



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

## **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.



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**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



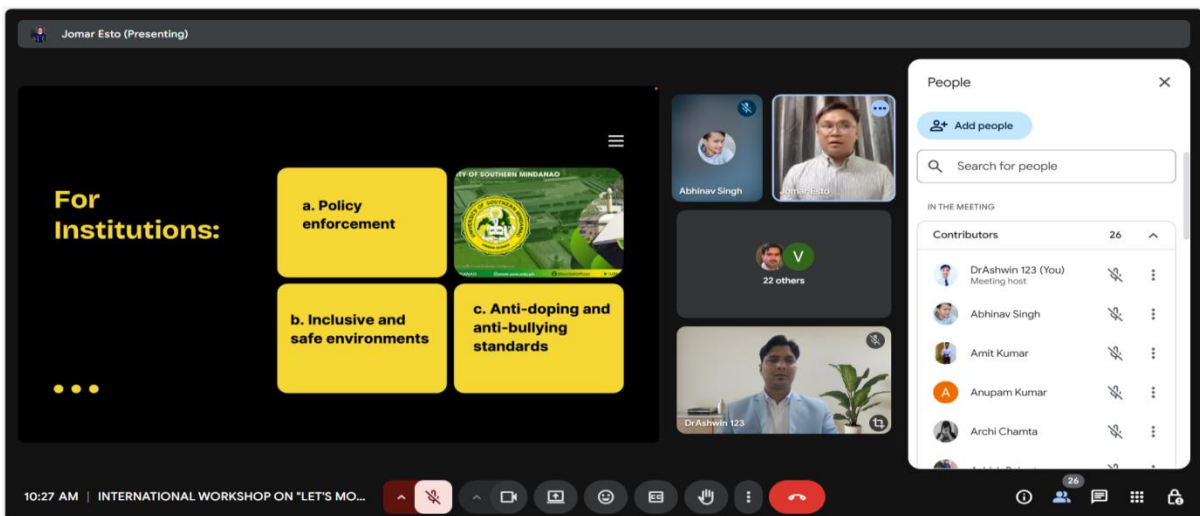
**CONVENER**  
**Dr. Ashwani Kumar**  
NSO, St. Bede's College,  
Shimla, (H.P), INDIA

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

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*International Workshop on International Olympic Day*



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## **Sports Fest to Celebrate National Sports Day**

**Date: August 29<sup>th</sup> to September 6<sup>th</sup>, 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.

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.



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NAAC Re-Accredited A Grade

भारत सरकार  
एन सी ई आर विभाग  
MINISTRY OF  
YOUTH AFFAIRS  
AND SPORTS

PEFI

NATIONAL SPORTS ORGANIZATION IS ORGANISING BEDE'S SPORTS FEST:2025  
UNDER THE AEGIS OF MINISTRY OF YOUTH AFFAIRS AND SPORTS  
IN COLLABORATION WITH PHYSICAL EDUCATION FOUNDATION OF INDIA (PEFI)

**SPORTS  
FEST**

**29TH AUGUST - 6TH  
SEPTEMBER, 2025**

TIME : 1:30 P.M ONWARDS

SKIPPING  
BASKETBALL VOLLEYBALL  
RUNNING BADMINTON  
YOGA TABLE TENNIS

*Brochure*

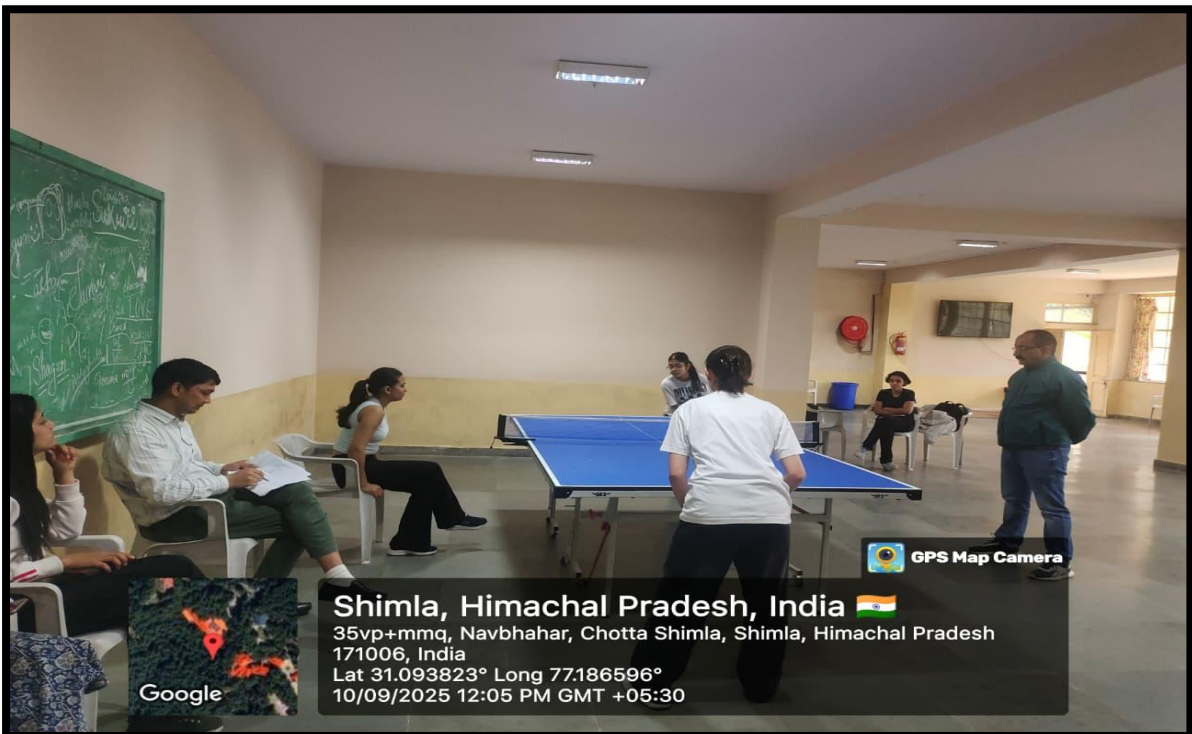


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### *Sports Fest: 2025*

## **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.



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- 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.

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*Indoor Sports*



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*Indoor Sports*



*Outdoor Sports*



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### *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.

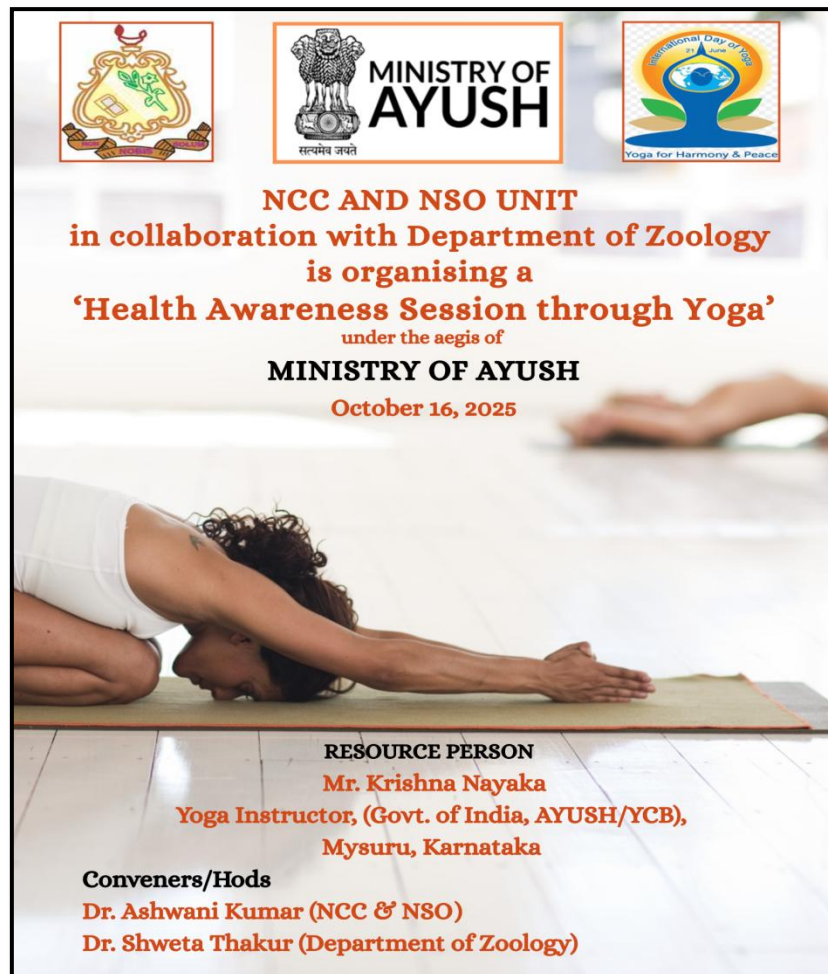





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**Outcomes:**

- 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.



**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)**

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### *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.



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**INTER-COLLEGE  
BASKETBALL  
TOURNAMENT**

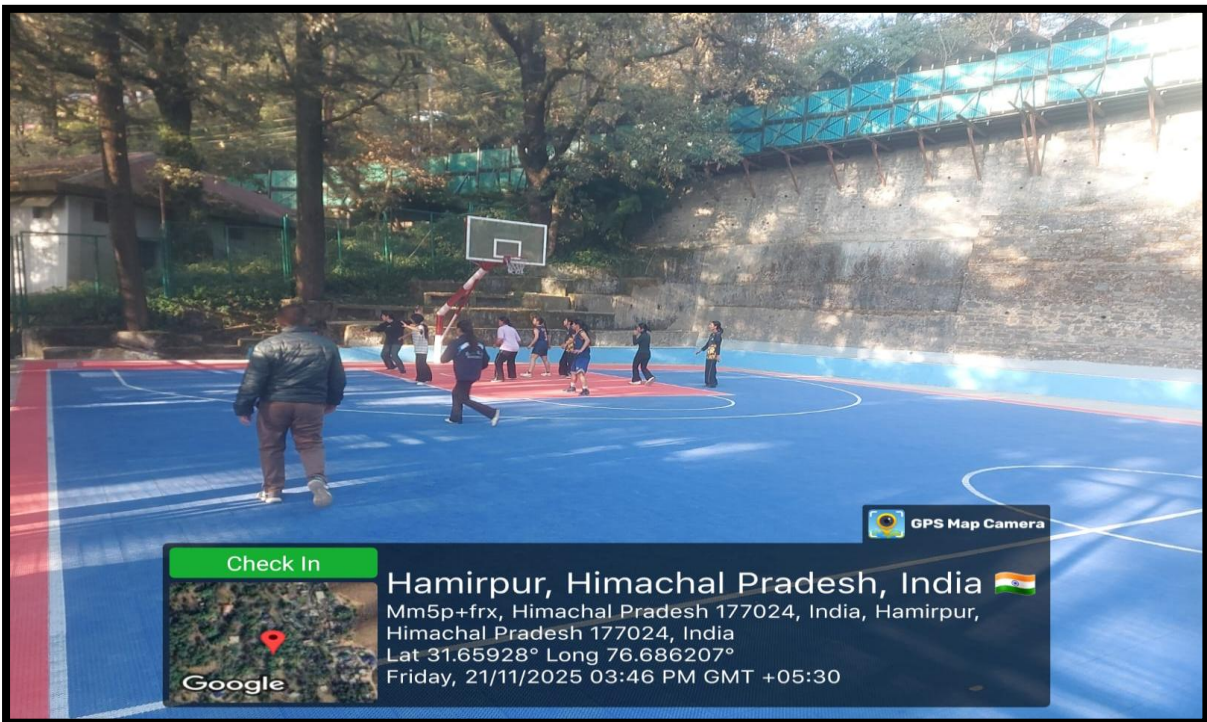
<b>ST. BEDE'S COLLEGE, SHIMLA</b>	<b>NOVEMBER 21, 2025</b>	<b>RKMV, SHIMLA</b>
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**ORG. BY: NATIONAL SPORTS ORGANIZATION**

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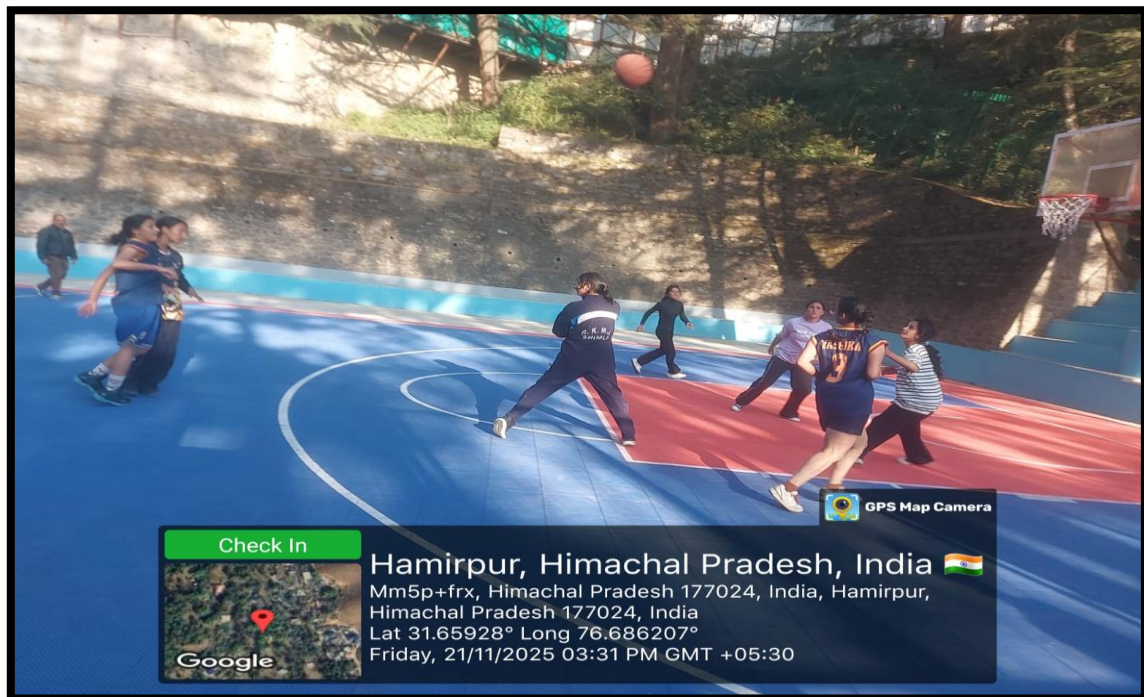
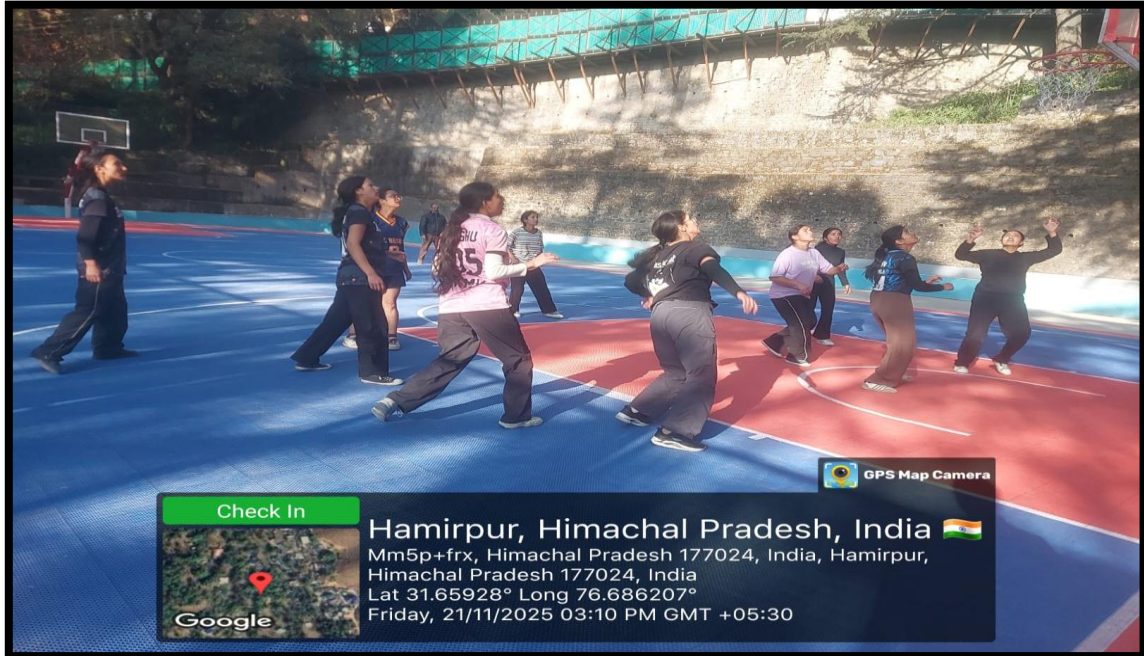


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*Intercollege Basketball Tournament*



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## **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.




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**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



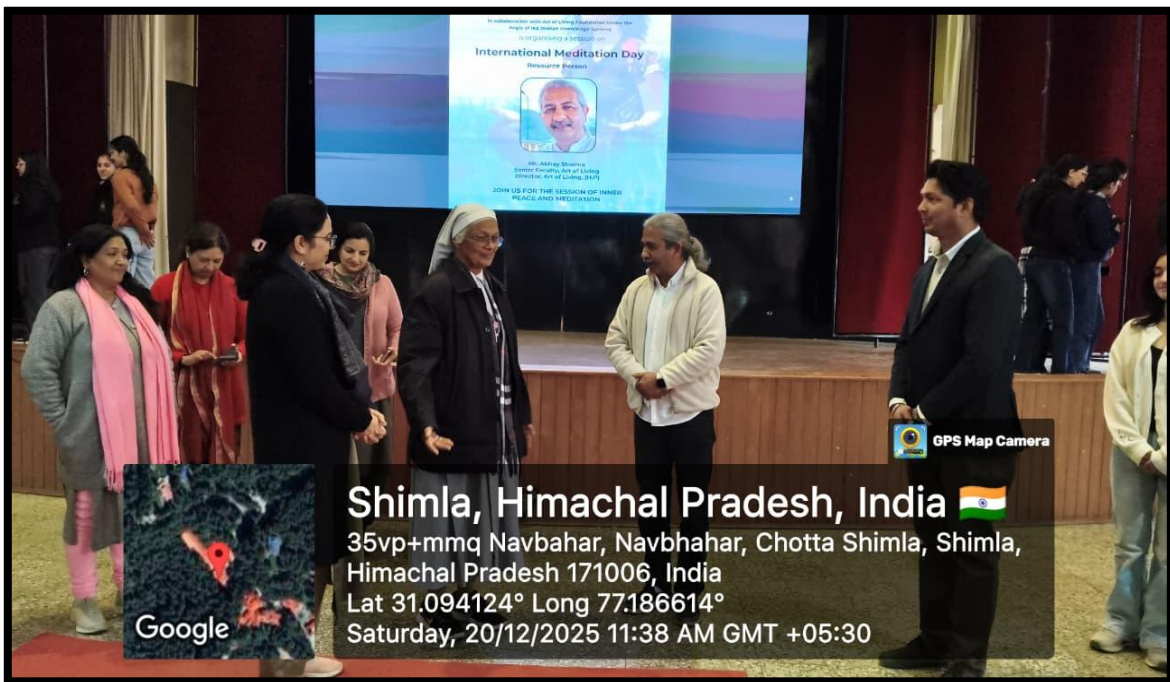
Mr. Abhay Sharma  
Senior Faculty, Art of Living  
Director, Art of Living, (H.P)

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*



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### **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



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**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



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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 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/>



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**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)





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The screenshot shows a Zoom meeting interface. The main window displays a presentation slide with the following text:

We have to check the Normal Distribution

**Descriptive statistics** — Sk  
— SES  
— Ku  
— SEK

**Graphical Method**

**Formal tests**

Below the slide, there is a list of participants in the meeting:

- Dr. Ashwin 123 (You) - Meeting host
- akshay kumar
- algatez aishu
- Amrita Chauhan
- Anupam Kumar

The meeting title is "THREE DAYS INTERNATIONAL WORKSHOP ...". The time is 11:12 AM.

The screenshot shows a Zoom meeting grid with several participants. The participants visible are:

- DrAshwin
- St Bedes
- Dr. Rajeev
- sudheer
- You
- Avinash
- Dr. L. Santosh
- Sanoj

There are 28 other participants in the meeting. The time is 10:52.

### Day II (April 18, 2026)

The screenshot shows a Zoom meeting grid with a larger number of participants. The participants visible are:

- Swati Sharma
- Priyanka Negi
- NAVRITI NEGI
- Ritika Thakur
- Kajal Thakur
- Ma. Rosita Hernani
- Dr. T. Onima Reddy
- 51 others
- DrAshwin 123

There are 60 contributors in the meeting. The meeting title is "THREE DAYS INTERNATIONAL WORKSHOP ...". The time is 10:51 AM.



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Ma. Rosita Hernani (Presenting)

### Ethical Considerations and Referencing

Principles, Challenges, and Practical Applications

MA. ROSITA AMPOZAS-HERNANI, Ph.D.

10:57 AM | THREE DAYS INTERNATIONAL WORKSHOP ...

Ma. Rosita Hernani (Presenting)

### Research Ethics in Referencing

Ensuring integrity and credibility

11:33 AM | THREE DAYS INTERNATIONAL WORKSHOP ...

### 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 (pauly@tut.ac.za ) Mobile: (+27834457111)

Research Dean: Post Graduate Studies (Faculty of Science)

Tshwane University of Technology  
We empower people

Entrepreneurship the Future Together

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



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Yvonne Paul (Presenting) 46

### 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) 45

## 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) Admit 2 guests 46

## 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.

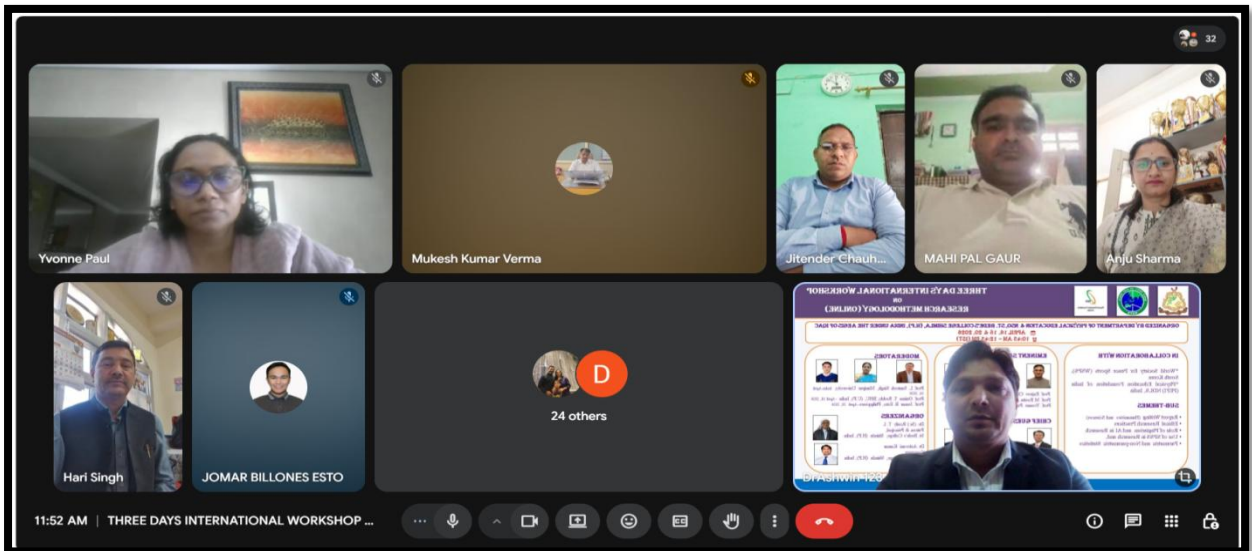
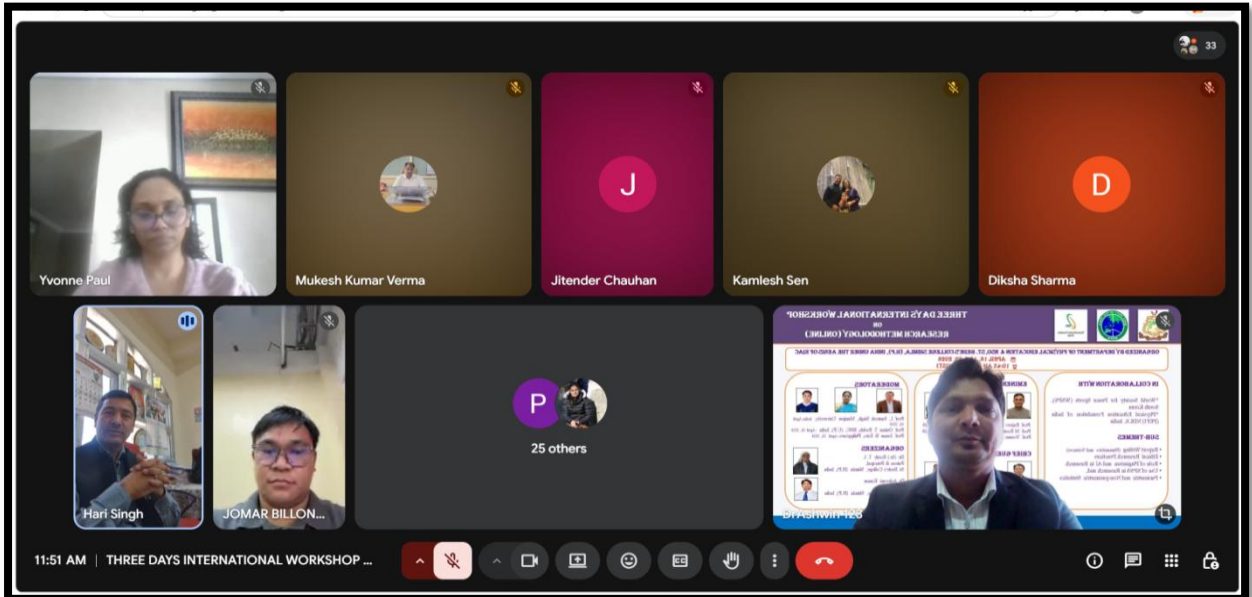
By Chris Stokel-Walker

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.

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



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



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## **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.





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*Boxers received their medals with Runner-up Trophy*

**बाक्सिंग में रामपुर कॉलेज प्रथम**  
रामपुर कॉलेज में अंतर महाविद्यालय बाक्सिंग प्रतियोगिता संपन्न

रामपुर बुशहर। गोविंद वल्लभ पंत मेमोरियल राजकीय महाविद्यालय रामपुर में दो दिवसीय अंतर महाविद्यालय महिला बाक्सिंग 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 रहीं।

बाक्सिंग प्रतियोगिता में महाविद्यालय रामपुर ने प्रथम स्थान प्राप्त किया। सेंट बीड्स कॉलेज ने द्वितीय और राजकीय महाविद्यालय नेरवा और संजीली 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

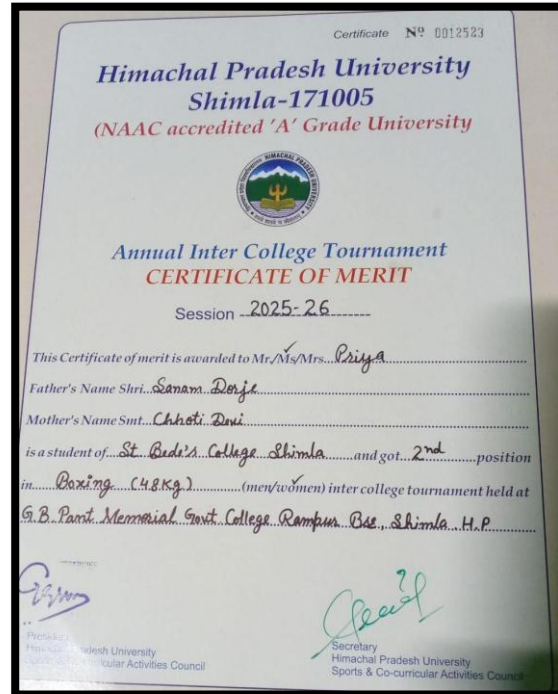
रामपुर कॉलेज में विजेता रही टीम को सम्मानित करते मुख्यतिथि। स्रोत: कॉले प्रबंधन

*Media Coverage*



NSO,

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



Certificates

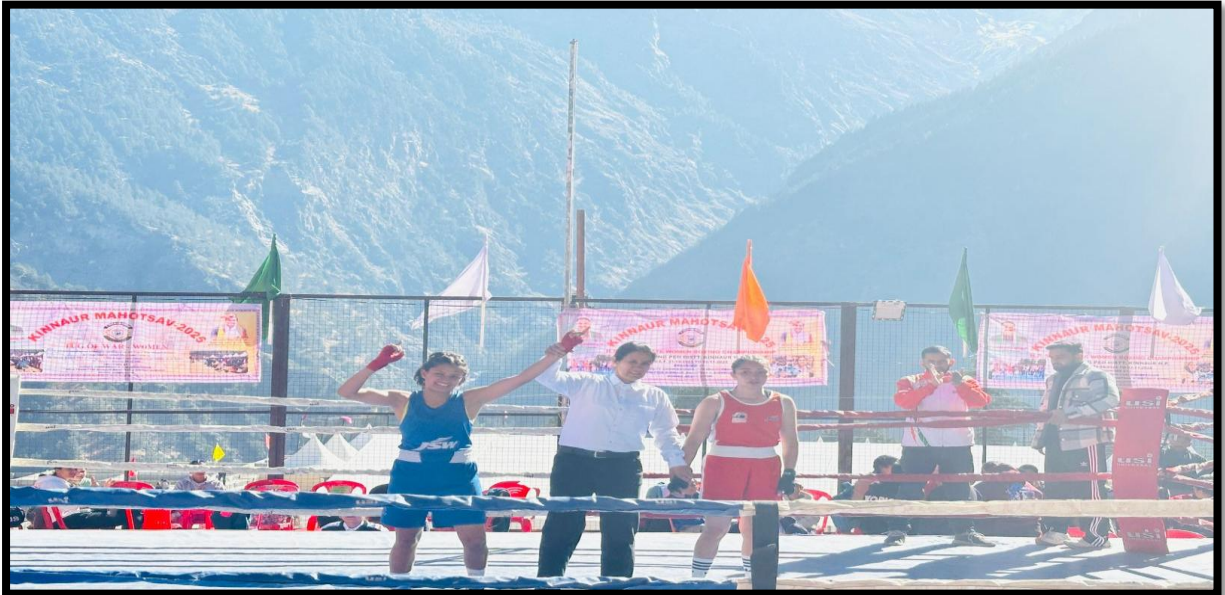
### H.P ELITE STATE WOMEN BOXING CHAMPIONSHIP

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.





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



*Boxers with their outstanding performance*



*Certificates*



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

### **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.).

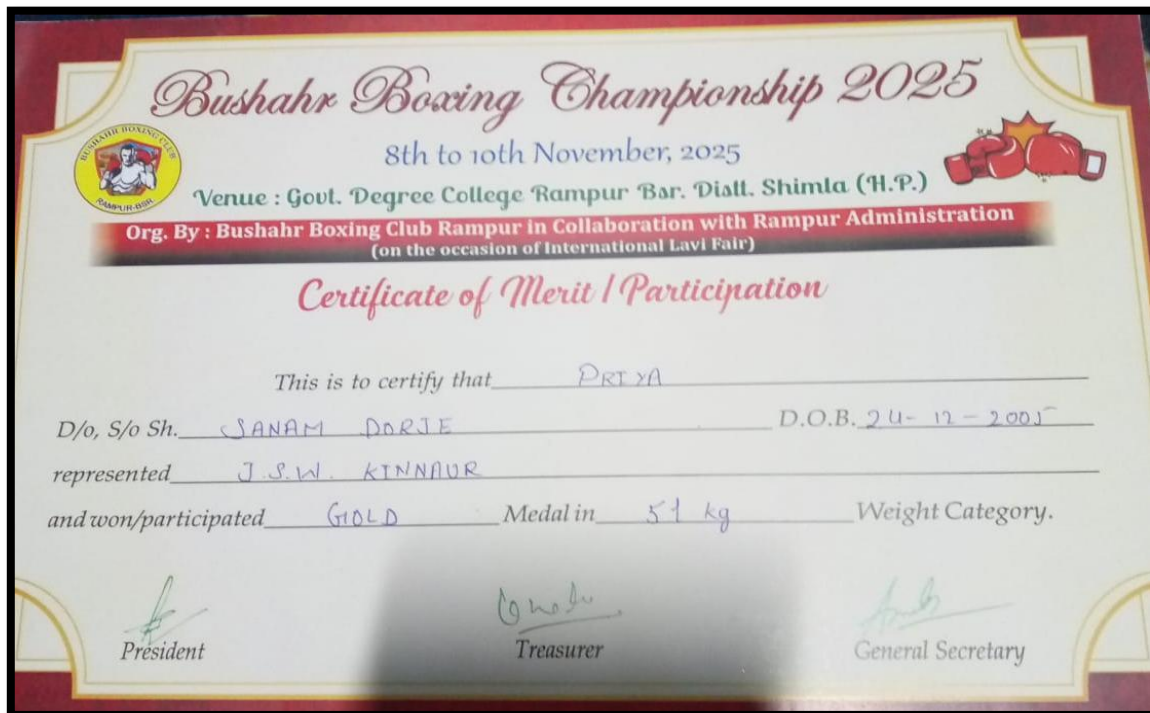


*Boxers with their medals*



NSO,

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



**Certificates**



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



*Photographs*

### 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.).



*Certificate: Ms. Deepika (B.A II)*



NSO,  
*St. Bede's College, Shimla, (H.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.





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

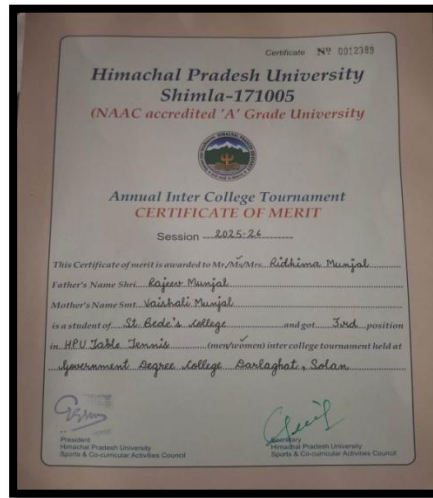
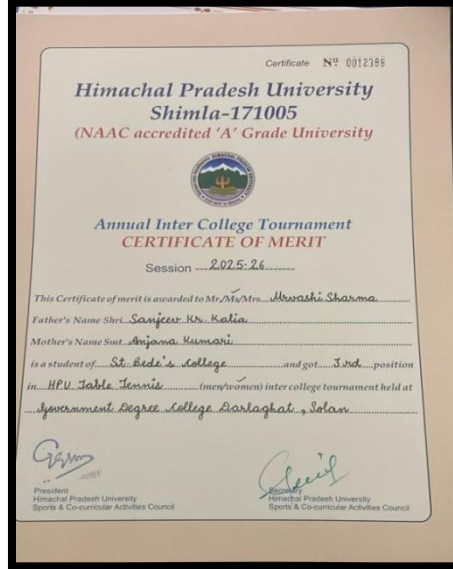
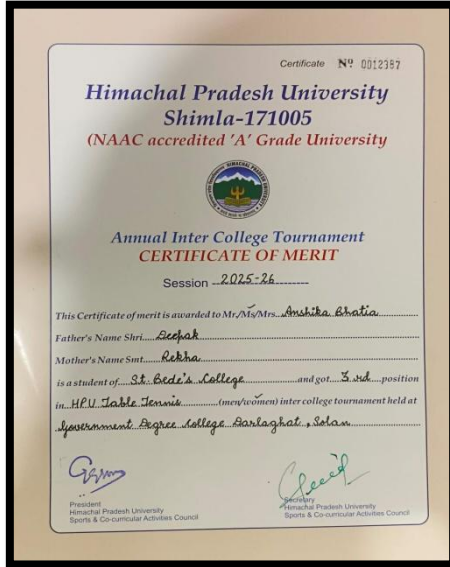


*Photographs*



NSO,

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



### Bedians with their II Runner-up (W) Table Tennis Trophy & Certificates

## हिमाचल प्रदेश विश्वविद्यालय इंटर कॉलेज टेबल टेनिस चैपियनशिप संपन्न

**राजकीय कन्या महाविद्यालय की खिलाड़ियों ने जीता विजयी खिताब**

सबेरा न्यूज/विनोद शर्मा

अर्को, 16 नवंबर : राजकीय महाविद्यालय दाइलाघाट में हिमाचल प्रदेश विश्वविद्यालय इंटर कॉलेज टेबल टेनिस चैपियनशिप (महिला वर्ग) का सफल समापन हुआ। चैपियनशिप के संयोजक डा. जय प्रकाश शर्मा ने बताया कि इस वर्ष कुल आठ कॉलेजों की टीमें इस प्रतियोगिता में शामिल हुईं और कुल 16 मैच खेले गए। इस वर्ष एसपीयू मंडी व एचपीयू शिमला की चैपियनशिप अलग अलग रही। कार्यक्रम की विधिवत शुरुआत दीप प्रज्वलन से की गई। समापन सत्र में प्रतिभागी खिलाड़ी, खेल प्रशिक्षक, पीटीए और विद्यार्थियों की विशेष उपस्थिति रही, जिन्होंने पूरे आयोजन

महाविद्यालय दाइलाघाट में आयोजित टेबल टेनिस प्रतियोगिता की विजेता महिला खिलाड़ियों के साथ विधायक संजय अवस्थी।

को ऊर्जा से भर दिया। इस अवसर पर अर्को विधानसभा के विधायक संजय अवस्थी बतौर मुख्य अतिथि उपस्थित रहे। मुख्यातिथि का स्वागत महाविद्यालय की प्राचार्या डा. रुचि रमेश ने पुष्पगुच्छ, शॉल व स्मृति चिन्ह भेंट कर किया। इसी के साथ प्राचार्या ने महिला खिलाड़ियों के कौशल व अनुशासन की सराहना करते हुए उन्हें निरंतर आगे बढ़ने के लिए भी प्रेरित किया। मुख्य अतिथि संजय अवस्थी ने अपने प्रेरणादायी वक्तव्य में कहा कि एक क्रिकेट खिलाड़ी के रूप में वह बचपन से ही खेल कूद प्रतियोगिताओं से जुड़े रहे हैं। अवस्थी ने महिला क्रिकेट खिलाड़ियों का उदाहरण देते हुए बताया कि 21वीं शताब्दी महिलाओं की है और वर्तमान समय में महिलाएं किसी भी क्षेत्र में पीछे नहीं हैं। इस दौरान सभी टीमों से भी उन्होंने मुलाकात की। मुख्यातिथि ने फाइनल में पहुंची राजकीय कन्या महाविद्यालय व राजकीय महाविद्यालय धर्मशाला की टीमों में हुए

मैच को भी देखा। फाइनल मैच को आरंभकर्ता की खिलाड़ी अंजली कंवर व धर्मशाला महाविद्यालय की खिलाड़ी श्रुति जसवाल ने बेहद रोमांचकारी बनाया। इस मुकाबले में राजकीय कन्या महाविद्यालय की खिलाड़ियों ने विजयी खिताब जीता। राजकीय महाविद्यालय धर्मशाला व सेंट बोर्डस विजयता स्वर अप रही। मुख्यातिथि ने विजेता टीमों को मेडल व ट्रॉफी देकर सम्मानित किया। इसी के साथ ऑफिशियल व यूनिवर्सिटी ऑफिशियल को भी स्मृति चिन्ह से मुख्यतिथि ने सम्मानित किया। मुख्यातिथि ने प्राचार्या डा. रुचि रमेश व टीचिंग, नॉन टीचिंग स्टाफ को प्रतियोगिता के सफल आयोजन पर बधाई भी दी। इस प्रतियोगिता में पर्यवेक्षक के रूप में डा. जितेंद्र ठाकुर व ऑफिशियल के रूप में अभय लखनपाल व भूपेंद्र वर्मा मौजूद रहे।

Media Coverage published in Amar Uajala (Edition: Sawera News), November 16, 2025



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

### **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)*



*NSO,*

*St. Bede's College, Shimla, (H.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*



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

### 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.Beded 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)**



NSO,

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

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 mandatory 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)**



NSO,

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

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

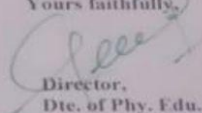
Subject: **Coaching Camp for North Zone Inter-University Basketball (Women) Championship, 2025-26.**

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.f. 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)**



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

**HPU INTERCOLLEGE SPORTS COMPETITIONS (Participation)  
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***



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



*Table Tennis*



*Boxing*



*NSO,*

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



*Chess*

### **SPORTS ACHIEVEMENTS (2025–2026)**

Sr. No.	Name	Game	Position/Selection
1	Ms. Deepika Negi	Boxing	Gold medal in Inter-College, State, and Senior National Competitions; selected for All India (National) competition
2	Ms. Anjali	Boxing	Gold medal in Inter-College and State Competitions; selected for All India (National) competition
3	Ms. Priya	Boxing	Silver medal in Inter-College Competition; gold medal in Senior State and Senior National Boxing
4	Ms. Urvashi Sharma	Table Tennis	Participated in Summer Camp, State, National, and North Zone Inter-University competitions
5	Ms. Anshika Bhatia	Table Tennis	Participated in Summer Camp and North Zone Inter-University competition
6	Ms. Rakshita Bhardwaj	Basketball	Participated in H.P. State and North Zone Inter-University competitions

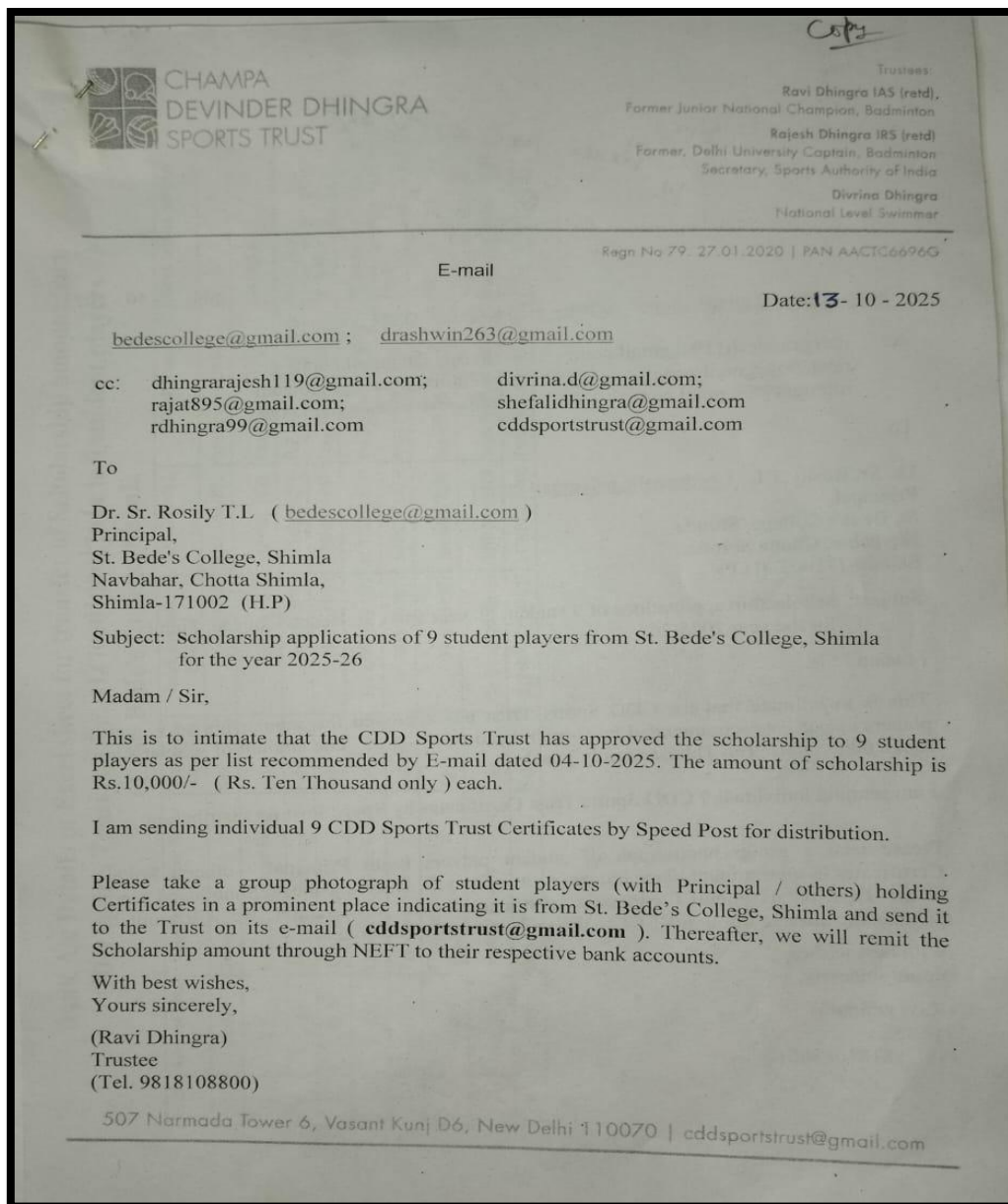


NSO,

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

### 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.



*Scholarship approved by CDD Sports Trust, 2025-2026*



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

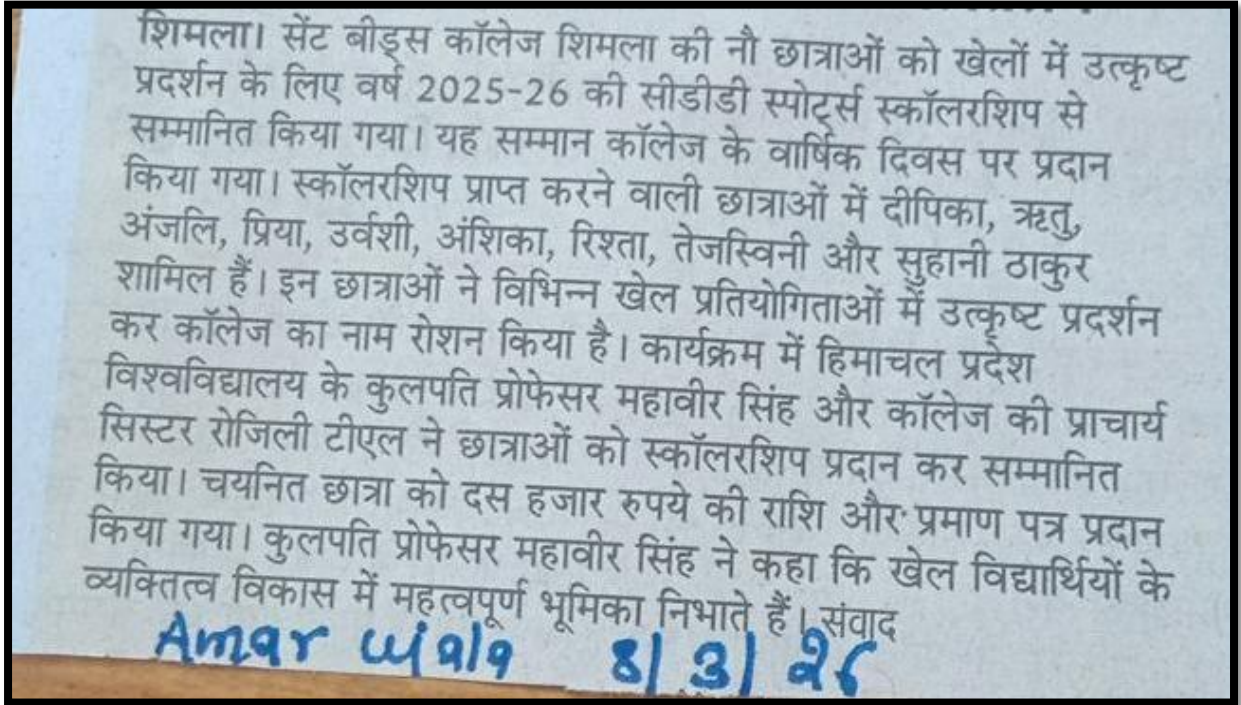


*Scholarship received by Hon'ble Vice Chancellor and college Principal during Annual day*

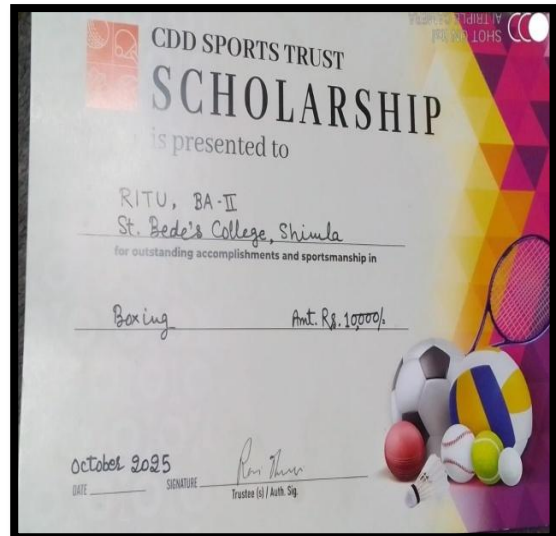


NSO,

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

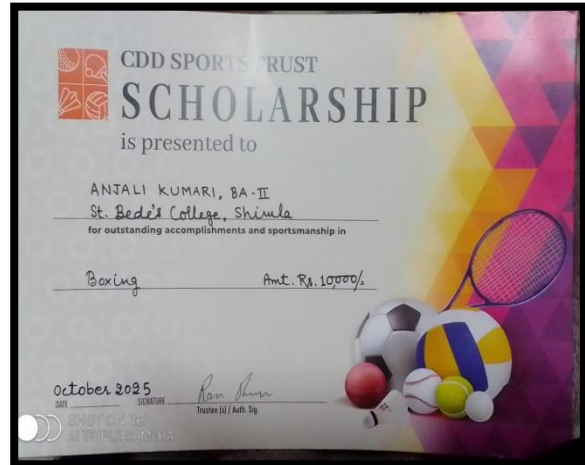
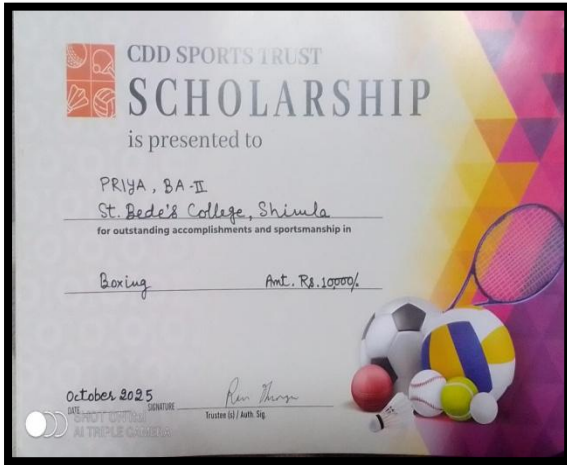


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NSO,  
St. Bede's College, Shimla, (H.P)





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



***CDD Sports Trust Scholarship: 2025-2026***