



NATIONAL SPORTS DAY

The Department of Physical Education and NSO organized National Sports Day on 29 August 2022, in honor of the birth anniversary of hockey legend Major Dhyhan Chand. The event was graced by Dr. Shramja Munjal, Head of the Department of Botany, as the chief guest. Various sports tournaments were held on the campus, including Yoga, Ping Pong, Badminton, and Basketball, with more than 100 students participating. Medals were awarded to the winners and runners-up of each tournament. 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 the event.





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INTRAMURAL COMPETITIONS ON VARIOUS GAMES

On 11th March 2023, the Department of Physical Education and NSO at St. Bede's College Shimla organized intramural competitions in Table Tennis, Badminton, and Basketball, under the guidance of Dr. Ashwani Kumar. The objective of these competitions was to offer students an opportunity to engage in competitive and non-competitive recreational sports activities as part of their educational pursuits. A total of 34 students participated in their respective competitions and reported at the designated sports arena of the college at 1:30 PM. Dr. Anupama Tendon, Head of the Department of Economics, presented trophies to the winners. Mr. Nishant Sharma, Mr. Bihari Lal Thakur, and Miss Ananya Thakur, President of NSO, played an active role in ensuring the success of the competition.

Following were the results of the competition: -

Games	First	Second	Third
Table Tennis	Muskan Thankur B.A. II nd	Nancy Beniwal BBA VI th Sem	Aditi B.Com I st
Badminton	Jasmine B. Sc III rd	Shreya Thakur B.A. Eng. Hons. I st	
Basketball	Ist Year Team	Combined Team (II nd & III rd Year)	





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