

**ANNUAL REPORT 2022-23**  
**NATIONAL SPORTS ORGANIZATION (NSO)**  
**DEPARTMENT OF PHYSICAL EDUCATION**

This year marked the commencement of another exciting session, brimming with new opportunities. The National Sports Organization had enthusiastically prepared a diverse range of activities, dedicated to nurturing student growth and ensuring access to top-tier resources.

From online webinars to offline meets, and to finally hosting the Annual Sports Fest 2022, this session saw some successful events both online and offline. The Department of Physical Education has more than 500 students, with about 300 as members of the National Sports Organisation (NSO), a compulsory society of our esteemed college.

A highlight of the session was the Birmingham 2022 Commonwealth Games! The Head of our Department and the Convener of the National Sports Organization, Dr. Anju Luthra supported Team India as their manager, to a historic win in the Women's Lawn Bowls Tournament. With the first-ever Gold for India in the event, our country, our college and our department beamed with pride. Our dearest Anju Ma'am never fails to make us proud.



### **10th September 2022, an International Interdisciplinary Seminar on Women in Sports**

On 10th September 2022, an International Interdisciplinary Seminar on Women in Sports was organized by the Department of History and Education at Loreto College, Kolkata with the support of the National Commission for Women. Since the seminar was held in dual mode - online as well as offline, the Department of Physical Education with the National Sports Organization, Jesus and Mary College took this opportunity to present a paper at this prestigious conference. The Paper - Indian Women Paralympians and their Journey in Sports, was presented by two of

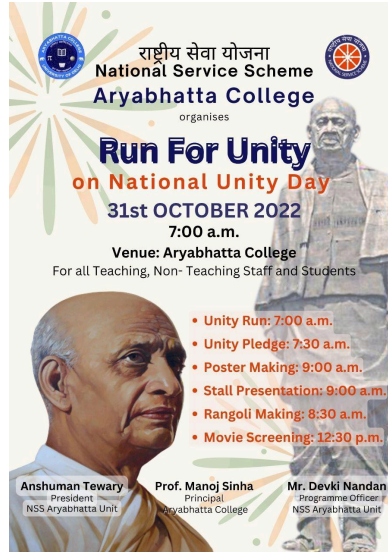
our students, Laavanya Ray, the President of the Department, and Soumya Dargan, a member of the National Sports Organisation. As a part of this paper, our students got the opportunity to interview two of the renowned women para-athletes from Team India and understand more about their journey.

Our teachers also presented their Papers, Dr Anju Luthra and Dr Garima Bajaj along with Dr. Anuradha Sharma presented a paper titled ‘Indian Women Olympian and Media’



### **‘Run for Unity’ 31 October 2022**

To commemorate the birth anniversary of Sardar Vallabhbhai Patel on 31 October 2022, marked as National Unity Day, students of the Department of Physical Education and members of the National Sports Organization participated in the ‘Run for Unity’, a marathon run organized by Aryabhata College, University of Delhi. We joined hands in unity and celebrated the spirit of oneness.



### **University of Delhi celebrated its hundredth year - 18 November 2022**

The University of Delhi celebrated its hundredth year through yearlong programmes/ events, as a mark of commemoration of the historic Centenary of the University. Under the same, it organized a Centenary Run Celebration to promote the importance of athletics in youth, intending to actively involve all the stakeholders including the students, faculty members, non-teaching employees and alumni of the University. The Run was held on 18 November 2022 at the Polo Ground, North Campus, with more than 200 students as participants. To join the University of Delhi in this prestigious celebration, students of The Department of Physical Education and members of the National Sports Organization were also active participants and ran the marathon to promote the importance of athletics.



**Volunteered in India's largest literature festival "Bookaroo" -from 26  
November 2022 to 27 November 2022**

Bookaroo is India's largest literature festival that brings together authors, and illustrators from across the country and overseas for two days of fun around books for 4-14-year-old children. Last year it was held in Delhi and Baroda in November. The Department of Physical Education and members of the National Sports Organization volunteered for the event with about 10 students participating in the event which was held from 26 November 2022 to 27 November 2022 at National Rail Museum, Chanakyapuri.

**Freshers 19th January 2023**

In the spirit of new beginnings, the Department of Physical Education and the National Sports Organization warmly welcomed the new batch on our journey to discover and exhibit the best of sporting spirits in all its forms. The Department organized a joyful Freshers 23 with the theme 'Sports Island'. It included many interactive and fun games with performances from our freshers. The event concluded on a very positive note, wishing for a happy, prosperous and joyous college life ahead.



### **The annual Sports Meet was organized on 2 March 2023**

The Annual Sports Meet was organized on 2 March 2023. The Department and 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. Along with the felicitation ceremony, performances by Tarannum, Mudra and Kahkasha lightened up the auditorium.



### **HOBNOB 2022 from 18 to 20 April 2023**

The Department of Physical Education co-working with the National Sports Organization organized the Annual Sports Fest HOBNOB 2022 from 18 to 20 April 2023. An event of the best sporting performances blended with all the fun and frolic that makes it the best experience ever, giving students an opportunity 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, Table Tennis and Chess Tournaments. The three days were packed with enthusiasm, sporting spirit and joys of togetherness.



### **Farewell batch 2023: 2 May 2023**

The National Sports organization along with The Department of Physical Education hosted a spectacular Disco Masquerade Night to bid farewell to the outgoing batch of 2023 of NSO as well as the department. The event was a dazzling display of glitz and glamour, with students donning their most stylish disco outfits and elaborate masks. Many fun games were played and the winner of each game was given a gift. Many dance performances were also given by juniors to their seniors

The Disco Masquerade Night was a resounding success, bringing together the students in celebration and nostalgia. It was a fitting send-off for the outgoing batch of 2023, marking the end of one chapter and the beginning of a new journey.



### **Celebrating the 9th International Day of Yoga - 21/06/2023**

We Celebrated the International Day of Yoga with the students on the 21st of June in the Thevenet Hall with our esteemed yoga instructors for the day Ms Yashvi Ahuja and Mrs. Anuradha Jha, both highly skilled and experienced professionals in the field of Yoga. Students performed some of their yoga skills in front of our

guests, later the instructors had an interactive and fun yoga session with all the students.

