

### Games and Sports Facilities

#### Sports Activities

Sports is an intrinsic part of our institution as we do believe that physical and mental wellbeing go hand in hand.

Chennai campus has facilities for outdoor and indoor games like Cricket, Football, Table Tennis, Basketball, Kabaddi, Throw-ball, Volleyball, and Badminton.

The campus has gyms inside the campus that are equipped with Spin bike, motorized treadmill, elliptical cross trainer, Battle rope and 6 in 1 multi-gym. Rs 7, 65,719 lakhs was spent on purchase of gym equipment.

Annual sports and athletic meet render opportunities to all students and staff to display their talents and win prizes. A 200 meter track caters to the staging of athletic events. Cricket nets aid the cricketers to hone their cricketing skills.

An online Chess tournament was organized for the students during the pandemic.

A staff tournament for women faculty and staff was conducted in March 2020, in connection with Women's Day. The events held were carrom, chess, throw ball, tennikoit and badminton.



The campus has a Basketball court with Flood lights.



The following are the lists of equipment in the Gym:

**CARDIO EQUIPMENT:**

- Spin Bike (Viva fitness)
- Imported motorized Treadmill (T222)
- Elliptical Cross Trainer (Viva Fitness)

**STRENGTH EQUIPMENT:**

- 6 in 1 Multi Gym,
- Benches (Incline, Decline, Flat and Multi-Purpose), Dumbbells (with Rubber Rings and with groove), Barbell Plates, Barbell Rods Set (2 Different Size).

The Department of Physical Education has the following indoor and outdoor games:-

INDOOR GAMES	OUTDOOR GAMES
Carom (M & W)	Football (M)
Chess (M & W)	Kabaddi (M)
Table Tennis (M & W)	Cricket (M)
	Cricket Nets (for practice)
	Throw ball (W)
	Basketball
	Volleyball
	Athletics (M & W)

Ground Measurement			
S.No	Name of the Ground	No .of Court	Area in Sq.M
1	Volley ball Court	2	717.44 Sq.M
2	Basketball court	1	770.24 Sq.M
3	Throwball court	1	300 Sq.M
4	Cricket ground	1	13200 Sq.M

5	Cricket Nets	1	1050 Sq.M
6	Badminton inside the ladies hostel	1	97.5 Sq.M
7	Gym	1	231 Sq.M

**PROGRAMS CONDUCTED FOR STUDENTS:-**

- Talent Search for first years
- Intramural Competitions for all students

The campus is seeing a significant growth in numbers and accordingly, more sports facilities will be set up in the campus.



- Annual sports day for every academic year
- Inter-Campus Tournament in Selected Disciplines
- Friendly Matches in Intra and Inter Departmental Level
- During the Pandemic time we organizing Aerobic Exercise for the students.

• **Extra-Curricular Activities :** Available

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