

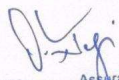
1. PHYSICAL FITNESS

i. USAGE OF GYM FACILITIES BY STUDENTS


1. PHYSICAL FITNESS

i. USAGE OF GYM FACILITIES BY STUDENTS

The College has upgraded its gym under the Utkrisht Mahavidyalaya Scheme for the benefit of students and staff. The gym of the college includes the Multiple Gym Yoga mats, Kabaddi mats, Bench (multi adjustable), double twister, high jump mats, dumbbells, tread mills (3) chest press, triple twister, parallel bar, functional trainer, leg extension machine, dumbbell rack, bikes, double surface board, hand brush cutter, round dumbbells, abdominal bench, air walker, leg press or hack squat. The students take ample benefit from the gym during 3 pm to 5 pm every working day.


Internal Quality Assurance Cell (IQAC)
Shree Guru Gobind Singh Ji
Government College Paonta Sahib
Dist. Sirmour (H.P.)-173025




PRINCIPAL
Dr. PRAMOD PATIAL
Principal
Shree Guru Gobind Singh Ji
Government College
Paonta Sahib
Dist. Sirmour (H.P.)-173025