



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

SESSION: 2025-2026

Sr. No.	SCHEDULE OF THE PROGRAMME	Date & Year
1.	International Yoga Day Celebration (Three days Yoga & Meditation Camp) will be organise in collaboration with Health Club, NCC & NSS Units	June 19 to 21, 2025
2.	Paper & Poster Presentation (Inter-departmental) Program will be organise for final year students	September 27, 2025
3.	Health awareness session through yoga in collaboration with NSO, NCC & Zoology Department	October 16, 2025
4.	Community outreach program will be organise for adopted Schools in collaboration with NCC Unit	December 5, 2025
5.	International Seminar (Online) on 'MENTAL HEALTH' will be organise in collaboration with College Health Club JMC College, New Delhi	December 12, 2025
6.	THREE DAYS INTERNATIONAL WORKSHOP Research Methodology (Online) will be organise under the aegis of IQAC in Collaboration with our partners: World Society for Peace Sports, South Korea & Physical Education Foundation of India	April 16 to 20, 2026

Sr. Rosily Jm
Principal

Officiating Principal
St. Bede's College
Shimla - 171 002

[Signature]
Department of Physical Education

St. Bede's College
Physical Education
Department



NSO.
St. Bede's College, Shimla (A. P)

National Sports Organization (NSO) Activities: 2025-2026

Sr. No.	SCHEDULE OF THE PROGRAMME/AVTIVITY
1.	"INTERNATIONAL WORKSHOP ON OLYMPIC DAY" June 23, 2025.
2.	"NATIONAL SPORTS DAY CELEBRATION (Sports Fest)" August 29 to September 06, 2025
3.	Chalk Warriors vs Back Bench Rebels (Teachers vs Students Competition), September 17-18, 2025
4.	Health awareness session through yoga in collaboration with NSO, NCC & Zoology Department, October 16, 2025
5.	Intercollege Basketball Tournament RKMV V/S Bede's, College , November 21, 2025.
6.	International Meditation Day in collaboration with Health Club, December 20, 2025
7.	THREE DAYS INTERNATIONAL WORKSHOP Research Methodology (Online) will be organise under the aegis of IQAC in Collaboration with our partners: World Society for Peace Sports, South Korea & Physical Education Foundation of India, April 16 to 20, 2026

Dr. Rosily Tom
Principal

Officiating Principal
St. Bede's College
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[Signature]
National Sports Organization (NSO)

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