



*Health Club*  
*St. Bede's College, Shimla*

### **Minutes of the Meeting**

A meeting was conducted by Physical Education Department and Health Club of St. Bede's College on **11<sup>th</sup> June, 2024** to organize "Yoga camp and National Webinar to celebrate of International Yoga Day and following points have been discussed.

It was decided that these activities will be conducted on June 13<sup>th</sup> -14<sup>th</sup> & 21<sup>st</sup> June, 2024

The resource person for the Yoga Camp will be 'Dr. Rinku Kumar from Department of Yogic Sciences; (HPU).

It was decided that The National Webinar on "Yoga for Women Empowerment" will be conducted on June, 21<sup>st</sup>, 2024. The eminent speaker for the session will be Dr. Jothi K. Dayanandan, Associate Professor, YMCA, Chennai and Dr. Chander Shekhar, Assistant Professor, SPN College, Mukerian, Punjab will be the moderator for the webinar.

Following duties were assigned to the teachers concerned

Dr. Ashwani Kumar will communicate with the resource persons regarding their consent and finalization of the dates for the above said programs.

Dr. Kusum along with students will make all arrangements for the programmes.

The meeting was attended by:

1. Dr. Ashwani Kumar

2. Dr. Kusum

3. Ms. Shagun Sharma (President HC)

11.06.24

Shagun

*mollym*  
11/6/24  
Principal  
Principal  
St. Bede's College  
Shimla



*Health Club*  
*St. Bede's College, Shimla*

### **Minutes of the Meeting**

A health club meeting was conducted on **20<sup>th</sup> September, 2024** to organize "A Workshop on Health and Dental Care". The following points were discussed.




It was decided that the work shop will be organized on **25<sup>th</sup> September, 2024**.

The resource person for the health talk and team for the Dental Checkup and Treatment were arranged from Department of Public Health Dentistry, HP Govt. Dental College & Hospital IGMC, Shimla.

Dr. Kusum and Dr. Vishal Chauhan will make all the arrangements for the program.

Duties were also assigned to club President and student members.

The meeting was attended by:

1. Dr. Kusum 
2. Dr. Vishal Chauhan 
3. Ms. Shagun Sharma (President HC) 

  
23/09/24  
Principal's Signature

Principal  
St. Bede's College  
Shimla



*Health Club*  
*St. Bede's College, Shimla*

### **Minutes of the Meeting**

A health club meeting was conducted on **3<sup>rd</sup> December, 2024** to organize "A session on *Longevity of Life and Brain Functioning and its Enhanced Applications*". The following points were discussed.

It was decided that the session will be organized on **5<sup>th</sup> December, 2024** based on availability of the resource person.

The resource persons for the talk will be arranged from IBRI, Education Private Limited, Haryana and APG University.

Dr. Kusum and Dr. Vishal Chauhan will make all the arrangements for the program.

Duties were also assigned to club President and student members.

The meeting was attended by:

1. Dr. Kusum

2. Dr. Vishal Chauhan

3. Ms. Shagun Sharma (President HC)

4. Ms. Vidhi Luhach (Secretary HC)

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*03/12/24*  
Principal  
Principal  
St. Bede's College  
Shimla



*Health Club*  
*St. Bede's College, Shimla*

### MINUTES OF MEETINGS

A meeting of the Health Club was held in Room No. B12 on **November 30, 2024**, with the conveners, president, secretary, and some members of the College Health Club, Women's Cell and Gender Champions Cell. The agenda for the meeting was to hold an *Awareness Session on Breast and Cervical Cancer* on **December 6, 2024**, in collaboration with the TYACAN Foundation.

The committee collectively decided to organize the activity in the seminar room. The Health Club convener informed that Ms. Minnie Singh from the TYACAN Foundation would serve as the resource person, accompanied by Ms. Simran Jagga, a counseling psychologist, and Ms. Shivali, a dedicated volunteer and social worker with TYACAN.

The event is scheduled to begin at 10:30 AM, with specific responsibilities assigned to students to ensure smooth execution. All the students of the Health Club and Women Cell will attend this event.

The meeting was attended by:

Ms. Unnatti Chauhan (Convener of Women Cell)

Dr. Jyotika Brari (Member of Women Cell)

Dr. Kusum (Convenor of Health Club)

Dr. Vishal Chauhan (Member of Health Club)

Shagun Sharma (President of Health Club)

Vidhi Luhach (Secretary of Health Club)

Vrinda (President of Women Cell)

Mamta (Secretary of Women Cell)

Shefali Rapta (Gender Champion)

Astha Nresht (Gender Champion)

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*06/12/24*  
Principal  
Principal  
St. Bede's College  
Shimla