



SUPPORTING DOCUMENTS

3.2.2

**NUMBER OF WORKSHOPS/SEMINARS CONDUCTED ON RESEARCH
METHODOLOGY, INTELLECTUAL PROPERTY RIGHTS (IPR) AND
ENTREPRENEURSHIP DURING THE YEAR**

THREE-DAY NATIONAL WORKSHOP ON THE INTERNATIONAL YOGA DAY

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, in collaboration with the Physical Education Foundation of India, organized a three-day National Workshop on “Yoga for a Healthy Lifestyle” from June 19 to 21, 2023, under the aegis of G20, International Yoga Day, and Azadi ka Amrit Mahotsav. Aligned with this year’s theme, “Yoga for Humanity,” the workshop featured interactive sessions led by eminent speakers who shared insights on yoga’s role in fostering physical, mental, and spiritual well-being. The event began with an inaugural address by the college principal, Prof. (Sr.) Molly Abraham, emphasizing the harmony achievable through regular yoga practice. Sessions explored yoga’s benefits in stress management, physical fitness, and disease prevention, coupled with practical demonstrations. Participants, including students, faculty, and yoga enthusiasts, actively engaged in discussions and hands-on practice. The chief guest lauded the signing of an MoU between the college and the Physical Education Foundation of India, marking a milestone in promoting yoga and physical education. After the valedictory session, the participants were awarded certificates. The workshop successfully highlighted yoga’s transformative potential for a healthier lifestyle.

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 on June 19, 2023 (10.00 a.m. to 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, Organizing Secretary of Asian Yoga Federation.

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

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

June 21, 2023, (10.00 a.m. to 12.30 p.m.)

- **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.

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

Outcome: The workshop successfully achieved its objective of raising awareness about the importance of yoga in fostering a healthy lifestyle and encouraging its integration into daily life. The collaboration between the college and the Physical Education Foundation of India marks a significant milestone in promoting the practice of yoga at a community level.

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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^{19/06/23}
Director of Physical Education,
SMRK-BK-AK, Women College,
Nashik, (M.S.) INDIA



Dr. Chander Shekhar^{20/06/23}
Department of Physical Education,
Swami Premanand College,
Mukerian, Hoshiyarpur (P.B.) INDIA



Yogacharya Raman Kumar^{Chief Guest 19/06/2023}
Organising Secretary Asian Yoga Federation,
Director Himalayan Yoga, H.P. Yoga
Association, Nalagarh, (H.P.) INDIA



Dr. Laxmi Narayan Joshi^{11/06/23}
Head and Dean Student Welfare,
Uttarakhand Sanskrit University,
Haridwar, (U.K.) INDIA



Dr. Piyush Jata^{Chief Guest 11/06/23}
National Secretary,
Physical Education Foundation of India,
New Delhi INDIA



Dr. Vinod Kumar^{11/06/23}
Department of Physical Education,
Govt. P.G. College, Jukhala,
Bilaspur, (H.P.) INDIA

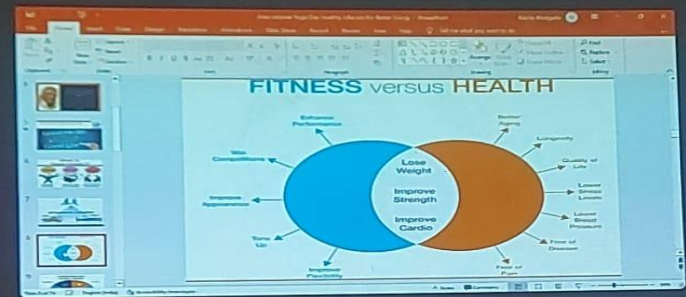
Organiser's:



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.)



People

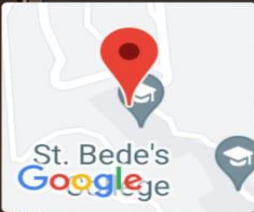
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IN MEETING

Contributors 10

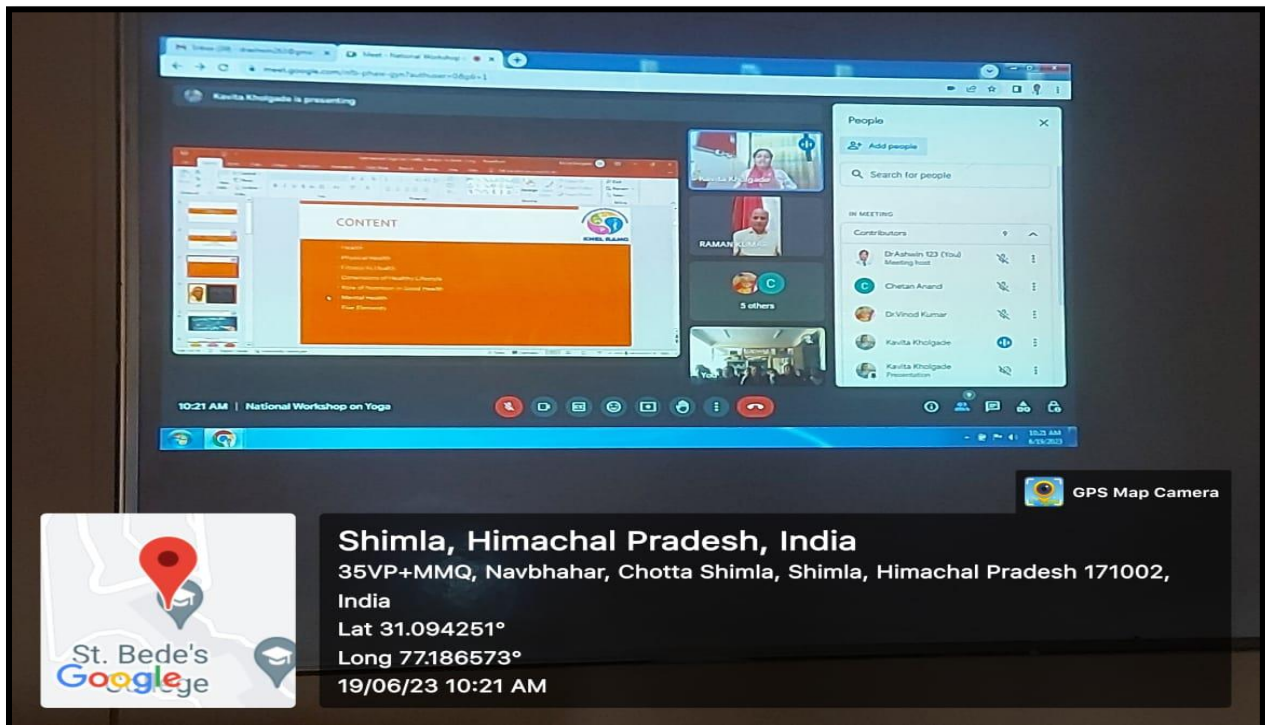
- DrAshwin 123 (You)
- CHANDRA KALA
- Chetan Anand
- DrVinod Kumar
- Kavita Kholgade
- Kavita Kholgade Presentation
- Munna Singh yadav



St. Bede's
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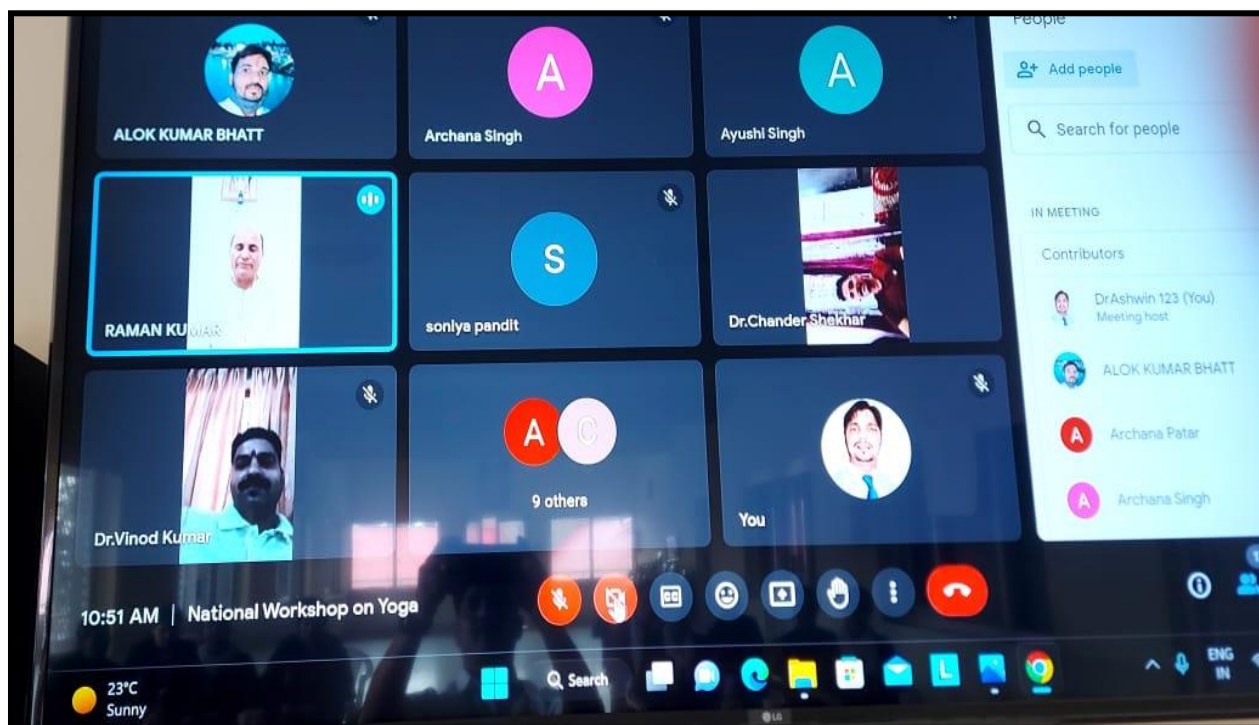
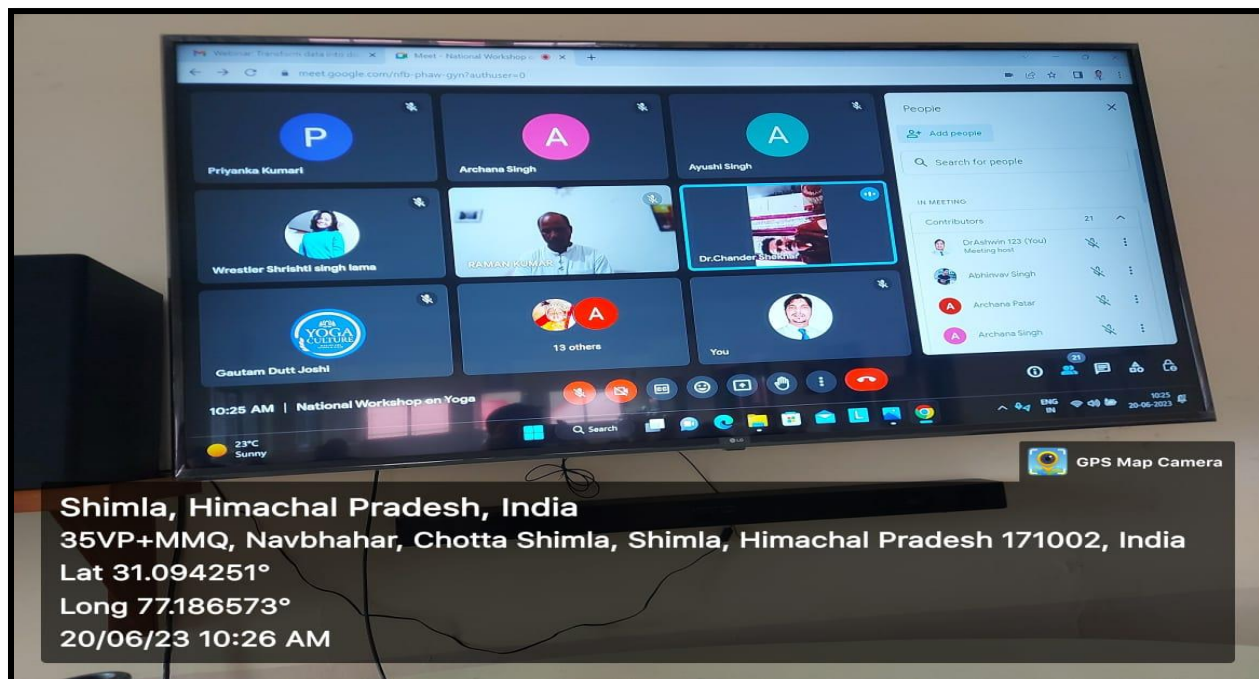
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35VP+MMQ, Navbahar, Chotta Shimla, Shimla, Himachal Pradesh 171002,
India
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Three-Day National Workshop on the Celebration of International Yoga Day (June 19-21, 2023)



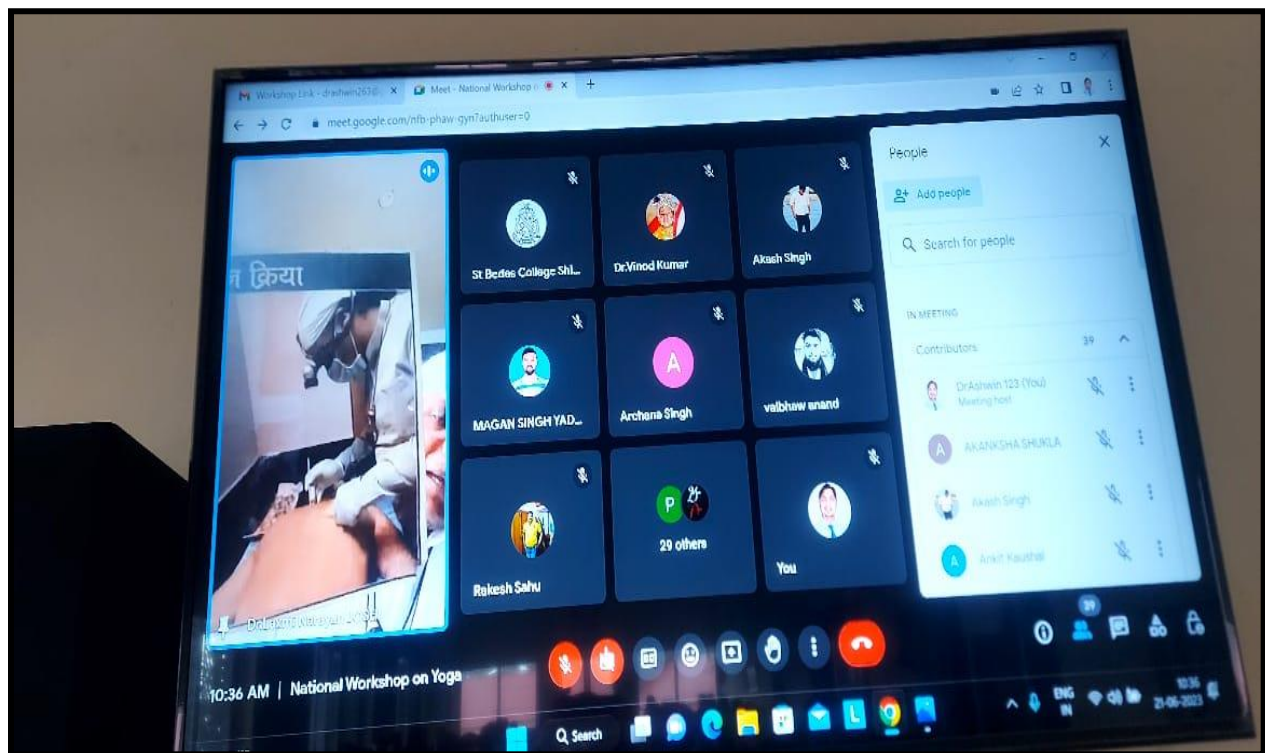
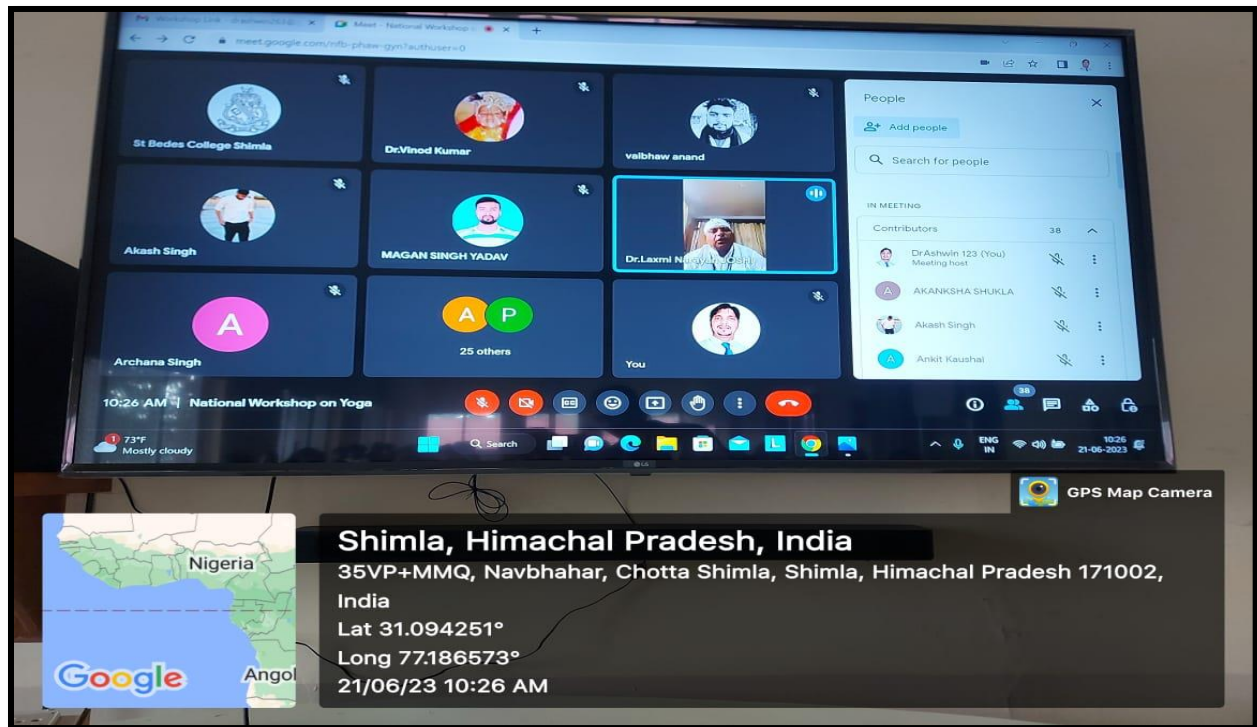
June 20, 2023:

Three-Day National Workshop on the Celebration of International Yoga Day (June 19-21, 2023)



June 21,2023:

Three-Day National Workshop on the Celebration of International Yoga Day (June 19-21,2023)



Three-Day National Workshop on the Celebration of International Yoga Day (June 19-21, 2023)



Three-Day National Workshop On The Celebration Of International Yoga Day (June 19-21,2023)



Deptt. Phy. Edu.,
St. Bede's College, Shimla

ATTENDANCE SHEET: (2023-2024)

Name of the Activity: 3 Day Online National Workshop on YOGA FOR A HEALTHY
LIFE STYLE under the celebration of INTERNATIONAL YOGA DAY
Organized by: Department of Physical Education
Dated: June 19th-21st, 2023

Yogacharya Laxmi N Joshi	Sanskrit University Haridwar	Yoga	U.K
Dr. Piyush Jain	PEFI DELHI INDIA	Physical Education	New Delhi
Dr kalpana Veerabhadrapa	Karnataka state Women's University	Education	Karnataka
Dr. Kavita	Women College Nashik	Physical Education	M.S
Yogacharya Raman Kumar	Secretary, Asian Yoga Federation	Yoga Education	Punjab
Dr. Chander Shekhar	PCMH Punjab	Yoga	Punjab
Dr. Vinod Kumar	Govt. College Jukhala	Physical education	H.P
Dr.Jyoti.Awati	K.S.A.W UNIVERSITY VIJAYAPUR	Physical education	Karnataka
NAWAZ BASHA C	ADB FIRST GRADE COLLEGE	Physical education and sports	KARNATAKA
BABUNAIAK H	Vsco Ballary	Physical education	Karnataka
Dr. Shobhadevi Rathod	Govt women's college Jewargi colony Kalaburagi	Political science	Karnataka
MD. HASNAT KABIR	JASHORE UNIVERSITY OF SCIENCE AND TECHNOLOGY	PHYSICAL EDUCATION AND SPORTS SCIENCE	JASHORE

[Signature]
St. Bede's College
Physical Education
Department

Attendance Sheet


Dr. S. Umakantha gouda	K. S. A. Womens University, Karnataka	Education	Karnataka
Mr. SANJAY MUKUNDRAO DESHMUKH	SSMM B ED (SGBAU)	PHYSICALEDUCATION (B ED)	MAHARASHTRA
Dr. Vidya Patil	Government First Grade College for Women, Bidar	English	Karnataka
Dr Rukshinda Hena	Chand Bi Bi College For Women, Kalaburagi	Education	Karnataka
Dr. SATISH SINGH	AU GIC CHAKISAIN UTTARAKHAND	UTTARAKHAND EDUCATION DEPARTMENT	UTTARAKHAND
Mr	Dr.sarojini naidu women's b.ed college	Education	Karnataka
Dr Joydeb Das	Regional college of physical education, panisagar	Youths affairs and sports Dept.	Tripura
Ramesha K D	Vijaynagar shrikrishnadevaraya university ballari	Dept. Of physical education and sports science	Karnataka
Mr Ramesh madar	Mangalore University	yogic sciences	Karnataka
Dr. M. Subhashchandra	Government College (Auto), Kalaburagi	Collegiate Education	Karnataka
Mrs. Mahadevi rajaput	Ksawa vijayapura	Physical education	Karnataka
ಶ್ರೀ ಎಮ್. ಸಂದೀಪ್	ಶಾಸ್ತ್ರಿಜಿ ಮಹಿಳಾ ಬಿ.ಎಡಿ ಕಾಲೇಜ್ ಬಿದರ್	ಶಿಕ್ಷಣ ಇಲಾಖೆ	ಕರ್ನಾಟಕ
Ravindra.H.Khoba	Siddharth Arts and Commerce Degree College Janwada Road Bidar	Physical Education	Karnataka
Mr. Gopal Badiger	Gulbarga university kalaburagi	Commerce	Karnataka
PROF.ASHOK H. MALAGHAN	SHVVS B.Ed Karnataka Indis	Education	Karnataka
Dr Kaveri papade	BVBIhoomaraddi of	Physical education and	Karnataka


Attendance Sheet

	Bidar	sports	
prasadini jagtap	R N Shetty		
Mr vinhal baganal	S S E T degree		8/08/23/6
Sneha	Akkamahadevi University	Physical education department	Karnataka
Dr Munish Singh Rana	Department of Higher Education		Karnataka
Mr. Ashok Kumar	H.P.U Shimla	Physical Education	Himachal Pradesh
Rajesh Kumar rai	Cite Ranchi	Physical Education	Himachal Pradesh
Dr. Zafar Ali	Govt. PG College Poonia Sahib	Bed	Jharkhand
Dr. Leena sharma	Govt. College Daulatpur Chowk, Una, (HP)	Physical Education	Himachal Pradesh
		Zoology	Himachal Pradesh
Rohini Rana	Government College Daulatpur chowk District Una HP	Botany	Himachal Pradesh
Sangita dubey	Dr Ram manohar lohia awadh University	Home science	UP
DR MOHAMMAD ASHRAF KHAN	Govt. Higher Secondary School Pakherpora, Budgam (J&K)	Physical Education and Sports (PES)	JAMMU AND KASHMIR
Dr Aruna Dogra	RTM Nagpur University	Physical Education	Maharashtra
Mr Vishalkumar Jagdishbhai suthar	Government Science College, Vadnagar	Department of Physical Education	Gujarat
Mrs. Vinshali Pankaj Deshmukh	Institute of science Nagpur	Physical education	Maharashtra
Seema Devi	Government PG College Sangipur	Physical education	Uttar pradesh
Mahak Sood	St. Bede's college	Health club	Himachal Pradesh
Miss - Vanbhika Nanda	College	Health Club	Himachal Pradesh
Miss Radhika Soni	St. Bede's College Shimla	Commerce and Management	Himachal Pradesh
Miss niharika raj chaudhan	College	Psychology honor	Himachal Pradesh

Attendance Sheet

Miss Pallavi Sernaik	College	Health Club	Himachal Pradesh
Mrs. Vivek Kumar Pandey	Lovely Professional University Phagwara	Physical Education	Uttar pardesh
Dr. Rajani Janardan Murkute	NSSM Nagpur	Physical Education	Maharashtra
Dr. Madhavi Mandlikar	College and University	PGTD of physical education deppt	Maharashtra
Dr. Bharti Kale	RTM Nagpur University	Physical Education	Maharashtra
Dr. Anushree Mahurkar	Sharirik Shikshan Mahavidyalaya Koradi Nagpur	Physical Education	Maharashtra




Dr. Pooja College
Physical Education
Department

Attendance Sheet