



Ms. Nahid Raees is a dedicated Physical Education Teacher and Teacher Educator and Assistant Professor in Education. With active participation in workshops, FDPs and training programmes related to yoga, health, mental well-being and effective teaching. She has demonstrated leadership through participation as a Delhi Contingent Leader at the National Adventure Camp, McLeod Ganj (2022) and has actively contributed to NSS and student development activities, with a focus on physical fitness, discipline, leadership and holistic development.