

ANNUAL REPORT 2023-24
NATIONAL SPORTS ORGANIZATION (NSO)
DEPARTMENT OF PHYSICAL EDUCATION

This year brought us new beginnings for a new session full of potential, as the National Sports Organization (NSO) prepared for a range of initiatives aimed at fostering student development and giving them access to the best opportunities. From informing seminars on the physical well-being of female athletes to Indo-Korean exchange meets, and to finally hosting the Annual Sports Fest 2023, this session saw some successful events.

The Department's core team members were recruited at the beginning of the year, with Palak Arora as the President of the society. Having the Department of Physical Education co-working with the society. The year experienced the following events throughout the session 2023-24:

National Seminar on Health Concerns of Women in Sport - 22/09/2023

The Department of Physical Education with the National Sports Organization organized the National Seminar on Health Concerns of Women in Sport held on the 22nd d September with Dr Alok Mathur - Additional Deputy Director General Central Tuberculosis Division, Dr Deepak Sury - Head Physiotherapist Delhi and District Cricket Association, Dr. Shallu Gupta - Chief Medical Officer Samshudhi Residential Naturopathy and Panchkarma Hospital, Dr Namrata Devgun - Homoeopathic Physician, and Dr Deepak Dangwal - Counsellor University Counseling and Guidance Centre as our resource persons for the event. The event

was organized by Jesus and Mary College, University of Delhi, New Delhi and sponsored by the National Commission for Women, New Delhi. The Concept Note of the Seminar was that women often experience unique health challenges that are not adequately addressed in mainstream healthcare. By recognizing and addressing the unique health challenges that women in sports face, we can promote greater gender equity and create a more just and equitable playing field.



Freshers Party - 12/10/2023

This Event is organized by NSO and the Department of Physical Education at Jesus and Mary College, University of Delhi. It took place on 12th October 2023 in the presence of Dr. Anju Luthra and Dr. Garima Bajaj. The theme for the event was La belle robe. This event included many fun games and activities, and the winner of every game was gifted at the end of the event lunch was provided for the freshers. It also brought smiles and positive energy in welcoming the freshers into the academic family.



Indo-Korean Students' Peace Friendship and Cultural Exchange Program - 23/01/2024

The Department of Physical Education of Jesus and Mary College in collaboration with the National Sports Organization organized an Indo-Korean Students' Peace Friendship and Cultural Exchange Program wherein 23 Korean Exchange students came to visit our campus and to extend a hand forward towards new friendship and global peace. The event experienced Indian students singing Korean songs for their new Korean friends and the Korean exchange performing hiHindions for their international friends. Making many new friends and keeping promises of maintaining the friendship for a long time, we bid goodbye to our Korean friends after a brief Indian lunch.



55th Annual Sports Day - 05/03/2024

The event is organized by the Department of Physical Education of Jesus and Mary College, University Of Delhi, in collaboration with the National Sports Organization. It took place on 5th March 2024. This cherished tradition celebrates not only athleticism but also the values of teamwork, sportsmanship, and community spirit.



Launch of Peacemakers Club - 22/03/2024

The event is organized by the Universal Peace Federation of India in association with NSO and the Department of Physical Education of Jesus and Mary College, University of Delhi. It took place on 22nd March 2024 in the auspicious presence of MASAICHI HORI (Regional President, ent, The Family Federation for World Peace and Unification - Asia Pacific) and Mr KRISHNA ADHIKARI (Secretary General of The Universal Peace Federation - India)



HOBNOB 02/04/2024 to 05/04/2024

HOBNOB, an annual Inter College Tournament was introduced in 2013. This event is organized by the Department of Physical Education in collaboration with the National Sports Organisation. It took place on 2nd April 2024 and its closing ceremony was held on 4th April 2024. Several activities and sporting events are organized that provide a platform for college athletes from all over Delhi NCR to explore their capabilities and strengths. Jesus and Mary College, University of

Delhi feels extremely privileged to organize this event, the Annual Inter College Sports Fest 'HOBNOB 24', scheduled from April 2 to 4, 2024 on college premises. It is one of the most eagerly awaited sports festivals and it has been witnessing huge participation every year. 'HOBNOB' is 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.



Special Bharat Olympics - 24/04/2024

The event Special Bharat Olympics Organized a Youth Activation Session in collaboration with NSO and the Department of Physical Education of Jesus and Mary College, University of Delhi. It took place on 24th April 2024 in the presence of the whole team of the Special Bharat Olympics and some of the children were also present there for the event. This event not only included small interactive sessions but also involved fun activities with children present.



Farewell - 01/05/2024

This event is organized by NSO and the Department Of Physical Education, Jesus And Mary College, University Of Delhi. It took place on 1st May 2024. This event is an invite to all the 3rd years to their Farewell of Batch 2024 of the Department of Physical Education and Sports Quota Students, where all the juniors would make it a memorable moment.



Celebrating the 10th International Day of Yoga - 21/06/2024

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 Ms Sameeksha 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.

