



*Department of Physical Education,  
St. Bede's College, Shimla (H.P)*

## **PHYSICAL EDUCATION DEPARTMENT ACTIVITIES, 2023-2024**

**Activity: Three-day National Workshop on the Celebration of International Yoga Day**

**Date: June 19-21, 2023**

**Objective:** The main objective of the workshop was to explore the importance of yoga in the life of common people and students.

**Description:** The Department of Physical Education, St. Bede's College, Shimla and Physical Education Foundation of India jointly organized a Three- day National Workshop on "yoga for a healthy life style" from June, 19 to 21, 2023. The workshop was organized under the aegis of G20, International Yoga Day and Azadi ka Amrit Mahotsav. The theme of International Yoga Day this year was "Yoga for Humanity". On this occasion National Workshop sessions were conducted by eminent speakers of the country. All the speakers provided information about the importance of yoga and health to the society. Dr. Ashwani Kumar was the convener of this workshop. Principal Prof. (Sr.) Molly Abraham highlighted the importance of harmony between body, mind and soul which could be attained by regular practice of yoga. The occasion was graced by the speakers, chief guest, moderator, college principal, workshop convener and participants who were present in every session of the workshop. The chief guests appreciated the memorandum of understanding (MoU) signed between the College and Physical Education Foundation of India. **The schedule of the National Workshop (June, 19-21, 2023) was as follows:**

This workshop was organized by the Department of Physical Education of the college. More than 100 students and delegates participated online and offline in this workshop

June 19, 2023 (10.00 a.m. 11.30.a.m.)

- **Speaker:** Dr. Kavita Kholgade, Director of Physical Education, SMRK, Women College, Nashik, (M.S).
- **Topic:** "Yoga for Well -being and Happiness"
- **Moderator:** Yogacharya Sh. Raman Kumar Ji, Organising Secretary of Asian Yoga Federation.

June 19, 2023 (10.00 a.m. 11.30.a.m.)

- **Speaker:** Dr. Chander Shekhar, Department of Physical Education, Premanand College, Mukerian, Hoshiyarpur, (P.B).
- **Topic:** "Anstanga Yoga and their Benefits to the Society"
- **Moderator:** Yogacharya Sh. Raman Kumar Ji, Organising Secretary of Asian Yoga Federation.

June 21, 2023, (10.00 am-12.30 pm)

- **Speaker:** Dr. Laxmi Narayan Joshi, Dean of Students Welfare & Head Department of Yogic Sciences, Uttarakhand Sanskrit University, Haridwar, Uttarakhand.
- **Topic:** "Nadi Vigyan and Aayurveda"
- **Moderator:** Dr. Piyush Jain, National Secretary Physical Education Foundation of India.



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- **Workshop Moderator** (June, 19-21, 2023): Dr. Vinod Kumar, Department of Physical Education, Government College, Jukhala, Bilaspur, (H.P).

**Outcome:** The practice of yoga is known to bring about a perfect harmony between mind and body and this unity plays a great role in the overall stability.

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**NATIONAL WORKSHOP**  
(UNDER THE CELEBRATION OF INTERNATIONAL YOGA DAY)  
ONE EARTH ONE FAMILY ONE FUTURE  
Collaboration with Physical Education Foundation of India  
THEME (IYD): "HUMANITY"  
ON  
"YOGA FOR A HEALTHY LIFE STYLE"  
(June, 19-21, 2023), Time: 10.00 A.M to 11.00 A.M  
Organised By:  
Department of Physical Education,  
St. Bede's College, Shimla (H.P)-INDIA  
Google meet link: <https://meet.google.com/nfb-phaw-gyn>  
@ Certificates will be given to all the participants

*Brochure*



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**Eminent Speakers and Chief Guests:**

- Dr. Kavita Kholgade**<sup>19/06/23</sup>  
Director of Physical Education,  
SMRE-BK-AK, Women College,  
Nashik, (M.S.)-INDIA
- Dr. Chandar Shekhar**<sup>20/06/23</sup>  
Department of Physical Education,  
Swarna Prayag College,  
Mukerian, Haridwar (P. H.)-INDIA
- Yogacharya Ramesh Kumar**<sup>Chief Guest 18/02/2023</sup>  
Organizing Secretary, Asian Yoga Federation,  
Director, Himalayan Yoga, H.P. Yoga  
Association, Nalagarh, (H.P.)-INDIA
- Dr. Laxmi Narayan Joshi**<sup>21/06/23</sup>  
Head and Dean Student Welfare,  
Utrabhand Sanskrit University,  
Haridwar, (U.K.)-INDIA
- Dr. Piyush Jain**<sup>Chief Guest 21/06/23</sup>  
National Secretary,  
Physical Education Foundation of India,  
New Delhi-INDIA
- Dr. Vinod Kumar**<sup>Moderator</sup>  
Department of Physical Education,  
Govt. P.G. College, Jakhola,  
Bilaspur, (H.P.)-INDIA

**Organiser's:**

- Patron**  
**Prof. (Sr.) Molly Abraham**  
Principal,  
St. Bede's College, Shimla (H.P.)
- Convener**  
**Dr. Ashwani Kumar**  
Department of Physical Education,  
St. Bede's College, Shimla (H.P.)

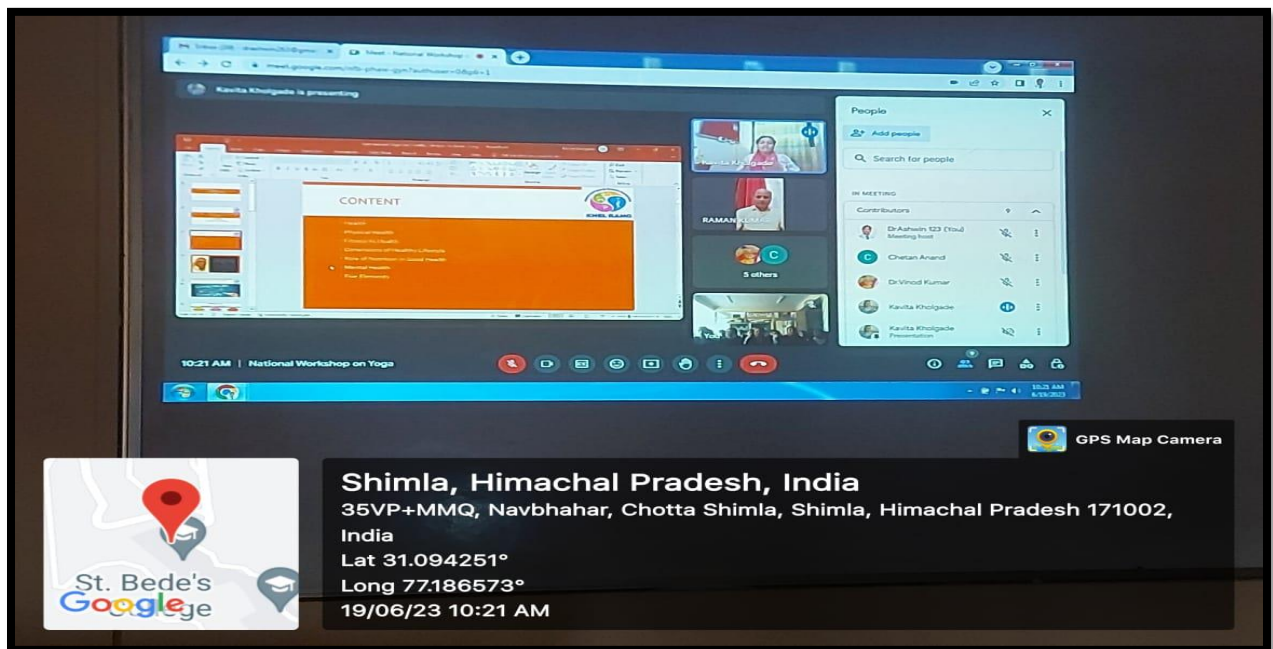
### Glimpses of National Workshop (June 19,2023)

**St. Bede's College, Shimla, Himachal Pradesh, India**  
35VP+MMQ, Navbahar, Chotta Shimla, Shimla, Himachal Pradesh 171002,  
India  
Lat 31.094251°  
Long 77.186573°  
19/06/23 10:30 AM





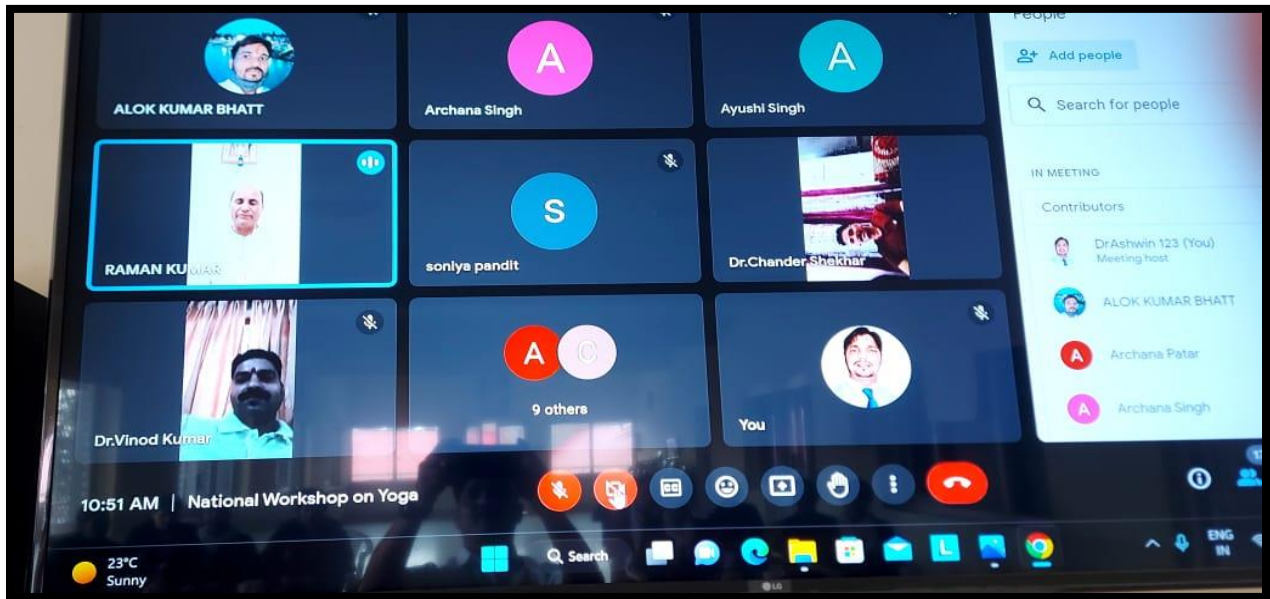
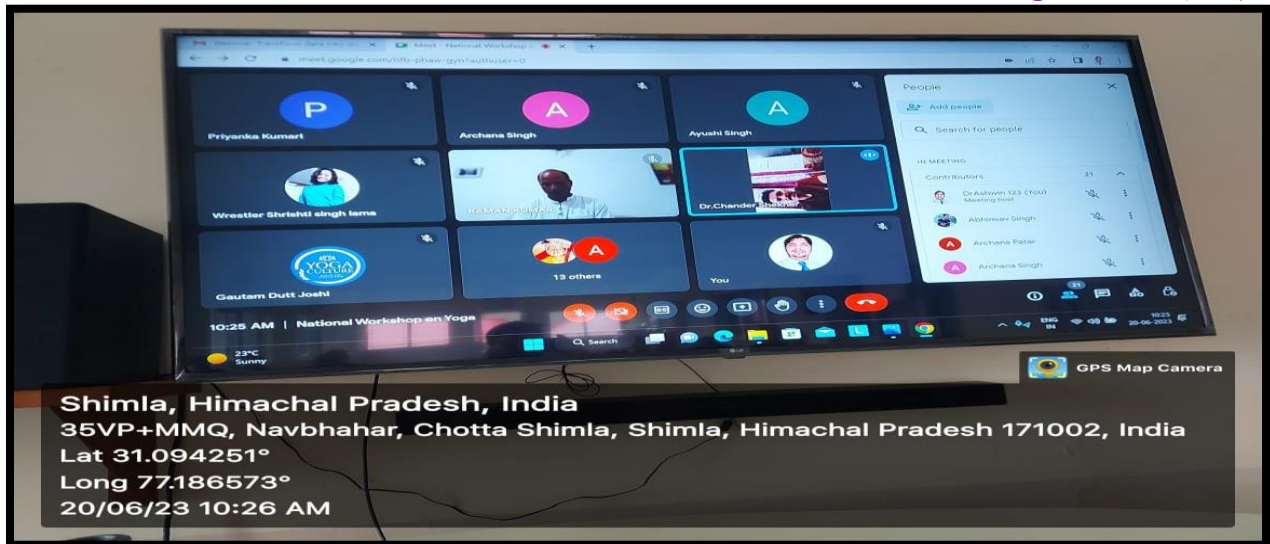
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**June 20,2023:**



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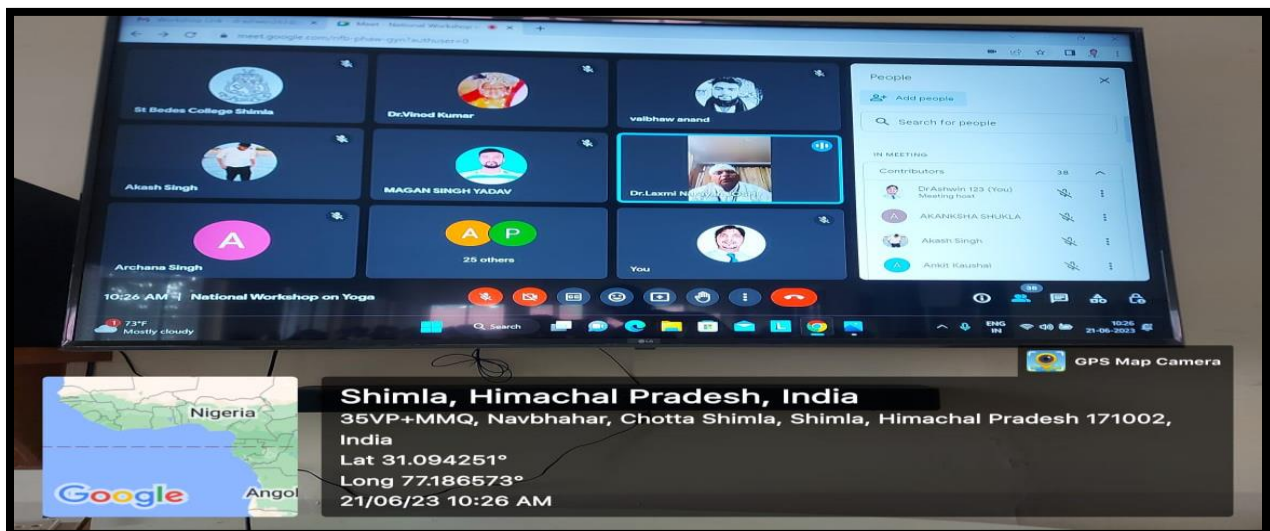


**June 21,2023:**



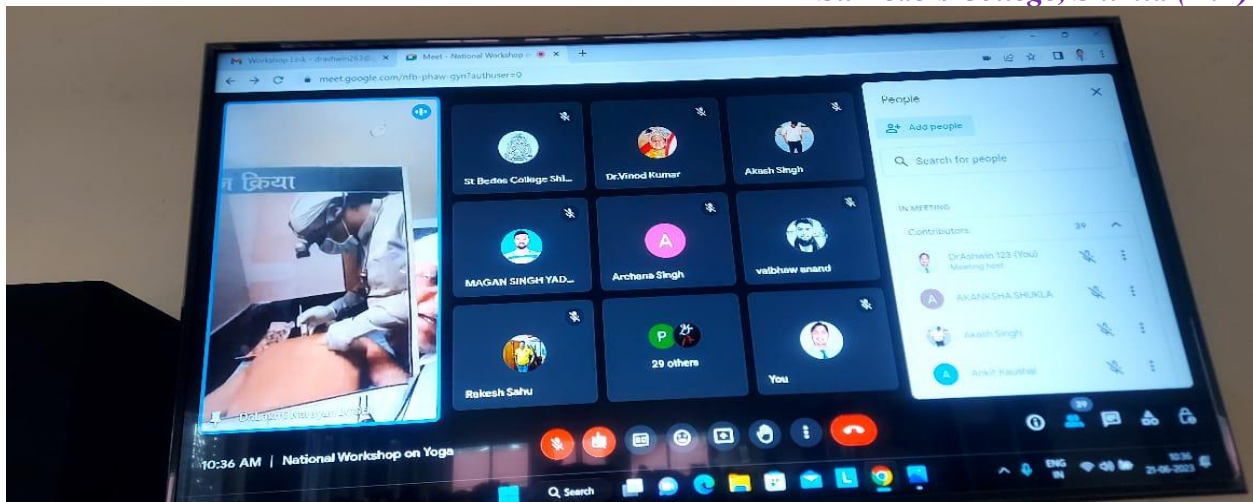


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**Activity Name: International Workshop on the Celebration of International Olympic Day**

**Date: June 26, 2023**

**Objective:** This activity aimed to make the students aware that the goal is to spread sport across the globe regardless of age, gender or athletic ability.

**Description:** The Department of Physical Education, St. Bede's College, Shimla, organized an international workshop on the theme of International Olympic Day- "Let's Move: For Daily Physical Activity" on June, 26, 2023. The workshop was organized on Google Meet platform. International speakers provided information to the participants on their respective topics. More than 50 participants were connected through online and offline mode in the workshop. Dr. Ashwani Kumar was the workshop convener. The College Principal Prof. (Sr.) Molly Abraham welcomed the speakers and moderator of the workshop. After both sessions, the moderator concluded the session. The vote of thanks was proposed by the workshop convener.

**Following was the schedule of the International Workshop:**

**International Speakers:**

**Session- 1:**

1. **Prof. Marlene Orfecio**, Department of Physical Education, Sports and Recreation, University of Southern Mindano, Kabacan, Cotabato-PHILIPPIENS

**Topic: "Let's Move: Physical Educators Empowerment for a Lifestyle of Active Living"**

**Session-II:**

2. **Dr. A. K. Shiotriya**, Department of Physical Education, School of Education, National FIJI University, FIJI ISLANDS.

**Topic: "Physical Activity: A Booster Dose for Healthy Life"**

**Workshop Moderator: Dr. Deny Borah**, Department of Physical Education, Dhemaji-ASSAM.


**Outcome:** To encourage people of all ages, genders, color and castes etc. to participate in athletic events all over the world.







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**INTERNATIONAL WORKSHOP**  
*THE CELEBRATION OF INTERNATIONAL OLYMPIC DAY: 2023*

  
**ONE EARTH**

  
**ONE FAMILY**

  
**ONE FUTURE**

**THEME (IOD): "LET'S MOVE": "For daily physical activity"**  
Citius, Altius, Fortius June, 26, 2023  
*(Under the aegis of G20 & Indian Olympic Association)*

*Organised By:*  
Department of Physical Education,  
St. Bede's College, Shimla (H.P)-INDIA

Link: <https://internationalworkshoponolympicday.com>  
Monday, June 26: 11:00am – 12:30pm  
Time zone: Asia/Kolkata: INDIA  
Google Meet joining info:  
Link: <https://meet.google.com/tvxf-qft-tpv>

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*International Eminent Speakers*

  
**Dr. Marlene E. Orfrecio**  
Associate Professor-II  
Institute of Sports Physical Education & Recreation,  
University of Southern Mindanao, Kabacan, Cotabato, PHILIPPINES

  
**Dr. A. K. Shirotriya, Ph.D**  
Assistant Professor (Physical Education),  
School of Education, Fiji National University,  
FUJI ISLANDS

*Moderator*

  
**Dr. Deny Borah**  
Lecturer DIET, Physical Education Department,  
Dhemaji, Assam-INDIA

*Organiser's*

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

  
**Convener**  
**Dr. Ashwani Kumar**  
Department of Physical Education,  
St. Bede's College, Shimla (H.P)-INDIA

Brochure



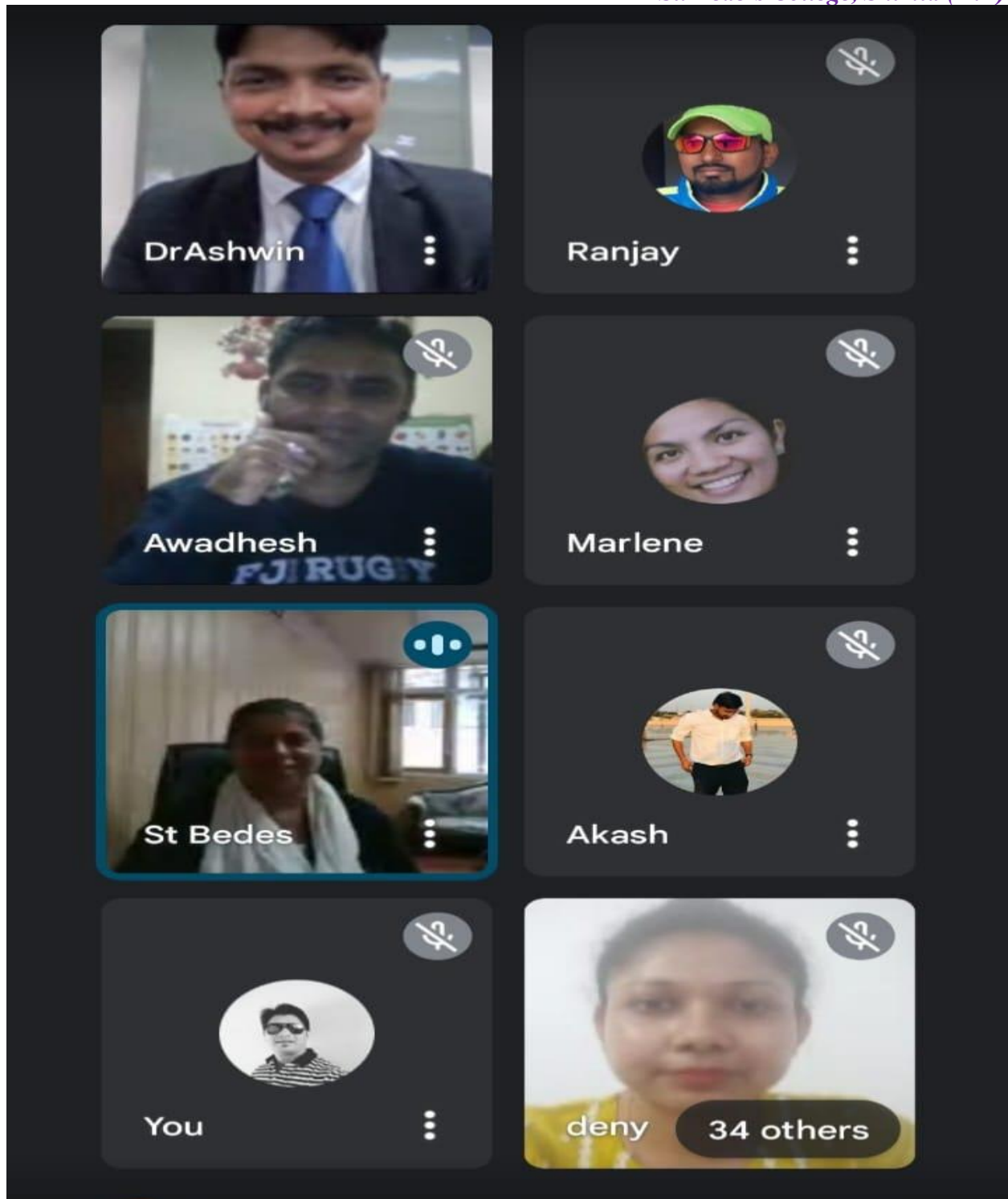
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### Glimpses of the International Workshop





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The screenshot displays a Zoom meeting interface. At the top, a presentation slide is visible, titled "Motives for Physical Activity" from FNU (Fiji National University). The slide content includes the text: "Skill development, appearance, and positive health (Shirotriya, Sharma and Pandey, 2023\*)". Below the slide, the text "Awadhesh is presenting" is shown. The meeting grid contains four video thumbnails: "Awadhesh" (top-left), "DrAshwin" (top-right), "Y..." (bottom-left), and "Marle 29 others" (bottom-right). Each thumbnail includes a mute icon and a menu icon.



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The screenshot shows a Zoom meeting interface. The main window displays a PowerPoint slide titled "ROLE OF PHYSICAL EDUCATORS IN FOSTERING ACTIVE LIVING." The slide content includes:

- They create a supportive and inclusive environment that encourages participation and enjoyment of physical activity (Smith, 2018).
- Physical educators teach fundamental movement skills, sportsmanship, and teamwork, laying the foundation for a lifetime of active living (NASPE, 2015).
- They serve as role models, inspiring students to embrace an active lifestyle and make healthy choices (Everson et al., 2017).
- Physical educators contribute to the development of physical literacy, which encompasses movement competence, confidence, and motivation (Whitehead, 2013).

The slide also features an image of a physical educator interacting with children. Below the slide, the text "Marlene is presenting" is visible. The bottom of the screen shows a gallery view of participants:

- DrAshwin
- St Bedes
- You
- Marler17 others



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The screenshot displays a Zoom meeting interface. At the top, a PowerPoint presentation is shared, showing a slide titled "ROLE OF PHYSICAL EDUCATORS IN FOSTERING ACTIVE LIVING." The slide contains the following text:

- They create a supportive and inclusive environment that encourages participation and enjoyment of physical activity (Smith, 2016).
- Physical educators teach fundamental movement skills, sportsmanship, and teamwork, laying the foundation for a lifetime of active living (NASPE, 2013).
- They serve as role models, inspiring students to embrace an active lifestyle and make healthy choices (Etterson et al., 2017).
- Physical educators contribute to the development of physical literacy, which encompasses movement competence, confidence, and motivation (Whitehead, 2012).

Below the presentation, the Zoom interface shows two video thumbnails. The first thumbnail, labeled "Marlene", shows a woman with glasses. The second thumbnail, labeled "DrAshwin", shows a man in a suit and tie. At the bottom of the screen, there are two circular icons: a red one with the letter "S" and a white one with the college's logo.





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**Activity: Health and Personality Development Classes for School Children**

**Day: Every Tuesday & Friday (Per Week)**

**Date: September 29, 2023 (onwards)**

**Objectives:**

- To enhance the overall personality of the school children.
- To improve their confidence level.
- To augment their innate leadership qualities and to improve children's interpersonal communication skills

**Description:** The St. Bede's College structured a development program on Health and Personality Development classes for the students of Government Primary School, Sanjauli. The classes are organized to raise confidence, strength and to build an optimistic personality of young children. The interaction also eliminates negative behavior that hinders the growth and success of the students. These classes also created general awareness about health amongst the students of the school.

Dr. Ashwani, from Department of Physical Education, St. Bede's College has been taking Health and Personality Development classes of the school children. The classes have been taken on every Tuesday and Friday in a week. In each class a new topic was taught. The topics were based on health, physical, emotional, psychological, spiritual and professional aspects of the personality development. After the class students were evaluated randomly to observe the change in them.

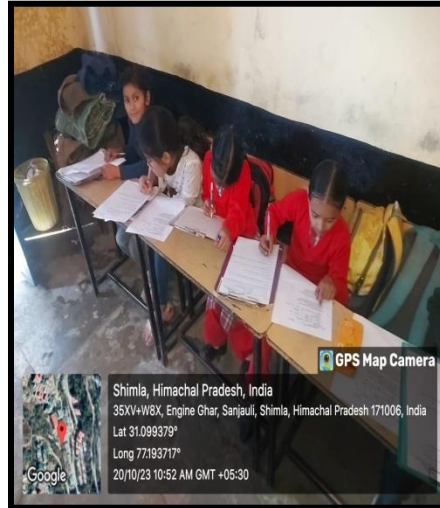
**Outcome:**

Personality development plays an important role in helping students to build a strong and positive foundation for the future. The students were guided to develop good study habits and strengthening their inter-personal skills. They were also made aware about the importance of health and hygiene. As quality education is an important part of any student's life, these classes played a vital role in the overall development of the school children.



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**Glimpses:**





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**Activity: Research and Statistics Classes for PG Students:**

**Objective:**

- To develop research aptitude among students.
- To enable students to take up and implement a research project/study.
- To facilitate learners' prosperity in higher education.

**Description:** The Research Development Cell in collaboration with Post Graduate Courses (Science, English & Commerce) of St. Bede's College, Shimla. Organised two weekly research and statistical classes for PG students. These classes were taken up by Dr. Ashwani Kumar (Assistant Professor), Department of Physical Education. These classes introduced the basic concepts in research methodology and statistics.

**Outcome:** The students learnt how collect, edit and analyse the research projects. This activity aimed to develop research aptitude in students which would held them to pursue higher education.








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**RESEARCH & STATISTICS CLASSES (FOR PG STUDENTS): 2023-2024**

Sr. No.	Date	Department of Botany		Department of Commerce	
		Name	Class	Name	Class
1	4 <sup>th</sup> Nov 2023	Akanksha Sharma	M.Sc III <sup>rd</sup> Sem	Himani	M.Com III <sup>rd</sup> Sem.
2				Divya	M.Com III <sup>rd</sup> Sem
3	4 <sup>th</sup> Nov 2023	Deeksha Thakur	M.Sc III <sup>rd</sup> Sem (Bot)	Ambika	M.Com III <sup>rd</sup> Sem
4	4 <sup>th</sup> Nov 2023	Rishika Kumari	M.Sc III <sup>rd</sup> Sem (Bot)	Hirpankhi	M.Com III <sup>rd</sup> Sem
5	4 <sup>th</sup> Nov 2023	Jayoti Chauhan	M.Sc III <sup>rd</sup> Sem (Bota)	Ishika Kushikth	M.Com III <sup>rd</sup> Sem
6	4 <sup>th</sup> Nov 2023	Purnima	M.Sc III <sup>rd</sup> Sem (Botany)	Anchal Thakur	M.Com III <sup>rd</sup> Sem
7	4 <sup>th</sup> Nov 2023	Priya	M.Sc III <sup>rd</sup> Sem (Botany)	Vidhi Thakur	M.Com III <sup>rd</sup> Sem
8	4 <sup>th</sup> Nov 2023	Priya	M.Sc III <sup>rd</sup> Sem (Botany)	Rishika	M.Com III <sup>rd</sup> Sem
9	4 <sup>th</sup> Nov 2023	Priya	M.Sc III <sup>rd</sup> Sem (Botany)	Swati Sharma	M.Com III <sup>rd</sup> Sem
10	4 <sup>th</sup> Nov 2023	Sakshi Sharma	M.Sc III <sup>rd</sup> Sem (Botany)	Bhawana Thakur	M.Com III <sup>rd</sup> Sem
11	4 <sup>th</sup> Nov 2023	Chitra Sharma	M.Sc III <sup>rd</sup> Sem (Botany)	Carapini Sharma	M.Com III <sup>rd</sup> Sem
12	4 <sup>th</sup> Nov 2023	Rishika Thakur	M.Sc III <sup>rd</sup> Sem (Botany)	Ambika Thakur	M.Com III <sup>rd</sup> Sem
13	4 <sup>th</sup> Nov 2023	Sakshi Bhardwaj	M.Sc III <sup>rd</sup> Sem (Botany)		
14	4 <sup>th</sup> Nov 2023	Priyanshu Chandel	M.Sc III <sup>rd</sup> Sem (Botany)		
15	4 <sup>th</sup> Nov 2023	Vandita Bhardwaj	M.Sc III <sup>rd</sup> Sem (Botany)		
16	4 <sup>th</sup> Nov 2023	Himani Thakur	M.Sc III <sup>rd</sup> Sem (Botany)		
17	4 <sup>th</sup> Nov 2023	Anuja	M.Sc III <sup>rd</sup> Sem (Botany)		
18	4 <sup>th</sup> Nov 2023	Swati Sharma	M.Sc III <sup>rd</sup> Sem (Botany)		
19	4 <sup>th</sup> Nov 2023	Vandita Sharma	M.Sc III <sup>rd</sup> Sem (Botany)		
20	4 <sup>th</sup> Nov 2023	Swati Sharma	M.Sc III <sup>rd</sup> Sem (Botany)		
21	4 <sup>th</sup> Nov 2023	Rishika Thakur	M.Sc III <sup>rd</sup> Sem (Botany)		
22	4 <sup>th</sup> Nov 2023	Vibhuti	M.Sc III <sup>rd</sup> Sem (Botany)		
23	4 <sup>th</sup> Nov 2023	Isha	M.Sc III <sup>rd</sup> Sem (Botany)		
24	4 <sup>th</sup> Nov 2023	Radhika	M.Sc III <sup>rd</sup> Sem (Botany)		
25	4 <sup>th</sup> Nov 2023	Swati Sharma	M.Sc III <sup>rd</sup> Sem (Botany)		
26	4 <sup>th</sup> Nov 2023	Shikha	M.Sc III <sup>rd</sup> Sem (Botany)		

Total: 98  
04/Nov/23