



SUPPORTING DOCUMENTS

3.2.2

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

INTERNATIONAL WORKSHOP FOR CELEBRATING INTERNATIONAL OLYMPIC DAY

The Department of Physical Education organized an International Workshop on June 26, 2023, themed “Let’s Move: For Daily Physical Activity,” in celebration of International Olympic Day. Held on the Google Meet platform, the workshop brought together international speakers who delivered insightful presentations on various aspects of physical activity and its importance in daily life. Over 50 participants joined the event through hybrid modes, engaging in enriching discussions. The workshop began with the College Principal, Prof. (Sr.) Molly Abraham, welcoming and greeting the speakers and the session moderator. The two sessions featured expert talks that provided participants with valuable knowledge and strategies to incorporate physical activity into their routines. Benefits for physical health, including cardiovascular fitness, muscular strength, and flexibility, role in mental well-being, stress management, and boosting mood, prevention of lifestyle diseases such as obesity, diabetes, and hypertension were topics that were discussed in the first session, followed by discussions centring around simple exercises and movements for home, workplace, and leisure, tips for staying active with minimal equipment or space, balancing physical activity with a busy schedule and inspiration from the Olympic Movement and its emphasis on excellence, respect, and fair play while also highlighting the role of sports and regular activity in building community, resilience, and discipline. The workshop served as a platform to promote awareness about the significance of regular physical activity and its role in fostering a healthy and active lifestyle.

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- Philippines

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: The students felt motivated to participate and encourage people of all ages, genders, color and castes etc. to participate in athletic events all over the world.



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

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,
FIJI ISLANDS

Moderator



Dr. Dny 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

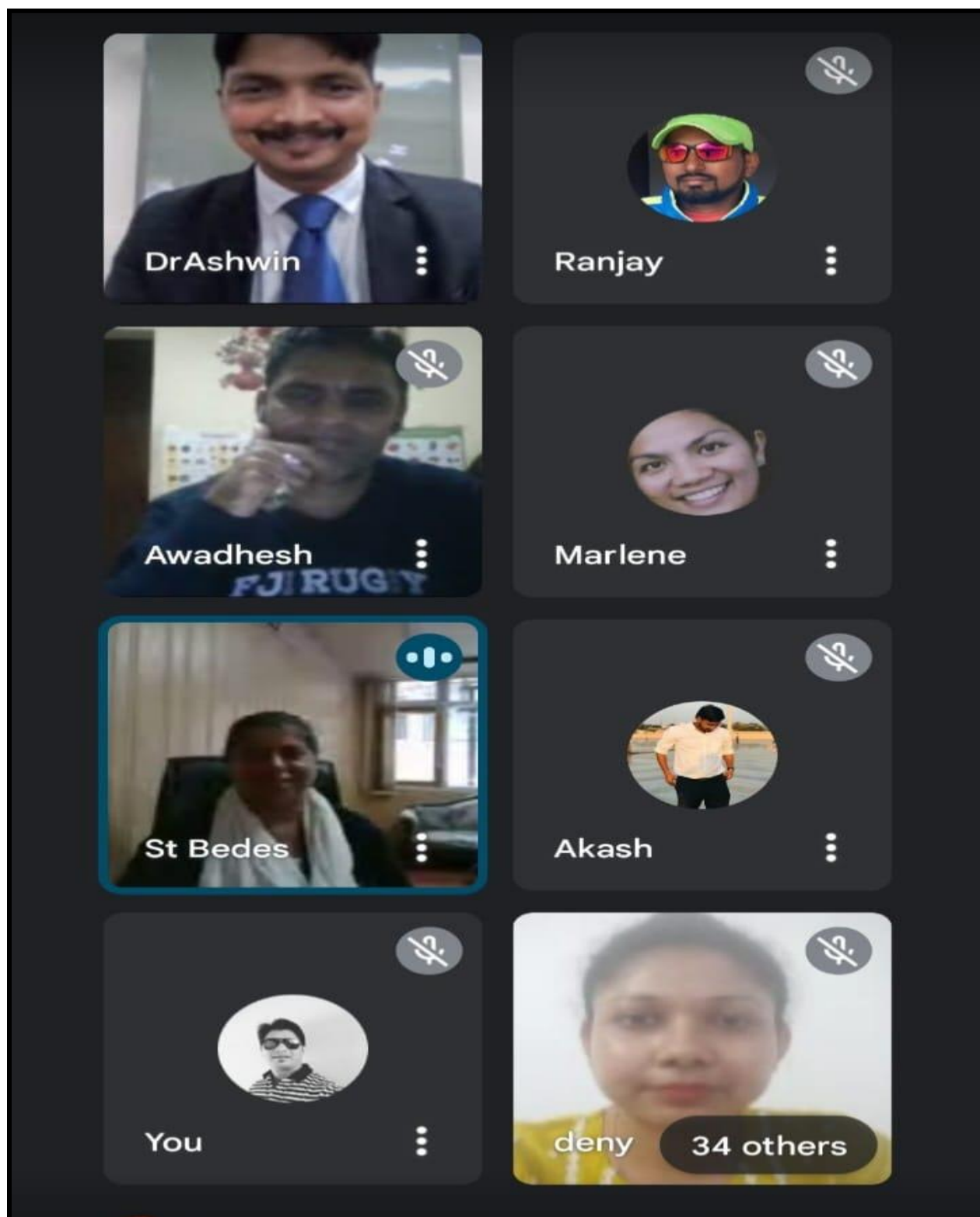


Convener

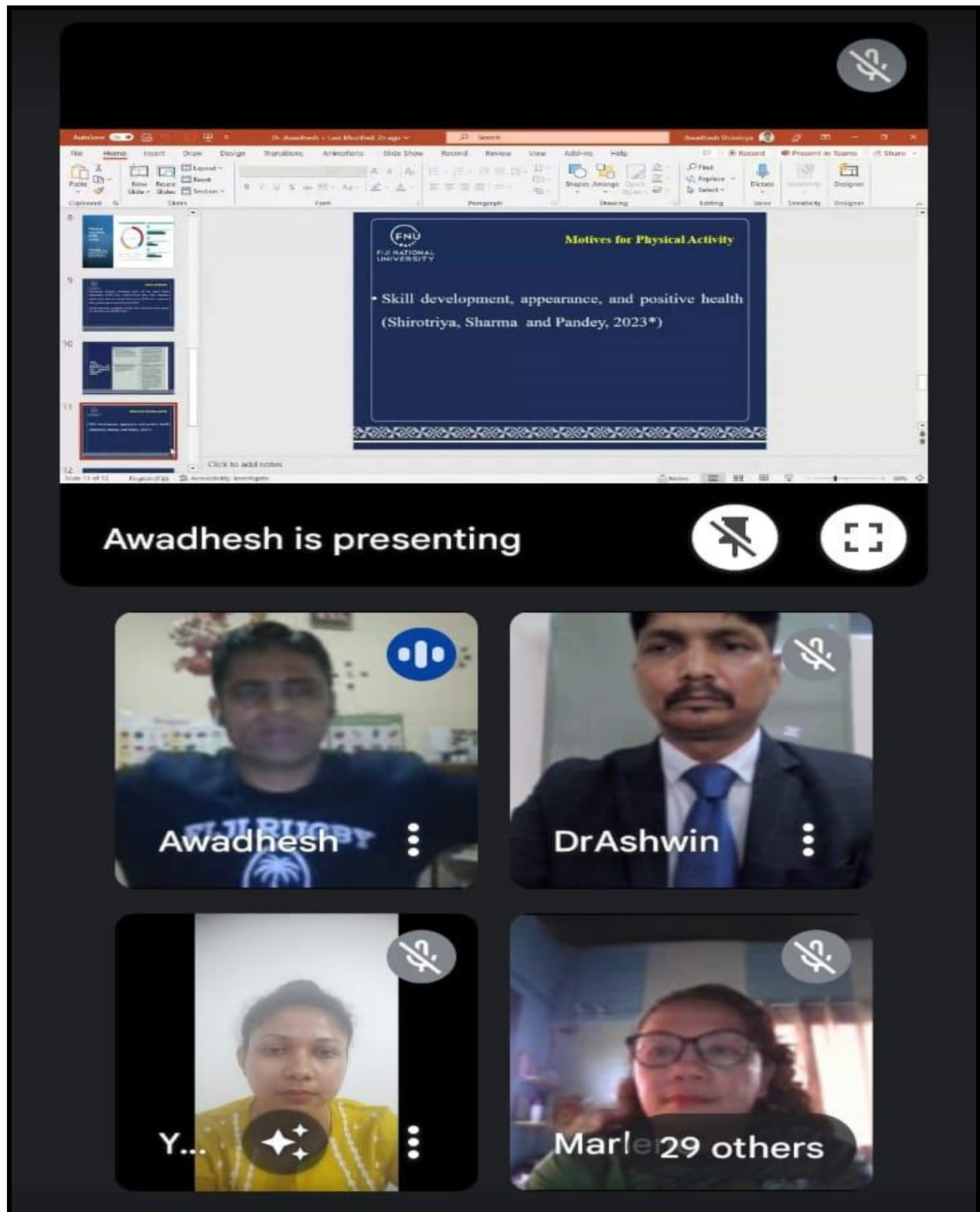
Dr. Ashwani Kumar
Department of Physical Education,
St. Bede's College, Shimla (H.P)-INDIA



International Workshop on the Celebration of International Olympic Day (June 26, 2023)



International Workshop on the Celebration of International Olympic Day (June 26, 2023)



International Workshop on the Celebration of International Olympic Day (June 26, 2023)

International Teleconferencing

26 June 2023

Name	Affiliation (Gender)	Department	State	Country
Dr. Ashwari Bedes	Male	Physical ec	H.P.	India
Dr. Pankaj	Male	Geography	Himachal P.	India
Mr. Vikas	Male	Physical Ec	Uttar Pradesh	India
Dr. Ashwan	Male	Physical ec	Himachal P.	India
Sudheer K. Nandini	Male	Physical ec	Uttar Pradesh	India
Dr. Vaibhav	Male	Department	Uttar Pradesh	India
ARZOO YAI RAM MAN	FEMALE	PHYSICAL	UTTAR PR.	INDIA
Dr. Sanjeev	Male	Physical Ec	Chhattisgarh	India
Dr. Abhijeet	Male	Department	U.P.	India
Mrs. Vrush	Female	Physical ec	Maharashtra	India
PUNITA V.C.O.P. JINDAL	Female	Education	Chhattisgarh	India
Prof. Priscilla	Female	Physical Ec	Cotabato	Philippines
Prof. Gladys	Female	Bachelor o	N/A	Philippines
Mr. Rojic	Male	BPed	N/A	Philippines
Mrs. Monika	Female	Department	Madhyapr	India
Manish pr	Male	Department	Madhyapr	India
Pallavi Mis	Female	Physical ec	Uttar Pradesh	India
Mr. RANJA	Male	Physical ec	Bihar	India
Mr. Geeta	Female	Physical ec	Bihar	India
Dr. Gangad	Male	Physical	E. Karnataka	India
A.K. Sri	Male	Fiji University		Fiji
Prof. Marlene	Female	University of Southern	Mindanao	Philippines
Dr. Denny	Male	DIET	Deemaji	Assam
L. Santosh	Male	Physical Education		Manipur
Daraboji	Male	Physical Education		Kerala
Prof. Stephen	Male	Physical Education		Kerala
Kalpas	Male	Physical Education		Manipur
Romeo	Male	Physical Education		Manipur
Prof. Rajni	Female	Physical Education		Manipur
Prof. Ranjith	Female	Physical Education		Manipur
Malen	Female	DIET	Education	Manipur
Ratna	Female	PHYSIOTHERAPY		Kerala
Mark	Male	SPORTS	Sports	Kerala
Hitu	Male	ARTS	Education	Assam
Prof. Robin	Male	DIET	Education	Manipur
Ravi	Male	DIET	Education	India
Rajesh	Male	DIET	Education	India
Arun	Male	YOGA	Scelnes	India
Akash	Male	YOGA	Scelnes	Manipur
Ravindutt	Male	SPORTS	Sports	Manipur
Mrinal	Male	YOGA	Scelnes	Manipur
Harikesh	Male	YOGA	Scelnes	Manipur
Lashram	Male	DIET	Education	Manipur
Shashil	Male	Science	Science	Manipur
Meter	Female	Sports	Sports	Manipur
Shradha	Female	DIET	Education	U.P.
Shubra	Female	Yoga	Scelnes	INDIA
Shreya	Female	Yoga	Scelnes	U.P.
Kavita	Female	Sports	Sports	H.P.

Total = 50

28/06/23

Attendance Sheet