

NATIONAL SPORTS ORGANIZATION (N.S.O.)

“Just play. Have fun. Enjoy the game” _ Michael Jordan

Games and sports play a vital role in a student's life. It is essential for the mental, physical and moral makeup of the youth. Throughout the session, we organized Inter-ship, Competitions for students and we also participated in Inter-College Competitions.

Following were the events organized for the Inter-School Competitions:

Table Tennis (September 10, 2019)

Singles: Chitwan Jamwal (B.A. III) of INS Vikas the winner.

Doubles: Hitaqshi Sharma (B.A. III) and Shaifali (B.A. I) of INS Vikas were the winners.

Badminton: (September 15, 2019)

Janvi Insan, Apoorva Sood and Swati (B.A. III) of INS Vikrant were winners in singles and doubles respectively. The runners up were from INS Himmat.

The students also participated in Inter-College Basketball and Badminton Competitions. In the Inter-College Basketball Championships, ten colleges of Himachal Pradesh participated and St. Bede's College secured 2nd position. Two students, Amisha Negi (B.A. III) and Tarkeshwari Prashar (B.Sc. III) were selected for the Inter-University Competitions. Amisha Negi was also selected to participate in the Senior National this year.

The members of N.S.O. participated in all activities with the mind-set that, “Winning is not mandatory, but your participation should be”.

Tarkeshwari Prashar (Vice-President)

Kirti Sharma (Secretary)