

LIFE SKILLS

WEBINAR ON “MENTAL HEALTH AND YOUTH-GROW, HEAL, THRIVE”

WEBINAR ON “MENTAL HEALTH IN AN UNEQUAL WORLD”

SOCIAL MEDIA QUALITY EDUCATION AND MENTAL HEALTH

ONLINE LECTURE ON “APPROACHES TO LIFESTYLE MANAGEMENT OF PCOS”

THE MUSICAL WORKSHOP

**WEBINAR ON “ACADEMIC EXCELLENCE THROUGH PHYSICAL ACTIVITIES:
JOURNEY OR DESTINATION”**

WEBINAR ON “MENTAL HEALTH AND YOUTH-GROW, HEAL, THRIVE”

REPORT



St. Bede's College
Shimla - 171002
(UGC-NAAC "A+" Grade Re-Accredited)
College with Potential for Excellence
Phone: 0177-2842304, Fax:- 0177-2842498
www.stbedescollege.in, **E-mail:-** bedescollege@gmail.com

WEBINAR ON “MENTAL HEALTH AND YOUTH-GROW, HEAL, THRIVE”

On October 5, 2021, a webinar titled "Mental Health and Youth - Heal, Grow, Thrive" was conducted with two renowned clinical psychologists, Dr. Surender Kumar Dhalwal and Ms. Sunanda Rana, as speakers.

Objectives: The goal of the webinar was to increase the awareness of students about various mental disorders, suicide prevention and stress management.

Dr. Dhalwal, the head of the Department of Clinical and Rehabilitation Psychology and Research at NIEPVD Dehradun, explained how mental problems can be identified which people face in day-to-day life. He discussed the methods to manage these types of mental problems. Dr. Dhalwal shared his vast experience and research, including the development of the Nottingham Adjustment Scale for Disability, to provide valuable insights. Ms. Sunanda Rana, an expert in Rorschach Exner Method, provided her insights on suicide prevention and stress management. She explained how empathy and active listening helps in supporting someone who is struggling with mental health issues.

Outcomes: The webinar helped the students to understand causes and symptoms of various psychological disorders such as schizophrenia, bipolar disorders, eating disorders, suicide etc.


Link: <https://www.youtube.com/watch?v=j19fTT9IV58&t=4666s>

Ravi

mollym
Principal
St. Bede's College
Shimla - 171 002

BROCHURE


ST. BEDE'S COLLEGE, SHIMLA




OBSERVING MENTAL HEALTH WEEK,
THE DEPARTMENT OF PSYCHOLOGY ORGANISES A WEBINAR ON:

*Mental Health and Youth -
Grow, Heal, Thrive.*

GUEST SPEAKERS




DR. SURENDER KUMAR DHALWAL
Clinical Psychologist, Assistant Professor and
Head of Department,
NIEPVD, Dehradun



MS. SUNANDA RANA
Assistant Professor Of
Clinical Psychology,
NIEPVD, Dehradun

5TH OCTOBER 2021 | TUESDAY | 11 A.M. | ON GOOGLE MEET

Link for registration: <https://forms.gle/ujKAuRY3VJ69L9BH7>
(E-Certificates will be provided)



CERTIFICATE



CERTIFICATE OF PARTICIPATION

THIS CERTIFICATE IS PRESENTED
TO

Mehardeep Kukreja

for her successful participation in the virtual webinar on the topic "Mental Health and Youth: Grow, Heal, Thrive" on the occasion of World Mental Health Day (October 5, 2021)



Dr. Ravi Bhushan
Head of Department
(Psychology)

ATTENDANCE



Department of Psychology
St. Bede's College, Shimla

ATTENDANCE SHEET (2021-22)

Name of the activity: WEBINAR ON MENTAL HEALTH AND YOUTH: GROW, HEAL, THRIVE

Date: 5th October, 2021

Organizing unit: Department of Psychology

No. of students participated: 46

S.No.	Name Of The Student
1.	Angel Shan <i>Angel</i>
2.	Archa Singh <i>Archa</i>
3.	Arundhati Chandel <i>Arundhati</i>
4.	Devanshi Thakur <i>Devanshi</i>
5.	Eshika Garg <i>Eshika</i>
6.	Himani Sandhu <i>Himani</i>
7.	Maanika Sethi <i>Maanika</i>
8.	Anushka Singhla <i>Anushka</i>
9.	Sudivyabanshi Nadda <i>Sudivyabanshi</i>
10.	Anushka Dhalta <i>Anushka</i>
11.	Vasundhara <i>Vasundhara</i>
12.	Praneeta Kamal <i>Praneeta</i>
13.	Aakshi Dharma <i>Aakshi</i>
14.	Vasundhara Sapehia <i>Vasundhara</i>
15.	Arjdeep Kaur Sandhu <i>Arjdeep</i>



Department of Psychology
St. Bede's College, Shimla

16.	Shalini Verma	Shalini
17.	Himanshi Sahni	Himanshi
18.	Ananya Singh	Ananya
19.	Riya Negi	Riya
20.	Dilasha Rawal	Dilasha
21.	Tanushree Pandit	Tanushree
22.	Anushka Aggarwal	Anushka
23.	Shreya Pillai	Shreya
24.	Shreya Sharma	Shreya
25.	Alsaniya Aarif	Alsaniya
26.	Divya Sharma	Divya
27.	Picksy Janghu	Picksy
28.	Takshika Thakran	Takshika
29.	Isha Seli	Isha
30.	Manya Jain	Manya
31.	Mansi Thakur	Mansi
32.	Rohita Gharu	Rohita
33.	Sandhya Negi	Sandhya
34.	Shreya Thakur	Shreya
35.	Sasha Seli	Sasha
36.	Shradha Verma	Shradha
37.	Shriya Thakur	Shriya
38.	Vanshika Thakur	Vanshika
39.	Vartika Pundir	Vartika

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40.	Molisha Raj
41.	Parul Sharma
42.	Srishti Singh
43.	Singh Shreya
44.	Toshiba Acharya
45.	Mannat Zinta
46.	Aditi Sharma

Head of the Department:

Ravi Bhat

Signature

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WEBINAR ON “MENTAL HEALTH IN AN UNEQUAL WORLD”

REPORT



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WEBINAR ON “MENTAL HEALTH IN AN UNEQUAL WORLD”

The department of Psychology organised a webinar on "Mental Health in an Unequal World" on October 6, 2021, with Dr. Priyanka Kaushik a distinguished clinical psychologist as the keynote speaker.

Objective: The webinar aimed to explore disparities in the treatment of mental illnesses and explain how empathy can play a pivotal role in addressing issues related to juvenile delinquency.

- The students gained important insights into mental health care inequalities experienced by underprivileged people.
- The students learned the importance of empathy in building rapport and understanding juvenile delinquency. They understood the challenges faced by marginalized communities and the importance of empathy to treat mental health care.
- They also understood the root causes of juvenile delinquency.
- The webinar was well-structured and well-attended, offering students practical tactics for coping with mental health difficulties.

Link: <https://www.youtube.com/watch?v=d2kq66nw6c>

Ravi

molly m
Principal
St. Bede's College
Shimla - 171 002

BROCHURE

The image shows two brochures side-by-side. The left brochure is for a webinar titled "Mental Health in an Unequal World" organized by the Psychology Department of St. Bede's College, Shimla, on the occasion of World Mental Health Week. It features a photo of Dr. Priyanka, a Senior Clinical Psychologist, and provides registration details for October 6, 2021. The right brochure is a vertical design with a blue background, a white silhouette of a person in a meditative pose, and a green awareness ribbon. It includes the text "THE DEPARTMENT OF PSYCHOLOGY" and "WORLD MENTAL HEALTH DAY".

St. Bede's College, Shimla

On the occasion of World Mental Health Week,
The Psychology Department organizes,
A Webinar On
Mental Health in an Unequal World

Dr. Priyanka
Senior Clinical Psychologist
Juvenile Justice Board, New Delhi
Founder, Psych Vigyaan

6th October 2021
Wednesday, 11 a.m.
On Google Meet

Register Now

Registration Link: <https://forms.gle/SYhc2stVuARQ97pZ6>
(E-Certificates will be provided)

St. Bede's College

THE DEPARTMENT OF PSYCHOLOGY

WORLD MENTAL HEALTH DAY

SATURDAY

CERTIFICATE

The image shows a certificate of participation with a gold border. It is presented to Tanya Dutta for her successful participation in a virtual webinar on "Mental Health in an unequal world" on October 6, 2021. The certificate is signed by Dr. Ravi Bhushan, Head of Department (Psychology).

CERTIFICATE OF PARTICIPATION

THIS CERTIFICATE IS PRESENTED
TO
Tanya Dutta

for her successful participation in the virtual webinar on the topic "Mental Health in an unequal world" on the occasion of World Mental Health Day
(October 6, 2021)

Ravi Bhushan
Dr. Ravi Bhushan
Head of Department
(Psychology)

ATTENDANCE



Department of Psychology
St. Bede's College, Shimla

ATTENDANCE SHEET (2021-22)

Name of the activity: WEBINAR ON "MENTAL HEALTH IN AN UNEQUAL WORLD"

Date: 6th October, 2021

Organizing unit: Department of Psychology

No. of students participated: 41

S.No.	Name Of The Student	
1.	Angel Shan	Angel
2.	Archa Singh	Archa
3.	Arundhati Chandel	Arundhati
4.	Devanshi Thakur	Devanshi
5.	Akshita Mehta	Akshita
6.	Himani Sandhu	Himani
7.	Maanika Sethi	Maanika
8.	Anushka Singha	Anushka
9.	Ananya Dhingra	Ananya
10.	Anushka Dhalta	Anushka
11.	Vasundhara	Vasundhara
12.	Praneeta Kamal	Praneeta
13.	Ananya Singh	Ananya
14.	Mannat Rohta	Mannat
15.	Dilasha Rawal	Dilasha
16.	Tanushree Pandit	Tanushree
17.	Anushka Aggarwal	Anushka
18.	Shreya Pillai	Shreya



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St. Bede's College, Shimla

19.	Shreya Sharma	<u>Shreya</u>
20.	Arushi Shaurya	<u>Arushi</u>
21.	Divya Sharma	<u>Divya</u>
22.	Picksy Janghu	<u>Picksy</u>
23.	Takshika Thakran	<u>Takshika</u>
24.	Isha Seli	<u>Isha</u>
25.	Manya Jain	<u>Manya</u>
26.	Mansi Thakur	<u>Mansi</u>
27.	Rohita Gharu	<u>Rohita</u>
28.	Sandhya Negi	<u>Sandhya</u>
29.	Shreya Thakur	<u>Shreya</u>
30.	Sasha Seli	<u>Sasha</u>
31.	Shradha Verma	<u>Shradha</u>
32.	Shriya Thakur	<u>Shriya</u>
33.	Vanshika Thakur	<u>Vanshika</u>
34.	Vartika Pundir	<u>Vartika</u>
35.	Molisha Raj	<u>Molisha</u>
36.	Parul Sharma	<u>Parul</u>
37.	Srishti Singh	<u>Srishti</u>
38.	Singh Shreya	<u>Shreya</u>
39.	Toshiba Acharya	<u>Toshiba</u>
40.	Mannat Zinta	<u>Mannat</u>
41.	Aditi Sharma	<u>Aditi</u>



Department of Psychology
St. Bede's College, Shimla

Head of the Department:

Ravi Bhat

Signature

mallym

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SOCIAL MEDIA QUALITY EDUCATION AND MENTAL HEALTH REPORT



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SOCIAL MEDIA QUALITY EDUCATION AND MENTAL HEALTH

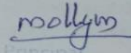
On July 15, 2021, three accomplished alumnae of the college Ms Astha Singhanian, who works as an Educator in London, Mrs Taruna Kaushal, a Certified Counselor, and Ms. Puneet Kaur, an Event Manager - conducted a webinar to discuss how media influences our education and mental well-being.

During the session, Ms Astha used real-life examples to show how social media can affect our behaviour, emotions, and interactions with others. She also talked about addiction, cyberbullying, cybercrime and hacking.


Ms Puneet discussed the strategies to deal with these problems in a positive way. She emphasized the importance of being digitally literate.

Mrs Kaushal advised that setting limits, keeping an eye on how much time we spend online, are very important.

Throughout the webinar, the speakers engaged the audience, answered questions and offered personalized guidance.



Principal
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BROCHURE




St. Bede's College
The IQAC of St. Bede's college in collaboration with the Dept. of English organises a webinar on


"Social Media, Quality Education and Mental Health "



PUNEET KAUR
Ex-Bedian, moderator



AASTHA K. SINGHANIA
Ex- Bedian



TARUNA KAUSHAL
Ex- Bedian

DISCUSSIONS AND INSIGHTS

SOCIAL MEDIA and OTT
A big monster or an opportunity for greater knowledge and engagement.

QUALITY EDUCATION, GOOD MENTAL HEALTH and WELL BEING
Key drivers to substance in the real/ present world.

15 JULY, 2021
4PM
Google Meet

CERTIFICATE



St. Bede's College

**CERTIFICATE
OF PARTICIPATION**

IS PRESENTED TO

Akansha Sharma

for her participation in the
Webinar- "Social Media Quality, Quality
Education and Mental Health held on July 15,
2021.

mollym

Prof. Sr. Molly Abraham
Principal

Asharma

Ms. Anuja Sharma
Co-Ordinator

ATTENDANCE



Department of English
St. Bede's College

ATTENDANCE SHEET

Name of the Activity: Social Media, Quality Education and Mental Health

Date: July 15, 2021

Organising unit: English Department

No. of Participants:- 67

S.No	Name of the Student
1.	AABHYA
2.	AKANKSHA SHARMA
3.	ANANYA BANCHAIAK
4.	AKRITI
5.	ANNIE SAMSON
6.	AYUSHI
7.	BHAVYA
8.	DAESHANA BHATI
9.	GAURITI KANWAR
10.	ISHIKA CHAUHAN
11.	JAISAL SHEKAWAT
12.	KHUSHI PACHORI
13.	MANSI RASTOGI
14.	MITALI DHOLTA
15.	NISHTHA THAKUR
16.	PRANJAL TEGTA
17.	PRIYA SHARMA
18.	PRIYANSHI
19.	SEJAL THAKUR
20.	SONAM WANGMOO
21.	SRISHTI BASNET
22.	SWARNIKA NARANG
23.	SWASTIKA CHAUHAN
24.	VEDANSHI SHARMA
25.	AANAM ANSARI
26.	AANCHAL KASHYAP
27.	AISHNA RAHI
28.	AKANKSHA ABROL
29.	AKANKSHA SHARMA
30.	ANANYA CHAWLA
31.	ANOUSHKA MOSES
32.	APEKSHA CHOPRA
33.	CHANDAN BHARTI
34.	DEVSHREE HADA
35.	DIVYA THAKUR
36.	GAURI THAKUR
37.	HIMANSHI SHARMA
38.	IRIS NIHARIKA CHANDER

Slapni

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Shimla 171002



39	ISHA VERMA
40	JYOTI
41	KHUSHI BATRA
42	MANISHA SHARMA
43	MUSKAAN WALIA
44	MUSKAN THAKUR
45	NANDINI THAKUR
46	NIDHI DUNGYAN
47	PRAGYA SHARMA
48	PRIYANGNA
49	PRIYANKA SHARMA
50	RADHIKA
51	RIYA VERMA
52	RUDRANI MEPAWAT
53	RUPALI SHARMA
54	SANYA ARYA
55	SHARIKA NEGI
56	SOMYA SINGH
57	SUNIDHI VERMA
58	SVIKRITI TANTA
59	SWASTIKA
60	TAMANA SHARMA
61	TAMANNA KATARIA
62	TAMANNA VERMA
63	TANISHA PANSARI
64	VANSHIKA MALHOTRA
65	VANSHIKA PALIWAL
66	VARNIKA RATHOUR
67	YASHIKA KAUSHAL

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Shimla 171002

Verified
D. P. Singh
July 15, 2021.

ONLINE LECTURE ON “APPROACHES TO LIFESTYLE MANAGEMENT OF PCOS”

REPORT



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ONLINE LECTURE ON “APPROACHES TO LIFESTYLE MANAGEMENT OF POLYCYSTIC OVARY SYNDROME (PCOS)

On September 25, 2021, NSS volunteers attended an awareness webinar on Approaches to Lifestyle Management of Polycystic Ovary Syndrome (PCOS).

Objective: The goals of the event were to increase students' awareness about lifestyle management of Polycystic Ovary Syndrome (PCOS). Students were also taught about strategies and measures to manage PCOS.

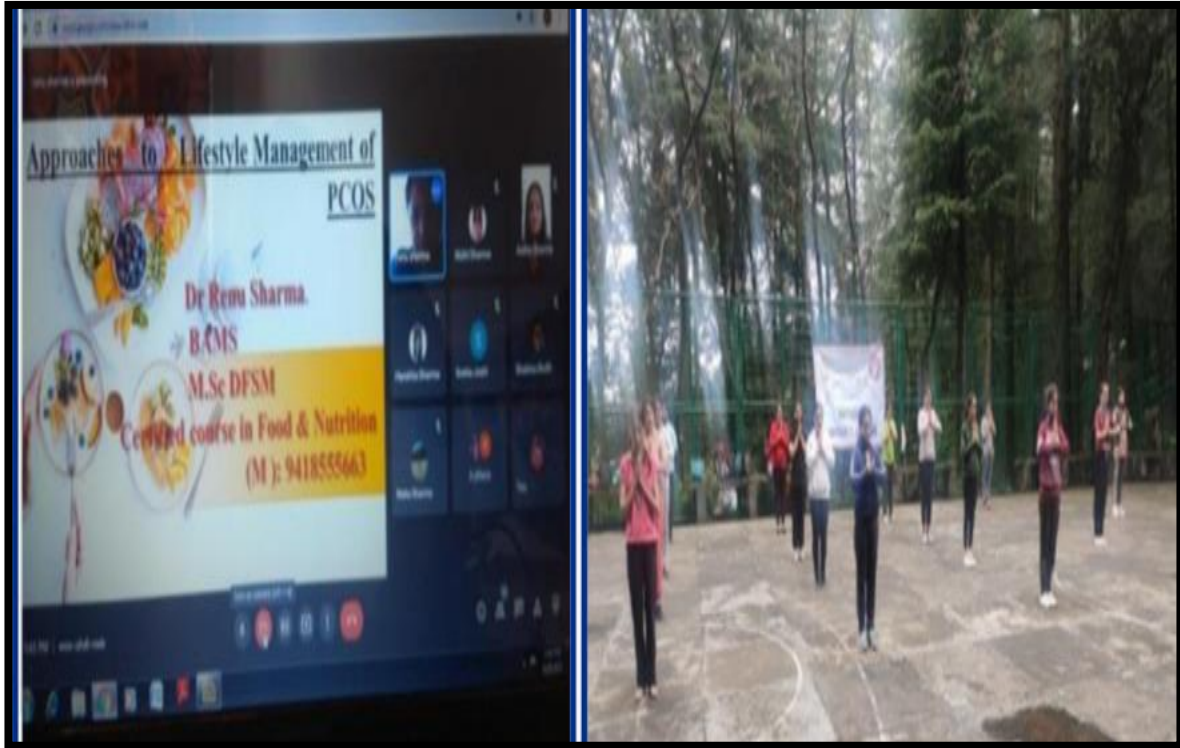
The speaker of the day was Dr Renu Sharma, BAMS who elaborated that PCOS is an endocrinological disorder with metabolic consequences that may be seen at puberty, during reproductive age or even after menopause. The spectrum of this disorder may extend from menstrual irregularity, hirsutism and acne in adolescence. This may continue in reproductive age wherein the main concern is anovulation which needs to be treated. She explained how diet, lifestyle changes, and practice of yoga can help in its management. The students actively participated in the discussion and clarified their doubts about this disease.

Outcome: The webinar helped the students to understand the methods to manage PCOS.

Renu

Molly
Principal
St. Bedes College
Shimla - 171 002

BROCHURE



Online Lecture On "Approaches to Lifestyle Management Of PCOS"

CERTIFICATE



ATTENDANCE



National Service Scheme
St. Bede's College, Shimla

ATTENDANCE SHEET (2021-22)

Name of the activity: Virtual lecture on "Approaches to Lifestyle Management of PCOS".

Date: 25th September, 2021

Organising unit: National Service Scheme (NSS)

No. of students participated: 56

Sr. No.	Name of the volunteers	Signature
1.	Priyanshu	
2.	Nainika Ekka	
3.	Aditi	
4.	Khushboo	
5.	Sania Sundan	
6.	Gunjan	
7.	Nishtha	
8.	Anjali Kainthla	
9.	Himanshi Kaundal	
10.	Payal Sharma	
11.	Jaisal	
12.	Riya Sharma	
13.	Prachi	
14.	Nikita	
15.	Muskan	
16.	Richa Sharma	



National Service Scheme
St. Bede's College, Shimla

17.	Deepshikha	Deepshikha
18.	Shriya Thakur	Shriya
19.	Swarna Singh	Swarna Singh
20.	Himanshi	Himanshi
21.	Sakshi	Sakshi
22.	Mansi Thakur	Sakshi
23.	Manisha Thakur	Manisha Thakur.
24.	Pallavi Verma	Pallavi
25.	Shanya Sood	Shanya
26.	Angel Shan	Angel
27.	Rohita Gharu	Rohita
28.	Divya Joseph Gill	Divya
29.	Sonam Koundal	Sonam Koundal
30.	Tanvi Chadha	Tanvi
31.	Manya Buti	Manya
32.	Sadhvi Kashyap	Sadhvi
33.	Sana Adil	Sana Adil
34.	Sara Altaf	Sara Altaf
35.	Ritika	Ritika
36.	Shivakshi Sharma	Shivakshi
37.	Nitika Verma	Nitika
38.	Tanvi Gautam	Tanvi Gautam

Rena

mollym
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St. Bede's College
Shimla



National Service Scheme
St. Bede's College, Shimla

39.	Molisha Raj	MRaj
40.	Shalini	Shalini
41.	Suyesha Sharma	Suyesha
42.	Yamini	Yamini
43.	Ridhika Verma	Ridhika
44.	Muskan Pal	Muskan Pal
45.	Sonali Sharma	Son
46.	Vartika Pundir	Vartika
47.	Premlata	Plata
48.	Rhythm Sood	Rhythm
49.	Eya Khajuria	Eya
50.	Anvhal Chadwal	Anvhal
51.	Sakina Malik	Sakina Malik
52.	Priya Harnote	Priya Harnote
53.	Sehaj Mehta	Sehaj
54.	Shatakshi Sharma	Shatakshi Sharma
55.	Sakshi Kholta	Sakshi
56.	Akshita Thakur	Akshita

Convener: Signature (for societies and clubs)

Reema

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Principal
St. Bede's College
Shimla

THE MUSICAL WORKSHOP

REPORT



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THE MUSICAL WORKSHOP

On February 25, 2022, the Music department of St. Bede's College, Shimla organized a workshop on music. The speakers were Dr. Hemraj Chandel, Associate Professor at Rajiv Gandhi Government Degree College Kotshera, and Dr. Lal Chand, Associate Professor at Fine Arts College.

Objectives: The goals of the event were to increase students' awareness about 'Ragas', 'Thatas' and 'Thumri' and also to give them practical exposure of 'Alankaras' and 'Ragas' on harmonium and sitar.

Dr. Lal Chand led the first session of the workshop, where he discussed 'Seven Sawara' as the base of every music. He talked about the term frequency and emphasized the importance of practice (Riyaz) in music. He gave a practical demonstration of the concept of 'Alankaras' and used imagination as a crucial element used with feeling and creativity, which is indeed a never-ending process. He then presented one of the forms of Indian Classical Music - 'Thumri' in vocal.

The next session was led by Dr. Hemraj Chandel, who gave descriptive information about Indian Classical Music theory - 'Thaat Padhati, Thaata Chakra, Saptak: A natural voice,' and provided a detailed explanation of the concept of Raag. He also discussed the concept of 'Tempered scale, Full-tone, half-tone, shift-note, and Shruti Sawara' Sanskara. He imparted insightful knowledge about Indian Classical Music and presented 'Raag Yaman,' which he started with 'Lakshan Geet' followed by the 'Bandish.'

Outcomes:

- During the session, the students learned about the 'Ragas' and 10 'Thatas' of Hindustani music. They gained knowledge that every Raga comes under these 'Thatas'.
- The students had the opportunity for practical exposure in using 'Alankaras' on Harmonium and Sitar. They were enlightened with basic knowledge of 'Riyaaz' on 'Alankaras' in both Vocal and Instrumental music.
- The resource persons also imparted insightful knowledge about 'Lakshan Geet', which was beneficial to the students.

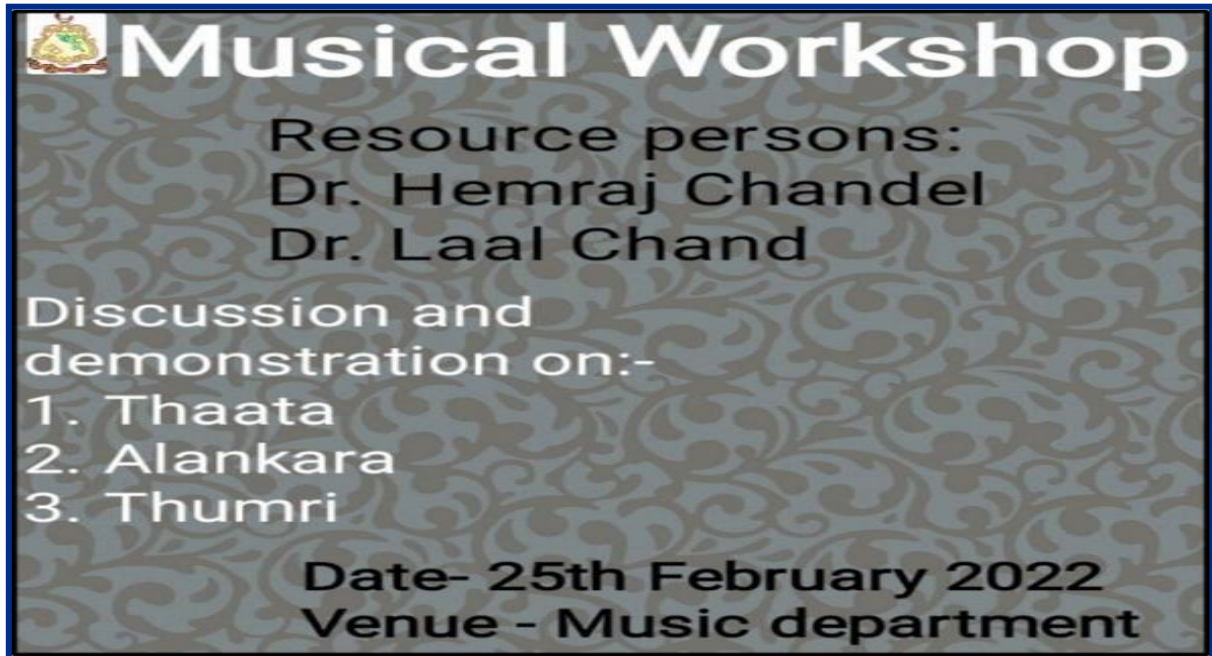
Subjects


Mollym
Principal
St. Bede's College
Shimla - 171 002



The Musical Workshop

BROCHURE



 **Musical Workshop**

Resource persons:
Dr. Hemraj Chandel
Dr. Laal Chand

Discussion and demonstration on:-

1. Thaata
2. Alankara
3. Thumri

Date- 25th February 2022
Venue - Music department

CERTIFICATE



 **St. Bede's College**

CERTIFICATE

OF PARTICIPATION

THIS CERTIFICATE IS PRESENTED TO

Himani Sharma

For her participation in the workshop
"Folk Songs and Traditions of Himachal Pradesh"
held on 12th October 2022


PROF. SR. MOLLY ABRAHAM
PRINCIPAL


SANGEETA BALI SHARMA
HEAD OF THE DEPARTMENT, MUSIC

ATTENDANCE



ATTENDANCE SHEET (2021-22)

Name of the activity: Musical Workshop

Date: 25th February 2022

Organised by: Music department

Number of students participated: 24

S.No.	Name of the student	Signature
1.	Priyanka Sindh	<i>Priyanka</i>
2.	Shivangini	<i>Shivangini</i>
3.	Sonal	<i>Sonal</i>
4.	Megha Bhagta	<i>Megha</i>
5.	Jannat Zinta	<i>Jannat</i>
6.	Mannat Zinta	<i>Mannat</i>
7.	Aditi Ahuja	<i>Aditi Ahuja</i>
8.	Aditi Kashyap	<i>Aditi</i>
9.	Ayushi Pundir	<i>Ayushi</i>
10.	Himani Sharma	<i>Himani Sharma</i>
11.	Mansi Bramta	<i>Mansi</i>
12.	Shabnam Rajta	<i>Shabnam</i>
13.	Shraddha Gupta	<i>Shraddha</i>
14.	Aditi Sankhyan	<i>Aditi</i>
15.	Aayet Zaidi	<i>Aayet</i>
16.	Sakshi Tanta	<i>Sakshi</i>
17.	Yashika Sharma	<i>Yashika</i>



18.	Anushka Ranta	Anushka Ranta
19.	Gunjan Kashyap	Gunjan
20.	Ridhima Gupta	Ridhima
21.	Somya Sohal	Somya
22.	Vanshika Mehta	Vanshika
23.	Pranjal Khemta	Pranjal
24.	Divyangna Rathore	Divyangna

Convener: Signature (for societies and clubs)

H.O.D. Department of Music
Sangeeta Sharma Jangra

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Principal
St. Bede's College
Shimla 171002

WEBINAR ON “ACADEMIC EXCELLENCE THROUGH PHYSICAL ACTIVITIES: JOURNEY OR DESTINATION”

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WEBINAR ON “ACADEMIC EXCELLENCE THROUGH PHYSICAL ACTIVITY: “JOURNEY OR DESTINATION”

Collaborating Agency: Department of Physical Education

No. of Participants: 76

Organizing Unit: NSS

On February 25, 2022, the NSS unit of St. Bede's College, in collaboration with the Department of Physical Education, organized a webinar on the topic "Academic Excellence through Physical Activity: Journey or Destination."

Objective: The aim was to make students aware of regular physical activity to improve academic excellence and overall well-being.



Dr. Anshul Singh Thapa was the resource person of the event who explained the importance of physical activities like games, yoga, floor exercises to maintain ideal weight thereby preventing diseases such as heart diseases, stroke, diabetes, and various types of cancers. He also emphasised physical activities improve memory, and enhance problem-solving abilities, ultimately contributing to better academic outcomes.

Outcome: It was an informative session which made students aware of the importance of physical activities to achieve mental and physical wellbeing.

*Vikrant
(Convener)*

mollym
Principal
St. Bede's College
Shimla 171002

BROCHURE




St. Bede's College, Shimla
Department of Physical Education
&NSS Unit


ORGANIZES WEBINAR ON

**ACADEMIC EXCELLENCE THROUGH
PHYSICAL ACTIVITY : JOURNEY OR
DESTINATION**

FEBRUARY 25, 2022 | 5:00-6:00 PM



Sr. (Dr.) Molly Abraham
Principal
St. Bede's College
Shimla



Dr. Anshul Singh Thapa
Speaker
Postgraduate Govt. College
Sec-II Chandigarh

Dr. Vikrant Bhardwaj
Deptt. Of Physical Education
(9418029697)

NSS Incharge:
Susheel Kumar
Reena Thakur

Webinar On "Academic Excellence Through Physical Activities: Journey or Destination"

CERTIFICATE



CERTIFICATE OF APPRECIATION

As a eminent Speaker in Online Webinar

Dr. Ansul Singh Thapa-Chandigarh

For his phenomenal presentation on topic "IMPORTANCE OF PHYSICAL ACTIVITIES IN OUR DAILY LIVES" on February 25, 2022 in online webinar on "Academic Excellence through Physical Activities: Journey or Destination" organized by Department of Physical Education and NSS Unit, St. Bede's College, Shimla (H.P)-India.

A handwritten signature in cursive script that reads "mollyno".

*Prof. (Sr.) Molly Abraham
Patron*

A handwritten signature in cursive script that reads "Vikrant".

*Dr. Vikrant Bhardwaj
Convener*

ATTENDANCE

Deptt. Phy. Edu. & NSS Unit,
St. Bede's College, Shimla

ATTENDANCE SHEET (2021-2022)

Name of the Activity: Webinar on "Academic Excellence through Physical Activities: Journey or Destination"

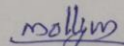
Organized by: Department of Physical Education and NSS Unit

Number of Students participated: 42

Dated: February 25, 2022

Sr. No.	Name of Students
1.	Anjali Kainthla
2.	Mesha Bhagta
3.	Jolyn Pradhan
4.	Ankita Jamwal
5.	Cheakshi Wangnoo
6.	Sonali Sharma
7.	Sakshi
8.	Kiran
9.	Karishma
10.	Siddhi
11.	Komal
12.	Vanshika
13.	Aakriti
14.	Aakshi Dharma
15.	Aanshika Gupta
16.	Aarshita
17.	Aarzo Arora
18.	Aashi Gaba




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19.	Aashmeen Kohri
20.	Aastha Thakur
21.	Aayet Zaidi
22.	Abhiramy Biju
23.	Aditi Bhandari
24.	Aditi Kapoor
25.	Aditi Moghta
26.	Aditi Raj
27.	Aditi Sankhyan
28.	Aditi Verma
29.	Akshita Kaushal
30.	Akshita Sharma
31.	Alisha Bragta
32.	Anamika Chauhan
33.	Ananya Sohal
34.	Ananaya Sood
35.	Anchal Bhatia
36.	Angel Devyanshi
37.	Anushka Ranta
38.	Anushka Singla
39.	Aparna Chhajta
40.	Arshita Chauhan
41.	Ashima Khan
42.	Astha Mehta

mallym
Principal
St Bede's College
Shimla 171002

[Signature]
(Dr. Vikrant Singh)
Convener

26/2/22
St. Bede's College
Physical Education
Department