

## **2021-NSO ACTIVITIES**

Department of Physical Education conducted NSO virtual Class for II year students in Yoga And Aerobic activity on 24<sup>th</sup> February 2021 at 1.00 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 1<sup>st</sup> April 2021 to 17<sup>th</sup> May 2021.

Organized a lecture on “Sports Psychology For Performance Enhancement” on 1st September, 2021 at 1.00 PM for Vth Semester NSO students.

Organized Fit India Freedom Run to commemorate Azadi Ka Amrit Mahotsav on 24<sup>th</sup> September at 9:00 AM in the college ground.

Organized a workshop on “Enroute Happiness And Well Being” under the banner of Azadi Ka Amrit Mahotsav on 24<sup>th</sup> November, 2021 at 1.00 PM for 3<sup>rd</sup> Semester NSO students.