



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

Minutes of the Meeting: 2025-2026

A meeting of the Physical Education Department, Health Club, NCC & NSS Unit was held on 16th 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 19th - 21st, 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) *Sr. Rosily T.L.* Officiating Principal
St. Bede's College
Shimla - 171 002
- 2) Dr. Kusum (Health Club) *Kusum*
- 3) Dr. Ashwani Kumar (Phy. Edu. & NCC Unit) *Ashwani Kumar*
- 4) Dr. Kanu Mehta (NSS Unit) *Kanu Mehta*
- 5) Ms. Pallak Chandel (SUO) *Pallak Chandel*

Pallak Chandel
St. Bede's College
Physical Education
Department



Department of Physical Education,
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Minutes of the Meeting: 2025-2026

The Departmental meeting was held on September 20th, 2025 at 10.30 a.m. in the Principal office to organize "PAPER & POSTER PRESENTATION (Inter-departmental Program).

It was decided that the program will be on **September 27, 2025**. Teachers and students assigned with the duties to conduct smooth execution of the event.

Following members were present:

- 1) Dr. (Sr.) Rosily T.L (Principal) *Dr. Rosily T.L* Officiating Principal
St. Bede's College
Shimla - 171 002
- 2) Dr. Ashwani Kumar *Ashwani Kumar*
- 3) Ms. Ridhima (CR) *Ridhima*

Ashwani Kumar
St. Bede's College
Physical Education
Department



Department of Physical Education,
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Minutes of the Meeting (2025-2026)

A meeting of the Physical Education, Zoology Department, NSO & NCC Unit was held on October 14th, 2025, in the Principal office at 10.30 a.m. to organise "HEALTH AWARENESS SESSION THROUGH YOGA", October 16th, 2025 at college campus.

Following members were present:

- Dr. (Sr.) Rosily T.L (Principal) *Sr. Rosily T.L*
Officiating Principal
St. Bede's College
Shimla - 171 002
- 1) Dr. Ashwani Kumar (Phy. Edu. Deptt.) *Ashwani*
 - 2) Dr. Shweta Thakur (Zoology Department)
 - 3) Ms. Pallak Chandel (SUO) *Pallak*
 - 4) Ms. Rakshita Chaturvedi (NSO: President)
 - 5) Ms. Navya Mehta (NSO: Secretary) *Navya*

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Minutes of the Meeting (2025-2026)

A meeting of the Physical Education Department & NCC Unit was held on 02nd December, 2025, in the Principal office at 10.30 a.m. to organise “Community outreach Program”, December 05, 2025 at Govt. School Sanjauli, Shimla, (H.P).

Students were assigned with the duties to prepare some activities to aware school children.

Following members were present:

1. Dr. (Sr.) Rosily T.L (Principal) *Sr. Rosily T.L*
2. Dr. Ashwani Kumar (Phy. Edu. Deptt. & NCC Unit) *Ashwani Kumar*
3. Ms. Pallak Chandel (SUO) *Pallak Chandel*

Officiating Principal
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Minutes of the Meeting (2025-2026)

A meeting was held on December 06th 2025, with Physical Education Department and Health Club in the Principal Office at 10.30 a.m. to organise "INTERNATIONAL SEMINAR ON MENTAL HEALTH" on December 12th 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. (Sr.) Rosily T.L (Principal) *Sr. Rosily T.L* Principal
St. Bede's College
Shimla - 171 002
- 2) Dr. Ashwani Kumar (Phy. Edu. Deptt.) *Ashwani Kumar*
- 3) Dr. Kusum (Health Club) *Kusum*
- 4) Ms. Ridhima (CR) *Ridhima*

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Minutes of the Meeting (2025-2026)

A meeting was held on March 09th 2026, with NSO members, in the UGC Cell at 02.30 p.m. to organise "THREE DAYS INTERNATIONAL WORKSHOP ON RESEARCH METHODOLOGY" under the aegis of IQAC in collaboration with our MoU partners: Physical Education Foundation of India & World Society for Peace Sports, South Korea, on April 16, 18 & 20, 2026.

It was decided that the seminar will be at online mode. 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. (Sr.) Rosily T.L (Principal)
- 2) Dr. Ashwani Kumar (Phy. Edu. Deptt.)
- 3) Dr. Reena Thakur
- 4) Mr. Bihari Lal Thakur
- 5) Ms. Ridhima (CR)
- 6) Ms. Rakshita Chaturvedi
- 7) Ms. Navya

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