



LET'S BE FUN FIT.

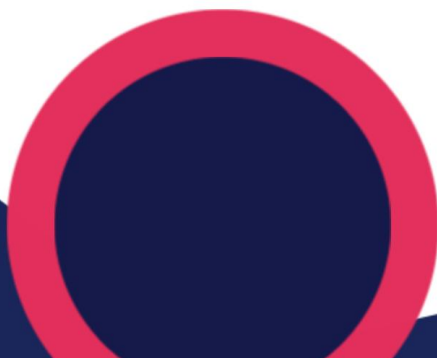


FITNESS CLUB

ABOUT US

The fitness activities at CSJMU's are offered by the Fitness club and play a crucial role in students mental and physical health.

The Fitness Club is a health, recreational, and social facility geared towards exercise, sports, and other physical activities. It may be a for-profit commercial facility or a community- or institutionally-supported center by CSJMU.





Fitness Club

SWIM



Swimming

Our nation is surrounded by water and swimming is one of our great passions. As well as being fun, swimming is a great way to keep fit, stay healthy and make friends. Swimming is a healthy activity that you can continue for a lifetime. It

is a great recreational activity for people of all ages. Recreational swimming can provide you with a low-impact workout and it's a good way to relax and feel good.

So here CSJMU gives an opportunity to learn swimming through its Fitness Club.



Fitness Club



Reduce Anxiety & Stress Through

Yoga Practice



Yoga-

Bhagavad-Gita says, "A person is said to have achieved yoga, the union with the Self, when the perfectly disciplined mind gets freedom from all desires, and becomes absorbed in the Self alone."

Yoga is not a religion; it is a way of living that aims towards 'a healthy mind in a healthy body.

So come and join CSJMU's very own Fitness Club for Daily yoga practice.



Fitness Club

Fitness Club



Gym-

Joining a gym is not just a body-changing experience. The whole process can bring about significant changes in your lifestyle. Most people have a certain image in mind before joining a gym. It might be that of toned up muscles or that of a flat belly. But the gym is not just about that. You get flexibility in your body, you are not only improving your body from the outside but also from the inside and a glow to your skin.

Come to join our very own gym in CSJMU's Campus.





Fitness Club

Sports-

In today's fast changing world we can't deny sports as the 'Universal Language', because nothing contributes like sports can do to humanity. Some people may not easily agree to my opinion, but as a matter of fact 'it is and it does'.

So here CSJMU's Fitness club gives an opportunity to learn new sports and enhance your skills.

