

Timings for bonafide Students for the Indoor & Outdoor Facilities

March to September (Summers)

Facilities	Morning Timings	Afternoon Timing
Indoor	7:30 a.m. to 9:00 a.m. 10:00 a.m. to 1:00 p.m. (Monday to Friday)	2:00 p.m. to 5:30 p.m. (Monday to Friday)
Outdoor	7:30 a.m. to 9:00 a.m. 10:00 a.m. to 1:00 p.m. (Monday to Friday)	2:00 p.m. to 7:00 p.m. (Monday to Friday)

October to February (Winters)

Facilities	Morning Timings	Afternoon Timing
Indoor	7:30 a.m. to 9:00 a.m. 10:00 a.m. to 1:00 p.m. (Monday to Friday)	2:00 p.m. to 5:30 p.m. (Monday to Friday)
Outdoor	7:30 a.m. to 9:00 a.m. 10:00 a.m. to 1:00 p.m. (Monday to Friday)	2:00 p.m. to 5:30 p.m. (Monday to Friday)


(Prof. Nafis Ahmad)

Hony. Director (Games & Sports)

Jamia Millia Islamia

Prof. Nafis Ahmad
मानद निदेशक / Hony. Director
खेल एवं क्रीड़ा / Games & Sports
जामिया मिल्लिया इस्लामिया / Jamia Millia Islamia
(केन्द्रीय विश्वविद्यालय) / (Central University)
नई दिल्ली / New Delhi-110025

Timings for the Gym Facilities for the Students admitted under Sports Category

Morning Timing	10:00 A.M. to 11:30 A.M. (Monday to Saturday)
Afternoon Timing	3:00 P.M. to 6:00 P.M. (Monday to Saturday)



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