



NEWSLETTER



THE BEDE'S HUSTLE HUB

Vol: IV

SESSION: 2025-2026

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

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1. ARTICLES

METHODS OF TEACHING IN PHYSICAL EDUCATION

Sneha*

Archi*

*B.A III, St. Bede's College, Shimla (H.P)

Methods of teaching physical education 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 playground, 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

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PHYSIOLOGICAL STRUCTURE OF HUMAN

Pooja*

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The human body is a complex system composed of various organs and tissues that work together to maintain life. The body is organized into tissues, organs, and systems. Tissues are groups of cells that perform a specific function, such as epithelial tissue that lines surfaces or connective tissue that supports and binds tissues. Organs are groups of tissues that perform a specific function, such as the heart, which pumps blood throughout the body. Systems are groups of organs that work together to perform major functions or meet physiological needs, such as the cardiovascular system, which includes the heart, blood vessels, and blood. The human body is a product of evolution and has developed a variety of adaptations to survive in different environments.

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PERSONALITY DEVELOPMENT

Ridhima*

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Personality development involves holistic growth across physical, mental, emotional, and social dimensions to improve self-awareness, skills, and relationships. Key types include fostering emotional intelligence, cognitive growth, social skills, and physical habits to build confidence and character, ultimately enhancing professional and personal life.

Types of Personality Development

- **Physical Development:** Focuses on health, appearance, posture, body language, and hygiene to enhance confidence and presence.
- **Mental Development:** Involves improving thinking processes, problem-solving skills, critical thinking, decision-making, and intellect.
- **Emotional Development:** Focuses on understanding, expressing, and managing emotions, fostering self-awareness and emotional intelligence.
- **Social Development:** Enhances communication skills, collaboration, empathy, and the ability to build meaningful interpersonal relationships.

- **Moral/Character Development:** Involves developing a sense of integrity, responsibility, and understanding the difference between right and wrong.

Aspects of Development

- Personal Aspects: Cultivating self-confidence, resilience, and a positive mindset.
- Professional Aspects: Developing skills like leadership, time management, adaptability, and emotional intelligence in work settings.

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INTRODUCTION AND DEFINITION OF PHYSICAL EDUCATION

Mahi Katnoria*

Arushi Ranjta*

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Evolution of human life started with the movement. Human beings have been very active and creative by nature and physical activity has been part of their life all along since evolution. For primitive man, search for food and shelter was the first activity. This first physical activity was necessitated by his instinct for survival. Physical activity was also the first mode of communication; it was also a means of expression. As human beings evolved culturally, emotionally, and socially, physical activity also evolved. As the society become more and more complex leading towards the modern age, physical activity came to be recognised as an organised and supervised form of education, and was termed as physical education.

In the modern context physical education has been recognised as an integral part of general education. From ancient time to modern age different educationists give their own views in different ways. But in early days the concept of physical education was misunderstood by the people. They think that physical education is to stand for physical activity or drill only. Here we quoted few definitions to understand the exact meaning of physical education:

Physical education is made up of two words. One is physical means "body characteristic" and education means "systematic training or learning for longer period through the involvement of big muscle group". A combined meaning of these two words would be that systematic instructions or training which related to physical activities or programme of activities, necessary for development and maintenance of human body, development of physical powers or cultivation of physical skill.

"Physical education is the sum of those experiences which come to the individual through movement." – Delbert Obertuffer

"Physical education is the process by which changes in the individual are brought through his movement experiences." - Volter

"Physical education is that field of education which deals with big muscle activities and their related responses". – Jay.B.Nash

“Physical education is the education through physical activities for the development of the total personality of the child in its fulfillment and perfection in body, mind and spirit.” - J.P.Thomas

“Physical education is an integral part of the total education process and as its aim, the development of physically, mentally; emotionally and socially fit citizens through the medium of physical activities which have been selected with a view to realizing these outcomes”. – Charles A. Bucher

AN INTRODUCTION TO SPORTS MEDICINE

Anjali Kumari*

Priya*

Ritu*

Deepika*

*B.A II, St. Bede's College Shimla, (H.P)

Introduction

Sport and exercise medicine is rapidly growing and evolving as a specialist discipline. The various tasks and responsibilities are often managed by a multidisciplinary team of professionals. Each professional has specific specialized skills that are necessary for the optimal care of athletes of all levels and those taking part in physical activity and exercise. A physician is commonly involved as part of the sports and exercise medical team (these can be orthopedic surgeons, emergency medicine physicians, general practitioners and more recently specialist sport and exercise medicine physicians). Physiotherapists have a key role in athlete management as part of the multidisciplinary team and, depending on the specific sports setting, may be the only sports medicine professional working directly with the athlete or team. When working in a professional sports environment, the physiotherapist may be part of a larger network of sports medicine professionals looking after the team and athletes.

What is Sports Medicine?

Sports Medicine is "the scientific and clinical testing, manipulation, and care of those who exercise, especially athletes."

There is often a misconception that sports medicine professionals only work with elite and high-level athletes, but these professionals provide services to athletes of all ages and of all levels, as well as to physically active people and those who take part in recreational exercise. Sports and Exercise Physiotherapists are involved in the prevention and management of injuries resulting from sport and exercise participation at all ages and at all levels of ability. They provide evidence-based advice on safe participation in sport and exercise, as well as promoting a physically active lifestyle to help individuals improve and maintain their quality of life.

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2. DEPARTMENTAL ACTIVITIES: 2025-2026

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 asanas, pranayama, and meditation techniques.
- To instill 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.

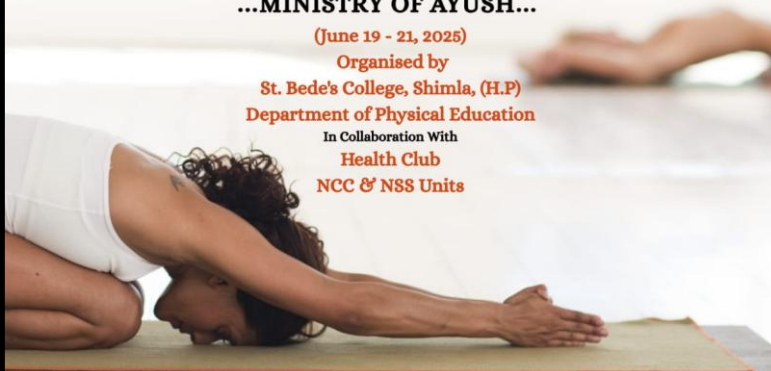
Description: The Department of Physical Education organized a three-day Yoga and Meditation Camp to commemorate International Yoga Day (Theme: Yoga for One Earth, One Health) under the aegis of the Ministry of AYUSH, in collaboration with the Health Club and NCC Unit of the college, from June 19 to 21, 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 asanas, pranayama, and meditation techniques.
- Students were motivated to adopt yoga as part of their daily routine for a healthier lifestyle.
- 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.



Cordially invites you to celebrate
“11th INTERNATIONAL YOGA DAY, 2025”
Theme: “Yoga for One Earth, One Health”
under the aegis of
...MINISTRY OF AYUSH...
(June 19 - 21, 2025)
Organised by
St. Bede's College, Shimla, (H.P)
Department of Physical Education
In Collaboration With
Health Club
NCC & NSS Units



HIGHLIGHTS
@ Yoga and Meditation Camp (June 19, 2025, Time 10.00 am to 11.30 am)
@ Yoga and Meditation Camp (June 20, 2025, Time 12.00 noon to 1.00 pm)
@ Celebration of International Yoga Day with Protocol (June 21, 2025, 9. 00 am to 10.30 am)

Brochure







*Celebration of International Yoga Day
Date: June 19-21, 2025*

Inter-Departmental: Poster Making and Paper Presentation Competition

Date: September 27, 2025

Objectives:

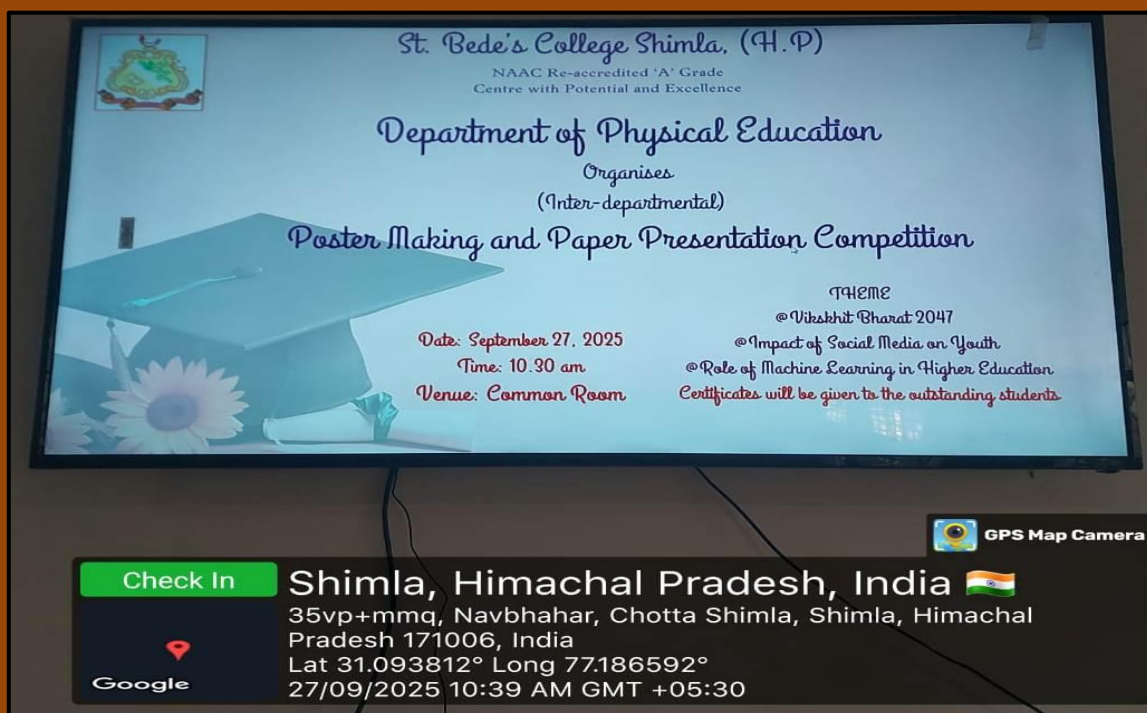
- To encourage students to express their ideas creatively through posters and presentations.
- To promote awareness about important contemporary issues such as social media impact, national development, and machine learning in education.
- To enhance research, analytical, and presentation skills among students.
- To provide a platform for inter-departmental interaction and healthy competition.
- To develop critical thinking and communication abilities.
- To motivate students to explore innovative solutions and perspectives on current challenges.

St. Bede's College, Shimla, (H.P), India

Description: The Department of Physical Education organized an Inter-departmental Poster Making and Paper Presentation Competition on September 27, 2025. The competition was centered around relevant and contemporary themes such as Impact of social media on Youth, Vikshit Bharat@2047, and Role of Machine Learning in Higher Education. Dr. Vishal Chauhan from the Department of Economics and Mr. Mohit Kumar from the Department of Psychology served as the chief judges for the event. A total of ten participants enthusiastically took part in the competition, demonstrating creativity, analytical thinking, and presentation skills. The position holders were awarded certificates by the college Principal along with the esteemed judges.

Outcomes:

- Students demonstrated enhanced creativity and originality through their posters and presentations.
- Participants gained deeper understanding of contemporary issues such as social media influence, national development goals, and machine learning in education.
- The competition helped improve research, analytical, and presentation skills among students.
- It fostered confidence and public speaking abilities.
- The event promoted healthy competition and strengthened inter-departmental collaboration.
- Students were encouraged to think critically and propose innovative ideas and solutions.



Brochure



Fueling the Future: India's Ethanol Hubs

Color Indicate:

- Red: State not meeting 5% blend target
- Yellow: State just meeting 5% target
- Light Green: State meeting 10% target
- Dark Green: State meeting 20% target

ANDAMAN AND NICOBAR ISLANDS

Check In Shimla, Himachal Pradesh, India 🇮🇳
35vp+mmq, Navbhahar, Chotta Shimla, Shimla, Himachal Pradesh 171006, India
Lat 31.093812° Long 77.186584°
27/09/2025 11:06 AM GMT +05:30



Inter-Departmental: Poster Making and Paper Presentation Competition

Health Awareness Session through Yoga

Date: October 16, 2025

Objectives:

- To promote awareness about the importance of physical fitness and mental well-being.
- To encourage students to adopt yoga as a part of their daily routine.
- To educate students about the benefits of a healthy lifestyle.
- To reduce stress and improve concentration through yoga practices.
- To foster holistic development of students.

Description: On October 16, 2025, the Department of Physical Education, in collaboration with the Department of Zoology and the NCC & NSO Units, organized a Health Awareness Session through Yoga under the aegis of the Ministry of AYUSH. The session aimed at

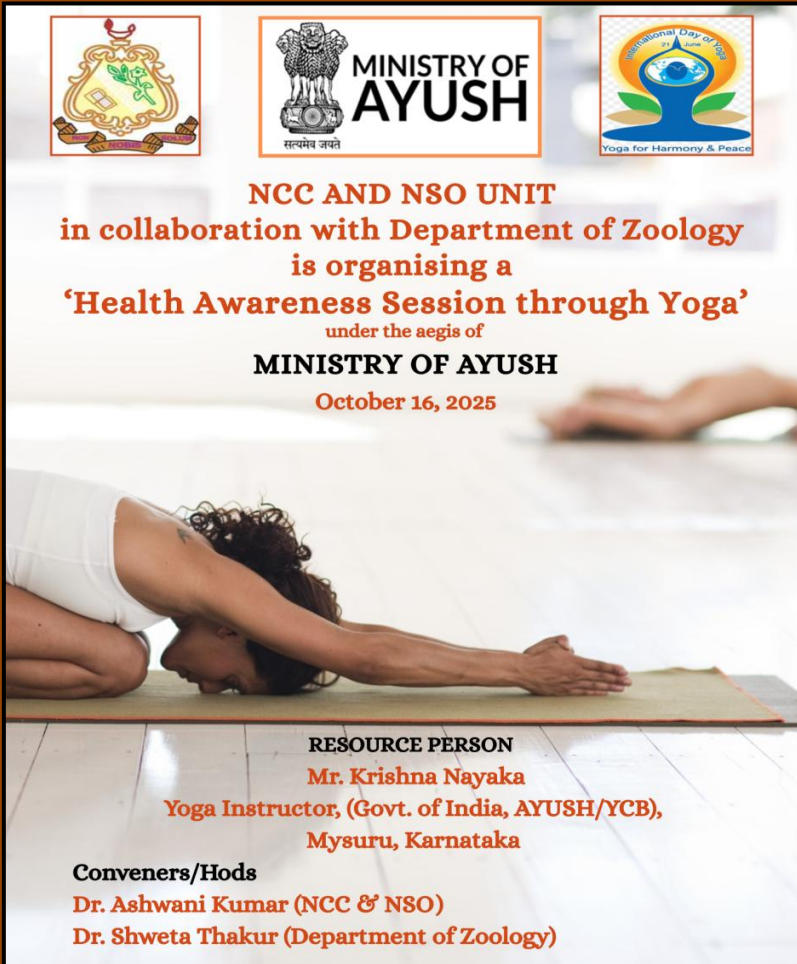
St. Bede's College, Shimla, (H.P), India




promoting physical fitness and mental well-being among students. The session was conducted by Mr. Krishna Nayaka, Yoga Instructor (Govt. of India, AYUSH/YCB), Mysuru, Karnataka. He demonstrated various yoga postures and shared valuable insights on maintaining a healthy lifestyle through regular practice.

The event witnessed active participation from over 120 students, reflecting their enthusiasm for adopting healthier habits. The session concluded with an interactive discussion and relaxation exercises, leaving participants refreshed and motivated.

Outcomes:

- Students developed a better understanding of the importance of yoga in daily life.
- Participants learned practical yoga techniques for stress management and relaxation.
- The session enhanced awareness about maintaining physical and mental health.
- Students felt motivated to incorporate yoga into their regular routine.



MINISTRY OF AYUSH

NCC AND NSO UNIT
in collaboration with Department of Zoology
is organising a
'Health Awareness Session through Yoga'
under the aegis of
MINISTRY OF AYUSH
October 16, 2025

RESOURCE PERSON
Mr. Krishna Nayaka
Yoga Instructor, (Govt. of India, AYUSH/YCB),
Mysuru, Karnataka

Conveners/Hods
Dr. Ashwani Kumar (NCC & NSO)
Dr. Shweta Thakur (Department of Zoology)

Brochure





Health Awareness Session through Yoga

Community Outreach Program: Health and Hygiene Awareness

Date: December 5, 2025



Objectives:

- To create awareness about health, hygiene, and sanitation among school students.
- To promote healthy lifestyle practices including proper diet and exercise.
- To educate students on the importance of personal and environmental cleanliness.
- To provide practical knowledge of hand washing and basic first aid.
- To encourage community engagement and social responsibility among NCC cadets.

Description: The NCC Unit of St. Bede's College, in collaboration with the Department of Physical Education, organized a community outreach program on "Health and Hygiene Awareness" at Government School, Sanjauli, Shimla. The program aimed to educate school students about the importance of maintaining a healthy lifestyle through informative talks, demonstrations, and interactive activities. NCC cadets highlighted key aspects such as personal cleanliness, balanced diet, regular exercise, and proper sanitation. Hands-on sessions on effective hand washing techniques and basic first aid were also conducted. In addition, a cleanliness drive was organized to promote environmental hygiene and instil a sense of responsibility amongst students. The initiative successfully encouraged young learners to adopt healthy habits, contributing towards a cleaner and healthier community. A total of 27 school children and 6 NCC cadets actively participated in the program.

Outcomes:

- Students gained awareness about the importance of personal hygiene and sanitation.
- Participants learned practical skills such as proper hand washing and basic first aid.
- The program encouraged adoption of healthy habits among school children.
- The cleanliness drive promoted environmental responsibility.
- NCC cadets developed leadership skills and a sense of community service.

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

COMMUNITY OUTREACH PROGRAM:-

NCC Unit, St. Bede's College Shimla under 7 HP (I) COY NCC Shimla organised an health and hygiene awareness program for children.

Date:- 5th December 2025
Venue:- Govt. School, Sanjauli

ANO, Convener : **Patron:**
Dr. Ashwani Dr. (Sr.) Rosily T.L.

Brochure



Community Outreach Program (Health and Hygiene Awareness)

INTERNATIONAL SEMINAR (Online) ON MENTAL HEALTH

Date: December 12, 2025

Objective:

- The main objective of the seminar was to understand about mental health.
- To raise awareness of mental health issues around the world and to mobilize efforts in support of mental health.

Description: Department of Physical Education and 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 organized on Google Meet platform, Dr. Dilsad Ahmad, Department of Humanities and Social Sciences, Prince Mohammad Bin Fahd University, Saudi Arabia was the resource person for the seminar. Dr. Yogamaya Panda, P.G Department of Psychology, Shailabala Women's Autonomous College, Cuttack, Odisha contributed as the moderator of the seminar. Prof. (Sr.) Molly Abraham, Principal Jesus & Mary College, New Delhi graced the event as the special guest of the seminar. Dr. Ashwani Kumar was the convener of seminar. The College Principal, Dr. (Sr.) Rosily T.L welcomed the speaker and the moderator of the event. The resource person shared his insights on mental health. He perfectly explained that mental health is crucial for overall well-being, encompassing emotional, psychological, and social health, affecting how we think, feel, handle stress, and relate to others. More than 80 participants were connected through online mode in the event. After the session, the moderator concluded the session and discussed in detail about the mental health status of every individuals. Dr. Shefali Mishra and Mr. Asma Nisar, Department of Psychology, Jesus Mary College played a key role in supporting the seminar. The seminar successfully promoted mental health awareness, and participants showed positive feedback.

Outcome:

- Increased awareness, reduced stigma, and improved coping skills, leading to earlier help-seeking, better workplace performance, and stronger relationships, with measurable results like lower stress/burnout in participants and more people accessing services or joining support groups.
- Social Media Link: <https://www.facebook.com/share/p/1C1zTv74GE/>



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



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

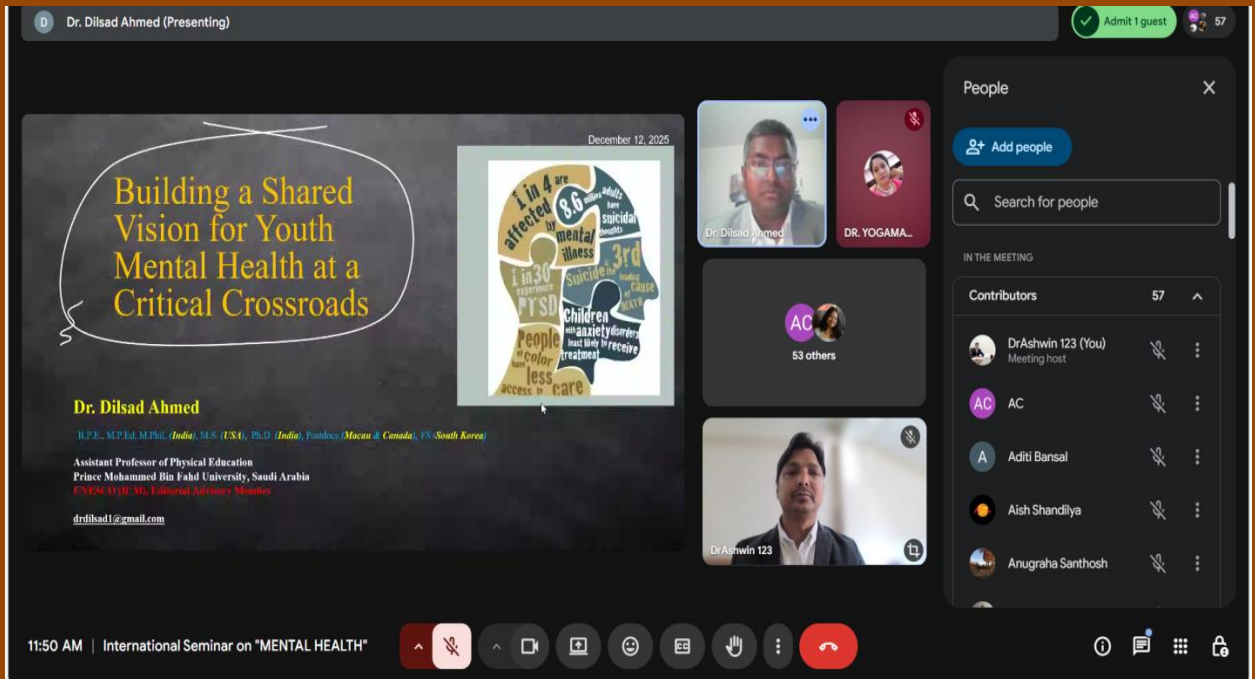


CONVENER
Dr. Ashwani Kumar
Department of Physical Education,
St. Bede's College, Shimla, (H.P), INDIA

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

Brochure





Dr. Dilsad Ahmed (Presenting)

Equity is missing; just talking about Equality.

How far is it legitimate?

EQUALITY EQUITY REALITY

12:08 PM | International Seminar on "MENTAL HEALTH"

58

Dr. Dilsad Ahmed, DR. YOGAM..., St Bedes Col..., AC, SHEFALI MIS..., Principal JMC, 50 others, DrAshwin 123

Dr. Dilsad Ahmed (Presenting)

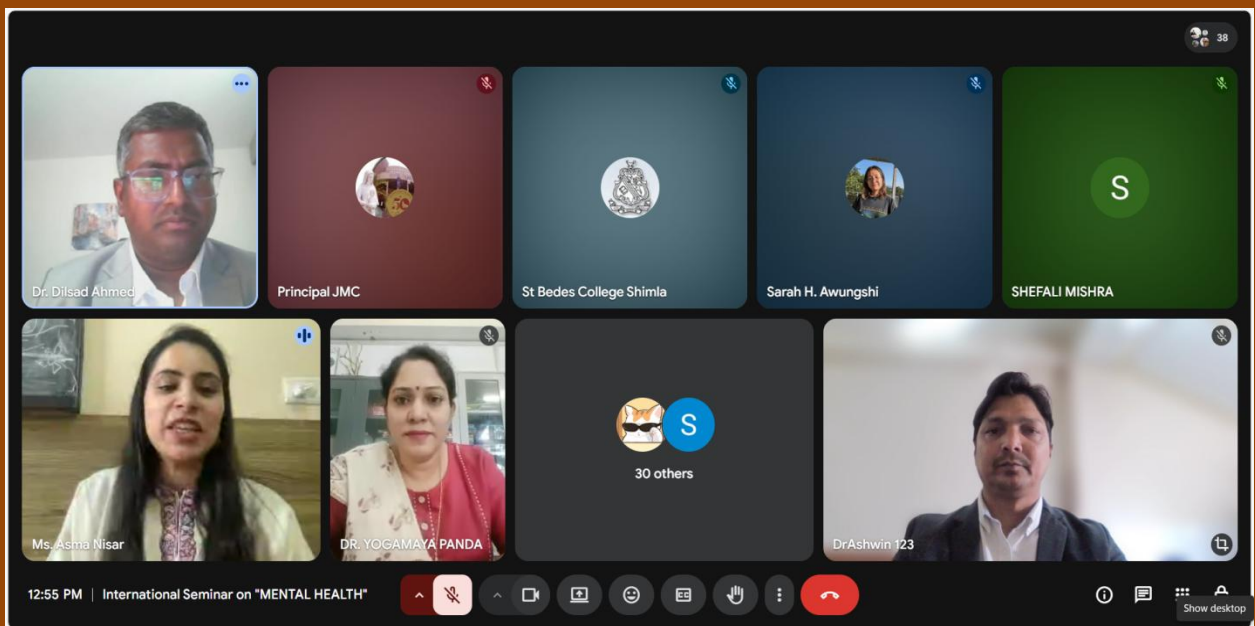
Identity Exploration Challenges

Adolescents often face uncertainty as they explore their personal identity, values, and social roles. This exploration can lead to confusion or conflict, especially when external pressures or expectations clash with their emerging sense of self. Supportive environments are crucial for healthy identity development.

12:10 PM | International Seminar on "MENTAL HEALTH"

54

Dr. Dilsad Ahmed, DR. YOGAMAY..., St Bedes College S..., AC, SHEFALI MISHRA, Principal JMC, 46 others, DrAshwin 123



International Seminar on Mental Health

THREE DAYS INTERNATIONAL WORKSHOP ON RESEARCH METHODOLOGY (ONLINE)

Date: April 16, 18 & 20, 2026

Organised by: Department of Physical Education & NSO under the aegis of Internal Quality Assurance Cell (IQAC) organised the workshop in collaboration with, World Society for Peace Sports, South Korea and Physical Education Foundation of India.

Objectives of the Workshop:

- To enhance participants' understanding of research methodology in both humanities and sciences.
- To provide practical knowledge of statistical tools, particularly SPSS, along with parametric and non-parametric techniques.
- To sensitize researchers about research ethics and proper report writing practices.
- To create awareness about plagiarism and promote academic integrity.
- To explore the role and responsible use of Artificial Intelligence in research.

Description: The Department of Physical Education and National Sports Organization (NSO) successfully organized an **International Workshop on Research Methodology** on April 16, 18, and 20, 2026. The workshop was conducted under the aegis of the IQAC in collaboration with our MoU partners: World Society for Peace Sports, South Korea, and the Physical Education Foundation of India (PEFI).

The workshop covered key sub-themes including:

- Role of SPSS and Parametric and Non-Parametric Statistics
- Research Ethics and Report Writing (Humanities and Sciences)
- Role of Plagiarism and Artificial Intelligence in Research

The event featured eminent resource persons from across the globe. The main speakers were:

- Prof. Rajeev Choudhary, PRSS University Raipur, (C.G), India
- Prof. M. Roshita, Director of Research, Cebu Normal University, Philippines
- Prof. Yvonne Paul, Research Dean, Tshwane University of Technology, South Africa

The sessions were effectively moderated by:

- Prof. L. Santosh, Manipur University, Manipur, India
- Prof. Onima T. Reddy, BHU, (U.P), India
- Prof. Jomar B. Esto, Southern Mindanao University, Philippines

The workshop was graced by distinguished chief guests:

- Prof. Lee, President, World Society for Peace Sports, South Korea
- Dr. Piyush Jain, National Secretary, Physical Education Foundation of India

St. Bede's College, Shimla, (H.P), India

Approximately 200 participants attended the workshop via Google Meet, reflecting strong engagement and international interest. The day-wise proceedings of the workshop were as follows:

April 16, 2026

Day One started with a welcome address by the resource person, Prof. Rajeev Choudhary, along with the moderator, Prof. L. Santosh Singh. Following the opening remarks, Prof. Choudhary delivered a detailed lecture on *“Use of SPSS and Parametric & Non-Parametric Statistics.”* He clearly explained the application of SPSS in data analysis and differentiated between parametric and non-parametric statistical methods. He also emphasized important ethical principles that should guide the entire research process. The session was informative and engaging, with active participation from the attendees. It concluded with a structured and effective summary by Prof. Singh, who highlighted the key points discussed during the session.

April 18, 2026

Day Two commenced with a welcome address by Prof. Roshita from Philippines and the moderator, Prof. Onima T. Reddy from BHU, India. Prof. Roshita delivered an insightful lecture on *“Research Ethics and Report Writing in Humanities and Sciences,”* where she systematically explained the methodological dimensions of research and academic writing. The session proved to be both informative and engaging, encouraging active interaction among participants. The proceedings were effectively concluded by Prof. Onima in a well-structured manner.

April 20, 2026

The third day of the workshop commenced with a welcome address by Prof. Yvonne Paul from Tshwane University of Technology, along with the session moderator Prof. Jomar B. Esto from Southern Mindanao University. Prof. Yvonne Paul delivered an insightful lecture on the topic *“Role of Plagiarism and AI in Research.”* In her session, she systematically explained the concept of plagiarism and highlighted the growing role and responsible use of artificial intelligence in the research domain. Her presentation effectively addressed both ethical concerns and practical applications, making the session highly relevant in the contemporary academic context. The session proved to be informative and engaging, fostering active interaction and discussion among participants. The proceedings were thoughtfully summarized, and participant feedback was effectively concluded by Prof. Jomar B. Esto in a clear and well-structured manner.

The session concluded with a vote of thanks delivered by the convener, Dr. Ashwani, who expressed sincere gratitude to the distinguished speakers, moderators, and participants for their valuable contributions to the success of the workshop. Both Chief Guests appreciated

St. Bede's College, Shimla, (H.P), India

the efforts of the convener in organizing the workshop and recognized it as a well-planned and valuable initiative in the field of research methodology.

The College Principal, Dr. (Sr.) Rosily, also commended the systematic and well-organized execution of the workshop and extended her regards to all the speakers and moderators for their insightful sessions.

During the question-and-answer session, the delegates actively participated and posed thoughtful and relevant questions, reflecting their keen interest and engagement throughout the workshop. Overall, the participants shared positive feedback regarding the organization of the workshop, appreciating its systematic planning, relevant themes, and the high quality of expert sessions.

Outcomes of the Workshop

- Participants gained comprehensive knowledge of research methodology and its practical applications.
- Improved understanding of statistical analysis using SPSS and appropriate selection of statistical techniques.
- Enhanced awareness of ethical research practices and plagiarism prevention.
- Developed clarity on the role and limitations of AI tools in academic research.
- Strengthened research writing skills across disciplines.
- Increased motivation among participants to undertake quality research work.
- Fostered academic networking and collaboration at national and international levels.

Social Media Link: <https://www.facebook.com/share/p/1EB1E3aZw2/>



THREE DAYS INTERNATIONAL WORKSHOP ON RESEARCH METHODOLOGY (ONLINE)

ORGANIZED BY DEPARTMENT OF PHYSICAL EDUCATION & NSO, ST. BEDE'S COLLEGE SHIMLA, (H.P), INDIA UNDER THE AEGIS OF IQAC

📅 APRIL 16, 18 & 20, 2026
🕒 10:45 AM - 12:45 PM (IST)

IN COLLABORATION WITH

*World Society for Peace Sports (WSPS), South Korea
*Physical Education Foundation of India (PEFI) NDLS, India

SUB-THEMES

- Report Writing (Humanities and Sciences)
- Ethical Research Practices
- Role of Plagiarism and AI in Research
- Use of SPSS in Research and,
- Parametric and Non-parametric Statistics

EMINENT SPEAKERS



Prof. Rajeev Choudhary (C.G), India-April 16, 2026
Prof. M Rosita Ampoyas, Philippines-April 18, 2026
Prof. Yvonne Paul, South Africa-April 20, 2026

CHIEF GUESTS



Prof. Lee, President, WSPS, South Korea
Dr. Prayush Jain, National Secretary, PEFI, India

MODERATORS



Prof. L. Santosh Singh, Manipur University, India-April 16, 2026
Prof. Onima T. Reddy, BHU, (U.P), India - April 18, 2026
Prof. Jomar B. Esto, Philippines-April 20, 2026

ORGANIZERS



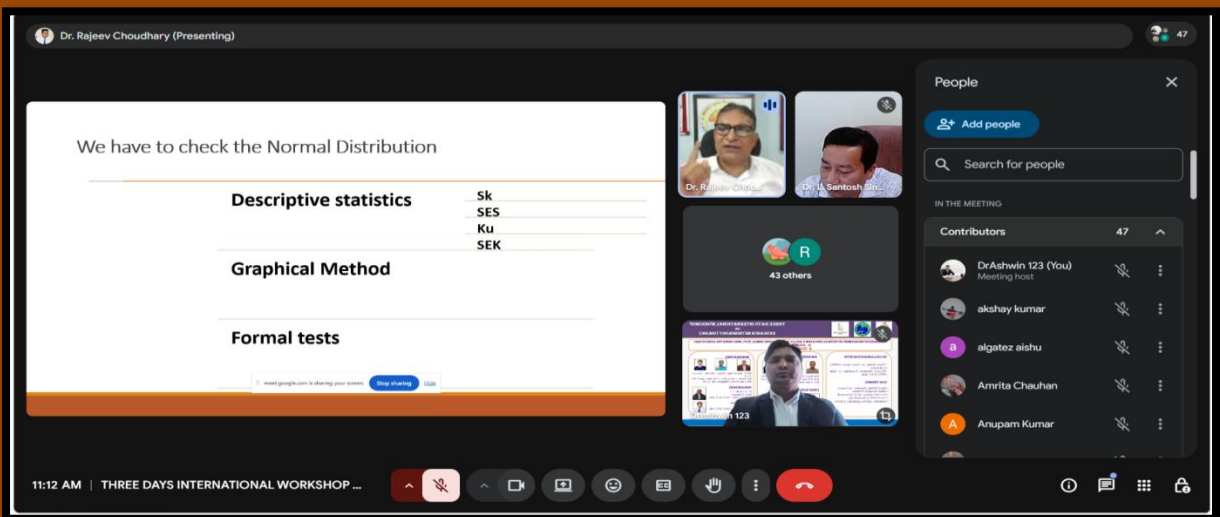
Dr. (Sr.) Rosily T. L.
Patron & Principal,
St. Bede's College, Shimla (H.P), India

Dr. Ashwani Kumar
Convener,
St. Bede's College, Shimla (H.P), India

Google meet link: <https://meet.google.com/khs-fgft-zsd>

Brochure

Day I (April 16, 2026)




Day II (April 18, 2026)




Day III (April 20, 2026)

Yvonne Paul (Presenting)




International Workshop on Research Methodology (20 April 2026):
South Africa
Topic: Role of Plagiarism and AI in Research
Prof Yvonne Paul (paul@tut.ac.za) Mobile: (+27834457111)
Research Dean: Post Graduate Studies (Faculty of Science)



Tshwane University of Technology
We empower people

Entrepreneuring the Future Together

11:03 AM | THREE DAYS INTERNATIONAL WORKSHOP ...



Yvonne Paul (Presenting)

Causes of Plagiarism?

- Time pressure
- Lack of skills
- Poor understanding
- Access to online content

Consequences

- Academic penalties
- Reputation damage
- Legal risks
- Loss of trust

Your computer might slow down while running video effects



Tshwane University of Technology
We empower people


11:07 AM | THREE DAYS INTERNATIONAL WORKSHOP ...



Yvonne Paul (Presenting)


WHAT IS ARTIFICIAL INTELLIGENCE?

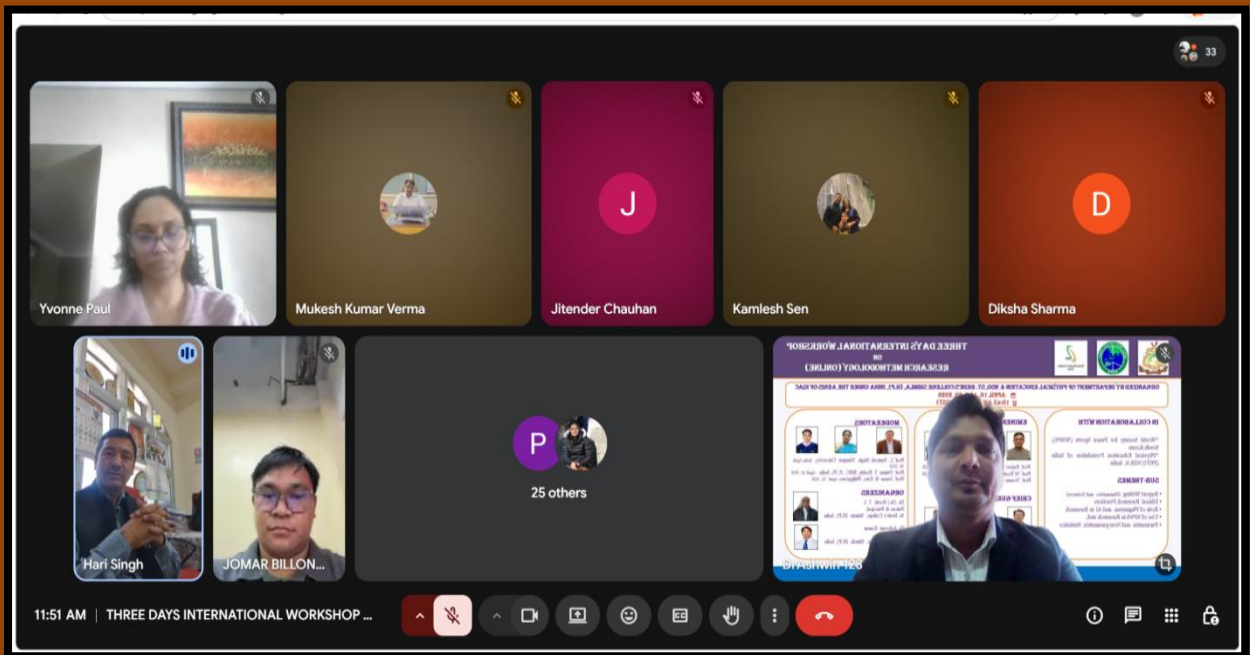
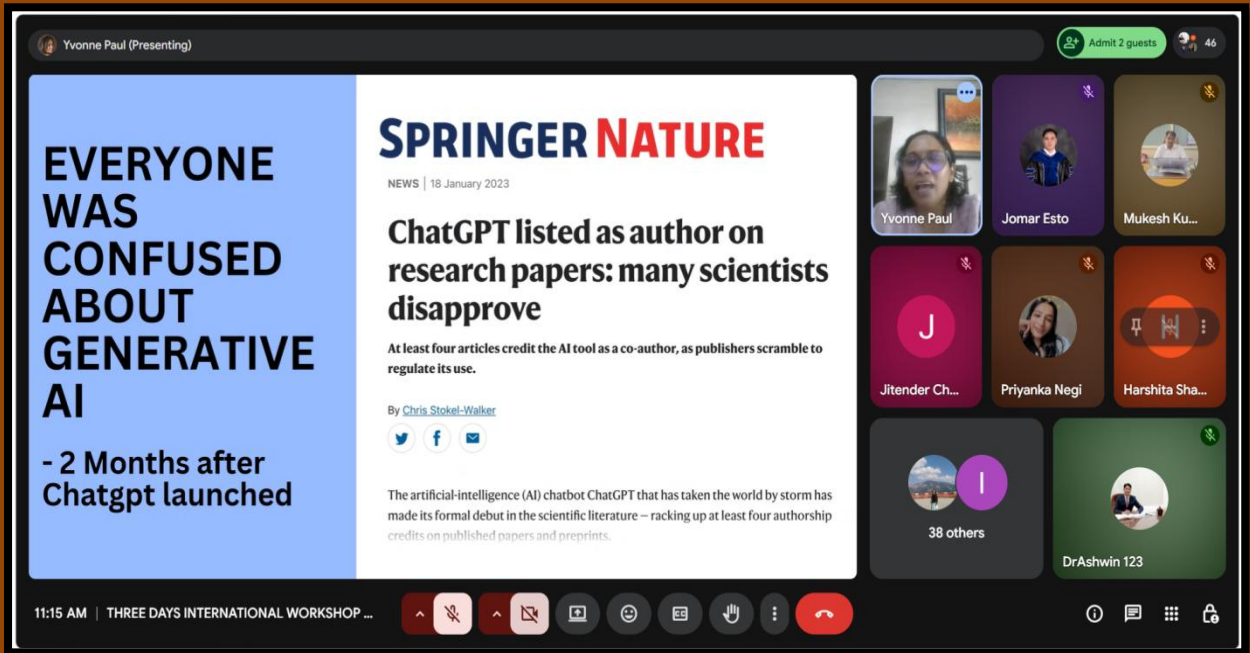
Artificial Intelligence (AI) simulates human intelligence within machines, enabling them to learn, reason, solve problems, perceive environments, and make decisions. These systems analyse data to perform tasks autonomously, ranging from language understanding to creativity and pattern recognition - britannica.com

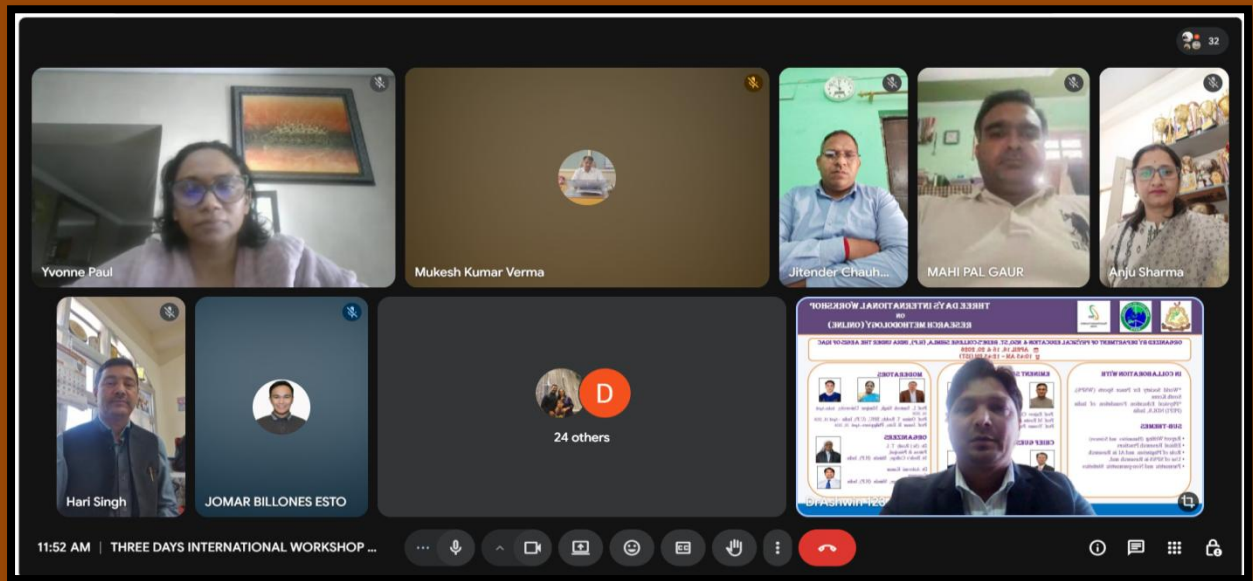


11:11 AM | THREE DAYS INTERNATIONAL WORKSHOP ...

Speakers (Realtek(R) Audio): 86%








*Three Days International Workshop on Research Methodology (Online)
(April 16, 18 & 20, 2026)*

3. INTERNATIONAL MOU WITH WSPS, REPUBLIC OF KOREA



**INTERNATIONAL COOPERATIVE AGREEMENT
BETWEEN
ST. BEDE'S COLLEGE, SHIMLA, (H.P), INDIA
&
WORLD SOCIETY FOR PEACE SPORTS (WSPS), REPUBLIC OF KOREA**

Whereas St. Bede's College, Shimla, (H.P), India and World Society for Peace Sports (WSPS), Republic of Korea desire to engage in cooperative educational, service, and research activities, for the mutual benefit of both institutions, the parties have agreed upon the following:



- I. The parties will jointly develop cooperative educational and research programs for faculty members, researchers and concerned stakeholders within the framework of this agreement. The cooperative activities to be covered by this agreement may include on-line or off-line teaching programs on traditional sports, peace & sports, sports engineering home & abroad, collaborative joint research projects, seminars, workshops, conferences and other service programs.
- II. Each activity to be performed under this agreement will be undertaken pursuant to an addendum that will contain the specific terms and conditions governing the activity. These terms and conditions will be mutually agreed upon by the concerned professors on a case by case basis.
- III. Each activity to be performed will be based on the respect of cultural habits of Western and Eastern for mutual understanding.
- IV. We agree that traditional sports & games, sports engineering and applied health science are included in the theme of peace and sports for inclusive society.
- V. Each party will try to provide necessary technology or practical assistance to maintain smooth communication & other necessities needed for the concerned people.
- VI. This agreement will be in effect for a period of five (5) years from the date of execution and may be renewed for additional five (5) year periods by the parties. Either party giving ninety days written notice to the other party may terminate the agreement.
- VII. All modifications to this agreement must be in writing and signed by both parties.

Sr. Rosily T.L.
Officiating Principal
St. Bede's College
Shimla - 171 002

Date: 01/07/2025

Dr. Lee Jong-Young
President
Dr. Lee, Jong- Young,
WSPS, Republic of Korea

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



MoU with WSPS, Republic of Korea

4. NATIONAL SPORTS ORGANIZATION- NSO (2025-2026)

International Workshop on International Olympic Day

Date: June 23, 2025

Objectives:

- To promote the values of the Olympic movement such as excellence, friendship, and respect among students.
- To encourage active participation in sports and physical activities for a healthy lifestyle.
- To create awareness about the significance of International Olympic Day.
- To inspire a sense of unity, motivation, and community through sports.
- To provide an opportunity for students to learn from international experts and gain global perspectives.

Description: The National Sports Organization (NSO), in collaboration with the UGC Cell, organized an International Online Workshop on June 23, 2025, to celebrate International Olympic Day under the theme “Let’s Move Together for More Motivation, Community, and Joy.” The workshop was conducted on the Google Meet platform. Prof. Jomar B. Esto from Southern Mindanao University, Philippines, served as the resource person, while Dr. Vishanth, Faculty of General & Adapted Physical Education and Yoga (GAPEY), Coimbatore (T.N.), India, acted as the moderator. The resource person shared valuable insights with the delegates about the Olympic spirit, emphasizing unity, excellence, and sportsmanship.

The workshop witnessed the participation of more than 80 attendees through both online and offline modes. Dr. Ashwani Kumar served as the convener of the workshop. The College Principal, Dr. (Sr.) Rosily T.L., formally welcomed the speakers and the moderator. The session concluded with an engaging discussion led by the moderator on the Olympic values and their relevance in today’s world. The vote of thanks was proposed by Ms. Rakshita Chaturvedi, NSO President. Participants expressed positive feedback regarding the workshop.

Outcomes:

- Participants gained a deeper understanding of the Olympic spirit and its significance.
- The workshop enhanced awareness about the importance of physical activity and sportsmanship.
- Students were motivated to engage in sports and adopt active lifestyles.
- The session fostered a sense of global connection and cultural exchange.
- Positive feedback indicated high engagement and learning among participants.



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



NATIONAL SPORTS ORGANIZATION
In Collaboration with UGC Cell is Organising
INTERNATIONAL WORKSHOP (Online)
To Celebrate
INTERNATIONAL OLYMPIC DAY
**THEME: "LET'S MOVE" TOGETHER FOR MORE MOTIVATION,
COMMUNITY AND JOY"**
Date: June 23, 2025, (Time: 9. 45 am to 11.45 am IST)



INTERNATIONAL SPEAKER
Prof. Jomar B. Esto
University of Southern Mindanao, PHILIPPINES



MODERATOR
Dr. Vishanth
Ramakrishna Institute of Research and Training,
Coimbatore, (T.N), INDIA



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



CONVENER
Dr. Ashwani Kumar
NSO, St. Bede's College,
Shimla, (H.P), INDIA

Google meet link: <https://meet.google.com/umt-qnjq-jgg>

Brochure





International Workshop on International Olympic Day

Sports Fest to Celebrate National Sports Day

Date: August 29th to September 6th, 2025

Objectives:

- To promote physical fitness and overall well-being among students.
- To encourage active participation in sports and recreational activities.
- To foster teamwork, discipline, and a spirit of healthy competition.
- To identify and nurture talent in various sports disciplines.
- To celebrate National Sports Day by engaging students in diverse sporting events.

Description: The National Sports Organization organized *Sports Fest 2025* to celebrate National Sports Day, in collaboration with the Physical Education Foundation of India, from August 29 to September 6, 2025. A variety of sports competitions were conducted during the fest, including skipping, yoga, table tennis, badminton, volleyball, basketball, and running. The event witnessed enthusiastic participation from more than 150 students, reflecting a strong spirit of sportsmanship and teamwork.

St. Bede's College, Shimla, (H.P), India

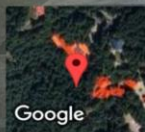
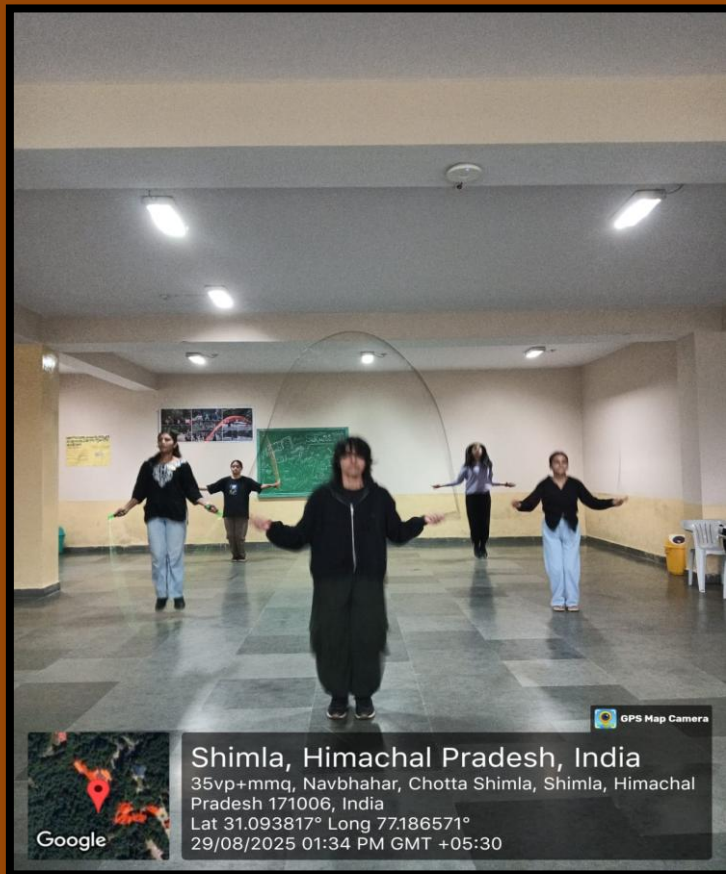
Medals were awarded to the position holders in various events. The entire fest was successfully organized under the supervision of the NSO President, Ms. Rakshita Chaturvedi, and the Secretary, Ms. Navya Mehta.

Outcomes:

- Increased participation of students in sports and physical activities.
- Improvement in physical fitness, coordination, and endurance among participants.
- Development of teamwork, leadership, and sportsmanship qualities.
- Identification of talented students in various sports for future competitions.
- Enhanced enthusiasm and awareness about the importance of an active and healthy lifestyle.



Brochure



Shimla, Himachal Pradesh, India
35vp+mmq, Navbahar, Chotta Shimla, Shimla, Himachal Pradesh 171006, India
Lat 31.093817° Long 77.186571°
29/08/2025 01:34 PM GMT +05:30





Sports Fest: 2025

Teachers' vs Students Competitions

Date: September 17-18, 2025

Objectives:

- To promote healthy interaction and strengthen relationships between teachers and students.
- To encourage participation in sports and physical activities.
- To foster teamwork, coordination, and a spirit of sportsmanship.
- To create a fun, engaging, and stress-free environment on campus.
- To enhance overall physical and mental well-being through recreational activities.

Description: The National Sports Organization organized “Chalk Warriors vs Back Bench Rebels” (Teachers vs Students Competitions) on September 17–18, 2025. The event featured a series of exciting competitions, including table tennis, badminton, volleyball, and basketball. It provided a unique platform for interaction and friendly competition between students and faculty members.

A total of 50 participants, comprising both students and teachers, took part enthusiastically, making the event lively and engaging. The competitions fostered a spirit of camaraderie, sportsmanship, and mutual respect among participants.

Outcomes:

- Strengthened bonding and improved rapport between students and teachers.
- Increased enthusiasm and participation in sports activities.
- Development of teamwork, coordination, and mutual respect among participants.
- Provided a refreshing break from academic routine, reducing stress.
- Created a positive, inclusive, and energetic campus environment.

The poster features a central illustration of four athletes in action: a basketball player in a green jersey, a badminton player in a red patterned shirt, a volleyball player in a blue jersey, and a table tennis player in a red patterned shirt. A large golden trophy is positioned in the center. The background is a stylized blue and purple sports arena with floating orange and yellow leaves. The text is arranged in a clear hierarchy, starting with the college name and accreditation, followed by the event title, dates, and location. The sports names are placed near their respective athletes.


Heritage Status

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

NATIONAL SPORTS ORGANISATION ORGANISES

**"CHALK WARRIORS
VS
BACKBENCH REBELS!"**

TEACHERS VS STUDENTS

 September 17th and 18th, 2025 | 2:00 P.M. Onwards
 St. Bede's College, Shimla

BASKETBALL

BADMINTON

VOLLEYBALL

TABLE TENNIS

Brochure



Indoor Sports



Indoor Sports



Outdoor Sports



Outdoor Sports

Health Awareness Session through Yoga

Date: October 16, 2025

Objectives:

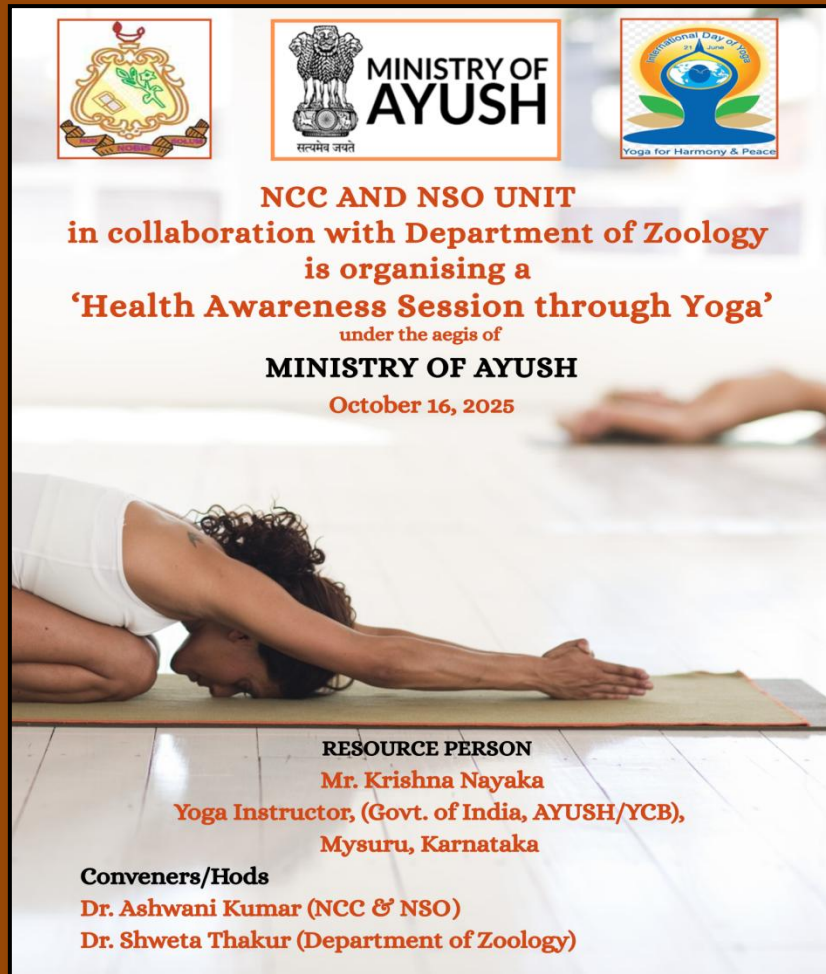
- To promote awareness about the importance of physical fitness and mental well-being.
- To encourage students to adopt yoga as a part of their daily routine.
- To educate students about the benefits of a healthy lifestyle.
- To reduce stress and improve concentration through yoga practices.
- To foster holistic development of students.




Description: On October 16, 2025, the Department of Physical Education, in collaboration with the Department of Zoology and the NCC & NSO Units, organized a Health Awareness Session through Yoga under the aegis of the Ministry of AYUSH. The session aimed at promoting physical fitness and mental well-being among students. The session was conducted by Mr. Krishna Nayaka, Yoga Instructor (Govt. of India, AYUSH/YCB), Mysuru, Karnataka. He demonstrated various yoga postures and shared valuable insights on maintaining a healthy lifestyle through regular practice.

The event witnessed active participation from over 120 students, reflecting their enthusiasm for adopting healthier habits. The session concluded with an interactive discussion and relaxation exercises, leaving participants refreshed and motivated.

Outcomes:

- Students developed a better understanding of the importance of yoga in daily life.
- Participants learned practical yoga techniques for stress management and relaxation.
- The session enhanced awareness about maintaining physical and mental health.
- Students felt motivated to incorporate yoga into their regular routine.



MINISTRY OF AYUSH
सन्ममेव जयते

International Day of Yoga
Yoga for Harmony & Peace

NCC AND NSO UNIT
in collaboration with Department of Zoology
is organising a
'Health Awareness Session through Yoga'
under the aegis of
MINISTRY OF AYUSH
October 16, 2025

RESOURCE PERSON
Mr. Krishna Nayaka
Yoga Instructor, (Govt. of India, AYUSH/YCB),
Mysuru, Karnataka

Conveners/Hods
Dr. Ashwani Kumar (NCC & NSO)
Dr. Shweta Thakur (Department of Zoology)

Brochure





Health Awareness Session through Yoga

Intercollege Basketball Tournament (RKMV v/s St. Bede's College)

Date: November 21, 2025

Objective:

- To promote sportsmanship and a healthy competitive spirit among students.
- To encourage participation in inter-college sports activities.
- To enhance teamwork, coordination, and leadership skills.
- To provide exposure to competitive basketball at the inter-college level.
- To foster interaction and build relationships between participating colleges.

Description: An Inter-college Basketball Tournament was organized under the banner of the National Sports Organization. The competition was held between two colleges-RKMV, Shimla, and St. Bede's College. The tournament showcased enthusiasm, teamwork, and competitive spirit among the players. St. Bede's College secured the first position in the competition, demonstrating excellent coordination and skill.

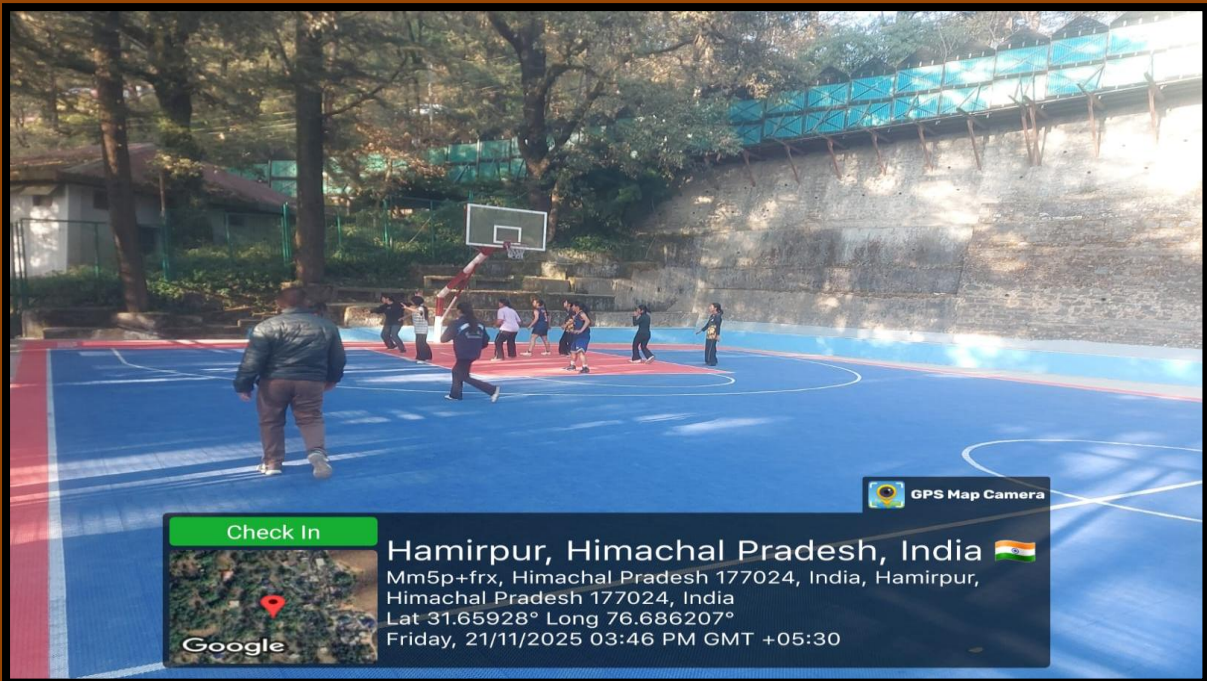
A total of 24 players participated in the tournament, making it a spirited and engaging sporting event.

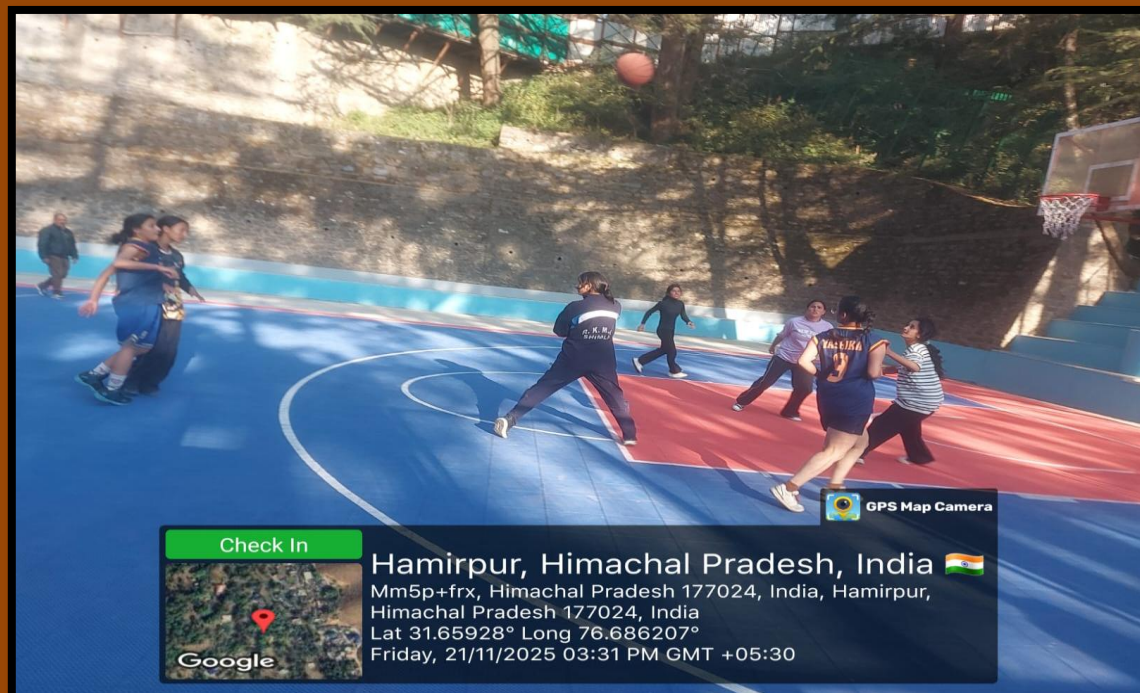
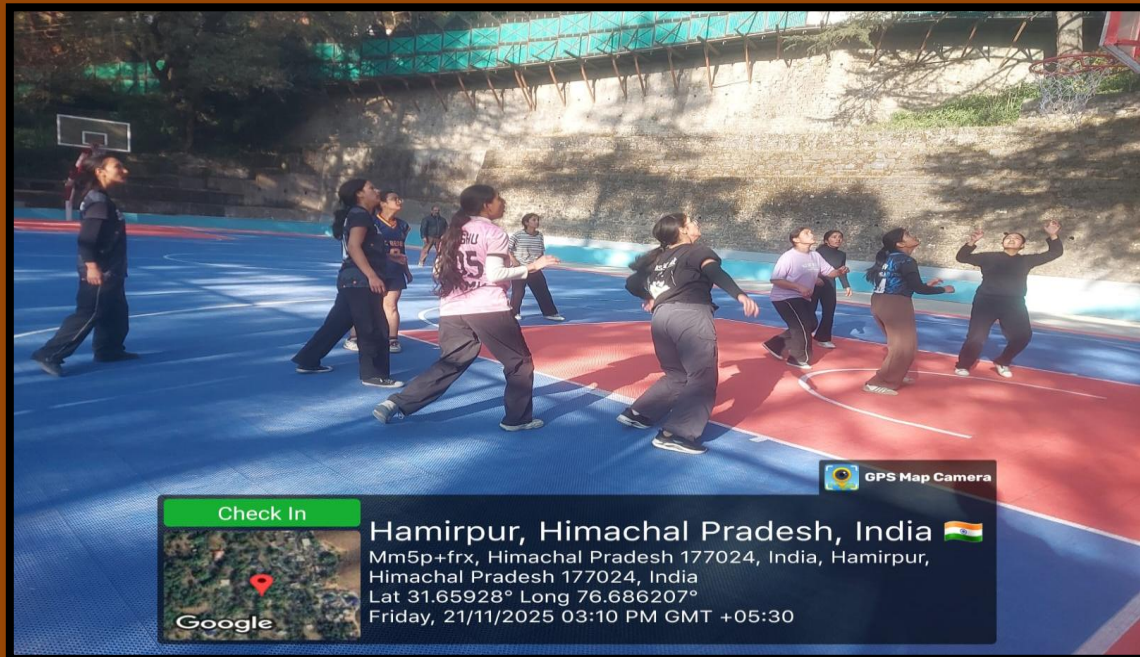
Outcomes:

- Enhanced confidence and performance of participating players.
- Improved teamwork, coordination, and strategic skills.
- Increased interest in basketball and inter-college sports competitions.
- Provided valuable competitive exposure to students.
- Strengthened sportsmanship and interaction between the participating colleges.



Brochure





Intercollege Basketball Tournament

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.

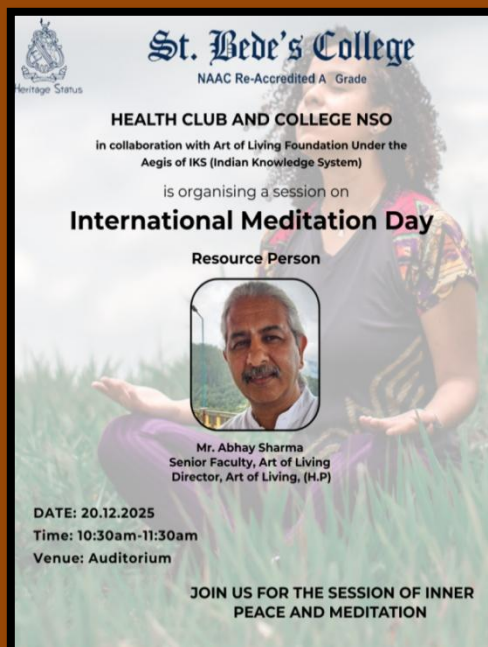
Description: On the occasion of World Meditation Day, a meditation assembly was organized by the NSO and Health Club of St. Bede's College in collaboration with the Art of Living Foundation under the aegis of the Indian Knowledge System. The programme was conducted by Mr. Abhay Sharma, Senior Faculty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

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.

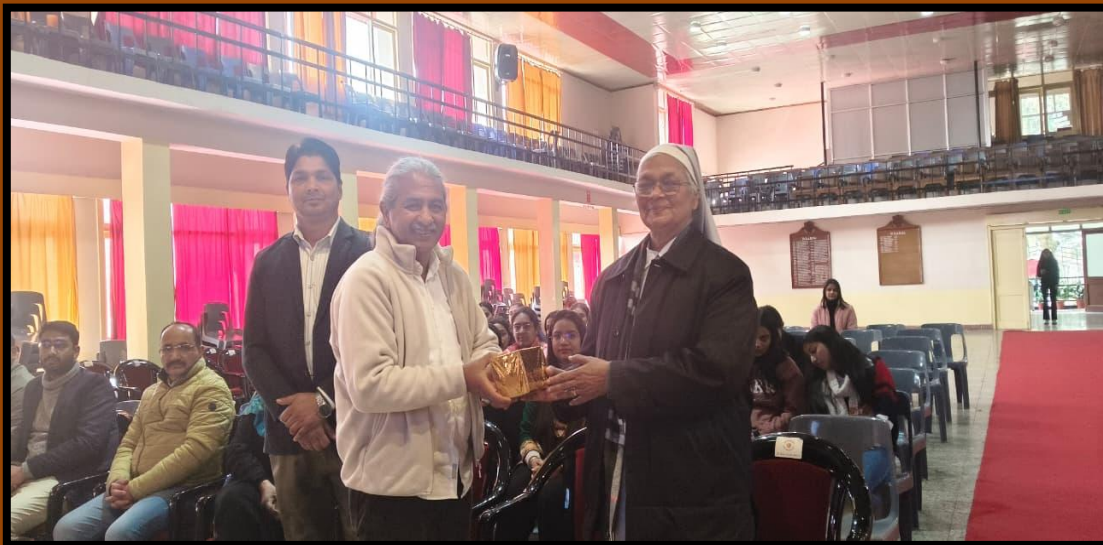
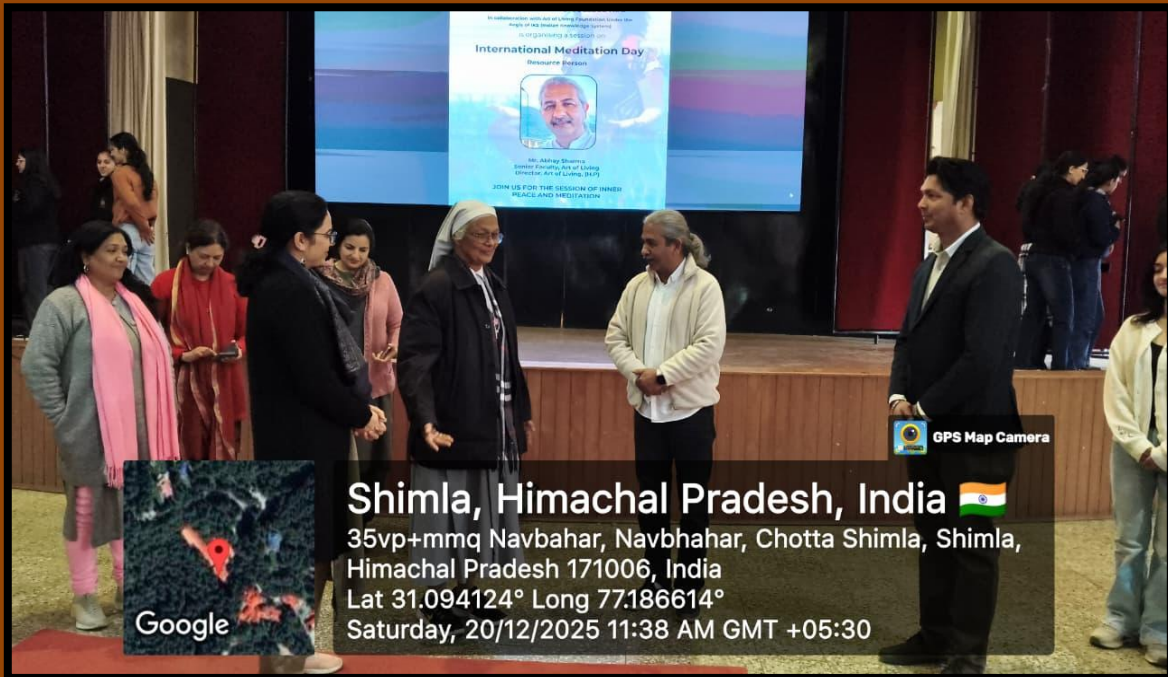
Outcomes:

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.



Brochure

St. Bede's College, Shimla, (H.P), India





Special Session on International Meditation Day, December 20, 2025

THREE DAYS INTERNATIONAL WORKSHOP ON RESEARCH METHODOLOGY (ONLINE)

Date: April 16, 18 & 20, 2026

Organised by: Department of Physical Education & NSO under the aegis of Internal Quality Assurance Cell (IQAC) organised the workshop in collaboration with, World Society for Peace Sports, South Korea and Physical Education Foundation of India.

Objectives of the Workshop:

- To enhance participants' understanding of research methodology in both humanities and sciences.
- To provide practical knowledge of statistical tools, particularly SPSS, along with parametric and non-parametric techniques.
- To sensitize researchers about research ethics and proper report writing practices.
- To create awareness about plagiarism and promote academic integrity.
- To explore the role and responsible use of Artificial Intelligence in research.

Description: The Department of Physical Education and National Sports Organization (NSO) successfully organized an **International Workshop on Research Methodology** on April 16, 18, and 20, 2026. The workshop was conducted under the aegis of the IQAC in collaboration with our MoU partners: World Society for Peace Sports, South Korea, and the Physical Education Foundation of India (PEFI).

The workshop covered key sub-themes including:

- Role of SPSS and Parametric and Non-Parametric Statistics
- Research Ethics and Report Writing (Humanities and Sciences)
- Role of Plagiarism and Artificial Intelligence in Research

The event featured eminent resource persons from across the globe. The main speakers were:

- Prof. Rajeev Choudhary, PRSS University Raipur, (C.G), India
- Prof. M. Roshita, Director of Research, Cebu Normal University, Philippines
- Prof. Yvonne Paul, Research Dean, Tshwane University of Technology, South Africa

The sessions were effectively moderated by:

- Prof. L. Santosh, Manipur University, Manipur, India
- Prof. Onima T. Reddy, BHU, (U.P), India
- Prof. Jomar B. Esto, Southern Mindanao University, Philippines

The workshop was graced by distinguished chief guests:

- Prof. Lee, President, World Society for Peace Sports, South Korea
- Dr. Piyush Jain, National Secretary, Physical Education Foundation of India

Approximately 200 participants attended the workshop via Google Meet, reflecting strong engagement and international interest. The day-wise proceedings of the workshop were as follows:

April 16, 2026

Day One started with a welcome address by the resource person, Prof. Rajeev Choudhary, along with the moderator, Prof. L. Santosh Singh. Following the opening remarks, Prof. Choudhary delivered a detailed lecture on “*Use of SPSS and Parametric & Non-Parametric Statistics.*” He clearly explained the application of SPSS in data analysis and differentiated between parametric and non-parametric statistical methods. He also emphasized important ethical principles that should guide the entire research process. The session was informative and engaging, with active participation from the attendees. It concluded with a structured and effective summary by Prof. Singh, who highlighted the key points discussed during the session.

April 18, 2026

Day Two commenced with a welcome address by Prof. Roshita from Philippines and the moderator, Prof. Onima T. Reddy from BHU, India. Prof. Roshita delivered an insightful lecture on “*Research Ethics and Report Writing in Humanities and Sciences,*” where she systematically explained the methodological dimensions of research and academic writing. The session proved to be both informative and engaging, encouraging active interaction among participants. The proceedings were effectively concluded by Prof. Onima in a well-structured manner.

April 20, 2026

The third day of the workshop commenced with a welcome address by Prof. Yvonne Paul from Tshwane University of Technology, along with the session moderator Prof. Jomar B. Esto from Southern Mindanao University. Prof. Yvonne Paul delivered an insightful lecture on the topic “*Role of Plagiarism and AI in Research.*” In her session, she systematically explained the concept of plagiarism and highlighted the growing role and responsible use of artificial intelligence in the research domain. Her presentation effectively addressed both ethical concerns and practical applications, making the session highly relevant in the contemporary academic context. The session proved to be informative and engaging, fostering active interaction and discussion among participants. The proceedings were thoughtfully summarized, and participant feedback was effectively concluded by Prof. Jomar B. Esto in a clear and well-structured manner.

The session concluded with a vote of thanks delivered by the convener, Dr. Ashwani, who expressed sincere gratitude to the distinguished speakers, moderators, and participants

St. Bede's College, Shimla, (H.P), India

for their valuable contributions to the success of the workshop. Both Chief Guests appreciated the efforts of the convener in organizing the workshop and recognized it as a well-planned and valuable initiative in the field of research methodology.

The College Principal, Dr. (Sr.) Rosily, also commended the systematic and well-organized execution of the workshop and extended her regards to all the speakers and moderators for their insightful sessions.

During the question-and-answer session, the delegates actively participated and posed thoughtful and relevant questions, reflecting their keen interest and engagement throughout the workshop. Overall, the participants shared positive feedback regarding the organization of the workshop, appreciating its systematic planning, relevant themes, and the high quality of expert sessions.

Outcomes of the Workshop

- Participants gained comprehensive knowledge of research methodology and its practical applications.
- Improved understanding of statistical analysis using SPSS and appropriate selection of statistical techniques.
- Enhanced awareness of ethical research practices and plagiarism prevention.
- Developed clarity on the role and limitations of AI tools in academic research.
- Strengthened research writing skills across disciplines.
- Increased motivation among participants to undertake quality research work.
- Fostered academic networking and collaboration at national and international levels.

Social Media Link: <https://www.facebook.com/share/p/1EB1E3aZw2/>





THREE DAYS INTERNATIONAL WORKSHOP ON RESEARCH METHODOLOGY (ONLINE)

ORGANIZED BY DEPARTMENT OF PHYSICAL EDUCATION & NSO, ST. BEDE'S COLLEGE SHIMLA, (H.P), INDIA UNDER THE AEGIS OF IQAC

APRIL 16, 18 & 20, 2026

10:45 AM - 12:45 PM (IST)

IN COLLABORATION WITH

- *World Society for Peace Sports (WSPS), South Korea
- *Physical Education Foundation of India (PEFI) NDLS, India

SUB-THEMES

- Report Writing (Humanities and Sciences)
- Ethical Research Practices
- Role of Plagiarism and AI in Research
- Use of SPSS in Research and,
- Parametric and Non-parametric Statistics

EMINENT SPEAKERS





Prof. Rajeev Choudhary (C.G), India-April 16, 2026
 Prof. M Rosita Ampoyas, Philippines-April 18, 2026
 Prof. Yvonne Paul, South Africa-April 20, 2026

CHIEF GUESTS




Prof. Lee, President, WSPS, South Korea
 Dr. Piyush Jain, National Secretary, PEFI, India

MODERATORS





Prof. L. Santosh Singh, Manipur University, India-April 16, 2026
 Prof. Onima T. Reddy, BHU, (U.P), India -April 18, 2026
 Prof. Jomar B. Esto, Philippines-April 20, 2026

ORGANIZERS



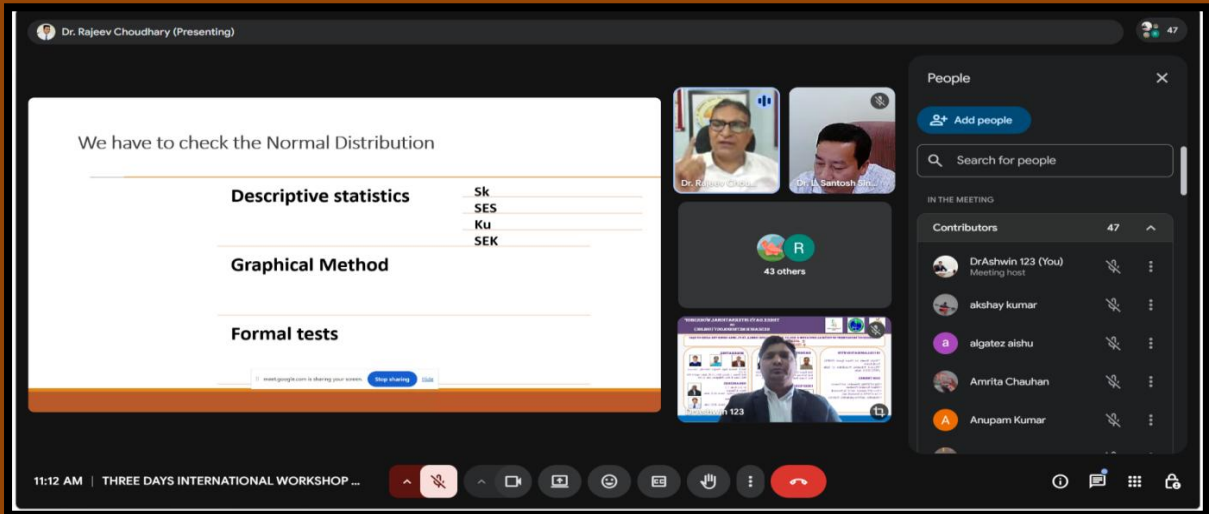

Dr. (Sr.) Rosily T. L.
 Patron & Principal,
 St. Bede's College, Shimla (H.P), India

Dr. Ashwani Kumar
 Convener,
 St. Bede's College, Shimla (H.P), India

Google meet link: <https://meet.google.com/khs-fgft-zsd>

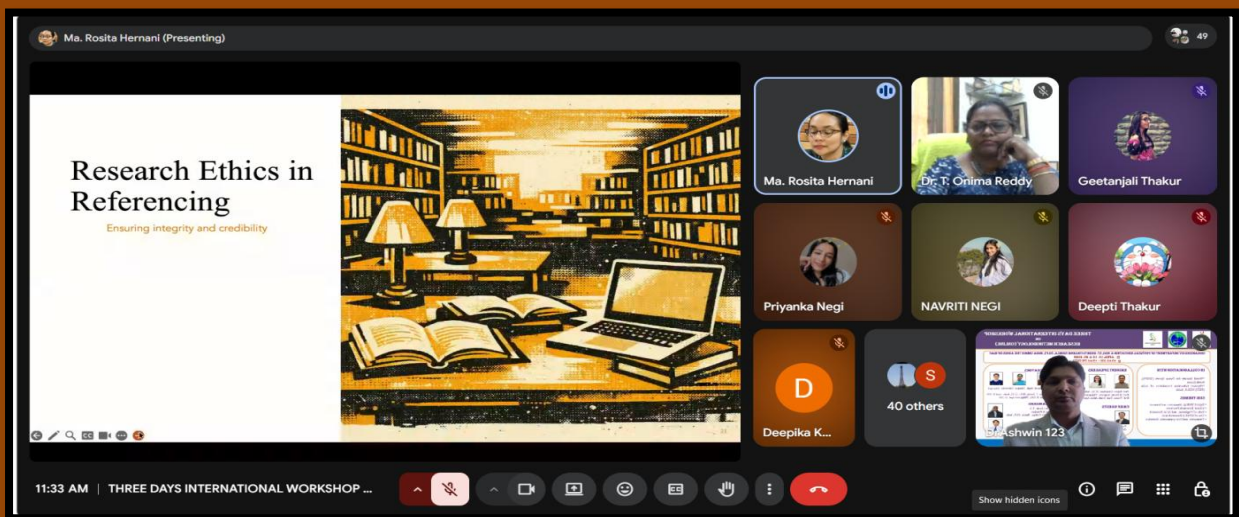
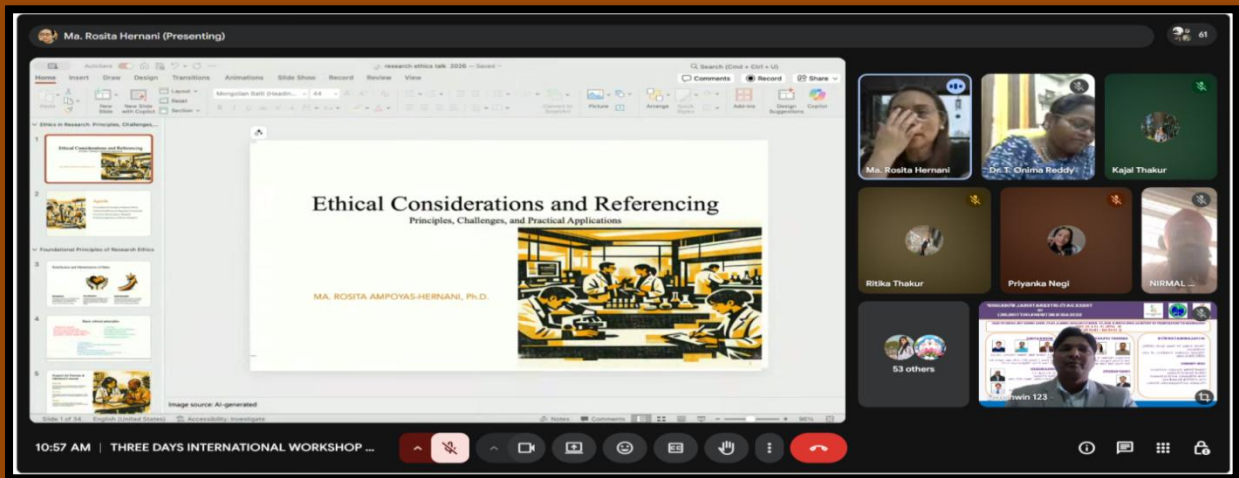
Brochure

Day I (April 16, 2026)



Day II (April 18, 2026)





Day III (April 20, 2026)



Yvonne Paul (Presenting)

Causes of Plagiarism?

- Time pressure
- Lack of skills
- Poor understanding
- Access to online content

Consequences

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Your computer might slow down while running video effects

Tshwane University of Technology
We empower people


11:07 AM | THREE DAYS INTERNATIONAL WORKSHOP ...



Yvonne Paul (Presenting)

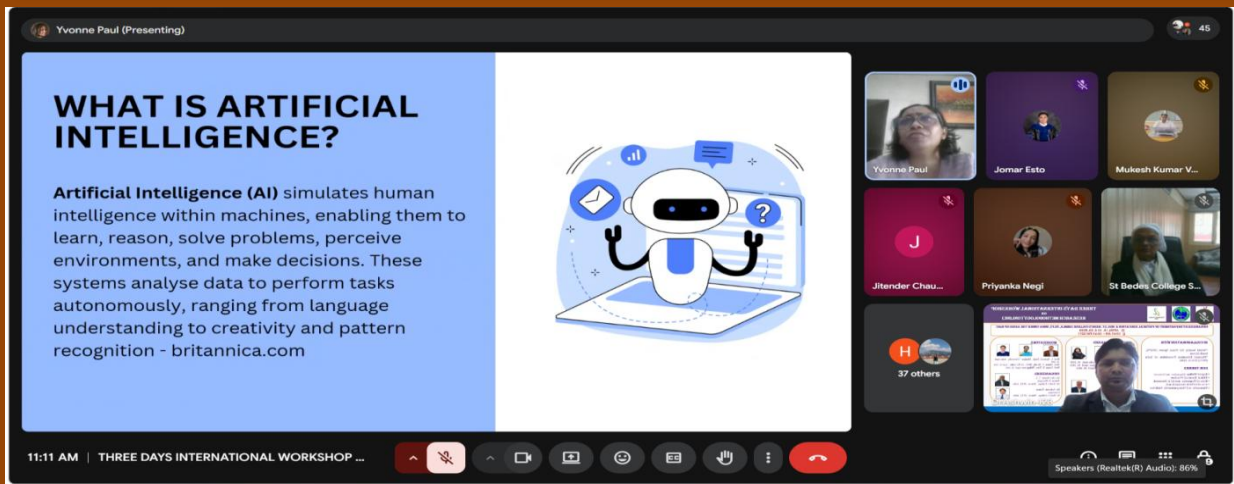
WHAT IS ARTIFICIAL INTELLIGENCE?

Artificial Intelligence (AI) simulates human intelligence within machines, enabling them to learn, reason, solve problems, perceive environments, and make decisions. These systems analyse data to perform tasks autonomously, ranging from language understanding to creativity and pattern recognition - britannica.com



11:11 AM | THREE DAYS INTERNATIONAL WORKSHOP ...

Speakers (Realtek(R) Audio): 86%



Yvonne Paul (Presenting)

EVERYONE WAS CONFUSED ABOUT GENERATIVE AI

- 2 Months after Chatgpt launched

SPRINGER NATURE

NEWS | 18 January 2023

ChatGPT listed as author on research papers: many scientists disapprove

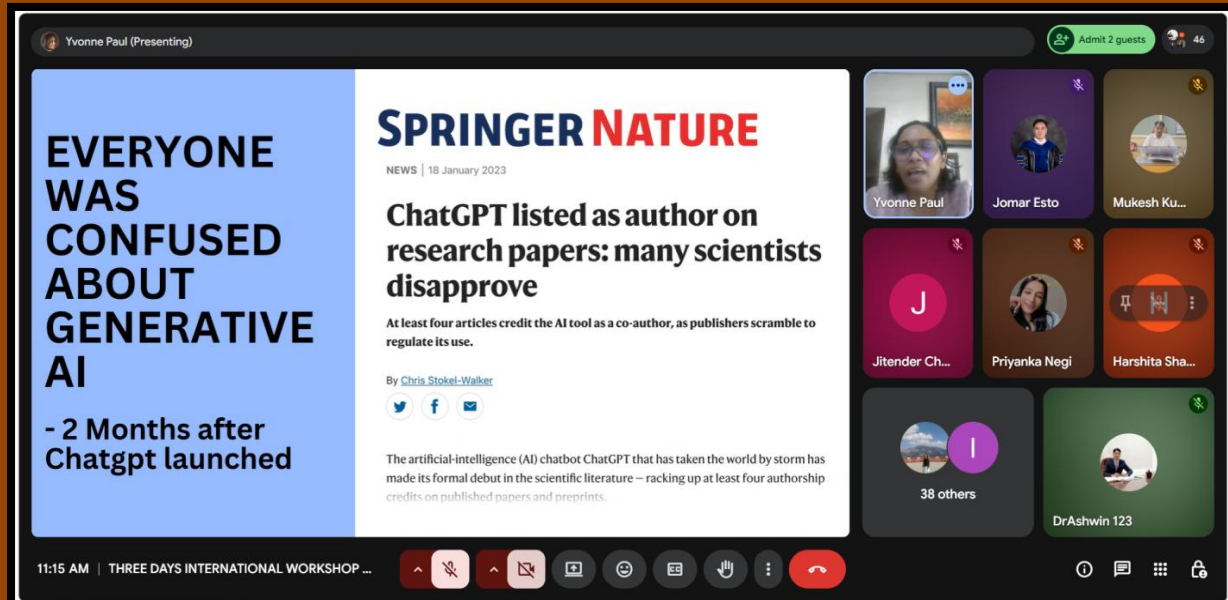
At least four articles credit the AI tool as a co-author, as publishers scramble to regulate its use.

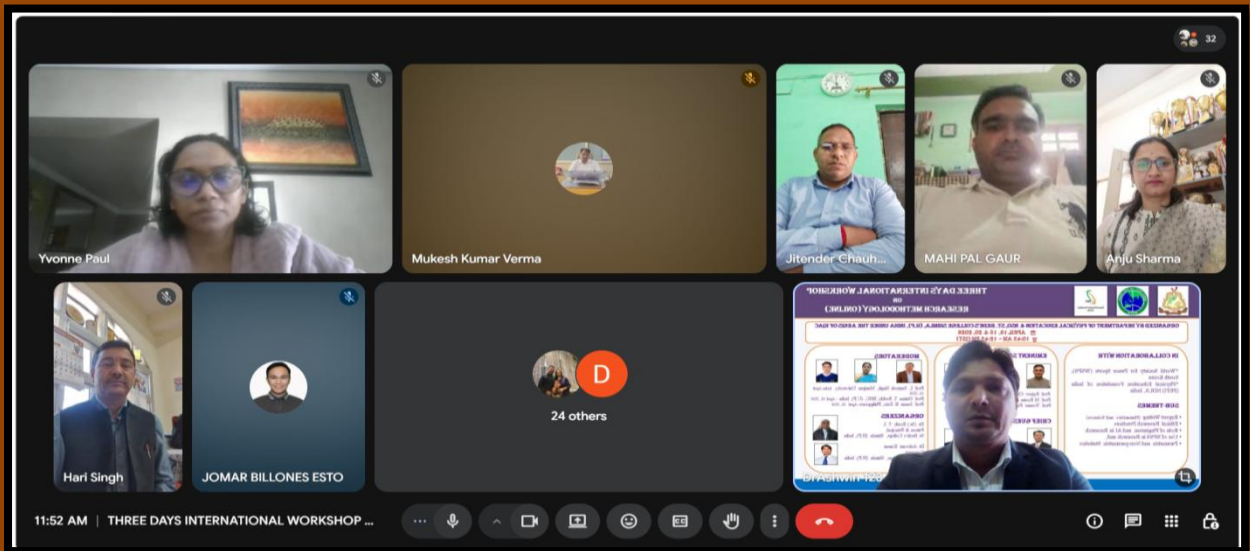
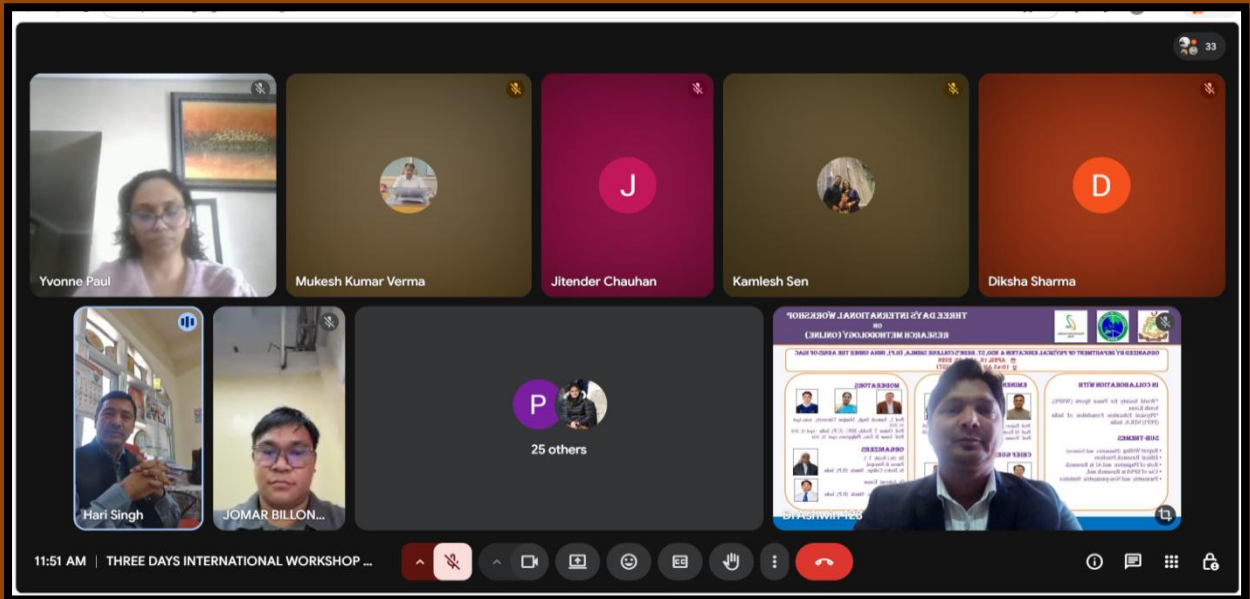
By [Chris Stokel-Walker](#)

The artificial-intelligence (AI) chatbot ChatGPT that has taken the world by storm has made its formal debut in the scientific literature – racking up at least four authorship credits on published papers and preprints.

Admit 2 guests

11:15 AM | THREE DAYS INTERNATIONAL WORKSHOP ...





*Three Days International Workshop on Research Methodology (Online)
(April 16, 18 & 20, 2026)*

5. BEDIAN'S SPORTS ACHIEVEMENTS (2025-2026)

RESULTS OF HPU INTERCOLLEGE (W) TOURNAMENTS (2025-2026)

1. HPU Inter-College Boxing (Women's) Championship: Runner-up (II Position)
 2. HPU Inter-College Table Tennis (Women's) Championship: (II Runner-up)
-

HPU INTERCOLLEGE BOXING (W) CHAMPIONSHIP

HPU Inter-College Women's Boxing Championship (November 6-7, 2025) was held at G.B. Pant Government College, Rampur, Shimla. Our college secured an impressive overall second position in the championship. Ms. Deepika and Ms. Anjali from B.A. II Year won gold medals, while Ms. Priya, also from B.A. II Year, earned a silver medal for the college. Furthermore, Ms. Deepika and Ms. Anjali were selected to represent the college in the AIU National Competition, held at Lovely Professional University, Jalandhar, Punjab, from March 9-14, 2026.





Samsung Galaxy F54 5G
07 November 2025 16:41

Boxers received their medals with Runner-up Trophy

बॉक्सिंग में रामपुर कॉलेज प्रथम

रामपुर कॉलेज में अंतर महाविद्यालय बॉक्सिंग प्रतियोगिता संपन्न

रामपुर बुशहर। गोविंद वल्लभ पंत मेमोरियल राजकीय महाविद्यालय रामपुर में दो दिवसीय अंतर महाविद्यालय महिला बॉक्सिंग प्रतियोगिता शुक्रवार को संपन्न हो गई। सातवें राज्य वित्त आयोग के अध्यक्ष एवं विधायक नंद लाल बतौर मुख्य अतिथि पहुंचे। इनकी पत्नी सत्या देवी विशेष अतिथि के रूप में उपस्थित रही।

बॉक्सिंग प्रतियोगिता में महाविद्यालय रामपुर ने प्रथम स्थान प्राप्त किया। सेंट बीड्स कॉलेज ने द्वितीय और राजकीय महाविद्यालय नेरवा और संजौली ने तृतीय स्थान हासिल किया। महाविद्यालय के प्राचार्य डॉ. पंकज बसोतिया ने मुख्यातिथि का स्वागत किया। महाविद्यालय की छात्राओं ने समापन समारोह में कुल्लुवी नाटी की प्रस्तुति पेश कर वाहवाही बटोरी।

मुख्यातिथि ने कहा कि छात्राओं को खेलों में बढ़ चढ़कर भाग लेना चाहिए, जिससे वे स्वास्थ्य और कैरिअर में आगे बढ़ सकते हैं। मुख्य अतिथि ने सभी विजेताओं को पुरस्कार देकर सम्मानित किया। प्रतियोगिता में बुशहर बीएड कॉलेज के प्रधानाचार्य डॉ. तिलक राज, डॉ. जीआर नेगी, डॉ. विक्रान्त गौतम, सुरेंद्र कुमार शांडिल, डॉ. विद्याबंधु नेगी, अशोक नेगी, कमल कुमार, कमलेश सेन, संजीत चौहान, टेक चंद, अभिषेक, सुमन नेगी और सुभद्रा ने निर्णायक मंडल की भूमिका निभाई। संवाद

रामपुर कॉलेज में विजेता रही टीम को सम्मानित करते मुख्यतिथि। स्रोत: कॉले प्रबंधन

Media Coverage

H.P ELITE STATE WOMEN BOXING CHAMPIONSHIP

Three students from our college participated in the H.P. Elite Women State Boxing Championship (October 30 to November 2, 2025), held at Reckong Peo, Kinnaur. Ms. Deepika and Ms. Priya won gold medals, while Ms. Anjali also participated in the championship.



Boxers with their outstanding performance

OPEN BOXING CHAMPIONSHIP

Three boxers from our college - Deepika, Priya, and Anjali secured a total of three medals (two gold and one silver) at the Open Boxing Championship (November 8–10, 2025), held at Rampur, Shimla (H.P).



Boxers with their medals

SENIOR NATIONAL BOXING CHAMPIONSHIP

Ms. Deepika and Ms. Priya, students of B.A. II Year, participated in the Senior National Women's Boxing Championship held from January 4-10, 2026, at Greater Noida (U.P.).

HPU INTER-COLLEGE, TABLE TENNIS COMPETITION

HPU Inter-College Women's Table Tennis Competition was held at Government College, Darlaghat. Our college secured an overall third position in the competition. Ms. Urvashi Sharma and Ms. Anshika Bhatia delivered outstanding performances and won gold medals for the college. They were selected to represent the college in the North Zone Inter-University Table Tennis Championship, held at Chitkara University, Punjab, from December 17-21, 2025.





Bedian's with their II Runner-up (W) Table Tennis Trophy & Certificates

HIMACHAL PRADESH STATE TABLE TENNIS CHAMPIONSHIP

Ms. Urvashi Sharma, a student of B.A. I Year, participated in the Himachal Pradesh State Table Tennis Championship held in Shimla (H.P.) from September 19–21, 2025, and secured third position.



Miss Urvashi with her III position trophy

SENIOR NATIONAL (W) TABLE TENNIS CHAMPIONSHIP

Ms. Urvashi Sharma, a student of B.A. I Year, participated in the Senior National Table Tennis Championship held in Indore (M.P.) from March 13–21, 2026.



Ms. Urvashi during Senior National Table Tennis Championship, Indore, (M.P)

NORTH ZONE INTER-UNIVERSITY BASKETBALL CHAMPIONSHIP

Ms. Rishita Bhardwaj from St. Bede's College was selected to participate in the North Zone Inter-University Basketball Championship, held in Jalandhar, Punjab, from January 16-21, 2026.



Ms. Rishita Bhardwaj during the North Zone Inter-university

H.P SENIOR STATE BASKETBALL (W) CHAMPIONSHIP

Ms. Rishita Bhardwaj participated in the Senior State Basketball (Women's) Championship held in Nahan (H.P.) from December 5-9, 2025. Her team secured third position in the championship.



Cagers with their Medals

St. Bede's College, Shimla, (H.P), India

HPU SUMMER COACHING CAMP

The following athletes from our college were selected for the HPU Summer Coaching Camp (2025–2026) in their respective sports:

1. Ms. Anjali: Boxing
2. Ms. Anshika Bhatia: Table Tennis
3. Ms. Urvashi Sharma: Table Tennis
4. Ms. Rishita Bhardwaj: Basketball (January 10-14, 2026)

No.31/99-2000/HPU (Sports)-
Himachal Pradesh University, Shimla-05,
(NAAC Accredited 'A' Grade University
Directorate of Physical Education & (YP)

To _____ Date: 08-12-2025

The Principal,
1. Govt. College Dharamshala
2. RKMV College
3. St.Bedes college Shimla


Subject: Coaching Camp for North Zone - Inter-varsity Table-Tennis (Women) Championship, 2025-26.

Sir/Madam,

The following student playes(s) of your college/ institution has/have been selected to attend a coaching camp for the Himachal Pradesh University **Table-Tennis (Women)** team scheduled to be held at **Himachal Pradesh University Shimla** w.e.f. 11.12.2025 to 15.12.2025. You are therefore requested to kindly direct the following players of your college/institution to report for coaching camp on 10-12.2025 at the above mentioned venue alongwith **Declaration Form attached herewith the signature of the participants which is mendatary as per AIU Guidelines**, Matric/Plus two/BA-III certificates and latest two photograph. After the coaching camp the University **Table Tennis(Women)** team will participation in North Zone Inter-varsity Table Tennis(Women) championship to be held at **Chitkara University, Punjab** w.e.f. 17.12.2025 to 21-12.2025.

Sh. Abhay Lakhnpal, Table-Tennis Coach, Contact No. (7018111184)

Sr. No.	Student Name	Father's Name	College Name
1.	Bhagya Guleria	Sh.Naresh Pal Guleria	GC Dharamshala
2.	Ridima Chauhan	Sh.Salochan Singh	RKMV Shimla
3.	Urvashi Sharma	Sh.Sanjeev Kumar Kalia	St.Bedes College Shimla
4.	Anjali Kanwar	Sh.Sanjeev Kanwar	RKMV Shimla
5.	Anshika Bhatia	Sh.Deepak	St.Bedes College shimla

Yours faithfully,

Section Office,
Dte. Of Phy. Edu. & (YP)
H.P. University, Shimla.

**Ms. Urvashi & Ms. Anshika (Table Tennis): Summer Coaching Camp
(December 11-15, 2025)**

St. Bede's College, Shimla, (H.P), India

No.31/99-2000/HPU (Sports)-
Himachal Pradesh University, Shimla-05.
(NAAC Accredited 'A' Grade University
Directorate of Physical Education & (YP)

Dated: 06.03.2026

To,

The Principal,
1. Govt. College Rampur
2. St. Bedes College Shimla
3. Govt. College Seema
4. Govt. College Sanjauli
5. Govt. College Hamirpur
6. Govt. College, Jawalaji

Subject: Coaching Camp for All India Inter-University - Boxing (Women) Championship, 2025-26.

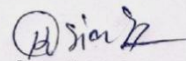
Sir/Madam,

The following players of your college has/have been selected to attend a coaching camp for the Boxing (Women) team scheduled to be held at **H.P. University, Shimla** on dated 07.03.2026. You are therefore requested to kindly direct the following players of your college to report for coaching camp on 07.03.2026 on 11:00am at above mentioned venue alongwith **Declaration Form attached herewith the signature of the participants which is mendatary as per AIU Guidelines**, Matric, Plus Two, BA-III certificate (**in case of PG students**), Aadhar card and latest two photographs. After the coaching camp, the Boxing (Women) team will participate in All India Inter University Boxing (Women) championship to be held at Lovely Professional University, Jalandhar, Punjab w.e.f. **09.03.2026 to 14.03.2026**. Stay arrangement will be at **H.P. University Guest House**.

For any inquiry, contact to **Sh. Naveen Chauhan, Coach** on Mobile No: **9418333479**.

Sr. No.	Student Name	Father's Name	College Name
1	Anita Gautam	Sh.Pappu Gautam	Govt. College, Rampur
2	Ritika Negi	Sh.Sanjeev Kumar	Govt. College, Rampur
3	Anjali Kumari	Sh.Gopi Chand	St. Bedes College, Shimla
4	Shreya	Sh. Sher Singh	Govt. College, Seema
5	Vibhuti Negi	Sh.Balraj Negi	Govt. College, Rampur
6	Bhumika	Sh.Bansi Lal	Govt. College, Sanjauli
7	Khushboo	Sh.Sarwan Kumar	Govt. College, Hamirpur
8	Shruti	Sh. Sanjay	Govt. College, Rampur
9	Aashka	Sh. Dinesh	Govt. College, Rampur
10	Vanshika Goswami	Sh. Shashi Kant Goswami	Govt. College, Jawalaji

Yours faithfully,



Superintendent,
Dte. of Phy. Edu. & (YP)

**Ms. Anjali Kumari (Boxing): Summer Coaching Camp
(March 03, 2026)**

St. Bede's College, Shimla, (H.P), India

No.31/99-2000/HPU (Sports)-
Himachal Pradesh University, Shimla-05.
(NAAC Accredited 'A' Grade University
Directorate of Physical Education & (Y.P)

Dated: 06.01.2026

To

The Principal,
1. DAV College Kangra
2. Govt. College, Bilaspur
3. Govt. College Hamirpur
4. Govt. College Theog
5. St. Bedes College Shimla

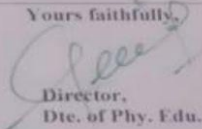
Subject: Coaching Camp for North Zone Inter-University Basketball (Women) Championship, 2025-26.

Sir/Madam,

The following players of your college has/have been selected to attend a coaching camp for the Basketball (Women) team scheduled to be held at DAV College, Kangra on dated 10.01.2026 to 14.01.2026. You are therefore requested to kindly direct the following players of your college to report for coaching camp on 09.01.2026 at above mentioned venue alongwith Declaration Form attached herewith the signature of the participants which is mandatory as per All Guidelines, Matric, Plus Two, BA-III certificate (in case of PG students), Aadhar card and latest two photographs. After the coaching camp, the Basketball (Women) team will participate in North Zone Inter University Basketball (Women) championship to be held at Govt. Art and Sports College, Jaladhar-Kapurthala w.e.l 16.01.2026 to 21.01.2026. Star arrangement will be at DAV College, Kangra.

Contact to Dr. Baljeet Singh Patial, Coach on Mobile No: 9418095205.

Sr. No.	Student Name	Father's Name	College Name
1	Bhumika Thakur	Sh. Ajay Kumar	DAV College Kangra
2	Shourya Banyal	Sh. Vijay Banyal	-----do-----
3	Riya Kumari	Sh. Raj Kumar	-----do-----
4	Palak Kumari	Sh. Jeet Ram	-----do-----
5	Poonam Thakur	Sh. Kuldeep Kumar	-----do-----
6	Sapna Kumari	Sh. Bhim Bahadur	Govt. College Bilaspur
7	Arpit Kumari	Sh. Kuldeep Kumar	-----do-----
8	Anshika	Sh. Rakesh Kumar	Govt. College Hamirpur
9	Sanika Chauhan	Sh. Naresh Kumar	-----do-----
10	Priyanka Chauhan	Sh. Ravinder Chauhan	Govt. College Theog
11	Priyanka	Sh. Tek Chand	Govt. College Ghumarwin
12	Rishita Bhardwaj	Sh. Tejeshwar Sharma	St. Bedes College Shimla

Yours faithfully,

Director,
Dte. of Phy. Edu. & (Y.P)

Ms. Rishita Bhardwaj (Basketball): Summer Coaching Camp

(January 10-14, 2026)

St. Bede's College, Shimla, (H.P), India

HPU INTERCOLLEGE SPORTS COMPETITIONS, SESSION: 2025-2026

St. Bede's College participated in various HPU Inter-College sports competitions during 2025–2026, including basketball, volleyball, boxing, table tennis, chess, football, and cricket.



Basketball



Volleyball



Table Tennis



Boxing




Chess

CDD SPORTS TRUST SCHOLARSHIP 2025-2026

The CDD Sports Trust Scholarship for the academic year 2025–2026 was awarded to nine outstanding students in recognition of their exceptional sporting achievements. The awards were presented by Prof. Mahavir Singh, Vice-Chancellor of Himachal Pradesh University, Shimla, along with our college Principal, Dr. (Sr.) Rosily T. L. The details of the selected students are provided below.

St. Bede's College, Shimla, (H.P), India

 **CHAMPA
DEVINDER DHINGRA
SPORTS TRUST**

Trustees:
Ravi Dhingra IAS (retd),
Former Junior National Champion, Badminton
Rajesh Dhingra IRS (retd)
Former, Delhi University Captain, Badminton
Secretary, Sports Authority of India
Divrina Dhingra
National Level Swimmer

Regn No 79 - 27.01.2020 | PAN AACTG6696G

E-mail

Date: 13-10-2025

bedescollege@gmail.com ; drashwin263@gmail.com

cc: dhingrarajesh119@gmail.com; divrina.d@gmail.com;
rajat895@gmail.com; shefalidhingra@gmail.com
rdhingra99@gmail.com; cddsportstrust@gmail.com

To

Dr. Sr. Rosily T.L (bedescollege@gmail.com)
Principal,
St. Bede's College, Shimla
Navbahar, Chotta Shimla,
Shimla-171002 (H.P)

Subject: Scholarship applications of 9 student players from St. Bede's College, Shimla
for the year 2025-26

Madam / Sir,

This is to intimate that the CDD Sports Trust has approved the scholarship to 9 student players as per list recommended by E-mail dated 04-10-2025. The amount of scholarship is Rs.10,000/- (Rs. Ten Thousand only) each.

I am sending individual 9 CDD Sports Trust Certificates by Speed Post for distribution.

Please take a group photograph of student players (with Principal / others) holding Certificates in a prominent place indicating it is from St. Bede's College, Shimla and send it to the Trust on its e-mail (cddsportstrust@gmail.com). Thereafter, we will remit the Scholarship amount through NEFT to their respective bank accounts.

With best wishes,
Yours sincerely,
(Ravi Dhingra)
Trustee
(Tel. 9818108800)

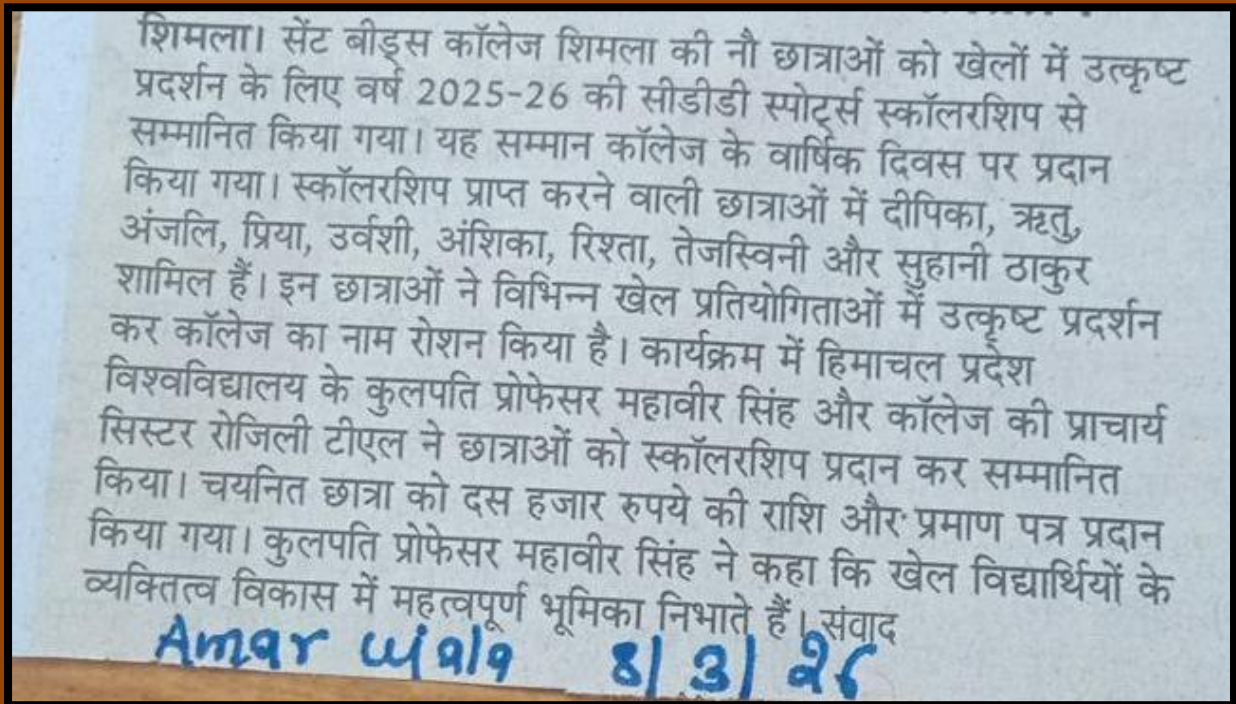
507 Narmada Tower 6, Vasant Kunj D6, New Delhi 110070 | cddsportstrust@gmail.com

Scholarship approved by CDD Sports Trust, 2025-2026

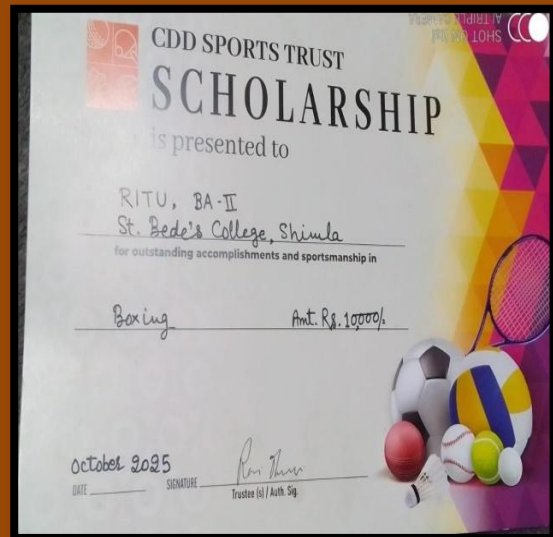
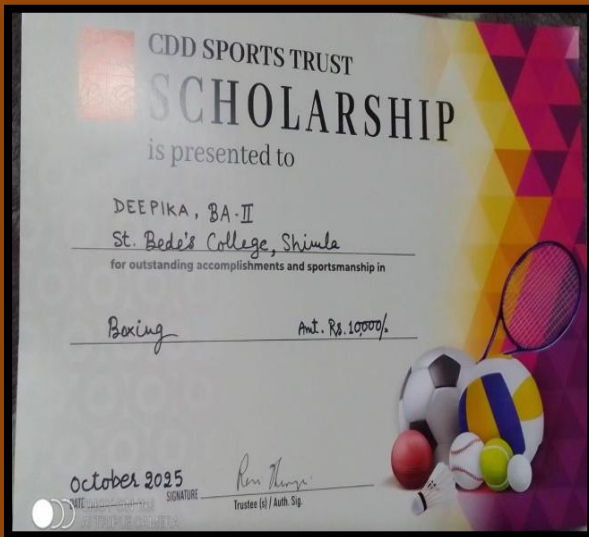
St. Bede's College, Shimla, (H.P), India



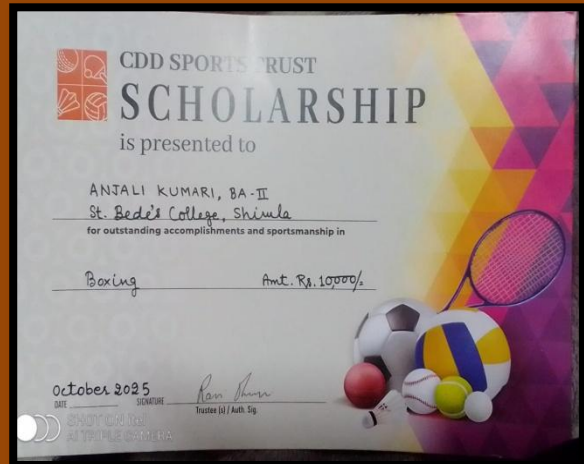
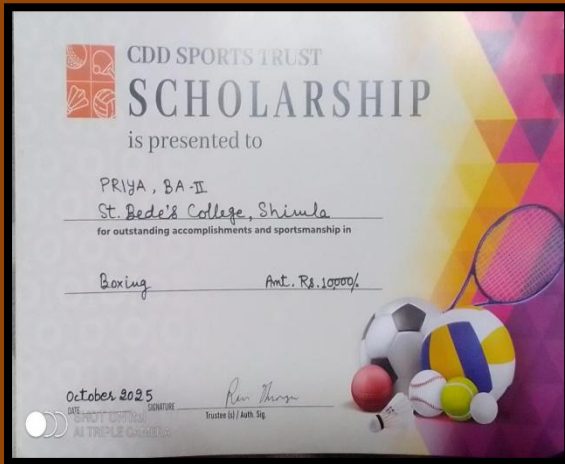
Scholarship received by Hon'ble Vice Chancellor and college Principal during Annual day

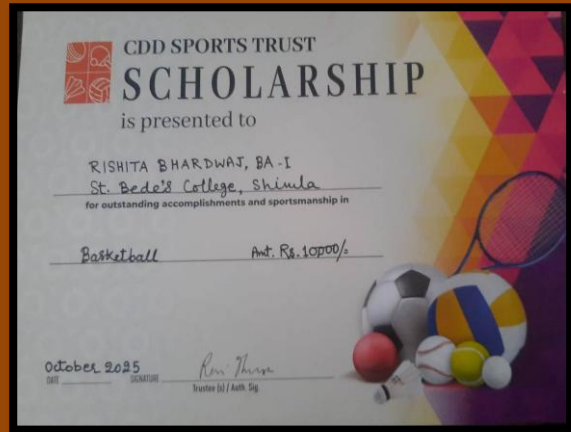
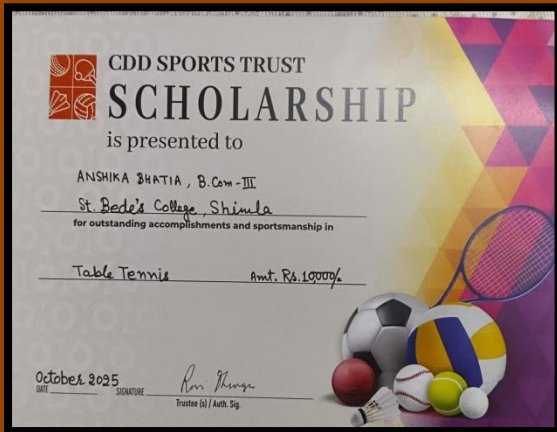


Media Coverage: Published in Amar Ujala Newspaper, 08/03/2026



St. Bede's College, Shimla, (H.P), India





CDD Sports Trust Scholarship: 2025-2026

Patron & Principal: Dr. (Sr.) Rosily T. L

Head: Dr. Ashwani Kumar

Editors: Ms. Sneha & Ms. Archi

Associate Editors: Ms. Ridhima & Ms. Pooja
