



SUPPORTING DOCUMENTS

3.2.2

**NUMBER OF WORKSHOPS/SEMINARS CONDUCTED ON RESEARCH
METHODOLOGY, INTELLECTUAL PROPERTY RIGHTS (IPR) AND
ENTREPRENEURSHIP DURING THE YEAR**

THREE-DAY NATIONAL WORKSHOP ON THE INTERNATIONAL YOGA DAY

Objective: The main objective of the workshop was to explore the importance of yoga in the life of common people and students.

Description: The Department of Physical Education, in collaboration with the Physical Education Foundation of India, organized a three-day National Workshop on “Yoga for a Healthy Lifestyle” from June 19 to 21, 2023, under the aegis of G20, International Yoga Day, and Azadi ka Amrit Mahotsav. Aligned with this year’s theme, “Yoga for Humanity,” the workshop featured interactive sessions led by eminent speakers who shared insights on yoga’s role in fostering physical, mental, and spiritual well-being. The event began with an inaugural address by the college principal, Prof. (Sr.) Molly Abraham, emphasizing the harmony achievable through regular yoga practice. Sessions explored yoga’s benefits in stress management, physical fitness, and disease prevention, coupled with practical demonstrations. Participants, including students, faculty, and yoga enthusiasts, actively engaged in discussions and hands-on practice. The chief guest lauded the signing of an MoU between the college and the Physical Education Foundation of India, marking a milestone in promoting yoga and physical education. After the valedictory session, the participants were awarded certificates. The workshop successfully highlighted yoga’s transformative potential for a healthier lifestyle.

The schedule of the National Workshop (June, 19-21, 2023) was as follows:

This workshop was organized by the Department of Physical Education of the college. More than 100 students and delegates participated online and offline in this workshop on June 19, 2023 (10.00 a.m. to 11.30.a.m.)

- **Speaker:** Dr. Kavita Kholgade, Director of Physical Education, SMRK, Women College, Nashik, (M.S).
- **Topic:** “Yoga for Well -being and Happiness”
- **Moderator:** Yogacharya Sh. Raman Kumar, Organizing Secretary of Asian Yoga Federation.

June 19, 2023 (10.00 a.m. to 11.30.a.m.)

- **Speaker:** Dr. Chander Shekhar, Department of Physical Education, Premanand College, Mukerian, Hoshiyarpur, (Punjab).
- **Topic:** “Anstanga Yoga and their Benefits to the Society”
- **Moderator:** Yogacharya Sh. Raman Kumar, Organizing Secretary of Asian Yoga Federation.

June 21, 2023, (10.00 a.m. to 12.30 p.m.)

- **Speaker:** Dr. Laxmi Narayan Joshi, Dean of Students Welfare & Head Department of Yogic Sciences, Uttarakhand Sanskrit University, Haridwar, Uttarakhand.
- **Topic:** “Nadi Vigyan and Aayurveda”
- **Moderator:** Dr. Piyush Jain, National Secretary Physical Education Foundation of India.

- **Workshop Moderator** (June, 19 to 21, 2023): Dr. Vinod Kumar, Department of Physical Education, Government College, Jukhala, Bilaspur, (Himachal Pradesh).

Outcome: The workshop successfully achieved its objective of raising awareness about the importance of yoga in fostering a healthy lifestyle and encouraging its integration into daily life. The collaboration between the college and the Physical Education Foundation of India marks a significant milestone in promoting the practice of yoga at a community level.

St. Bede's College
 Shimla - 171002
 (UGC-NAAC "A+" Grade Re-Accredited)
 College with Potential for Excellence
 Phone: 0177-2812301, Fax:- 0177-2812198
 www.stbedescollege.in, E-mail: bedescollege@gmail.com

NATIONAL WORKSHOP
 (UNDER THE CELEBRATION OF INTERNATIONAL YOGA DAY)


 ONE EARTH


 ONE FAMILY


 ONE FUTURE


 PEFI

Collaboration with Physical Education Foundation of India
THEME (IYD): "HUMANITY"
 ON
"YOGA FOR A HEALTHY LIFE STYLE"
 (June, 19-21, 2023), Time: 10.00 A.M to 11.00 A.M
 Organised By:
 Department of Physical Education,
 St. Bede's College, Shimla (H.P)-INDIA
 Google meet link: <https://meet.google.com/nfb-phaw-gyn>
 @ Certificates will be given to all the participants

Brochure

St. Bede's College
 Shimla - 171002
 (UGC-NAAC "A+" Grade Re-Accredited)
 College with Potential for Excellence
 Phone: 0177-2812304, Fax: 0177-2812198
 www.arbedescollege.in, E-mail: bedescollege@gmail.com

Eminent Speakers and Chief Guests:



Dr. Kavita Kholgade^{19/06/23}
 Director of Physical Education,
 SMRK-BK-AK, Women College,
 Nashik, (M.S.)-INDIA



Dr. Chander Shekhar^{20/06/23}
 Department of Physical Education,
 Swami Premanand College,
 Mukerian, Hoshiyarpur (P.B.)-INDIA



Yogacharya Raman Kumar^{Chief Guest 19/06/2023/06/23}
 Organising Secretary Asian Yoga Federation,
 Director Himalayan Yoga, H.P. Yoga
 Association, Nalgahar, (H.P.)-INDIA



Dr. Lavmi Narayan Joshi^{11/06/23}
 Head and Dean Student Welfare,
 Uttarakhand Sanskrit University,
 Haridwar, (U.K.)-INDIA



Dr. Piyush Jata^{Chief Guest 21/06/23}
 National Secretary,
 Physical Education Foundation of India,
 New Delhi-INDIA



Dr. Vinod Kumar^{Moderator}
 Department of Physical Education,
 Govt. P.G. College, Jukhala,
 Bilaspur, (H.P.)-INDIA

Organiser's:

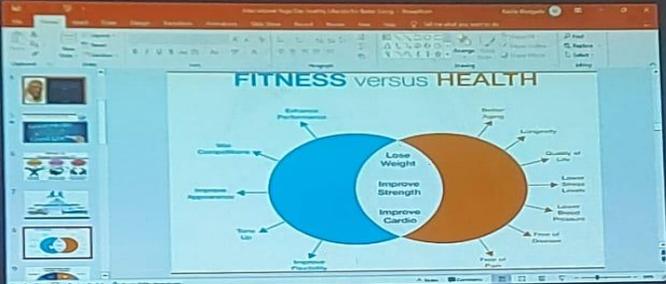


Patron
Prof. (Sr.) Molly Abraham
 Principal,
 St. Bede's College, Shimla (H.P.)

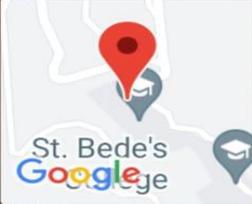


Convener
Dr. Ashwan Kumar
 Department of Physical Education,
 St. Bede's College, Shimla (H.P.)

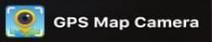
Kavita Kholgade is presenting



National Workshop on Yoga



Shimla, Himachal Pradesh, India
 35VP+MMQ, Navbahar, Chotta Shimla, Shimla, Himachal Pradesh 171002,
 India
 Lat 31.094251°
 Long 77.186573°
 19/06/23 10:30 AM



People

Add people

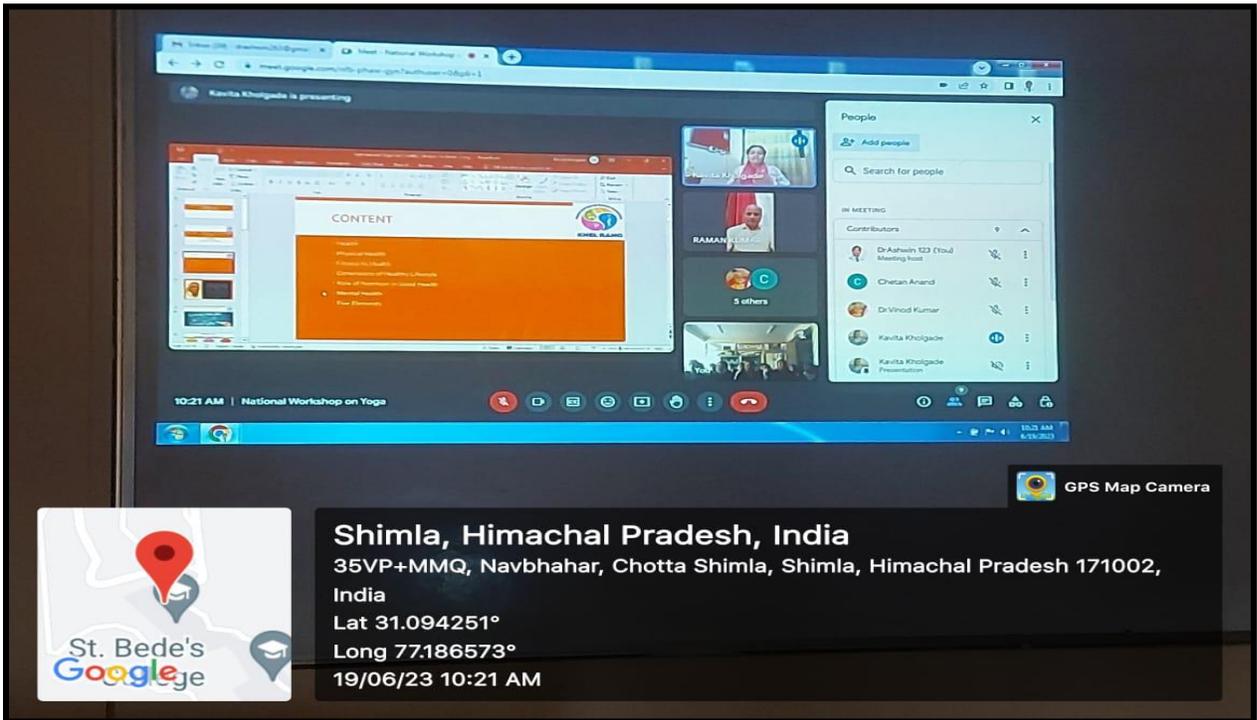
Search for people

IN MEETING

Contributors 10

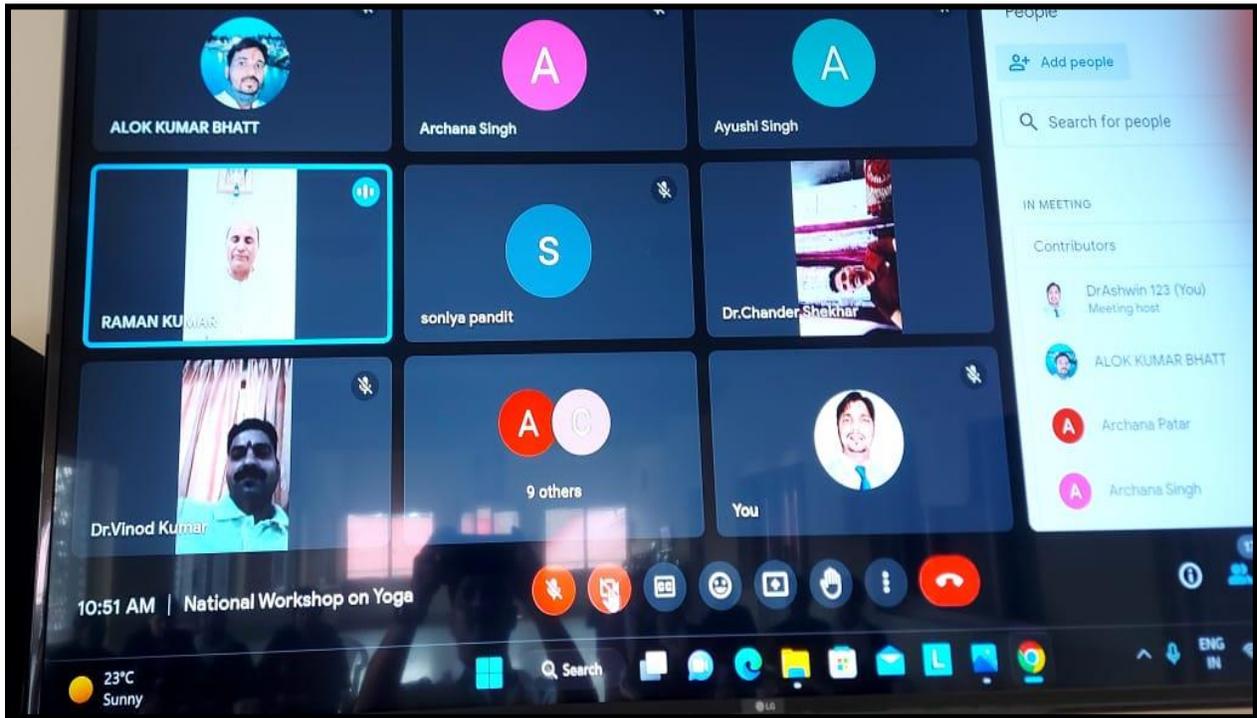
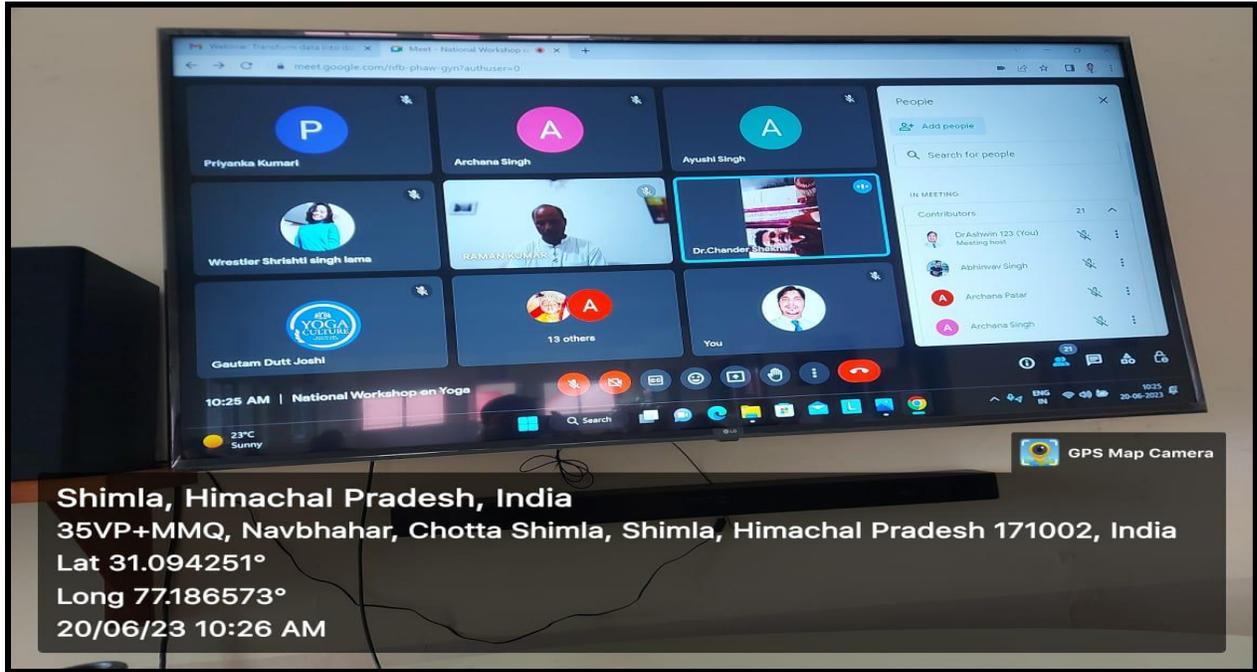
- DrAshwin 123 (You) Meeting host
- CHANDRA KALA
- Chetan Anand
- DrVinod Kumar
- Kavita Kholgade Presentation
- Munna Singh yadav

Three-Day National Workshop on the Celebration of International Yoga Day (June 19-21,2023)



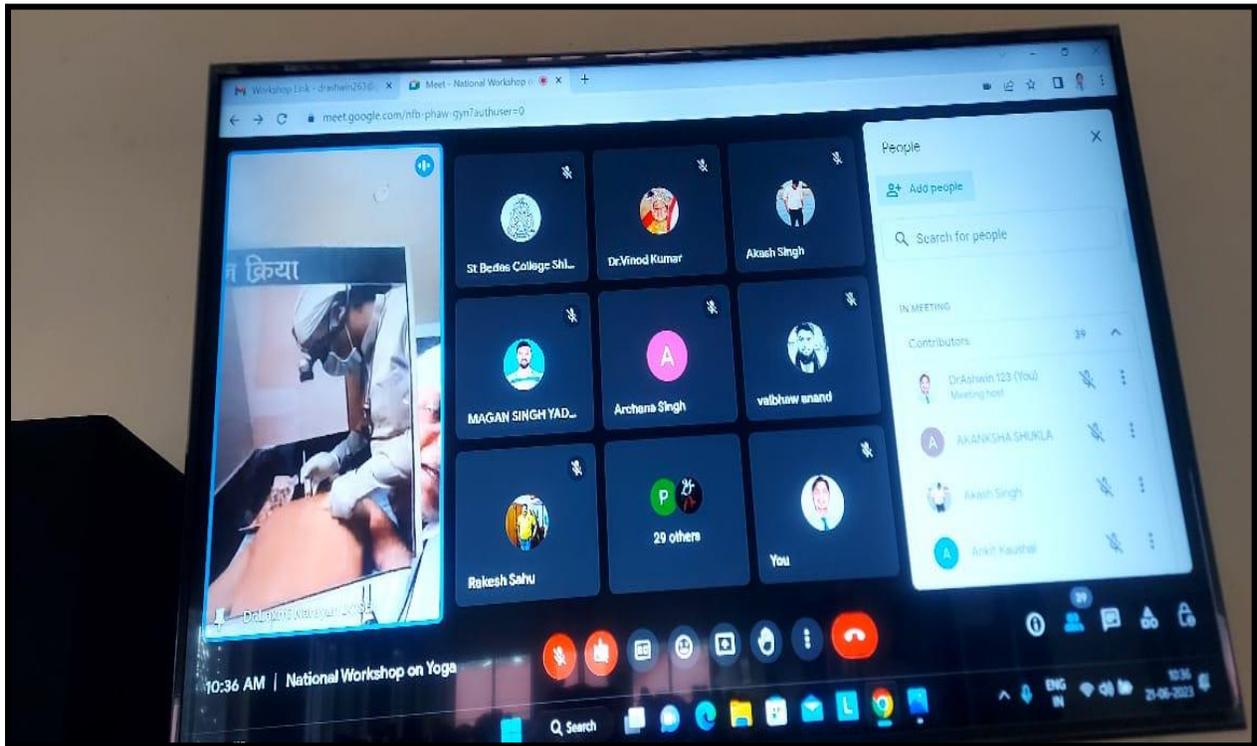
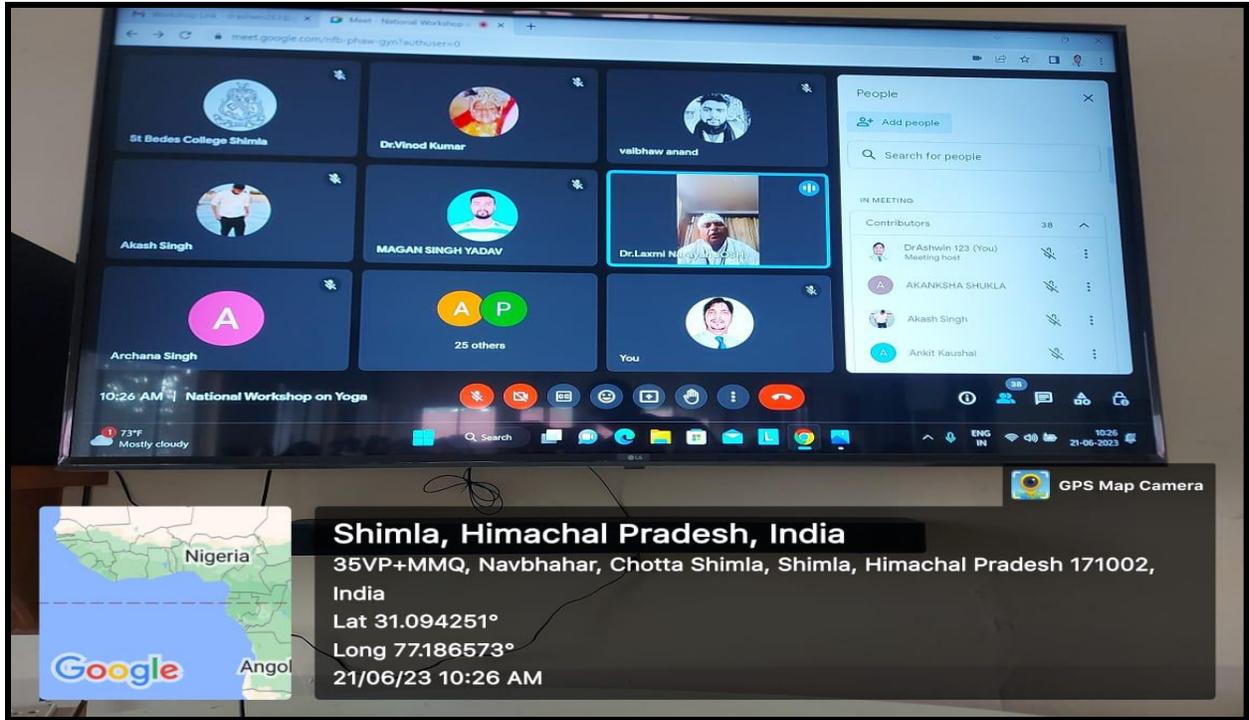
June 20, 2023:

Three-Day National Workshop on the Celebration of International Yoga Day (June 19-21,2023)



June 21,2023:

Three-Day National Workshop on the Celebration of International Yoga Day (June 19-21,2023)



Three-Day National Workshop on the Celebration of International Yoga Day (June 19-21,2023)



Three-Day National Workshop On The Celebration Of International Yoga Day (June 19-21,2023)

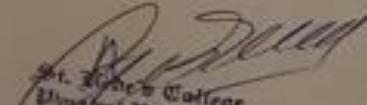


Deptt. Phy. Edu.,
St. Bede's College, Shimla

ATTENDANCE SHEET: (2023-2024)

Name of the Activity: 3 Day Online National Workshop on YOGA FOR A HEALTHY
LIFE STYLE under the celebration of INTERNATIONAL YOGA DAY
Organized by: Department of Physical Education
Dated: June 19th-21st, 2023

Yogacharya Laxmi N Joshi	Sanskrit University Haridwar	Yoga	U.K
Dr. Piyush Jain	PEFI DELHI INDIA	Physical Education	New Delhi
Dr kalpana Veerabhadrappa	Karnataka state Women's University	Education	Karnataka
Dr. Kavita	Women College Nashik	Physical Education	M.S
Yogacharya Raman Kumar	Secretary, Asian Yoga Federation	Yoga Education	Punjab
Dr. Chander Shekhar	PCMH Punjab	Yoga	Punjab
Dr. Vinod Kumar	Govt. College Jukhala	Physical education	H.P
Dr.Jyoti.Awati	K.S.A.W UNIVERSITY VIJAYAPUR	Physical education	Karnataka
NAWAZ BASHA C	ADB FIRST GRADE COLLEGE	Physical education and sports	KARNATAKA
BABUNAIK H	Vsca Ballary	Physical education	Karnataka
Dr. Shobhadevi Rathod	Govt women's college Jewargi colony Kalaburagi	Political science	Karnataka
MD. HASNAT KABIR	JASHORE UNIVERSITY OF SCIENCE AND TECHNOLOGY	PHYSICAL EDUCATION AND SPORTS SCIENCE	JASHORE


St. Bede's College
Physical Education
Department

Attendance Sheet

Dr. S. Umakantha gouda	K. S. A. Womens University, Karnataka	Education	Karnataka
Mr. SANJAY MUKUNDRAO DESHMUKH	SSMM B ED (SGBAU)	PHYSICALEDUCATION (B ED)	MAHARASHTRA
Dr. Vidya Patil	Government First Grade College for Women, Bidar	English	Karnataka
Dr Rukshinda Hena	Chand Bi Bi College For Women, Kalaburagi	Education	Karnataka
Dr. SATISH SINGH	AU GIC CHAKISAIN UTTARAKHAND	UTTARAKHAND EDUCATION DEPARTMENT	UTTARAKHAND
Mr	Dr.sarojini naidu women's b.ed college	Education	Karnataka
Dr.Joydeb Das	Regional college of physical education, panisagar	Youths affairs and sports Dept.	Tripura
Ramesha K D	Vijaynagar shrikrishnadevaraya university ballari	Dept. Of physical education and sports science	Karnataka
Mr Ramesh madar	Mangalore University	yogic sciences	Karnataka
Dr. M. Subhashchandra	Government College (Auto), Kalaburagi	Collegiate Education	Karnataka
Mrs. Mahadevi rajaput	Ksawa vijayapara	Physical education	Karnataka
ಶ್ರೀ ಎಚ್. ಸಂಧ್ಯಾ	ಶ್ರೀ.ಎಚ್.ಎಂ.ಎಸ್.ಎಸ್. ಬಿ.ಇ.ಡಿ.ಕಾಲೇಜ್ ಬಿದರ್	ಶಿಕ್ಷಣ ಶಾಸ್ತ್ರ	ಕರ್ನಾಟಕ
Ravindra.B.Khoba	Siddharth Arts and Commerce Degree College Jamwada Road Bidar	Physical Education	Karnataka
Mr. Gopal Badiger	Gulbarga university kalaburagi	Commerce	Karnataka
PROF.ASHOK H. MALAGHAN	SHVVS B.Ed Karnataka Indis	Education	Karnataka
Dr Kaveri papade	BVBhoomaraddi of	Physical education and	Karnataka

(Signature)
 Dr. Kaveri Papade
 Physical Education Department

Attendance Sheet

	Bihar	sports	
Pranshini Jagtap	R N Shetty		
Mr vinhal baganal	S S E T degree		6/08/2016
Sneha	Akkamahadevi University	Physical education department	Karnataka
Dr Manish Singh Rana	Department of Higher Education		Karnataka
Mr. Ashok Kumar	H.P.U Shimla	Physical Education	Himachal Pradesh
Rajesh Kumar rai	Cite Ranchi	Physical Education	Himachal Pradesh
Dr. Zafar Ali	Govt. PG College Paonta Sahib	Bed	Jharkhand
Dr. Leena sharma	Govt. College Daulatpur Chowk, Una, (HP)	Physical Education	Himachal Pradesh
Rohini Rana	Government College Daulatpur chowk District Una HP	Zoology	Himachal Pradesh
Sangita dubey	Dr Ram manohar lohia awadh University	Botany	Himachal Pradesh
DR MOHAMMAD ASHRAF KHAN	Govt. Higher Secondary School Pakherpora, Budgam (J&K)	Home science	UP
Dr Aruna Dogra	RTM Nagpur University	Physical Education and Sports (PES)	JAMMU AND KASHMIR
Mr Vishalkumar Jagdishbhai suthar	Government Science College, Vadnagar	Physical Education	Maharashtra
Mrs. Vinshali Pankaj Deshmukh	Institute of science Nagpur	Department of Physical Education	Gujarat
Seema Devi	Government PG College Sangipur	Physical education	Maharashtra
Mehak Sood	St. Bede's college	Health club	Uttar pradesh
Miss - Vanbhika Nanda	College	Health Club	Himachal Pradesh
Miss Radhika Soni	St. Bede's College Shimla	Commerce and Management	Himachal Pradesh
Miss nibarika raj chaudhan	College	Psychology honor	Himachal Pradesh

Attendance Sheet

Miss Pallavi Serak	College	Health Club	Himachal Pradesh
Mrs. Vivek Kumar Pandey	Lovely Professional University Phagwara	Physical Education	Uttar pardesh
Dr. Rajani Janardan Markute	NSSM Nagpur College and University	Physical Education	Maharashtra
Dr. Madhavi Mandikar	RTM Nagpur University	PGTD of physical education deppt	Maharashtra
Dr. Bharti Kale	Sbaririk Shikshan Mahavidyalaya Koradi Nagpur	Physical Education	Maharashtra
Dr. Anasheer Mahurkar		Physical Education	Maharashtra

[Handwritten Signature]

[Handwritten Signature]
 St. Jude's College
 Physical Education
 Department

Attendance Sheet