

Report (2019)

The Department of Physical Education organized “Fitnessista workshop” under Fit India Movement for NSO students in the month of October, 2019. Dr. Sarita Tyagi Associate Professor, Indira Gandhi College of Physical Education and Sports Sciences, was the key speaker and conducted the workshop on “Health and Wellness”. The department also organized a Leg Cricket match for staff members, Athletic events (80 metres race, Long Jump & Shot put) for NSO students, fun races for teachers, students, academic & non-academic staff members. Demonstration in Aerobics, Yoga and Taekwondo were also organized on Sports Day. Around 820 students participated in the events organized by the department in the year 2019. The department organized the 4th Kamala Nehru College Invitations Football tournament for Delhi University Women Football teams.