



## **SUPPORTING DOCUMENTS**

### **3.2.2**

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



## National Webinar on “Yoga for Women Empowerment”

On the occasion of International Day of Yoga, the Department of Physical Education and Health Club of St. Bede's College, Shimla, jointly organized a National Webinar on “Yoga for Women Empowerment” on 21st June 2024.

### Objectives:

- To raise awareness about the importance and benefits of yoga in daily life.
- To highlight how yoga contributes to women's physical, emotional, and mental empowerment.
- To encourage participants to incorporate yoga as a lifestyle practice for holistic well-being.
- To provide a platform for discussion and learning on the role of yoga in enhancing self-confidence and inner strength among women.

**Description:** The event was held under the aegis of the Ministry of AYUSH, in line with the official theme of International Yoga Day 2024 — “*Yoga for Women Empowerment*”.

The keynote address was delivered by Dr. Jothi K. Dayanandan, Associate Professor at YMCA, Chennai. She spoke brilliantly on the transformative power of yoga in a woman's life, stressing its role in self-care, mental strength, and emotional stability. Dr. Chander Shekhar, Assistant Professor at SPN College, Mukerian, Punjab, served as the moderator. He concluded the session with words of appreciation for both the speaker and the organizing team.

Prof. (Sr.) Molly Abraham, Principal of St. Bede's College, also addressed the participants, underlining the need for harmony between the body, mind, and soul — a harmony achievable through regular yoga practice.

The webinar saw enthusiastic participation from over 40 delegates, making it a truly engaging and insightful experience.

### Outcomes:

- Participants gained enhanced awareness of their inner strengths, capabilities, and emotional well-being.
- The session motivated attendees to make empowered life choices and trust their personal decisions.
- It promoted a greater appreciation for yoga as a tool for personal growth and empowerment, particularly among women.
- The webinar contributed to promoting yoga as a lifelong practice for achieving balance and self-reliance.



MINISTRY OF  
AYUSH

सामूहिक जलवाय

*Celebration of...*  
**“INTERNATIONAL YOGA DAY”**  
*under the aegis of.....*  
**MINISTRY OF AYUSH**

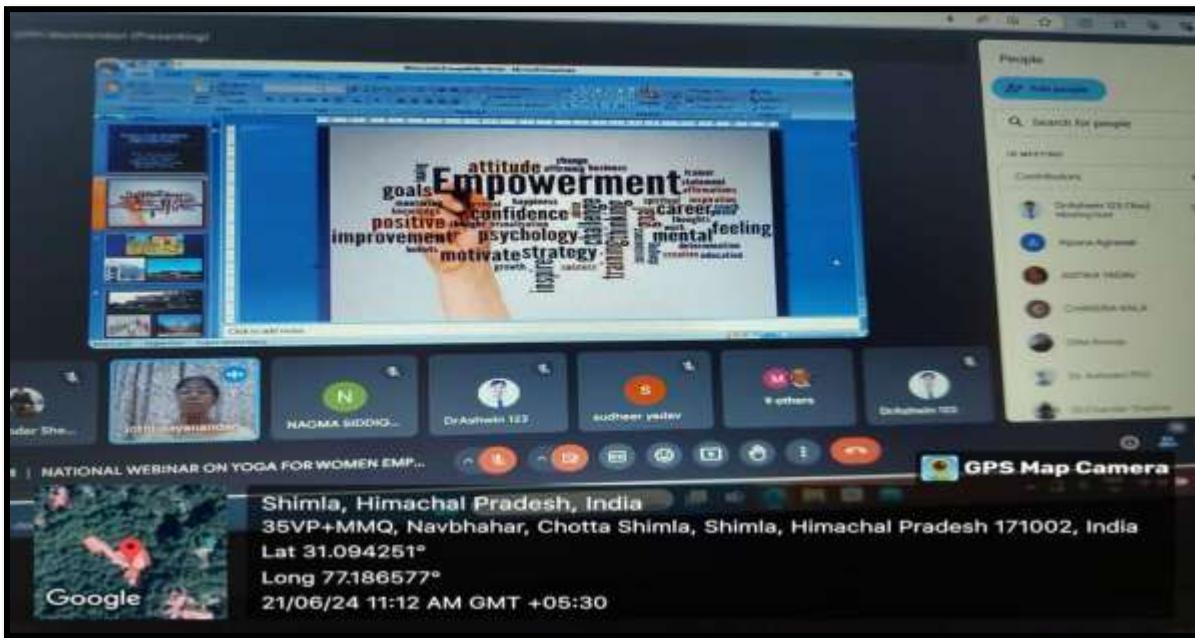
*(June 13<sup>th</sup> to 15<sup>th</sup> & 21<sup>st</sup>, 2024)*

**Theme 2024: “Yoga for Women Empowerment”**  
Highlights are:

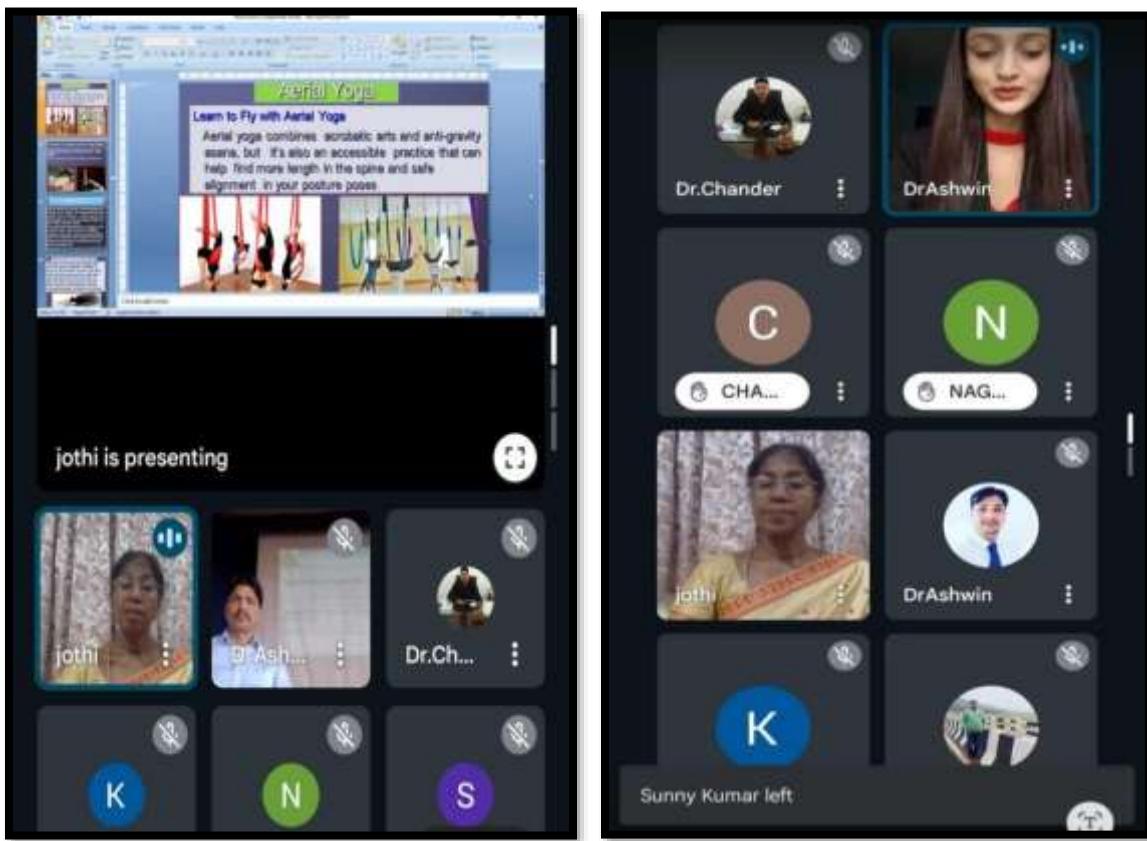
- ① *Yoga Camp (June 13<sup>th</sup>- 14<sup>th</sup>, 2024) and,*
- ② *National Webinar: Yoga for Women Empowerment (June 21, 2024)*

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

*Brochure*



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



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



(18th to 19th Oct. 2024)

*Aruna & Shree*

## NATIONAL WEBINAR: YOGA FOR WOMEN EMPOWERMENT" (UNDER THE CELEBRATION OF INTERNATIONAL YOGA DAY)

Friday, June 21, 10:50am – 12:20pm

Organised by:

Department of Physical Education & Health Club,  
St. Bede's College, Navbhar, Shimla, (H.P)-171002-INDIA

\* 1. Name (Mr./Miss/Mrs./Dr./Prof.)

2. Designation

3. Affiliation (College/ University)

*Principa*  
Principal  
St. Bede's College  
Shimla

*Aranya*  
St. Bede's College  
Physical Education  
Department

*Attendance Sheet*



6/9/2024 15.55.28 Dr Ashwani	Associate professor	Government Degree College Indira kangri Himachal Pradesh	Physical education	Himachal Pradesh	India	awash329@gmail.com
6/9/2024 16.00.22 Vikas Singh	TGT (PHE)	Kendriya Vidyalaya No 2 Calicut (Kerala)	Physical Education	Kerala	India	vikashhavasti@gmail.com
6/9/2024 16.12.21 Dr. Ashwani	Astt. Prof.	St. Beda's College Shimla	Physical Education	H.P.	India	drashwin263@gmail.com
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St. Beda's College  
Physical Education  
Department

6/9/2024 16.27.58 Dr. Parwaz Ahmed Khan	Principal	Dr. Ram manohar lohiya Avadh university Ayodhya Faizabad/Sanjivani College of Education and physical Education Kirtanpur Bahraich	Sanjivani College of Education and physical Education Kirtanpur Bahraich U.P.	U.P.	India	Parwazhan79@gmail.com, khan1parwaz@yahoo.com
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