

**SGRR UNIVERSITY
COLLEGE OF NURSING, DEHRADUN
SPORTS COMMITTEE**

Aims and Objectives

Aim:

Students will be able to take part in various competitions and develop a leadership quality and improve their physical well-being.

Objectives

1. Develop physical fitness.
2. Understand the importance of sports.
3. Get opportunity to be innovative and creative in sports.
4. To develop an appreciation of the concepts of honest competition.
5. To develop the capacity to maintain the interest in sports.
6. To develop leadership skills and qualities.
7. To develop self-esteem and self-confidence.
8. To promote an understanding of physical and mental well-being

1.	Mrs.Ramalaksmi	Chairperson
2.	Mr. Renjith Thomas	Member
3.	Mrs. Julia Massey	Member
4.	Mrs. Rachel Prasad	Member
5.	Mr. Sojan Thomas	Member
6.	Mr. Ajay	Student Member
7	Ms. Shivani	Student Member