

ACTIVITIES

REPORT (2020)

- Department of Physical Education organised virtual three days Webinar on “Fitness & Wellness” under Fit India Movement Initiative from 22nd to 24th May 2020 at 10.00 am to 11.00 am.
- Celebrated International Day of Yoga by organising a virtual lecture-cum-practice session on “Yoga For Immunity” on 22nd June 2020 at 4.30 pm to 5.30 pm.
- Celebrated National Sports Day by organising a “Collage making” session on “Major Dhyan Chand Singh” on 29th August 2020 at 9.00 am.
- Organised a virtual lecture on “Fitness & Nutrition: Myths and Misconception” under Fit India Movement Initiative on 14th October, 2020 at 1.00 PM.
- Conducted virtual NSO class in Aerobics and yoga on 24th February, 2021 at 1.00 pm to 2.00 pm.
- Celebrated International Day of Yoga and conducted a Live Session on “Yoga For Total Fitness” on 21st June, 2021 from 12:00 to 1:00 PM.
- Organized 34 Hours Foundation Course in Yoga from 1st April 2021 to 17th May 2021.
- Organized an activity for B.A (P) Physical Education Students on 29th August 2021 on the occasion of National Sports Day.
- Organised a lecture on “Sports Psychology For Performance Enhancement” on 1st September, 2021 at 1.00 PM for Vth Semester NSO, Physical Education and Sports Students. The lecture was delivered by eminent speaker Dr. Lalit Sharma, Professor from Indira Gandhi Institute of Physical Education and Sports Sciences, University of Delhi.
- Organized Fit India Freedom Run to commemorate Azadi Ka Amrit Mahotsav on 24th September at 9:00 AM in the college ground.

SPORTS RESULT

- Sejal Negi of B.A (H) Geography participated in 80th Delhi State Annual Athletics Championship held on 14th and 22nd January 2021 at J.L.N Stadium, New Delhi SECURED GOLD MEDAL in 800M Girls-20.
- Nikita Choudhary of B.A (Prog.) participated in 80th Delhi State Annual Athletics Championship held on 14th and 22nd January 2021 at J.L.N Stadium, New Delhi SECURED BRONZE MEDAL in 800M and 1500 M.
- Kirti Gupta of B.A (Prog.) participated in World Cup Shotgun Championship held at Cairo Egypt from 22nd Feb to 5th March 2021 and secured team silver medal (Trap Shooting).