



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 13th and 14th 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 role in the overall stability of the young students.

Social Media Link:

<https://www.instagram.com/p/C8GTGNASESh/?igsh=eThuZXdlbDVkd21n>

**MINISTRY OF
AYUSH**

Celebration of...

"INTERNATIONAL YOGA DAY"

under the aegis of.....

MINISTRY OF AYUSH

(June 13th to 15th & 21st, 2024)

Theme 2024: "Yoga for Women Empowerment"

Highlights are:

@ Yoga Camp (June 13th- 14th, 2024) and,
@ 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)		National Webinar: Yoga for Women Empowerment (June 21, 2024)	
			
Yoga Expert Dr. Rinku Kumar Hamirpur, (H.P.), India		Resource Person Dr. K. Jothi Dayanandan Associate Professor, YMCA Chennai, (T.N.), India	
Organiser's			
		Moderator Dr. Chander Shekhar Asst. Prof. SPN, Mukerian, (P.B.), India	
Patron Prof. (Se.) Molly Abraham 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	

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 (IYD2024: Yoga for Women Empowerment)
Date: June 13-14, 2024
Attendance Sheet:

Sr.No.	Name	Class	Signature
1	Anupriya		Anupriya
2	Kamal		Kamal
3	Ritu Devi		Ritu
4	Jagriti		Jagriti
5	Abhi		Abhi
6	Sneh		Sneh
7	Shruti Sharma		Shruti
8	Neha Sharma		Neha
9	Taruna Khatoon		Taruna
10	Aluka Verma		Aluka
11	Tahita Sharma		Tahita
12	Rachita Kumari		Rachita
13	Shivani Verma		Shivani
14	Shivani Sharma		Shivani
15	Sarita		Sarita
16	Sandeepa		Sandeepa
17	Himani Sharma		Himani
18	Sakshi		Sakshi
19	Shivani		Shivani
20	Sumeta		Sumeta
21	Sonia		Sonia
22	Aakanksha		Aakanksha
23	Shweta Kumari		Shweta
24	Anchal Sharma		Anchal
25	Deepika		Deepika
26	Rupam		Rupam
27	Pooja Devi		Pooja
28	Sadaya		Sadaya
29	J. Palak Dhabmalk	2nd Year	J. Palak
30	Hareksha Sharma	2nd Year	Hareksha
31	Writamika Chauhan	2nd Year	Writamika
32	Meenakshi	2nd Year	Meenakshi
33	Nasina	2nd Year	Nasina
34	Nisakshi	1st Year	Nisakshi
35	Archal	1st Year	Archal
36	Arti	1st Year	Arti
37	Ritika	1st Year	Ritika

mollym
13/6/24
Principal
St. Bede's College
Shimla

St. Bede's College
Physical Education
Department

Attendance Sheet



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

37	Chanchla	1st year	Chanchla
38	Samrati	2nd year	Samrati
39	Rajni	1st year	Rajni
40	Ramona	2nd year	Ramona
41	Kanchan	2nd year	Kanchan
42	Prachi	2nd year	Prachi
43	Tamara	2nd year	Tamara
44	Mitali	1st year	Mitali
45	Anshika	1st year	Anshika
46	Gurugan	1st year	Gurugan
47	Rukmani	2nd year	Rukmani
48	Pooja Verma	2nd year	Pooja Verma
49	Kushbu	2nd year	Kushbu
50	Saloni	2nd year	Saloni
51	Reeta	2nd year	Reeta
52	Vanshika Bhardwaj	2nd year	Vanshika

total = 52

mollym
13/6/24
Principal
St. Bede's College
Shimla

St. Bede's College
Principal Education
Department
13/6/24

Attendance Sheet



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	Pavna	D.Ed 2nd year	Pavna
2	Tanya Sharma	D.Ed 2nd year	Tanya
3	Kandhan Thakur	D.El.ed 2nd year	Kandhan
4	Prachi Sharma	D.El.ed 2nd year	Prachi
5	Tamanna Sharma	D.El.ed 2nd year	Tamanna
6	Sakshi	D.El.ed 2nd year	Sakshi
7	Rajni	D.El.Ed 1st year	Rajni
8	Meenakshi	D.El.Ed 2nd year	Meenakshi
9	Rupika	D.El.Ed 2nd year	Rupika
10	Khushbu	D.El.Ed 2nd year	Khushbu
11	Reeta Kumari	D.El.Ed 2nd year	Reeta
12	Vanshika Bhargava	D.El.ed 2nd year	Vanshika
13	Shivani	D.El.ed 2nd year	Shivani
14	Alusha Verma	D.El.ed 1st year	Alusha
15	Anamika Chauhan	D.El.ed 1st year	Anamika
16	Deepika	D.El.Ed 1st year	Deepika
17	Arka	D.El 2nd year	Arka
18	Mitali Pundir	D.El 1st year	Mitali
19	Rajya Devi	D.El.ed 2nd year	Rajya
20	Ritambhara Chaudhary	D.El.ed 2nd year	Ritambhara
21	Harshita Sharma	D.El.ed 2nd year	Harshita
22	Kalash Sharma	D.El.Ed 2nd year	Kalash
23	Sadika	D.El.ed 2nd year	Sadika
24	Shivani Verma	D.El.Ed 2nd year	Shivani
25	Jagriti	D.El.Ed 1st year	Jagriti
26	Shweta Kumari	D.El.Ed 1st year	Shweta
27	Ritika	D.El.Ed 1st year	Ritika
28	Aditi	D.El.Ed 1st year	Aditi
29	Aakanksha	D.El.Ed 1st year	Aakanksha
30	Anchal Sharma	D.El.Ed 1st year	Anchal
31	Anshika	D.El.Ed 1st year	Anshika
32	Gungun	D.El.Ed 1st year	Gungun
33	Himani Sharma	D.El.Ed 2nd year	Himani
34	Sandeepa	D.El.Ed 2nd year	Sandeepa
35	Garima	D.El.ed 2nd year	Garima
36	Kousal	D.El.ed 2nd year	Kousal
37	Shivani Sharma	D.El.ed 2nd year	Shivani

Principal
St. Bede's College
Shimla

St. Bede's College
Physical Education
Department

Attendance Sheet

