

# SAM GIRLS COLLEGE, BHOPAL

(Affiliated to Barkatullah University, Bhopal)

## SPORTS AND YOGA CLUB

➤ **Objective-** The main objective of establishing sports and yoga club in SAMGC is the all round development of the student not only by motivating the best extracurricular potential in them ,but also by building a championship among them .All the functions and activities planned by the club considering the physical, psychological and mental fitness of the beneficiaries.

➤ **Function-**

- To organize various sports and gaming activities for the students.
- To encourage leadership quality and to foster the unity and co-ordination among all the students.
- To reduce the stress and strengthen the will power by various meditation activities and yoga asana.
- To increase the physical ability of student which is directly related to their health by doing yoga.
- To support in developing positive attitude, self confidence, courage and patience in all students by yoga and physical fitness activities.

➤ **Composition :**

Coordinator	Dr. Shanti Sharma
Co-Coordinator	Prof. Neelam Mishra
Student Representative	Ms. Anam Syed student of BBA III year
	Ms Priyanka Sharma student of BBA I year
	Ms Shivani Dohare student of BA I year
	Ms Tanvi Saini student of BA I year
	Ms. Balkumari , student of BA I year
	Ms. Shruti Hanote , Student of B.Com II Year

➤ **Activity-**

Conduction of Annual Sports Meet.

Workshop and Experts sessions on yoga and meditation.

Conduction of fitness test and regular health checkup camps.

Expert talk on fitness, balanced diets etc.

