



*Department of Physical Education  
St. Bede's College, Shimla*

**SESSION 2022-23**

**CELEBRATION OF WORLD BICYCLE DAY**

On World Bicycle Day, which was held on June 3rd, 2022, a cycle rally was organized on the College campus under the banner of "Azadi Ka Amrut Mahotsav". The event was inaugurated by The Principal, Prof. Sr. Molly Abraham.





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## **CELEBRATION OF INTERNATIONAL YOGA DAY**

Under the aegis of the Ministry of Aayush and Azadi ka Amrit Mahotsav, the Department of Physical Education and NSS Unit of St. Bede's College, Shimla celebrated International Yoga Day on June 21, 2022, with the theme "Yoga for Humanity." Various online and offline activities were conducted in the college to mark the occasion, such as a poster making competition, slogan writing competition, essay writing competition on the topic "Importance of Yoga," and submission of pictures and videos by students performing different yoga asanas at their respective places. Additionally, an online survey was conducted to raise awareness about yoga and its benefits.

To further celebrate the 8th International Day of Yoga 2022, a week-long yoga camp was organized from June 15 to June 21, 2022, under the guidance of Dr. Ashwani Kumar from the Department of Physical Education. On the last day, a 30-minute yoga session was organized, in which students participated enthusiastically and practiced various asanas and pranayama. The event was followed by a live telecast of Honorable Prime Minister Narendra Modi's speech on Yoga Day.

The celebration continued with a presentation on "International Yoga Day" and another on "Activities conducted on International Yoga Day," a poem on "Yoga," and a short video of students performing yoga asanas. The Principal, Prof. (Sr.) Molly Abraham, motivated the volunteers and emphasized the importance of harmony between body, mind, and soul, which could be achieved through regular practice of Yoga.

Finally, a rally was conducted to raise awareness about the Importance of Yoga, which was flagged off by the Principal, Prof. (Sr.) Molly Abraham



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**Schedule of the yoga camp:**

The yoga camp, which had a daily participation of 50 students from the NSS Unit and D.L. Ed, was organized by the Department of Physical Education and the NSS unit of the college.

<b>Day</b>	<b>Time</b>	<b>Schedule</b>	<b>Venue</b>
Wednesday	09.00 A.M to 10.00 A.M	Introduction to Yoga and its Amazing Benefits	Dina Block Old Hall
Thursday	09.00 A.M to 10.00 A.M	Basic Warm up before Yogic Activities and Surya Namaskar & Asanas-Practical	Auditorium Hall
Friday	10.00 A.M to 11.00 A.M	Asanas Practices: Standing, Sitting, Lying down on Stomach & Back- Practical	Seminar Hall
Saturday	10.00 A.M to 11.30 A.M	Lecture on “Ashtanga Yoga as a Way of Life”	Seminar Hall
Sunday	08.30 A.M to 09.30 A.M	Yogic Practices	Online
Monday	10.00 A.M to 11.00 A.M	Surya Namaskar, Asanas, Pranayama & ‘OM’ Chanting	Auditorium Hall
Tuesday	09.30 A.M to 12.30 P.M	Celebration of the “International Yoga Day & Yoga Awareness Rally for the Society”- Practical Honorable Prime Minister’s Address on Yoga Day	Auditorium & Seminar Hall





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## **NATIONAL SPORTS DAY**

The Department of Physical Education and NSO organized National Sports Day on August 29, 2022, under the banner of NSO. The event was held to commemorate the birth anniversary of hockey legend Major Dhyan Chand, and Dr. Shramja Munjal, Head of the Department of Botany, was the chief guest for the occasion.

Various sports tournaments were held on the campus, including Yoga, Ping Pong, Badminton, and Basketball, with more than 100 students participating. Winners and runners-up received medals for their performances.

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 actively contributed to organizing National Sports Day.







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**HIMACHAL PRADESH UNIVERSITY INTER COLLEGE BASKETBALL WOMEN CHAMPIONSHIP**

Under the banner of the Physical Education Department, the Himachal Pradesh University Basketball (W) Inter College Championship took place from the 24th to the 26th of November 2022. The Chief Guest on the Inaugural Function (24th Nov. 2022) was Prof. Kulbhushan Chandel, the Dean of Studies at Himachal Pradesh University, Shimla. 15 different colleges participated in this championship, along with contingent in-charges. The H.P University appointed 02 observers and 06 officials for the successful organization of the championship, and over 200 participants took part.

On the prize distribution and valedictory function, Prof. Hari Singh, the Director of Youth and Physical Education Program, H.P University, Shimla, was the Chief Guest. College manager Sister Reena Kurian felicitated the chief guests. Trophies and Medals were awarded to Ist DAV College, Kangra, IInd Govt. College Sanjauli and IIIrd Govt. College Mandi. After the Chief Guest's speech, Dr. Ashwani Kumar gave the Vote of Thanks.

Dr. Sapna Sharma, Mr. Amit Kumar, Mr. Bihari Lal Thakur, Miss Anjana Kumari, Miss Ananya Thakur (President-NSO), Miss Vasundhra Sapehia (President-Health Club), Miss Tenzin Palkey (Secretary-NSO), Miss Arjdeep Kaur, Miss Dilasha, Miss Tanushri, Miss Aashta, Miss Pallavi Chauhan, and Miss Nikita Thakur were actively involved in organizing the Inter College Championship, and their efforts were appreciated by everyone.





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**CERTIFICATE COURSE IN YOGA (CCY)**

A 15-day certificate course in yoga was organized by the Department of Physical Education for Add on students from 6th to 21st December 2022. A total of 120 students participated in this course, which was patronized by the Principal, Prof. (Sr.) Molly Abraham, and coordinated by Dr. Ashwani Kumar. Upon completion of the course, certificates were distributed to the participants





### **INTRAMURAL COMPETITIONS ON VARIOUS GAMES**

Under the supervision of Dr. Ashwani Kumar, the Department of Physical Education and NSO of St. Bede's College Shimla organized Intramural Competitions for Table Tennis, Badminton, and Basketball on 11th March 2023. The aim of the competition was to provide recreational sports activities for every student within the framework of educational endeavors. A total of 34 students participated in their respective competitions, reporting to the concerned sports arena of the college at 1:30 P.M. Dr. Anupama Tandon, Head of the Department of Economics, felicitated the position holders with trophies. Mr. Nishant Sharma, Mr. Bihari Lal Thakur, and Miss Ananya Thakur, President of NSO, actively contributed to the success of the competition.

Following were the results of the competition: -

Games	First	Second	Third
Table Tennis	Muskan Thankur B.A. IInd	Nancy Beniwal BBA VIth Sem	Aditi B.Com Ist
Badminton	Jasmine B. Sc IIIrd	Shreya Thakur B.A. Eng. Hons. Ist	
Basketball	Ist Year Team	Combined Team (IInd & IIIrd Year)	





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**‘CDD SPORT TRUST SCHOLARSHIP’**

The 'CDD Sports Trust Scholarship' for outstanding players was introduced by the college Principal, Prof. (Sr.) Molly Abraham. During the felicitation ceremony held for outstanding contributions in sports in 2022-2023, three college students were awarded by the Principal. Miss Praveen Dhiman, B.A III Psychology Honours, Miss Akshita Chauhan, B.A I English Honour and Miss Divya Uniyal, B.A Ist, Economics Honour were among the recipients of the scholarship. It was announced that this scholarship will be given every year to exceptional players.



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Miss Praveen Dhiman (B.A III Psychology Honour)





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Miss Divya Uniyal (B.A I Economics Honour)



Miss Akshita Chauhan (B.A I English Honour)