



*NSO,
St. Bede's College, Shimla*

SESSION: 2024-2025

Activity Name: “Celebration of National Sports Day”

Date: August 24th to September 03rd, 2024

Objective: The main objective of the sports week was to promote awareness about the significance of sports and being physically active.

Description: The National Sports Organization (NSO), St. Bede's College Shimla, organized Sports Week under the banner of National Sports Day (August 24th to September 3rd, 2024) to commemorate the birth anniversary of legendary hockey player Major Dhyan Chand, “The Wizard.” The program was conducted under the guidelines of UGC. The college thus organized various sports activities such as Table tennis, Badminton, Yoga, Track Races, Basketball and Volleyball. The College Principal Prof. (Sr.) Molly Abraham emphasized on importance of Fit India Movement which aims to motivate everyone to become more physically active. The position holders of respective games were felicitated by the college principal.

Outcome: National Sports Day is a reminder of the power of unity. It brings together people from all spheres of life, transcending boundaries of age, gender, and background, to collectively celebrate the incredible feats of athletes who represent the nation on various platforms.

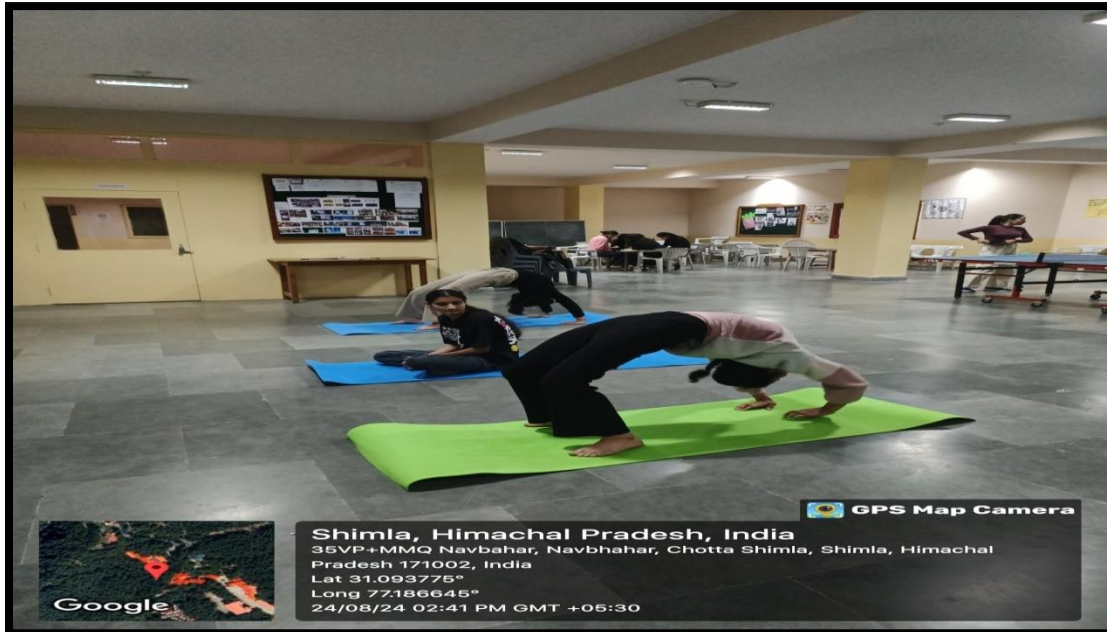
Glimpses of the Sports Week and NSD24:



“Brochure”



*NSO,
St. Bede's College, Shimla*





*NSO,
St. Bede's College, Shimla*



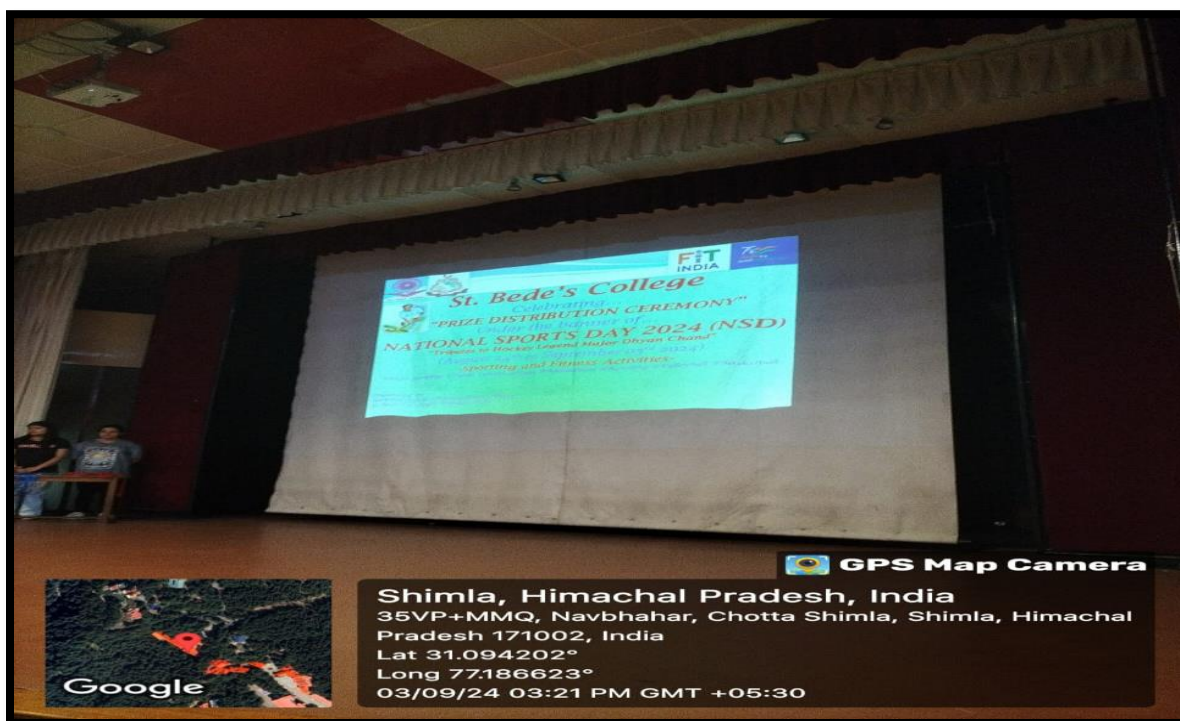


*NSO,
St. Bede's College, Shimla*



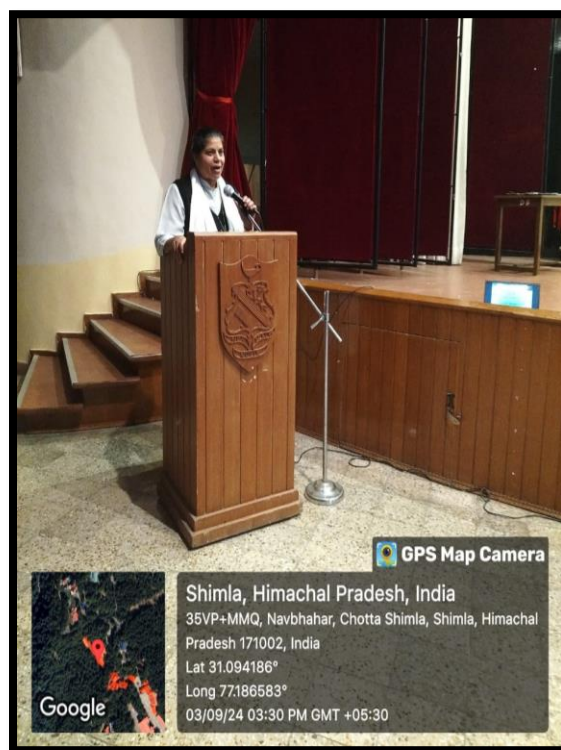


*NSO,
St. Bede's College, Shimla*





*NSO,
St. Bede's College, Shimla*





*NSO,
St. Bede's College, Shimla*





*NSO,
St. Bede's College, Shimla*



News published in “Amar Ujala Newspaper, 06/08/24”

Activity Name: Organization of Inter College Basketball Tournament

Date: September 21st, 2024 (Saturday)

Objective: The main objective of the activity was to know playing ability of the athletes.

Description: Inter College Basketball Tournament was organized under the banner of National Sports Organization. This competition was held between two colleges in which RKMV Shimla and St. Bede's College participated. Bede's college stood first in this tournament. 24 players participated in this competition.

Outcome: Demonstrate an expert knowledge of the strategies and skills of the sport and use critical thinking skills to apply this knowledge in competitive situations in order to participate to the best of one's ability in competition.



*NSO,
St. Bede's College, Shimla*



St. Bede's College Shimla, (H.P)
Naac re-accredited a grade



INTERCOLLEGE BASKETBALL TOURNAMENT

September 21, 2024 (3.00 pm Onwards)
RKMV COLLEGE V/S ST. BEDE'S COLLEGE



“Brochure”





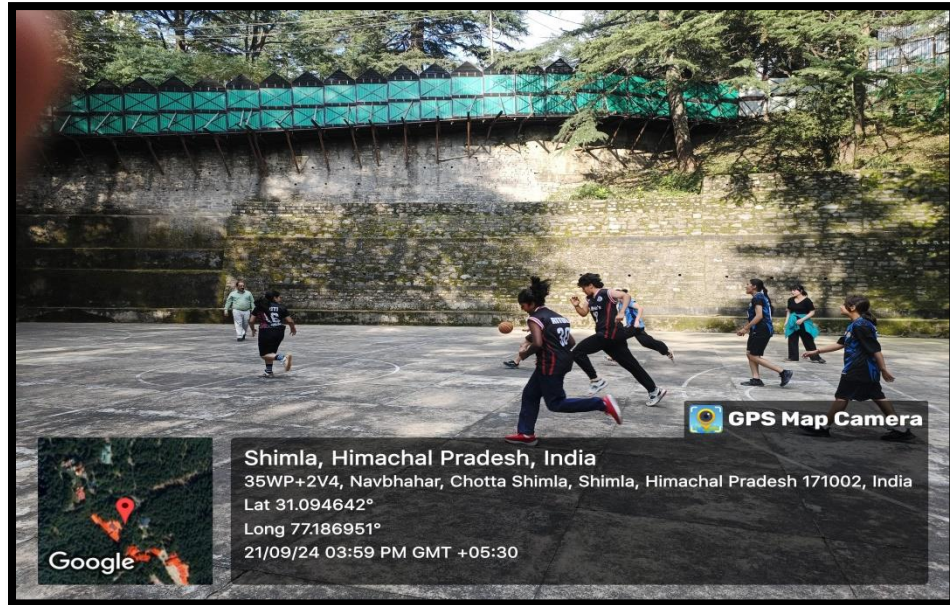
Google

GPS Map Camera

Shimla, Himachal Pradesh, India
35WP+2V4, Navbahar, Chotta Shimla, Shimla, Himachal Pradesh 171002, India
Lat 31.094642°
Long 77.186951°
21/09/24 03:59 PM GMT +05:30



*NSO,
St. Bede's College, Shimla*





*NSO,
St. Bede's College, Shimla*

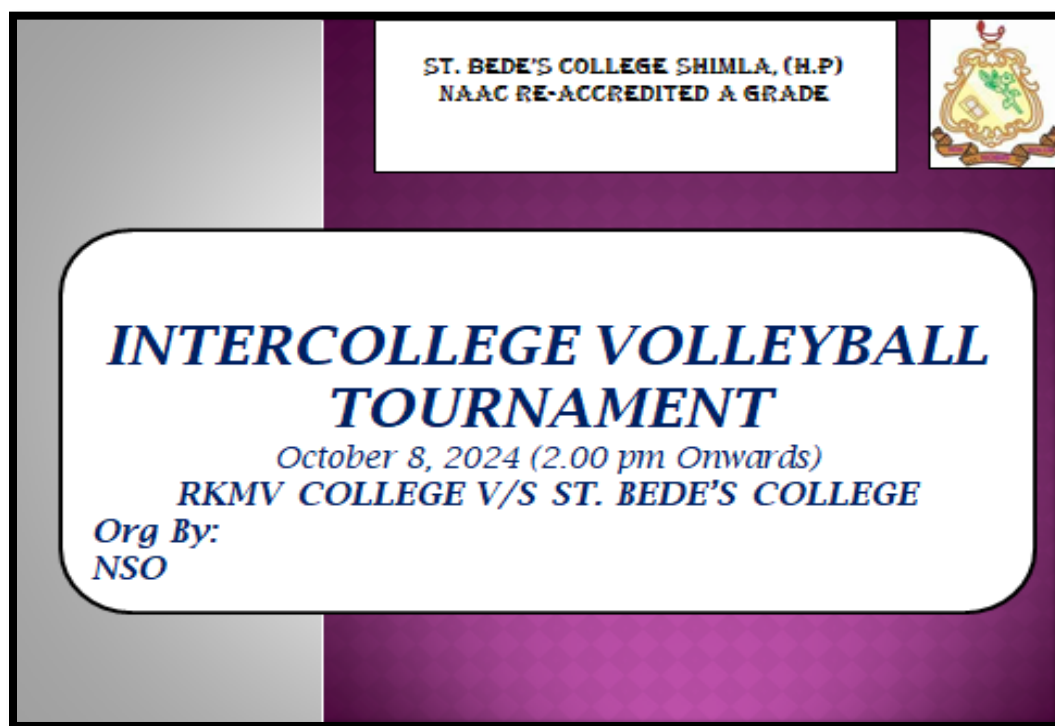
Activity Name: Organization of Intercollege Volleyball Tournament

Date: October 8, 2024

Objective: The main objective of the activity was to know playing ability of the athletes.

Description: Inter College Volleyball Tournament was organized under the banner of National Sports Organization. This competition was held between two colleges in which RKMV Shimla and St. Bede's College participated. Bede's college stood second in this tournament. 24 players participated in this competition.

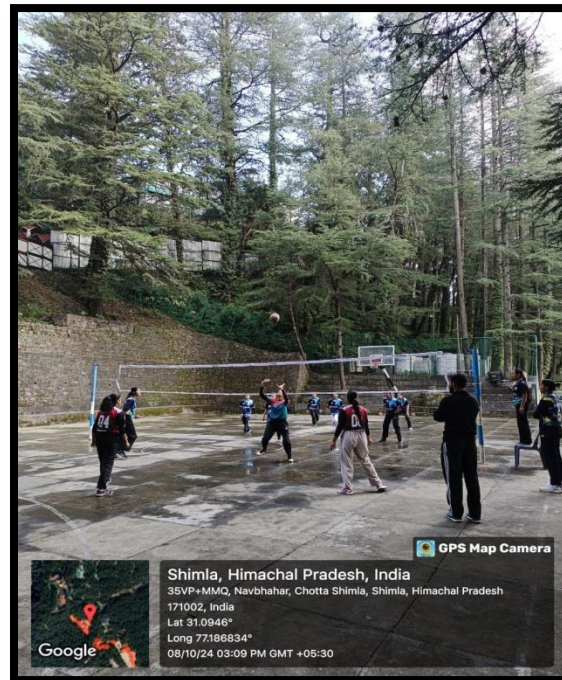
Outcome: Demonstrate an expert knowledge of the strategies and skills of the sport and use critical thinking skills to apply this knowledge in competitive situations in order to participate to the best of one's ability in competition.



“Brochure”



*NSO,
St. Bede's College, Shimla*





*NSO,
St. Bede's College, Shimla*



Activity Name: Organization of Himachal Pradesh University Inter College Table Tennis (Women) Championship

Date: October 18th-19th, 2024

Objective: The main objective of inter-college sports competitions was 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 (W) Inter College Championship (18th to 19th October 2024) was organized under the aegis of Physical Education Department and NSO. Prof. Sanjay Sharma, the Director of Physical Education and Youth Program and Dean of Education, Himachal Pradesh University, Shimla (H.P) was the Chief Guest on Inaugural Function (18th October 2024). The chief guest, observers and officials were felicitated by the



*NSO,
St. Bede's College, Shimla*

college Principal Prof. (Sr.) Molly Abraham. Contingent Incharges of different college were felicitated by chief guest and college principal. Welcome speech given by college principal Prof. (Sr.) Molly Abraham and vote of thanks given by organising secretary Dr. Ashwani Kumar.

Nine colleges from all over Himachal Pradesh along with contingent in-charges participated in this championship. The H.P University had appointed one observer and three officials for the successful organization of the championship and more than 60 participants were a part of this championship.

Prof. Hari Singh, Chairman, Physical Education Department and Former Director of Youth and Physical Education Program, H.P University, Shimla (H.P) was the Chief Guest for the prize distribution and valedictory function. The chief guest was felicitated by the college Principal Prof. (Sr.) Molly Abraham. Miss Swati Kapil, Department of Commerce felicitated College Principal Prof. (Sr.) Molly Abraham. The winners of the tournament were as follows-

Ist Position: Govt. College Dharamsala

IInd Position: Govt. College RKMV

IIIrd Position: Govt. College Kotshera

They were felicitated with trophies, medals and certificates. After the prize distribution and valedictory function, vote of thanks given by Miss. Swati Kapil.

Mr. Bihari Lal Thakur, Miss 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 Inter-College Championship and their were appreciated for their efforts and good organizational skills.



*NSO,
St. Bede's College, Shimla*

Outcome:

- Demonstrate traits of good sportsmanship and teamwork in both competition and practice.
- 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.

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)

Inaugural Function
Prof. Sanjay Sharma
(Chief Guest)
Director, Physical Education & Youth Programme,
H.P University, Shimla (H.P)
(18th Oct. at 12.30 p. m.)

Closing Ceremony
Prof. Hari Singh
(Chief Guest)
Chairman, Physical Education Department,
H.P University, Shimla (H.P)
(19th Oct. at 12.30 p. m.)

Dr. Ashwani Kumar
(Organizing Secretary)

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

“Brochure”



*NSO,
St. Bede's College, Shimla*





*NSO,
St. Bede's College, Shimla*



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 सरकाघाट को हरा तीसरा

स्थान पाया। विजेता धर्मशाला की टीम से भाग्या, श्रुति, वैश्ववी, आरकेएमवी से रिधिमा, अंजली, मुस्कान और साक्षी 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।



*NSO,
St. Bede's College, Shimla*





*NSO,
St. Bede's College, Shimla*

Activity Name: “Fit India Week”

Date: August 6th to December 12th, 2024

Objective: To know about the physical fitness of the students.

Description: The National Sports Organization (NSO) in collaboration with UGC Cell, St. Bede's College Shimla, organized Fit India Week under the banner of Fit India Movement. The program was conducted as per the guidelines of UGC. The college organized various sports activities such as – *Langdi Race, Pithhu, Steppu*, Badminton, Skipping, Running, Yoga and Fitness Assessment. Students actively participated in all activities. The College Principal Prof. (Sr.) Molly Abraham emphasized on importance of Fit India Movement which aims to motivate everyone to become more physically active.

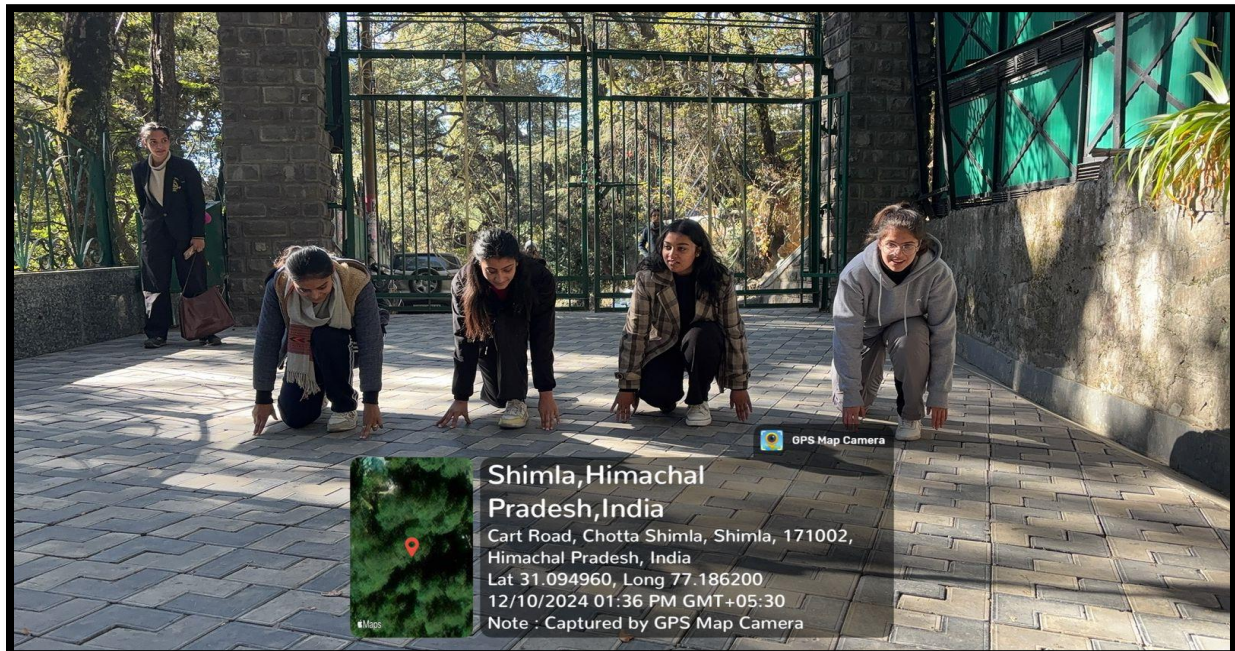
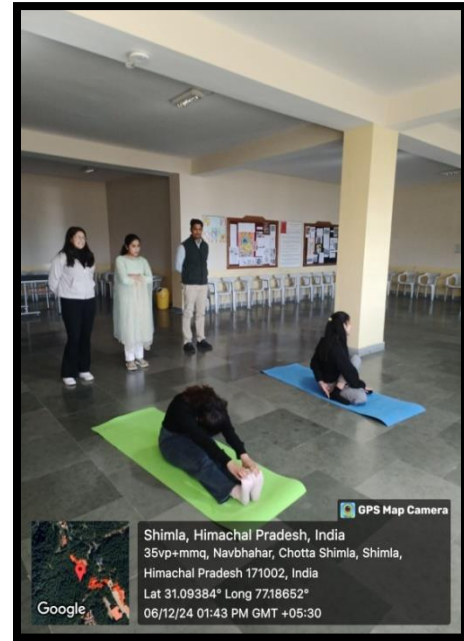
Outcome: The outcome of Fit India Week is a significant step towards promoting a culture of fitness and healthy living in India, encouraging individuals to embrace an active lifestyle. The week-long event fosters a nationwide commitment to health and well-being through various activities, including sports events, wellness lectures, and fitness campaigns.



“Brochure”

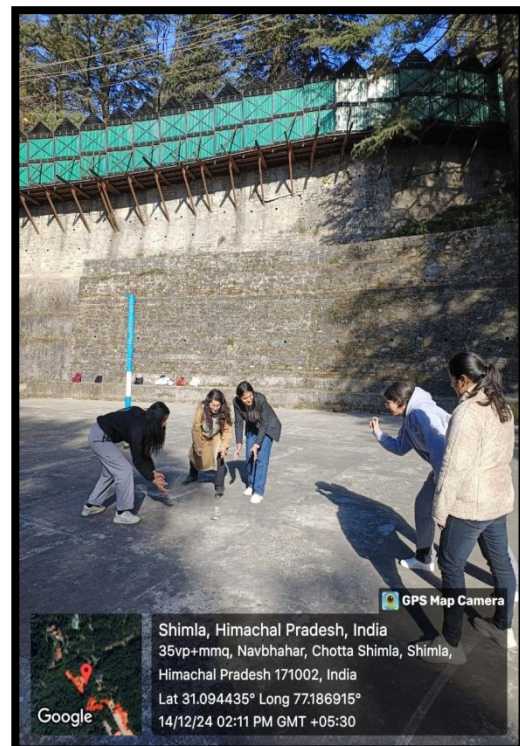


*NSO,
St. Bede's College, Shimla*





*NSO,
St. Bede's College, Shimla*





NSO.

St. Bede's College, Shimla

Activity Name: International Seminar (Online) on “PEACE BUILDING THROUGH SPORTS”

Date: March 29, 2025

Objectives:

- The programs aim was to promote social integration, build bridges between communities.
- To help foster a sense of unity and ultimately contributing to a more peaceful and inclusive society.
- Sports can teach valuable life skills such as teamwork, respect, discipline and fair play, which are crucial for building a peaceful society.

Description:



On, March 29, 2025 the College NSO unit organized an online International Seminar on “Peace Building through Sports” in collaboration with Physical Education Foundation of India: Ministry of Youth Affairs and Sports. Google Meet was the platform for conducting the seminar. The resource person for the session was Dr. S. Sbanath, University of Jafanna, Sri-Lanka. Prof. Jomae B. Esto, University of Mindanao, Philippines acted as the moderator for the same. Dr. Piyush Jain, National Secretary of Physical Education Foundation of India was also the part of the event as the Chief Guest. The program started with the welcome speech of Convener; NSO Dr. Ashwani Kumar. Dr. Ashwani introduced all the National and International dignitaries present in the seminar. Then resource persons then addressed the gathering on the platform. The talk was very informative and interactive which reflected his insights and the field of his expertise. A total of 138 participants from various National and International organizations were a part of this online event. The College Principal Prof. (Sr.) Molly Abraham also addressed the speaker, chief guest and moderator of the workshop and inspired the organizers by her words of appreciation. The vote of thanks was proposed by the Miss Ritul Chauhan, NSO-President.

Outcomes:

Such programs provide a useful way of creating an environment in which individuals can come together to work towards the same goal, show respect for others and share space. Participants also got an opportunity to interact with the Nationally and Internationally renowned personalities and gave positive feedback about the online international seminar.



*NSO,
St. Bede's College, Shimla*




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

NAAC RE-ACCREDITED 'A' GRADE

National Sports Organisation (NSO)


In collaboration with
Physical Education Foundation of India: Ministry of Youth Affairs & Sports
is organising a
INTERNATIONAL SEMINAR (ONLINE)
ON
-PEACE BUILDING THROUGH SPORTS-
Date: March 29, 2025 (10.30 to 11.30 am IST)

Resource Person




Dr. S. Sabaananth
Faculty of Allied Health Sciences,
University of Jaffna, SRI LANKA

Patron




Prof. (Sr.) Molly Abraham
(Principal)

Chief Guest




Dr. Piyush Jain
National Secretary: PEFI, NDLS,
INDIA

Moderator



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

Convener



Dr. Ashwani Kumar
(NSO)

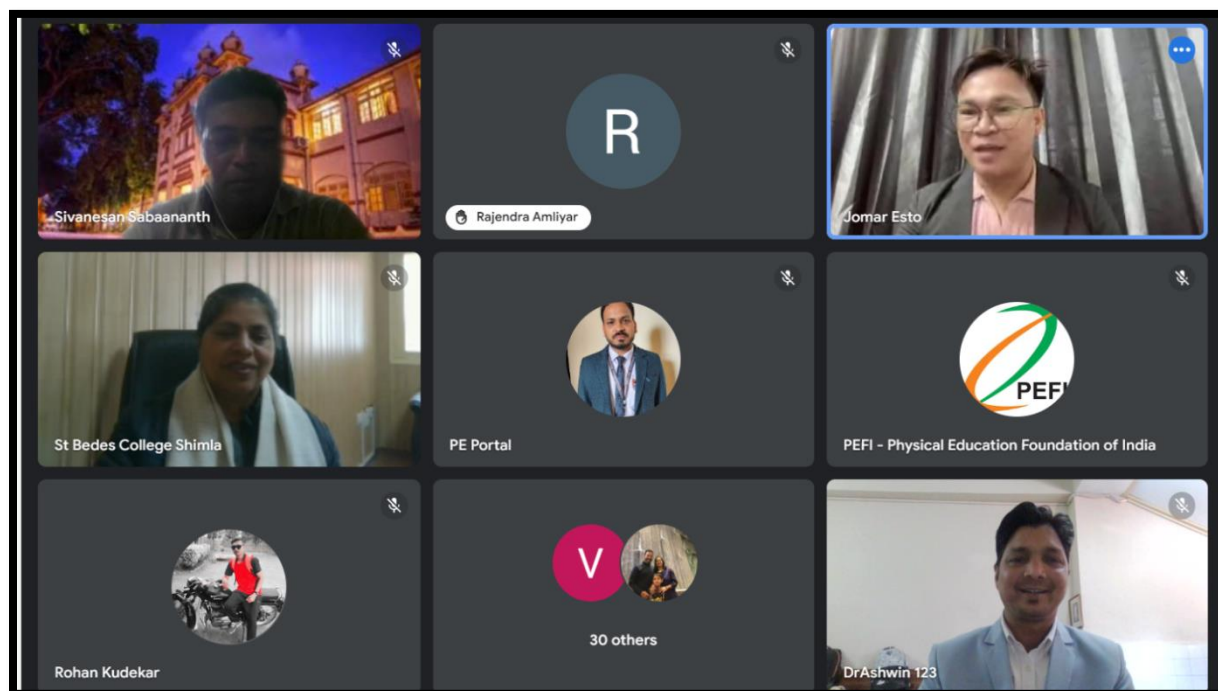
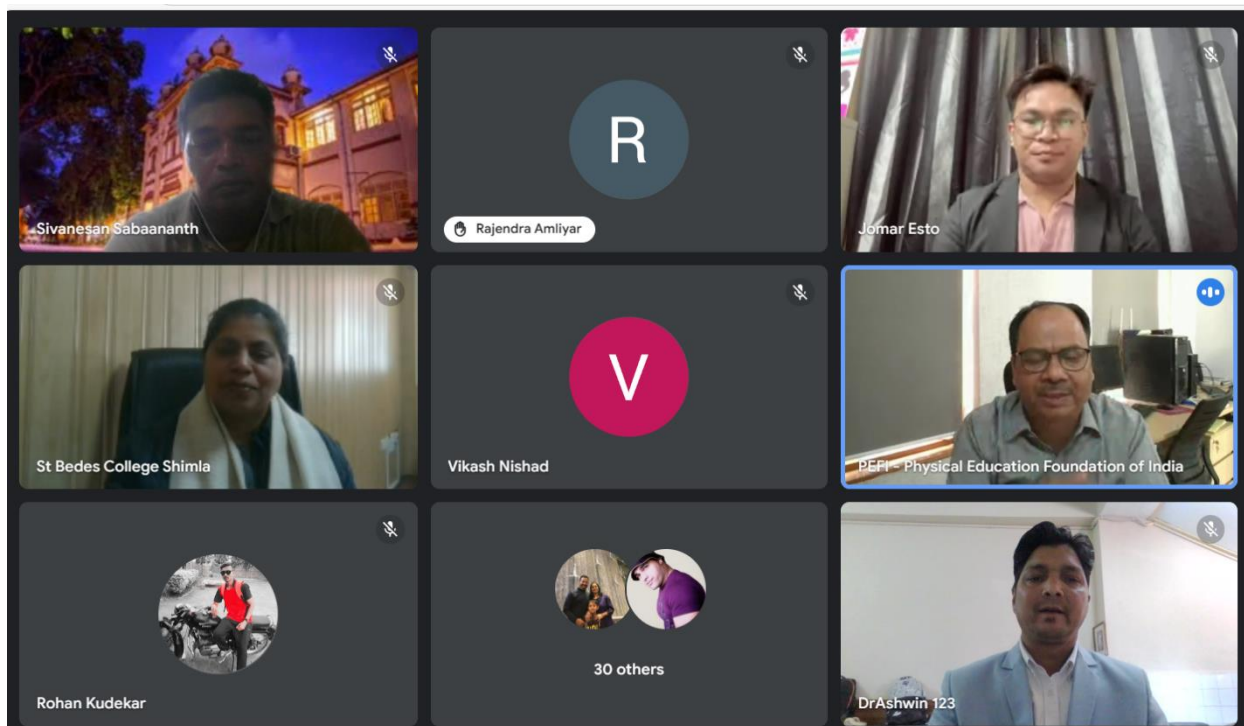
Google Meet link: International link: <https://meet.google.com/gnv-enhb-qjy>

Brochure



*NSO,
St. Bede's College, Shimla*

Glimpses of the International Seminar:





*NSO,
St. Bede's College, Shimla*

Sivanesan Sabaanath (Presenting)

peace building talk 2025.pptx - PowerPoint

File Home Insert Design Transitions Animations Slide Show Review View Help Acrobat PDFelement

Clipboard Paste New Slide Section Slides Font Paragraph Drawing Editing Find Replace Select Create a PDF Add-ins

Thoracic outlet syndrome

Nerves and blood vessels pass through a small "outlet" down to the arms and hands.

Scalene medius muscle, Scalene anterior muscle, Thoracic outlet, Clavicle, Pectoralis minor muscle, Nerves, Artery, Vein, First rib, Scapula, Acromioclavicular joint

Click to add notes

Slide 19 of 41 English (United Kingdom) Accessibility: Investigate

35 others

DrAshwin123

Sivanesan Sabaanath (Presenting)

peace building talk 2025.pptx - PowerPoint

File Home Insert Design Transitions Animations Slide Show Review View Help Acrobat PDFelement

Clipboard Paste New Slide Section Slides Font Paragraph Drawing Editing Find Replace Select Create a PDF Add-ins

Introduction to Peacebuilding

- **What is Peacebuilding?**
 - The process of developing peace through efforts to address conflict, reduce tensions, and promote harmony.
 - Involves efforts to prevent violence, support post-conflict recovery, and strengthen peaceful relationships.
- **Key Focus Areas:**
 - Conflict resolution
 - Social cohesion
 - Community development
 - Human rights

Click to add notes

Slide 31 of 41 English (United Kingdom) Accessibility: Investigate

11:12 AM | International online seminar on PEACE BUILD...

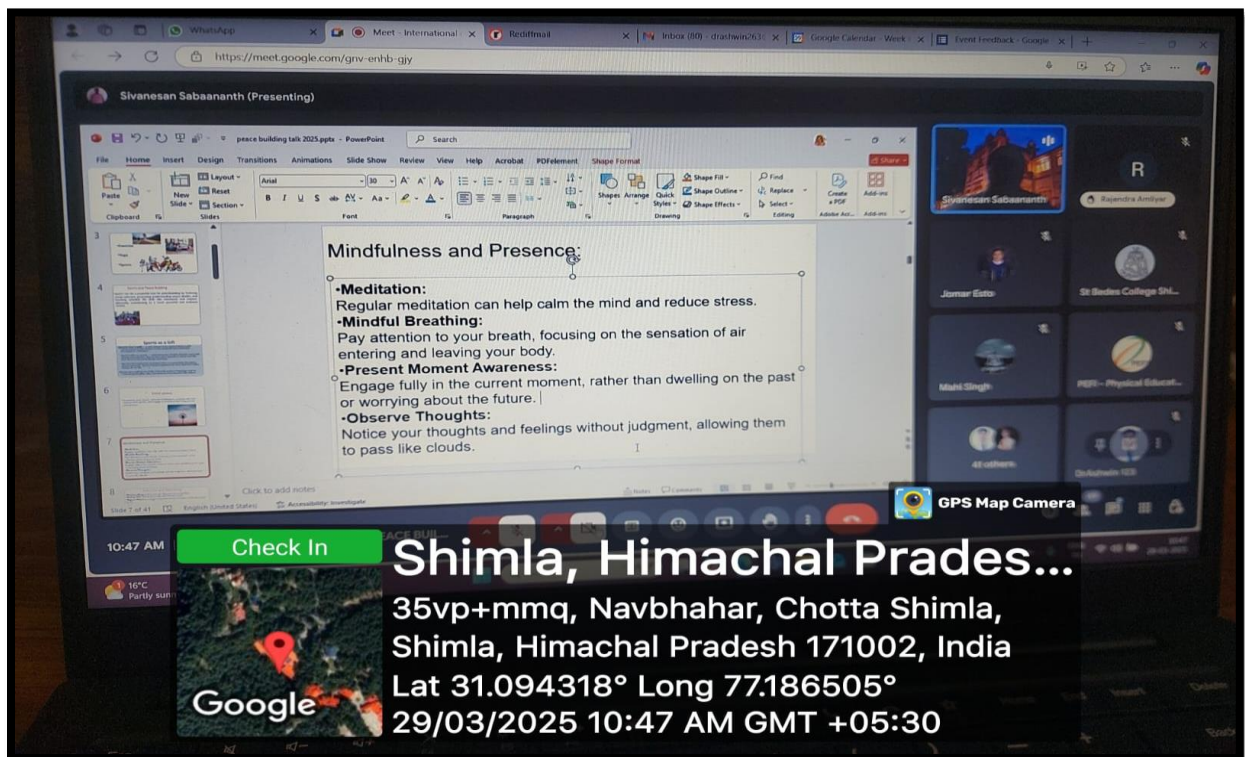
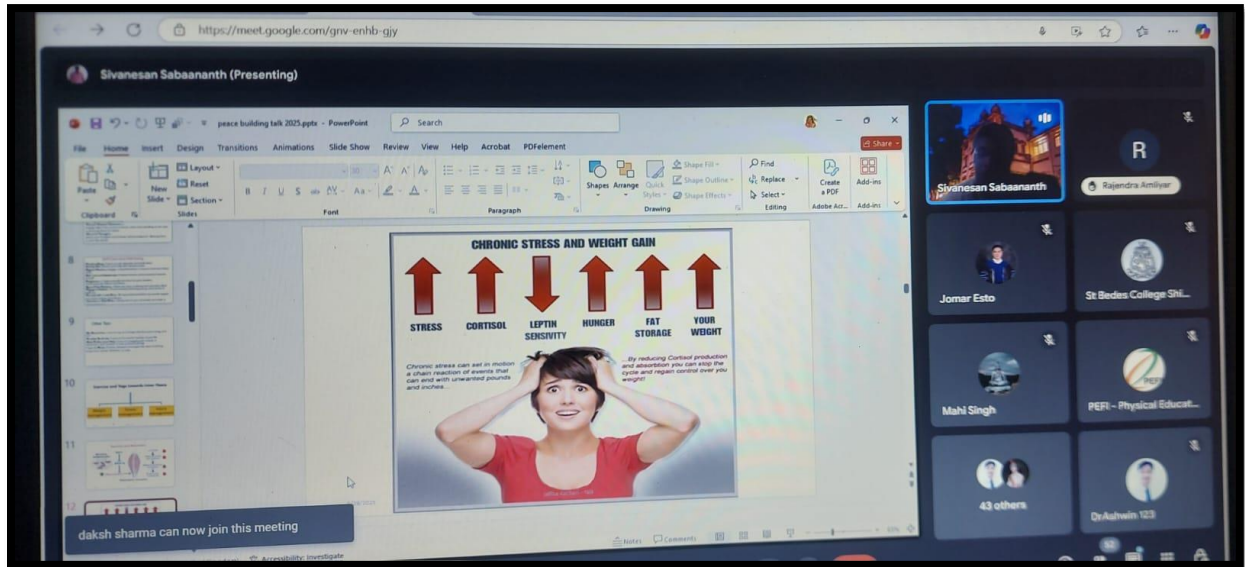
Turn off camera (ctrl + o)

35 others

DrAshwin123



NSO,
St. Bede's College, Shimla





*NSO,
St. Bede's College, Shimla*

-STUDENTS SPORTS ACHIEVEMENTS (2024-2025)-

1. H.P State Judo Championship:

Miss Nitika Thakur, B.A III year bagged bronze medal in H.P. State Judo Championship, 13/09/2024-15/09/2024 held at Shimla, (H.P).



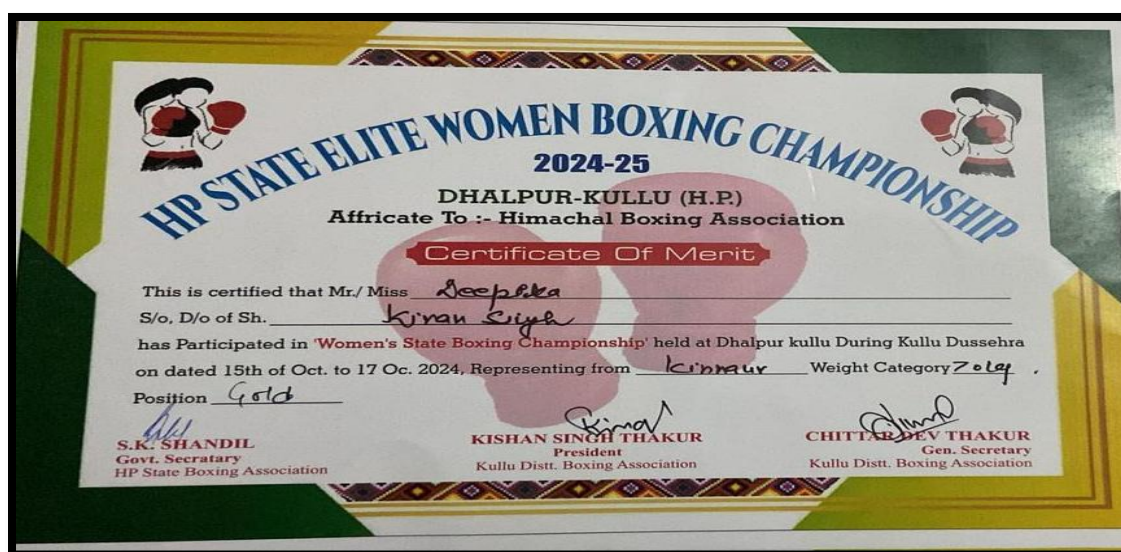


NSO.

St. Bede's College, Shimla

2. Senior State Boxing Women Championship, (2024-2025)

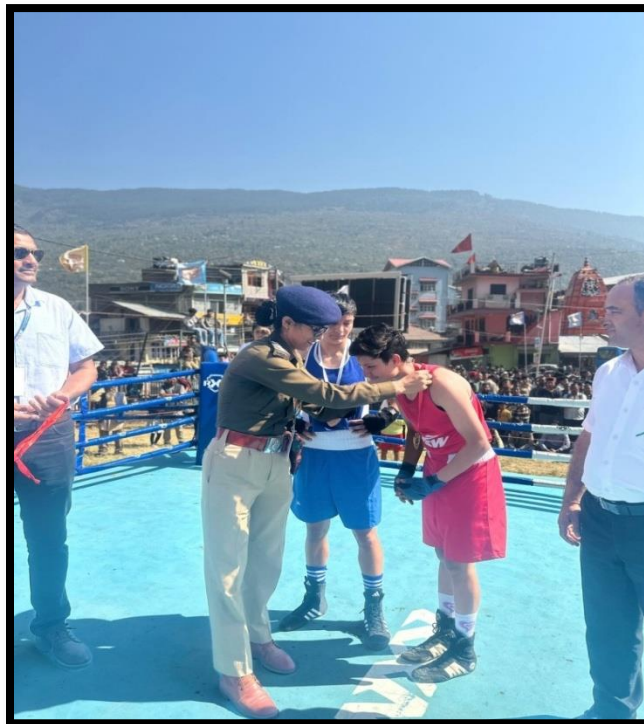
St. Bede's College participated in Senior State Boxing Championship, held at Kullu from 15th Oct. to 17th Oct. 2024 (H.P). Three students (Deepika, Priya, Ritu) bagged a total of three Medals including two gold medals and one silver medal in the Championship. The efforts of the participants have been appreciated by the College Principal.



Deepika with GOLD MEDAL, (B.A I Year)



*NSO,
St. Bede's College, Shimla*



Priya with GOLD MEDAL, (B.A I Year)



NSO,
St. Bede's College, Shimla



Ritu with Silver MEDAL, (B.A I Year)



NSO.

St. Bede's College, Shimla

3. HPU BOXING, INTER COLLEGE WOMEN CHAMPIONSHIP:

St. Bede's College participated in HPU BOXING, INTER COLLEGE WOMEN Championship (November 20 to November 21, 2024) held at Sundernagar, Mandi. A total of eighteen colleges participated in the sports event. St. Bede's College, Shimla bagged a total of four medals including three gold medals and one bronze medal in the Championship. Overall the college secured third position in the Championship. The efforts of the participants have been appreciated by the College Principal.



Deepika, International Boxer (B.A I Year)



Ritu, National Boxer (B.A I Year)



*NSO,
St. Bede's College, Shimla*



Priya, National Boxer (B.A I Year)



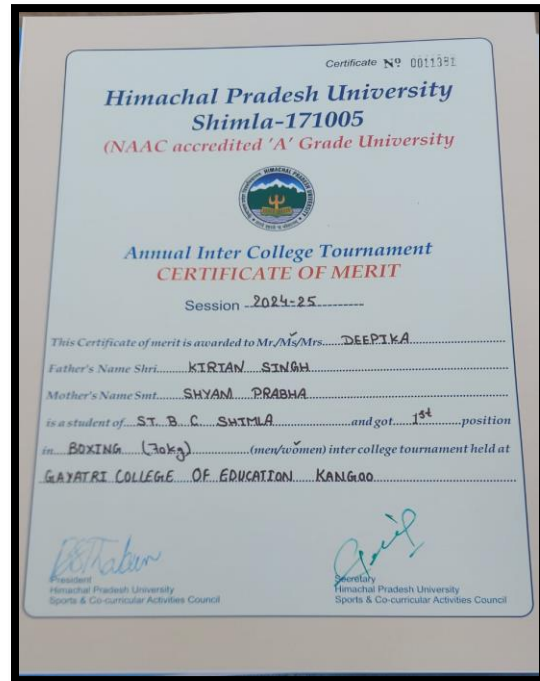
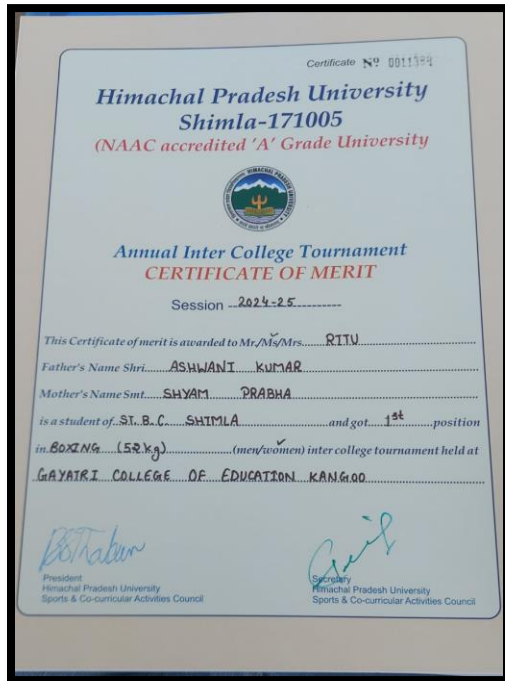
Anjali, National Boxer (B.A I Year)



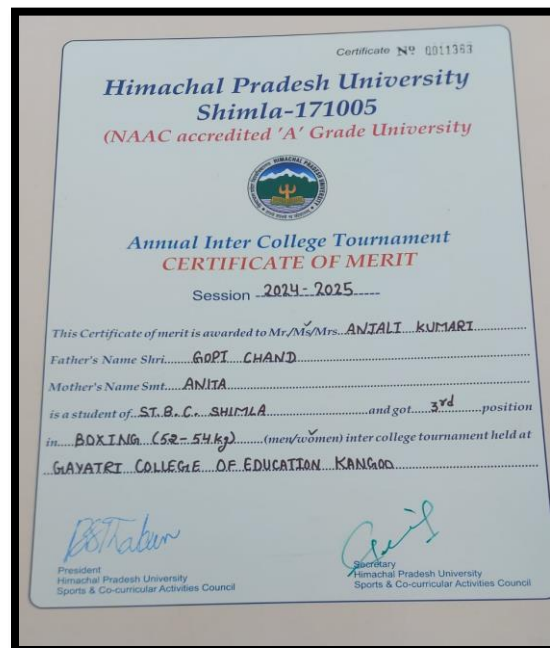
St. Bede's Champions: 2024-2025 (Received overall IIIrd Position in HPU Intercollege)



*NSO,
St. Bede's College, Shimla*



Ritu and Deepika Certificates (1st Position)



Priya and Anjali Certificates (1st and IIIrd Position)



NSO.

St. Bede's College, Shimla



News Published in different Newspapers

4. Coaching Camp for North Zone Inter-university Boxing Championship, 2024-2025

Three boxers (Ritu, Deepika, Priya) of St. Bede's College were selected for Coaching Camp for North Zone Inter-university Boxing Championship, 2024-2025.

No.31/99-2000/HPU (Sports)- Shimla-65
Himachal Pradesh University, Shimla-65
(NAAC Accredited 'A' Grade University)
Directorate of Physical Education & (Y.P.)

Dated: 13.12.2024

To,
The Principal,
1. St. Bedes College, Shimla
2. RKMV College, Shimla
3. MLSM College, Sundernagar, Mandi
4. G.C. Bilaspur
5. G.C. Rampur
6. G.C. Jwalaji
7. V.G.C. Mandi

Subject: Coaching Camp for North Zone Inter-University Boxing (Women) Championship, 2024-25.

Sir/Madam,

The following players of your college has/have been selected to attend a coaching camp for the Boxing (Women) team scheduled to be held at H.P. University, Shimla on dated 16.12.2024. You are therefore requested to kindly direct the following players of your college to report for coaching camp on 15.12.2024 at above mentioned venue alongwith Matric, Plus Two, BA-III certificate (in case of PG students), Aadhar card and latest two photographs. After the coaching camp, the Boxing (Women) team will participate in All India Inter University Boxing (Women) championship to be held at Guru Kaashi University, Bhatinda, Punjab w.e.f. 18.12.2024 to 24.12.2024. Stay arrangement will be at H.P. University Guest House.

For any inquiry, contact to Sh. Naveen Chauhan, Coach on Mobile No: 9418333479.

Sr. No.	Student Name	Father's Name	College Name
1	Priya	Sh. Sanam Dorje	St. Bedes College, Shimla
2	Sunidhi	Sh. Rakesh	RKMV College, Shimla
3	Ritu	Sh. Ashwani Kumar	St. Bedes College, Shimla
4	Shreya	Sh. Surender Kumar	MLSM College, Sundernagar
5	Aarushi	Sh. Bhagat Singh	Govt. College, Bilaspur
6	Shilpa	Sh. Bodh Raj	MLSM College, Sundernagar
7	Muskan Rana	Sh. Rakesh Kumar	RKMV College, Shimla
8	Neha	Sh. Surinder Kumar	Vallabh Govt. College, Mandi
9	Deepika	Sh. Kirtan Singh	St. Bedes College, Shimla
10	Shruti	Sh. Sanjay	Govt. College, Rampur
11	Aashka	Sh. Dinesh	Govt. College, Rampur
12	Vanshika Goswami	Sh. Shashi Kant Goswami	Govt. College, Jawalaji

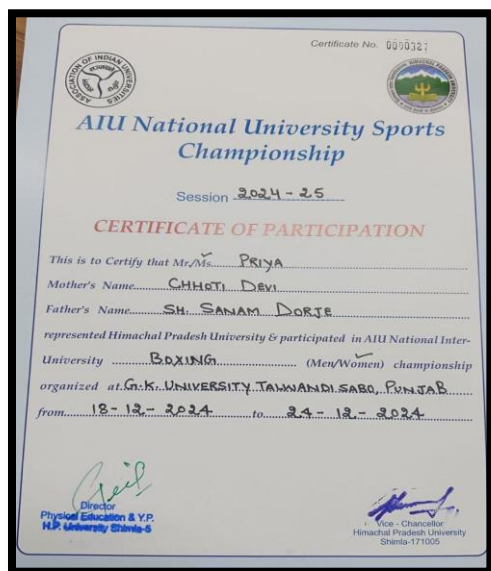
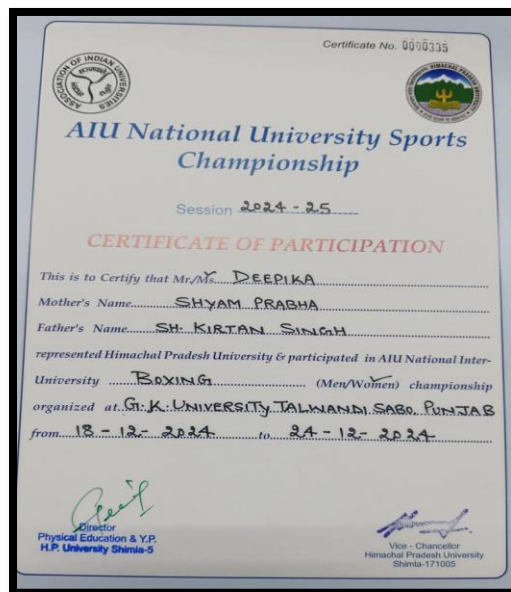
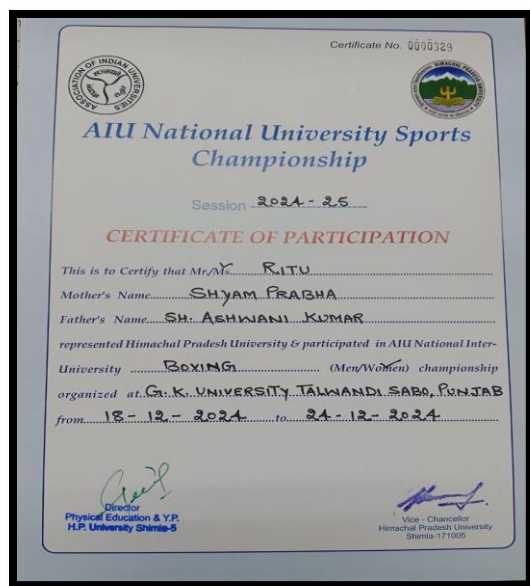
Yours faithfully,
[Signature]
Director,
Dir. of Phy. Edu. & (Y.P.)



*NSO,
St. Bede's College, Shimla*

5. All India National University Sports Championship, 2024-2025

Three boxers of St. Bede's College (Ritu, Deepika and Priya) participated in All India National Women Boxing Championship, 2024-2025, held at Gurukashi University, Punjab.





NSO,

St. Bede's College, Shimla

6. H.P State Youth Women Boxing Championship, 2024-2025:

Miss Anjali Kumar, student of B.A Ist Year bagged one bronze medal in H.P State Youth Women Boxing Championship held at Kinnaur, (H.P). Her efforts were appreciated by the College Principal Prof. (Sr.) Molly Abraham.



Galaxy A71

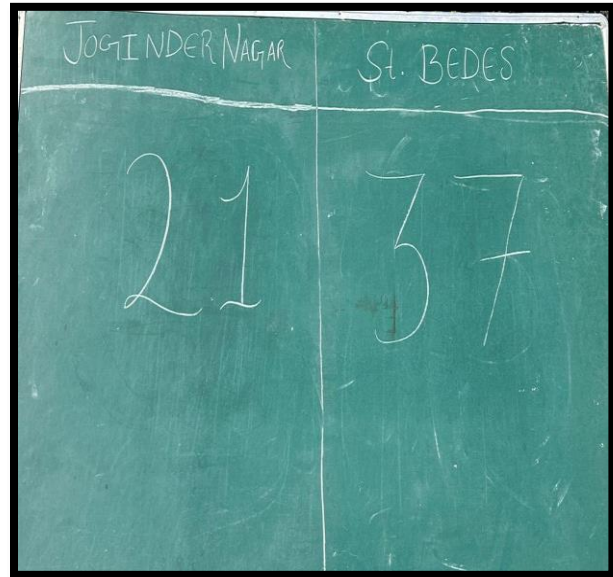




*NSO,
St. Bede's College, Shimla*

7. HPU Intercollege Sports Competitions, 2024-2025:

St. Bede's college participated in different HPU Intercollege Sports Competitions, 2024-2025 like: Basketball, Volleyball, Boxing and Judo competitions etc.





*NSO,
St. Bede's College, Shimla*

CDD SPORT TRUST SCHOLARSHIP, 2024-2025:

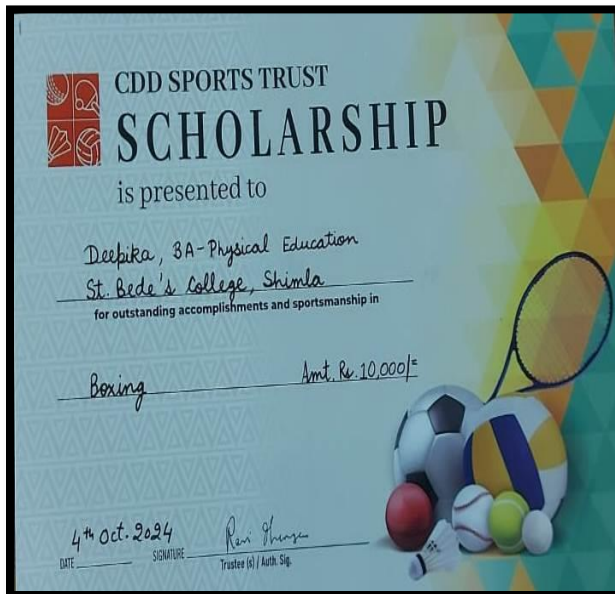
The college Principal Prof. (Sr.) Molly Abraham awarded the CDD sport trust scholarship certificates to students with outstanding sports achievements. This scholarship was awarded to eight students in this session. The details of the students who were awarded these certificates are given below.



CDD Sports Trust Scholarship, 2024-2025

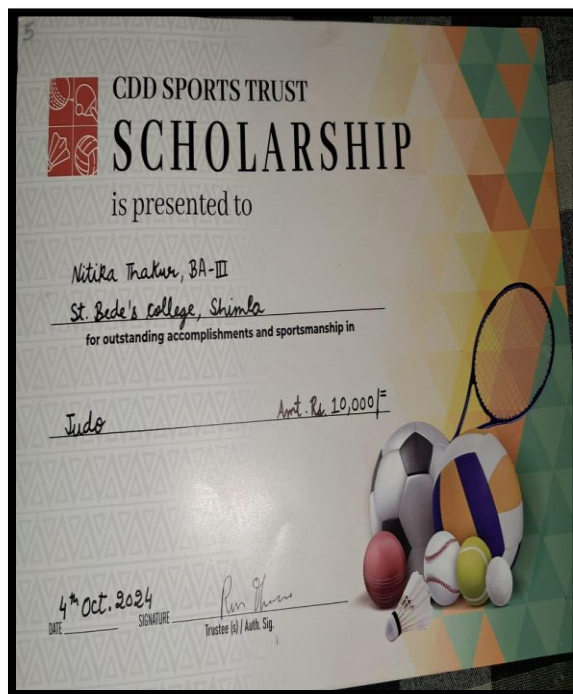


*NSO,
St. Bede's College, Shimla*





*NSO,
St. Bede's College, Shimla*



CDD Sports Trust Scholarship: 2024-2025