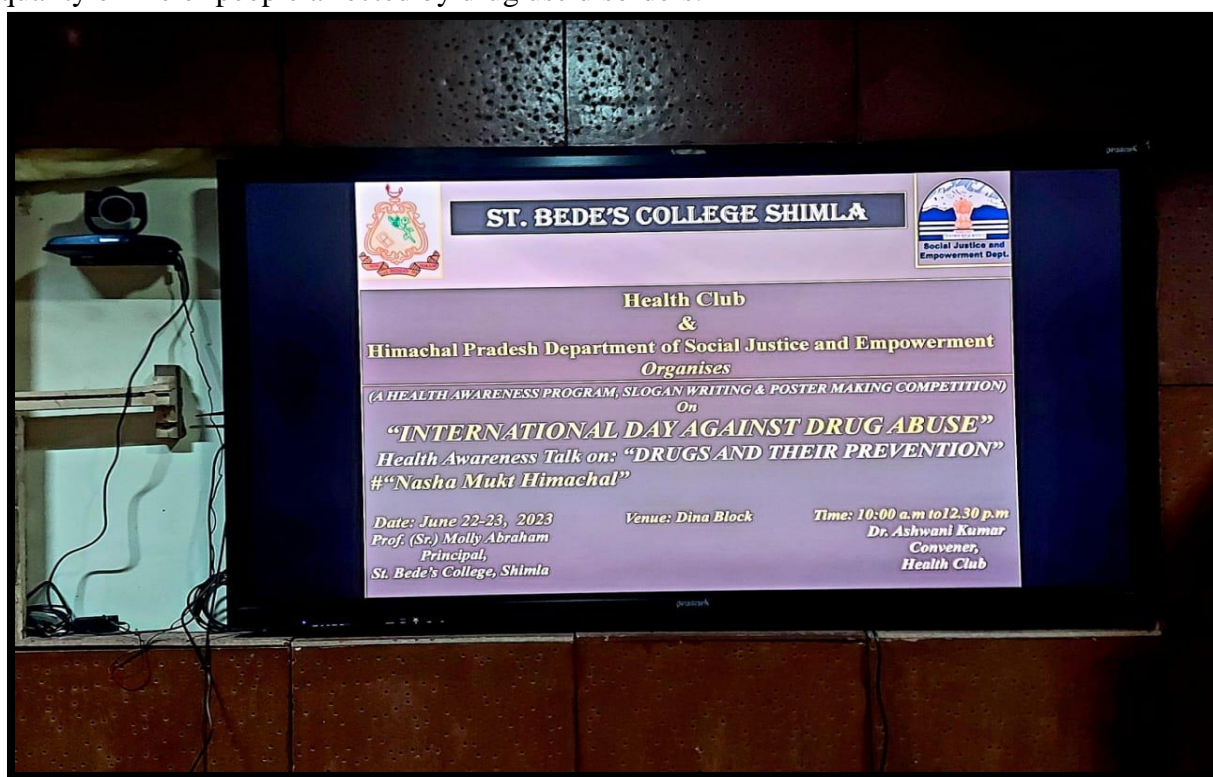
"INTRAMURAL COMPETITIONS"

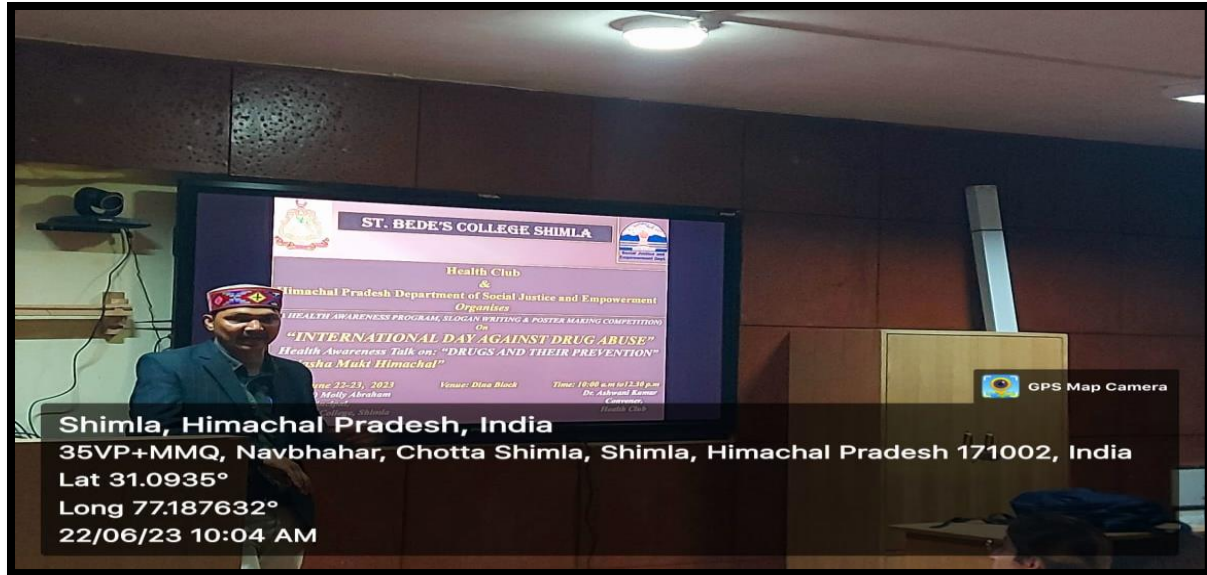
"Running, Table Tennis, Basketball & Yoga"
March 1st & 2nd, 2024 (Friday & Saturday), Time: 3.00 pm onwards

Brochure





HEALTH CLUB: 2023-2024**Activity Name: Health awareness Talk on 'DRUGS AND THEIR PREVENTIONS'****Date: June 22-23, 2023****Objective:** To spread awareness about adverse effects of drugs.**Description:** The Health Club of St. Bede's College conducted a health awareness talk on drugs and their preventions. Dr. Ashwani Kumar, (Convener of Health Club) conducted the session. The main objective of this talk was to spread awareness among students about drugs, doping and their preventions. The session was conducted under the banner of "International day against drug abuse and Nasha Mukht Himachal". 50 students participated in this session.**Outcome:** It educated the students about drug control system and its potential to improve the quality of life of people affected by drug use disorders.



Shimla, Himachal Pradesh, India
35VP+MMQ, Navbhar, Chotta Shimla, Shimla, Himachal Pradesh 171002, India
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Event Name: International Webinar on Health under the theme of “Y20 Yuvamanthan Model G20”

Date: September 9, 2023

Objective: To build self-awareness through youth leadership programs and creates a platform for young people to have a discussion on global issues.

Description: The Health Club of St. Bede’s College, Shimla, Organized an International Webinar on September 9, 2023, in collaboration with ministry of youth affairs and sports on “Complete well-being Physical Mental Health through Traditional Medicine and Yoga”, under the theme of “Y20 Yuvamanthan Model G20”. Professor Yvone Paul from South Africa and Professor Jerome Porto from Philippines were the international speakers for the webinar. The moderator of the webinar was Professor Rajkumar Malipatil from Karnataka. The first speaker gave a talk on the topic ‘Exercise is Medicine’. The talk was very informative and threw light on role of exercise as medicine. The second session was presented by Professor Jerome Porto on the topic of Smart fitness. He highlighted the importance of health and fitness and its importance in the present time. The College Principal Professor (Sr.) Molly Abraham also emphasized on the importance of health for everyone and motivated the organizers to conduct such health related webinars and activities to create awareness among students and public as well. More than 70 participants from India and abroad participated in the webinar.

Outcome: Increased Knowledge and Awareness: The ability to comprehend the interrelated elements of physical, mental, and emotional well-being will be improved in participants.




Activity Name: Health Check-up Camp for Govt. School Children.


Date: September 23, 2023


Objective: To make students aware about their health and the importance of routine check-ups.

Description: Health club of St. Bede's College organized a Health Check-up for School children. The check-up was done for the students of Govt. Primary School, Sanjauli, Shimla. There were three parameters for the check-up, viz. Weight, Height and Harward Step Test. Total 32 children were tested on the above parameters. More over the faculty members of the college got themselves checked on the parameters along with tests for Blood Pressure and Pulse rate. A proper record was maintained for the check-up and students were advice to take nutritious food supplements and to take care of their health by participating in various health activities.

Outcome: To improve health, attention should be paid to balanced diet along with daily health check-up.

Y2  2023 INDIA



Y2  2023 INDIA

“HEALTH CHECK-UP CAMP”

(FOR GOVT. SCHOOL, SANJAULI, SHIMLA)
23rd September 2023 (Saturday)

1. Weight
2. Height
3. Blood Pressure and,
4. Harvard Step Test

Org. by:
Health Club,
St. Bede’s College, Shimla, (H.P)






Activity Name: Workshop on Substance use (Drug) Prevention

Date: December 6, 2023

Description: On December 6, 2023 the Health Club, St. Bede's College in collaboration with the NCC Unit organized a workshop on Substance Use (Drug) Prevention. The session was conducted by the Non-profit organization- Vyaktitva Foundation under the initiative "Udaan". The resource persons for the day were Major Vikas Kadsholi, Mr. Kulpreet Singh Saini and Ms. Arunima Sharma. It was an interactive session which emphasized on the importance of fostering a supportive environment to prevent and combat drug abuse. The students actively participated in the discussions, raising questions and engaging in conversations about the role of education, community, and mental health support to combat the issue of issue drugs. The event not only provided valuable information but also encouraged an open dialogue among students, faculty, and staff.

Outcome: Students were awakened about physical and mental health and emphasis was laid on not consuming drugs.

 **SUBSTANCE USE
(DRUG) PREVENTION
SESSION** 

NCC Unit, St. Bede's College under
7 HP (I) Coy NCC Shimla in
collaboration with the Health Club is
Organising a Session on
Substance Use (Drug) Prevention

DATE : December 6, 2023
TIME : 11.30 onwards
VENUE : Auditorium

Resource Persons:
Ms. Arunima Sharma
Major Vikas Kadsholi
Mr. Kulpreet Singh





Activity Name: “One Day Workshop on “Sawasthya ka Mahatav” under the theme of “Bhartiya Bhasha Diwas”

Date: December 11, 2023

Objective: To know and understand the value of our culture.

Description: The Health Club of St. Bede’s College organized a one day workshop on “Sawasthya Ka Mahatav” under the theme of “Bhartiya Bhasha Diwas” on December 11, 2023. The charts were put on display by the students of Health Club depicting the value of health education. Some health related activities (Weight and Height Measurement, Sit-ups, Skipping Exercise, Vital Capacity Measurement) were also conducted to make the students aware about their health. The activity emphasized on the importance of health and made students conscious about their health.

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



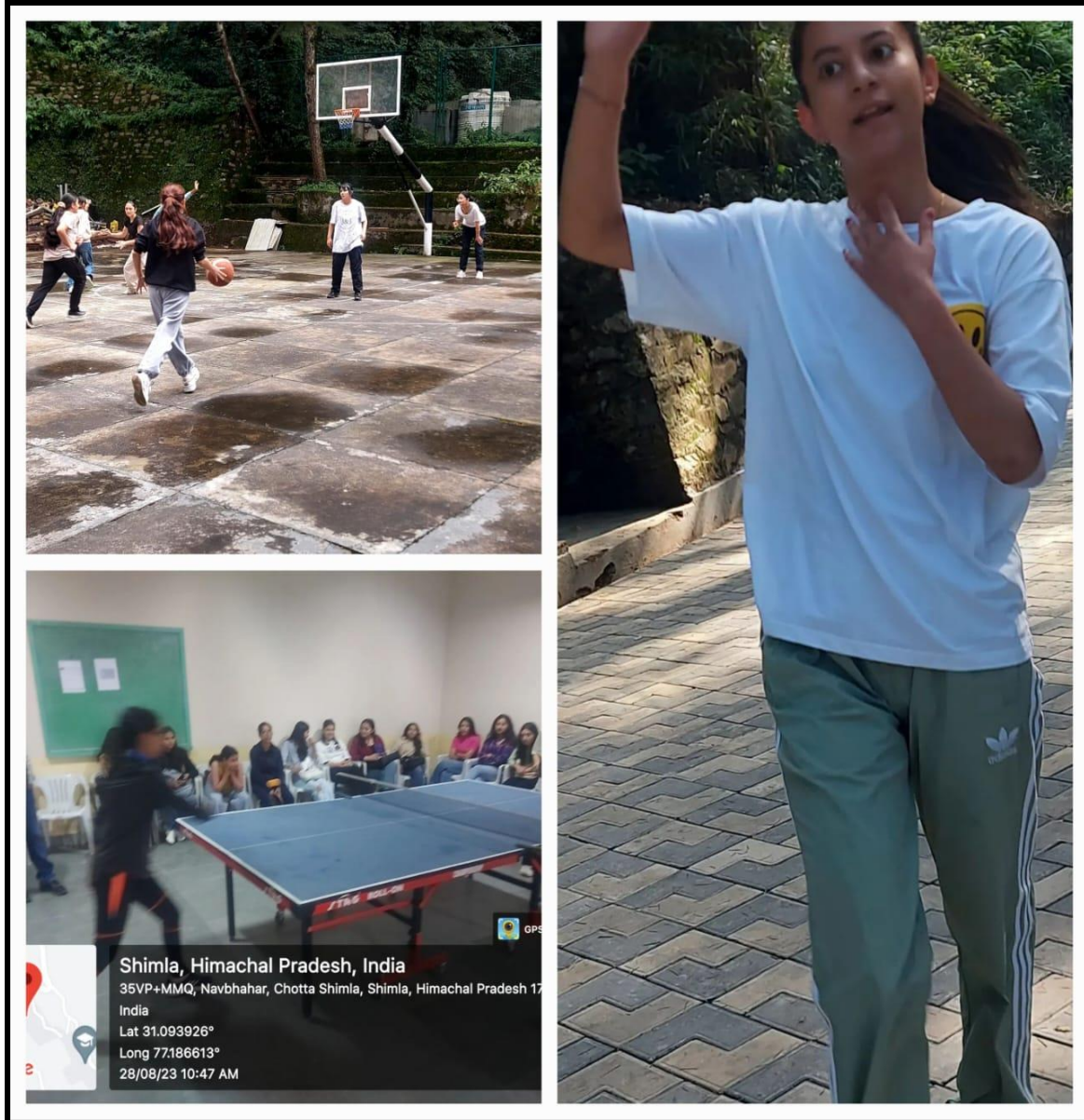
GLIMPSES: 2023-2024



CDD Sports Scholarship, 2023-2024



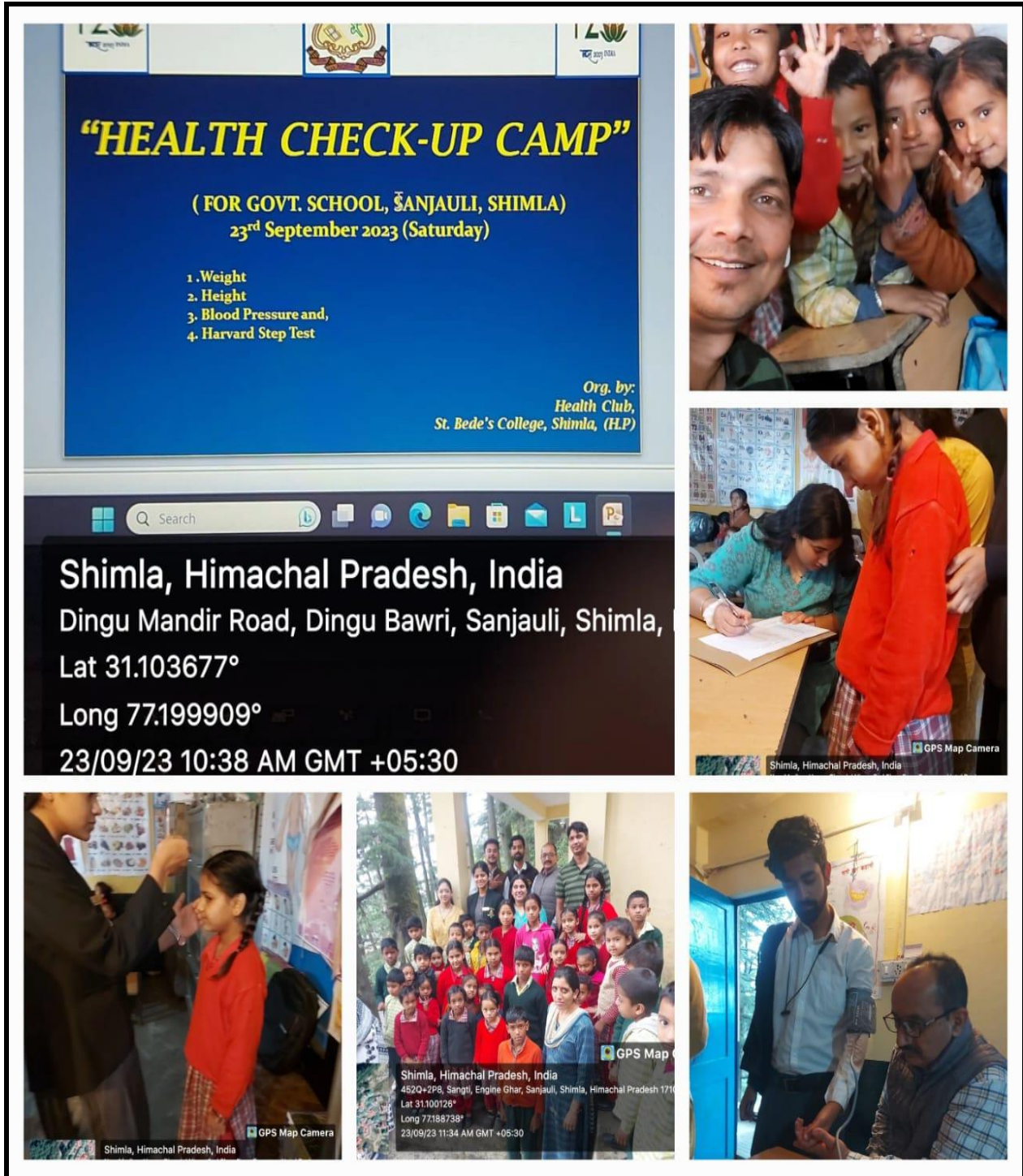
Nitika Thakur won 'Bronze Medal' in HPU Intercollege Judo (W) Championship



Sports Activities under NSO



College Basketball Team





Departmental Extension Activities



Departmental Activities

Patron: Prof. (Sr.) Molly Abraham, (Principal)
Editor: Miss Pillavi Chauhan

Convener (Dr. Ashwani Kumar)
Co-Editor: Miss Nikita Thakur