



CELEBRATION OF INTERNATIONAL YOGA DAY

Date: June 19-21, 2025

Objectives

- To commemorate International Yoga Day and promote awareness about the significance of yoga in daily life.
- To encourage students to adopt a healthy lifestyle through regular practice of yoga and meditation.
- To impart practical knowledge of various yogic practices, including asana, pranayama, and meditation techniques.
- To instil discipline, mindfulness, and a sense of inner harmony among participants.
- To promote the theme “*Yoga for One Earth, One Health*” by emphasizing the connection between individual well-being and environmental sustainability.
- To foster collaboration and active participation among students through joint efforts of the Health Club and NCC Unit.

Description:

The Department of Physical Education organized a three-day Yoga and Meditation Camp to commemorate International Yoga Day based on the theme: *Yoga for One Earth, One Health* under the aegis of the Ministry of AYUSH, in collaboration with the Health Club and NCC Unit of the college, from June 19 to 21, 2025. Mr. Sanjay and Mr. Gagan Singh, Research Scholars from the Department of Yoga Studies, HPU, Shimla (H.P.), served as resource persons for the three-day sessions. More than 150 students actively participated in the sessions over the three days.

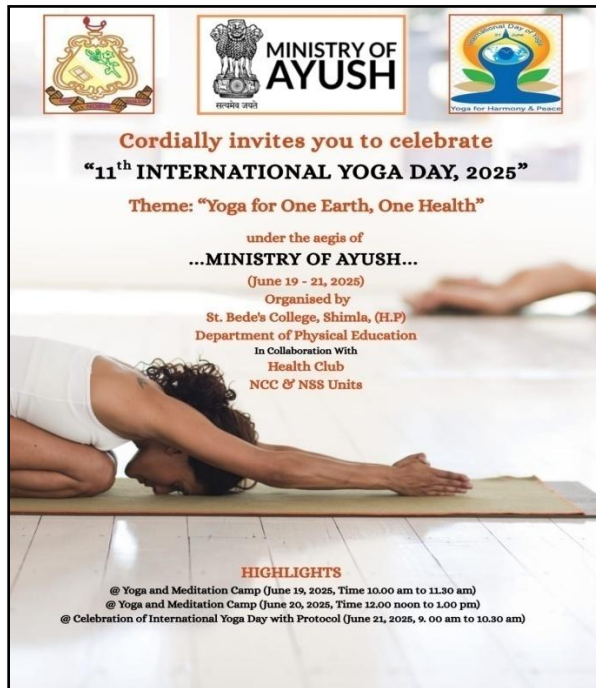
Outcomes:

- The camp enhanced students' awareness of the importance of yoga and meditation in maintaining physical, mental, and emotional well-being.
- Participants developed a better understanding of various yogic practices, including asana, pranayama, and meditation techniques.
- Students were motivated to adopt yoga as part of their daily routine for a healthier lifestyle



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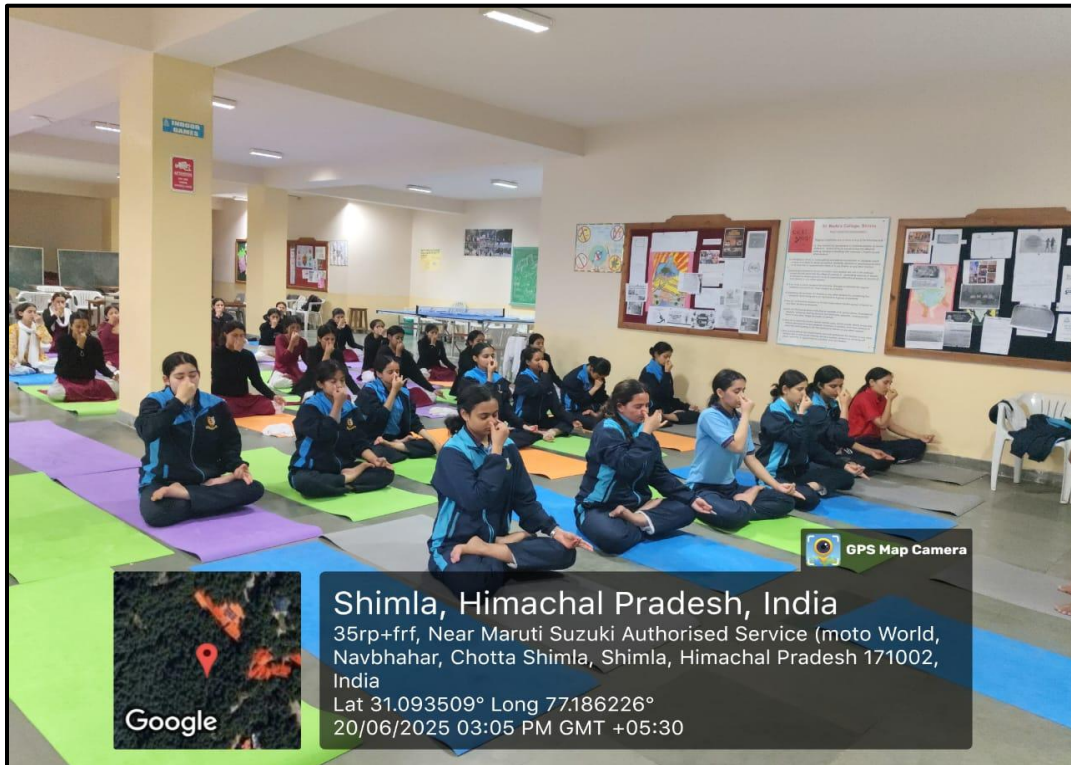
- The initiative fostered a sense of discipline, mindfulness, and holistic health, aligning with the theme “Yoga for One Earth, One Health.”
- The collaboration with the Health Club and NCC Unit strengthened teamwork and encouraged active student engagement in wellness activities.
- The camp contributed to spreading awareness about the role of yoga in sustainable living and overall well-being.



Celebration of International Yoga Day, June 19-21, 2025



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Celebration of International Yoga Day, June 19-21, 2025



INTERNATIONAL WORKSHOP ON 'FALUN DAFA' (AN ANCIENT MEDITATION PRACTICE)

Date: July 10, 2025

Objectives:

- To cultivate moral character in young minds based on the principles of Truthfulness, Compassion, and Tolerance.
- To improve physical and mental health through gentle, slow-moving exercises and meditation.
- To enhance overall well-being by promoting inner peace, mental clarity, and emotional balance.

Description:

The Health Club of St. Bede's College organized an International Workshop on 'Falun Dafa' (An Ancient Meditation Practice) in association with the Falun Dafa Association of India, in collaboration with IKS and Bhasha, on 10th July 2025 for the students. The resource person for the event was Christiane Teich, a close associate of the practice.

The program commenced at around 10:15 a.m. with the introduction of the resource person. She interacted with the students in a very effective manner and explained the origin of Falun Dafa techniques/exercises along with their benefits. She elaborated on how these techniques help bring positive changes in the human body and mind. She also shared personal experiences and examples from people close to her, illustrating how these meditation exercises have improved their lives and made them healthier and more balanced.

The resource person guided the students through the basic Falun Dafa meditation exercises, including both standing and sitting practices. The students felt relaxed and calm after performing these meditation and exercise sessions.

Following the practical session, the resource person further explained the benefits of the techniques by showing relevant visuals to both students and faculty members. The session concluded with words of appreciation from the College Principal, who commended the efforts of the organizers and thanked the resource person for effectively conducting the session.

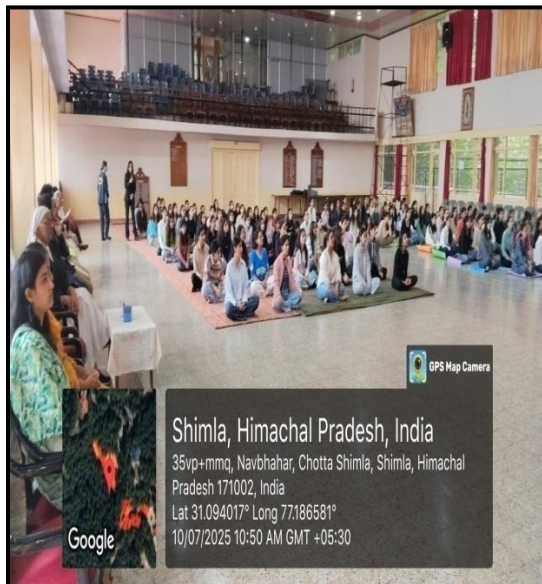
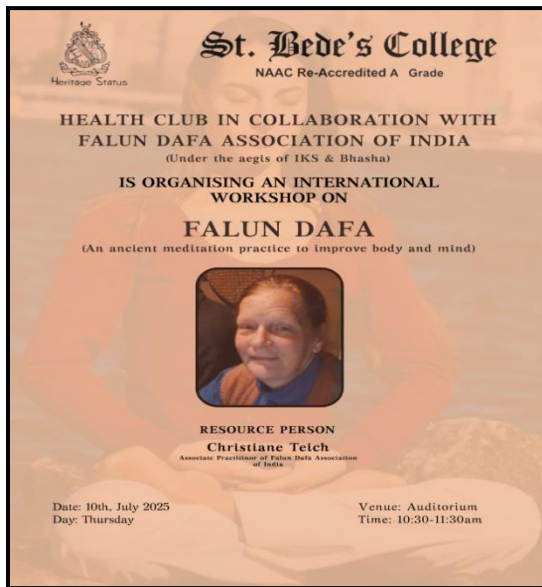


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More than 150 students and 14 teaching and non-teaching staff members attended the session. The workshop proved to be highly beneficial for both students and faculty, contributing to the improvement of their physical and mental well-being.

Outcomes:

Students and staff became familiar with the new meditation techniques/exercises. The workshop enhanced everyone's overall well-being by promoting a sense of inner peace, mental clarity, and stress relief.



International Workshop on 'Falun Dafa' (An Ancient Meditation Practice) July 10, 2025.



Media Report on the International Workshop on Falun Dafa (An Ancient Meditation Practice), 10th July, 2025.

NATIONAL WEBINAR ON 'WORLD FOOD DAY'

Date: October 16, 2025

Objectives

- To commemorate *World Food Day* and raise awareness about the importance of healthy dietary practices.
- To educate participants about the role of nutrition in maintaining brain and liver health.
- To promote awareness regarding balanced diets and their impact on overall well-being.
- To highlight the harmful effects of junk food on human health.
- To create awareness about issues such as hormonal imbalance, menstrual hygiene, and bone health.
- To provide a platform for interaction with an expert in the field of dietetics and nutrition.



Description

The Department of Botany, in collaboration with the College Health Club, organized a National Webinar on 16th October 2025 to commemorate *World Food Day*.

The keynote address was delivered by Dietitian Khushboo Agarwal, Founder of *Balance Bites*, Meerut, Uttar Pradesh, India. The topic of the session was “*Fuel for Brain and Liver.*” She spoke eloquently on overall health and dietary patterns, with a special focus on brain and liver health. Dt. Agarwal also elaborated on hormonal imbalance, menstrual hygiene, and bone health, along with the harmful effects of junk food on the human body. The session was followed by a question-and-answer round. The resource person addressed the participants’ queries effectively, clearly reflecting her deep knowledge and expertise in the field.

The session was highly interactive and informative. A total of 110 participants attended the webinar, out of which 65 participants from the Botany and other departments joined from the college seminar hall, while 45 participants joined online from various educational organizations across India.

Important Links for the webinar were as follows:

Registration link: <https://forms.gle/RkhyQizYUxakCM2F9>

Google meet link <https://meet.google.com/xmy-cguy-kux>

Outcomes

- Participants gained valuable knowledge about the importance of a balanced diet for brain and liver health.
- The session enhanced awareness regarding the impact of food choices on overall physical and mental well-being.
- Students developed a better understanding of lifestyle-related health issues such as hormonal imbalance and poor nutrition.
- Participants were encouraged to make informed dietary choices for long-term health benefits.
- The webinar successfully promoted awareness aligned with the significance of *World Food Day*.




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St. Bede's College
NAAC Re-Accredited A Grade

Department of Botany
in collaboration with Health Club
is organising a
National Webinar on World Food Day

Topic: Fuel for brain and liver

Resource Person


Dietitian Khushboo Agarwal
Meerut, (U.P), India
Hormone Health Consultant/ Diabetes
Educator/Sports Nutritionist
Founder Of Balance Bites
www.balancebites.in

WHEN?
16th October, 2025 Thursday 11:00AM
Onwards

WHERE?
Online- google platform
For College Students: Seminar Hall

Links

Registration link:
<https://forms.gle/Rkhyq1stUxakCwZf9>

Google meet link:
<https://meet.google.com/zxy-guy-lux>



Brochure





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National Webinar on World Food Day, October 16, 2025

INTERNATIONAL SEMINAR (ONLINE) ON MENTAL HEALTH

Date: December 12, 2025

Objectives:

- To create awareness about the importance of mental health in overall well-being.
- To provide participants with a comprehensive understanding of emotional, psychological, and social aspects of mental health.
- To highlight the impact of stress, life style, and interpersonal relationships on mental health.
- To promote healthy coping strategies and stress management techniques among students and faculty.
- To encourage open discussions and reduce stigma associated with mental health issues.



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- To foster collaboration between institutions in promoting mental health awareness and education.

Description:

The Department of Physical Education and the Health Club of St. Bede's College, Shimla, in collaboration with Jesus & Mary College, New Delhi, organized an International Seminar on "Mental Health" on December 12, 2025. The seminar was conducted on the Google Meet platform.

Dr. Dilsad Ahmad from the Department of Humanities and Social Sciences, Prince Mohammad Bin Fahd University, Saudi Arabia, was the resource person for the seminar. Dr. Yogamaya Panda from the P.G. Department of Psychology, Shailabala Women's Autonomous College, Cuttack, Odisha, served as the moderator. Prof. (Sr.) Molly Abraham, Principal of Jesus & Mary College, New Delhi, graced the occasion as the special guest. Dr. Ashwani Kumar was the convener of the seminar.

The College Principal, Dr. (Sr.) Rosily T.L., welcomed the resource person and the moderator. The speaker shared valuable insights on mental health, emphasizing that it is crucial for overall well-being. He explained that mental health encompasses emotional, psychological, and social aspects, influencing how individuals think, feel, handle stress, and relate to others.

More than 80 participants attended the seminar through the online mode. After the session, the moderator concluded the programme and elaborated on the mental health status of individuals. Dr. Shefali Mishra and Mr. Asma Nisar from the Department of Psychology, Jesus & Mary College, played a key role in supporting the seminar.

The seminar successfully promoted awareness about mental health, and participants provided positive feedback.

Outcomes:

- The seminar enhanced participants' awareness of the importance of mental health in overall well-being.
- Participants gained a deeper understanding of emotional, psychological, and social aspects of mental health.
- The session helped in identifying the impact of stress and lifestyle factors on mental health.



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- Participants became more aware of effective coping strategies and stress management techniques.
- The seminar contributed to reducing stigma and encouraged open discussions about mental health issues.
- The interactive session enabled participants to clarify their doubts and gain insights from the expert.
- The program strengthened academic collaboration and promoted knowledge sharing between institutions.

Social Media Link: <https://www.facebook.com/share/p/1C1zTv74GF/>

St. Bede's College, Shimla, (H.P), India
NAAC Re-Accredited 'A' Grade
College with Potential for Excellence

ST. BEDE'S COLLEGE, SHIMLA, (H.P)
(DEPARTMENT OF PHYSICAL EDUCATION AND HEALTH CLUB)
In Collaboration with
JESUS & MARY COLLEGE, NEW DELHI
Is Organising
**INTERNATIONAL SEMINAR (Online) on
MENTAL HEALTH**
Date: December 12, 2025, (Time: 11.15 am to 01.15 pm IST)

INTERNATIONAL SPEAKER
Dr. Dilsad Ahmed
Department of Humanities & Social Sciences,
Prince Mohammad Bin Fahd University,
SAUDI ARABIA

MODERATOR
Dr. Yogamaya Panda
Department of Psychology,
Shailabala Women's Autonomous College, Cuttack,
Odisha, INDIA

SPECIAL GUEST
Prof. (Sr.) Molly Abraham
Principal,
Jesus & Mary College, Delhi, INDIA

ORGANISERS

PATRON
Dr. (Sr.) Rosily T. L
Principal,
St. Bede's College, Shimla, (H.P), INDIA

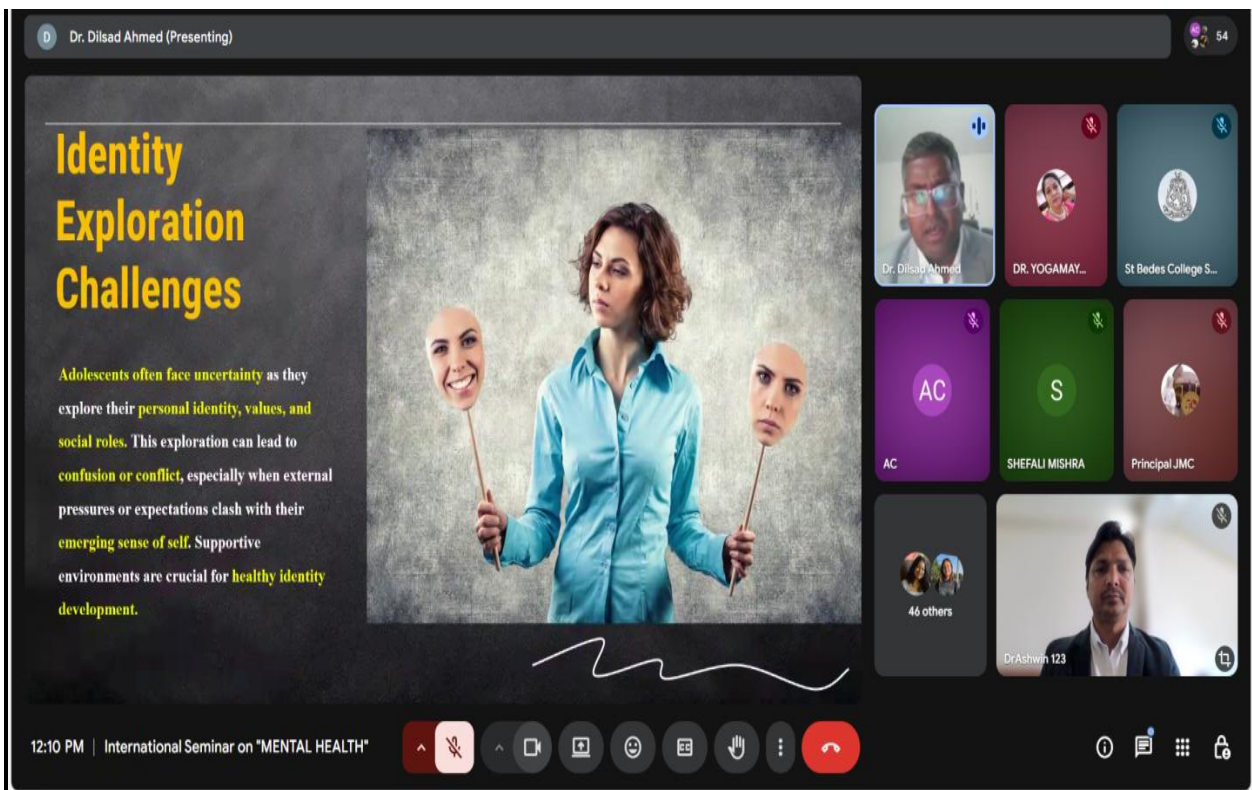
CONVENER
Dr. Ashwani Kumar
Department of Physical Education,
St. Bede's College, Shimla, (H.P), INDIA

Google meet link: <https://meet.google.com/poh-gxyy-rwj>

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International Seminar on Mental Health, (December 12, 2025)



International Seminar on Mental Health, (December 12, 2025)

A SESSION ON INTERNATIONAL MEDITATION DAY

Date: December 20, 2025

Objectives:

The objective of the meditation assembly was to promote mindfulness, mental well-being, and stress management among students through simple meditation techniques. It also aimed to spread awareness about the significance of meditation and holistic health in daily life, in alignment with the spirit of World Meditation Day.

Description:

On the occasion of World Meditation Day, a meditation assembly was organized by the Health Club and NSO of St. Bede's College in collaboration with the Art of Living Foundation under the aegis of the Indian Knowledge System. The programme was conducted by Mr. Abhay Sharma, Senior Faculty Member and Director of the Art of Living, Shimla, Himachal Pradesh.



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During the session, he guided students through simple meditation techniques and emphasized the importance of mindfulness in everyday life. Around 65 students actively participated in the assembly. The session was highly interactive, with both students and faculty engaging in discussions and practical activities.

Overall, the programme proved to be informative and beneficial, leaving a positive and lasting impact on all participants.

Outcomes:


The programme helped students develop a better understanding of meditation as a tool for emotional balance and self-discipline. It encouraged participants to adopt healthy lifestyle practices and improved their awareness of maintaining mental peace amidst academic stress. The session also strengthened student involvement in wellness-oriented activities and promoted a calm and focused learning environment.

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Heritage Status

HEALTH CLUB AND COLLEGE NSO
in collaboration with Art of Living Foundation Under the
Aegis of IKS (Indian Knowledge System)

is organising a session on
International Meditation Day

Resource Person



Mr. Abhay Sharma
Senior Faculty, Art of Living
Director, Art of Living, (H.P)

DATE: 20.12.2025
Time: 10:30am-11:30am
Venue: Auditorium

**JOIN US FOR THE SESSION OF INNER
PEACE AND MEDITATION**

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Special Session on International Meditation Day, December 20, 2025

FREE MEDICAL AYURVEDIC CAMP

Date: February 27, 2026

Objectives:

- To introduce staff, students, and the public to the benefits of Ayurveda for long-term health and disease prevention.
- To provide a platform for expert discussion on specific health issues faced by women and address common queries.
- To offer free professional medical consultations and full-body check-ups to the college community and the general public.
- To distribute essential Ayurvedic medicines on the spot to those in need of immediate care.
- To fulfill the college's social responsibility by extending health services to the local community under the aegis of IQAC.

Description:

On February 27, 2026, the Health Club of St. Bede's College, under the aegis of the IQAC, organized a free Ayurvedic medical camp in collaboration with BAMS doctors from the Swasth Bharat Foundation Trust for staff, students, and the general public.



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Dr. Osheen Dharmaik, Medical Officer, served as the resource person for the awareness talk. She discussed various women-related health issues and interacted with the staff and students, addressing their concerns and answering their queries. Following the talk, the health check-up camp commenced, during which Dr. Dharmaik and her team examined students, staff, and local public.

The camp featured on-the-spot full-body check-ups and medical consultations. Beneficiaries also received recommended Ayurvedic medicines. In total, 43 staff members, 72 students, and eight members of the general public benefited from the event, which proved highly informative for all attendees.

The College Principal, Sr. Rosily, also availed herself of the camp's services and commended the organizers' efforts. She encouraged them to hold similar events in the future to promote the well-being of both the college community and society at large.

Outcomes:

- Increased awareness among students, staff, and the local community about the principles and benefits of Ayurveda for preventive and holistic healthcare.
- Strengthened community outreach and social responsibility of the institution by extending healthcare services beyond the campus.
- Encouraged a proactive approach towards maintaining physical and mental well-being through natural and traditional healthcare systems.



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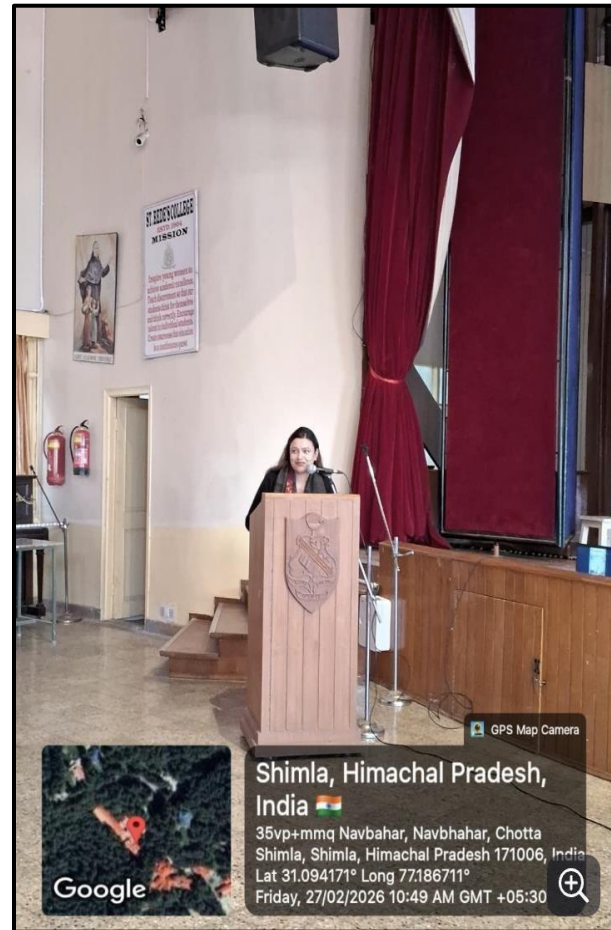
St. Bede's College
Heritage Status NAAC Re-Accredited A Grade
HEALTH CLUB organising a
FREE MEDICAL AYURVEDIC CAMP
(Under the aegis of IQAC)

Services Offered

- Health Screening Using Quantum Resonance Magnetic Analyzer
- Cardiovascular System
- Digestive System
- Immune System
- Ayurvedic Medicines Available

Consultation By -
Dr. Osheen Dharmaik (BAMS)
27 February, 2026 (Friday)
Venue: Auditorium
Check up venue: UGC Room

For students, staff and local community



Free Medical Ayurvedic Camp, February 27, 2026



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St. Bede's College, Shimla*



Free Medical Ayurvedic Camp, February 27, 2026

