



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

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.

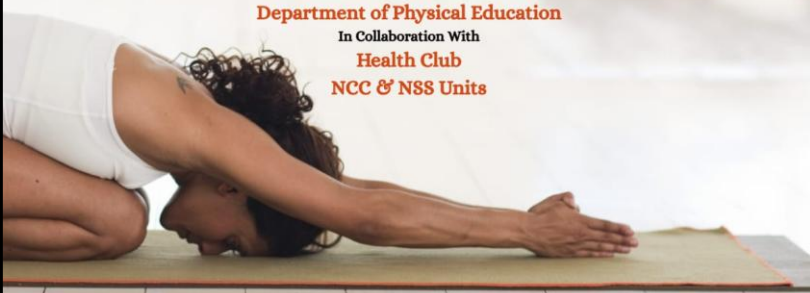
Description: The Department of Physical Education organized a three-day Yoga and Meditation Camp to commemorate International Yoga Day (Theme: Yoga for One Earth, One Health) under the aegis of the Ministry of AYUSH, in collaboration with the Health Club and NCC Unit of the college, from June 19 to 21, 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.



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- 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)

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*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.



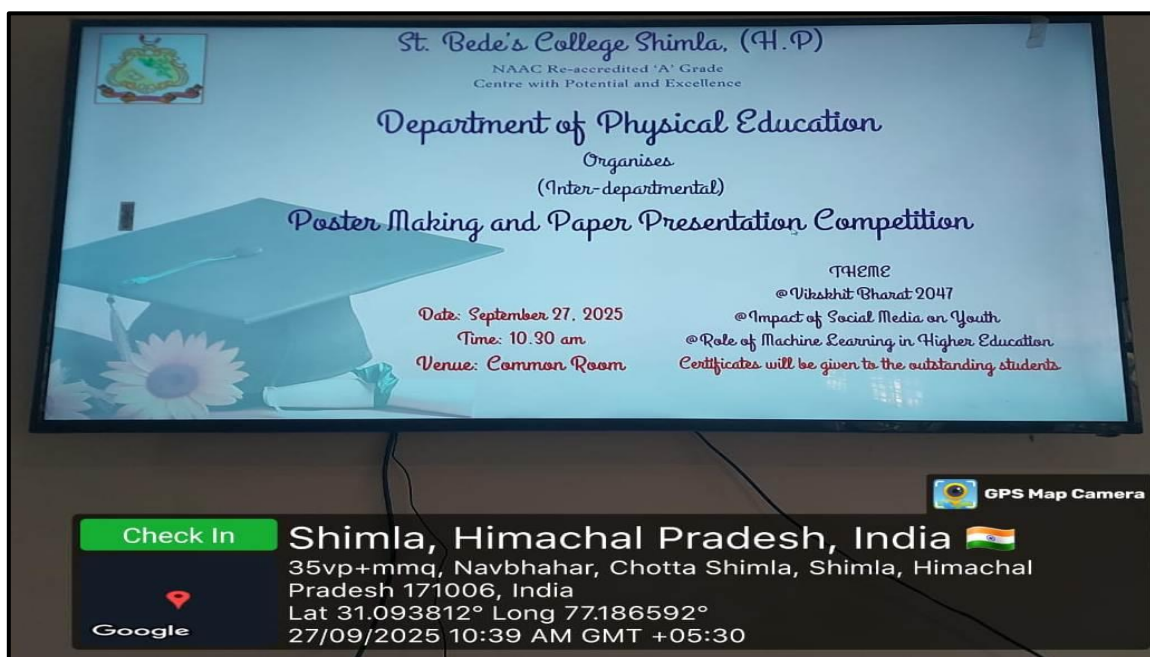
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- To motivate students to explore innovative solutions and perspectives on current challenges.

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.

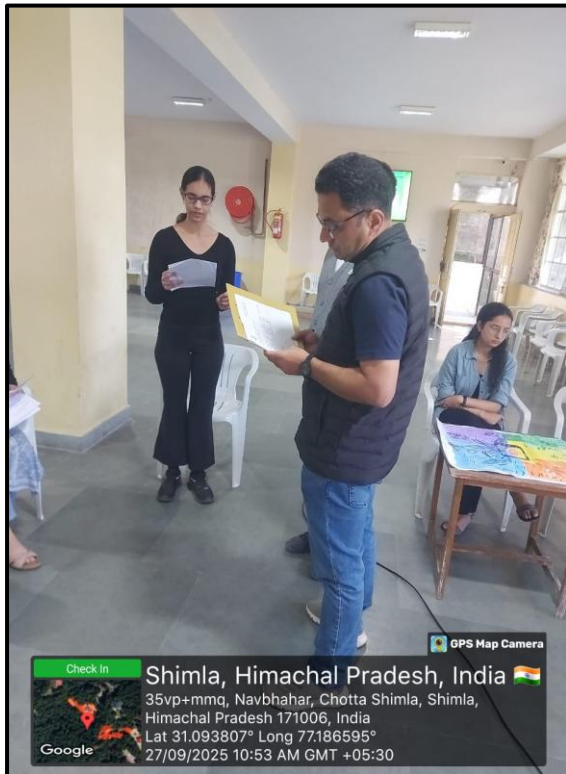
Outcomes:

- 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.





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'VIKSIT BHARAT'

ASSAM BIO REFINERY

By-
Aastha Nresht
Lavanya Bhatt

ABRPL
Assam Bio Refinery Limited

Paper Presentation Study of
• Sanyam Jain
• Sushil Kumar

GPS Map Camera

Check In Shimla, Himachal Pradesh, India 🇮🇳
35vp+mmq, Navbhahar, Chotta Shimla, Shimla, Himachal Pradesh 171006, India
Lat 31.093793° Long 77.18658°
27/09/2025 10:52 AM GMT +05:30

Google

Fueling the Future: India's Ethanol Hubs

Color Indicate:

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

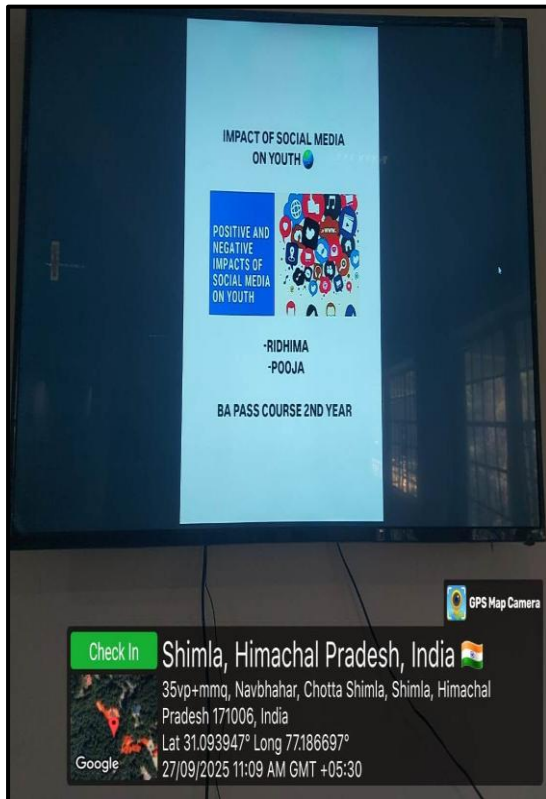
GPS Map Camera

Check In Shimla, Himachal Pradesh, India 🇮🇳
35vp+mmq, Navbhahar, Chotta Shimla, Shimla, Himachal Pradesh 171006, India
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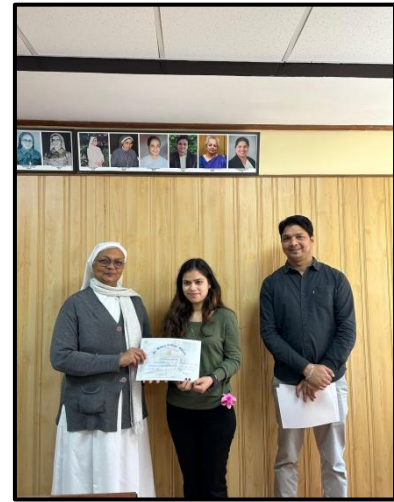


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Inter-Departmental: Poster Making and Paper Presentation Competition

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 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.

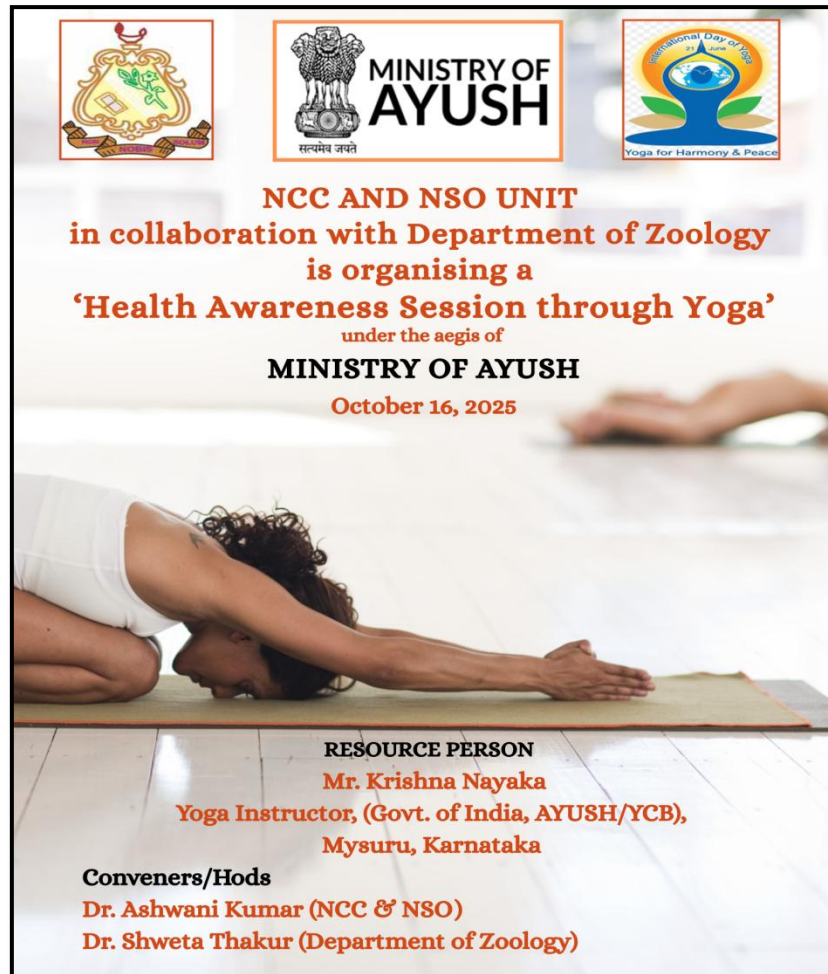
The event witnessed active participation from over 120 students, reflecting their enthusiasm for adopting healthier habits. The session concluded with an interactive discussion and relaxation exercises, leaving participants refreshed and motivated.






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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

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.



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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.

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

ANO, Convener :
Dr. Ashwani

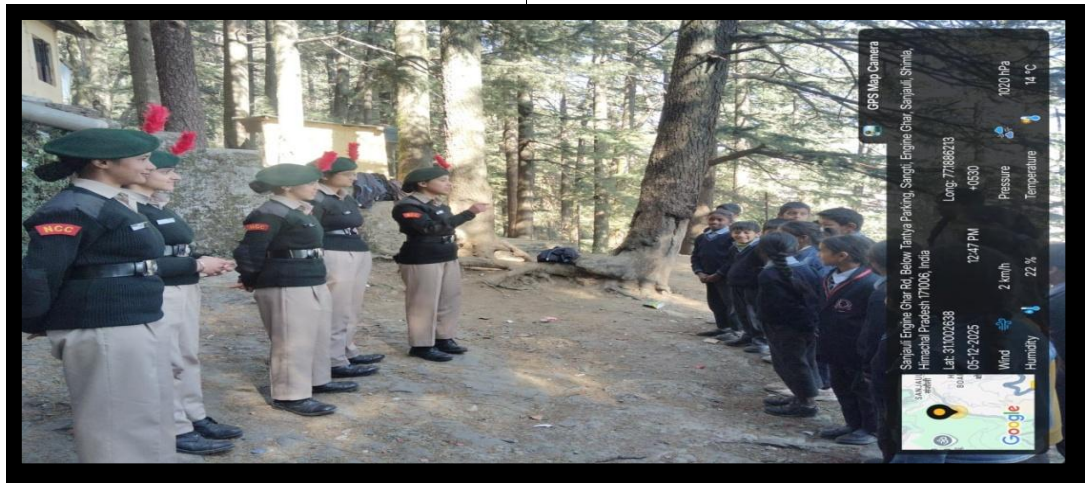
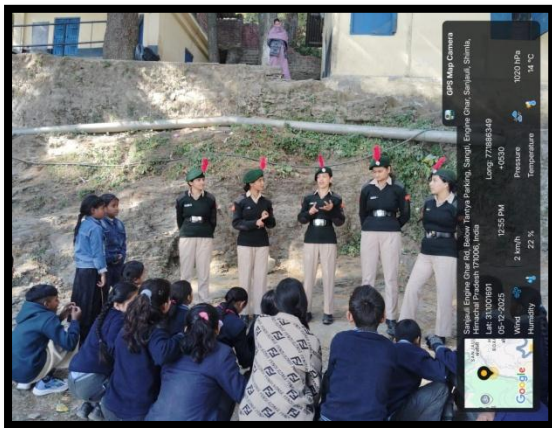
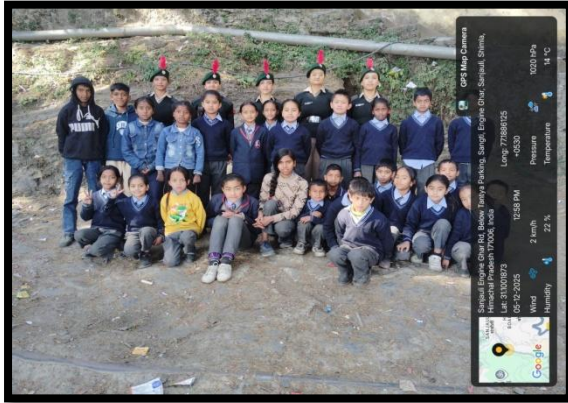
Patron:
Dr. (Sr.) Rosily T.L.

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Community Outreach Program (Health and Hygiene Awareness)



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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.



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



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NAAC Re-Accredited 'A' Grade
College with Potential for Excellence



ST. BEDE'S COLLEGE, SHIMLA, (H.P)
(DEPARTMENT OF PHYSICAL EDUCATION AND HEALTH CLUB)
In Collaboration with

JESUS & MARY COLLEGE, NEW DELHI
Is Organising

**INTERNATIONAL SEMINAR (Online) on
MENTAL HEALTH**

Date: December 12, 2025, (Time: 11.15 am to 01.15 pm IST)



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



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



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

ORGANISERS



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



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

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

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11:43 AM | International Seminar on "MENTAL HEALTH"

Participants visible: AC, St Bedes College Shimla, SHEFALI MISHRA, DR. YOGAMAYA PAN..., PRIYA NAGPAL 240468, Principal JMC, Dr. Dilsad Ahmed, 46 others, DrAshwin 123.

Contributors: 54

- DrAshwin 123 (You) Meeting host
- AC
- Aditi Bansal
- Aish Shandilya
- Anna Navis

11:50 AM | International Seminar on "MENTAL HEALTH"

Dr. Dilsad Ahmed (Presenting)

December 12, 2025

Building a Shared Vision for Youth Mental Health at a Critical Crossroads

Dr. Dilsad Ahmed
B.P.E., M.P.Ed., M.Phil. (India), M.S. (USA), Ph.D. (India, Postdoc) (Macau & Canada), Ph.D. (South Korea)
Assistant Professor of Physical Education
Prince Mohammed Bin Fahd University, Saudi Arabia
I.N.S.E.C. (I.C.M.), Editorial Advisory Member
drdilsad1@gmail.com

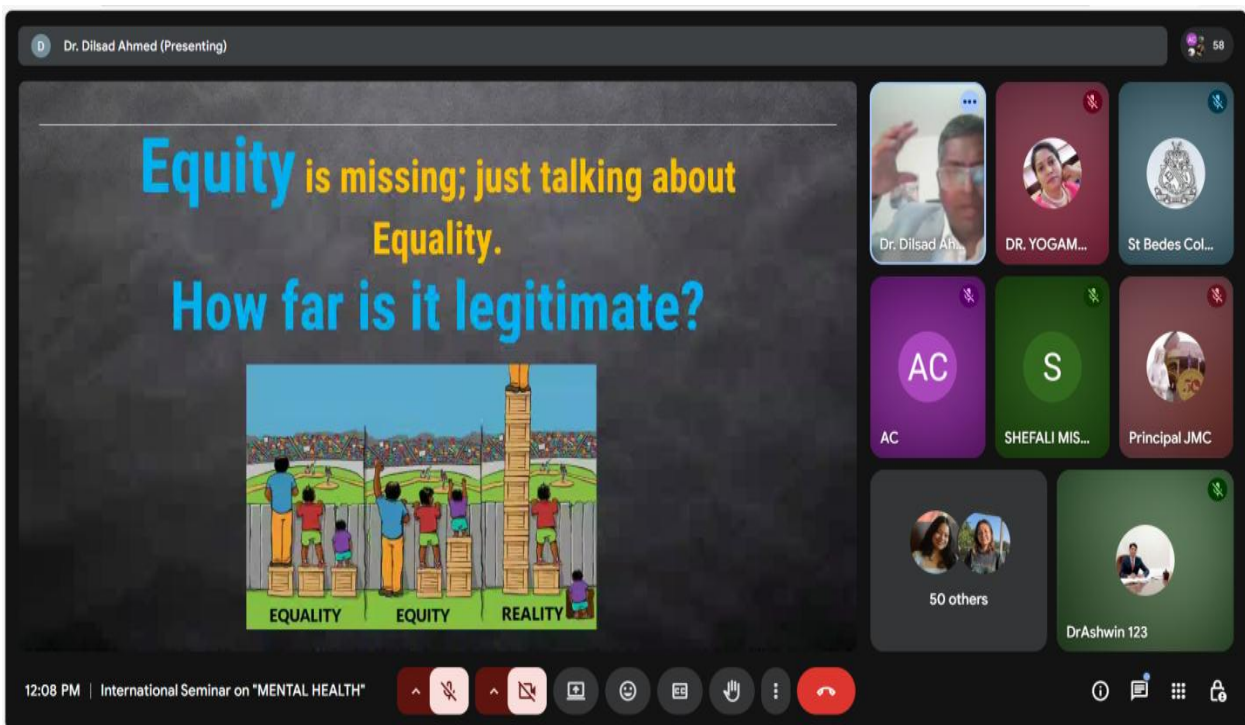
1 in 4 are affected by mental illness
8.6 million people are suicidal thoughts
1 in 30 experience PTSD
3rd leading cause of death
Children with anxiety disorders least likely to receive treatment
People of color have less access to care

Contributors: 57

- DrAshwin 123 (You) Meeting host
- AC
- Aditi Bansal
- Aish Shandilya
- Anugraha Santhosh



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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"

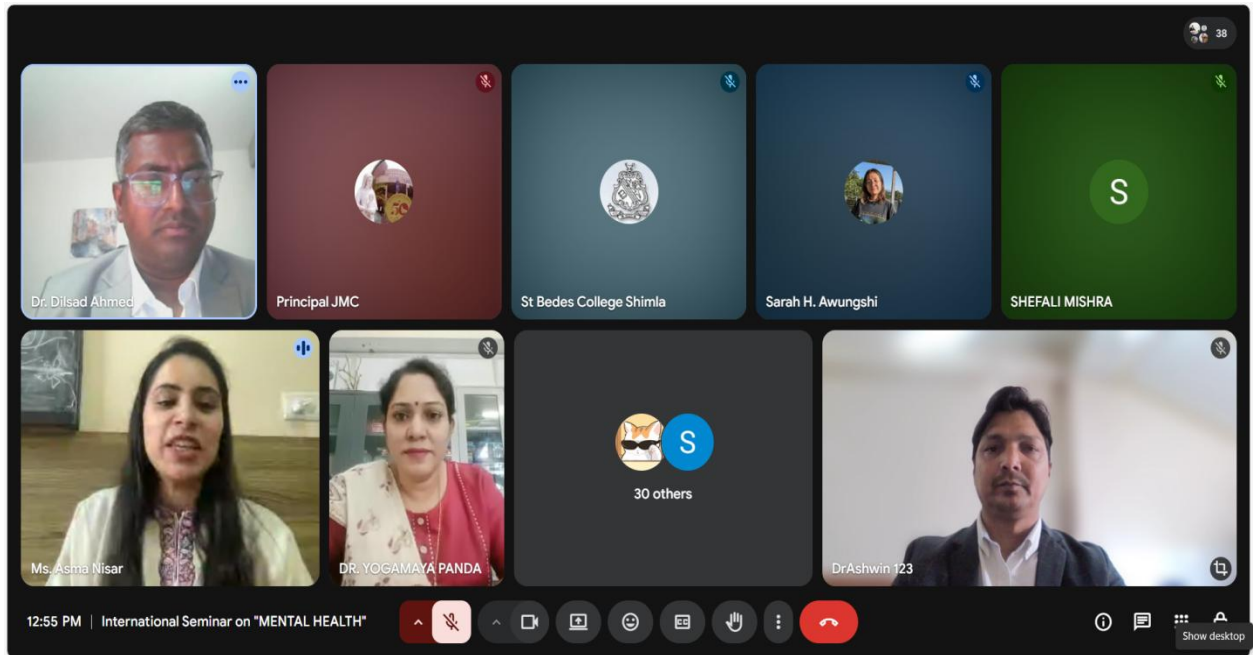
Admit 1 guest 41

Dr. Dilsad Ahmed | Principal JMC | St Bedes College Shimla | Sarah H. Awungshi | SHEFALI MISHRA | PRIYA NAGPAL 240468 | DR. YOGAMAYA PANDA | 33 others | DrAshwin 123

12:51 PM | International Seminar on "MENTAL HEALTH"



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International Seminar on Mental Health



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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



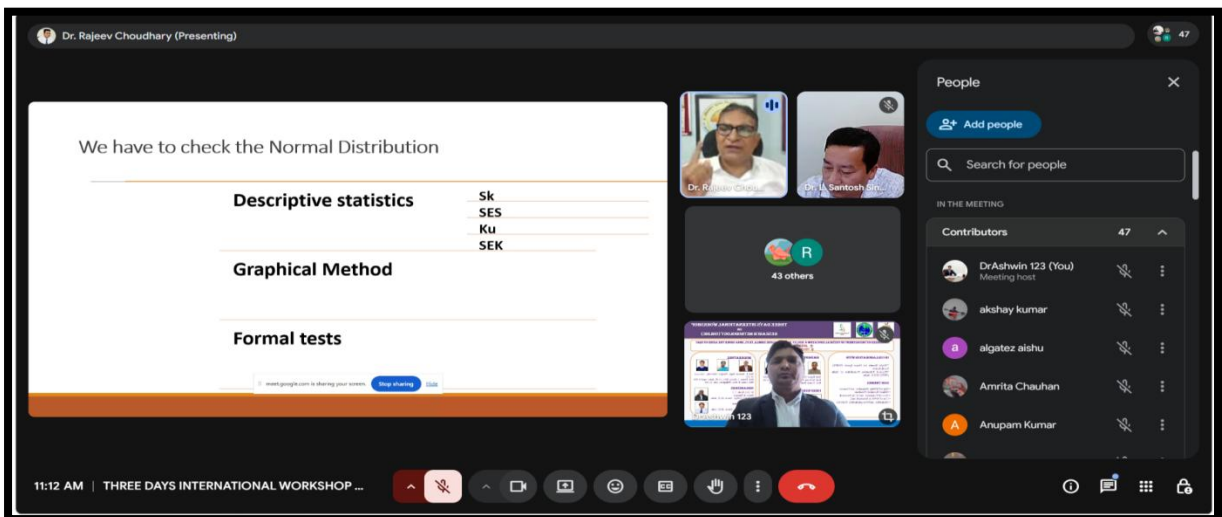
Google meet link: <https://meet.google.com/khs-fgft-zsd>

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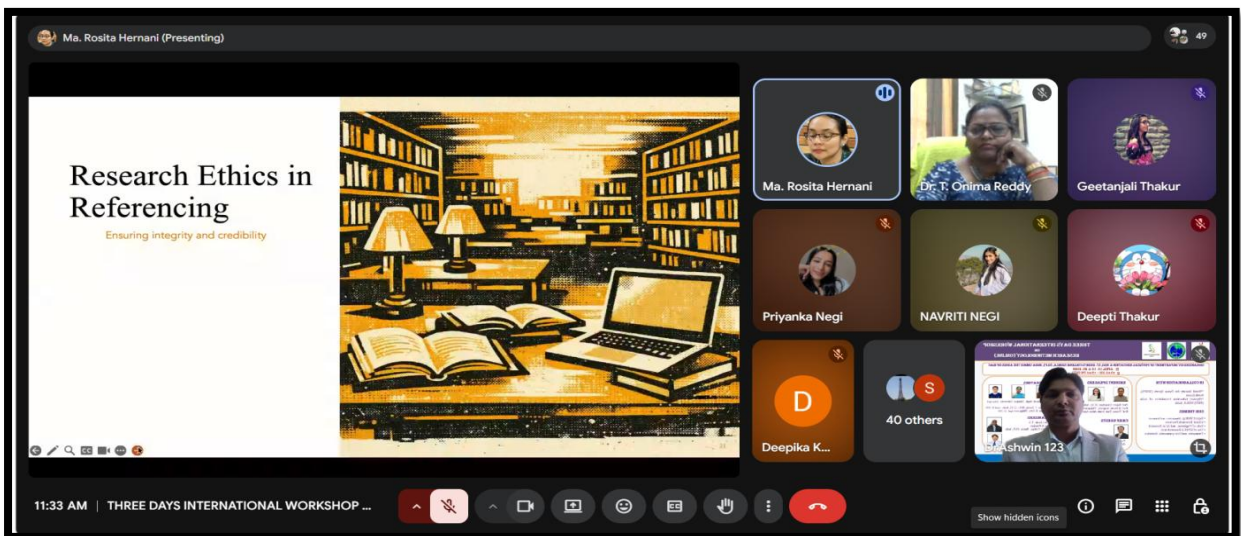
Day I (April 16, 2026)





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Day II (April 18, 2026)





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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
Entrepreneuring the Future Together

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

Participants: Yvonne Paul, Jomar Esto, Mukesh Kumar V..., Jitender Chau..., Priyanka Negi, Harshita Sharma, 38 others.

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 ...

Participants: Yvonne Paul, Jomar Esto, Mukesh Kumar V..., Jitender Chau..., Priyanka Negi, Harshita Sharma, 38 others.

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%

Participants: Yvonne Paul, Jomar Esto, Mukesh Kumar V..., Jitender Chau..., Priyanka Negi, St Bede's College S..., 37 others.



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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.

Participants: Yvonne Paul, Jomar Esto, Mukesh Ku..., Jitender Ch..., Priyanka Negi, Harshita Sha..., 38 others, DrAshwin 123

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

Participants: Yvonne Paul, Mukesh Kumar Verma, Jitender Chauhan, Kamlesh Sen, Diksha Sharma, Hari Singh, JOMAR BILLON..., 25 others, DrAshwin 123

11:51 AM | THREE DAYS INTERNATIONAL WORKSHOP ...



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



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