

## On Campus Facilities

Societies hold meetings regularly and the timing/dates and other information about these Societies is provided to students in the Gazette.

### Physical Training/Sports

The mental and physical health of a country can be judged from the standard of its sports and sportsmen. As a general rule, it is through sports that one develops a healthy body, which ultimately leads to a healthy mind. The importance of sports in the life of a nation cannot be over-emphasized. The importance given to sports by the developed countries is no less than education. They have planned systematically for the development of Sports, which has paid the dividends. Like-wise in the GCU, sports are considered as an integral part of physical fitness and mental training. These activities play an effective role in physical fitness and mental health of the students and inculcating a spirit of healthy competition.

The GCU provides full encouragement and a conducive environment to the sports programmes. The sports history of GC University can be traced from the 1931-32 session when GC became the overall champion and won the general trophy of the Punjab University for the first time.

GC has been one of the finest sports nurseries for producing and grooming sportsmen for National teams, and has been maintaining its tradition of excellence in sports and has produced hundreds of international sportsmen who represented Pakistan with distinction in Olympic Game/Asian Games / SAF Games and other International Sports Events since 1947. After getting the

status of University in 2002 the sports activities were revamped along with the department of Sports and Physical Education.

### Sports Activities

GC University provides ample sports and recreational facilities to the students, in Cricket, Hockey, Tennis, Gymnastics, Basket Ball, Table Tennis, Boxing, Swimming, Rowing, Squash. The students of the University have been actively participating in the inter-university competitions at the provincial as well as national level. The sports are organized and managed by the Directorate of Sports.

Admissions are provided to candidates on sports basis and participation in sports is compulsory. If students do not take part in sports their admission can be cancelled on the advice of Director Sports

### Mosque

In order to facilitate Islamic teaching and the observance of the five obligatory prayers, there is a mosque situated on the University campus. In the mosque, there are facilities for daily as well as for Friday prayers.

### The Gazette

A fortnightly Gazette is published regularly. It contains all orders, notices and programmes as well as essential information about the University activities. A notice published in The Gazette is supposed to have reached everyone concerned in the University, thus ignorance about essential information published in The Gazette will not be accepted as an excuse.

