






*Health Club,  
St. Bede's College, Shimla (H.P.)*

### **Minutes of the Meeting: 2025-2026**

A meeting of the Health Club, Physical Education Department NCC & NSS Unit was held on 16<sup>th</sup> June, 2025, in the Principal office at 10.30 a.m. to celebrate “**INTERNATIONAL YOGA DAY: Three Days Yoga & Meditation Camp**”.

It was decided that the programmes will be held from June 19<sup>th</sup> - 21<sup>st</sup>, 2025. The duties were assigned to the teachers to organise the programme in smooth way.

#### **Following members were present:**

- 1) Dr. (Sr.) Rosily T.L (Principal)
- 2) Dr. Kusum (Health Club) 
- 3) Dr. Vishal Chauhan 
- 4) Dr. Ashwani Kumar (Phy. Edu. Deptt.) 

*Sr. Rosily Tm*  
26/12/2025  
Officiating Principal  
St. Bede's College  
Shimla - 171 002



*Health Club,  
St. Bede's College, Shimla (H.P)*

### **Minutes of the Meeting: 2025-2026**

A meeting of the Health Club convener and co convener was held on 3<sup>rd</sup> July, 2025, in the Principal office at 2:40 pm to conduct a session on Falun Dafa (An Ancient Meditation Session).

It was decided that the program will conduct on 10<sup>th</sup> July for the fresher's students. The program will conducted under the aegis of IKS. The duties were assigned to the teachers to arrange the resource person and other things for better execution of the program.

#### **Following members were present:**

- 1) Dr. (Sr.) Rosily T.L (Principal) *Sr. Rosily Tm*
- 2) Dr. Kusum (Health Club, Convener) *K*
- 3) Dr. Vishal Chauhan (Health Club, Co-convener) *V*

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### **Minutes of the Meeting: 2025-2026**

On 6<sup>th</sup> October, 2025, a meeting was held between the members of college Health Club and the Department of Botany in the Department of Botany at 1:15 pm. to celebrate 'World Food Day' on October 16<sup>th</sup>, 2025



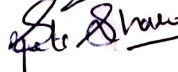
It was decided that two separate extension activities will be conducted to commemorate the day for botany UG and PG students.

Activities and the venues for the same were also decided.

Dr. Kusum and Dr. Sangeeta were designated to make all the arrangements of the decided activities.

It was also decided that Health club will work as a part of PG department extension activity.

#### **Following members were present:**

- 1) Dr. Kusum (Botany Dept. & Health Club) 
- 2) Dr. Preeti Kaundal (HOD, Botany Dept.) 
- 3) Dr. Sangeeta Sharma (Botany Dept.) 

*Dr. Rosily Jm*  

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*26/12/2025*

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### **Minutes of the Meeting (2025-2026)**

A meeting was held on December 06<sup>th</sup> 2025, with Physical Education Department in the UGC Cell at 10.30 a.m. to organise “INTERNATIONAL SEMINAR ON MENTAL HEALTH” on December 12<sup>th</sup> 2025.

It was decided that the seminar will be at online mode and in collaboration with Jesus and Marry College, Delhi. Duties were also assigned to the teachers for arranging the resource persons and also to conduct the seminar in a organised way.

#### **Following members were present:**

- 1) Dr. Kusum (Health Club) 
- 2) Dr. Ashwani Kumar (Phy. Edu. Deptt.) 

*Sr. Rosily Dm*  
26/12/2025

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### **Minutes of the Meeting (2025-2026)**

A meeting was held between members of Health Club and NSO in the Principal Office at 2:30 a.m. to celebrate “**International Meditation Day**” on December 18<sup>th</sup> 2025.

It was decided that the day will be commemorated on December 20<sup>th</sup>, 2025 in collaboration with ‘Art of Living Foundation’ under aegis of IKS.

Duties were also assigned to the teachers to make all the arrangement to conduct the seminar in an organized way.

#### **Following members were present:**

- 1) Dr. (Sr.) Rosily T.L (Principal)
- 2) Dr. Ashwani Kumar (Phy. Edu. Deptt.)
- 3) Dr. Kusum (Convener, Health Club)

*Sr. Rosily T.L*  

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*26/12/2025*

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### **Minutes of the Meeting**

A meeting of the Convener and members of the College Health Club was held on 23rd February, 2026 in the Principal's Office at 2:30 p.m. to discuss the organization of a free Ayurvedic medical camp.

During the meeting, it was resolved that a free Ayurvedic medical camp would be collaboration with Swasth Bharat Foundation (Trust), Himachal Pradesh. Responsibilities were assigned to the members as well as students to ensure the smooth and effective conduct of the camp.

It was further decided that the camp would be open to students, staff, and the general public, with the aim of promoting awareness and accessibility of Ayurvedic healthcare practices.

Following members were present:

1. Dr. (Sr.) Rosily T.L. (Principal) *Sr. Rosily T.L.*
2. Dr. Kusum (Convener Health Club) *Kusum*
3. Dr. Vishal Chauhan (Co- Convener HC) *Vishal*
4. Ms. Chahat Kalta (B.Sc 3<sup>rd</sup> Year, President, HC) *Chahat Kalta*

*Sr. Rosily T.L.*

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