



*NSO,
St. Bede's College, Shimla*

SESSION: 2024-2025

EXTENSION ACTIVITIES

Activity Name: Organization of Inter College Basketball Tournament

Date: September 21st, 2024 (Saturday)

Objective: The objective of the activity was to know playing ability of the athletes.

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.

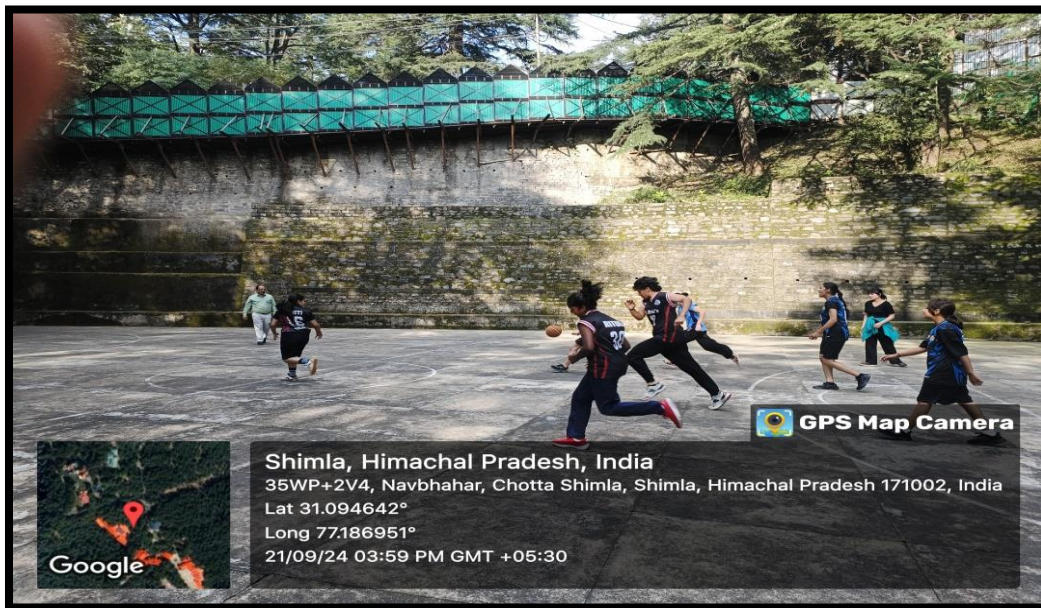
Outcome: Demonstrate an expert knowledge of the strategies and skills of the sport and use critical thinking skills to apply this knowledge in competitive situations in order to participate to the best of one's ability in competition.



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Activity Name: Organization of Intercollege Volleyball Tournament

Date: October 8, 2024

Objective: The main objective of the activity was to know playing ability of the athletes.


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.

Outcome: Demonstrate an expert knowledge of the strategies and skills of the sport and use critical thinking skills to apply this knowledge in competitive situations in order to participate to the best of one's ability in competition.



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ST. BEDE'S COLLEGE SHIMLA, (H.P)
NAAC RE-ACCREDITED A GRADE



INTERCOLLEGE VOLLEYBALL TOURNAMENT

October 8, 2024 (2.00 pm Onwards)
RKMV COLLEGE V/S ST. BEDE'S COLLEGE

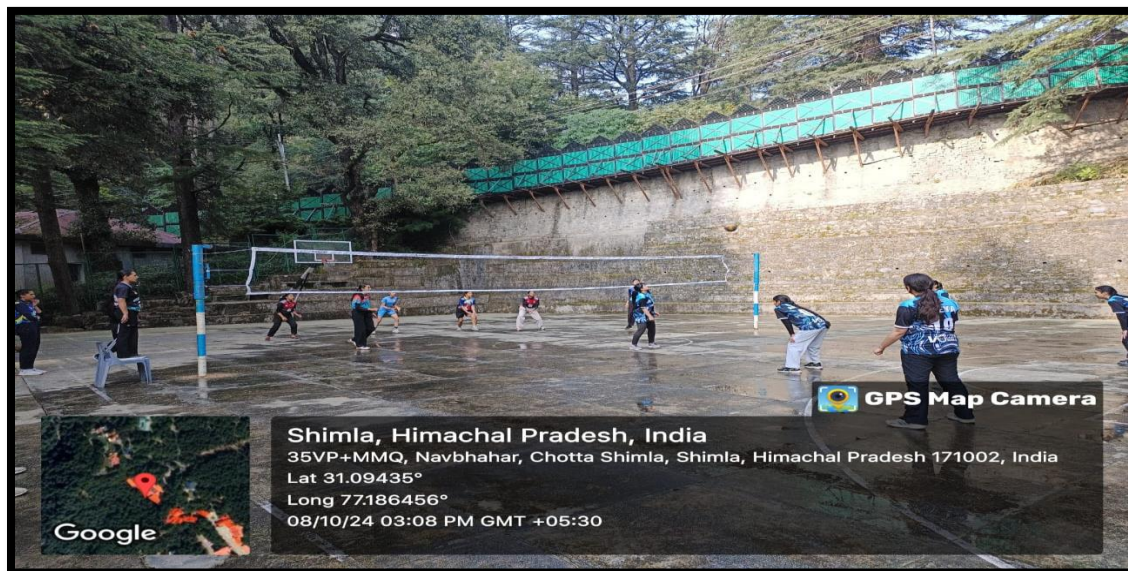
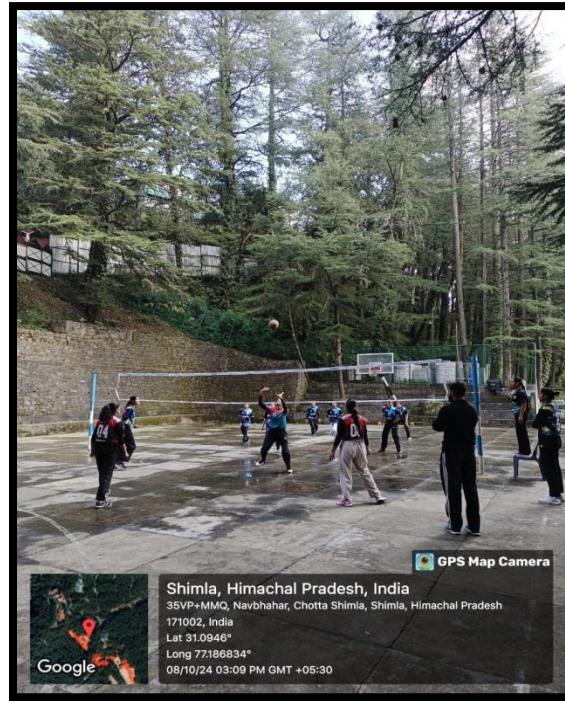
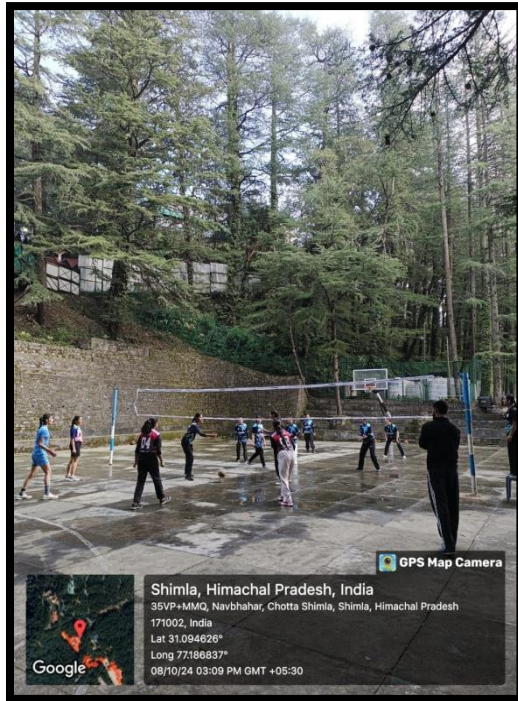
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Activity Name: Organization of Himachal Pradesh University Inter College Table Tennis (Women) Championship

Date: October 18th-19th, 2024

Objective: The main objective of inter-college sports competitions was to foster a spirit of healthy competition, enhance physical and mental well-being, and promote sportsmanship among students. These events also aim to identify and nurture athletic talent, provide opportunities for students to showcase their skills, and build valuable life skills like teamwork and leadership.

Description: Himachal Pradesh University Table Tennis (W) Inter College Championship (18th to 19th 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 (18th 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



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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-

Ist Position: Govt. College Dharamsala

IInd Position: Govt. College RKMV

IIIrd 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 their were appreciated for their efforts and good organizational skills.

Outcome:


- Demonstrate traits of good sportsmanship and teamwork in both competition and practice.
- Apply discipline and commitment developed in practice and competition to academic achievement.
- The sports event is not only about competition but also about sportsmanship and teamwork.



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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><i>Inaugural Function</i></p> <p>Prof. Sanjay Sharma (Chief Guest) Director, Physical Education & Youth Programme, H.P University, Shimla (H.P) (18th Oct. at 12.30 p. m.)</p>	<p><i>Closing Ceremony</i></p> <p>Prof. Hari Singh (Chief Guest) Chairman, Physical Education Department, H.P University, Shimla (H.P) (19th Oct. at 12.30 p. m.)</p>
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Dr. Ashwani Kumar
 (Organizing Secretary)

Prof. (Sr.) Molly Abraham
 (Chief Patron)

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टेबल टेनिस में धर्मशाला कॉलेज ने जीता खिताब

आरकेएमवी को हराया, कोटशेरा तीसरे स्थान पर



सेंट बीड्स कॉलेज में विजेता खिलाड़ियों को सम्मानित करते हुए। -संवाद

अमर उजाला ब्यूरो

शिमला। सेंट बीड्स कॉलेज में आयोजित इंटर कॉलेज महिला टेबल टेनिस प्रतियोगिता के फाइनल में धर्मशाला डिग्री कॉलेज की टीम ने राजकीय कन्या महाविद्यालय को 3-2 से हराकर ट्रॉफी जीती।

राजीव गांधी महाविद्यालय कोटशेरा ने सरकाघाट को हरा तीसरा

स्थान पाया। विजेता धर्मशाला की टीम से भाग्या, श्रुति, वैष्णवी, आरकेएमवी से रिधिमा, अंजली, मुस्कान और साक्षी जबकि कोटशेरा से अंजली, मधु और ईशा ने प्रतिभा दिखाई। समापन समारोह में विश्वविद्यालय के शारीरिक शिक्षा विभाग के विभागाध्यक्ष डॉ. हरि सिंह ने विजेता और उप विजेताओं को पुरस्कार देकर सम्मानित किया।





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