

NSO Report 2017

Training classes were organized for NSO students in activities like Yoga, Taekwondo and Aerobics. The Department of Physical Education organized a lecture on the Topic “Nutrition and Sports Performance” on 15th September 2017 and the Guest Speaker was Dr. Priti Rishi Lal, Assistant Professor, Department of Food and Nutrition, Lady Irwin College. The lecture was organized for the Sports and NSO students. Around 100 students attended the lecture. Dr. Lal in her lecture emphasized upon the role of nutrition in the sports performance. She shared with students, her experiences as a nutritionist with international players during her tenure in Sports Authority of India. She also suggested the food requirement for players during the different stages of competition - pre competition, competition and post competition period. The lecture session ended with the question and answer round in which students actively participated. Competitions were also organized in Athletics and recreational games. NSO students practiced enthusiastically to participate in Aerobics, Taekwondo and Yoga demonstrations for Annual Sports Day held in the month of February 2018.