

Mailam (PO), Villupuram (DT), Pin: 604304 (Approved by AICTE - New Delhi, Affiliated to Anna University Accredited by NBA and NAAC 'A' Grade - New Delhi and TCS - Chennai)

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

LIST OF SPORTS FACILITIES INDEX

SNO	DESCRIPTION	PAGE
		NO
1	FACILITES FOR CULTURAL ACTIVITES	2
2	SPORTS FACILITIES FOR OUTDOOR GAMES	4
3	SPORTS FACILITES FOR INDOOR GAMES	6
4	FACILITIES FOR GYM	8
5	FACILITIES FOR YOGA	10

Ground Specification

S.No	Name of the game	Ground type	Number of ground	Area sq.M
1	Athletics	200m track	1	11510
2	Badminton	13.4mx6.1m	2	163
3	Basketball	15.24mx28.65	1	48
4	Chess	Indoor	10	1200
5	Carom	Indoor	10	1200
6	Cricket	55m	1	5200
7	Football	55x94m	1	5170
8	Hockey	55x91.4m	1	5027
9	Kabaddi	10x13m	1	130
10	Kho_Kho	16x24m	1	384
11	Table tennis	Indoor	2	1200
12	Volleyball	9x18m	2	400
13	Yoga Hall	-	1	1200
14	Ballbadminton	24x12	1	288



Sports Outdoor& Indoor Facilities

























OUTDOOR SPORTS GALLERY

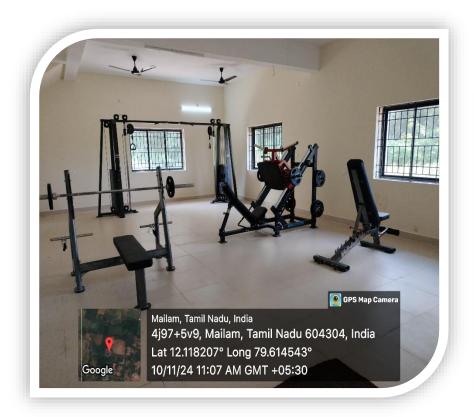


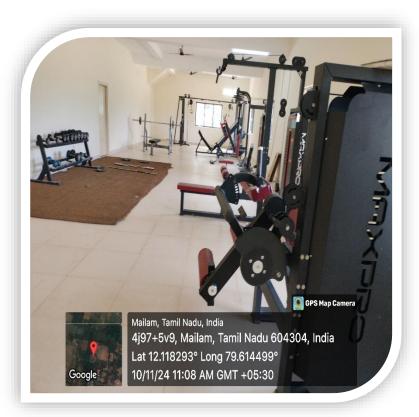
FACILITIES FOR GYM

S.NO	PARTICULARS	NUMBER OF STATION
1	BENCH PRESS	1
2	LAT PUL DOWN	1
3	LAT ROPE PULLOVER	1
4	SQUAT SHOULDER PRESS	1
5	COUGH RAISE MACHINE	1
6	BICEPS CURL MACHINE	1
7	LEG EXTENSION MACHINE	1
8	ABDOMEN	1
9	DIP BAR	1
10	PLATE	6KG
11	PLATE	10KG
12	ROD	5
13	CABLE CROSSOVER 95*2	1
14	PEARL DELT/PEC/FLY	1

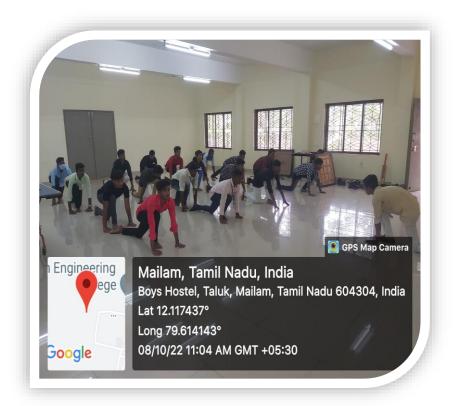
15	LEG CURL +EXTENSION	1
16	LAT&ROW	1
17	LINEAR LEG PRESS-PLATE LOADED	1
18	FLAT OLY BENCH PRESS	1
19	2 TIER DUMBELL RACK WITH SADDLE 10PAIRS	1
20	FID BENCH OVALWITH LEG SUPPORT	1
21	RUBBER DUMBELL ROUND- WELCARE 2.5 KG	4
22	RUBBER DUMBELL ROUND- WELCARE 5 KG	2
23	RUBBER DUMBELL ROUND- WELCARE 7.5 KG	2
24	RUBBER DUMBELL ROUND- WELCARE 10 KG	2
25	RUBBER DUMBELL ROUND- WELCARE 12.5 KG	2
26	RUBBER DUMBELL ROUND- WELCARE 15 KG	2

	•	
27	RUBBER DUMBELL ROUND- WELCARE 20 KG	2
28	RUBBER DUMBELL PLATE- WELCARE 2.5 KG	4
29	RUBBER DUMBELL PLATE- WELCARE 5 KG	4
30	RUBBER DUMBELL PLATE- WELCARE 10 KG	8
31	RUBBER DUMBELL PLATE- WELCARE 7.5 KG	2
32	RUBBER DUMBELL PLATE- WELCARE 12.5 KG	2





Station Multi Gym





Facilities for Yoga

