

ACTIVITIES ORGANISED BY THE DEPARTMENT OF PHYSICAL EDUCATION
FROM JANUARY TO DECEMBER 2021

1. Department of Physical Education conducted virtual NSO class in Aerobics and yoga on 24th February, 2021 at 1.00 pm to 2.00 pm.
2. 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.
3. Organized 34 Hours Foundation Course in Yoga from 1st April 2021 to 17th May 2021.
4. Organized an activity for B.A (P) Physical Education Students on 29th August 2021 on the occasion of National Sports Day.
5. Organized a lecture on “Sports Psychology For Performance Enhancement” on 1st September, 2021 at 1.00 PM for Vth Semester NSO, Physical Education and Sports Students. The lecture was delivered by eminent speaker Dr. Lalit Sharma, Professor from Indira Gandhi Institute of Physical Education and Sports Sciences, University of Delhi.
6. Organized Fit India Freedom Run to commemorate Azadi Ka Amrit Mahotsav on 24th September at 9:00 AM in the college ground.
7. Organized Sports Prize Distribution Ceremony for the Academic Year 2019-20 and 2020-21 on 28th October 2021.
8. Department of Physical Education organised a workshop on “Enroute Happiness And Well Being” under the banner of Azadi Ka Amrit Mahotsav on 24th November, 2021 at 1.00 PM for 3rd Semester NSO, Physical Education and Sports Students. The workshop was conducted by Dr. Sonakshi Ruhela, Associate Registrar at Amity University Dubai.

SPORTS RESULT

- Sejal Negi of B.A (H) Geography participated in 80th Delhi State Annual Athletics Championship held on 14th and 22nd January 2021 at J.L.N Stadium, New Delhi SECURED GOLD MEDAL in 800M Girls-20.
- Sejal Negi of B.A (H) Geography participated in 32nd North Zone Junior Athletics Championship 2020-21, held from 20th to 22nd March 2021 at Meerut (UP) SECURED GOLD MEDAL in 800M Under-20 (Women).
- Nikita Choudhary of B.A (Prog.) participated in 80th Delhi State Annual Athletics Championship held on 14th and 22nd January 2021 at J.L.N Stadium, New Delhi SECURED BRONZE MEDAL in 800M and 1500 M.
- Kirti Gupta of B.A (Prog.) participated in World Cup Shotgun Championship held at Cairo Egypt from 22nd Feb to 5th March 2021 and secured Trap Team Women silver medal.
- Mehakpreet Kaur of B.A (Prog.) participated in 60th Delhi State Gymnastic Championship 2021 from 7th to 11th November 2021 at IG. Stadium Delhi, secured Gold Medal in Hoop, Ball and Clubs. Silver Medal in Ribbon. She was judged as All Round Best Gymnast (Gold).

- Harpreet Kaur of B.Com (H) participated in 60th Delhi State Gymnastic Championship 2021 from 7th to 11th November 2021 at IG. Stadium Delhi, secured Silver Medal in Clubs.
- Kirti Gupta of B.A (Prog.) participated in Delhi State Open Shooting Competition from 26 to 30th December 2021 at Dr. Karni Singh Shooting Ranges, secured Silver Medal in Trap Senior Women Individual.
- Kirti Gupta of B.A (Prog.) participated in 64th National Shooting Championship held at New Moti Bagh Gun Club, Village Main, Patiala secured Bronze Medal in Trap Senior Women Team and Gold Medal in Trap Junior Women Team.