

**Department of Physical Education,
St. Bede's College, Shimla (H. P)**

Departmental activities for the session of 2023-2024:

Sr. No.	DEPARTMENTAL ACTIVITY/ EVENT	Date & Year
1.	03 Day Online National Workshop on “YOGA FOR A HEALTHY LIFE STYLE” will be organised on the celebration of INTERNATIONAL YOGA DAY	June, 19 th to 21 st , 2023
2.	International Workshop on “LET’S MOVE” : “FOR DAILY PHYSICAL ACTIVITY” will be organised on the celebration of INTERNATIONAL OLYMPIC DAY	June, 26 th 2023
3.	Certificate Course on Yoga Education for Add on Student's (Fifteen Day)	December, 10 th to 25 th , 2023
4.	Lecture Series will be organised on “HEALTH & INJURIES IN SPORTS”	February, 10, 2024 Saturday
5.	03 Day National Workshop (Online) will be organised (Online) on “RESEARCH METHODOLOGY”	February, 22 nd to 24 th , 2024

Department of Physical Education

Date: 30/06/2023

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

**National Sports Organization (NSO) activities for the session of
2023-2024:**

Sr. No.	SCHEDULE OF THE PROGRAMME
1.	“ NATIONAL SPORTS DAY ” will be organised in the month of August, 29 th , 2023.
2.	Intramural Basketball Game will be organised in the month of December, 14 th , Thursday, 2023.
3.	Intramural Badminton Game will be organised in the month of December, 15 th , Friday, 2023.
4.	Intramural Table Tennis Tournament will be organised in the month of December, 16 th , Saturday, 2023.

NSO

Date: 30/06/2023

**Health Club,
St. Bede's College, Shimla (H. P)**

Health Club activities for the session of 2023-2024:

Sr. No.	ACTIVITY SCHEDULE
1.	“Health Awareness Talk on: “DRUGS AND THEIR PREVENTION, POSTER MAKING AND SLOGAN WRITING COMPETITION” on “International day against Drug Abuse & Nasha Mukh Himachal” will be organize in the month of June, 22-23, (Thursday & Friday), 2023.
2.	“International Webinar on Health under the theme of Yuvamanthan Model G20 will be organise in the month of September 09, 2023.
3.	“Health and Physical Fitness Camp” for Fresher Student’s will be organise in the month of 15th -16th (Friday & September), Saturday 2023.
4.	“Health Check-up Camp” for Govt. School Student’s Sanjauli will be organise in the month of 23rd September, Saturday 2023.
5.	Workshop on “Drugs and Preventions” jointly will be organise with NCC unit under the banner of “Vaktitava Foundation” in the month of December 06, 2023.
6.	Health Awareness Session on “WORLD CANCER DAY” for the Students will be organise in the month of 04th February, 2024.
7.	One Day National Workshop on “AYURVEDIC PULSE DIAGNOSIS” will be organise on “WORLD HEALTH DAY” in the month of April, 07th 2024.
8.	“National Webinar” will be conduct for the students on “World Hypertension Day” in the month of 17th May, Friday 2024.

Health Club

Date: 30/06/2023