

# ACTIVITIES /EVENTS CONDUCTED IN 2020

## - 2021

Even through these tough times of Covid-19, the Sports Committee remained active. Though , there were no National or Inter-University Games this year due to the pandemic but we organised several activities and games which were played online by sitting at home. Our students got involved in all these events, won prizes ,took part in interactive sessions and much more.

Following are the Events in which the students participated this year –

1. Orientation Programme
2. Webinar on Nutrition
3. Chess Tournament
4.Short-term course on Health & Wellness

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## About the Events conducted –

1.

### ORIENTATION PROGRAMME

7<sup>th</sup> JANUARY, 2021

The orientation program began on **7 January, 2021** at **3 pm** with the welcome of the Principal, students, teachers, convenors who graced the occasion with their presence which was organised by **Oorja** Society of **Sri Guru Nanak Dev Khalsa College**.

Then the students were addressed by the Principal (**Dr. Gurmohindar Singh**), who welcomed the students and gave them a brief introduction regarding the importance of sports in student life, its role in acceptance at various organisation. Students should try to attain overall development in sports, extra-curricular activities in addition to academics and motivated them to excel in their respective fields.

The students were then shown a brief presentation about Sports and Games in college and sports achievements by our sports alumni,**Rohit Bhankar**(Arjuna Awardee) in the field of badminton ,**Lalit**

**Mathur** (2016 Rio Olympics) Athlete, **Rahul** (3<sup>rd</sup> by the Athletics Federation in 1500 mts event) . In further presentation we discuss about events and programmes which previously organised by Oorja Society.

Towards the end of the session **Dr. Rajwant Singh** (teacher) who welcomed the students and principal and addressed the students and interacted with them .He motivated the students to explore the above capability and assured them proper guidance on the part of faculty members. The students were also encouraged to participate in all activities and games held by society of college.

After the motivated speech by sir there was a Q&A session where all the participants asked their queries.

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## 2.

### “ROOK-ies”

26th JANUARY, 2021

The Sports Society of Sri Guru Nanak Dev Khalsa College, “Oorja,” began this new year by organising its maiden online chess tournament—“Rook-ies”—for both students and Teaching as well as Non-teaching Staff. The event was streamed live on YouTube (<https://youtube.com/watch?v=xI6OnAFnDPY&feature=share>) from 12 pm onwards and met with great response from both the students and the Staff.

The inauguration programme began with a welcome address by the Officiating Principal of the college, Dr. Gurmohindar Singh, who provided a brief introduction chess and lauded the efforts of the organising committee for such a bold initiative. He traced the history of this game by elaborating upon the journey of this game from that of a game for the kings and rulers to a game of wits that is played in drawing rooms, both in the physical chessboards as well as online. Initially, it was a slow-paced game that consumed around 3 to 4 hours, but now it has been transformed into a fast and action-packed one. He also hoped that, in the near future, “Oorja” will organise such online competitions of chess both at National and International levels. He ended his address by wishing all the participants luck in their attempt to win the tournament.

After Principal’s address, Dr. Rajwant Singh, Convenor of the organising committee, explained the rules of the tournament and expressed satisfaction over the large turnout of about 100 participants—70 students and 30 members of the Staff—for this maiden effort. He instructed the students to play fair and keep the sportsman spirit alive. The inaugural programme ended with the address of Dr. Inderpreet Singh, Convenor of Sports Committee, who thanked the participants for their enthusiasm and wished them well for the tournament.

#### ***Details of the Event:***

*Total Number of Participants — 100*

*Number of Staff Members — 30*

*Number of Students — 70*

Winners among Students:

1. Akarshit Singh
2. Harsirjan Singh Bakshi
3. Shweta

Arbiters:

1. SNA Mohit Kumar Jaiswal
2. SNA Akash Payasi

The successful completion of the event is a great feather in the cap of the organising committee of students under the able guidance of Dr. Rajwant Singh, and to all the participants who showed great enthusiasm and sportsmanship their participation. Hoping to organise more tournaments like these in the future.

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### **3. Holistic Fitness and Wellness Learning**

A Short-Term Online Certificate Course on Holistic Fitness and Wellness Learning was jointly organised by the IQAC and the Department of Physical Education of Mata Sundri College for Women (University of Delhi) and Sri Guru Nanak Dev Khalsa College (University of Delhi).

The honourable Prof. (Dr.) Harpreet Kaur- Principal, Mata Sundri College for Women and Prof. (Dr.) Gurmohinder Singh- Principal, Sri Guru Nanak Dev Khalsa College were the patrons of this course. Ms. Charanjeet Kaur-(TIC, Dept. Phy.Edu. & Sport Science), Dr. Lokesh Kumar Gupta Coordinator (IQAC) and Dr. Gursharan Kaur- Assistant Professor (Dept. Phy.Edu. & Sport Science) were the members of organising team of Mata Sundri College for Women. Dr. I.P. Singh (Convenor) Sports Committee, Dr. Rajwant Singh (Co-convenor) TIC Phy. Edu. & Sports Sciences and Dr. Neeta Dhingra (Coordinator) IQAC were the members of the organising committee of Sri Guru Nanak Dev Khalsa College.

The course was conducted with the objective of developing a more balanced lifestyle among the participants : Enhancing the fitness of the complete physical body and emotional health ; Combining methods of stress reduction, diet, traditional exercise, and sleep habits; Embracing the concept of balance between a fit looking exterior and a healthy thriving interior; Blending physical and the mental by addressing every aspect of a healthy lifestyle, including mental health; Redefining fitness and health in making the main goal to consistently improve one's overall well-being for greater health and minimized medical conditions.

The course was 20 day long with total duration of 30 hrs involving 13 eminent speakers and 97 active participants. The content of the course included: science of exercise; introduction to active life: fitness; introduction to active life: wellness; nutrition; diet; dietary gimmicks and myths; weight management & gym operations; behaviour modification; stress management; social development through personality development; social development through communicative skill development; spiritual development through yoga; lifestyle diseases; substance use disorder; posture and corrective exercises; first – aid;

screening and health evaluation & a-z tips for health and wellness. The sessions were conducted on zoom platform on every Monday, Wednesday and Thursday for 1.5 hrs each; commencing from 01-03-2021 till 15-04- 2021.

After the course was completed the participants were assessed on the basis of a test of 50 Multiple choice questions based on the content of the course taught. According to their performance respective grades were awarded in their respective certificates. 87% participants performed outstandingly and secured highest grades. Overall the course received good feedback and the programme was all in all a great success.

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