

4.1.2. The institution has adequate facilities for cultural activities, yoga, games (indoor, outdoor) and sports. (gymnasium, yoga centre, auditorium, etc.)

Describe the adequacy facilities for cultural activities, yoga, games (indoor, outdoor) and sports which include specification about area/size, year of establishment and user rate within minimum of 500 characters and maximum of 500 words.

Along with core courses and the continuous evaluation, the institute integrates sports and extra-curricular activities as essential components. This is done not only for participation but also to motivate them as proactive students. The institute possesses adequate facilities for sports, games and cultural activities. The total area of sports and games fields is 1299.87 Sq.Mts, Sports room 49.59 Sq.Mts, Sports office 37.62 Sq.Mts, Gym 76.82 Sq.Mts. Since from the inception of college, sports and cultural activities are carried out and a gym facility for the students was started from the year 2019. Major cultural events are organized in seminar hall and also at the auditorium/ open air auditorium. Facilities for outdoor and indoor sports and games that include badminton, volleyball, basketball, carom, table tennis and chess, and gymnasium also exist in the campus. Intra –college and inter –college games and sports competitions are organized regularly every year for students. Students are specially trained for participation in Zonal and Inter – Zonal, National Youth Festival competitions organized by the Association of Indian Universities and other cultural and sports events outside the campus. Students excel in these events by winning prizes and awards in individual and group events. Special classes on self–defense are organized specially for female students; special coaching is also organized for chess, Kabaddi and caroms. Every year inter collegiate sports events and training for inter university competitions are organized. Students excel in inter-university competitions are rewarded with cash prizes and mementos. NSS Unit and heart fullness meditation centre also exists in the institute.

The following sports and cultural facilities are available at the institute

OUTDOOR GAMES:

S. No.	Name of the game	Availability of Facilities
01	Volley Ball Court	Ball -06, Net-02
02	Throw Ball Court	Ball -04, Net-02
03	Tennikoit Court	Rings-06, Net-02
04	Badminton Bats	Shuttles-02, Net-02
05	Table Tennis	Boards-02, Bats-08, Balls-24, Net-03

INDOOR GAMES:

S. No.	Name of the game	Availability of Facilities
01	Chess	Chess Boards-07, Chess Boards sets-07
02	Carroms	Carrom Boards-03, Board stands-02, Coin Sets-04
03	Athletics	Shot put-02, 16 LB-1, 12 LB-1

GYM FACILITIES:

S. No.	Availability of Facilities
01	Butterfly -07 Kg
02	Latis and Rowing – 75 Kg
03	Leg Press – 80 Kg
04	Leg curl and Leg extension – 60 Kg
05	Bench Press – 80 Kg
06	Biceps – 60 Kg
07	Chinning – 1 (Quantity)
08	Abdomen Board – 1 (Quantity)
09	Hip Flexer- 1 (Quantity)
10	Hyper Extension- 1 (Quantity)
11	Twister- 1 (Quantity)
12	Dumbbells – 1 Kg, 2 Kg, 3 Kg, 4 Kg
13	Multi Press Bench – 1 (Quantity)
14	Barbells Curl rods - 2
15	Straight rod – 1
16	Ab Rollers- 2 (Quantity)
17	Pull up bar- 1 (Quantity)
18	Push up bars – 4 (Quantity)
19	Dumbbell rods- 4 (Quantity)
20	Gym rope- 1 (Quantity)
21	Gym plates (1 Kg) – 2 (Quantity)
22	Gym plates (2 Kg) – 6 (Quantity)
23	Gym plates (2.5 Kg) – 4 (Quantity)
24	Gym plates (3 Kg) – 6 (Quantity)
25	Gym plates (5 Kg) – 6 (Quantity)
26	Gym plates (10 Kg) – 4 (Quantity)

CULTURAL FACILITIES:

S. No.	Availability of Facilities
01	Auditorium (Shared), open air auditorium and Seminar Hall (Exclusive)
02	Audio & Video System
03	Movable audio & video system