



NATIONAL SPORTS ORGANISATION (NSO)

2020-21



NSO LOGO



NSO POSTER

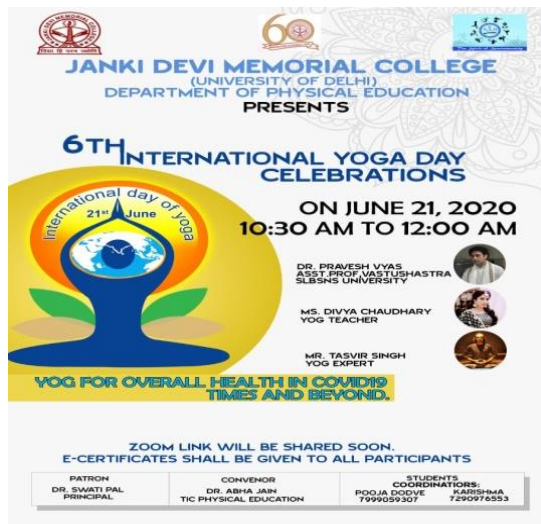
The National Sports Organization is **intended by the Government of India to promote the development of athletics and sporting activities of the nation's youth**. It is present in many important institutions of India such as the IITs, medical institutions and IIMs along with all the educational institutions at university and school levels. To promote all round development of all, NSO is a mandatory discipline to start any educational institutions at all levels. In University of Delhi, at the time of admission, all the students have to choose at least one activity among the three viz. NCC, NSO or and NSS to participate in for the duration of course of study.

National Sports Organization is a compulsory element, a nationwide movement to instil physical awareness amongst the youth. The NSO JDMC introduced in 1959 at the time of its inception, presently has a vast sports center that houses the office of the Department of Physical Education and sports grounds.

NSO JDMC MOTTO - NSO JDMC is committed to promote holistic well-being, inculcate a general health and fitness culture among the college students & strive for excellence in sports.

The college NSO unit includes and maintains all the sports fields, which comprises of a Football cum Hockey field, an Athletic field consisting of 200 m track and field events, a Basketball court, a Handball, a Netball, two Volleyball courts, a table tennis table and Yog in indoor space in Physical Education Department room. The center also has girls changing room with shower room and toilets. The department room has Carrom, Chess boards, Badminton equipments and Indoor Gym with accessories and other fitness equipments for the students to train, play and practice. NSO JDMC center consists of around 600 students in all the 3 years and is responsible for organizing the sports day, sports festival week under which inter departmental, intra mural competitions in various sports & games, athletic events, fun races are organized for all students, teaching, non-teaching staff in the college every year. It also conducts regular mass participation activities for display in which about 50 to 100 or more students are encouraged to take part. The department of Physical Education conducts sessions for NSO students in sporting like Yoga, self-defense through martial arts like Taekwondo, Karate and fitness dance such as Zumba, Aerobics etc. to encourage mass participation in physical activities for promoting health and wellness. Annual sports festival is also organized every year for all students and teaching and non-teaching staff of the college to inculcate a sense of bonding, togetherness promoting overall well-being among all through various activities like Inter departmental march past competition for students, intramurals competitions in various games like Athletics, Basketball, Volleyball, Handball, and Football etc. as well as Basketball, Cricket, Throw-ball matches between staff vs. students and teaching vs. non-teaching staff. Various displays in Aerobics, self-defense, Yog and dance are also organized on the final day to culminate weeks of sporting activities as Annual Sports Day that also witnesses the awards to outstanding achievers in sports at international, national, inter –university, university and state level competitions

NSO Activities



Poster – 6th International Yog Day

Yog Expert –Dr. Pravesh Vyas



Poster – Add On Course cum Workshop on Yog

One Month Workshop on Yog

Top chat ▾

- Akshay Kharya anchal kharya
- Girjan Khute girjan khute
- Susan George Susan George
- Anjali kumari anjali diet kkd
- Shivam Verma Shivam Verma 🙏
- Sachin Chaurasiya sachin DIET KKD
- Pragti Grover pragti grover
- Sunitha H.E good evening
- Vishuddha 🙏
- sonu chahal om ji
- kamal jyoti kamal jyoti,diet Karkardoom
- Vishuddha 🙏

Acharya Divya Choudhary – Resource Person - Add On Course cum Workshop on Yog

One Month Workshop on Yog

28 watching now • Started streaming 73 minutes ago

18 0 SHARE SAVE

Top chat ▾

- ramvinodsingh gaur कपालभाती क्रिया के अभ्यास से पेट विकार भी दूर होते हैं।
- Devender Singh Raja very Informative
- Mukesh kumar Goyal Informative session
- Mukesh kumar Goyal Excellent performance
- Yugal kishor Dubey very nice and informative
- Girjan Khute girjan khute
- shradha shandil how to lose fat at thigh region
- Neeraj Bajaj Neeraj Bajaj Diet KKD
- Asra Khursheed good evening

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Janki Devi Memorial college

Acharya Divya Choudhary – Resource Person demonstrating va



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postures

Participants in the 6th IYD

1	21st May 2021 (Friday)	http://www.youtube.com/watch?v=cJIR3k4xeyk	Inaugural, general session
2	22nd May 2021 (Saturday)	http://www.youtube.com/watch?v=tOQ-e4Tn9Ms	Anxiety, stress management-
3	23rd May 2021 (Sunday)	http://www.youtube.com/watch?v=Wok9bEriwpk	Thyroid Management
4	25th May 2021 (Tuesday)	https://www.youtube.com/watch?v=5tBJv-ZH69U	Thyroid Management
5	26th May 2021 (Wednesday)	https://www.youtube.com/watch?v=8tQZspO1POs	High and Low Blood Pressure Management
6	27th May 2021 (Thursday)	https://www.youtube.com/watch?v=pDH7akTM1BM	Obesity control
7	28th May 2021 (Friday)	https://www.youtube.com/watch?v=44pW51_8RUo	Migraine
8	29 May (Saturday)	https://www.youtube.com/watch?v=3QhZ-EdrrnE	Back Pain
9	30 May (Sunday)	https://www.youtube.com/watch?v=jp4Tx4qyuIA	Hair Fall Management

YOUTUBE LINKS (YOG WORKSHOP)

As per the college policy to promote women in sports and encourage participation, we organize various activities to involve and motivate women in sporting activities at various levels. Training classes for NSO students in activities like Yoga, Aerobics and taekwondo are conducted throughout the year. The Department of Physical Education organized a national webinar on Yog celebrating the 6th International Yog day and 30 days' *add on course cum workshop* addressing various physical and mental health issues arising due to COVID 19 pandemic through the practice of Yog online.

- **6th International Yog Day Celebration on June 21, 2020** on 21st June 2020.
- **Workshop cum Add on Course** – The department of Physical Education under the direction of Dr. Abha Jain organised a month long workshop cum add on course on *Yog entitled, Yog for Anxiety and Stress Management during COVID pandemic* from May 21st to May 31st 2021 on Zoom platform. The one Month long workshop was successfully completed by 532 participants that included 213 Faculty members, 225 students, 19 non-teaching staff members, 8 retired faculty members and 67 others from all over India. The add on Course for 30 days was successfully completed by 30 participants

NSO Achievers at National Level -

- Diksha Sardana (B. Com programme 3rd Year) secured a gold medal in **21st Senior Sqay Martial Arts Championship** held in Jaipur from 25 to 28 February, 2021. She also got a scholarship of Rs 1 lakh 24 thousand from Delhi Government for 2 gold medals won in Senior National Sqay Championship.
- Rashmi (B. A. Programme 3rd year) was part of Delhi team that won **1st Runners Up position** in **Shapers Throw ball Premier League** held in Siliguri, Kolkata from 20-02-2021 to 23-02-2021.
- Anisha Kumari (B. A. Prog 3rd year) has been selected for *Elite team* that is training for *Asian Qualifications for Tokyo Olympic Games*.
- Neha (B. A. Prog. 2nd year) represented Delhi state Handball team in **Open National Handball Tournament** held from 16 to 21 March, 2021 at Bareilly, UP.