**4.1.2** The institution has ample amenities to support sports, games (Indoor, Outdoor), Gymnasium etc. **(428 Words)**

The institution believes in the development of overall personality of the students. In order to achieve this goal the institution gives importance to strengthen not only to the academic excellence of students but also their physical and mental well being. Sports and games play a vital role which enable the youth with physical and mental health by inculcating the life skills to face the challenges of the real world. Hence, the college provides an opportunity for both indoor and outdoor games and not restricting itself only to academic knowledge. The following infrastructural facilitates are available in the college to support the vision of the institution.

|  |  |  |  |
| --- | --- | --- | --- |
| **Sl. No.** | **Name of the Sports Court** | **Court No.** | **Sq mtr area** |
| **01** | International Standard Cricket Stadium with Pavilion | **01** |  spread in 14,756 sq mtrs  |
| **02** | Foot Ball Field and 400 Meters Track | **01** |  with 19,405 sq mtrs  |
| **03** | Synthetic Tennis Court | **01** |  |
| **04** | Basket Ball Court |  **01** |   laid in 11035sq mtrs |
| **05** | Throw Ball Court | **01** |
| **06** | Kho Kho Court |  **01** |
| **07** | Kabbaddi Court | **01** |
| **08** | Handball Court | **01** |
| **09** | Volleyball Court | **02** |

Furthermore, indoor games like carrom, chess and table tennis are also given equal importance with proper facilities.

By utilizing the above mentioned facilities in an effective manner, the students of our college have been participating in different competitions and getting laurels at University, National and International levels. The institution is proud in claiming that our alumnus is ranked as Federated Grand Master in Chess.

Fully Hi Tech Multi Gymnasium built in an area of 5,000 sq. ft. with cardio workout equipment is made available to students. A specialized trainer in house is appointed to guide the students at Individual stations and Aerobics.

‘Yoga Day’ is celebrated every year with great enthusiasm to educate the young generation to embrace yoga as a way of life to manage the stress levels and to have a harmony of mind and body. The students are advised to practice yoga as it strengthens at mental and physical levels.

Co-Curricular activities (Cultural) are given importance and the students are encouraged to take part in different cultural activities.



|  |  |  |
| --- | --- | --- |
| 34 | 20k.g | 02 |
|  | Plates |  |
| 35 | 2.5k.g | 06 |
| 36 | 5k.g | 12 |
| 37 | 7.5k.g | 02 |
| 38 | 10k.g | 04 |
| 39 | 12.5k.g | 02 |
| 40 | 15k.g | 06 |
| 41 | 20k.g | 04 |
| 42 | 7k.g  | 02 |
| 43 | Barbell | 02 |
| 44 | Bench Press Incline - Decline, flat  | 01 |
| 45 | Knee wrapper | 04 |
| 46 | Power Lifting belt | 01 |
| 47 | Weight Lifting Costume | 05 |
| 48 | Zig Zag Barbell | 02 |
| 49 | Straight Barbell | 03 |
|  |  |  |