



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

EXTENSION ACTIVITIES, 2023-2024

Activity: Health and Personality Development Classes for School Children

Day: Every Tuesday & Friday (Per Week)

Date: September 29, 2023 (onwards)

Objectives:

- To enhance the overall personality of the school children.
- To improve their confidence level.
- To augment their innate leadership qualities and to improve children's interpersonal communication skills

Description: The St. Bede's College structured a development program on Health and Personality Development classes for the students of Government Primary School, Sanjauli. The classes are organized to raise confidence, strength and to build an optimistic personality of young children. The interaction also eliminates negative behavior that hinders the growth and success of the students. These classes also created general awareness about health amongst the students of the school.

Dr. Ashwani, from Department of Physical Education, St. Bede's College has been taking Health and Personality Development classes of the school children. The classes have been taken on every Tuesday and Friday in a week. In each class a new topic was taught. The topics were based on health, physical, emotional, psychological, spiritual and professional aspects of the personality development. After the class students were evaluated randomly to observe the change in them.

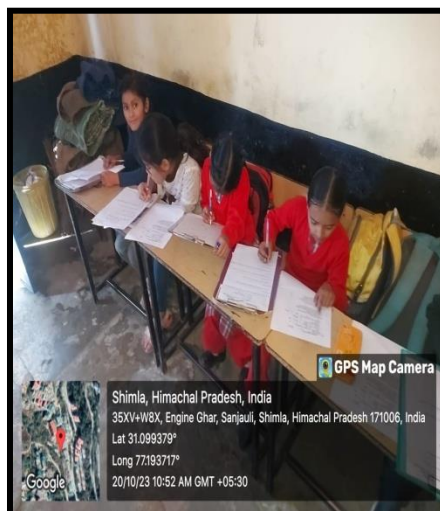
Outcome:

Personality development plays an important role in helping students to build a strong and positive foundation for the future. The students were guided to develop good study habits and strengthening their inter-personal skills. They were also made aware about the importance of health and hygiene. As quality education is an important part of any student's life, these classes played a vital role in the overall development of the school children.



Glimpses:

*Department of Physical Education,
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(Physical Education Department)