

➤ **SPORTS AND GAMES**

The Department of Physical Education is the most active department of our college. It endeavor for excellence and achieves great laurels. The department provides coaching facilities for various traditional games such as Boxing, Drill march, Kabadi, Karate, Kho- Kho, Lezim, Marathon, Mallakhamb (for Boys), Rope, Tug of war, Yoga and modern games such as Woodball, Athletics, Basketball, Ball Badminton, Chess, Cross Country, Netball, Power Lifting, Table Tennis, Tennis, Volleyball, Weight Lifting, Body-building. College also has open Green Gym facilities for students, staff and local villagers. The Department has been organizing various activities throughout the year, including sessions on Yoga, Aerobics and Self Defence for promoting the general health and fitness of students.

The Department also organizes the annual sports festival "**KOSHISH**" to facilitate the participation of boys and girls in different sports at the college level. Our sports students continuously bag awards for the college by participating in various International, National, All India Inter-University, State, Inter College and Open Tournaments.

All the students of our college can avail of the facilities provided by the sports department however, students belonging to other institutes can also have the opportunity to avail same facilities by contacting the sports department.