

2020- NSO ACTIVITIES

Department of Physical Education organized Carom Competition for all NSO students on 29th January 2020.

Organized Athletic Events and Fun races for NSO students on 27th February 2020.

Organized “Walking Football Match” for Academic Staff Members on 3rd March 2020

Conducted 3 days webinar on “Fitness and Wellness” under Fit India Movement Initiative from 22 to 24th May 2020 on the Zoom platform.

Conducted lecture-cum-practice session on “Yoga For Immunity” By Yogacharya Lalit Madaan on 22nd June 2020 from 4.30 pm to 5.30 pm on Zoom platform on the occasion of International Yoga Day.

Organized a lecture on “Fitness & Nutrition: Myths and Misconception” under Fit India Movement Initiative on 14th October 2020 at 1.00 PM on zoom