

## **PLAY GROUND AND RELATED FACILITIES:**

### 1. Availability And Dimensions of Play Ground --- 02

- a. For Boys C 1 No.(5.0 acre, 225 x 76 mts.),
- b. For Girls 01 No. (2.20 acre, 130 x 70 mts.)


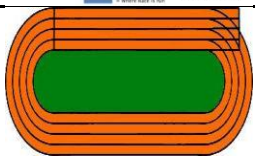
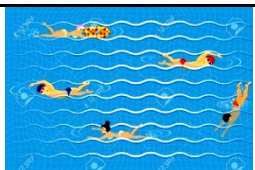



- a. Separate play ground – A--- facility --- for Boys & Girls is provided,
- b. Separate sports & Gym --- facility ---

for Boys



& Girls is provided

### 3. Availability of Swimming Pool For Men & Women.

## **FACILITIES IN GAMES AND SPORTS**

OUT DOOR			
S.NO.	PLAY FIELDS		AVAILAB ILITY OF CAMPUS
01	<b><u>TRACK AND FIELD GROUNDS - 400 MTS FOR MEN</u></b>		01
02	<b><u>TRACK AND FIELD GROUNDS - 200 MTS FOR WOMEN</u></b>		01
03	<b>SWIMMING POOL FOR MEN &amp; WOMEN – (25 Mtrs x 12.5 Mts)</b>		01
04	<b>CRICKET FIELDS (MEN &amp; WOMEN)</b>		03
05	<b>CRICKET NET (MEN &amp; WOMEN)</b>		03
06	<b>FOOT BALL FIELD</b>		02

07	<b>HOCKEY FIELD</b>		01
08	<b>TENNIS COURT - WITH FLOOD LIGHTS</b>		01
09	<b>BASKET BALL COURTS - WITH FLOOD LIGHTS</b>		03
10	<b>VOLLEY BALL COURTS - WITH FLOOD LIGHTS</b>		06
11	<b>VOLLEY BALL COURTS – WITHOUT FLOOD LIGHTS</b>		04
12	<b>THROW BALL COURTS- WITH FLOOD LIGHTS</b>		02
13	<b>THROW BALL COURTS- WITHOUT FLOOD LIGHTS</b>		02
14	<b>BALL BADMINTON COURTS – WITHOUT FLOOD LIGHTS</b>		01
15	<b>KHO-KHO COURTS</b>		02
16	<b>KABADDI COURTS WITH FLOOD LIGHTS</b>		02
17	<b>TENNIKOIT COURTS</b>		02

18	<b>CRICKET BOLLOWING MACHINES</b>		01
19	<b>2 TON HYDROSTATIC DRIVEN SPORTS GROUND ROLLER</b>		01

## IN DOOR

S.NO.	PLAY FIELDS		AVAILABILITY OF CAMPUS
01	<b>INDOOR BADMINTON COURTS – FOR BOY’S</b>		05
02	<b>INDOOR BADMINTON COURTS - WITH FLOOD LIGHTS FOR GIRLS</b>		02
03	<b>TABLE TENNIS</b>		10
04	<b>GYM BOYS</b>		01
05	<b>GYM GIRLS</b>		01
06	<b>CARROMS &amp; CHESS</b>		15 & 15

# Availability of Sports Facility/Equipment

## GYM

### BOYS

#### EQUIPMENT

**Qty**

**12 STATION MULTI GYM**



**01 No**

**TREAD MILL (MOTORIZED)**



**02 No's**

**ELLIPTICAL CROSS TRAINER**



**01 No's**

**SPIN BIKE**



**01 No**

**ARM CURL (200 lb)**



**01 No**

<p><b>SHOULDER PRESS (275 lb)</b></p>			<p>01 No</p>
<p><b>LATERAL RAISE (200 lb)</b></p>	 <p>IE 9524</p>		<p>01 No</p>
<p><b>SEATED DIP (200 lb)</b></p>	 <p>IE 9517</p>		<p>01 No</p>
<p><b>CHEST PRESS (275 lb)</b></p>	 <p>IE 9501</p>		<p>01 No</p>
<p><b>PEC FLY / REAR DELT (275 lb)</b></p>			<p>01 No</p>

<p><b>LAT PULL / VERTICAL ROW (275 lb)</b></p>		<p><b>impulse</b></p>	<p><b>01 No</b></p>
<p><b>PECTORAL (200 lb)</b></p>	 <p>IE 9504</p>	<p><b>impulse</b></p>	<p><b>01 No</b></p>
<p><b>ABDOMINAL (200 lb)</b></p>	 <p>IE 9514</p>	<p><b>impulse</b></p>	<p><b>01 No</b></p>
<p><b>TORSO ROTATION (200 lb)</b></p>		<p><b>impulse</b></p>	<p><b>01 No</b></p>
<p><b>TOTAL HIP (275 lb)</b></p>		<p><b>impulse</b></p>	<p><b>01 No</b></p>





<p><b>LEG PRESS (300 lb)</b></p>			<p>01 No</p>
<p><b>LEG EXTENSION / LEG CURL (275 lb)</b></p>			<p>01 No</p>
<p><b>V BENCH LEG CURL (200 lb)</b></p>	 <p>IE 9521</p>		<p>01 No</p>
<p><b>ABDUCTOR &amp; ADDUCTOR (150 lb)</b></p>	 <p>IE 9508</p>		<p>01 No</p>
<p><b>WEIGHT ASSISTED CHIN / DIP COMBO (200 lb)</b></p>	 <p>IE 9520</p>		<p>01 No</p>

<p><b>CABLE CROSS OVER (200 lb)</b></p>			<p>01 No</p>
<p><b>SMITH MACHINE</b></p>			<p>01 No</p>
<p><b>AB CRUNCH BENCH</b></p>			<p>01 No</p>
<p><b>STRETCH MACHINE</b></p>			<p>01 No</p>
<p><b>OLYMPIC INCLINE BENCH</b></p>			<p>01 No</p>








<p><b>OLYMPIC DECLINE BENCH</b></p>		<p><b>impulse</b></p>	<p><b>01 No</b></p>
<p><b>OLYMPIC FLAT BENCH</b></p>		<p><b>impulse</b></p>	<p><b>01 No</b></p>
<p><b>OLYMPIC ADJUSTMENT BENCH</b></p>		<p><b>impulse</b></p>	<p><b>01 No</b></p>
<p><b>FLAT BENCH</b></p>		<p><b>impulse</b></p>	<p><b>01 No</b></p>
<p><b>MULTI PURPOSE BENCH</b></p>		<p><b>impulse</b></p>	<p><b>02 No's</b></p>







<p><b>IFSPC SEATED PREACHER CURL</b></p>		<p><b>impulse</b></p>	<p>01 No</p>
<p><b>ADJUSTABLE ABDOMINAL BENCH</b></p>		<p><b>impulse</b></p>	<p>02 No's</p>
<p><b>DEGREE HYPERTENSION</b></p>		<p><b>impulse</b></p>	<p>01 No</p>
<p><b>DOUBLE TWISTERS</b></p>		<p><b>impulse</b></p>	<p>02 No's</p>
<p><b>COMMERCIAL STEP BOARD</b></p>		<p><b>impulse</b></p>	<p>01 No</p>

<b>DUMBBELLS RACK</b>			<b>01 No</b>
<b>OLYMPIC PLATE TREE</b>			<b>01 No</b>
<b>OLYMPIC BARS</b>			
<b>A) 7 FEET</b>			<b>04 No's</b>
<b>B) 5 FEET</b>			<b>01 No</b>
<b>C) 4 FEET</b>			<b>01 No</b>
<b>D) 3 FEET</b>			<b>01 No</b>
<b>E) EZKURL BAR</b>			<b>01 No</b>
<b>F) TRICEPS BAR</b>			<b>01</b>
<b>DUMBBELLS (HEX 220 Kgs)</b> 20 Kg - 2 No's 15 Kg - 4 No's 10 Kg - 4 No's 7.5 Kg - 4 No's 05 Kg - 8 No's			<b>22 No's</b>
<b>OLYMPIC PLATES (RUBBERIZED) 340kgs</b> 25 kg - 2 No's 20 Kg - 4 No's 15 Kg - 4 No's 10 Kg - 8 No's 05 Kg - 8 No's 2.5 kg - 6 No's			<b>32 No's</b>
<b>Gym Ball</b> 95 cm - 1 No 85 cm - 1 No 75 cm - 1 No			<b>3 No's</b>
<b>TONING TUBES</b> Single - 3 No's Double - 3 No's			<b>06 No's</b>

<b>ANKLE/ WRIST WEIGHTS (NEOPRENE)</b>		
<b>A) 1 KGS</b>		<b>04 Sets</b>
<b>B) 1.5 KGS</b>		<b>04 Sets</b>
<b>C) 2 KGS</b>		<b>04 Sets</b>
<b>MEDICINE BALLS</b> 8 Kgs – 1 No 5 Kgs – 1 No		<b>02 No's</b>
<b>HEIGHT MACHINE</b>		<b>02 No's</b>
<b>GYM STARCHING MATS</b>		<b>04 No's</b>
<b>HIP BELT</b>		<b>04 NO'S</b>
<b>TRICEPS ROPE</b>		<b>01 NO</b>
<b>TRICEPS BAR</b>		<b>01 NO</b>
<b>WEIGHT MACHINE</b>		<b>01 NO</b>

## AVAILABLE OUTDOOR GYM EQUIPMENTS FOR MEN & WOMEN

<p style="text-align: center;"><b>SEATED CHEST PRESS DOUBLE</b></p>		<p style="text-align: center;"><b>02 No's</b></p>
<p style="text-align: center;"><b>HAND ROWER</b></p>		<p style="text-align: center;"><b>02 No's</b></p>
<p style="text-align: center;"><b>ELLIPTICAL CROSS TRAINER</b></p>		<p style="text-align: center;"><b>02 No's</b></p>
<p style="text-align: center;"><b>AIR WALKER</b></p>		<p style="text-align: center;"><b>02 No's</b></p>
<p style="text-align: center;"><b>LEG CURL</b></p>		<p style="text-align: center;"><b>02 No's</b></p>

<p><b>EXERCISER CYCLE</b></p>		<p><b>02 No's</b></p>
<p><b>PULL UP BAR</b></p>		<p><b>02 No's</b></p>
<p><b>ABDOMINAL BOARD &amp; MUSCLE BOARD</b></p>		<p><b>02 No's</b></p>
<p><b>WEIGHT LIFTING STATION</b></p>		<p><b>02 No's</b></p>
<p><b>3 IN 1 AIR WALKER, LEG PRESS, TWISTER</b></p>		<p><b>02 No's</b></p>
<p><b>SKY WALKER</b></p>		<p><b>02 No's</b></p>

<b>GIRLS</b>		
<b>EQUIPMENT</b>		<b>Qty</b>
<b>9 STATION MULTI GYM</b>		<b>01 No</b>
<b>TREAD MILL (MOTORIZED)</b>		<b>03 No's</b>
<b>ELLIPTICAL CROSS TRAINER</b>		<b>03 No's</b>
<b>RECUMBENT IT BIKE</b>		<b>02 No's</b>

<p><b>UPRIGHT BIKE</b></p>		<p><b>02 No's</b></p>
<p><b>ROWING MACHINE</b></p>		<p><b>01 No</b></p>
<p><b>FITNESS MACHINE (VIBRATOR)</b></p>		<p><b>02 No's</b></p>
<p><b>SPIN BIKE</b></p>		<p><b>01 No</b></p>
<p><b>HEIGHT AND WEIGHT MACHINE</b></p>		<p><b>02 No's</b></p>
<p><b>SOCCER FUGY BOARDS</b></p>		<p><b>02 No's</b></p>
<p><b>NEOPRENE DUMBLES(1KG TO 5 KGS)</b></p>		<p><b>05 Sets</b></p>