

### **NSO ACTIVITIES 2022**

- Organized practicing Suryanamaskar for 21 Days from 12<sup>th</sup> January 2022 to 4<sup>th</sup> February 2022.
- Organized a talk on “Celebrate and Empower Women in Sports” on 9<sup>th</sup> March (Wednesday) 2022 at 1:00 PM, on the occasion of International Women’s Day.
- Organized a one-week workshop on “Yoga Asanas For Postural Deformities” from 14<sup>th</sup> June to 18<sup>th</sup> June 2022.
- Organized Common Yoga Protocol Session to celebrate the INTERNATIONAL DAY OF YOGA on 21<sup>st</sup> June 2022 at 7:45 a.m. on the college ground.
- Organized the Strength and Conditioning Camp on 29<sup>th</sup> August 2022 at 7:45 a.m. on the college ground to celebrate National Sports Day to commemorate the birth anniversary of hockey legend Major Dhyan Chand.
- Organized an Online Lecture on “Introduction to First Aid” on 2<sup>nd</sup> November 2022 from 2:00 to 3:00 PM
- Fitness Camp was organized from 13-12-22 to 22-12-22 in Athletics, Basketball, Football, and Taekwondo.