

Details regarding Health and Physical Education Resource Centre

The College offers facilities for following Outdoor & Indoor Games & Sports:

1. Badminton
2. Volleyball
3. Kho-Kho
4. Kabaddi
5. Football
6. Table Tennis
7. Athletics :
 - i. Long Jump
 - ii. High Jump
 - iii. Shot-put
 - iv. Discuss Throw
 - v. Javelin Throw
 - vi. Hammer Throw
 - vii. Races
 - viii. Triple Jump
8. Cricket
9. Carom
10. Chess
11. Ludo
12. Snakes & Ladders

The College has the facilities for Health & Physical Checkup. There is also the provision for Yoga, Calisthenics Exercises, Rhythmic Activities (Aerobics, Indian Club, Wands, Folk Dance, Flag Drill, Mass Drill, Hoops Drill etc.), Minor Games and Health Education. The College shares playgrounds of adjoining school.

There are sufficient infrastructural facilities for above activities.

Details regarding Games & Sports Materials

Following items/ materials are available in the college for Games & Sports facilities:

S.No.	Game / Sport	Description of Material	Quantity
1.	Badminton	Rackets	6
		Shuttle Cocks	3 Boxes
		Nets	2
		Poles	4
2.	Volleyball	Volleyball	2
		Nets	2
		Poles	4
3.	Kho-Kho	Poles	2
4.	Kabbadi	Knee Caps	30 Pairs
5.	Football	Footballs	2
		Iron Pipe Goals	2 Sets
		Corner Flags	4
6.	Table Tennis	Table for TT	1
		Net	1
		Rackets	4
		Ball	3 Boxes
7.	Long Jump	Wooden Log	1
8.	High Jump	Poles & Bar	1 Set
9.	Shot-put Throw	Shot-puts	2
10.	Discuss Throw	Discuss	2
11.	Javelin Throw	Javelin	2
12.	Hammer Throw	Hammer	1
13.	Cricket	Bats	3
		Balls	12
		Wickets	6 (2 Sets)
		Kit (Gloves, Pads, Guard, Helmets etc.)	1 Set
14.	Carom	Carom Boards	5
15.	Chess	Chess Boards	3
16.	Ludo	Ludo Sets	3
17.	Snakes & Ladders	Snake & Ladder sets	2
18.	Ring Throw	Rings	3
19.	Rope Skipping	Ropes	3
20.	Weight Lifting	Weights	6

21.	Other Items	Weighing Machine	1
		Height Chart	1
		Knee Caps	06
		Eye Sight Checkup Chart	1
		Measuring Tape (100')	1
		Whistles	8
		Stop Watch	3
		Rope (200')	4
		Charts for : 1. Yogasans – 7 2. Suryanamaskar 3. In the Playground 4. First-Aid - 1 5. Indoor Games - 1 6. Visual Sports Chart (Water Sports) – 1 7. Visual Sports Chart (Athletics) – 1 8. Visual Sports Chart (Cricket) - 1 9. Good Habits – 1 10. Save Water – 1 11. Road Traffic Signals – 1	
		Carpet	1
		First-Aid Box	2