



*NSO,
St. Bede's College, Shimla, (H.P)*

Date: August 29, 2023

Activity Name: Celebration of National Sports Day

Objective: The main objective of the National Sports Day was to promote awareness about the significance of sports and being physically active in the day to day life.

Description: The National Sports Organization (NSO), St. Bede's College Shimla, celebrated National Sports Day on 29th August, 2023 to commemorate the birth anniversary of legendary hockey player Major Dhyhan Chand ji, who had earned the moniker 'The Wizard'. Various sports activities were conducted on 28th August 2023 such as -Table tennis, Badminton, Yoga, Skipping, Running and Basketball. The College Principal Prof. (Sr.) Molly Abraham emphasized on importance of Fit India Movement which aims to motivate everyone to become more physically active. The position holders of respective games were felicitated by the college principal.

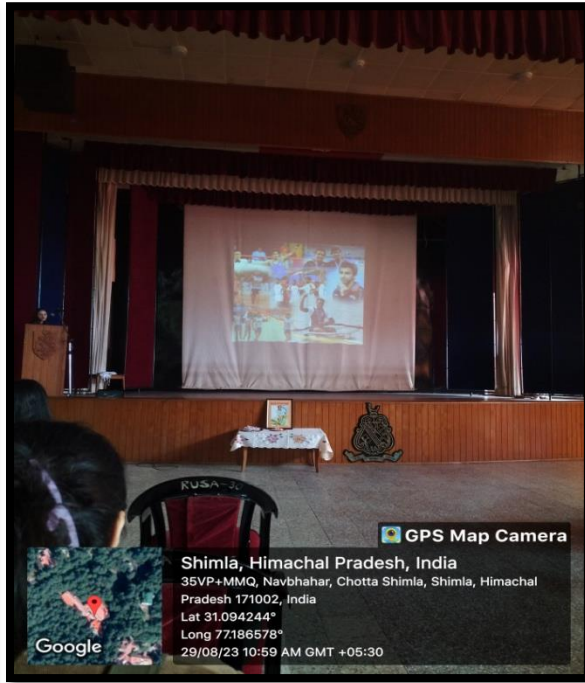
Outcome: National Sports Day is a reminder of the power of unity. It brings together people from all walks of life, transcending boundaries of age, gender, and background, to collectively celebrate the incredible feats of athletes who represent the nation on various platforms.

Glimpses of the National Sports Day:





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Activity Name: Organization of National Webinar on “Promotion of Indigenous Sports” under the theme of “Y20 Yuvamanthan Model G20”

Date: October 20, 2023

Objective: The main objective of the webinar was to promote indigenous sports in our country.

Description: The National Sports Organization (NSO) of St. Bede’s College, Shimla organized a National Webinar on “**Promotion of Indigenous Sports**” under the theme of “**Y20 Yuvamanthan Model G20**”, October 20, 2023. Prof. K. Jothi Dayanandan from YMCA, College of Physical Education, Chennai was the keynote speaker of the webinar. The moderator of the webinar was Dr. Gurtej Singh, RIMT, University, Govindgarh, Punjab. The program was started with the introductory speech about Y2O and G20 followed by a welcome speech. The keynote speaker delivered a talk on Promotion of Indigenous Sports. The talk was very informative and threw light on historical background of national heritage sports. The Moderator appreciated the efforts of organizers to conduct this activity. The College Principal Professor (Sr.) Molly Abraham described the importance of sports for everyone and also praised the webinar.

Outcome: Promotion of traditional games has the potential to attract tourists to explore our culture.



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Glimpses of the Webinar:

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

Y20
G20

NATIONAL WEBINAR
On.....
"PROMOTION OF INDIGENOUS SPORTS"
Date: October, 20, 2023, Time: 3.00 P.M onwards
Under the theme of "Y20 YuvaManthan Model G20"
Organised By:
NATIONAL SPORTS ORGANIZATION (NSO),
St. Bede's College, Shimla (H.P)-INDIA

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Eminent Speakers:

Dr. K. Jothi Dayanandan *Speaker*
Associate Professor,
YMCA, College of Physical Education,
Nandambam, CHENNAI-(T.N.)-INDIA

Dr. Gurtej Singh *Moderator*
Head,
Department of Physical Education & Sports,
RIMT, University, Mandi, Gobindgarh, (P.B.)-INDIA

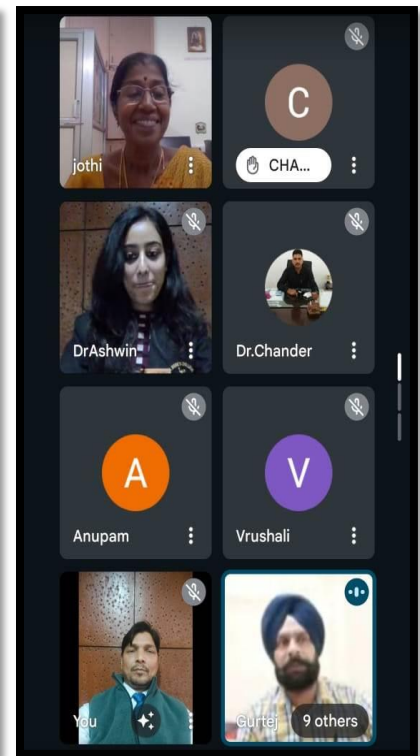
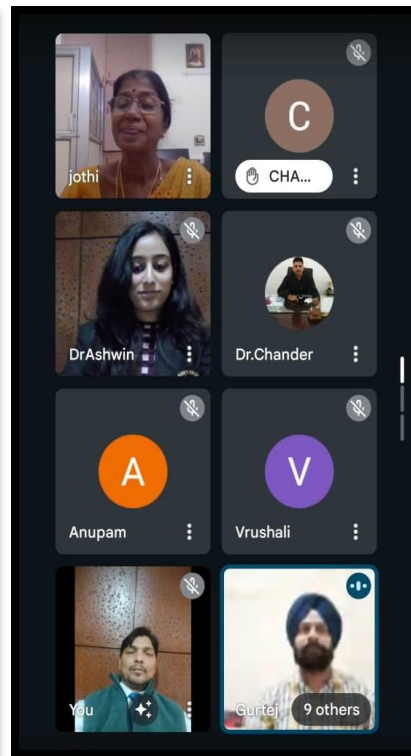
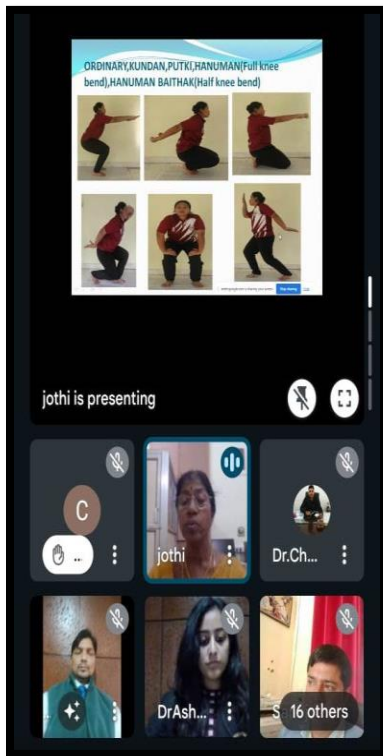
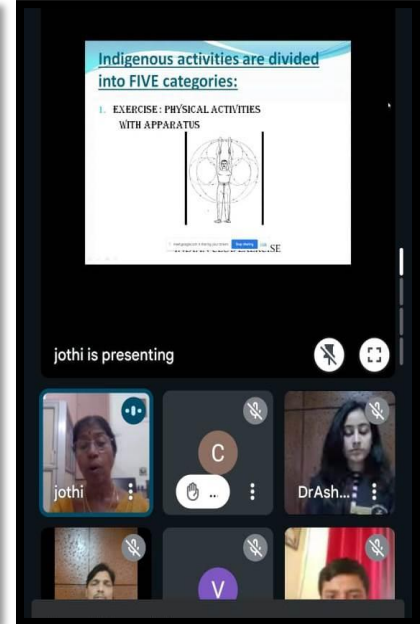
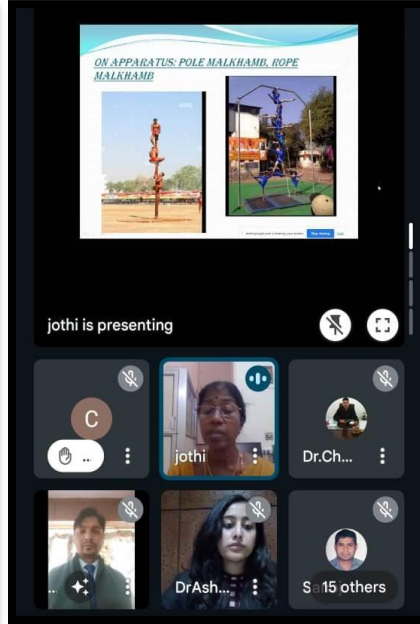
Organisers:

Patron
Prof. (Sr.) Molly Abraham
Principal,
St. Bede's College, Shimla (H.P)

Convener
Dr. Ashwani Kumar
National Sports Organization (NSO),
St. Bede's College, Shimla (H.P)

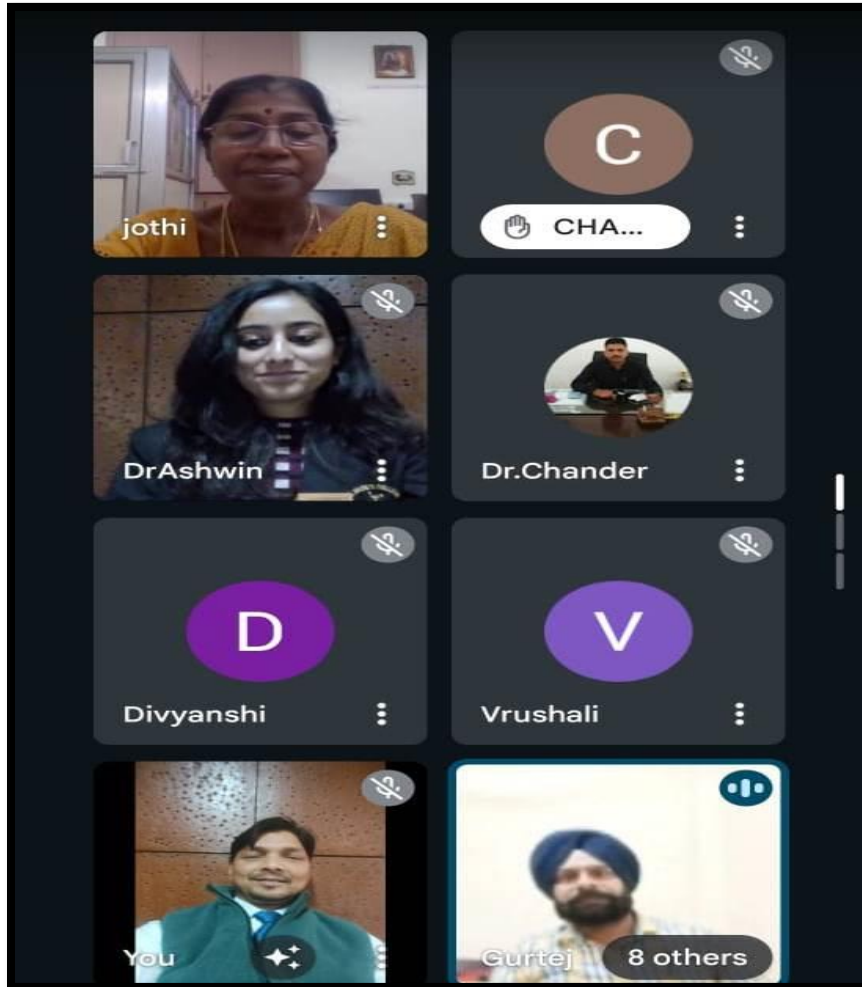


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Activity Name: Fun Activity under the theme of “Bhartiya Bhasha Diwas”

Date: December 11, 2023

Objective: The main objective of the activity was to know the value of our culture.

Description: The NSO of St. Bede’s College organized a fun activity under the theme of “Bhartiya Bhasha Diwas” on December 11, 2023. Some activities were organised for students to indulge them in extra-curricular aspects. These activities emphasized on the importance of fun and happiness for a healthy life style

Outcome: This activity contributed in increasing cultural awareness and encouraged language preservation among students.



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Glimpses:



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