



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**
संयमेव जयते

Celebration of...

“INTERNATIONAL YOGA DAY”

under the aegis of.....

MINISTRY OF AYUSH

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

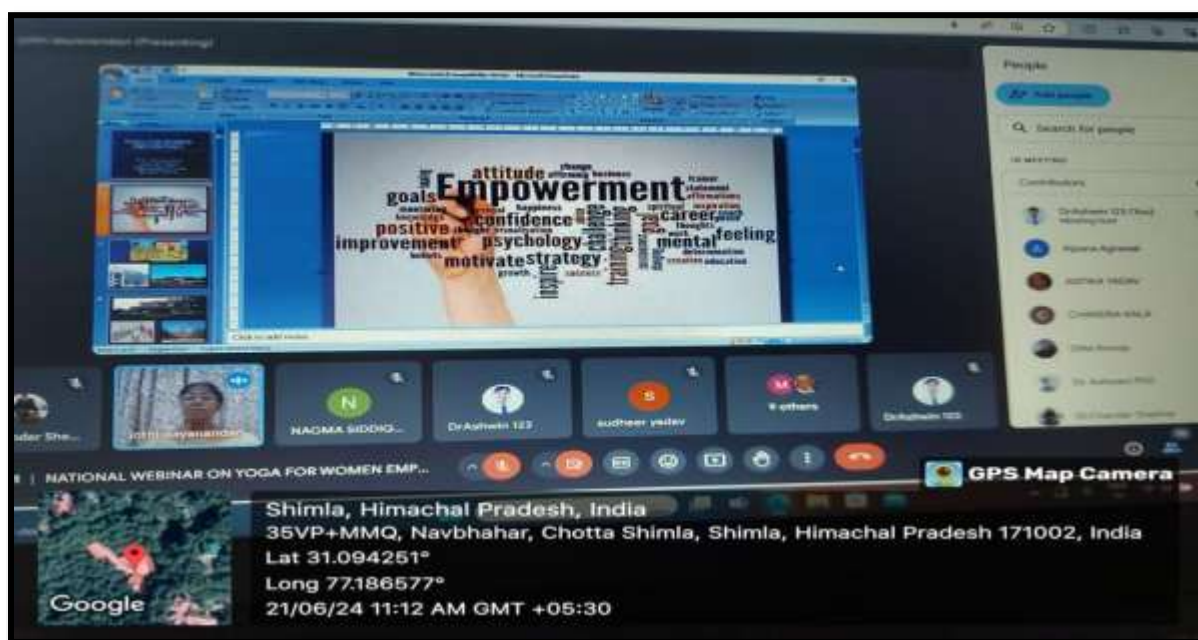
Theme 2024: “Yoga for Women Empowerment”

Highlights are:

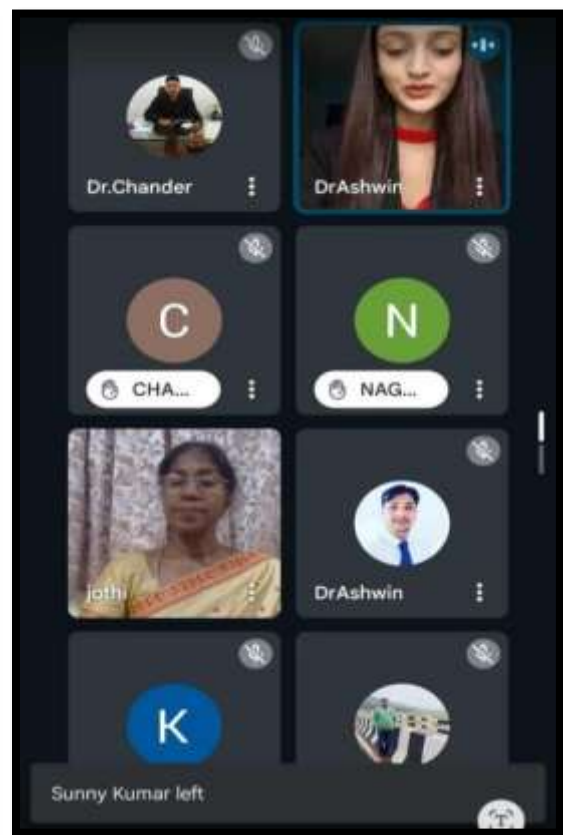
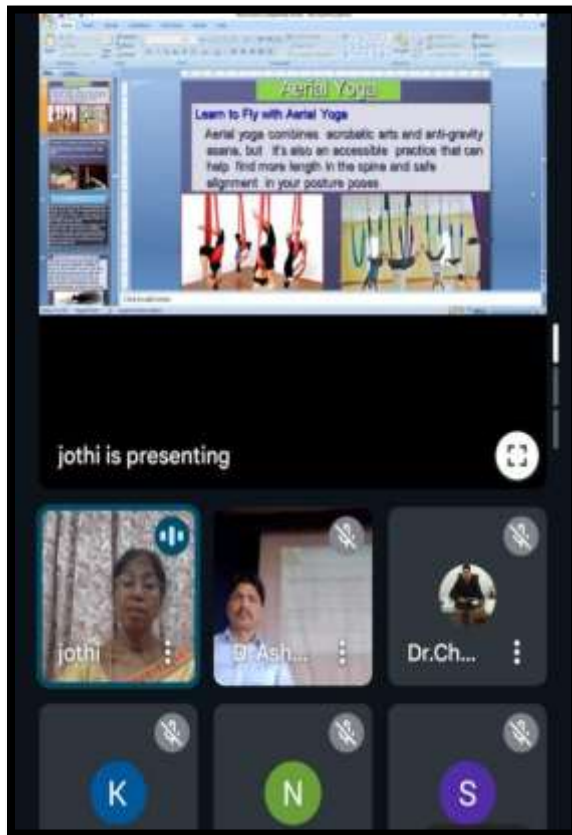
@ Yoga Camp (June 13th- 14th, 2024) and,
@ National Webinar: Yoga for Women Empowerment (June 21, 2024)

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

Brochure



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)

Attendance Sheet

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, Navbahar, Shimla, (H.P)-171002-INDIA

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

2. Designation

3. Affiliation (College/ University)

[Signature]
Principal
St. Bede's College
Shimla

[Signature]
St. Bede's College
Physical Education
Department

Attendance Sheet



6/9/2024 15:55:28	Dr. Ashwani	Associate professor	Government Degree College Indora Kangra Himachal Pradesh	Physical education	Himachal Pradesh	India	awasthi329@gmail.com
6/9/2024 16:00:22	Vikas Singh	TGT (P&HE)	Kandriya Vidyalaya No 2 Calicut (Kerala)	Physical Education	Kerala	India	vikashnavasti@gmail.com
6/9/2024 16:12:21	Dr. Ashwani	Asst. Prof.	St. Bede's College Shimla	Physical Education	H.P.	India	drashwin263@gmail.com
6/9/2024 16:13:06	Jipal Singh	Scholar	Guru nanak dev University	Physical education	Bihar	India	jeepashinw06@gmail.com
6/9/2024 16:16:32	Dr. Deepak Kumar Verma	Assistant Professor	SCERT Delhi	Health and Physical Education	Delhi	India	dkumar262607@gmail.com
6/9/2024 16:50:13	VIPIN KUMAR SINGH	Student	N.N.P.G. COLLEGE NAWABHANJ GONDA	Physical Department	Uttar Pradesh	Indian	Vs25574@gmail.com
6/9/2024 16:56:43	Mr p venkat subramanyam	PGT PE	Disha school	Physical education	Chattisgarh	India	vayan.kat@gmail.com
6/9/2024 16:58:10	Nishi Sharma	Asso. Prof.	Gkp. High. Edu.	Yoga	Uttar Pradesh	India	Nidhira1326@gmail.com
6/9/2024 16:59:57	Ani Sharma	Scholar	Lko. Uni.	Yoga	Uttar Pradesh	India	aarj86@gmail.com
6/9/2024 16:54:10	Dr. Vineet Verma	Assistant Professor	Jaspal Rana Institute of education and technology dehradun	Physical Education	Uttarakhand	India	Vineet.mped@gmail.com

St. Bede's College
Physical Education
Department

6/9/2024 16:27:38	Dr. Parwaz Ahmad Khan	Principal	Dr Ram manohar lohiya Avadh university Ayudhya fazabadi/Sanjivani College of Education and physical Education kirtanpur Bahraich	Sanjivani College of Education and physical Education kirtanpur Bahraich	UP	India	Parwazkhan79@gmail.com khan1parwaz@yahoo.com
6/10/2024 16:30:48	Mr Ranjay Kumar Singh	Teacher	Radiant International school Patna	Physica education	Bihar	India	ranjayasingh42@gmail.com
6/12/2024 8:07:04	Sandeep kumar vishwakarma	Physical education teacher	Nandini Nagar P.G College	Physical education	Uttar Pradesh	India	skvishwakarma114433@gmail.com
6/12/2024 9:35:14	Sangita Dubey	Student	Veerabhadra singh Purwanshai university Jaunpur	Home science	U.P.	India	Sangitadubey041@gmail.com
6/12/2024 16:05:29	Dr S K Singh	Asst professor	LU university	AG	U.P.	Indian	Shafeshsingh310@gmail.com
6/12/2024 20:56:28	Anshuman Mishra	Yoga instructor	Hariidwar University	Yoga	U.K.	India	anshumanmishra11@gmail.com
6/17/2024 20:39:05	Sandeep kumar vishwakarma	Physical education teacher	Nandini Nagar P.G College Nawabganj Gonda Uttar Pradesh	Physical education	Uttar Pradesh	India	skvishwakarma114433@gmail.com
6/18/2024 16:38:20	Sudheer Kumar Yadav	Asst lecturer	Nandini Naga P.G College Nawabganj Gonda	Physical education	Uttar Pradesh	India	gem1599@gmail.com
6/18/2024 17:50:29	Shipra	Student	Rpsu prayagraj	Education	U. P.	India	shafesh0111957@gmail.com

St. Bede's College
Physical Education
Department

Attendance Sheet



5/19/2024 8:11:12 Anupam kumar	Nawabganj Gonda up	Dr. Ram Manohar lohiya awadh university	Physical education	U.P	India	Annurajeyal835@gmail.com
5/20/2024 Dr. Chander 8:32:38 Shekhar	Assistant Professor	Swami Premanand Mahavidyalaya Mukerian, Panjab University Chandigarh	Physical Education	Punjab	India	drco1983@gmail.com
5/20/2024 Dr. Vineet 16:47:44 Verma	Assistant Professor	Jaspal Rana Institute of Education and Technology Dehradun	Physical Education and Sports	Uttarakhand	India	Vineet.mped@gmail.com
5/20/2024 16:51:56 Dr. Vinod Kumar	Assistant Professor	Government College Jukhaia Bilaspur Himachal Pradesh	Physical Education	Himachal Pradesh	India	Kakubaniya1983@gmail.com
5/21/2024 8:33:27 Nidhi sharma	Teacher	Prayagraj university	Physical education	U.P	India	nidhirai326@gmail.com
6/21/2024 K JOTHI 10:30:17 DAYANANDAN	ASSOCIATE PROFESSOR	YMCA COLLEGE OF PHYSICAL EDUCATION	PHYSICAL EDUCATION	TAMIL NADU	INDIA	JOTHIDAYA@GMAIL.COM
6/21/2024 11:10:41 Abhimannu	Student	Dr.mlu Ayodhya	B sc ag	U.P	India	abhimannukumar269@gmail.com
6/21/2024 11:12:18 Abhimannu	Student	Dr malu Ayodhya	Bsc Ag	U.P	India	abhimannukumar269@gmail.com
6/21/2024 11:19:30 Dr. Kholgade	Director	SNDT University, Mumbai	Yoga	M.S	India	kavitasndt@gmail.com

5/19/2024 8:11:12 Vikash Singh	RMLA	Dr. Ram Manohar lohiya awadh university	Physical education	U.P	India	vikashsingh85@gmail.com
5/20/2024 8:32:38 Ravi Kant	Scholar	Punjab University Chandigarh	Physical Education	Punjab	India	rca1987@gmail.com
5/20/2024 16:47:44 Dr. Shila Devi	Head	Manipur	Physical Education	Manipur	India	drshila@gmail.com
6/20/2024 16:51:56 Dr. Harish	Associate Professor	Kalyani University	Physical Education	W.B	India	harishsinghkalayani@gmail.com
6/21/2024 8:33:27 Sachin sharma	Scholar	HP Uni, Shimla	Yoga	H.P	India	sachinyogi@gmail.com
6/21/2024 10:30:17 Mamta Singh	Asst. Prof.	RMV, Gonda	PHYSICAL EDUCATION	U.P	INDIA	myrathou1983@gmail.com
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6/21/2024 11:19:30 Dr. R.C Pandey	Asst. Prof.	NNPGC, Nawabganj	Phy. Edu.	U.P	India	drropandey@gmail.com
6/21/2024 12:20:32 Suresh Mishra	Asst. Prof.	NNPGC, Nawabganj	Phy. Edu.	U.P	India	Sureshmishra123@gmail.com

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