

The Yoga and Fitness / Sports Club, under the convenorship of **Lt. Renu Dogra**, is dedicated to promoting physical fitness and mental well-being among students. The club provides facilities for the **Indoor Gym, indoor games, and various outdoor sports activities**.

Throughout the year, the club organizes **yoga sessions, fitness programs, and sports activities** to enhance students' physical health, mental strength, and overall personality development, fostering a healthy and active campus environment.

Activities Organized Under the Banner of Sports/Yoga & Fitness Club (2025-26)

1. Celebrated International Yoga Day on 21st June, 2025.
2. Celebrated National Sports Day on 29th August, 2025
3. The club successfully organized various cricket matches, including friendly matches between teachers and students, teaching and non-teaching staff, as well as interfaculty cricket matches with GC Mandi, GC Nagrota, and the Electricity Department, promoting teamwork, sportsmanship, and healthy interaction among all participants.



