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## **Department of Physical Education & Sports Sciences and Sports Committee**

### **ACTIVITIES**

**(July 2021 to June 2022)**

**The Department of Physical Education & Sports Sciences contributed towards creating awareness amongst the students teaching and non-teaching staff about the importance of Physical Activity, Yoga and Meditation in daily life to attain physical fitness and mental wellbeing.**

**Following is a brief account of activities in the academic year 2021 – 2022:**

#### **1 Celebration of 75th Independence Day**

Department of Physical Education & Sports Sciences and Sports Committee of Institute of Home Economics, University of Delhi, have organized an event to celebrate the 75th Independence Day of the country at IHE, which is themed as 75<sup>th</sup> Azadi Ka Amrit Mahostav with great enthusiasm on 15<sup>th</sup> August 2021. Dr Savita Bansal welcomed the Chief Guest of the event, Major Gen Ajay Anad, the great figure of Indian Army, along with the cherished IHE staff. The college was beautifully decorated with flags and balloons to commemorate the day. All the teachers, and non-teaching staff gathered in the college premises at 9:00 a.m. The auspicious lighting of the Ceremonial Lamp evoked the spirit of oneness, serenity and enlightenment. Our respected Director, Dr. Geeta Trilok Kumar motivated the gathering with her inspirational words. The event commenced with the hoisting of the National Flag followed by the National Anthem. Major Gen Ajay Anad gave a brief introduction of the day.

Students performed a patriotic song on the day. The programme culminated with the vote of thanks by Dr. Namita Saini, Convener of sports committee. The celebration was truly a memorable one creating an ambience of patriotism, unity, integrity and harmony.



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**Institute of Home Economics**  
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Cordially Invites you All to Celebrate  
**75<sup>th</sup> Independence Day**

**Programme Schedule :**  
**Flag hoisting, 15<sup>th</sup> August 2021 from 10-11 am**  
**Guest of Honour:**  
**Major Gen. Ajay Anand**  
**Patron:**  
**Director: Prof. (Dr.) Geeta Trilok Kumar**  
**Programme Organizer: Sports Committee**



## 2 Kite Flying competition

Kite flying competition was organized by the Department of Physical Education & Sports Sciences and Sports Committee of Institute of Home Economics, University of Delhi on the occasion of 75th Independence Day of the country, which is themed as 75<sup>th</sup> Azadi Ka Amrit Mahostav with great enthusiasm on 10/08/2021. Kites of different colors and shapes soared high and took to the clear blue skies in the backdrop of the Institute during the event which was held in the premises.



Our respected Director, Dr. Geeta Trilok Kumar motivated the participants and gathered with her inspirational words. Non-teaching staff participated in the competition with lots of excitement and enthusiasm. From dawn to dusk, people of all ages were flying kites rejoicing in the spirit of the day.

The event finally got completed after announcing the results and prize distribution will be done on 15<sup>th</sup> August 2021. It was a moment of joy which everyone celebrated.



### Winners of the competition:

**1st : Naveen and Pradeep**

**2nd : Nitin and Neeraj**

**3rd : Harish and Anand**

### 3. *I cheer 4 India*

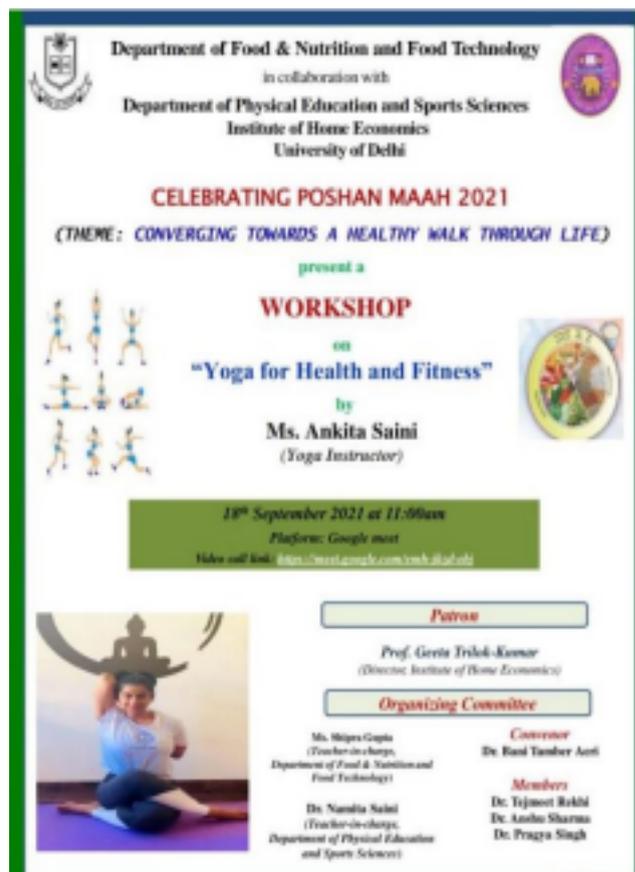
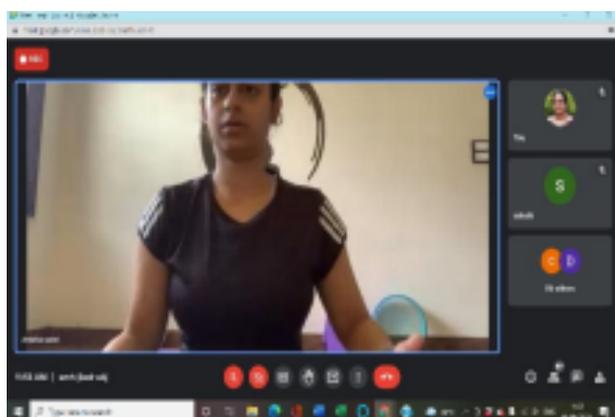
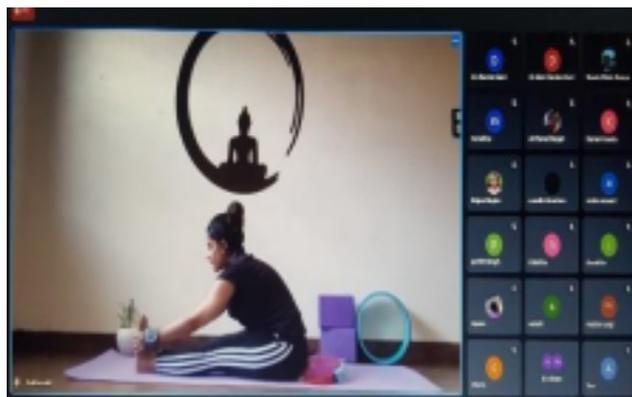
A poster making competition was organized Aug, 2021 on the theme *I cheer 4 India* to motivate the Indian contingent for Tokyo 2020 Olympics.





#### 4 Health and Fitness Workshop.

Department organized a workshop in collaboration with the department of Food & Nutrition and Food Technology on “Yoga for Health and Fitness” under the aegis of Internal Quality Assurance Cell (IQAC), IHE on 18th September 2021. The workshop was conducted by Ms. Ankita Saini, a yoga expert. She briefed the audience about



Importance of *yoga* in our daily life, demonstrated some basic *asanas* and explained their benefits in daily life. She also taught the correct technique of meditation and *pranayama*. More than hundred participants attended this workshop and found it extremely useful.

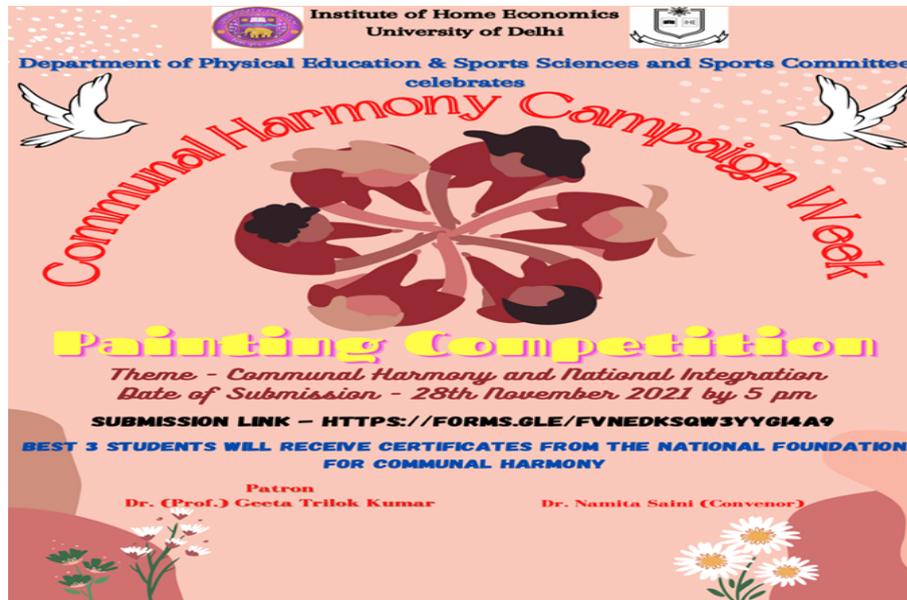
#### 5 Communal Harmony Campaign Week Celebration.

An online Painting Competition In Observance of “Communal Harmony Campaign Week” was organized on 28 Nov, 2021.

Since India is celebrating the completion of 75 years of Independence, as a part of this celebration Sports committee of the Institute of home economics, Delhi University organised a Painting Competition.



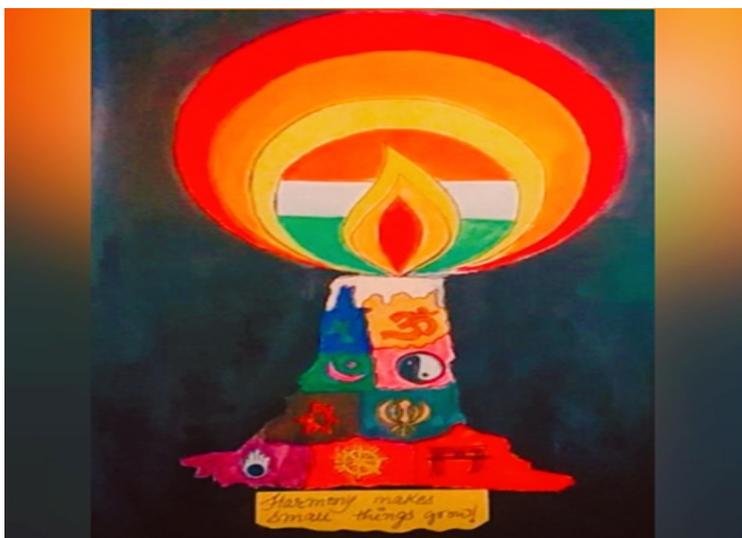
Dr Namita Saini (Convenor) along with members of committee successfully arranged one painting competition activity to celebrate Communal harmony week and Flag day.



Theme of the Painting was Communal harmony and National Integration. Total 18 paintings were received from the students under the age group of 16-22 years.

Dr Geeta Punhani and Dr Sneha Abhishek judged the Painting Competition. Winners of the painting competition are:

1. Priyanshi Gupta.
2. Harshita Bohra, Priya Dixit.
3. Shivani pawar





## **6 Webinar on: the idea of secularism in India: constitutional guarantees and institutional endeavours.**

To observe the secularism and national integration week of the nation, several programmes and events are being organised in the country. Sports committee of the Institute of home economics, Delhi University organised a webinar on “the idea of secularism in India: constitutional guarantees and institutional endeavours” on 7th December 2021. The guest for this session was Mr Sachin Kumar Chandel. Mr Sachin is a research fellow with Centre for political studies, JNU. The event was chaired by Mr Ritesh Tomar, who is a faculty with the Department of elementary education, Institute of home economics, Delhi University. The event was organised primarily for the students of the institute. This event was attended by almost 90 participants/students of different programmes of the institute. Mr Sachin focused on following points in his deliverance:

1. We have a long tradition and heritage of secularism in our society and our Constitution cherish those traditions and commencements vocally. We as an independent country chose to be a secular state in which freedom of faith is given to each citizen. Special rights are given to minority religions to make them feel homely and comfortable in the nation.

2, The two models of secularism coming from the United State of America and the United Kingdom were adequately Indianised to give space to contextual religious expectations of the country. And therefore a partially non-interference model of politics in religion was chosen. Meaning, They'll be no official religion of the state, but the state will protect every religion. Space to not only formal but substantive equality in the matters of religion. And there for special rights to minorities. Institutions of the country should be empowered to protect the constitutional guarantees of secular fabric. It is important that we as a society become more sensitive and celebrated towards the heterogeneity of religions in the country. Students and teachers asked many interesting questions after the talk. And they were thoroughly and rigorously answered.



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**Department of Physical Education & Sports Sciences and Sports Committee**  
Under Communal Harmony Campaign Week Organizes

A Webinar  
on  
**Idea of Secularism in India:  
Constitutional Guarantees and  
Institutional Endeavours**

**Speaker:**  
**Mr.Sachin Kumar Chandel**

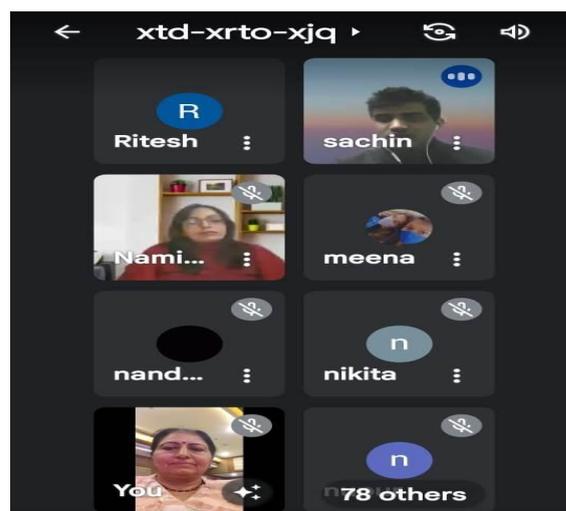
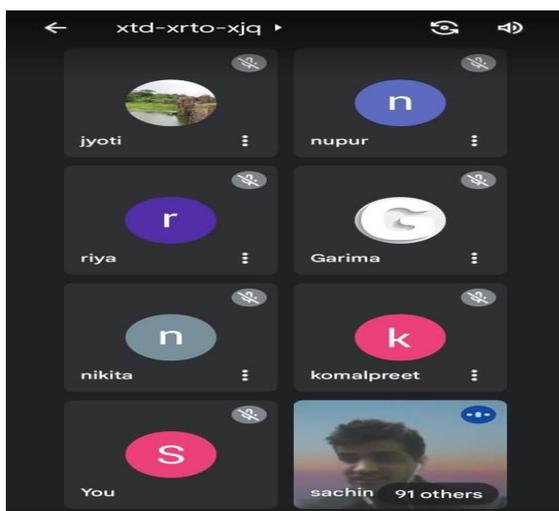
Mr Sachin Kumar Chandel is a doctoral fellow with Centre for Political Studies, JNU. He is graduated from the St. Stephen's College, Delhi University and post-graduated from the Centre for Political Studies, JNU. He did his M.Phil from Centre for Political Studies, JNU. His area of specialisation is: the role of emotions in politics.

**Time: 3:30pm**  
**Date: 7th December 2021**  
**Venue: Google Meet**  
**Link: <https://meet.google.com/xtd-xrto-xjq>**

**Patron**  
Dr. (Prof.) Geeta Trilok Kumar

**Convenor**  
Dr. Namita Saini

**Coordinator**  
Mr. Ritesh



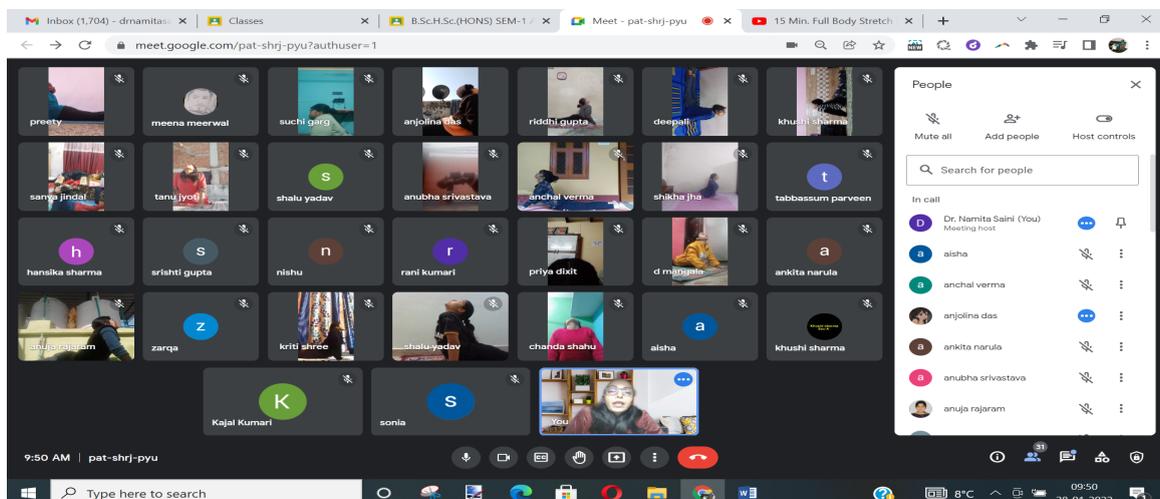
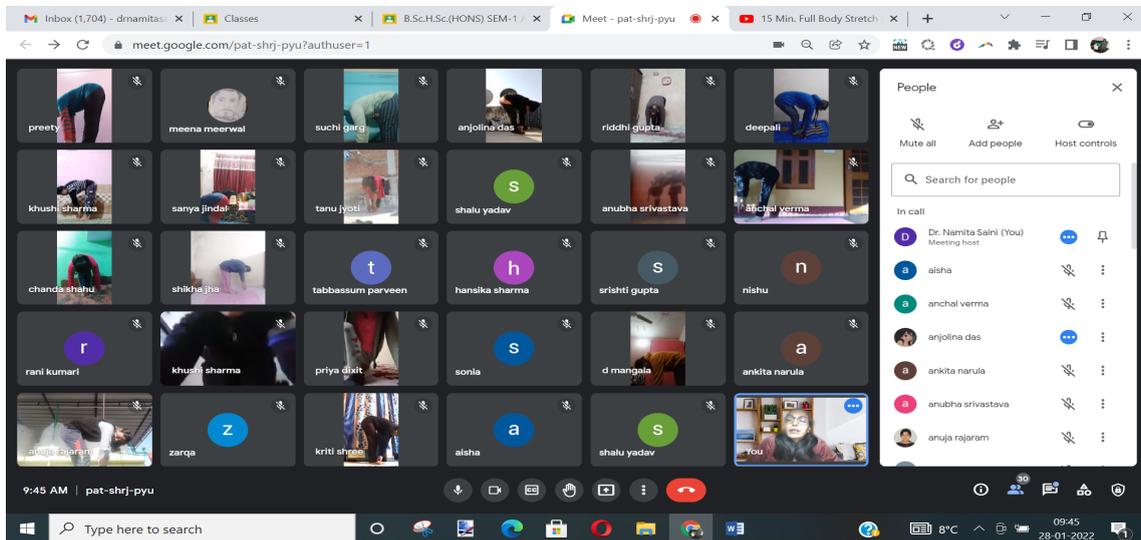
## 7. Workshop Under Vidya Vistar Scheme

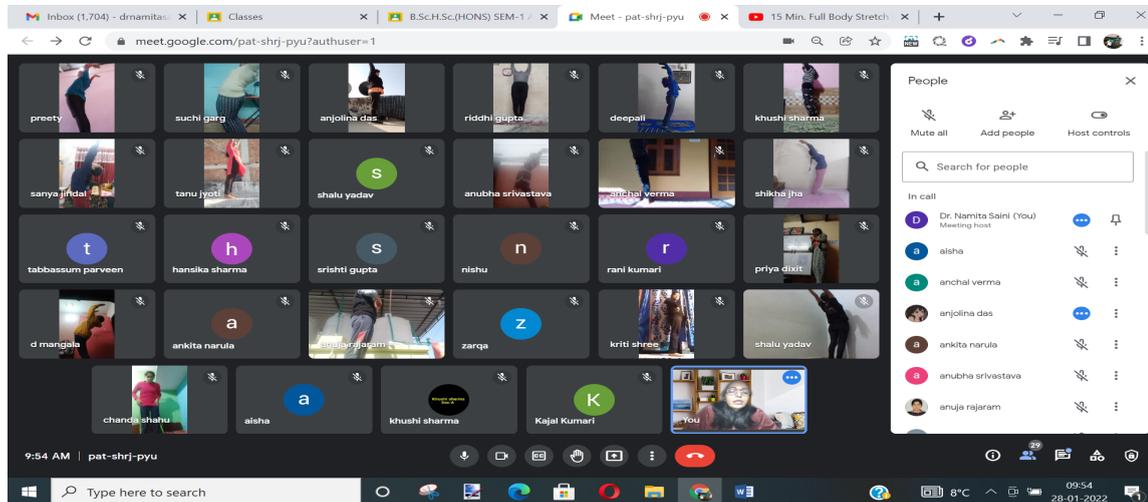
More than 50 students from Elementary Education 2nd year & B.Sc. (H) H. Sc. Sem-1, Sec-A&B were motivated to participate in the 3 days certificate workshop on "Yogasana & Pranayama" organized by the department of Physical Education & Sports Sciences, Deshbandhu college under the aegis of Vidya Vistar Scheme from 22<sup>nd</sup> to 24<sup>th</sup> Dec.2021 and government initiative of 750 Million Suryanamaskar challenge for 21 days on the auspicious occasion of the 75<sup>th</sup> anniversary of Independence of India.

## 8. Yoga/exercise for Health & Fitness



Students were motivated and imparted knowledge to do Surya Namaskar and other exercises to keep themselves fit and healthy. Pranayamas and Meditation sessions were conducted for Stress Management during online and offline classes in the year 2021-2022





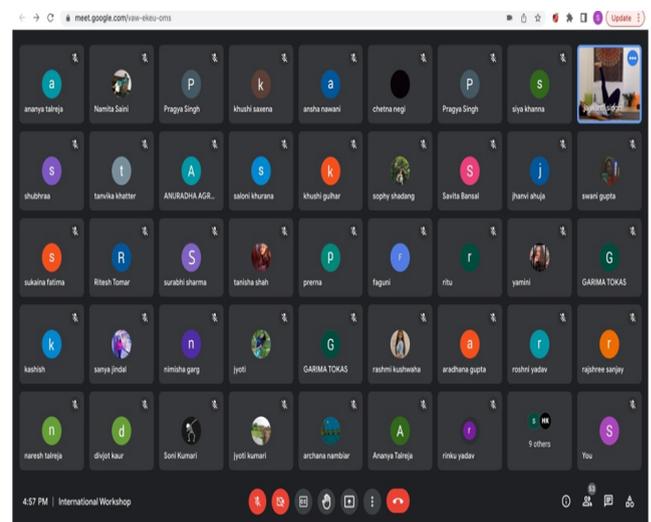
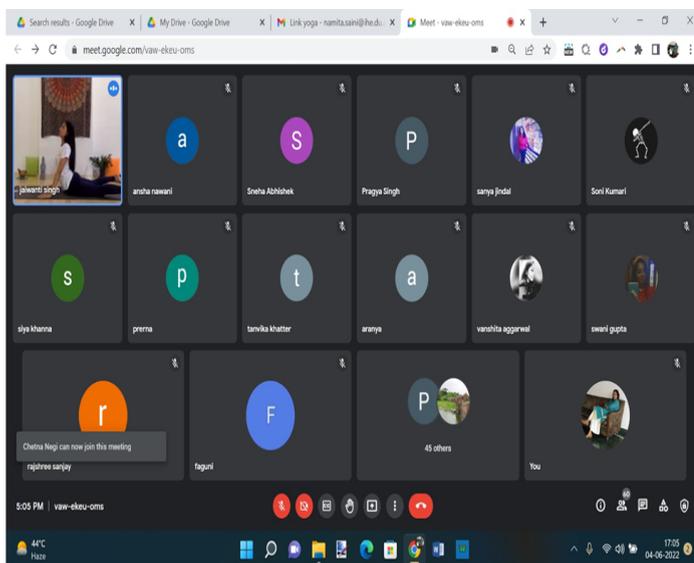
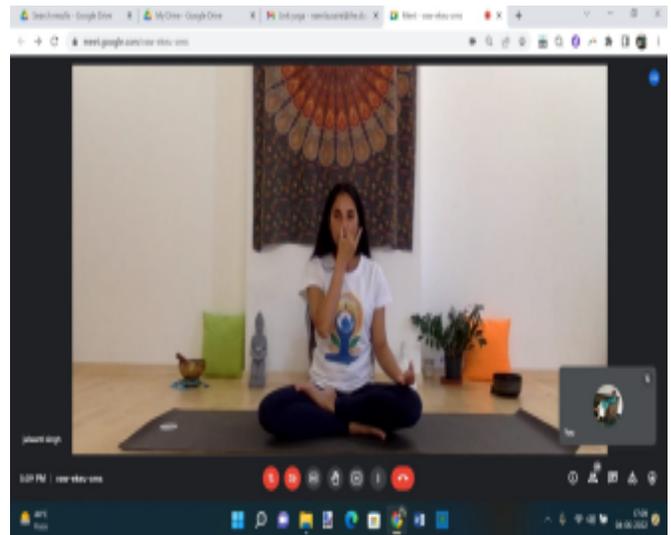
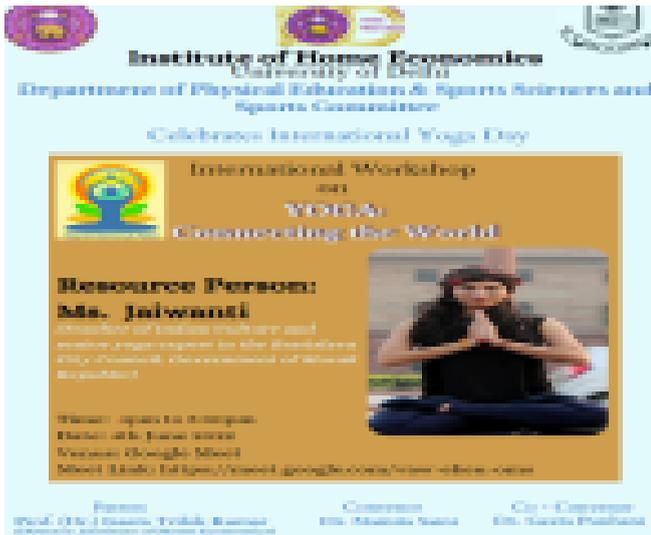
## 9. International Workshop on YOGA: Connecting the World

Department of Physical Education & Sports Sciences and Sports Committee of **Institute of Home Economics**, University of Delhi, have organized a workshop entitled “**International Workshop on YOGA: Connecting the World**” to celebrate the International YOGA Day on 4<sup>th</sup> June 2022 at 4pm to 5.30pm via Google meet. This workshop was attended by 60 participants. Ms. Jaiwanti, Teacher of Indian Culture and senior yoga expert in the Bratislava City Council, Government of Slovak Republic was the Resource Person. This workshop created awareness among the participants about the importance of Yoga that is linked to numerous practices

involving Mental, Health and Spiritual. Yoga, unlike other forms of exercise, is a way of life. In today's world, where the sedentary lifestyle and unhealthy food represent an early onset of a large number of pathological situations including Obesity, Diabetes, Hypertension etc, practicing Yoga has a wonderful benefit that aims to prime the body and mind as well prevent the development and progression of diseases. During this workshop Ms. Jaiwanti explained the different branches of yoga, where each branch represents a different focus and set of characteristics. She performed and explained about different physical postures and positions of yoga such as Ashtanga Yoga, Padmasana, Simhasan, Kapalbhati pranayama, Anulom vilom pranayama, Surya bhedi pranayama, Chandra bhedi pranayama, **Kundalini**



**Yoga, Hatha Yoga and many more.** Ms. Jaiwanti also explained the key benefits of Yoga such as sustained practice results in weight loss, improved blood circulation, improves skin quality and texture, improves physical stamina, good for gut health and improved digestion, improves sleep cycle, improves concentration, reduces stress, improves immunity. The event was well appreciated by one and all.



## 10. International Yoga Day



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International Yoga Day has been celebrated on 21st June every year since 2015. A face to face yoga session (Common Protocol) was organised on 21st June 2022 at the Institute of Home Economics, Hauz Khas, Delhi University, on the occasion of International Yoga Day. Ms. Kranti Devi, who is a yoga expert, was invited as a resource person to conduct the yoga session (Common Protocol). The objective was to make people aware about yoga and its benefits. Teaching, non-teaching staff, and more than 50 students participated in the event. The yoga session (Common Protocol) started with a brief deliverance on yoga by Mr. Ritesh Tomer. He is a faculty at the department of elementary education in the college. The session went for almost an hour. The participants practised yoga postures during the session. In the closing ceremony, the national anthem was sung and a thanking note was shared by Dr. Namita Sani. She is a Faculty in the Department of Physical Education and Sports Sciences and Convenor of the sports committee in the college. Students and staff hugely benefited from the Yoga session (Common Protocol). All the participants got the e-certificates from the Institute as well. The efforts and involvement of other sports committee members like Dr. Geeta Punhani, Dr. Savita, Dr. Pragya and Dr. Sneha Abhishek made this yoga day celebration as a special and memorable event for the Institute.

**Institute of Home Economics**  
**University of Delhi**  
**Department of Physical Education & Sports Sciences and Sports Committee**

**Celebrates**  
**International Yoga Day**  
21 June

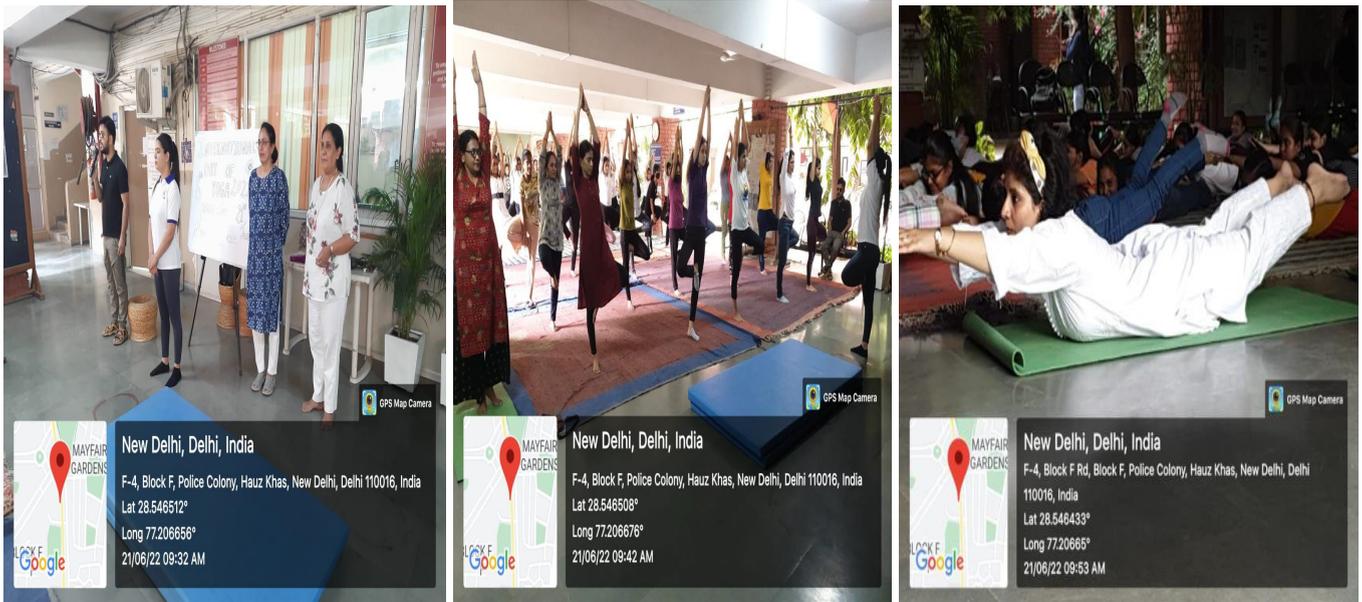
**Resource Person:**  
**Ms. Kranti Devi**  
(Yoga Teacher in Morarji Desai National Institute of Yoga (Ministry of AYUSH).)

**Time: 9am**  
**Date: 21st June 2022**  
**Venue: College Foyer**  
**Dress Code- Comfortable fit with white Tshirt**  
**E- Certificates will be provided to all participants**

**Patron**  
Prof. (Dr.) Geeta Trilok Kumar  
(Director, Institute of Home Economics)

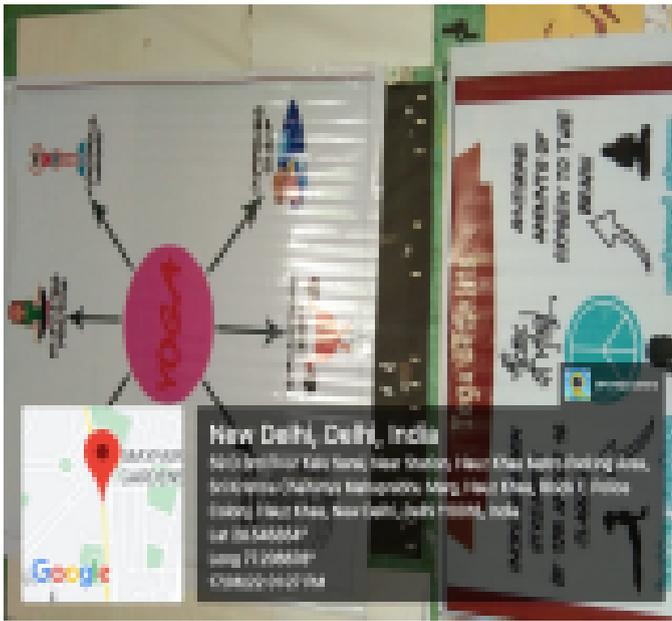
**Convenor**  
Dr. Namita Saini

**Co - Convenor**  
Dr. Geeta Punhani



Also, Yoga posters were displayed in college campus in the month of April 2022 for spreading the awareness related to yoga and its benefits. Images of the posters are attached herewith





11 Students were also motivated to participate in the Constitution Quiz 2021-2022, organized by the Ministry of Parliamentary Affairs, Govt. of India.

12 Students were motivated and trained online to participate in online sports & yoga competitions in the year 2021-2022

13 Dr.Namita Saini,Head, Department of Physical Education and Sports Sciences, attended many International and National Conferences /Webinars/Workshops in the year 2021-22.



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