

#### 4.1.2 Cultural activities, Sports, Games, Gymnasium and Yoga Centre

Physical education & sports play vital role in achieving the aims and objectives of Education. The students of SVGC are provided with excellent facilities and encouraged to take part in the inter-college tournaments being organised by HPU in different colleges.

The college has one ground sufficient for conducting various activities throughout the year. Students are very much encouraged to participate in the cultural events held in the college like Fresher's Party, Annual Sports Day, Annual Day, Farewell etc., to exhibit cultural talents. Students are even sent to other colleges for intercollegiate competitions like HPU interuniversity Youth Festival-I and Youth festival –IV in Declamation, Debate, Collage, painting ,dances, skits, mimicries etc., We got some clubs/ Committees to enhance the hidden talent of the students namely: "Talent Hunt" & Cultural Committee and Sports & Games Committee who play an excellent role for over all development of the student's community.

**Indoor:** There is a shed for boxing ring for the students to practice. Interested students can practice in boxing ring in morning session and some practices in evening. There is one squad stand iron, one cycling machine & weightlifting platform. Two courts for Badminton, Table Tennis rooms, Chess Rooms, Carom Rooms are also available in the college campus. Badminton turf Taraflex of amount Rs 2,90000 also installed during the year 2021-22. Kabaddi and Judo introduced as indoor game during the year.

**Outdoor:** Playground for kho-kho, handball, cricket, kabaddi, volleyball, basketball. With the view to recognize upcoming talented sportsman and sports woman in the college, the Physical Education Department organizes athletic meet in the college every year. A large participation of boys and girls which included athletics, badminton, table tennis, basketball, carom, chess, cricket, tennis and volleyball, inter-college tournaments the winning team or sportsperson awarded Prizes and certificates in college annual function. During the year students of the college have participated in Hockey and Football HPU interuniversity championship. Coaches are also available for the coaching in Boxing and Table Tennis in the college. There is one under construction playground in which the Directorate of Himachal Pradesh sanctioned Rs. 50000/- and HEIS provided Rs. 10 Lakhs to complete it.

**Gymnasium** There is one gymnasium hall in the college campus where the students can exercise for their sound health with various equipments.

**Yoga Centre** There is one Yoga Centre available in the college for the various activities related to yoga such as meditation, Yogasan, Pranayam etc. A seven days camp on "Common Yog Protocol" has been organised during the year in which 55 students participated. For the awareness among all students of the college Yoga T-Shirts were also distributed to the participants.

## Playground-I



## Playground-II





