



*Department of Physical Education,  
St. Bede's College, Shimla*

## **DEPARTMENT OF PHYSICAL EDUCATION ACTIVITIES 2024-25**

### **YOGA CAMP AND NATIONAL WEBINAR ON INTERNATIONAL YOGA DAY**

**Date:** June 13<sup>th</sup>-14<sup>th</sup> & 21<sup>st</sup> 2024

**Objectives:**

- To raise the awareness about the benefits of practicing yoga.
- To promote the adoption of lifestyle patterns and choices that lead to good health.



**Description:**

The Department of Physical Education in collaboration with Health Club of St. Bede's College, Shimla under the aegis of Ministry of Ayush organized a two Days Yoga Camp for college students. The camp was organized on 13<sup>th</sup> and 14<sup>th</sup> June, 2024 based on this year's International Yoga Day theme i.e. 'Yoga for Women Empowerment'. The camp was proficiently handled by the yoga expert 'Dr. Rinku Kumar from Department of Yogic Sciences; (HPU). More than 50 college students participated in the camp and gained benefit.

**Outcome:**

The practice of yoga brings about a perfect harmony between mind and body and this unity plays a major role in the overall stability of the young students.

**Social Media Link:** <https://www.instagram.com/p/C8GTGNASESh/?igsh=eThuZXdlbDVkd21n>

**MINISTRY OF  
AYUSH**

*Celebration of...*

**"INTERNATIONAL YOGA DAY"**

*under the aegis of.....*

**MINISTRY OF AYUSH**

*(June 13<sup>th</sup> to 15<sup>th</sup> & 21<sup>st</sup>, 2024)*

**Theme 2024: "Yoga for Women Empowerment"**

**Highlights are:**

@ Yoga Camp (June 13<sup>th</sup>- 14<sup>th</sup>, 2024) and,  
@ National Webinar: Yoga for Women Empowerment (June 21, 2024)

*Org. by:*  
*Department of Physical Education & Health Club,*  
*St. Bede's College, Shimla, (H.P), India*



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<p><b>Yoga Camp (June 13-14, 2024)</b></p>  <p><b>Yoga Expert</b> Dr. Rinku Kumar Hamirpur, (H.P), India</p>		<p><b>National Webinar: Yoga for Women Empowerment (June 21, 2024)</b></p>  <p><b>Resource Person</b> Dr. K. Jothi Dayanandan Associate Professor, YMCA Chennai, (T.N), India</p>		 <p><b>Moderator</b> Dr. Chander Shekhar Asth. Prof. SPN, Mukerian, (P.B), India</p>	
<p><b>Organiser's</b></p>  <p><b>Patron</b> Prof. (Sr.) Molly Abraham Principal, St. Bede's College, Shimla, (H.P), India</p>		 <p><b>Convener</b> Dr. Ashwani Kumar Department of Physical Education, St. Bede's College, Shimla, (H.P), India</p>			

*Brochure*



*Yoga Session Day-I*



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***Yoga Session Day-II***





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*Students Learning Yoga*

## **NATIONAL WEBINAR ON “YOGA FOR WOMEN EMPOWERMENT”**

### **Objective:**

The main objective of the webinar was to discover the importance of yoga in the life of women that helps to empower them.

### **Description:**

Department of Physical Education and Health Club of St. Bede's College, Shimla jointly organized a National Webinar on “Yoga for Women Empowerment” on the occasion of International Day of Yoga on June, 21<sup>st</sup>, 2024. The webinar organized under the aegis of Ministry of Ayush. This year the theme of International Yoga Day 2024 was “Yoga for Women Empowerment”. The eminent speaker for the session was Dr. Jothi K. Dayanandan, Associate Professor, YMCA, Chennai and Dr. Chander Shekhar, Assistant Professor, SPN College, Mukerian, Punjab, was the moderator for the webinar. The speaker brilliantly presented her talk on the role of yoga for women. The session was really very interactive and insightful. The moderator concluded the session and appreciated the speaker's efforts, he also congratulated the organizers for the success of the event.

The college Principal Prof. (Sr.) Molly Abraham also highlighted the importance of harmony between body, mind and the soul which could be attained by regular practice of yoga. The event was attended by more than 40 delegates.

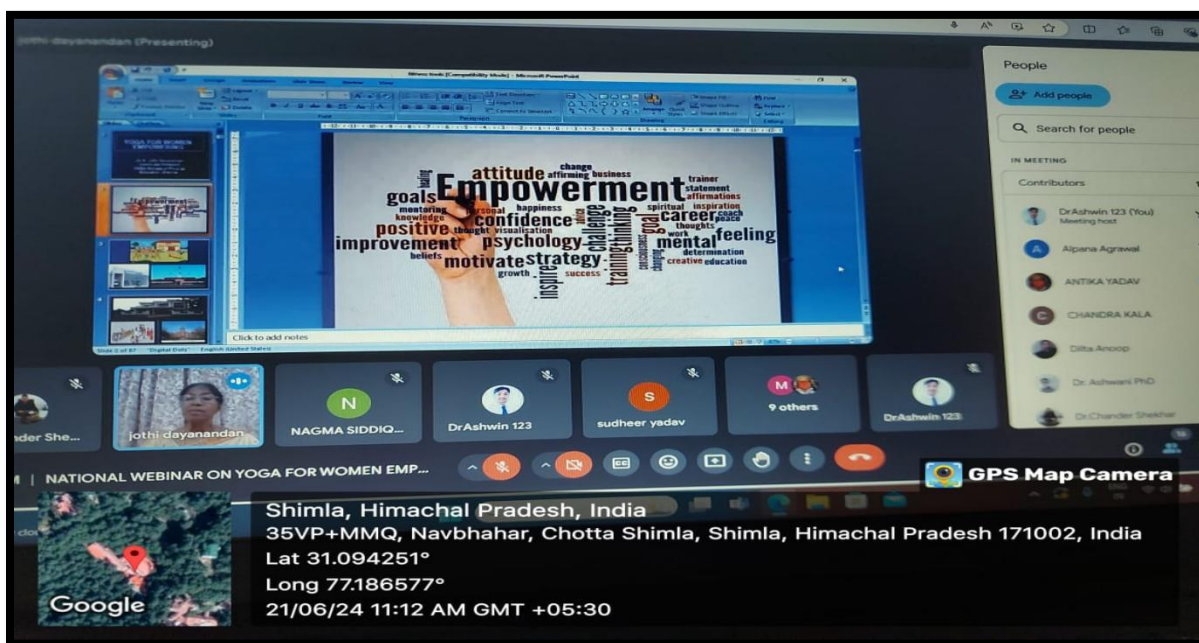


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### Outcome:

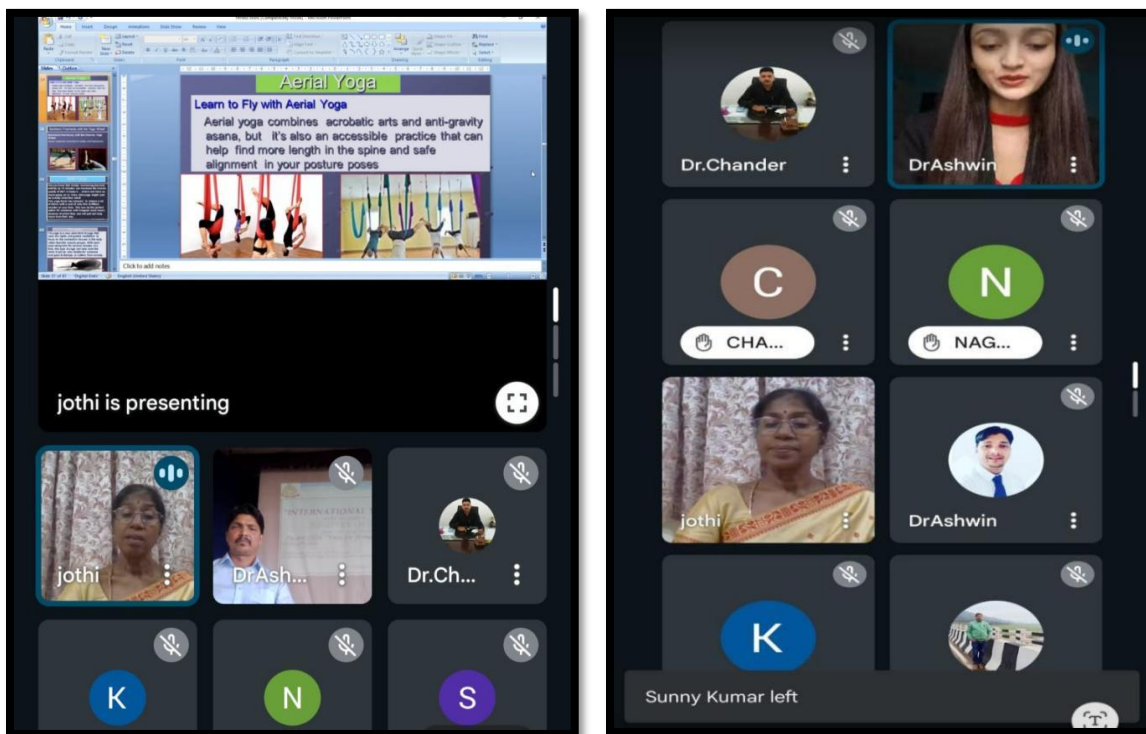
The participants became aware about their inner potentials, skills, and strengths. This session enables them to make their own choices and to trust those decisions that empowering them to take control of their lives.

### Glimpses of the Webinar





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*International Day of Yoga on June, 21<sup>st</sup>, 2024.*

**HPU INTER COLLEGE TABLE TENNIS (WOMEN) CHAMPIONSHIP (Extension Activity)**

**Date: October 18<sup>th</sup>-19<sup>th</sup>, 2024**

**Objective:**

The main objective of inter-college sports competitions is to foster a spirit of healthy competition, enhance physical and mental well-being, and promote sportsmanship among students. These events also aim to identify and nurture athletic talent, provide opportunities for students to showcase their skills, and build valuable life skills like teamwork and leadership.

**Description:**

Himachal Pradesh University, Table Tennis (Women) Inter College Championship (18<sup>th</sup> to 19<sup>th</sup> October 2024) was organized under the aegis of Physical Education Department & NSO. Prof. Sanjay Sharma, Director of Physical Education & Youth Program & Dean of Education, Himachal Pradesh University, Shimla (H.P) was the Chief Guest on the Inaugural Function (18<sup>th</sup> Oct. 2024). The chief guest, observer and officials were felicitated by the college Principal Prof. (Sr.) Molly Abraham. Contingent Incharges of different college were felicitated by chief guest and college principal. The principal Prof. (Sr.) Molly Abraham welcomed the delegates and the vote of thanks was proposed by the organizing secretary Dr. Ashwani Kumar.



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There were nine different colleges who participated along with contingent in-charges in this championship. The H.P University had appointed one observer and three officials for the successful organization of the championship. More than 60 participants participated in this championship.

Prof. Hari Singh, Chairman, Physical Education Department & Former Director of Youth and Physical Education Program, H.P University, Shimla (H.P) was the Chief Guest on the prize distribution and valedictory function. The chief guest was felicitated by the college Principal Prof. (Sr.) Molly Abraham. Ms. Swati Kapil, Department of Economics, felicitated the college Principal Prof. (Sr.) Molly Abraham.

The position holders were:

Government College, Dharamsala- 1<sup>st</sup> Position

Government College, RKMV, Shimla – 2<sup>nd</sup> Position

Government College, Kotshera, Shimla - 3<sup>rd</sup> Position

The winners were felicitated with Trophies, Medals and Certificates. After the prize distribution and valedictory function, vote of thanks was proposed by Ms. Swati Kapil.

Mr. Bihari Lal Thakur, Ms. Swati Kapil, Miss Ritul Chauhan (President-NSO), Miss Sudiksha Mehta, Miss Janvee, Miss Nitika Thakur, Miss Prapti Joseph and Miss Niharika Chauhan were actively involved in organizing the Inter-College Championship.

**Outcomes:**

- The students learned the demonstration of traits such as, good sportsmanship and teamwork in both competition and practice.







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- Apply discipline and commitment developed in practice and competition to academic achievement.
- The sports event is not only about competition but also about sportsmanship and teamwork.

**Social Media Link:** <https://www.facebook.com/share/p/1MuzjWeYaN/>



**St. Bede's College, Navbahar, Shimla (H.P)**  
**NAAC Re-Accredited A Grade**  
*(College with Potential for Excellence)*



***The Principal, Staff Members, PTA & Students,***

*Cordially invite you to the*  
**H.P University Inter College Table Tennis (W) Championship**  
**(18th to 19th October 2024)**

<b><i>Inaugural Function</i></b>	<b><i>Closing Ceremony</i></b>
<b>Prof. Sanjay Sharma</b> (Chief Guest) Director, Physical Education & Youth Programme, H.P University, Shimla (H.P) (18th Oct. at 12.30 p. m.)	<b>Prof. Hari Singh</b> (Chief Guest) Chairman, Physical Education Department, H.P University, Shimla (H.P) (19th Oct. at 12.30 p. m.)
<b>Dr. Ashwani Kumar</b> (Organizing Secretary)	<b>Prof. (Sr.) Molly Abraham</b> (Chief Patron)

*Brochure*





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## टेबल टेनिस में धर्मशाला कॉलेज ने जीता खिताब

आरकेएमवी को हराया, कोटशेरा तीसरे स्थान पर



सेंट बीड्स कॉलेज में विजेता खिलाड़ियों को सम्मानित करते हुए। -संवाद

### अमर उजाला ब्यूरो

शिमला। सेंट बीड्स कॉलेज में आयोजित इंटर कॉलेज महिला टेबल टेनिस प्रतियोगिता के फाइनल में धर्मशाला डिग्री कॉलेज की टीम ने राजकीय कन्या महाविद्यालय को 3-2 से हराकर ट्रॉफी जीती।

राजीव गांधी महाविद्यालय कोटशेरा ने सरकायट को हरा तीसरा

स्थान पाया। विजेता धर्मशाला की टीम से भाग्या, श्रुति, वैश्रणी, आरकेएमवी से रिधिमा, अंजली, मुस्कान और साथी जबकि कोटशेरा से अंजली, मधु और ईशा ने प्रतिभा दिखाई। समापन समारोह में विश्वविद्यालय के शारीरिक शिक्षा विभाग के विभागाध्यक्ष डॉ. हरि सिंह ने विजेता और उप विजेताओं को पुरस्कार देकर सम्मानित किया।



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*HPU Inter College Table Tennis (Women) Championship*





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## **NATIONAL WEBINAR ON PSYCHOLOGICAL FACTORS AFFECTING PERSONALITY DEVELOPMENT**

**Date: November 22, 2024.**

### **Objective:**

The webinar aimed to equip participants with the psychological factors affecting their personality.

### **Description:**

The Department of Physical Education in collaboration with UGC Cell, organized a National Webinar on “Psychological Factors Affecting Personality Development” on November 22, 2024. The webinar was organized on Google Meet platform, Prof. George Abraham, Chennai (T.N) was the resource person of the webinar. Dr. Yogamaya Panda, PG Department of Psychology, Shialbala Women's Autonomous College, Cuttack, Odisha was the moderator of the webinar. The resource person gave important information to the delegates about personality traits. More than 50 participants were connected through online and offline mode in the webinar. Dr. Ashwani Kumar was the webinar convener. The Principal, Prof. (Sr.) Molly Abraham welcomed the speakers and the moderator of the workshop. After the session, the moderator concluded the session and discussed in detail the personality traits of individuals. The vote of thanks was proposed by the Miss Ritul Chauhan, President, NSO. Participants gave positive feedback about the webinar.

### **Outcome:**

- Personality development involves all of the factors that influence how our personalities form and change over time. This can include our genetic background and the environment where we are raised. While personality tends to be pretty stable, it can change over time, especially as people get older.

**Social Media Link:** <https://www.instagram.com/p/DEJ0EytSlab/?igsh=MW95aHFsaJBraXI4eQ>



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

NAAC RE-ACCREDITED 'A' GRADE

Department of Physical Education

(In collaboration with UGC Cell)

is organising a

# NATIONAL WEBINAR ON PSYCHOLOGICAL FACTORS AFFECTING PERSONALITY DEVELOPMENT

Date: November 22, 2024 (10.30 to 12.00 pm IST)

Resource Person

Prof. George Abraham

Chennai, (T.N), India  
Orcid Id:0000-0002-9763-555X,

Moderator

Dr. Yogamaya Panda

Department of Psychology, Shailabala Women's Autonomous College,  
Cuttack, Odisha, India, Google Scholar:<https://scholar.google.com/citations?user>

Patron

Prof. (Sr.) Molly Abraham

(Principal)

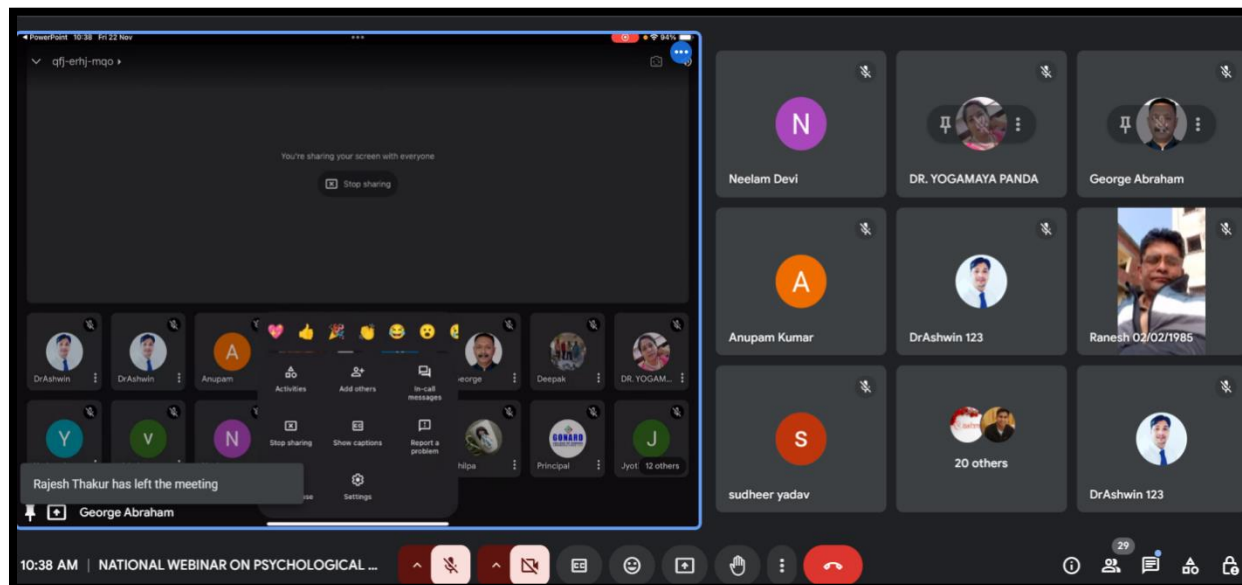
Convener

Dr. Ashwani Kumar

(Deptt. Phy. Edu.)

Google Meet Link: <https://calendar.app.google/njNw7YnzxgFs1vNr8>

### Brochure





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George Abraham (Presenting)

## Determinants of Personality

- Physical Determinants
- Psychological Determinants
- Intellectual Determinants
- Social Determinants
- Other factors: Situation, Family and Culture



George Abraham

10:46 AM | NATIONAL WEBINAR ON PSYCHOLOGICAL ...

Participants: Neelam Devi, DR. YOGAMAYA PANDA, George Abraham, Anupam Kumar, DrAshwin 123, sudheer yadav, KHUSHI RAM BHAGAT, 23 others, DrAshwin 123.


George Abraham (Presenting)

## What is personality Development?

Personality development refers to the process by which the organized thought and behavior patterns that make up a person's unique personality emerge over time.

### Personality Traits

- Introversion
- Openness to experience
- Conscientiousness
- Agreeableness



George Abraham

10:50 AM | NATIONAL WEBINAR ON PSYCHOLOGICAL ...

Participants: Ashwani Awasthi, DR. YOGAMAYA PANDA, George Abraham, Anupam Kumar, DrAshwin 123, PREM CHAND, Sanoj Sharma, 31 others. Action: PREM CHAND has raised a hand. Open queue.



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George Abraham (Presenting)

**Internal Psychological Factors affecting Personality Development**

- Culture
- Genetics
- Cognitive Development
- Environment
- Family
- Education
- School
- Hereditary Influence
- Situation
- Social Medias

**PERSONALITY**  
**PSYCHOLOGY**

10:56 AM | NATIONAL WEBINAR ON PSYCHOLOGICAL ...

Participants: Paramjit Kaur, DR. YOGAMAYA PANDA, George Abraham, Anupam Kumar, DrAshwin 123, PREM CHAND, Sanoj Sharma, 35 others.

George Abraham (Presenting)

**Personality Development Tips**

- Identify Your Current Traits
- Identify Your Values
- Set a Daily Personal Development Goal
- Keep a Positive Mindset
- Be Confident

11:40 AM | NATIONAL WEBINAR ON PSYCHOLOGICAL F...

Participants: Sumit rana Rana, PREM CHAND, 44 others.

**People**

Add people

Search for people

**IN MEETING**

Raised hands: 2

(first to last) Lower all

PREM CHAND

Sumit rana Rana

**Contributors**: 48

DrAshwin 123 (You) Meeting host

Anukul kaith 876

dharam negi

*National Webinar on Psychological Factors Affecting Personality Development*



*Department of Physical Education,  
St. Bede's College, Shimla*

**Attendance Sheet of National Webinar on Psychological factors affecting Personality  
Development held on November 22, 2024**

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***Attendance Sheet***

How satisfied were you with the Webinar?			How would you rate the overall webinar experience?	Additional feedback on Webinar	How satisfied were you with the session content?	Any overall feedback for the event?	Name (optional)
1	5	Very valuable topic for Webinar	5	Excellent lecturer delivered by speaker		Dr.Roopa	
2	5	Very Good	4	Very informative session		Kartik Thakur	
3	5	Overall very good concept and topic	5	Informative session		Jyoti Bala	
4	4	Congratulations to organizing team.	4	Nice session		Dr Rashmi Trivedi	
5	4	Good	4	Overall good		Dr. R. C. Pandey	
6	5	Very informative session	5	Very informative session		JAI DHIMAN	
7	5	Very nice	5	Very informative		Dr. Sanjay Srivastava	
8	5	Excellent	5	Very informative session		Dr. Ranbir	
9	5	Organize more webinar near	5	Very informative session.		Dr. Khushi Ram Bhagat	



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		future.			
10	2	Nice	3	Well information provided by speaker	Dr. Akhil
11	5	Nice	1	Amazing	Mr. Vipin Kumar Singh
12	5	Informative Webinar	5	Very good	Dr. K. S. Kholia
13	5	Excellent and very informative session	5	Very informative and useful session	Diwan chand
14	5	It's good	5	Very informative and good	Dr. H. Priya
15	5	Very good session	5	Very good session	Vivek kumar
16	5	Such type of webinars should be organized in future	4	Nothing	Ravi Kumar
17	5	Really wonderful and useful webinar which focused on the psychological issues.	5	I found the webinar very beneficial	Dharam Devi
18	5	Informative	4	Excellent	Dr. Vinod Kumar
19	5	Nice	5	Informative Session	Dr. Sanoj Kumar
20	5	Excellent	5	Informative session Congratulations to the organiser	Dr. Yogamaya Panda

***Feedback Form***





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### **THREE DAYS INTERNATIONAL WORKSHOP ON RESEARCH METHODOLOGY (ONLINE)**

**Date: April 7-9, 2025**

#### **Objectives:**

- The workshop aimed to equip participants with the foundational knowledge and practical skills needed to design, conduct, and analyze research effectively by both online and offline modes.
- The workshop provided a platform to the participants to interact with eminent researchers, around the globe.
- The ultimate goal was to enhance participants' ability to contribute meaningfully to their field through rigorous and effective research.

#### **Description:**

The PG Departments in the college and the Department of Physical Education in collaboration with UGC, under the aegis of IQAC organized a “Three Days International Workshop on Research Methodology” from 7<sup>th</sup> - 9<sup>th</sup> April, 2025. In the workshop various aspects of research like research ethics, basic concepts of research and data analysis in interdisciplinary insights were discussed. More than 250 delegates and renowned personalities belonging to different fields and from various National and International Universities, Colleges and Institutes, joined the workshop in online mode. More than 34 college (M.Sc. Botany) students joined offline. Prof. Ma Rosita Ampoyas Hernani; Philippines and Dr. Yogamaya Panda; Udisa, India. Prof. Rajeev Choudhary; Chhatisgarh, India and Prof. Jomar B. ESTO; Philippines, Prof. Oliver B. Villaflares; Philippines and Prof. Jainah Rose; Philippines were the resource persons and moderators for 7<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup> April, 2025 respectively. All the sessions were very informative and interactive. Such events provide massive learning platforms for young researchers. The Principal Sr. (Prof.) Molly Abraham was also a part of this workshop she interacted with various National and International dignitaries on this platform and also appreciates and motivates the organizers for their efforts. She urged the organizers to organize such beneficial events in the future also.

**Day: I (April 7<sup>th</sup>, 2025)**



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Day one started with the online welcome and introductory speech by Dr. Kusum, in-charge PG Department of Botany. She introduced the speaker for the session, Prof. Ma. Rosita Ampoyas-Hernani from Cebu Normal University Philippines, moderator Dr. Yogamaya Panda from Department of Psychology, from Shailbala, Women Autonomous College Cuttack, Odisha, India and the Principal Prof. (Sr.) Molly Abraham. The status and legacy of the college was also highlighted during the welcome speech. Google meet was the platform for this interaction, the moderator Dr. Yogamaya Panda handled the session seamlessly.

The resource person Prof. Ma Roshita Hernani delivered her expert address, on the topic entitled “Research Ethics in Social Sciences”. She explained the necessity to study research ethics. She even mentioned her views on the role of ethics to ensure integrity and credibility of research to protect the rights and dignity of the participants, to promote trust between researchers and society etc. Prof. Rosita highlighted on research ethics and said, “Ethics is the foundation, not an option”.

Dr. Yogamaya Panda summarized the session on “Research Ethics”. She focused on the importance and role of ethics and social ability of people in research. She conducted the entire session very effectively. The PG students of the college also interacted with the resource person and asked various questions.

The vote of thanks was proposed by Ms. Vanshika from the PG Department of Botany. The overall session was very informative and interactive.

**Day: II (April 8<sup>th</sup>, 2025)**

The second day of the workshop on, “Research Ethics” started with the detailed description of the preceding of the last day by Dr. Ashwani Kumar, from Department Physical Education. He welcomed and introduced the keynote speaker for the second day session; Prof. Rajeev Choudhary from Pt. Ravishankar Shukla University, Raipur, Chhattisgarh, India. The moderator Prof. Jomar B. Esto from the University of Southern Mindanao, Philippines. The principal of the college, Prof. (Sr.) Molly Abraham was also welcomed and introduced to the dignitaries present on the platform; she also addressed the gathering and also appreciated the efforts of the organizers. The moderator Prof. Jomar B. Esto was invited to handle the session

The second day's session was on "Basic Concept of Research and Data Analysis". The resource person, Prof. Rajeev Choudhary delivered a detailed presentation on the basic components of research. He also explained quantitative and qualitative aspects of the research



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and discussed steps in the research processes. Prof. Choudhary practically explained various data analytical and statistical tools to the delegates in an interactive manner.

The session was concluded by the moderator Prof. Jomar B. Esto. He thanked Prof. Choudhary for his effective speech and skills on the topic. He also thanked St. Bede's College, for making him a part of the wonderful workshop. The session for the day ended with a question answer segment related to research ethics from the speaker.

Ms. Sakshi Bhardwaj from M.Sc. Botany proposed the vote of thanks to the speaker, moderator, college principal, organizers and the delegated who joined from around the globe in online / offline mode.

**Day: III (April 9<sup>th</sup>, 2025)**

The third day of the workshop started at 11.00 am, where Ms. Titiksha Kamal from the Department of Botany St. Bede's, introduced and welcomed the resource person Prof. Oliver B. Villaflores, from Faculty of Pharmacy, University of Santo Tomas Philippines and the Moderator was Prof. Jainah Rose G. Amilbahar from University of Southern Mindanao, Philippines. She also read out the proceedings of the previous day. The Principal Prof. (Sr.) Molly Abraham addressed the gathering present in both online and offline mode.

The moderator Prof. Jainah Rose G. Amilbahar was invited to for further handling and proceedings. The moderator i.e., Prof. Jinah Rose introduced speaker and invited him to deliver his expertise on, 'Interdisciplinary Insights: How to cross field thinking leads to great research questions'.

Prof. Oliver B. Villaflores the resource person talked about Interdisciplinary Insights in his presentation. He shared his own research findings and discusses research related questions/answers that lead to an effective study. He also explained interdisciplinary new research possibilities in collaboration with other good organizations for methodology exposures and quality research. He also explained the importance of the collaboration of specific research with different fields like humanities, education with neuroscience etc. He concluded his lecture with the words "stay narrow think wide".

Prof. Jainah Rose G. Amilbahar gave summary about theme; she thanked Prof. Oliver for his informative and interactive session. She thanked to St. Bede's College for making her part of this wonderful workshop.

Ms. Titiksha from the Department of Botany proposed the vote of thanks.



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The overall sessions were very informative and interactive. The workshop was appreciated by various National and internationally recognized personalities and delegates through the medium of online feedback.

**Outcomes:**

After attending the workshop, participants improved their understanding of research design, literature review, hypothesis development, data collection methods, and data analysis techniques.

**Social Media Links:**

- <https://www.facebook.com/share/p/18ec27ZR2R/>
- <https://www.facebook.com/share/p/1EYPgx4zTG/>
- <https://www.facebook.com/share/p/18ec27ZR2R/>





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**ST. BEDE'S COLLEGE, SHIMLA**  
NAAC RE-ACCREDITED 'A' GRADE  
College with Potential for Excellence

**PG Departments and Department of Physical Education**

In Collaboration with UGC Cell  
(Under the aegis of IQAC)  
is Organising

**THREE DAYS INTERNATIONAL WORKSHOP ON RESEARCH METHODOLOGY (Online)**  
**(SCIENCES & HUMANITIES)**  
**APRIL 7 - 9, 2025**

**Resource Person and Moderator**

7th April, 2025



Prof. Ma. Rosita Ampoyas-Hernani  
Cebu Normal University  
PHILIPPINES



Dr. Yogamaya Panda  
Department of Psychology,  
S. W. Autonomous College,  
Cuttack, Odisha,  
INDIA

8th April, 2025



Prof. Rajeev Choudhary  
Pt. R.S. University Raipur  
Chhattisgarh,  
INDIA



Prof. Jomar B. ESTO  
University of Southern  
Mindanao,  
PHILIPPINES

9th April, 2025



Prof. Oliver B. Villaflores,  
Faculty of Pharmacy,  
Uni. of Santo Tomas,  
PHILIPPINES



Prof. Jainub Rose  
G. Amilbahar  
University of Southern  
Mindanao,  
PHILIPPINES

**Topic Covered**

- ✓ Research Ethics
- ✓ Basic Concept of Research and Data Analysis
- ✓ Interdisciplinary Insights: How Cross-field thinking leads to great Research Questions

**Organisers**

**Patron**  
Prof. (Sr.) Molly Abraham

**UGC Incharge**  
Dr. Ashwani Kumar

**Convener**  
Dr. Kusum Sharma

**Co - Convener**  
Ms. Asmita Sharma

**Organizing Secretaries**

Dr. Preeti Kaundal

Ms. Titiksha Kamal

Dr. Sangeeta Sharma

Mr. Nalin Sharma

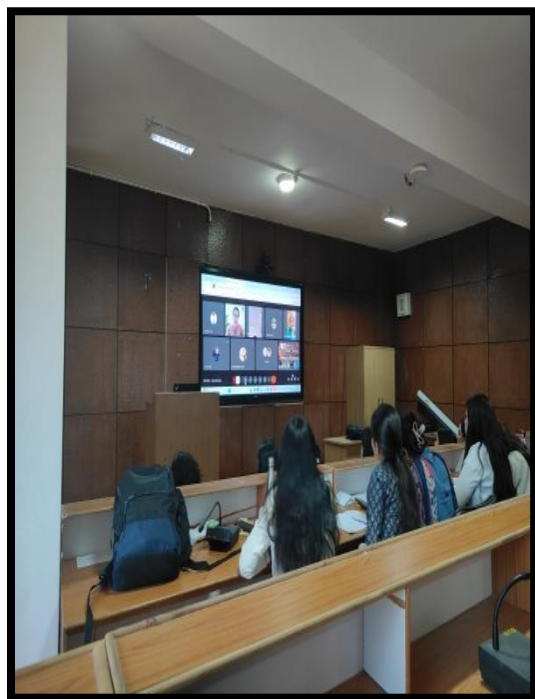
**TIME**  
10:50 am - 12:50 pm IST

**Google meet link:**  
<https://meet.google.com/zqx-dnaz-qwu>

*Brochure*



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*Glimpse of Three Days International Workshop on Research Methodology*



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## RESEARCH AND STATISTICS CLASSES FOR PG STUDENTS

### Objective:

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

**Description:** The Department of Physical Education in collaboration with Post Graduate Department of Botany, St. Bede's College, Shimla, organised research and statistical classes for PG students for two weeks. These classes were taught by Dr. Ashwani Kumar, Department of Physical Education. The basic concepts of research methodology and data analysis were introduced to the students.

**Outcome:** The students learnt how to collect, edit and analyse the data during their research projects. This activity aimed to develop research aptitude in students that could help them to pursue higher education.







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*Research & Statistics Classes*



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Research & Statistics (2024-2025)			
Sr. No.	Date	Name	Class
1.	10/08/24	Vandita Bhardwaj	M.Sc. III Semester
2.		Shivani Thakur	M.Sc. III Sem
3.		Rajamoni Chandel	"
4.		Rishi Shrivastava	M.Sc. II Sem
5.		Shreya	M.Sc. III Sem
6.		Sargam Thakur	M.Sc. III Sem
7.		Shikha Raptia	M.Sc. III Sem
8.		Sakshi Sharma	M.Sc. III Sem
9.		Vandita Sharma	M.Sc. III Sem
10.		Avantika Negi	M.Sc. III Sem
11.		Shikha Thakur	M.Sc. III Sem
12.		Yamuna Katoch	M.Sc. III Sem
13.		Samrati Thakur	M.Sc. III Sem
14.		Shikha Jaiswal	M.Sc. III Sem
15.		Sargam Thakur	M.Sc. III Sem
16.		Radhika Singh	M.Sc. III Sem
17.		Wakshi Bhardwaj	M.Sc. III Sem
Total = 17			

Research & Statistics (2024-2025)			
Sr. No.	Date	Name	Class
1	24/8/24	Wakshi Bhardwaj	M.Sc. III Sem
2		Vandita Bhardwaj	M.Sc. III Sem
3		Yamuna Katoch	"
4		Shreya	"
5		Avantika	"
6		Samrati	"
7		Yamuna	"
8		Shikha	"
9		Radhika	"
10		Sakshi	"
11		Vandita	"
12		Vibhuti	"
13		Sargam	"
14		Vandita Sharma	M.Sc. I Sem
15		Shikha	"
16		Vandita	"
17		Vandita	"
18		Vandita	"
19		Vandita	"
20		Vandita	"
21		Shreya	"
22		Shikha	"
23		Sakshi	"
24		Vandita	"
25		Vandita	"
26		Vandita	"
27		Vandita	"

**Attendance Sheets**