

Activities 2018

Training classes for NSO students in activities like Yoga, Aerobics and taekwondo were conducted throughout the year 2018. The Department of Physical Education organized a lecture for NSO/Sports students on the topic “Doping in sports” on 31st January 2018 and Dr. Munesh Chander, Dy. Director-Head Anti Doping Department for Commonwealth Games 2010, was the guest speaker. Around 150 students attended the lecture.

Dr. Munesh Chander delivered an enlightening lecture on “Doping in Sports”. Doping is the use of medicines & drugs. Any medicine or drug taken without the prescription of the doctor, taking diuretics, stimulants, medicine taken for recreation without necessity and medicines banned by WADA is doping. He informed students about the harmful effects of doping. Use of drugs damages all the major organs of a person & why a person cheat others by doping, as he wants to enhance performance by unfair means and to excel in his game. Sometime it is due to parents, peer pressure and fame. He informed students that there are 32 labs in the world & out of these 32, 1 lab was established in India during Common Wealth Games in 2010 which is accredited by WADA. He also informed that students take drugs for “Chill” the word chill leads to experiment, experiment leads to habit & habit becomes doping which leads to unethical practices in sports

Department also organized IV Kamala Nehru College Invitational Football Tournament for Delhi University Football Women teams from 8th October to 13th October 2018.

Department also conducted One Month Certificate Course in Yoga for our college students from 1st Oct 2018 to 1st Nov 2018

NSO students participated enthusiastically in various athletic events/recreational activities and demonstrations on Annual Sports Day which was held in the month of Feb 2018