



NSO & HEALTH CLUB ***St. Bede's College Shimla (H.P)***

Event: Physical Fitness Test

Date: September 17, 2022

Venue: College Campus

The Physical Fitness Test was conducted on September 17, 2022 in the college campus. Around 42 students participated in this test. The test was conducted under the banner of NSO & Health Club. Several items such as Sit-ups, Standing Broad Jump, Shuttle Run, Medicine Ball Throw and 600 Meter Run were included in this test.

The test was conducted under the banner of NSO & Health Club. Dr. Ashwani Kumar, Dr. Kusum Sharma, Miss Jagriti Chauhan, Miss Anjana Kumari, Mr. Bihari Lal Thakur, Miss Ananya Thakur (NSO, President), Miss Tenzin Palkey (NSO, Secretary), Miss Vasundhra Sapehia (Health Club, President) and Miss Muskan Sharma (Health Club, Secretary) gave active support in making the test a success.



NSO & Health Club



NSO & PHYSICAL EDUCATION DEPARTMENT ***St. Bede's College Shimla (H.P)***

Celebration of National Sports Day on August 29, 2022, under the banner of NSO and Physical Education Department:

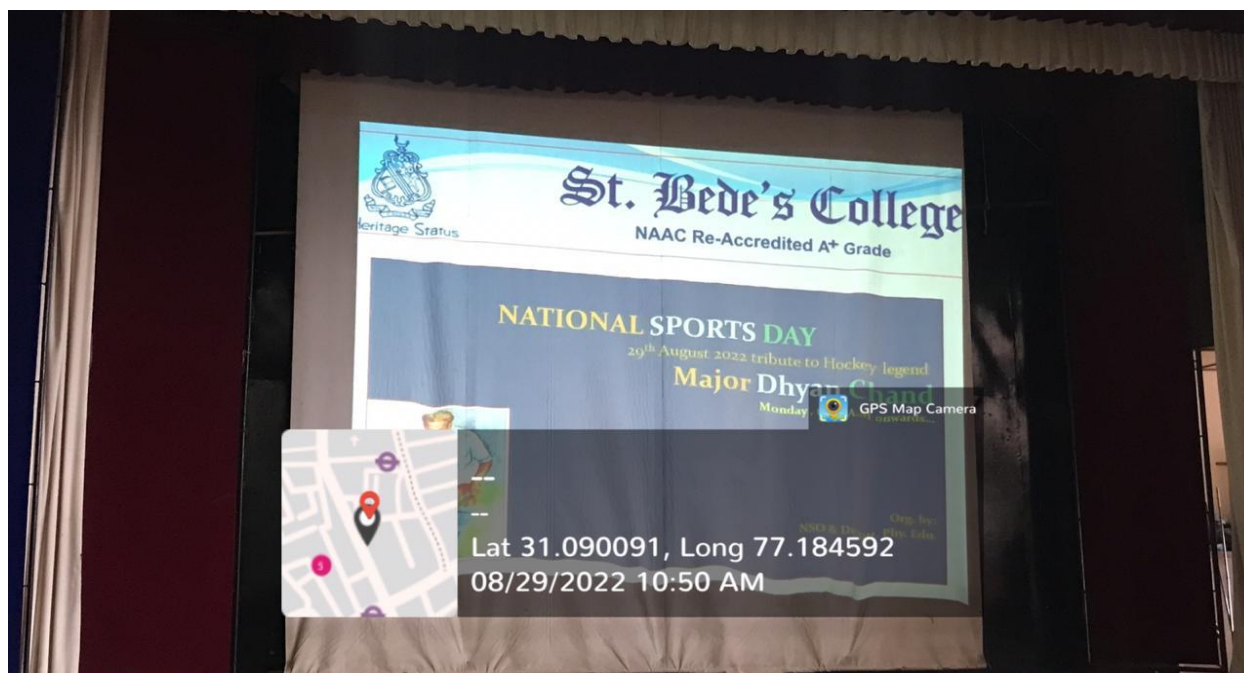
National Sports Day: To commemorate the birth anniversary of hockey legend Major Dhyan Chand, National Sports Day was organized under the banner of NSO and Department of Physical Education. Dr. Shramja Munjal, Head, Department of Botany was the chief guest on this celebration.

On this occasion various sports tournaments were organized in the campus like: Yoga Competition, Ping Pong Tournament, Badminton Tournament and Basketball Tournament. More than 100 students participated in these tournaments. Medals were also awarded to the position holders (winner and runners up).

Dr. Ashwani Kumar, Dr. Maheshwar Thakur, Mr. Mohit Kumar, Mr. Ashish Kahyap, Mr. Nishant Sharma, Miss Anjana Kanwar, Mr. Bihari Lal Thakur, Miss Ananya Thakur (President-NSO), Miss Tenzin Palkey (Secretary-NSO) and Miss Pallavi Chauhan were actively involved in organizing National Sports Day.



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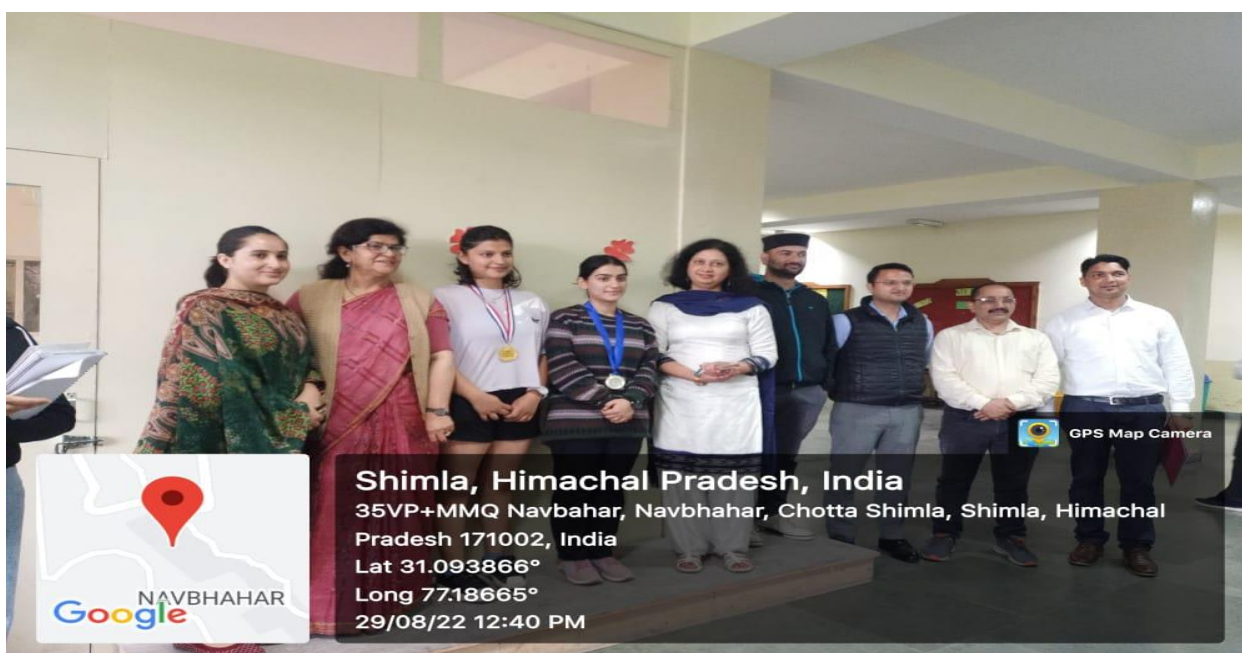


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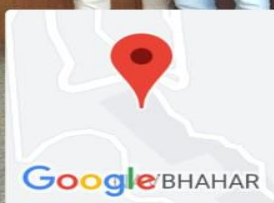


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Long 77.186547°
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GPS Map Camera

NSO & Physical Education Department