

ANNUAL REPORT 2021-22
NATIONAL SPORTS ORGANIZATION (NSO)
DEPARTMENT OF PHYSICAL EDUCATION

With the beginning of another session in the pandemic, the Department of Physical Education co-working with the National Sports Organization geared up for a gamut of activities to support the growth of its students and provide them with the best resources possible. From webinars to Freshers 22, and to finally hosting the Annual Sports Fest 2022, this session saw some successful events both online and offline.

International Webinar on Mind and Mindfulness - 29 October 2021

Society has always emphasized the importance of mental strength and well-being. Given the same, the Department of Physical Education and National Sports Organization in collaboration with IQAC, Jesus and Mary College organized an International Webinar on Mind and Mindfulness in Amrit Bindu Upanishads by Dr. Girish Jha from Uthe S. It was organized on 29 October 2021. This talk session helped students gain a better perspective towards mindfulness.

Department of Physical Education
in collaboration with
IQAC,
Jesus and Mary College
Presents

**INTERNATIONAL
WEBINAR ON MIND
AND MINDFULNESS IN
AMRIT BINDU
UPANISHADS**

by
**Dr. Girish Jha, from
USA.**

With an experience of over 38
years, he has mentored people
in different spheres of life. He's
trained a variety of diplomats,
engineers, technocrats as well
as individuals in the field of
military.

October 29, 2021
8:30 A.M. - 10 A.M.
Online meeting via
Google Meet

Registration link:
<https://forms.gle/IVe8TVXoFKMh2kwQA>

Prof. Dr. Sandra Joseph
Principal

Dr. Anju Luthra
Convener

Dr. Alka Marwah
Convener

1st All Delhi Masters Cross Country Race 2021 on 7th November 2021

The Department of Physical Education and National Sports Organization, Jesus and Mary College and Maitreyi College, University of Delhi collaborated with the Delhi Masters Athletic Association (DMAA) MASTERS ATHLETIC FEDERATION OF INDIA (MAFI) to organize the 1st All Delhi Masters Cross Country Race 2021 on 7th November 2021, at Vinay Marg Sports Ground. The winners were selected for the National Cross-country Championships held in Goa in December 2021.

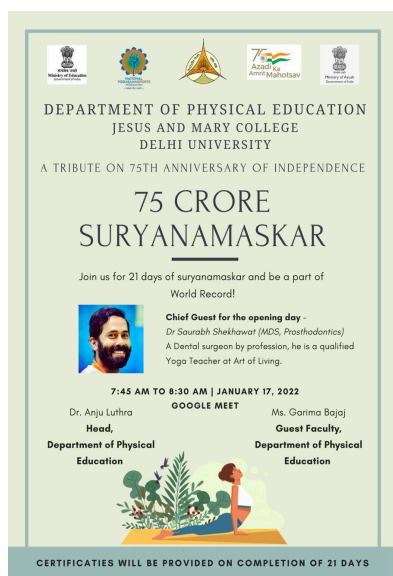
Virtual freshers was organized on 12 January 2022

The Department National Sports Organization then wholeheartedly welcomed the new batch of 2024 online, and on the college campus on 17 February 2022 as all Delhi University Colleges geared up for Physical Mode. A virtual fresher was organized on 12 January 2022 with dance and song performances, along with some fun games.



75 Surya Namaskar Opening ceremony, 17 January 2022

The Department of Physical Education along with The National Sports Organization at Jesus and Mary College, Delhi University organized a special event to pay tribute on the occasion of the 75th Anniversary of Independence. The event aimed to bring together participants for a unique initiative - performing 75 crore Surya Namaskars over 21 days, to set a new World Record. The event kicked off on January 17, 2022, with an opening ceremony on Google Meet from 7:45 AM to 8:30 AM. The Chief Guest for the inaugural day was Dr Saurabh Shekhawat, a Dental surgeon by profession and a qualified Yoga Teacher at Art of Living. His presence added a special touch to the event, inspiring participants with his expertise in both healthcare and yoga. Dr. Anju Luthra, Head of the Department of Physical Education, and Ms. Garima Bajaj, Guest Faculty at the department, played pivotal roles in organizing and leading the event. Their dedication and passion for promoting physical well-being and yoga were evident throughout the event.

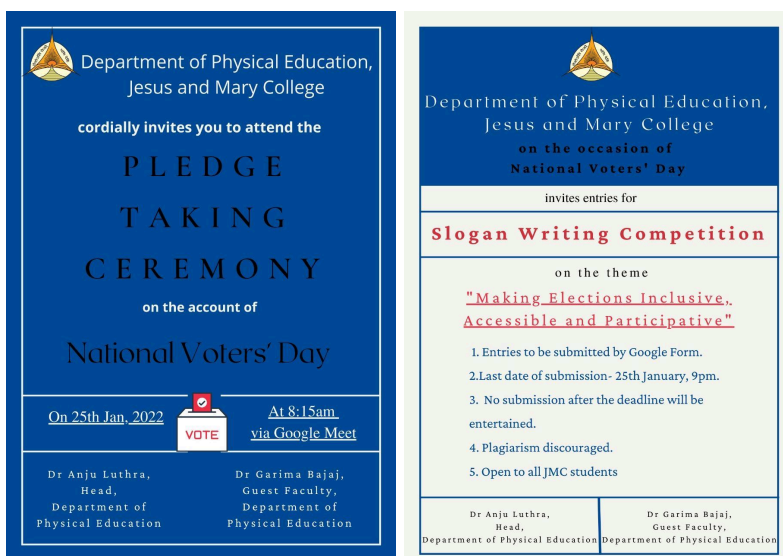


Webinar on the Mental Health of Professional Athletes on 19th January 2022

Keeping in mind the mental health of our students, the National Sports Organization and Department of Physical Education collaborated with the Peace Society of the college for a webinar on the Mental Health of Professional Athletes on 19th January 2022. It allowed our athletes to understand the importance of mental health and implement positive mindsets for the game.

Pledge-taking ceremony and slogan writing competition on National Voters Day, 25 January 2022

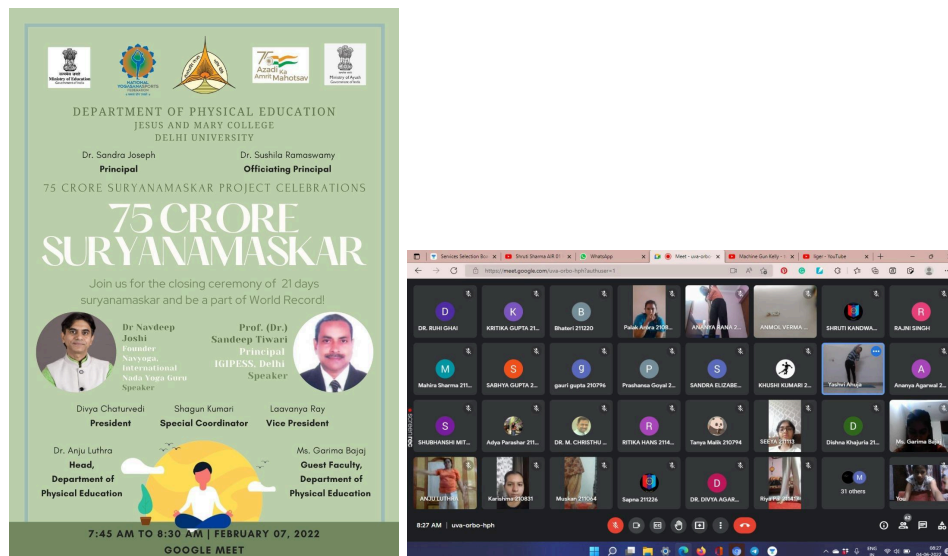
The Department of Physical Education and National Sports Organization at Jesus and Mary College hosted a Pledge Taking Ceremony in honour of National Voters' Day. Attendees were invited to take part in this important event, showcasing their commitment to exercising their right to vote. The ceremony was a meaningful and impactful way to celebrate the significance of participating in the democratic process. Also, the slogan writing competition was held on the theme 'Making Elections Inclusive, Accessible and Participative', and winners were given gifts.



75 Surya Namaskar Closing ceremony, 7 February 2022

The Department of Physical Education and National Sports Organization at Jesus and Mary College, Delhi University, organized the closing ceremony of the 75 Crore Surya Namaskar Project celebrations. Participants joined in for the culmination of the 21-day Surya Namaskar event, aiming to be a part of a world record. The event featured esteemed speakers including Dr. Navdeep Joshi, founder of Navyoga, and Prof (Dr.) Sandeep Tiwari, Principal Indira Gandhi

Institute of Physical Education and Sports Science. The ceremony took place on February 7, 2022, from 7:45 AM to 8:30 AM via Google Meet.



Seminar for increasing awareness on Cyber Crimes on 8 March 2022

The Department of Physical Education and National Sports Organization, Jesus and Mary College in collaboration with The Department of Physical Education, Maitreyi College organized a seminar for increasing awareness on Cyber Crimes on 8 March 2022 at Jesus and Mary College. The seminar welcomed two speakers Inspector Monica Kaushal, Delhi Police and Inspector Manoj Kumar, Delhi Police. It helped spread awareness of cyber security and privacy.



Annual Sports Fest HOBNOB 2022 from 11 to 13 April 2022

After a long wait of two years, The Department of Physical Education co-working with the National Sports Organization organized the Annual Sports Fest HOBNOB 2022 from 11 to 13 April 2022. An event of the best sporting performances blended with all the fun and frolic that makes it the best experience ever and allows students to showcase their talent and win laurels. More than 130 colleges and institutions took part in the Fest and competed in the Men's and Women's Basketball, Football, Tennis and Table Tennis Tournaments. The three days were packed with enthusiasm, sporting spirit and joys of togetherness.



The Annual Sports Meet on 27 April 2022

After two years, the Annual Sports Meet was organized on 27 April 2022. The Department co- working with the National Sports Organization gathered to felicitate and appreciate the efforts of our outstanding athletes and members who have been working tirelessly to support and represent our college at various levels. The Chief guest for the event was Ma'am Kiran Sindhu, the former head of Physical Education, at Delhi University, MD of Elevated Training, Australia. The event was graced by Indian Olympic Medalist, Mr. Sharad, as the Honorable

Guest. Along with the felicitation ceremony, performances by Tarannum, Mudra and Kahkasha lightened up the auditorium.



Farewell - 27th April 2022

With just as much enthusiasm, the Department and National Sports Organization bid farewell to its outgoing batch of 2022 by organizing a GRAD PARTY on April 27, 2022. Students were asked to dress up in a “street-style” theme with creative ideas for a backpack. The celebration was filled with joy and heartfelt goodbyes to the outgoing batch.



World Bicycle Day Webinar 3 June 2022

Jesus and Mary College's National Service Scheme, in collaboration with the Department of Physical Education, organized a webinar on the occasion of World Bicycle Day. The event aimed to raise awareness about the importance of cycling in saving the environment. The webinar featured a distinguished guest speaker, Gursimran Kaur, who currently serves as the Logistics and Operations Head at the Indian Army. Her expertise and experience added valuable insights to the discussion on promoting cycling as a sustainable mode of transportation. The event

was held on June 3rd at 4 PM on the Google Meet platform. Participants had the opportunity to engage with the guest speaker and learn about the benefits of cycling for both personal health and environmental conservation.



Interactive session on Diet Essential for Young Adults, 8 June 2022

The Jesus and Mary College Department of Physical Education and National Sports Organization organized an interactive session on The Diet Essential for Young Adults. The seminar featured Ms. Poonam Duneja, Director of Nutribypoonam Diet and Wellness Clinic and Academy. Also a Commonwealth athlete. The event aimed to provide insights and answers to questions on diet. It

took place on 8 June 2022 at 12:50 PM in the hall on the third floor of the main building.



Interactive Session on Effective Coping Skills and Stress Management on 15 June 2022

The Jesus and Mary College Department of Physical Education and National Sports Organization organized an interactive session on effective coping skills and

stress management. The seminar featured Ms. Rashi Juneja, Director & Clinical Psychologist at Mind Ease Psychological Services & Wellness Center Pvt. Ltd. The event aimed to provide insights and answers to questions on mental health. It took place on 15 June 2022 at 12:30 PM in the hall on the third floor of the main building.



8th International Yoga Day 21 June 2022

Jesus & Mary College, in collaboration with the Department of Physical Education, National Sports Organization, National Service Scheme, and National Cadet Corps, organized an event to celebrate International Yoga Day. Participants were required to bring their yoga mat and wear a white t-shirt. The event featured Dr. Neelam Vats, currently serving as TIC for Turkmenistan Teacher of Indian culture and ICCR, as the Chief Guest. The event also welcomed Mrs. Aanchal Kaur, Senior Auditor at the Ministry of Defense, as Guest of Honor.



Life Cassettes Event 22 June 2022

LIFE CASSETTES in collaboration with The Department of Physical Education and National Sports Organization hosted an Express And Win Competition, inviting creative individuals to showcase their talent in shorts, reels, and artistic expression. The event offered a chance to win a cash prize and other exciting

perks. For more information, participants were encouraged to attend a briefing on June 15th at the 3rd Floor Hall.

