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GANGADHAR MEHER UNIVERSITY

AMRUTA VIHAR, SAMBALPUR (ODISHA)-768004

NOTICE


No. 3734 /GMU

Date: 04/09/2025

It is for information to all the students (Men & Women) of Gangadhar Meher University that the daily practice session for games and sports will be held from the month of September, interested students advised to practice regularly.

DAY	MORNING SECTION (6:00AM to 8:00AM)	EVENING SECTION (4:00PM to 5:30 PM)
Monday	Endurance Exercises/Athletic	Chess/T. T/carrom/football
Tuesday	Strengthening Exercises/Yoga	Badminton/T. T/football
Wednesday	Flexibility Exercises/yoga	Chess/T. T/carrom/Cricket
Thursday	Specific exercise for Kho-Kho/kabaddi/Athletic	Badminton/T. T/Cricket
Friday	Specific exercise for Kho-Kho/kabaddi/Athletic	Kho-Kho/Kabaddi/Volleyball
Saturday	Road Running	Kho-Kho/Kabaddi/Volleyball

Memo No. 3735


REGISTRAR
Dt 04/09/2025

Copy to all Notice Boards /Chairman, PGC/ Director, Sports Council / PA to VC / PA to Registrar / COF / Deputy Registrar /COE/ SWO / PEOs / System Manger Cell for information and necessary action.


REGISTRAR