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The Department conducts daily practice of several games like basketball, cricket, football, volleyball, netball, and athletics. Under the aegis of the Department a well equipped gym, with a professional instructor is operational with both students and members of the faculty as its members. Through out the year the Department organized various competitions for students and staff – academic and non-academic, like administrative staff cricket match between KNC and Gargi. The annual Sports Day is also organized by the Department. This year Mr. Shikhar Dhawan, a Cricketer graced the occasion as the chief guest on Sports Day. The maintenance of the sports' ground also falls within the purview of the Department.