



## **SUPPORTING DOCUMENTS**

### **3.5.2**

**NUMBER OF FUNCTIONAL MOUS WITH INSTITUTIONS, OTHER  
UNIVERSITIES, INDUSTRIES, CORPORATE HOUSES ETC.**

**(2023-2024)**



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Name of the MOU	Link	List of activities done under MOU
St. Bede's College, Shimla and Physical Education Foundation of India (PEFI)	<a href="https://www.stbedescollege.in/wp-content/uploads/2023/05/MOU-PEFI-ST.-BEDE-COLLEGE-1.pdf">https://www.stbedescollege.in/wp-content/uploads/2023/05/MOU-PEFI-ST.-BEDE-COLLEGE-1.pdf</a>	Three-day National Workshop on the Celebration of International Yoga Day



## PHYSICAL EDUCATION FOUNDATION OF INDIA (PEFI)

Memorandum of understanding was signed between St. Bede's College, Shimla, and Physical Education Foundation of India (PEFI) New Delhi on 13<sup>th</sup> April, 2023.

### LIST OF ACTIVITIES DONE UNDER MOU

#### Event: Three-day National Workshop on the Celebration of International Yoga Day

**Date: June, 19 to 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 and Physical Education Foundation of India jointly organized a Three- day National Workshop on “Yoga for a Healthy Lifestyle” 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. The principal of the college 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 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.

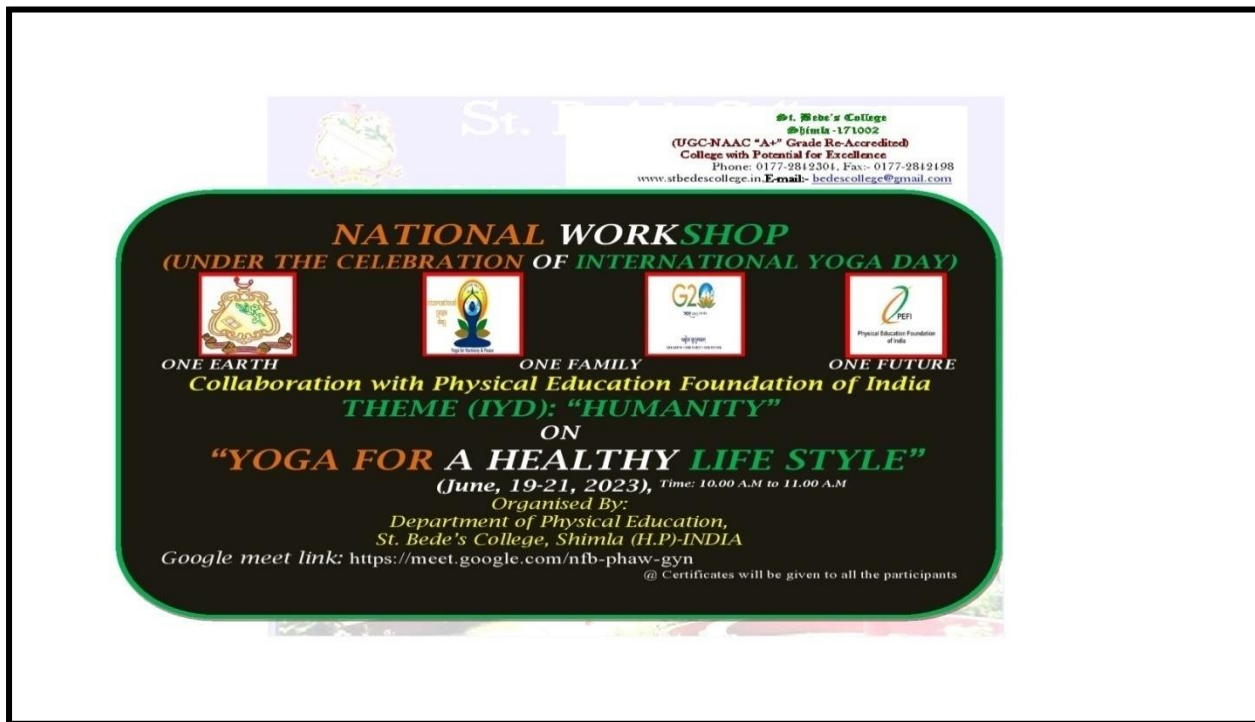
June 21, 2023, (10.00 a.m. to 12.30 p.m.)

- **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).

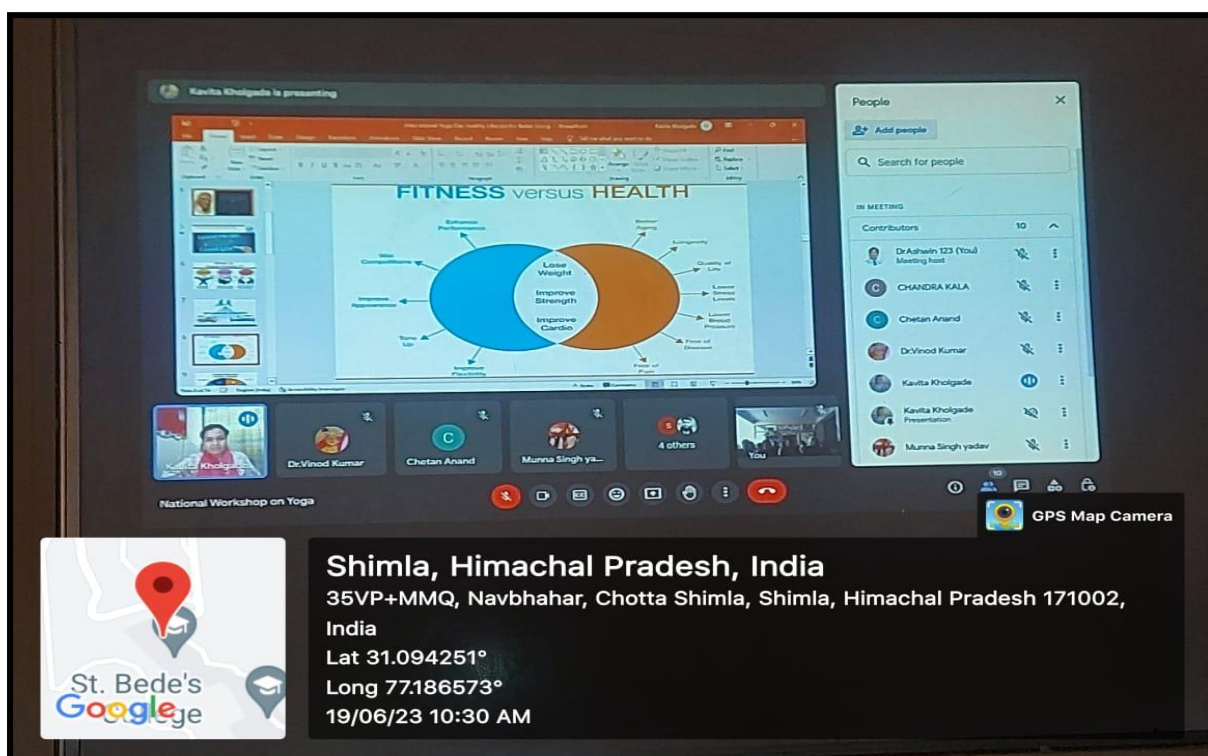
**Outcome:** The students experienced that practice of yoga is known to bring about a perfect harmony between mind and body and this unity plays a great role in the overall stability.



### Brochure

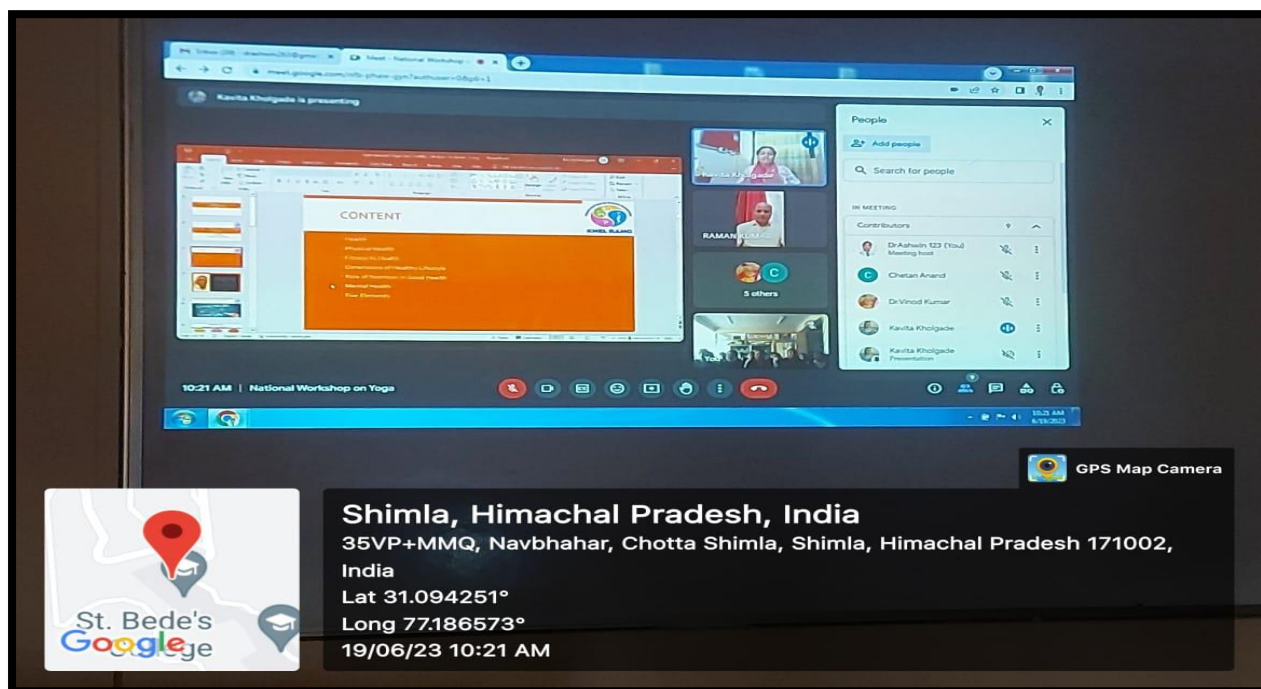


### Glimpses of National Workshop (June 19, 2023)

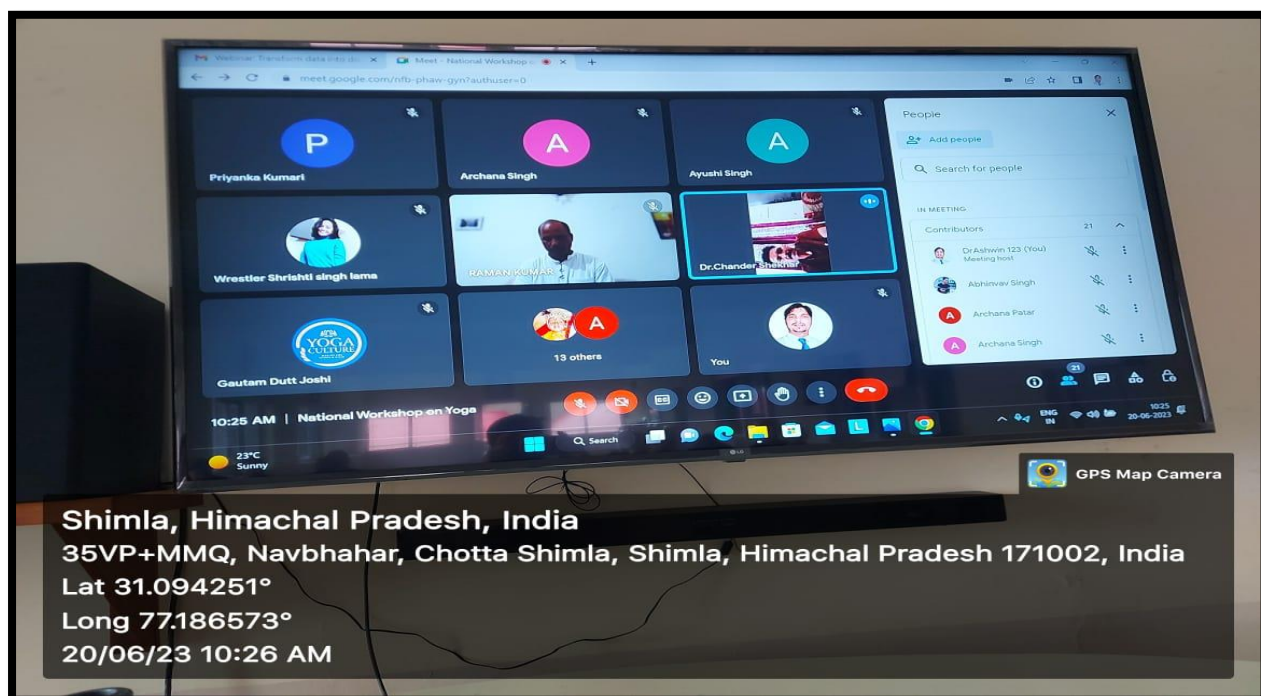


*Glimpses of National Workshop (June 19, 2023)*

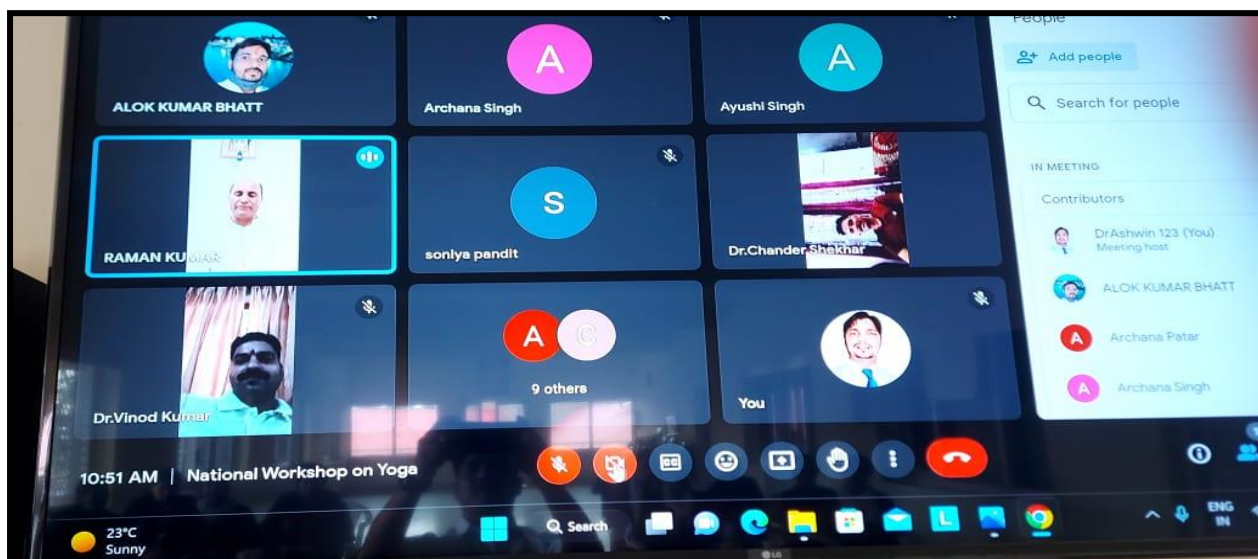




*Glimpses of National Workshop (June 19, 2023)*

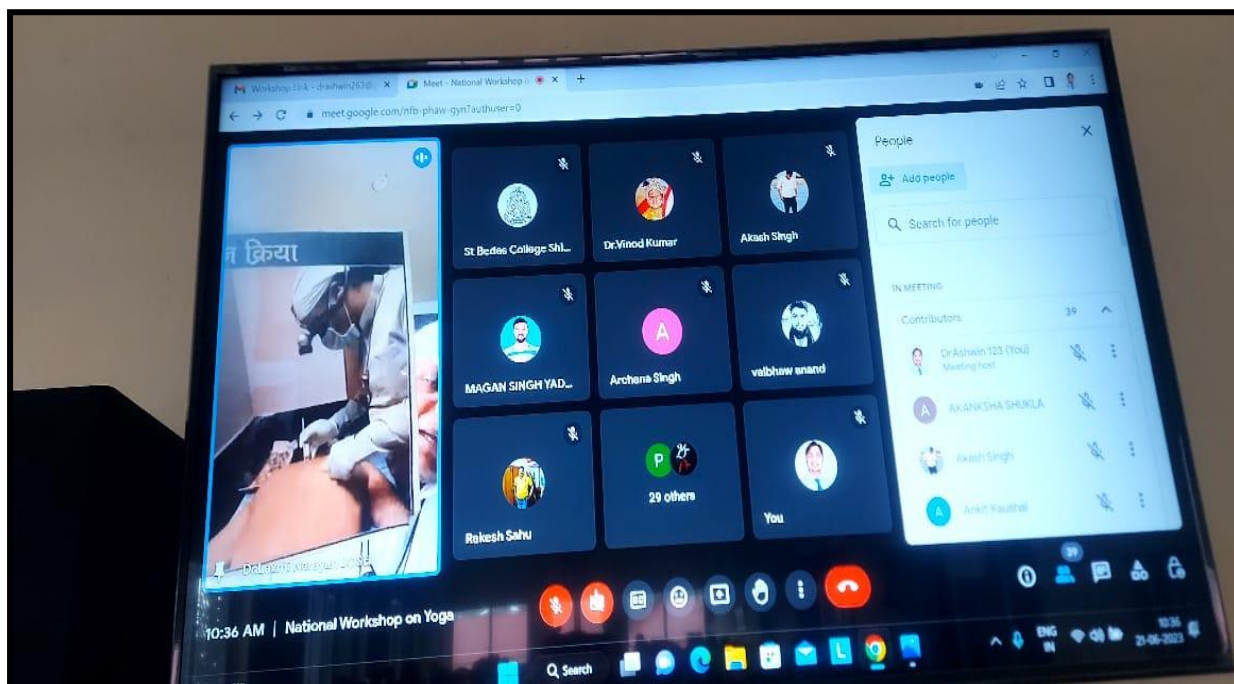


*Glimpses of National Workshop (June 20, 2023)*



*Glimpses of National Workshop (June 21, 2023)*





*Glimpses of National Workshop (June 21, 2023)*