

# **INSTITUTE OF DENTAL SCIENCES, SEHORA JAMMU**

## **List of Available Sports & Cultural Facilities**

### **INDOOR**

1. Table Tennis ( Boys & Girls)
2. Chess ( Boys & Girls)
3. Carom ( Boys & Girls)
4. Badminton ( Boys & Girls)

### **OUTDOOR**

1. Cricket (Boys)
  2. Volleyball (Boys)
  3. Kho-Kho (Girls)
  4. Races (Boys & Girls)
    - 100 Mt. Race
    - 200 Mt. Race
    - a. Relay
    - b. Three leg Race
  5. Tug of war
- &
- Yoga Room

