

## Central facilities of Institute- Yoga center,gymnasium,sports

The institute with its regular academic activities keeps more emphasis on co-curricular and extracurricular activities. A sports ground of total 4000 sq.m area is available for outdoor games, The sports room is available for playing indoor games, yoga and meditation, A gymnasium hall (separate for girls and boys) is available which remains open for the students at all the time. The institute has National social services cell, Vishakha cell (women empowerment cell), health and hygiene facilities are available for students and staff. The institute also has all the required sports material in good condition and in good number. Regular sports activities are organized by the campus including inter college, University level and National level sports.

**Sports:** (Outdoor) Playground Area: 4000 sq.m    Year of establishment: 2011

The institute has well established playground for playing outdoor games which is spread in the area of 4,000 sq.m. The ground is surrounded by wall and trees. The various outdoor games which are played on the ground includes team games like Cricket, Baseball, Badminton, Basketball, Kabaddi, Kho-Kho, Volley ball, Throw ball. Athletics games which are played on the ground includes long jump, 100 mtr running, Javelin thru, Shot put.

**Sports:** (Indoor) Sports Room Area: 300 Sq.m.    Year of establishment: 2012

The institute has sports room where the indoor games can be played. Games like Carom, Chess Table tennis are played in the sports room. The institute has made available all the required sports Equipments and material for the same.

**Gymnasium:** The institute has well equipped Gymnasium for Girls and Boys Separately. The gymnasium has variety of Equipments Abdominal Bench, Barbells, Bench Press, Cables and Pulleys, Calf Machine, Dipping Bars, Dumb Bells, Hammer Strength Machine, Hyper Extension Bench, Incline, Bench Press, Leg Abduction Machine, Leg Extension Machine, Leg Press Machine, Pull Up Bar etc. The gymnasium hall aims at maintaining students physically stronger. The total area occupied by Boy's gymnasium hall is 200 sq.m. where the girls gymnasium hall is spread in 100 sq.m area.

**Yoga Centre:** The institute has also made available Yoga and meditation centre recognizing the importance of mental peace in students' life. The yoga and meditation centre has occupied 75 Sq.m. areas. The centre is helping out the student to enhance their core values, Concentration and mind building aids.

**Cultural Activities:** The institute has good emphasis over the cultural activities as well. The cultural activities cell conducts various activities which includes Independence Day celebration, Republic Day celebration, Gandhi Jayanti, Orientation program for first year students, Annual social gathering, Prize distribution, Pharmaceutics day, Foundation day, Engineers day. The activities are carried out in the Auditorium and seminar halls, along with these a stage covering area of 200 sq.m. is available in engineering building.