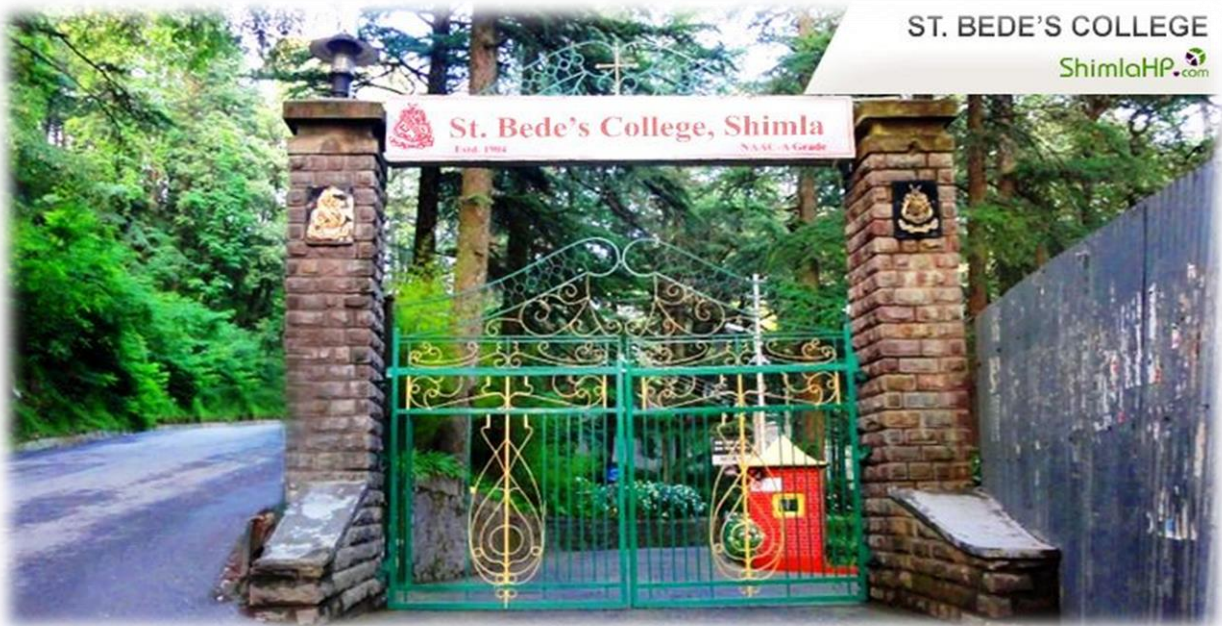


## NEWSLETTER

# BEDE'S SPORTS PULSE



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**SPORTS PSYCHOLOGY**

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**Prapti Joseph Reddy\***

\*B.A, 1<sup>st</sup> Year, St. Bede's College, Shimla, (H.P).

Sports psychology is the study of how psychological factors influence sports, athletic performance, exercise, and physical activity. Sports psychology helps to investigate how participating in sports can improve health and wellbeing. With sports psychology, an athlete can utilize techniques to improve their athletic performance and mental wellness. Sports psychology not only works with professional athletes, but it also helps non-athletes and everyday exercisers to learn how to enjoy sports. Sports psychology is a relatively new sports science that has only begun to emerge in recent years in India. Research on sports psychology intervention has concluded that the use of psychological tools and techniques leads to highlighted efficiency in one's performance, as reviewed in the literature. Moreover, there is a need to understand the development of sports psychology in the Indian context while ascertaining the importance of psychological intervention in sports. Sports psychology as a field of study in India is extremely young and still evolving. One could say it is still in its nascent phase. In order to understand the development of sports psychology in India, it is necessary to understand its provenance in India.

Until the 1960s, we saw a scarce application of the science of the area of sports in India. What sparked the interest of researchers in sports psychology in India was the early publications of sports psychology studies in journals of medicine, physical education, and psychology that found their way to India from abroad in the 1960s and 1970s. With the formation of the Indian Association of Sports Medicine (IASM), we see the first major development of the Indian sports science movement in 1970. Another important milestone for sports psychology in India was seen in 1977, during the 7th annual conference of the IASM when some delegates from the IASM interested in the psychological aspect of sports came together to establish a group of their own. Over the years, we see the establishment of many more institutes and associations like the Sports Psychology Association of India (SPAI) that are facilitating the development of sports psychology in the country. There are many types of sports psychology. For example, an educational sports psychologist uses psychological methods to help athletes improve sports performance. This includes teaching them how to use certain techniques such as imagery, goal setting, or self-talk to perform better on the court or field. Clinical sports psychologists work with athletes who have mental health conditions such as depression or anxiety. This work involves using strategies from both sports' psychology and psychotherapy. Clinical sports psychology helps athletes to improve their mental health and sports performance at the same time. Research indicates that using various sports psychology techniques can help improve the performance of all types of athletes, from very young gymnasts (aged 8-13) to some of the top Olympians. Sports psychology also has impacts that extend into other areas of wellness. Becoming a sports psychologist could be exciting for many psychology students, as well as for other students. It may be a good career choice for those with a strong interest in sports and physical activity.

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**DIMENSIONS OF HEALTH**

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**Pallavi Chauhan\***

\*B.A., Pass Course, II<sup>nd</sup> Year, (Psychology Honours), St. Bede's College, Shimla, (H.P).

Health is a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity. There are five dimensions of health: physical, mental, emotional, spiritual, and social. These five dimensions of health provide a full picture of health as a change in any dimension affects the others.

**Physical:** The physical dimension of health refers to the bodily aspect of health. It refers to the more traditional definitions of health as the absence of disease and injury. Physical health ranges in quality along a continuum where combinations of diseases such as cancer, diabetes, cardiovascular disease, or hypertension are at one end, and a person who is at optimum physical condition (think health not fitness) is at the other.

**Mental:** Mental health refers to the cognitive aspect of health. Often mental health is linked to or includes emotional health; I want to distinguish the two. Mental health is more about the functioning of the brain, while emotional health refers to the person's mood often connected to their hormones.

**Emotional:** Emotional health is about the person's mood or general emotional state. It is our ability to recognize and express feelings adequately. It relates to your self-esteem as well as your ability to control your emotions to maintain a realistic perspective on situations.

**Spiritual:** Spiritual health relates to our sense of overall purpose in life. People often find this purpose from a belief or faith system, while others create their own purpose. A person who has a purpose in life is said to be healthier than those who don't see a purpose in life.

**Social:** The social dimension of health refers to our ability to make and maintain meaningful relationships with others. Good social health includes not only having relationships but behaving appropriately within them and maintaining socially acceptable standards. Social health affects the other dimensions of health in many ways. A bad social life can lead a person to question their purpose in life or feel isolated and unwanted. Such feelings can demotivate people from physical activity and lead them towards depression.

**HISTORICAL BACKGROUND OF YOGA****Minakshi Sharma\***

\* B.A., II<sup>nd</sup> Year, St. Bede's College, Shimla, (H.P).

Yoga is a spiritual discipline that aims to achieve eternal peace and harmony between the body, mind, and soul. Its objective is to cleanse our minds of mental pollutants while making our



bodies physically fit. The word 'yoga' has its roots in the Sanskrit word 'yuj,' which means to join or unite.

### **Yoga through the Ages:**

According to Yogic lore, Yoga dates back to the dawn of civilization. Lord Shiva is said to be the first yogi or Aadiyogi in this lore. Passed down through generations, the story speaks of a time when Lord Shiva imparted and taught Yoga to seven of his disciples. These seven disciples went in different directions to spread the knowledge of Yoga far and wide, reaching areas such as Asia, the Middle East, Northern Africa, and South America.

- **Pre-Vedic Period:** Dating back to 2700 BC in the Indus-Saraswati valley civilization, seals and fossils have been found with people doing Yoga Sadhana. This hints at the practice of Yoga starting at such early times, although it was an undocumented period.

- **Vedic Period:** The word 'Yoga' was first mentioned in the ancient Sanskrit texts of Rig Veda, which dates back to 1500 BC. This old text mainly spoke of rituals, mantras, and songs that the Vedic priests used in their lives. Later, in the Atharva Veda (around 900 BC), the importance of controlling breath was stressed upon. However, it is difficult to pinpoint the exact era as the Vedas were originally passed down through stories and by word-of-mouth.

- **Pre-Classical Period:** This 2,000-year period in the history of Yoga is predominated by the Upanishads. They explain the meanings of Vedic literature, reading between the lines, and explaining how the body and mind work. Moreover, they talk of spiritual teachings. Out of the 108 written documents, 20 of them were Yoga Upanishads. They focus on different yogic techniques that are still used, like pranayama (breathing exercises), Pratyahara (withdrawing senses), breathing modulation, sound, and meditation in complete peace. At this time period, Yoga was divided into two forms – karma Yoga and jnana Yoga.

- **Classical period:** The classical period of Yoga lasted from 500 BC TO 800 AD. The importance of a peaceful mind, as a consequence of Yoga, was put into the limelight during this period. It was in this period that Yoga seeped its way into Buddhism and Jainism. Lord Buddha was known to be the first Buddhist to study Yoga. Buddhist literature laid emphasis on meditation and yogic poses that helped attain enlightenment. Jainism imbibed Yoga, too, with the help of Lord Mahavira. He stressed the importance of meditation to attain salvation and moksha.

The Bhagavad Gita, a 700-verse compilation of conversation between Lord Krishna and Prince Arjuna, explains the importance of dharma, jnana Yoga, karma Yoga, and bhakti Yoga. In this renowned text, Lord Krishna says, "Samatvam Yoga uchyate", i.e., Yoga is a balanced state. Yoga strives for oneness between man and nature. It takes us back to our joyous state. Maharshi Patanjali, the Father of Yoga, was the first yogi to truly understand and explain the meaning of Yoga and the true purpose behind it in his Yoga Sutras. This was called Raja Yoga.

The post-classical period ran up to 1700 AD and brought forward numerous Yoga teachers who worked towards the development of this beautiful cultural art form. Some of these yogis include Acharya Traya - Adi Shankaracharya, Madhvacharya, Ramanujacharya, Meera Bai, and Purandara Dasa. Adi Shankaracharya devoted his time to the continuation of Jnana Yoga and Raja Yoga, dedicating a large part of his life to the development and refinement of yogic culture. Meditation was also stressed upon to clear the mind of negative thoughts. Other yogis like Tulsidas and Purandara Dasa worked on the science of Yoga.

The Yoga of physical postures and breathing techniques, or Hatha Yoga, was popularized and is still widely renowned today. In the modern period, which began in 1700 AD and continues to this day, Swami Vivekananda was one of the primary yogis to spread Yoga. The period

focused on Yoga as a means of being physically strong. Ramana Maharshi, Ramakrishna Paramahansa, BKS Iyengar, K Pattabhi Jois, Paramhansa Yogananda, and Vivekananda all played parts in the spread and popularity of Hatha Yoga, Vedanta Yoga, and Bhakti Yoga. Yoga has undergone a wide number of changes over the centuries.

Over this span of time, many people have propounded numerous theories for the spread of its culture. But even as it enters the 21st century, the essence and soul of Yoga lie in the feeling of oneness with the spirit, mind, body, and nature.

### **BENEFITS OF YOGA IN DAILY LIFE**



**Shreya Sharma\***

\*B.Sc., II<sup>nd</sup> Year (Medical), St. Bede's College, Shimla, (H.P).

Yoga is an ancient ascetic discipline that connects the mind and body. It is an exercise that includes breath control, simple meditation, and the adoption of specific bodily postures aimed at balancing the elements of our bodies. Yoga is widely practiced for good health, physical and mental relaxation.

The literal meaning of Yoga is “union, to unite or join together”. This union means the good relation between body and mind. Yoga, which is based on universal laws, can also be defined as the science of creating a balance between body and soul, rest and activity. Moreover, yoga helps us keep control over our bodies as well as our minds. Yoga is a great technique for releasing stress and anxiety.

Yoga has immense benefits when practiced regularly. It keeps most ailments away from our minds and bodies. The journey through life will be happy, calm, and more fulfilling if people are in congruence. So, if you want to develop a strong and flexible body, lose weight, be at peace, have good health, and look good and charming, then you can achieve it all by practicing yoga regularly. By practicing yoga, we can also sharpen our minds and improve our intelligence. A higher level of concentration can be achieved through yoga practice. Additionally, it helps us develop self-discipline and self-awareness when practiced regularly. Yoga has become so popular worldwide that the United Nations General Assembly declared 21st June as the International Day of Yoga since 2015. In fact, yoga has many benefits. It holds the secret to living a long, healthy, relaxed, stress-free, calm, and active life without using any artificial means like medicines.

Yoga is a perfect way to ensure overall health and physical fitness. The physical building blocks of yoga are posture (asana) and breath. Through meditation and breathing exercises (called pranayama), you can banish all your stress and lead a healthy life. In fact, it is one of the best remedies known to humankind for curing chronic ailments that are otherwise difficult to be cured by other medications. People suffering from backaches and arthritis are often suggested to do asanas that concentrate on the exercise of the muscles at strategic locations. Pranayamas are the best breathing exercises to increase the capacity of the lungs.

A series of poses held in time with breathing helps every part of the body. Yoga increases strength, endurance, flexibility, and balance. It increases the ability to perform activities, provides more energy, and gives restful sleep. Performing yoga daily helps build muscular

strength. The different asanas make the body more flexible. Moreover, yoga prevents cartilage and joint breakdown, increases blood flow, and lowers blood sugar. The most important benefit of yoga is its application in relieving stress, fatigue, invigoration, and vitality. Yoga works as an immunity booster and gives peace of mind.

The amazing thing about Yoga is that its positive effects on health and mind are visible over time. Another specialty of Yoga is its wide choice of asanas. Depending on your stamina and overall health, you can choose from mild Pranayamas and asanas to high-intensity asanas. It is a medication without the actual use of medicines. Moreover, no visible side effects are associated with the practice of Yoga on a regular basis. All you need to know are the most appropriate asanas according to the ability and structure of your body. Also, you need to learn the right way of performing the asanas because any wrong attempt can cause sprains and injuries.

### **YOGA: THE INDISPENSABLE PART OF LIFE**



**Shruti\***

\*B.A II<sup>nd</sup> Year, (Pass Course), St. Bede's College, Shimla, (H.P).

From the day we begin to live until the day we die, one thing remains constant, and that is breathing. This is a continuous process. Breathing is the utmost evidence that we are alive. The role that breathing plays in our life is crucial. Hence, to live a healthy, loving, and prosperous life, it is imperative to take care of our internal machinery.

Life is not just about living; it's about enjoying every breath we take. So, to live a productive and sustainable life in a continuum, we must introspect ourselves. We search for a cure outside, but the cure for our ills and ailments lies within us. The foremost thing is that we have to know the reason. The reason can only be understood when we sit quietly and relax completely in the lap of nature.

India is a country of 1.4 billion people in which a large chunk comprises the youth of our nation. The first and foremost entity that needs to stay calm and positive is the future of our nation, i.e., the youth.

India is the land of Sanatana dharma out of which scholars, cultures, and different texts like Rigveda and others are born. India is the birthplace of yoga. Different serene lands like Rishikesh are known for yoga. Rishikesh is widely regarded as the 'yoga and meditation capital of the world'.

Yoga originated from the Sanskrit terminology yuj, which means to join, yoke, or unite. So, yoga in the literal term means 'symbolizing the union of body and consciousness. Therefore, yoga is not only about doing asanas with our external mass but also focusing on internal processes like breathing, etc. Yoga, if done with utmost routine and sincerity, can give us everlasting results. This helps in increasing our willpower, focus, and health. Several asanas are performed in yoga, and there are several stages in yoga, starting from yama to Samadhi.

In recent decades, yoga has developed as an independent discipline in schools and colleges to make pupils aware of the importance and far-reaching impacts of yoga. Since 2015, we have observed the 21st of June as 'The International Day of Yoga.' Lastly, yoga is an

imperative part of life. As per the pious text Bhagavad Gita: 'Yoga is the journey of the self, through the self, and to the self.' Realize its importance.

### **PSYCHOLOGY DELIVER PEAK PERFORMANCE IN SPORTS**



**Arjdeep Kaur Sandhu\***

\*B. A III<sup>rd</sup> Year, (Psychology Honours), St. Bede's College, Shimla, (H.P).

In today's society, we look up to both professional and amateur athletes alike, admiring them for their extraordinary physical attributes and being amazed by their ability to push the limits of the human body. We also revere professionals who possess superior psychomotor skills and must perform under intense pressure, such as surgeons, firefighters, law enforcement officers, military personnel, performing artists, and others.

Sport and performance psychology is applied in these domains. Sport and performance psychologists are experts in helping athletes and professionals overcome problems that impede performance. Some teach strategies that help clients maximize their physical prowess; others work with clients to overcome anxiety or a traumatic experience, such as a ski fall, that is affecting their confidence. Other clients might need help communicating with colleagues or teammates or accepting a coach's critiques.

However, athletes are not the only clients. Consider the rigors of performing surgery, for example. Doctors may need help gaining the confidence to return to the operating room after losing a patient. Actors or comedians may need support getting back on stage following a poor review.

In all of these situations, tapping into the potential of human performance is key so that individuals can hone resilience skills and perform at their best.

### **HEALTH PSYCHOLOGY PROMOTES WELLNESS**



**Vasundhra Sapehia\***

\*President Health Club, B. A, III<sup>rd</sup> Year, (Psychology Honours), St. Bede's College, Shimla (H.P).

Health psychology examines how biological, social and psychological factors influence health and illness. Health psychologists use psychological science to promote health, prevent illness and improve health care systems.

For years, we've known about the dangers of smoking, and that we should eat less and move more. But in the end, what motivates us to put down the doughnut and hit the running trail or carefully follow a doctor's instructions about medications and follow-up visits? Health psychology explores those motivations in the pursuit of getting people to embrace health promotion and illness prevention. This specialty area examines how biological, social and psychological factors influence the choices we make about our health. Health psychologists



study the factors that allow people to be healthy, recover from an illness or cope with a chronic condition. They are experts in the intersection of health and behavior and are in demand as a part of integrated health care delivery teams working with other doctors to provide whole-person health care.

Health psychologists apply their expertise in many settings, including private practices, hospitals and primary care programs, universities, corporations, government agencies and specialty practices, such as oncology, pain management, rehabilitation and smoking cessation.

Helping people make choices that have a positive impact on their health and the well-being of their families, the workforce and their communities is at the heart of this dynamic field.

## **EVENTS 2023**

### **WORLD BICYCLE DAY**

**03<sup>rd</sup> June 2022**

A cycle rally was organized on "World Bicycle Day" in the college campus under the banner of "Azadi ka Amrut Mahotsav". The rally was flagged off by the principal, Prof. Sr. Molly Abraham, and was participated in by students and staff members of the college.



### **INTERNATIONAL YOGA DAY**

**15<sup>th</sup> June to 21<sup>st</sup> June 2022**

The Department of Physical Education and NSS Unit of St. Bede's College, Shimla celebrated International Yoga Day on 21st June 2022 (Theme: "Yoga for Humanity") under the aegis of the Ministry of AYUSH and Azadi ka Amrit Mahotsav. To mark the celebration of the 8th International Day of Yoga 2022, a one-week Yoga Camp was also organized from 15th June to 21st June 2022 under the mentorship of Dr. Ashwani Kumar, Department of Physical Education. On the last day, a 30-minute yoga session was organized in which students took part enthusiastically and practiced various asanas and pranayama. After that, the program started with watching the live telecast of Honorable Prime Minister Narendra Modi's speech on Yoga Day. Later, the Principal Prof. (Sr.) Molly Abraham motivated the volunteers and highlighted the importance of harmony between body, mind, and soul which could be attained by regular practice of Yoga. At the end, a rally was also conducted to spread awareness about the importance of Yoga. The rally was flagged off by Principal Prof. (Sr.) Molly Abraham





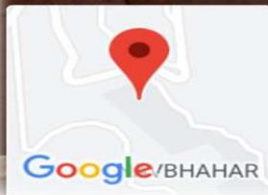
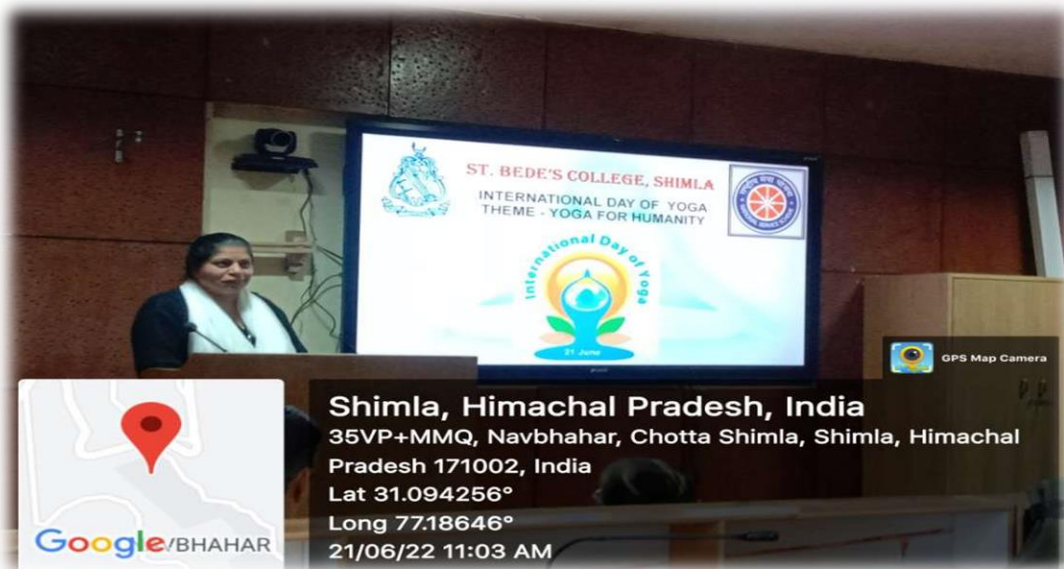
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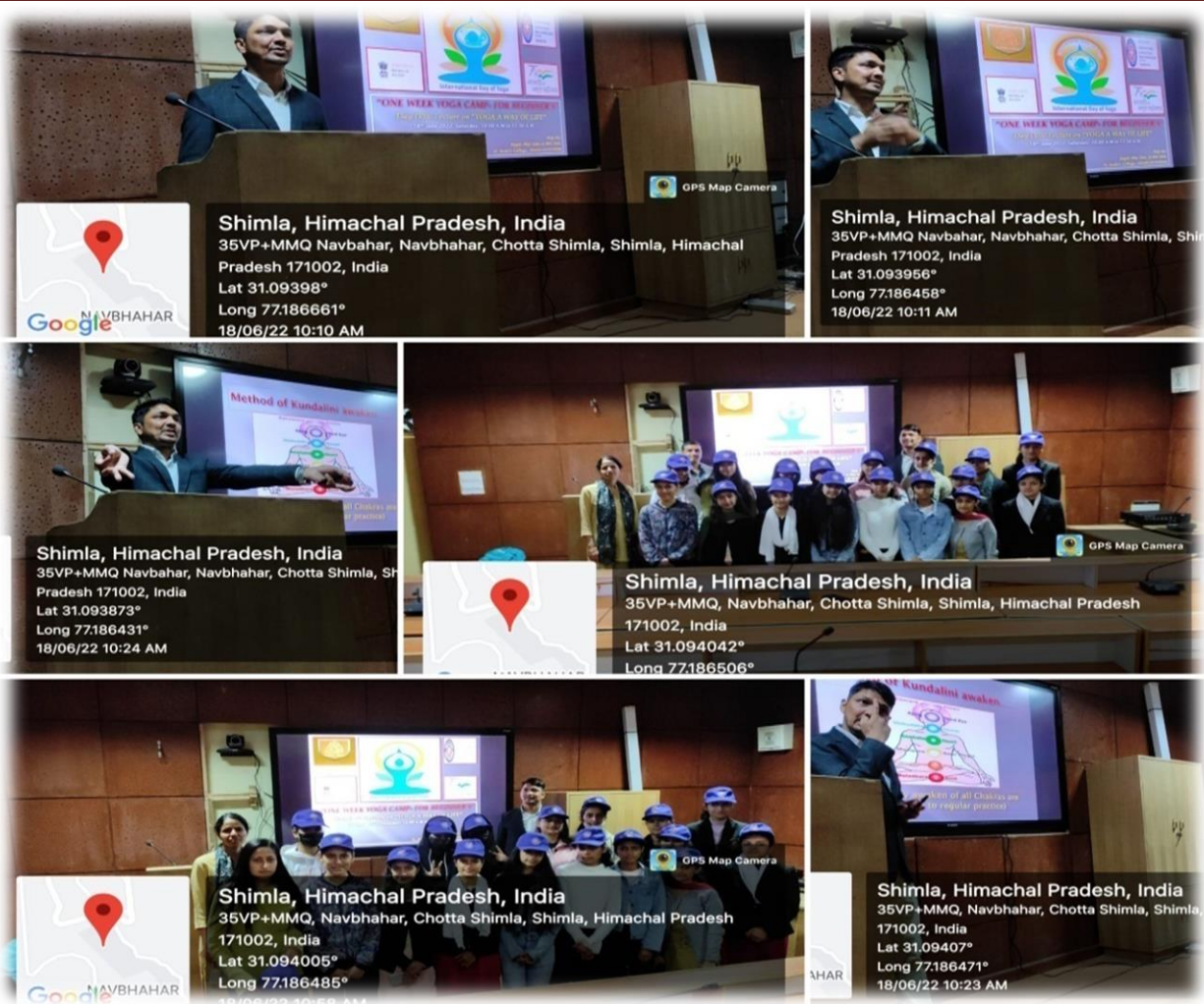
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## NATIONAL SPORTS DAY

29<sup>th</sup> August 2022

To commemorate the birth anniversary of hockey legend Major Dhyan Chand, National Sports Day was organized on 29th August 2022 under the banner of NSO and Department of Physical Education. Dr. Shramja Munjal, Head of the Department of Botany, was the chief guest at the celebration.

On this occasion, various sports tournaments were organized on campus, including a Yoga Competition, Ping Pong Tournament, Badminton Tournament, and Basketball Tournament. More than 100 students participated in these tournaments, and medals were awarded to the winners and runners-up.

Dr. Ashwani Kumar, Dr. Maheshwar Thakur, Mr. Mohit Kumar, Mr. Ashish Kashyap, 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.





## PHYSICAL FITNESS TEST

17<sup>th</sup> September 2022

The Physical Fitness Test was conducted on September 17, 2022, in the college campus. Around 42 students participated in the test, which was conducted under the banner of

**CITIUS, ALTIUS, FORTIUS**

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*An effort towards Sports.....*



NSO and Health Club. Several items, such as Sit-ups, Standing Broad Jump, Shuttle Run, Medicine Ball Throw, and 600 Meter Run, were included in the 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.



## **INTER COLLEGE BASKETBALL WOMEN CHAMPIONSHIP**

**24<sup>th</sup> to 26<sup>th</sup> November 2022**

Himachal Pradesh University Basketball (Women's) Inter College Championship was held from 24th to 26th November 2022 under the banner of the Physical Education Department. The Chief Guest for the inaugural function was Prof. Kulbhushan Chandel, Dean of Studies at Himachal Pradesh University, Shimla. The championship saw participation from 15 different colleges and more than 200 participants. The H.P University had appointed 2 observers and 6 officials for the successful organization of the championship.



The Chief Guest for the prize distribution and valedictory function was Prof. Hari Singh, Director of Youth and Physical Education Program, H.P University, Shimla. The college manager, Sister Reena Kurian, felicitated the chief guests. Dr. Sapna Sharma, Head of the Department of Physics, felicitated Sister Reena Kurian, and Dr. Ashwani Kumar, the organizing secretary, felicitated Dr. Sapna Sharma. The first, second, and third positions were awarded to DAV College, Kangra, Govt. College Sanjauli and Govt. College Mandi respectively. The Chief Guest gave a speech, and the Vote of Thanks was given by Dr. Ashwani Kumar.

The organizing team included 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 Aastha, Miss Pallavi Chauhan, and Miss Nikita Thakur, who were actively involved in organizing the Inter College Championship. The efforts of the organizing team were appreciated by all.





## **CERTIFICATE COURSE IN YOGA (CCY)**

***06<sup>th</sup> to 21<sup>st</sup> December 2022***

The Department of Physical Education organized a 15-day certificate course in yoga from December 6th to December 21st, 2022 for Add-On students. 120 students actively participated in this course. The Principal, Prof. (Sr.) Molly Abraham was the patron of the course, and Dr. Ashwani Kumar was the coordinator of the respective course. Certificates were distributed to participants upon completion of the course.





## INTRAMURAL COMPETITIONS

11<sup>th</sup> March 2023

The Intramural Competitions of various games (Table Tennis, Badminton, and Basketball) were conducted by the Department of Physical Education and NSO, St. Bede's College Shimla on March 11, 2023, under the supervision of Dr. Ashwani Kumar.

The aim of this intramural competition was to provide an opportunity for every student to take part in competitive and non-competitive recreational sports activities within the framework of educational endeavors. 34 students participated in their respective competitions, and all the participants reported at the concerned sports arena of the college at 1:30 PM.

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: NSO, actively contributed to making the competition a success.

Following were the results of the competition:

Games	First	Second	Third
Table Tennis	Muskan Thakur B.A. II	Nancy Beniwal BBA VI Sem.	Aditi B.Com I
Badminton	Jasmine B. Sc III	Shreya Thakur B.A. I Eng. Hons,	
Basketball	BA I Team	BA II & III Combined Team	







### ***'CDD SPORT TRUST SCHOLARSHIP'***

***2022-2023***

The college principal, Prof. (Sr.) Molly Abraham, launched the "CDD Sports Trust Scholarship" for outstanding players. Three college students were felicitated by the principal for their outstanding contribution in sports in 2022-2023. They were Miss Praveen Dhiman, B.A. III Psychology Honours, Miss Akshita Chauhan, B.A. I English Honours, and Miss Divya Uniyal, B.A.I Economics Honours. This scholarship will be given every year to outstanding players.







### ***STUDENT SPORTS ACHIEVEMENTS IN THE YEAR 2022-2023***



#### **Miss Praveen Dhiman**

##### **B.A III (Psychology Honours)**

- Achieved a remarkable feat by winning the Gold medal with an impressive score of 298/300 at the HPU Intercollege Shooting Championship, 2022.
- Received a prestigious opportunity to represent the college at the All India Inter University Shooting Championship to be held at Subharti University, Meerut (U.P).
- Received a notable recognition by being selected for the International Trials in Shooting 2023 at the 65th Shooting Championship in Kerala (T.N).



#### **Miss Arjdeep Singh Sandhu**

##### **B.A III (Psychology Honours)**

- Team Captain, Basketball Women Team, St. Bede's College, Shimla (H.P).
- Participated in Interuniversity Basketball Women Championship at Maharaja Bhupinder Singh Punjab Sports University, Patiala, (P.B).

**Miss Divya Uniyal**

B.A I (Economics Honours)

- Selected for Himachal Pradesh University, Summer Coaching Camp in Basketball Game.

**Miss Akshita Chauhan**

B.A I (English Honours)

- Selected for Himachal Pradesh University, Summer Coaching Camp in Basketball Game.

## ***POSITIONS HOLDER'S IN INTRAMURAL COMPETITIONS:2022-2023***

### **TABLE TENNIS**

- ❖ Muskan Thakur (1<sup>st</sup>)
- ❖ Nancy Beniwal (2<sup>nd</sup>)
- ❖ Chandan Bharti and Aditi (3<sup>rd</sup>)

### **BADMINTON**

- ❖ Kajal Shukla, Jasmine and Aditi Chauhan (1<sup>st</sup>)
- ❖ Shreya Thakur and Aditi Chauhan (2<sup>nd</sup>)

### **BASKETBALL**

- ❖ Arjdeep Kaur Sandhu's Team and Akshita Chauhan's Team (1<sup>st</sup>)
- ❖ Tenzin Palkey's Team (2<sup>nd</sup>)

## ***MOU WITH PHYSICAL EDUCATION FOUNDATION OF INDIA***

St. Bede's College, Shimla, under the Union Ministry of Youth Affairs and Sports, signed a Memorandum of Understanding (MoU) with the Physical Education Foundation of India (PEFI), New Delhi, to enhance cooperation in collaborative teaching, research, and learning programs in the field of physical education and sports.



**St. Bede's College**

NAAC Re-Accredited A<sup>+</sup> Grade



Patron: Prof. (Sr.) Molly Abraham, (Principal)

Editor: Dr. Ashwani Kumar