



## **SUPPORTING DOCUMENTS**

### **3.2.2**

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



## **Yoga Camp and National Webinar on International Yoga Day**

### **Objectives:**

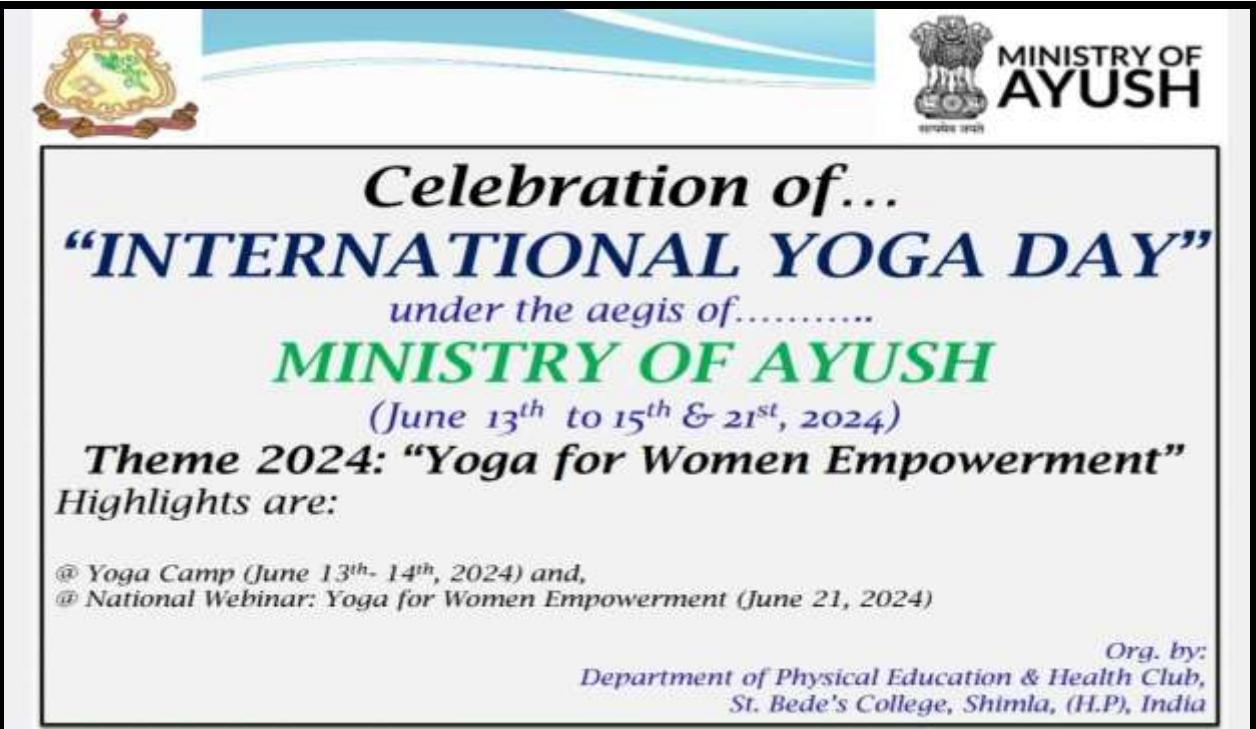
- To raise the awareness about the benefits of practicing yoga.
- To promote the adoption of lifestyle patterns and choices that lead to good health.

**Description:** The Department of Physical Education in collaboration with Health Club of St. Bede's College, Shimla under the aegis of Ministry of Ayush organized a two Days Yoga Camp for college students. The camp was organized on 13<sup>th</sup> and 14<sup>th</sup> June, 2024 based on this year's International Yoga Day theme i.e. 'Yoga for Women Empowerment'. The camp was proficiently handled by the yoga expert 'Dr. Rinku Kumar from Department of Yogic Sciences; (HPU). More than 50 college students participated in the camp and gained benefit.

**Outcome:** The practice of yoga brings about a perfect harmony between mind and body and this unity plays a major ole in the overall stability of the young students.

### **Social Media Link:**

<https://www.instagram.com/p/C8GTGNASESh/?igsh=eThuZXd1bDVkd21n>



The poster features the logo of St. Bede's College, Shimla at the top left, the Ministry of Ayush logo at the top right, and a blue decorative swoosh in the center. The main text is arranged in a box:

*Celebration of...*  
**"INTERNATIONAL YOGA DAY"**  
*under the aegis of.....*  
**MINISTRY OF AYUSH**  
*(June 13<sup>th</sup> to 15<sup>th</sup> & 21<sup>st</sup>, 2024)*  
**Theme 2024: "Yoga for Women Empowerment"**  
**Highlights are:**

① *Yoga Camp (June 13<sup>th</sup>- 14<sup>th</sup>, 2024) and,*  
② *National Webinar: Yoga for Women Empowerment (June 21, 2024)*

*Org. by:*  
**Department of Physical Education & Health Club,  
St. Bede's College, Shimla, (H.P), India**

*Brochure*



***Yoga Camp (June 13-14, 2024)***



**Yoga Expert**  
Dr. Rinku Kumar  
Hamirpur, (H.P), India

***National Webinar: Yoga for Women Empowerment (June 21, 2024)***



**Resource Person**  
Dr. K. Jothi Dayanandan  
Associate Professor, YMCA Chennai, (T.N), India



**Moderator**  
Dr. Chander Shekhar  
Asst. Prof. SPN, Mukerian, (P.B), India

***Organiser's***



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



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

### ***Brochure***



### ***Yoga Session Day-I***

***Yoga Camp and National Webinar on International Yoga Day (June 13-14, 2024)***



### ***Yoga Session Day-II***

***Yoga Camp and National Webinar on International Yoga Day (June 13-14, 2024)***



*Students Learning Yoga*

*Yoga Camp and National Webinar on International Yoga Day (June 13-14, 2024)*



13/06/24



Activity: Yoga Camp (IVD2024: Yoga for Women Empowerment)  
St. Bede's College, Shimla (H.P)  
Date: June 13-14, 2024

Attendance Sheet:

Sr.No.	Name	Class	Signature
1	Anupama		
2	Kamini		
3	Kutu Devi		
4	Jagjeet		
5	Abhi		
6	Sanchi		
7	Shruti Sharma		
8	Nisha Sharma		
9	Taruna Khatoon		
10	Alisha Verma		
11	Divya Sharma		
12	Renu Kumari		
13	Shivani Verma		
14	Shivani Sharma		
15	Sarina		
16	Sandeepa		
17	Himani Sharma		
18	Sakshi		
19	Chiravani		
20	Sumeta		
21	Sonia		
22	Aakanksha		
23	Shiveta Kumari		
24	Aanchal Sharma		
25	Deepika		
26	Rima		
27	Pooja Devi		
28	Sadhu		
29	J. Palak Dhalwarkar	2nd Year	
30	Harshtika Sharma	2nd Year	
31	Writamitra Choubey	2nd Year	
32	Meenakshi	2nd Year	
33	Narina	2nd Year	
34	Yashashvi	1st Year	
35	Apurva	1st Year	
36	Ritika	1st Year	

13/6/24

Principal  
St. Bede's College  
Shimla

P. S. Bede's College  
Physical Education  
Department

Attendance Sheet



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

			St. Bede's College, Shimla (H.P.)
37	Chanchla	1st year	Chanchla
38	Sangeeta	2nd year	Sangeeta
39	Rejini	1st year	Rejini
40	Ravina	2nd year	Ravina
41	Kanchan	1st year	Kanchan
42	Prachi	2nd year	Prachi
43	Tanmaya	2nd year	Tanmaya
44	Mitali	1st year	Mitali
45	Anshika	1st year	Anshika
46	Gurjana	1st year	Gurjana
47	Rukmani	2nd year	Rukmani
48	Priya Verma	2nd year	Priya Verma
49	Khushbu	2nd year	Khushbu
50	Saloni	2nd year	Saloni
51	Reeta	2nd year	Reeta
52	Vanshika Bhardwaj	2nd year	Vanshika

$$\text{total} = 52$$

13/6/04  
Principals  
St. Bede's College  
Chennai

### *Attendance Sheet*



14/6/24  
St. Bede's College, Shimla (H.P.)

Activity: Yoga Camp (IYD2024: Yoga for Women Empowerment)

Date: June 13-14, 2024

Attendance Sheet:

Sr.No.	Name	Class	Signature
1	Pavitra	D. El. Ed. 2 <sup>nd</sup> year	Pavitra
2	Tanya Sharma	D. El. Ed. 2 <sup>nd</sup> year	Tanya
3	Kashish Thakur	D. El. Ed. 3 <sup>rd</sup> year	Kashish
4	Prachi Sharma	D. El. Ed. 2 <sup>nd</sup> year	Prachi
5	Tanusha Sharma	D. El. Ed. 2 <sup>nd</sup> year	Tanusha
6	Sakshi	D. El. Ed. 3 <sup>rd</sup> year	Sakshi
7	Rajni	D. El. Ed. 1 <sup>st</sup> year	Rajni
8	Meenakshi	D. El. Ed. 2 <sup>nd</sup> year	Meenakshi
9	Rashika	D. El. Ed. 2 <sup>nd</sup> year	Rashika
10	Khushbu	D. El. Ed. 2 <sup>nd</sup> year	Khushbu
11	Reetika Kaur	D. El. Ed. 2 <sup>nd</sup> year	Reetika
12	Vanshika Bhadoria	D. El. Ed. 2 <sup>nd</sup> year	Vanshika
13	Shivani	D. El. Ed. 2 <sup>nd</sup> year	Shivani
14	Alisha Verma	D. El. Ed. 1 <sup>st</sup> year	Alisha
15	Amritika Chauhan	D. El. Ed. 1 <sup>st</sup> year	Amritika
16	Deepika	D. El. Ed. 1 <sup>st</sup> year	Deepika
17	Arfa	D. El. Ed. 2 <sup>nd</sup> year	Arfa
18	Mitali Pundir	D. El. Ed. 2 <sup>nd</sup> year	Mitali
19	Pooja Devi	D. El. Ed. 2 <sup>nd</sup> year	Pooja
20	Mu Ritambra Chauhan	D. El. Ed. 2 <sup>nd</sup> year	Ritambra
21	Hanshika Sharma	D. El. Ed. 2 <sup>nd</sup> year	Hanshika
22	Palak Dhatmalik	D. El. Ed. 2 <sup>nd</sup> year	Palak
23	Sadviya	D. El. Ed. 2 <sup>nd</sup> year	Sadviya
24	Shivani Verma	D. El. Ed. 2 <sup>nd</sup> year	Shivani
25	Jagjeet	D. El. Ed. 1 <sup>st</sup> year	Jagjeet
26	Shweta Kurnar	D. El. Ed. 1 <sup>st</sup> year	Shweta
27	Ritika	D. El. Ed. 1 <sup>st</sup> year	Ritika
28	Aditi	D. El. Ed. 1 <sup>st</sup> year	Aditi
29	Aakanksha	D. El. Ed. 1 <sup>st</sup> year	Aakanksha
30	Aanchal Sharma	D. El. Ed. 1 <sup>st</sup> year	Aanchal
31	Anshika	D. El. Ed. 1 <sup>st</sup> year	Anshika
32	Cumani	D. El. Ed. 1 <sup>st</sup> year	Cumani
33	Himani Sharma	D. El. Ed. 2 <sup>nd</sup> year	Himani
34	Saralee	D. El. Ed. 2 <sup>nd</sup> year	Saralee
35	Gaurika	D. El. Ed. 2 <sup>nd</sup> year	Gaurika
36	Kousal	D. El. Ed. 2 <sup>nd</sup> year	Kousal
37	Shivani Sharma	D. El. Ed. 2 <sup>nd</sup> year	Shivani

14/6/24

Principal  
St. Bede's College  
Shimla

14/6/24  
St. Bede's College  
Physical Education  
Department

Attendance Sheet



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

48	Minalkshi	1st year	Manjusha
39	Sonia	1st year	Sonia
40	Tanvi Khatoon	1st year	Tanvi
41	Neha Sharma	1st year	Neha
42	Sonali	1st year	Sonali
43	Angali Sharma	1st year	Angali
44	Ritu Devi	2nd year	Ritu
45	Anupriya	D.F.E.D 2nd year	Anupriya

Molly  
14/10/24  
Principal  
St. Bede's College  
Shimla

Total = 15

St. Bede's College  
Official Education  
Department

Attendance Sheet