

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

**College activities for the session of 2022-2023 under NSO &
Physical Education Department:**

Sr. No.	Competition	Date
1.	Celebration of World Bicycle Day	03 rd June 2022
2.	Celebration of INTERNATIONAL YOGA DAY One week camp will be organize for the students and faculty members	15 th to 21 st June 2022
3.	Celebration of National Sports Day	29 th August 2022
4.	Organization of Himachal Pradesh University Intercollege Basketball (Women) Championship	24 th to 26 th November 2022
5.	Certificate Course on Yoga Education (Fifteen Day)	06 th to 21 st December 2022
6.	Organization of Physical Fitness Test	31 st August 2022
7.	Intramural Basketball Game	11 th March 2023
8.	Intramural Badminton Game	
9.	Intramural Table Tennis Tournament	

Department of Physical Education

Date: 14/07/2022

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

Health Club activities for the session of 2022-2023:

Sr. No.	SCHEDULE OF THE PROGRAMME
1.	“ Mega Vaccination Drive for booster dose-IIIrd ” will be organize in the month of 06 th August, 2022.
2.	“ PHYSICAL FITNESS TEST ” will be organize in the month of 17 th September, 2022.
3.	Health Awareness program on “Breast Cancer” will be organize in the month of 29/09/2022.
4.	“ WALK FOR HEALTH ACTIVITY ” will be organize in the month of 18 th March, 2023.

Health Club

Date: 03/08/2022