



# **NEWSLETTER**

# **BEDE'S SPORTS PULSE**

## ***-Highlights-***

***i. Articles***

***ii. Departmental Activities***

***iii. NSO Activities***

***iv. Sports Achievements***

***v. CDD Sports Trust Scholarship***

**ARTICLES****METHODS OF TEACHING IN PHYSICAL EDUCATION****Nikita Thakur\***

\*B A III, St. Bede's College Shimla, (H.P)

The teaching method of physical education is not same with that of teaching other general subjects. Here the teacher does not always need a class room to teach. Apart from class room instruction a physical education teacher has to take classes in playground, gymnasium, swimming pool, Yoga hall, track and field for doing various indoor and outdoor activities. Therefore the teacher needs to apply different methods while teaching such activities. No single method is adequately suited to teaching all activities. Besides, the selection of methods for teaching physical education is also influenced by a number of factors. Some are stated below - Factors affecting selection of teaching physical education:

- Level of students
- Category of institution
- Availability of facilities
- Availability of time
- Provision of space
- Content to be taught
- Efficiency of the teacher

Thus in order to make teaching effective the teacher needs to consider those factors and make judicious selection. The methods of education can broadly be divided into two parts - A. Methods in teaching the cognitive phase of physical education - It includes the following methods:-

- i. Lecture method
- ii. Discussion method
- iii. Demonstration method
- iv. Project method
- v. Whole method

B. Methods in teaching the psycho motor phase of physical education - It includes the following methods:-

- vi. Inductive method
- vii. Deductive method

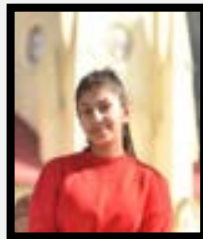
**Some of the above mentioned important methods are briefly discussed below:**

- i. **Lecture Method:** Lecture method is one of the oldest and common methods of teaching physical education. It lays emphasize on verbal presentation of teaching contents by the teacher to a large group of students. Here the teacher is more active

- and the students remain passive listeners. It has limited use in teaching physical education. Only while giving theoretical or historical background of various games and sports, physical exercises it is used by the teacher or health instructor. Lecture method is more effective in teaching physical education when it is combined with other methods.
- ii. Discussion method: It is mostly applicable for senior standard. In physical education it is used for collaborative exchange of ideas among teacher and older students. Analysis on rules of games and sports, tactics and techniques of performance of game strategies and officiating, time and space management for physical activities do require a good discussion. The exchange of ideas and experience trains the students to stimulate reflective thinking, examine and assimilate the minutest details of the activities they are required to learn and perform.
  - iii. Demonstration method: This is the most preferable method of teaching physical education. It is an aspect of command method and has its roots in the theory of learning by Imitation. Demonstration implies the presentation of a pre-arranged series of events to a group of students for their observation. The physical teacher practically demonstrates how to do exercises with right postures, kick a ball, run in the field, smash a shuttle etc. It enables the students to acquire knowledge in first hand form and to perform independent exercises and sports activities later on. This way the students acquire necessary theoretical and practical knowledge and skills together.
  - iv. Project method: This is one of the modern methods of teaching where the students occupy the pivotal position in the teaching learning process. It is carried out in a natural setting and takes the four walls of class room. This method encourages investigative, realistic and experimental learning. The projects are planned and executed by the students groups under the guidance of In physical education the teacher may use this method by keeping it open ended where students are allowed to create something new. For example create a new game for the class, designing and using a running course around the campus, create a plan for the healthy life style etc.
  - v. Whole method: It is the use of analytical and synthetic methods. It is used by the teacher if the exercises that are being adopted cannot be simplified without disturbing the coordination essence. Firstly the skill is demonstrated and then practiced as a whole from the starting to the end. It helps the students to get a feel for the skill, timing and action. It is best suited for fast skills like javelin throw, high jump where the skill cannot be separated into sub parts.
  - vi. Inductive: Inductive method makes use of student 'noticing'. According to this method parts of the skills are practiced in isolation before being linked together and expanded. It keeps motivation and focus on specific elements of the skill For instance in the triple jump, the hop is practiced and learned individually before the skip. Finally the jump will be learnt individually and then tagged on the end of the skip.
  - vii. Deductive method: In deductive method rule is first accepted and then applied to a number of specific physical activities. The student does not discover the rule but develops skills in applying the same. In physical education the teaching method can either be inductive or deductive or some combination of the two.

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**EXERCISE AND MUSCLE PERFORMANCE****Archi\***

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Physical training alters the appearance of skeletal muscles and can produce changes in muscle performance. Conversely, a lack of use can result in decreased performance and muscle appearance. Although muscle cells can change in size, new cells are not formed when muscles grow. Instead, structural proteins are added to muscle fibers in a process called hypertrophy, so cell diameter increases. The reverse, when structural proteins are lost and muscle mass decreases, is called atrophy. Age-related muscle atrophy is called sarcopenia. Cellular components of muscles can also undergo changes in response to changes in muscle use.

**Endurance Exercise**

Slow fibers are predominantly used in endurance exercises that require little force but involve numerous repetitions. The aerobic metabolism used by slow-twitch fibers allows them to maintain contractions over long periods. Endurance training modifies these slow fibers to make them even more efficient by producing more mitochondria to enable more aerobic metabolism and more ATP production. Endurance exercise can also increase the amount of myoglobin in a cell, as increased aerobic respiration increases the need for oxygen. Myoglobin is found in the sarcoplasm and acts as an oxygen storage supply for the mitochondria.

The training can trigger the formation of more extensive capillary networks around the fiber, a process called angiogenesis, to supply oxygen and remove metabolic waste. To allow these capillary networks to supply the deep portions of the muscle, muscle mass does not greatly increase in order to maintain a smaller area for the diffusion of nutrients and gases. All of these cellular changes result in the ability to sustain low levels of muscle contractions for greater periods without fatiguing.

The proportion of SO muscle fibers in muscle determines the suitability of that muscle for endurance, and may benefit those participating in endurance activities. Postural muscles have a large number of SO fibers and relatively few FO and FG fibers, to keep the back straight. Endurance athletes, like marathon-runners also would benefit from a larger proportion of SO

fibers, but it is unclear if the most-successful marathoners are those with naturally high numbers of SO fibers, or whether the most successful marathon runners develop high numbers of SO fibers with repetitive training. Endurance training can result in overuse injuries such as stress fractures and joint and tendon inflammation.

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### PSYCHOLOGICAL BENEFITS OF EXERCISE



**Sneha\***

\*B A II, St. Bede's College Shimla, (H.P)

We often hear about the physical benefits of exercise (e.g., increasing heart health), less often are the psychological benefits promoted. Yet, engaging in a moderate amount of physical activity will result in improved mood and emotional states. Exercise can promote psychological well-being as well as improve quality of life.

**The following are common psychological benefits gained through exercise.**

- Improved mood
- Reduced stress as well as an improved ability to cope with stress
- Improved self-esteem
- Pride in physical accomplishments
- Increased satisfaction with oneself
- Improved body image
- Increased feelings of energy
- Improved in confidence in your physical abilities
- Decreased symptoms associated with depression

As people experience these psychological benefits, it is likely that they also will be motivated to continue exercises so that they continue to receive these benefits. How much exercise is needed to produce those effects?

- Even a brief walk at low intensity can improve mood and increase energy. As little as 10 minutes of aerobic exercise can have a positive effect.
- For long-term benefits, you should exercise 3 times a week for 30 minutes per session at a moderate intensity.

- Programs longer than 10 weeks work best for reducing symptoms of depression

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Psychological Benefits of Exercise | Association for Applied Sport Psych

### WHAT IS OLYMPISM?



**Pooja\***

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Olympism is a philosophy of life which places sport at the service of humanity. This philosophy is based on the interaction of the qualities of the body, will and mind. Olympism is expressed through actions which link sport to culture and education.

This philosophy is an essential element of the Olympic Movement and the celebration of the Games. It is also what makes them unique.

The pursuit of this ideal and the other “fundamental principles of Olympism” [set out in the Olympic Charter] gives rise to a series of values, which are applicable both on the field of play and in everyday life.

#### **The IOC has identified the following three Olympic values:**

**Excellence:** In the Olympic ideal, this value refers to giving one's best, on the field of play or in life, without measuring oneself with others, but above all aiming at reaching one's personal objectives with determination in the effort. It is not only about winning, but mainly about participating, making progress against personal goals, striving to be and to do our best in our daily lives and benefiting from the combination of a strong body, will and mind.

**Friendship** Men and women are at the center of the Olympic Movement's focus encouraging the links and mutual understanding between people. This value broadly refers to building a peaceful and better world through solidarity, team spirit, joy and optimism in sport. The Olympic Games inspire humanity to overcome political, economic, gender, racial or religious differences and forge friendships in spite of those differences. The athletes express this value by forming life-long bonds with their team-mates, as well as their opponents.

**Respect:** In the Olympic ideal, this value represents the ethical principle that should inspire all who participate in the Olympic programmes. It includes respect for oneself and one's body,

respect for one another, for rules and for the environment. It thus refers to the fair play that each athlete has to display in sport, as well as avoiding doping.

These values are powerfully conveyed at the time of the Olympic Games. However, between editions of the Games, the Olympic Movement continues to be spread through the ongoing work of the members of the Olympic family.

The values and meaning of Olympism are expressed by the Olympic symbol (the five rings) and other identifying Olympic elements (the flame, the torch relay, the motto, the maxim, the anthem and the oaths). These make it possible to transmit a message simply and directly. They give the Olympic Movement and the Games their own identity.

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#### **PHYSICAL EDUCATION: ALLIED SCIENCE**



**Ridhima\***

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Physical education is considered an allied science because it incorporates knowledge and principles from various scientific fields to enhance understanding and practice in physical activity and human movement. It draws upon disciplines like biology, psychology, sociology, and anatomy to improve performance, prevent injuries, and promote holistic well-being.

#### **Multidisciplinary Nature:**

Physical education is not just about physical fitness and games; it's a broad field that draws upon multiple disciplines.

#### **Scientific Foundations:**

Concepts from biology (e.g., physiology of movement), psychology (e.g., motivation, stress management), and sociology (e.g., social dynamics in sports) are crucial for effective teaching and coaching.

#### **Application of Science:**

Understanding scientific principles helps in designing effective training programs, analyzing movement patterns, and addressing injury prevention.

#### **Holistic Development:**

Physical education aims to promote not just physical fitness, but also cognitive, social, and emotional development, making it a valuable allied science.



**Example:**

A physical education teacher might use principles from biomechanics (a branch of physics and engineering) to analyze how forces affect movement and improve technique in a particular sport.

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**HEALTH BENEFITS OF BOXING****Deepika\*****Ritu\***

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**Benefits of Boxing**

Both traditional boxing and fitness boxing bring a number of health benefits, both physical and emotional

**1. Improves heart health**

Regular physical activity, including boxing, can lower your blood pressure, your cholesterol and your risk of heart disease.

To achieve these benefits, the U.S. Department of Health and Human Services' Physical Activity Guidelines recommend one of these activity levels for adults:

- 150 to 300 minutes of moderate-intensity exercise per week.
- 75 to 150 minutes of vigorous-intensity exercise per week.

A combination of moderate- and vigorous-intensity exercise.

When you're boxing, you're likely to exert moderate- to vigorous-intensity effort.

Moderate intensity means you're at about 50% of your maximum level of exertion. With vigorous exercise, your intensity is 70% to 80%. Want to track your activity levels? Consider purchasing a heart rate monitor.



“A monitor can help you maintain your heart rate during exercise and make sure you’re not overexerting yourself.

## **2. Boosts endurance**

Traditional boxing prepares fighters for four to 12 rounds in the ring. Each round is three minutes with a one-minute rest.

“The drills in fitness boxing provide a similar level of conditioning that translates to better stamina.

## **3. Provides full-body strength**

“Throwing a punch works your entire body, from your arms and shoulders all the way to your core and legs.

The conditioning exercises in fitness boxing classes also use a whole-body approach. You’ll tone muscles you never knew you had!

## **4. Helps with weight management**

The calories you burn during boxing can help you maintain or achieve a healthy weight. One study compared boxing training versus moderate-intensity walking in people with a body mass index (BMI) of greater than 25 (which is considered having overweight/obesity). The researchers noted reductions in BMI, waist circumference and body fat percentage in the boxing group, while the walking group showed no changes.

## **5. Improves balance**

Exercise is key to good balance, especially as you age.

“Boxing can give you better agility and hand-eye coordination. “It also helps build a strong core, which is essential for maintaining your equilibrium.”

Boxing training may be an effective therapy to improve balance and reduce falls in people with brain disorders. One early study found that twice-weekly virtual boxing training reduced falls in people with Parkinson’s disease, while another study showed that boxing training improved balance in people who had a stroke.

## **6. Enhances mental health**

Boxing drills can be a form of moving meditation.

“Punching requires intense focus, “and the constant movement and HIIT exercises during class leave little time for deep thought.”

Individually, meditation and HIIT offer a range of mental health benefits. Together, they deliver a double punch of rewards. According to a review of 16 studies, the mental health benefits of boxing include:

- A healthy outlet for anger and aggression
- Improved self-esteem and quality of life
- Less stress
- Reduced symptoms of conditions like anxiety and depression.

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**BOXING SPORT****Priya\*****Anjali\***

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Boxing (sometimes known as “Western boxing” or “pugilism”) is a combat sport in which two people throw punches at each other in a boxing ring for a predetermined amount of time while wearing protective gloves and other protective equipment such as hand wraps and mouth guards. More broadly, the term boxing can refer to any combat sport in which two opponents face each other in a fight using their fists, usually covered by gloves, and differentiated according to their rules, such as Western boxing, French boxing, Chinese boxing, Thai boxing, kickboxing, and the ancient martial art of boxing.

With all of the names used to describe the various actions during a battle, boxing might be perplexing.

**Here are some of the most important terms to understand.**

- 1. Bout-** A bout is a match that usually refers to an organised fight in a playing area.
- 2. Clinch-** Clinching is the act of overly leaning on the opponent for support. The referee will call a break if both boxers are clinching.
- 3. Combination-** A combo, as the name implies, is a series of blows thrown in quick succession.
- 4. Knockdown-** A knockdown occurs when a boxer falls to the ground in the boxing ring as a result of an opponent's hit. For a knockdown to be considered, the boxer must have at least one portion of his body other than his feet on the ground.
- 5. Take Out (KO)-** A knock out is a win for the opponent that occurs when a player is knocked down for more than 10 seconds. Once a player is knocked down, the referee will begin counting down from 10, and the player must resume his position in order to complete the round.
- 6. Blow Low-** A low blow, as the term implies, is a blow delivered below the belt. A foul might occur from a low blow.
- 7. Corner of Balance-** A neutral corner is the area where a boxer must retreat after knocking out his opponent. This is distinct from the designated corner to which each boxer must retreat during breaks.
- 8. Parry-** The act of blocking an opponent's blow with the glove is referred to as parrying.
- 9. Ring-** The playing area of the match is called a ring, and it is usually an elevated platform with ropes on all four sides.
- 10. Rounds-** A match consists of a predetermined number of rounds. Each round lasts three minutes, with one-minute rests in between.
- 11. Decision Divided-** A split decision occurs when two of three judges award one fighter the victory while the third judge awards the victory to the opponent.
- 12. Eight-count standing-** Even if a fighter has not been knocked down, the referee may pause the round and count to eight if he spots him looking unwell or wounded.

**13. Technical Defeat-** A technical knockout occurs when one of the boxers is deemed too ill or injured to continue fighting despite his continued standing. This can be followed by a standing count of eight before declaring the other boxer the winner.

**14. Weight Groups-** To ensure a fair contest, boxing matches are separated into different classes based on the weight of the boxers. Boxing has 17 alphabetical weight divisions.

**15. Consider this-** A weigh in occurs prior to the match and refers to weighing both fighters to confirm they are fit to compete in their weight class.

**16. Bleeder-** A bleeder is a fighter who is prone to cuts from blows or having old cuts re-opened.

**17. Blocking-** In boxing, blocking is a defensive approach. It is done by keeping the hands up to block punches, the chin down to protect it behind the gloves, and the eyes on the opponent to see what is going on. The right glove, in general, prevents the opponent's left-hand punches.

**18. Weave and Bob-** The head is bobbed laterally and beneath an approaching strike. When opponent's blow comes, the fighter rapidly bends the legs and adjusts the torso slightly right or left.

**19. Bobbing-** Another defensive method in boxing is bobbing, which is performed by slightly shifting the head to either side so that the opponent's punches slip by the boxer's head. The bob is used to avoid swings and hooks for the head.

**20. Check Hook-** A check hook is a move that combines a standard left/right hook with some clever footwork. As your opponent charges forward, you almost simultaneously take a stride back, pivot on your lead leg, and swing your back leg while throwing a hook.

**21. Chief Second-** The 'chief second' is the person in charge of a boxer's corner during a fight and is a prevalent word in boxing.

**22. Chin-** The capacity of a boxer to withstand a strike to the head is referred to as his chin. A glass chin indicates that he is vulnerable to being knocked out or injured by such a strike.

**23. Clinching-** Clinching is the act of gripping an opponent's body with one or both arms in order to avoid or hinder strikes. When an experienced boxer is put on 'strange street' by his opponent, he would frequently hold and clinch to buy himself some time to recuperate.

**24. Close-range Combat-** Fighting close to your opponent implies that you are so close or positioned in such an awkward manner that he is unable to throw any hard meaningful punches on the inside.

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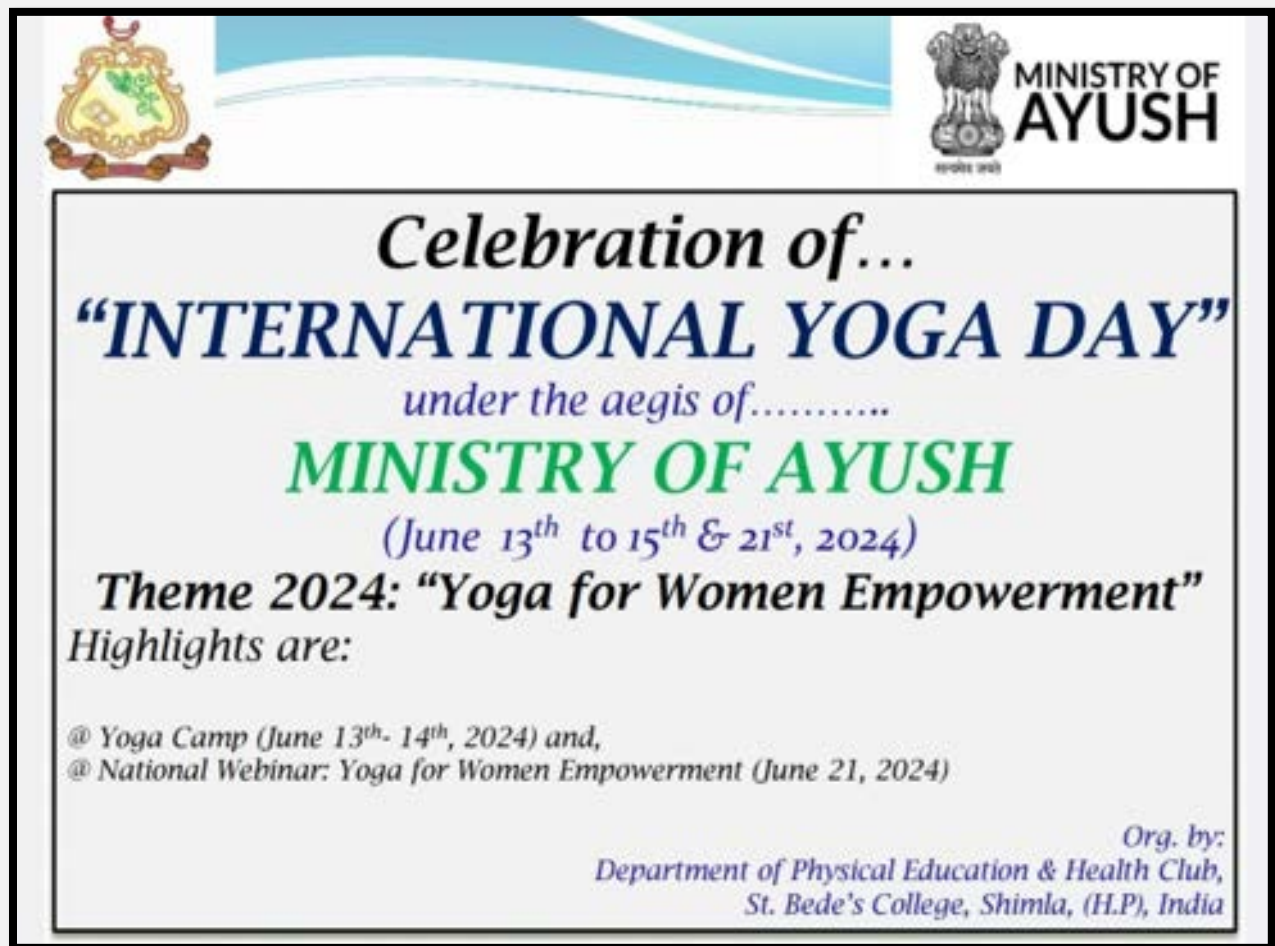
Home - Boxing Science

World Sports Encyclopedia, Sportboxing.org.

**DEPARTMENTAL ACTIVITIES (2024-2025)****YOGA CAMP AND NATIONAL WEBINAR ON INTERNATIONAL YOGA DAY****Date: June 13<sup>th</sup>-14<sup>th</sup> & 21<sup>st</sup> 2024****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.

**Social Media Link:** <https://www.instagram.com/p/C8GTGNASESh/?igsh=eThuZXdlbDVkd2ln>







### Brochure



### Yoga Session Day-I



*Yoga Session Day-II*



*Students Learning Yoga*

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

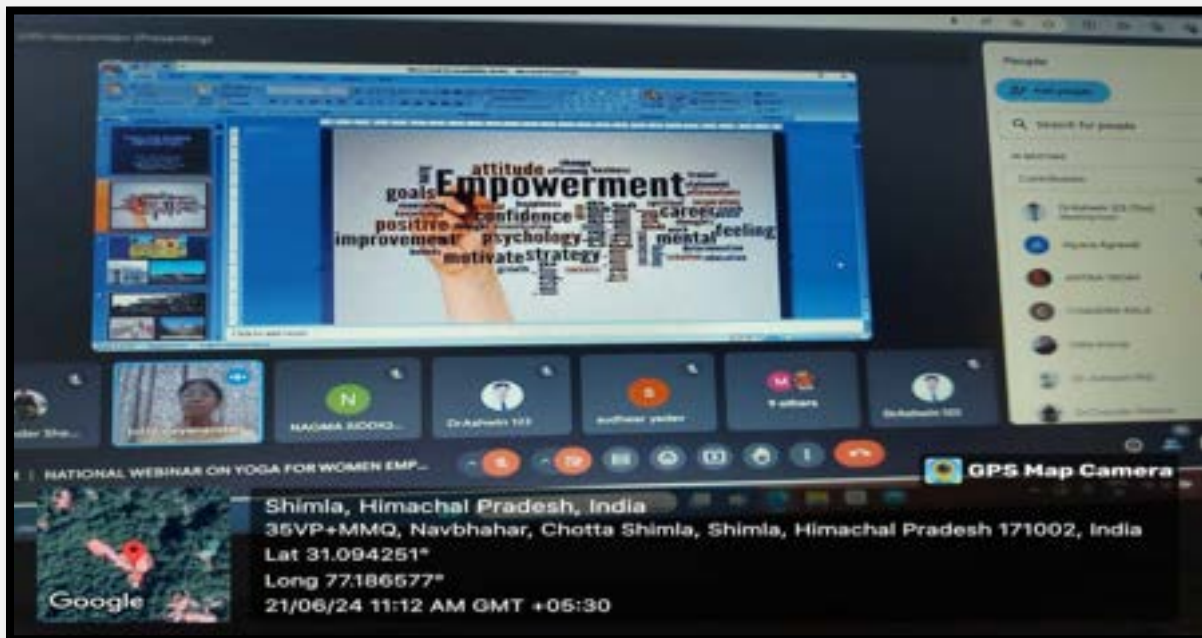
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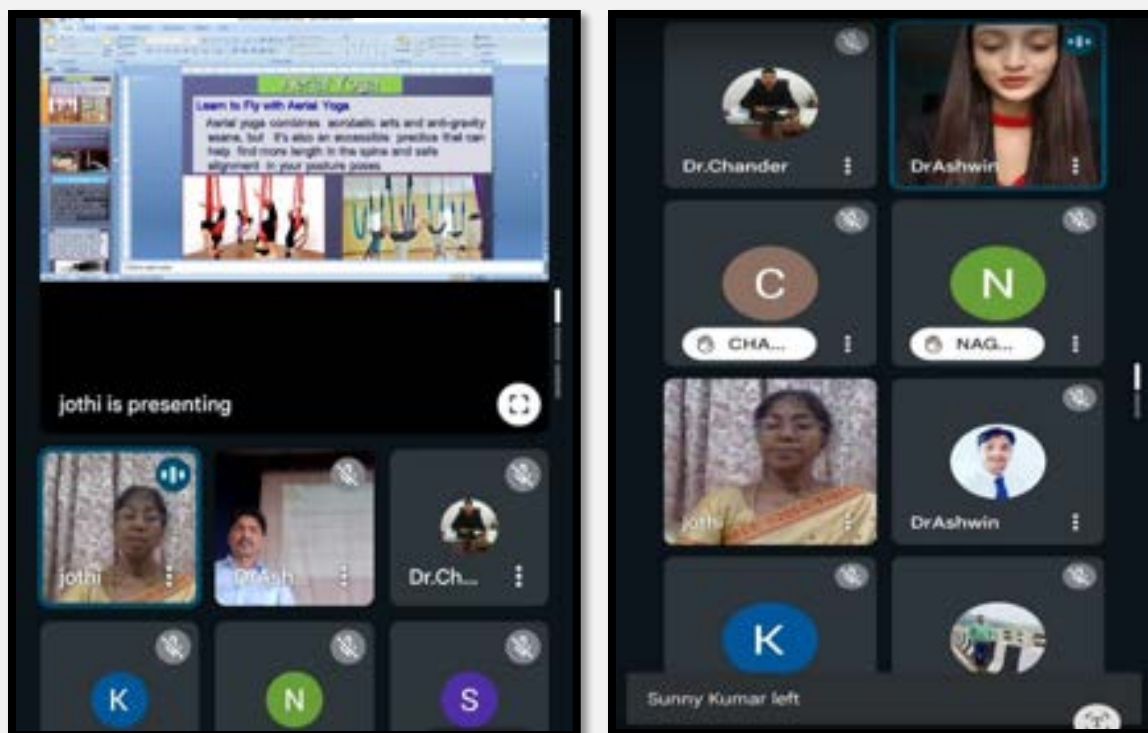
Department of Physical Education and Health Club of St. Bede's College, Shimla jointly organized a National Webinar on “Yoga for Women Empowerment” on the occasion of International Day of Yoga on June, 21<sup>st</sup>, 2024. The webinar organized under the aegis of Ministry of Ayush. This year the theme 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.



## Glimpses of the Webinar





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


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

**Date: November 22, 2024.**

### **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.


**Social Media Link:** <https://www.instagram.com/p/DEJ0EytSlab/?igsh=MW95aHFsaJBraXI4cQ>



**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:0000-0002-9763-535X

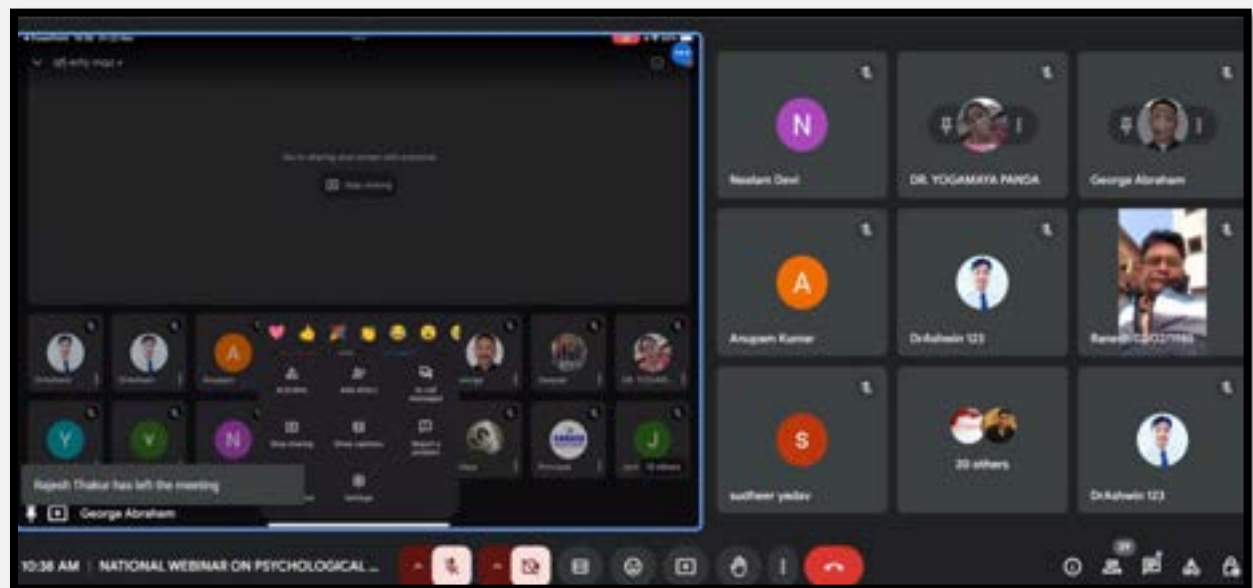
**Moderator**  
  
**Dr. Yogamaya Panda**  
 Department of Psychology, Shailabala Women's Autonomous College,  
 Cuttack, Odisha, India, Google Scholar: <https://scholar.google.com/citations?user>

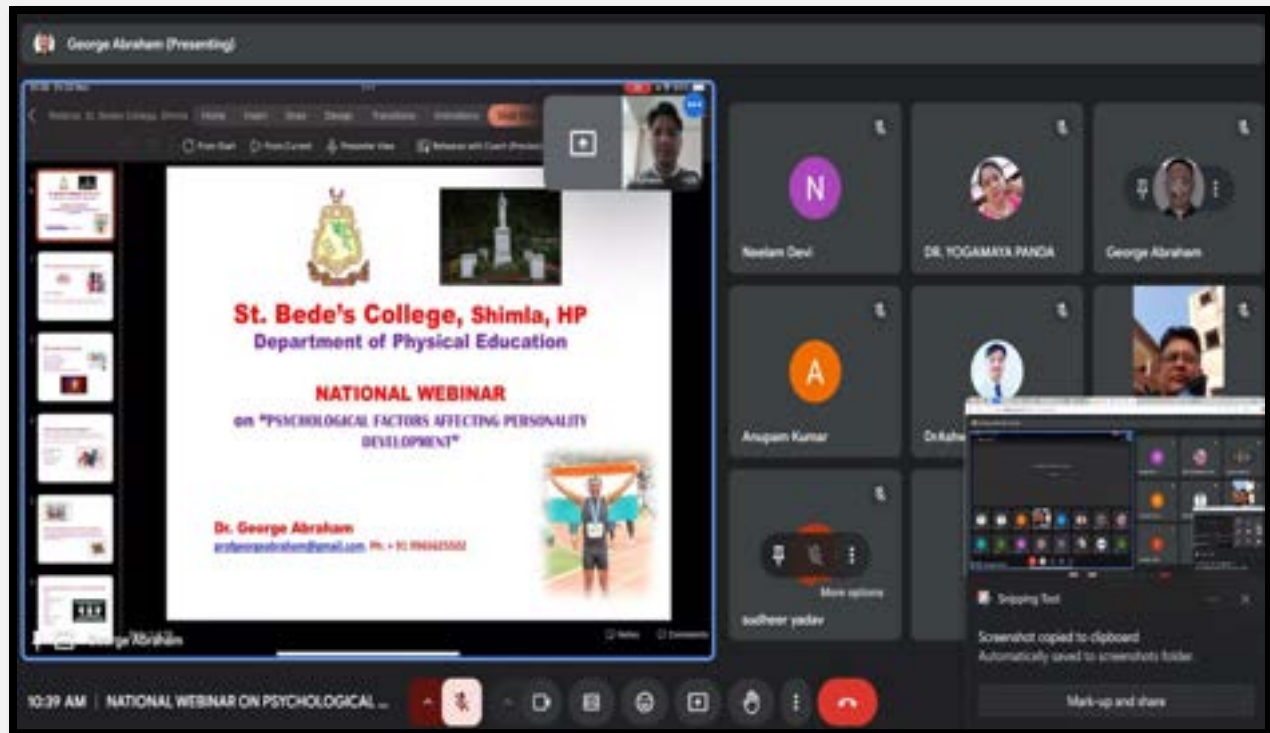
**Patron**  
**Prof. (Sr.) Molly Abraham**  
 (Principal)

**Convener**  
**Dr. Ashwani Kumar**  
 (Dept. Phys. Edu.)

Google Meet Link: <https://calendar.app.google/mjNw7YnuzgFs1vNv8>

### Brochure







**Determinants of Personality**

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

Personality

Personality: A unique pattern of thoughts, feelings, and behaviors that make up an individual.

George Abraham (Presenting)

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

Participants: N, DE YOGAMAYA PANDA, George Abraham, A, Anupam Kumar, Dr Ashwin 123, S, sudheer jacob, K, KRISHNA RAM BHAGAT, 23 others, Dr Ashwin 123.

**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**

- Introversi
- Openness to experience
- Conscientiousness
- Agreeableness

Personality

George Abraham (Presenting)

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

Participants: Ashwin 123, DE YOGAMAYA PANDA, George Abraham, A, Anupam Kumar, Dr Ashwin 123, PREM CHAND, S, 21 others, Prem Chandra, Sanjay Sharma.



*National Webinar on Psychological Factors Affecting Personality Development*

**THREE DAYS INTERNATIONAL WORKSHOP ON RESEARCH METHODOLOGY (ONLINE)****Date: April 7-9, 2025****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; Odisha, India. Prof. Rajeev Choudhary; Chhatisgarh, India and Prof. Jomar B. ESTO; Philippines, Prof. Oliver B. Villaflores; 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)**

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 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. Jainah 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.

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.

#### **Social Media Links:**

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



**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-Hernand  
Cebu Normal University  
PHILIPPINES



Dr. Yogeshwari Pandya  
Department of Psychology,  
S. W. Autonomous College,  
Cuttack, Odisha,  
INDIA

**9th April, 2025**



Prof. Oliver B. Villalones,  
Faculty of Pharmacy,  
Univ. of Santo Tomas  
PHILIPPINES



Prof. Jaisiah Rose G. Anzilbhar  
University of Southern  
Mindanao,  
PHILIPPINES

**8th April, 2025**



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



Prof. Jonnar B. ESTO  
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

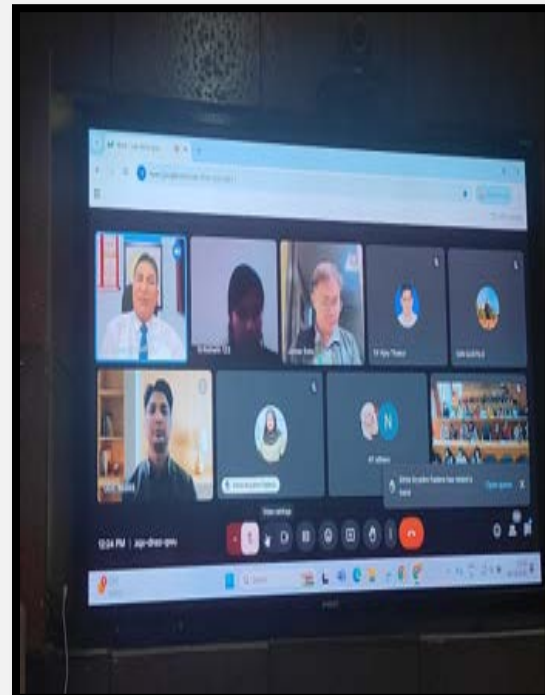
**Organisers**

<p><b>Patron</b> Prof. (Sr.) Molly Abraham</p> <p><b>UGC Incharge</b> Dr. Ashwani Kumar</p> <p><b>Organizing Secretaries</b> Dr. Preeti Kaundal    Dr. Sangeeta Sharma Ms. Titiksha Kamal    Mr. Nalin Sharma</p>	<p><b>Convener</b> Dr. Kuntim Sharma</p> <p><b>Co - Convener</b> Ms. Asmita Sharma</p>
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**TIME**  
10:30 am - 12:30 pm IST

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

*Brochure*











*Glimpse of Three Days International Workshop on Research Methodology*

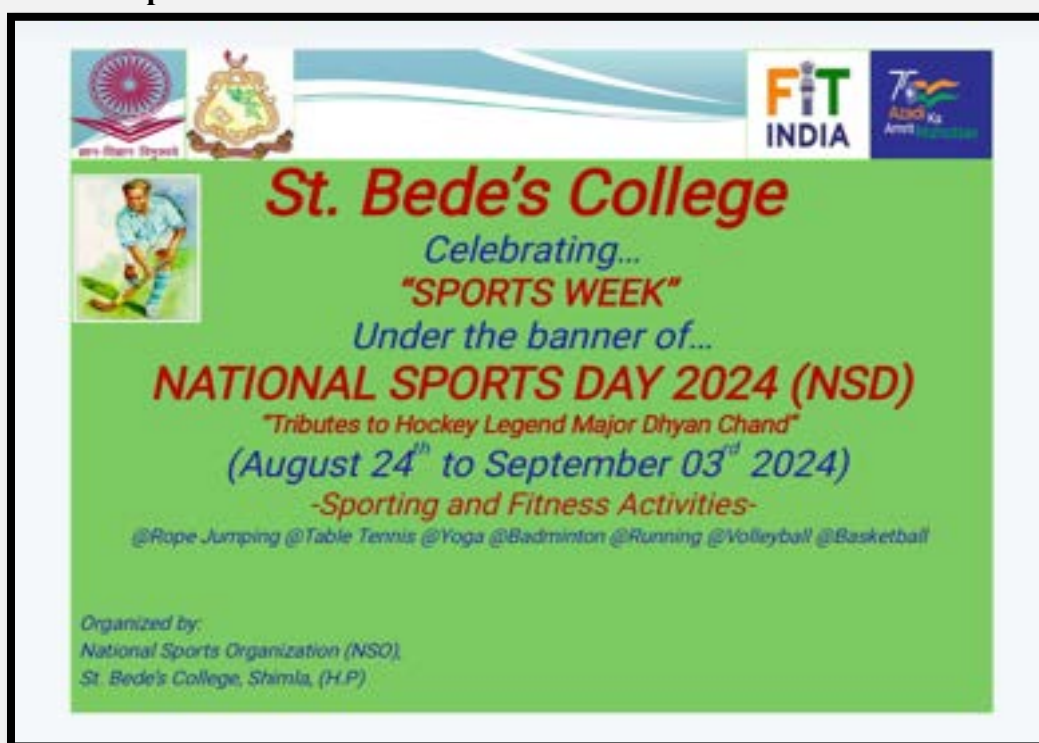
### NSO ACTIVITIES (2024-2025)

**Activity Name: “Celebration of National Sports Day”**

**Date: August 24<sup>th</sup> to September 03<sup>rd</sup>, 2024**

**Description:** The National Sports Organization (NSO), St. Bede's College Shimla, organized Sports Week under the banner of National Sports Day (August 24<sup>th</sup> to September 3<sup>rd</sup>, 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.

**Glimpses of the Sports Week and NSD24:**



**“Brochure”**

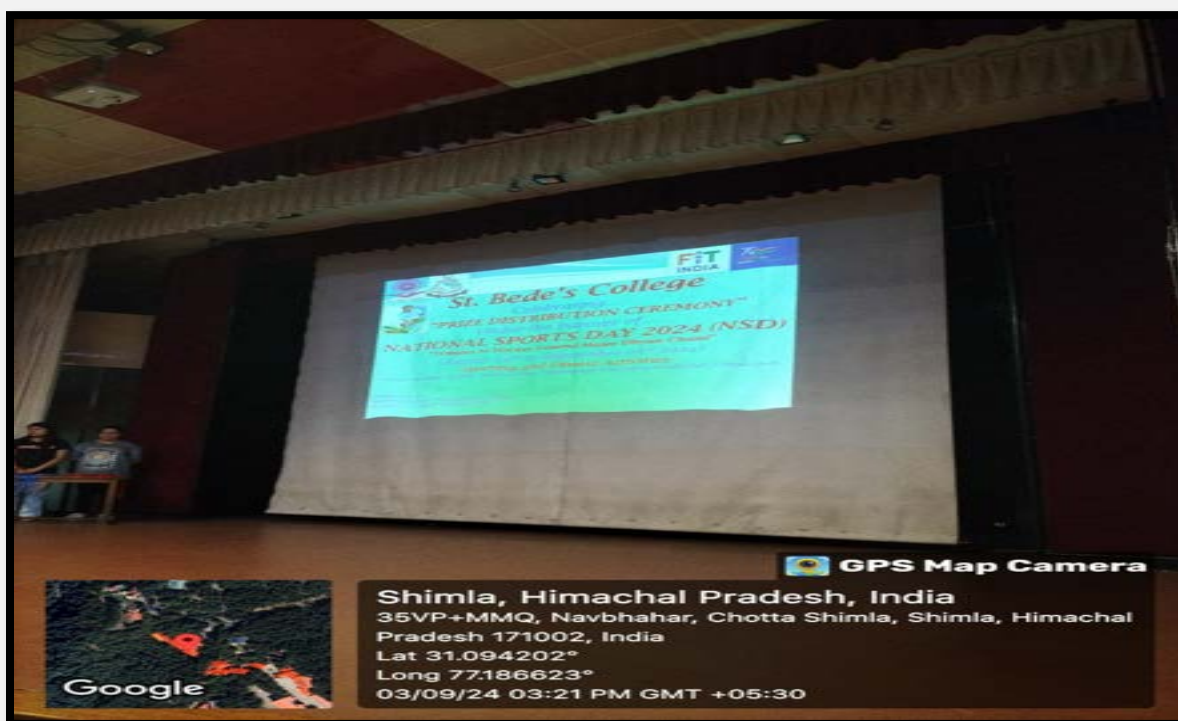


















**Activity Name:** Organization of Inter College Basketball Tournament

**Date:** September 21<sup>st</sup>, 2024 (Saturday)

**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.



"Brochure"



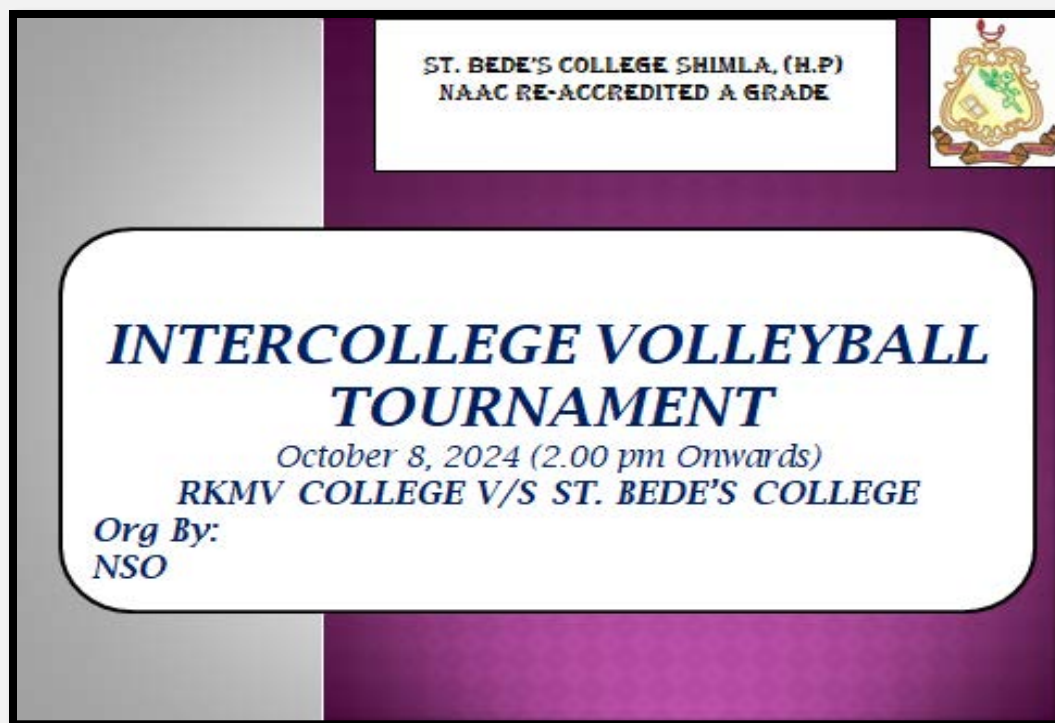




**Activity Name: Organization of Intercollege Volleyball Tournament**

**Date: October 8, 2024**

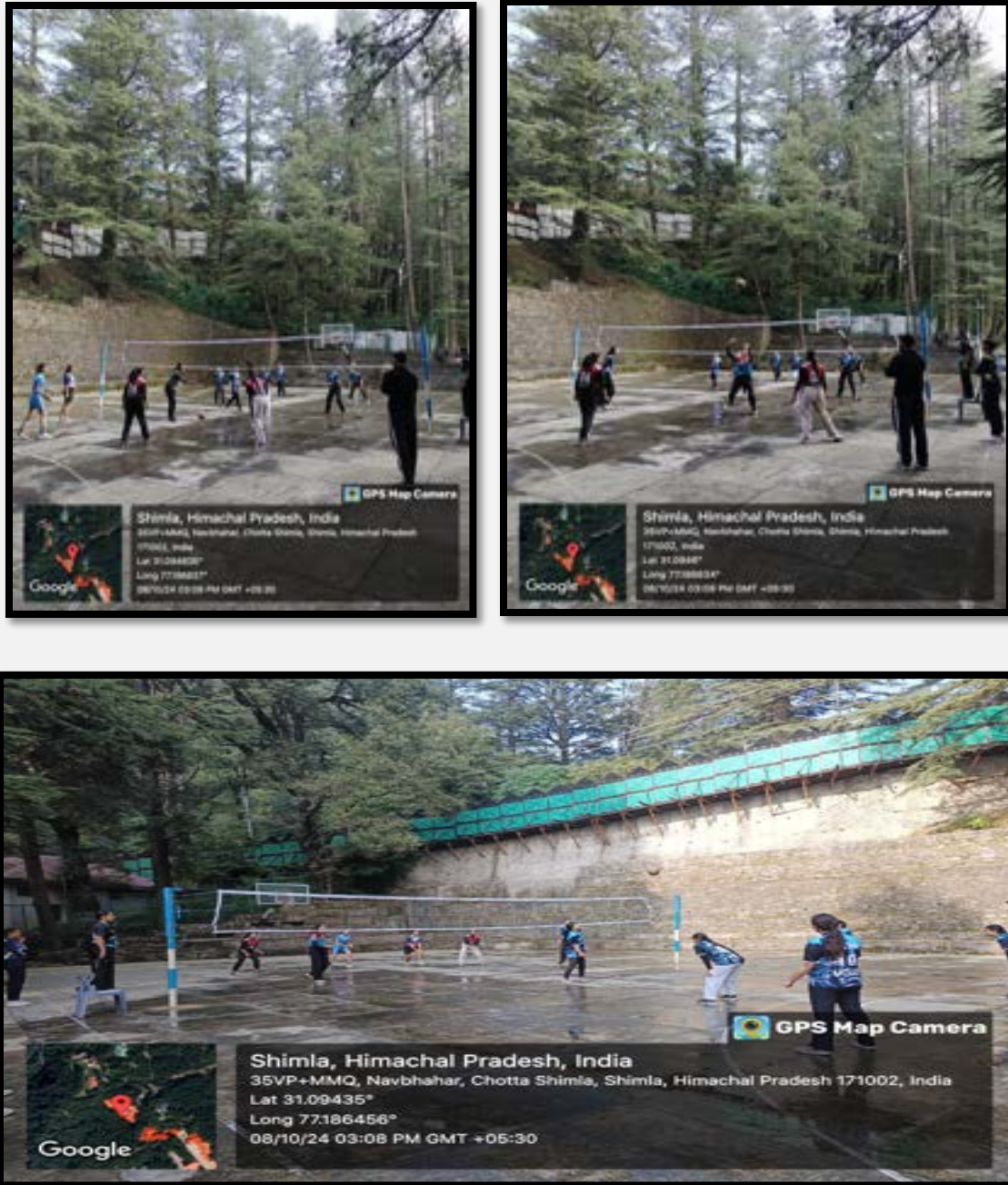
**Description:** Inter College Volleyball Tournament was organized under the banner of National Sports Organization. This competition was held between two colleges in which RKMV Shimla and St. Bede's College participated. Bede's college stood second in this tournament. 24 players participated in this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



“Brochure”







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

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

**Description:** Himachal Pradesh University Table Tennis (W) Inter College Championship (18<sup>th</sup> to 19<sup>th</sup> 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 (18<sup>th</sup> October 2024). The chief guest, observers 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. 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. Mis Swati Kapil, Department of Commerce felicitated College Principal Prof. (Sr.) Molly Abraham. The winners of the tournament were as follows-

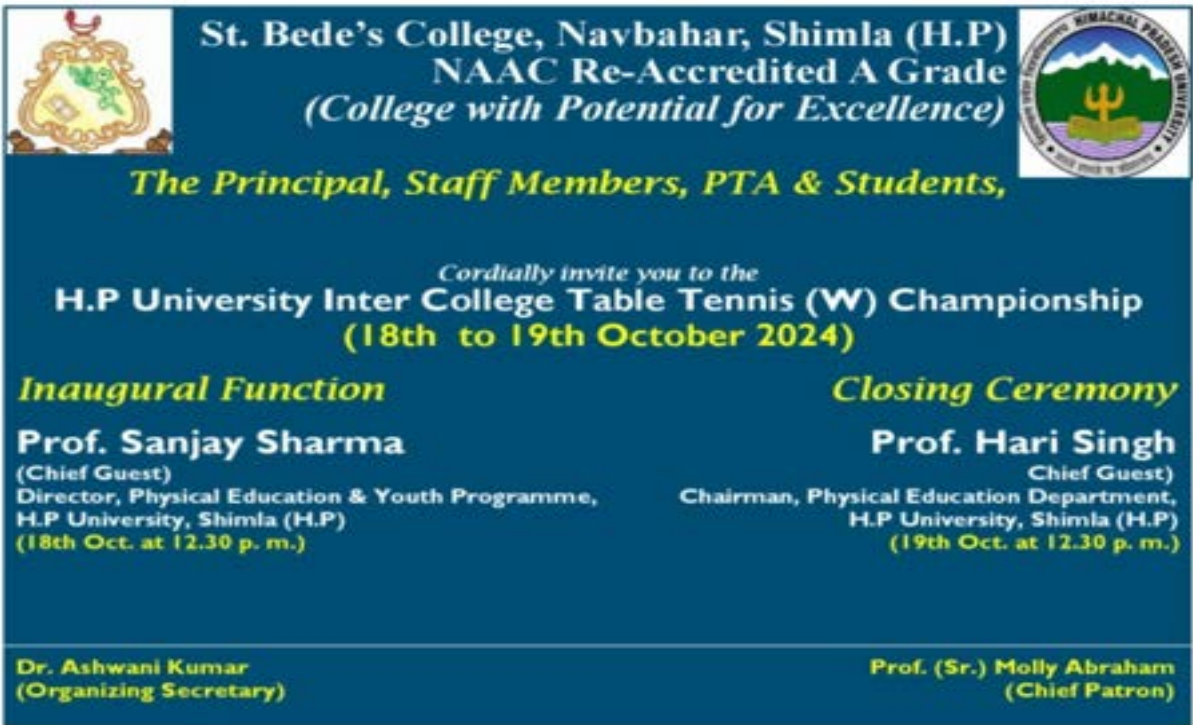
I<sup>st</sup> Position: Govt. College Dharamsala

II<sup>nd</sup> Position: Govt. College RKMV

III<sup>rd</sup> 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 there were appreciated for their efforts and good organizational skills.



**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)**

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







## टेबल टेनिस में धर्मशाला कॉलेज ने जीता खिताब

आरकेएमवी को हराया, कोटरोरा तीसरे स्थान पर



सेंट पीटर्स कॉलेज में विजेता खिलाड़ियों को सम्मानित करने हुए। संका

### अधर उजाला ब्यूरो

शिमला। सेंट पीटर्स कॉलेज में आयोजित इंटर कॉलेज महिला टेबल टेनिस प्रतियोगिता के फाइनल में धर्मशाला दिव्य कॉलेज की टीम ने राजकीय कान्हा महाविद्यालय को 3-2 से हराकर ट्राईफे जीती।

राजीव रांधी महाविद्यालय कोटरोरा ने सरकापट को हरा तैसव

सबान पाया। विजेता धर्मशाला की टीम से भाग्या, कुवि, वैरागवी, आरकेएमवी से विधिया, अंगली, मुस्कान और राखी जबकि कोटरोरा से अंगली, मधु और ईश ने प्रतिभा दिखाई। सम्पन्न समारोह में विश्वविद्यालय के सार्वजनिक शिक्षा विभाग के विभागाध्यक्ष डॉ. इरि सिंह ने विजेता और उप विजेताओं को पुरस्कार देकर सम्मानित किया।





**Activity Name: “Fit India Week”**

**Date: December 6<sup>th</sup> to December 12<sup>th</sup>, 2024**

**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.



“Brochure”









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

Date: March 29, 2025

#### 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 Jaffna, 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.

**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**

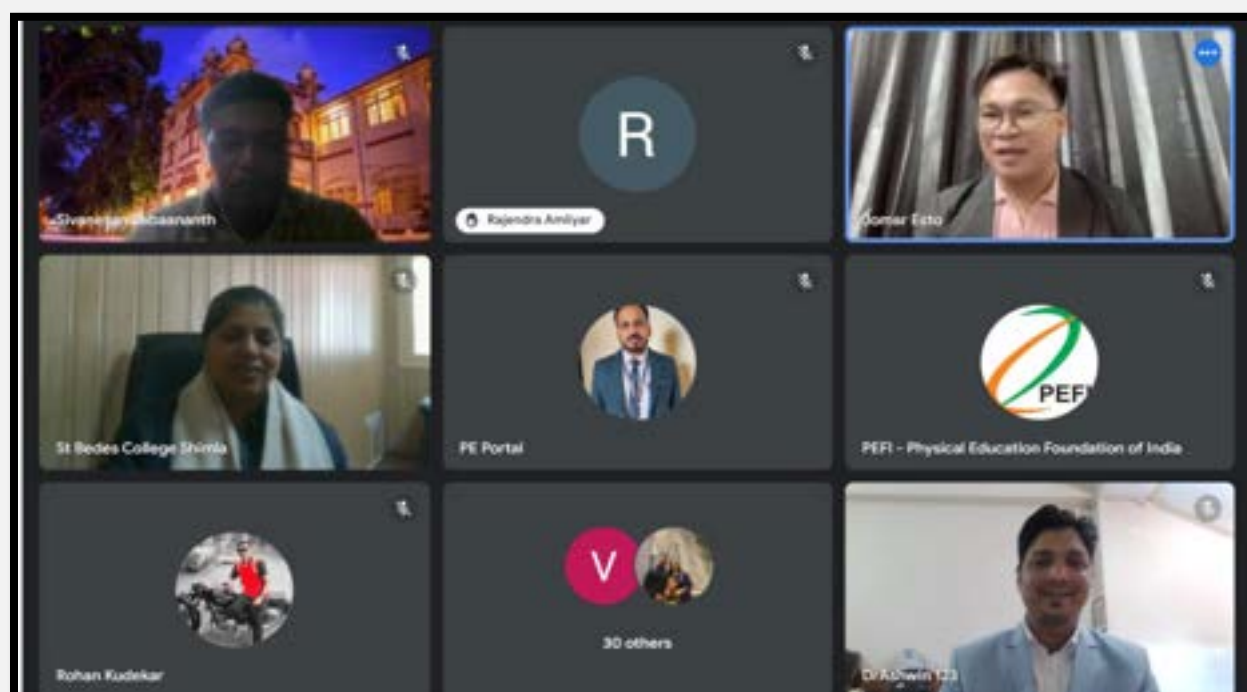
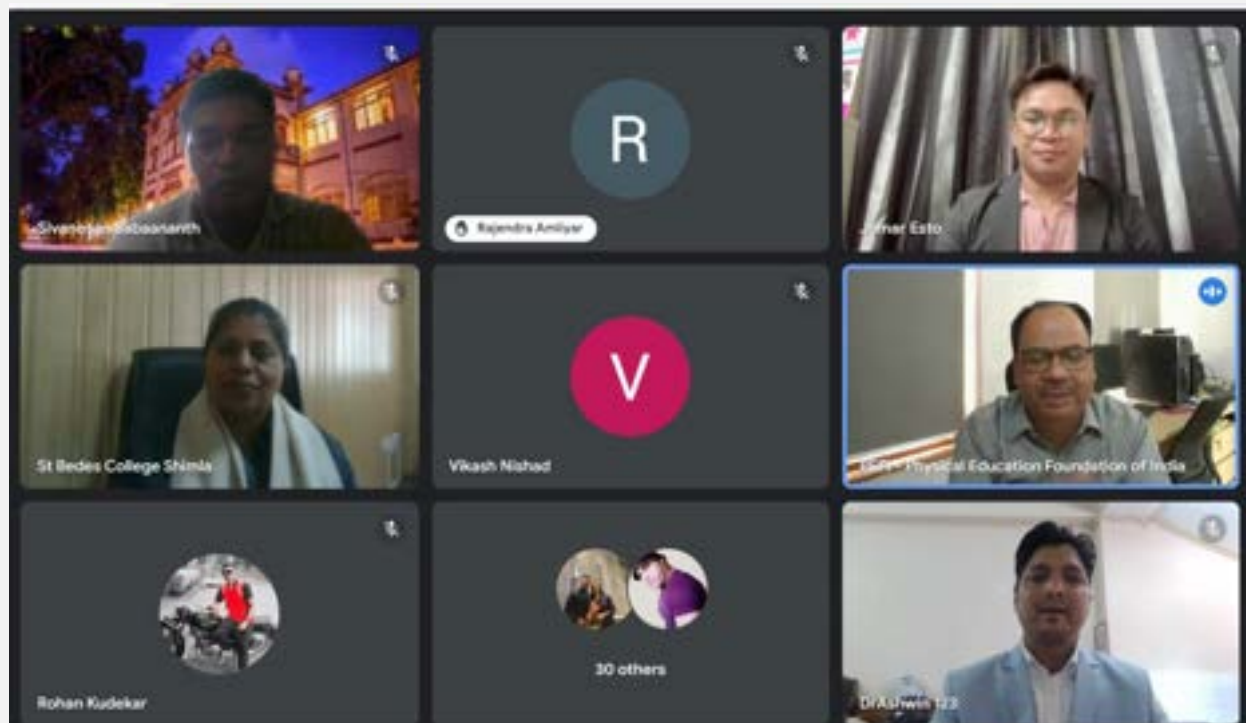
*is organising a*  
**INTERNATIONAL SEMINAR (ONLINE)**  
**ON**  
**-PEACE BUILDING THROUGH SPORTS-**

**Date: March 29, 2025 (10.30 to 11.30 am IST)**

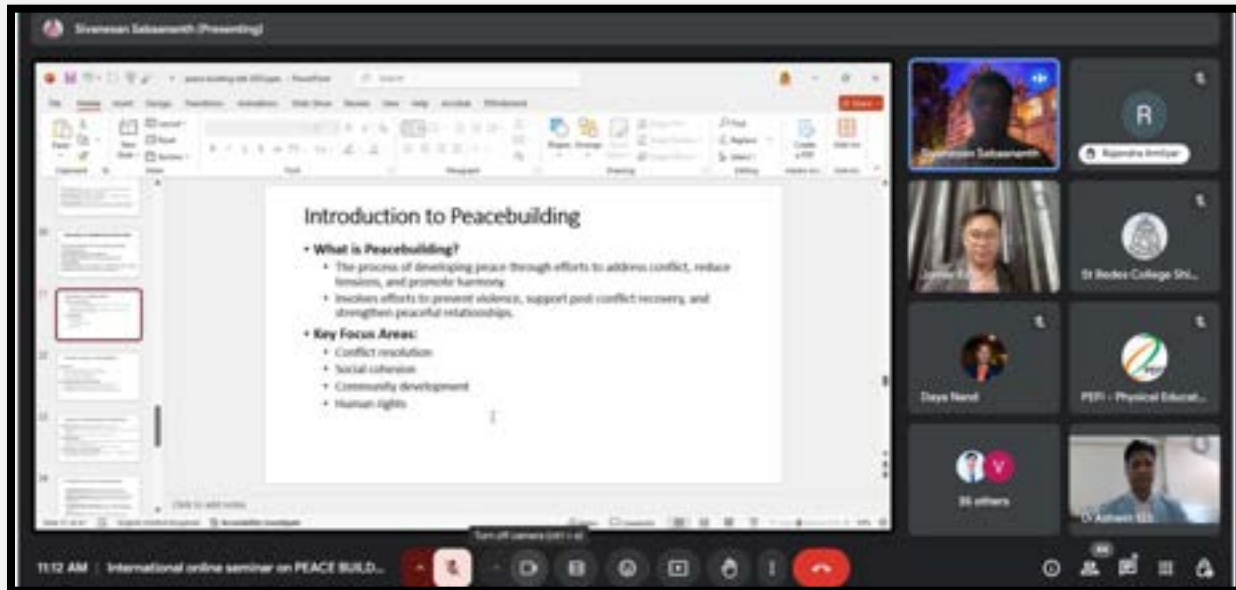
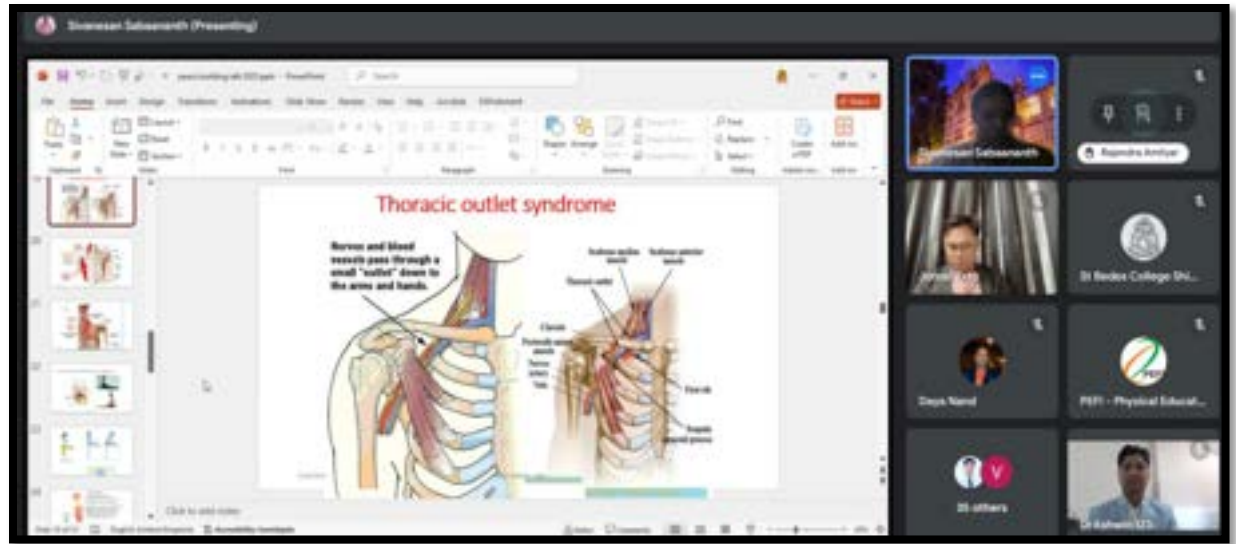
<b>Resource Person</b>  <b>Dr. S. Sabaanath</b> Faculty of Allied Health Sciences, University of Jaffna, SRI LANKA	<b>Chief Guest</b>  <b>Dr. Piyush Jain</b> National Secretary: PEFI, NDLS, INDIA	<b>Moderator</b>  <b>Prof. Jomar B. ESTO</b> University of Southern Mindanao, PHILLIPPINES
<b>Patron</b>  <b>Prof. (Sr.) Molly Abraham</b> (Principal)	<b>Convener</b>  <b>Dr. Ashwani Kumar</b> (NSO)	

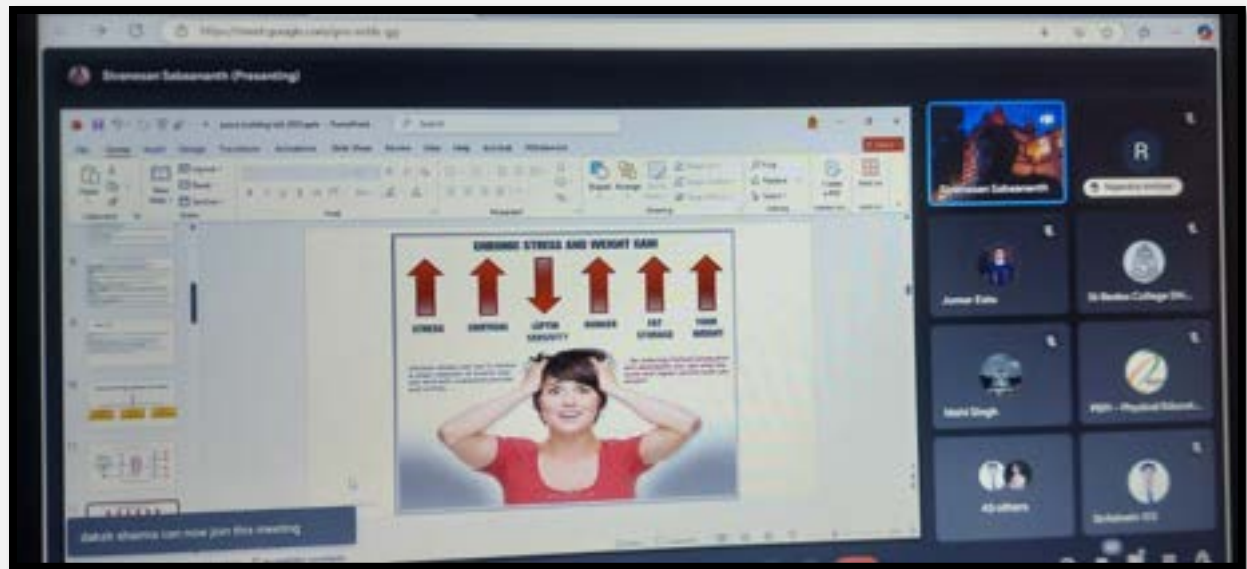
Google Meet Link: Zoom/WhatsApp Link: <https://meet.google.com/gem-xxkhh-gdr>

#### Brochure

**Glimpses of the International Seminar:**







## SPORTS ACHIEVEMENTS

### 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).





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

St. Bede's College participated in Senior State Boxing Championship, held at Kullu from 15<sup>th</sup> Oct. to 17<sup>th</sup> 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)





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



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

### 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)**



**Priya, National Boxer (B.A I Year)**

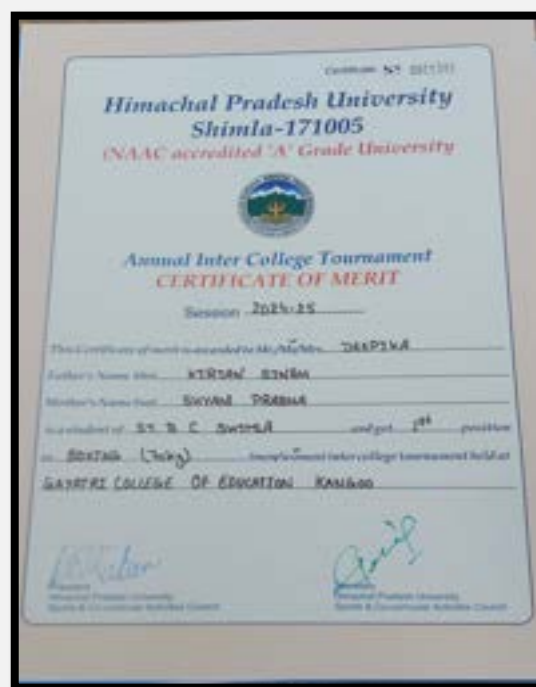
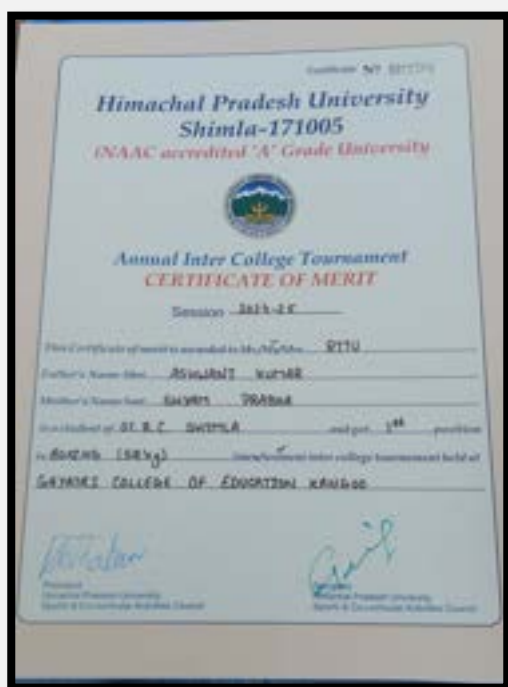


**Anjali, National Boxer (B.A I Year)**

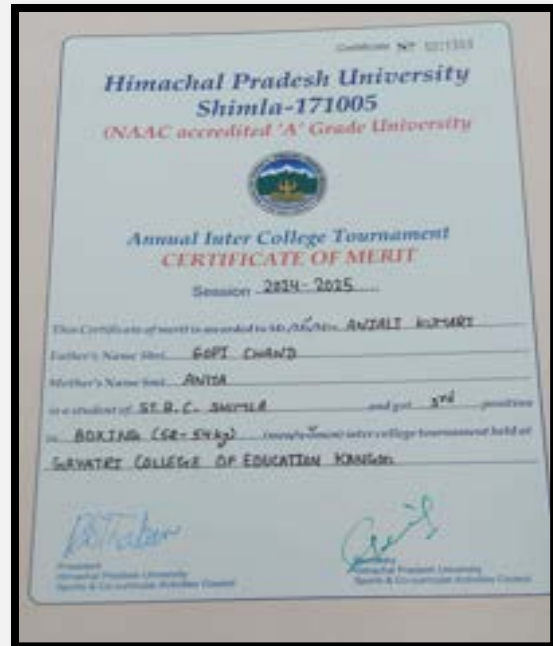




**St. Bede's Champions: 2024-2025 (Received overall IIIrd Position in HPU Intercollege)**



**Ritu and Deepika Certificates with Ist Position**



Priya and Anjali Certificates with Ist and IIIrd Position



Media Coverage

#### 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. 21/04/2024/PP/Champion  
Himachal Pradesh University, Shimla-05  
(P.A.M.) Accredited 'A'-Grade University  
Department of Physical Education & Y.P.

Date: 17.12.2024

To,  
The Principal,  
1. St. Bede's College, Shimla  
2. RKSV College, Shimla  
3. M.L.M. College, Sundernagar, Mandi  
4. G.T. Rampur  
5. G.C. Rampur  
6. G.C. Purgul  
7. Y.C.C. Mandi

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

Respected Sir,

The following players of your college have been selected to attend a coaching camp for the Boxing (Women) team scheduled to be held at H.P. University, Shimla on dated 04.12.2024. You are therefore requested to kindly direct the following players of your college to report for coaching camp on 03.12.2024 at above mentioned venue alongwith Photo, Past Two, 3x3/21 certificate for state of P.U. awarded, Author 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 Kashi University, Bikaner, Punjab on d.d. 08.12.2024 to 24.12.2024. Date arrangement will be at H.P. University Guest House.

For any inquiry, contact to Mr. Navneet Chaudhary, Coach in Mobile No. 940335478.

No. No.	Student Name	Father's Name	College Name
1	Priya	Mr. Navneet Chaudhary	St. Bede's College, Shimla
2	Ritu	Mr. Kishore	RKSV College, Shimla
3	Ritu	Mr. Ashwani Kumar	St. Bede's College, Shimla
4	Shruti	Mr. Navneet Kumar	M.L.M. College, Sundernagar
5	Aarushi	Mr. Bhagat Singh	Govt. College, Rampur
6	Shruti	Mr. Kishore	RKSV College, Sundernagar
7	Shruti	Mr. Ashwani Kumar	RKSV College, Shimla
8	Neha	Mr. Navneet Kumar	Vaidika College, Shimla
9	Deepika	Mr. Kishore Singh	St. Bede's College, Shimla
10	Shruti	Mr. Navneet	Govt. College, Rampur
11	Aarushi	Mr. Kishore	Govt. College, Rampur
12	Vandana Grewal	Mr. Shashi Kant Grewal	Govt. College, Jalandhar

Yours faithfully,  
*[Signature]*  
Director,  
Dept. of Phys. Edu. & Y.P.

#### 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.







*AIU National University Sports Championship, Certificates*

**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.

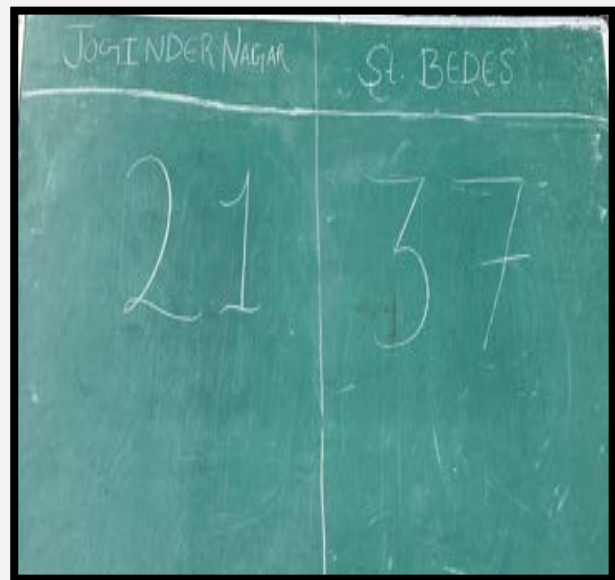




*Certificate of Participation*

**7. Participation in 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.



*Basketball Team*



*Volleyball Team*



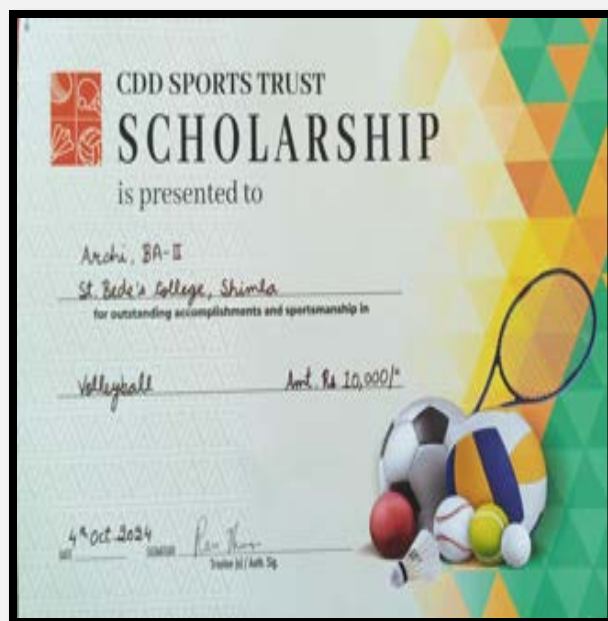
### CDD SPORTS TRUST SCHOLARSHIP, 2024-2025

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.



*CDD Sports Trust Scholarship, 2024-2025*





***CDD Sports Trust Scholarship: 2024-2025***

Patron: Prof. (Sr.) Molly Abraham, (Principal)  
Editor: Miss Nikita Thakur

Convener: Dr. Ashwani Kumar  
Co-Editors: Archi & Sneha