

SPORTS AND YOGA ACTIVITIES

The Institute has all sports facilities, for both boys and girls, under the esteemed guidance of Sports President Sri Pankaj Garg and sports secretary Sri Sanjeev Kumar. Institute has a full-fledged Hockey team, Basket ball team, Badminton team, Girls Badminton team, TT team, Girls TT team. A proper ground for Athletics and sports activities is there in Patiala Hostel ground, which is used by students for practice.



The Institute has a Gym in Hostel so that students can work for their health. They are also guided from time to time to do yoga exercises and they relish it. National Yoga day was celebrated by the Institute in which both girls and boys students along with NCC cadets participated by doing yoga.



The library attendant Ms Chandni played for Mahila Hockey team Haryana in All India Civil Services Hockey Tournament (2022), played at Bhopal. She played as Golkeeper of the team and due to her excellent performance the team won Silver medal. She was Honoured by the Principal of Institute and congratulated by all staff members.

