

2019 NSO ACTIVITIES

Department of Physical Education organized Sports Day on 21st Feb 2019. As a part of Sports Day activities, Department conducted a Leg Cricket match for staff members, Athletic events (80 mts race, Long Jump & Shot put) for NSO students, fun races for teachers, students, academic and non-academic staff members. Demonstrations in Aerobics, Yoga, and Taekwondo were also organized on the occasion of Annual Sports Day.

Department organized “**Brisk Walk Competition**” for I, II, and III year NSO students on 24th, 26th, and 28th September 2019.

Department of Physical Education organized a “**Fitnessista**” workshop under Fit India Movement initiative for NSO students on 3rd October 2019. Dr. Sarita Tyagi Associate Professor, Indira Gandhi College of Physical Education and Sports Sciences was the speaker and conducted the workshop on “Health and Wellness”.