

**Facilities: Sports, Games, Gymnasium, Yoga and Cultural activities****I) Outdoor games:**

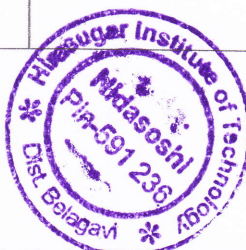
Games and Sports	Facilities available	Area Sq.Mts	Year of Establishment	Usage
Football	Poles, Net, Balls	40X80	2000	Intramurals and Inter-collegiate sports activities
Cricket	Full kit	-		Intramurals and Inter-collegiate sports activities
Hockey	Poles, Net, Balls	40X80		Intramurals and Inter-collegiate sports activities
Volleyball	Poles, Net, Balls	18X9		Intramurals and Inter-collegiate sports activities

II) Indoor games:

Games and Sports	Facilities available	Year of Establishment	Usage
Table Tennis	Full kit	2000	Intramurals and Inter-collegiate sports activities
Carom	8 Number		Intramurals and Inter-collegiate sports activities
Chess	8 Set		Intramurals and Inter-collegiate sports activities
Badminton	Full kit		Intramurals and Inter-collegiate sports activities

III) Athletics

Games and Sports	Facilities available	Year of Establishment	Usage
Track events	4x400 8 line track	2005	Intramurals and Inter-collegiate sports activities.
Javelin Throw	Dimension of runway, 30 meters long, 4 meter wide		Intramurals and Inter-collegiate sports activities.
Discus throw	2kg diameter 8, 5 Sector angle of landing area 34.92 degrees		Intramurals and Inter-collegiate sports activities.
Shot put	Shot-put 8, 8 pound 2.135 meter, Sector angle of landing area 34.92 degrees,		Intramurals and Inter-collegiate sports activities.
Yoga	Mats : 12.8x12.8 m		Intramurals and Inter-collegiate Sports activities.





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Institute**NAAC- 4.1****Sports Complex-
Facilities****IV) Multi Gymnasium**

Sl.No.	Available Facilities	Area Sq.Mts	Year of Establishment	Usage
1	21 station Multi Gym	1331	2005	Intramurals
2	Treadmill super runner model 3610 made in Taiwan			Intramurals
3	Elliptical trainer			Intramurals
4	Standard cycle			Intramurals
5	Wrist curl 40kg			Intramurals
6	Steel bars & Steel plates& rubber plates for wt.lifting			Intramurals
7	Chrome plated dumbbells from 2 kg to 20 kg			Intramurals
8	Late Pull down 80 kg			Intramurals
9	Rowing Pulley 80 kg			Intramurals
10	Cable Cross Over with chin up Bar 100Kg			Intramurals
11	Pec-Dec			Intramurals
12	Leg-Curial /Exten 60Kg			Intramurals
13	Hyper Extension			Intramurals
14	Bench Press 80Kg			Intramurals
15	Adjustable bench			Intramurals
16	Hack squat 80kg			Intramurals
17	Abdominal Board with ladder			Intramurals
18	Squat stand			Intramurals
19	High lat 60kg			Intramurals
20	Abdominal crunch			Intramurals
21	Shalimar (Horse ride)			Intramurals
22	Work out bench			Intramurals
23	Adjustable flat inclined decline Bench			Intramurals
24	Rack 3 tie rack, free weight rack 3 tie rack			Intramurals
25	Free Weights Olympic STD.With lifting road 160 Kg.			Intramurals
26	Weight Training Set 254 Kg (including Road)			Intramurals
27	Dumbbells rubber coated 12kg 10kg, 7kg 5kg (including roads)			Intramurals
28	Adjustable Dumbbells rubber coated 7.5 Kg. 9, kg. 10. Kg. 12kg.			Intramurals
29	Ankle Weights 1kg			Intramurals

V) Cultural Activities

Sl.No.	Available Facilities	Area in Sq.mts	Year of Establishment	Usage
1	Main Stage	1113.25	2013	Cultural Event
2	Open air Auditorium			





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Sports Complex-
Facilities



Running Track



Table Tennis Court





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Sports Complex-
Facilities



Inaguration of Annual Sports Day activities



Inaguration of Annual Sports Day activities



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Sports Complex-
Facilities



Prize distribution to winners in Annual Sports Meet



Indoor Events



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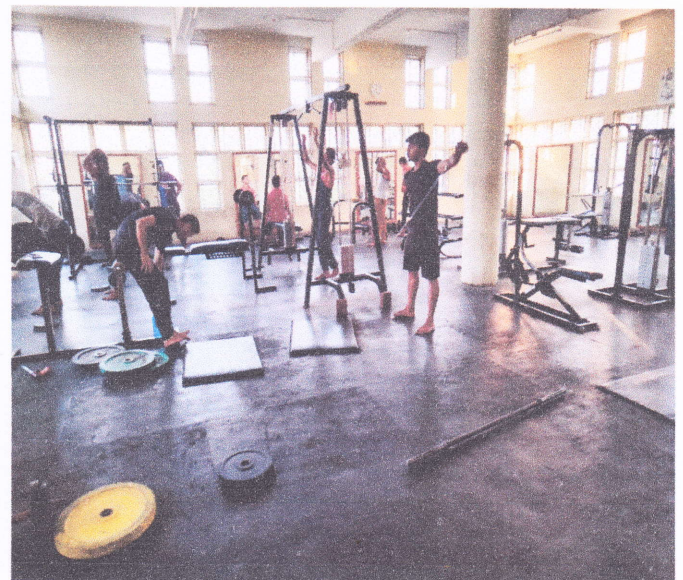
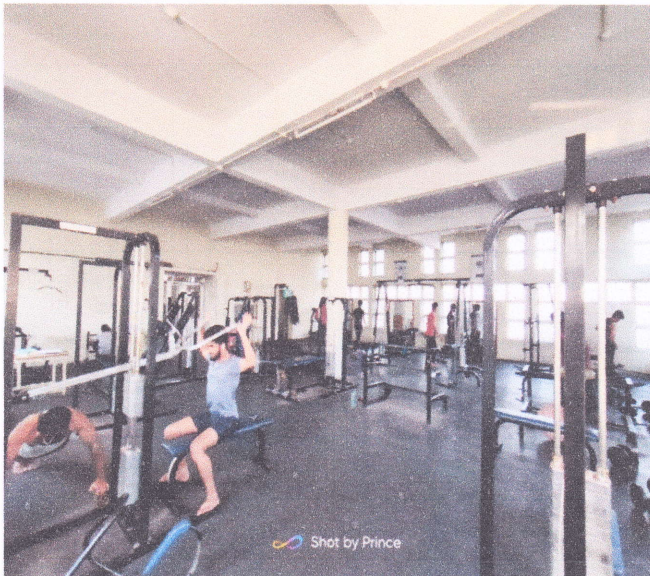
Institute

NAAC- 4.1

Sports Complex-
Facilities



Outdoor Event



Multi Gymnasium



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