



4.1. Physical Facilities

4.1.2 *The Institution has adequate facilities for sports, games (indoor, outdoor), gymnasium, yoga center etc. and cultural activities*

Details of Enclosures:

1.Sports facilities

2. Photos

a. Outdoor games

b. Indoor games

c. Cultural activities

d. Yoga

a. Sports facility

SL. NO.	DESCRIPTION	NOS.	AREA (SQ. M)	SIZE (M)	YEAR OF ESTABLISHMENT
A	Sports				
1	400 m track	1	20000	200 x 100	2005
2	Long jump	1	20000	5 x 30	2005
3	Triple jump	1	20000	5 x 40	2005
4	High jump	1	20000	5 x 9	2005
5	Shot put	1	20000	--	2005
6	Javelin throw	1	20000	--	2005
7	Hammer throw	1	20000	--	2005
B	Indoor Games				
1	Table tennis	1 Boards	40.5	9 x 4.5	2005
2	Chess	10 Boards	144	12 x 12	2005
3	Carrom	3 Boards			
C	Outdoor Games				
1	Cricket Ground	1	23100	210 x 110	2005
2	Football Ground	2	6000	100 x 60	2005
3	Hand ball Court	1	2016	40 x 20	2005
4	Hockey Ground	1	20000	92 x 55	2005
5	Volley ball Court	2	714	18 x 9	2005
6	Kabaddi Court	2	660	13 x 10	2005
7	Ball Badminton Court	2	748	24 x12	2005
8	Basket Ball Court	1	1040	48 x 26	2005
9	Kho -Kho	2	19950	21 x 16	2014
Gymnasium					
	Gym - Gents	Area-144sq.m			2014
1	Adjustable Ab Board	1			2014

2	Sitting Standing Twister	1	2014
3	Olympic F.I.D Bench	1	2014
4	Vertical Knee Raise	1	2014
5	Adjustable Bench Press	1	2014
6	Lat with Mid Row	1	2014
7	Preacher Curl	1	2014
8	Hyper Extension	1	2014
9	Multi Hip	1	2014
10	Hexagon Dumbbells 3kg 5 kg 7.5 kg 10 kg	2 2 2 2	2014
11	Rubber Coated Weight 2.5 kg 5 kg 10 kg 15 kg	2 4 4 2	2014
12	Olympic Bar 6.5 feet 4 feet	1 1	2014
E	Gym-Ladies	Area-20.25sq.m	2014
1	Ab King pro	1	2014
2	Multi Orbitrek Elite	1	2014
3	Adjustable Ab Board	1	2014
4	Sitting Standing Twister	1	2014
5	Dumbbell sets	5	2014
6	Exercise Cycle	1	2014
7	Hip rotator	1	2014

OUTER GAMES

Basket Ball



Shot-put





Foot Ball



Cricket



Long Jump



Volley Ball



Kabbadi



Gym



Track event



INDOOR GAMES

Shuttle cock



Table Tennis



Chess



Awards



Cultural Activities



Group Dance



Yoga



Meditation

