Timings for Members of the Sports Complex, JMI (JMI Employees/Wards & Community People)

Morning Timing (Indoor & Gym)	6:00 A.M. to 9:00 A.M. (Monday to Saturday)
Timing for Female JMI Employees (Indoor & Gym)	1:00 P.M. to 2:00 P.M. (Monday to Saturday)
Evening Timing (for Gym)	6:00 P.M. to 9:00 P.M. (Monday to Saturday)
Evening Timing (for Indoor facilities)	7:30 P.M. to 9:30 P.M. (Monday to Saturday)

(Prof. Nafis Ahmad)
Hony. Director (Games & Sports)
Jamia Millia Islamia

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