

**Key Indicator – 4.1 Physical Facilities****4.1.1 The Institution has adequate infrastructure and other facilities for**

- a. teaching – learning, viz., classrooms, laboratories, computing equipment etc**
- b. ICT – enabled facilities such as smart class, LMS etc.**
- c. Facilities for Cultural and sports activities, yoga centre, games (indoor and outdoor), Gymnasium, auditorium etc.**

Gymnasium

A college gym is a crucial facility that promotes student health and wellness. Typically featuring a range of fitness equipment, including cardio machines, free weights, and resistance machines, it supports various workout routines. The gym encourages students to integrate physical activity into their daily routines, helping to manage stress and improve overall well-being. By fostering a culture of health and fitness, the college gym plays a significant role in supporting students' physical and mental health throughout their academic journey.

GYMNASIUM EQUIPMENT

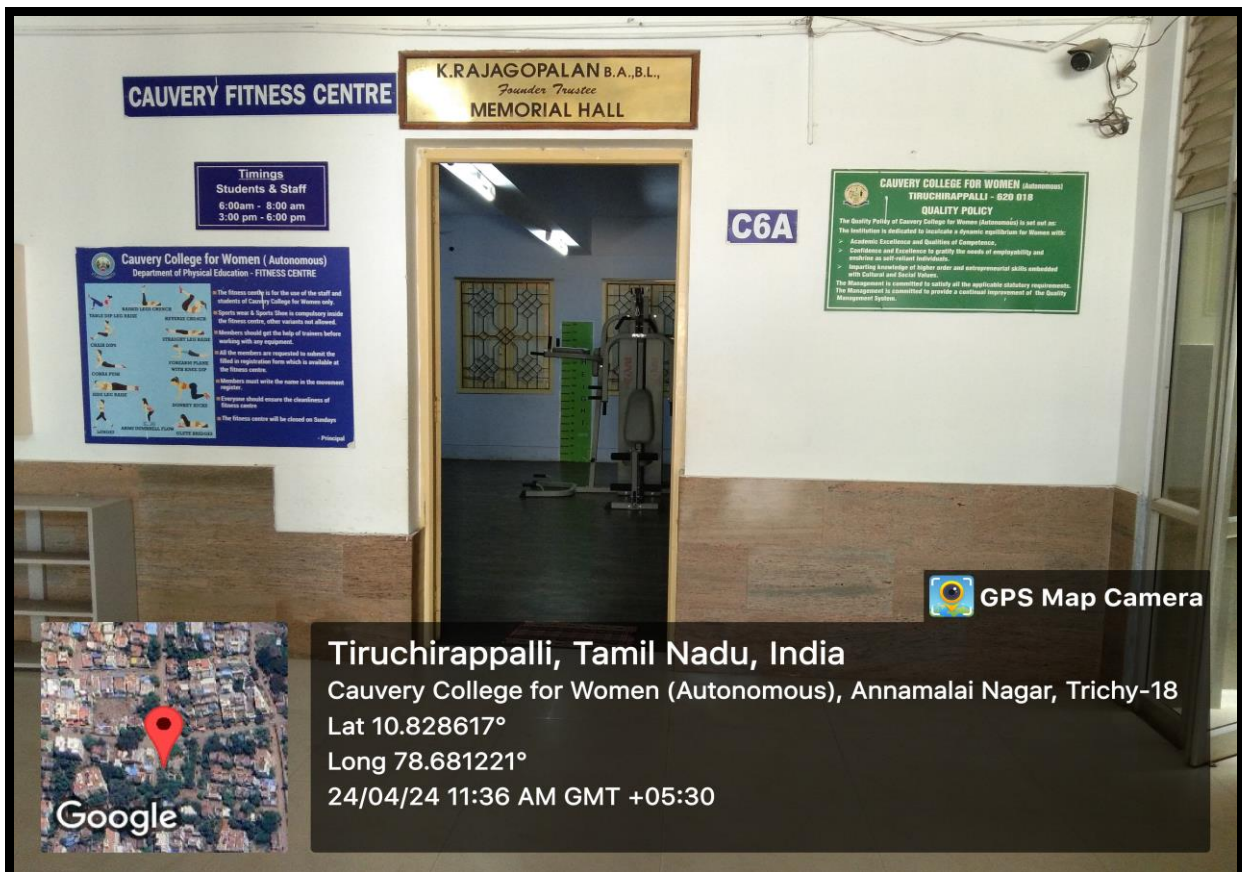
S.NO	Equipment/item	Quantity available
1.	Treadmill	1
2.	Hyper Extension	1
3.	Four Station	1
4.	Resistance Tube	1
5.	Elliptical Bike	1
6.	Fan Bike	1
7.	Spin Bike	1
8.	AB Bench	1
9.	Double Twister	1
10.	Multi Bench	1
11.	Battling Rope	1
12.	Barbell	1

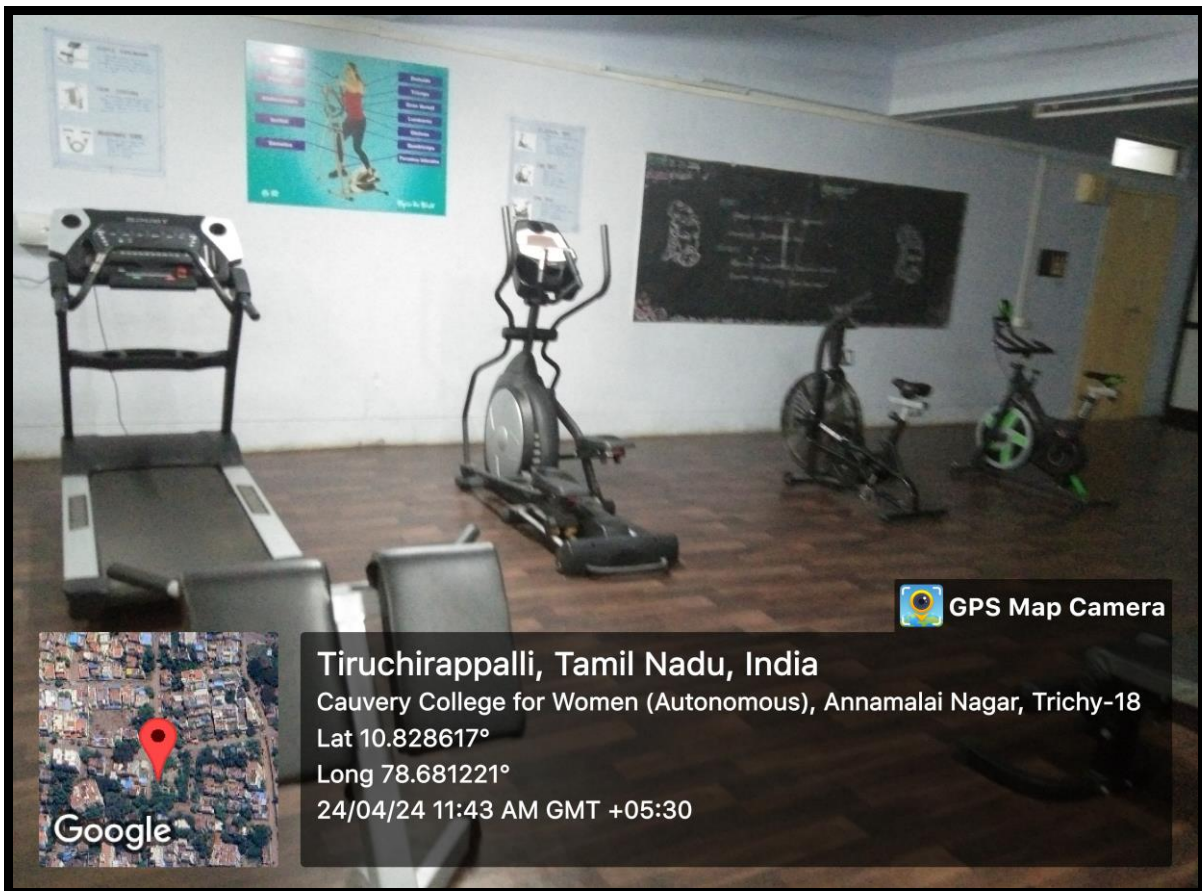
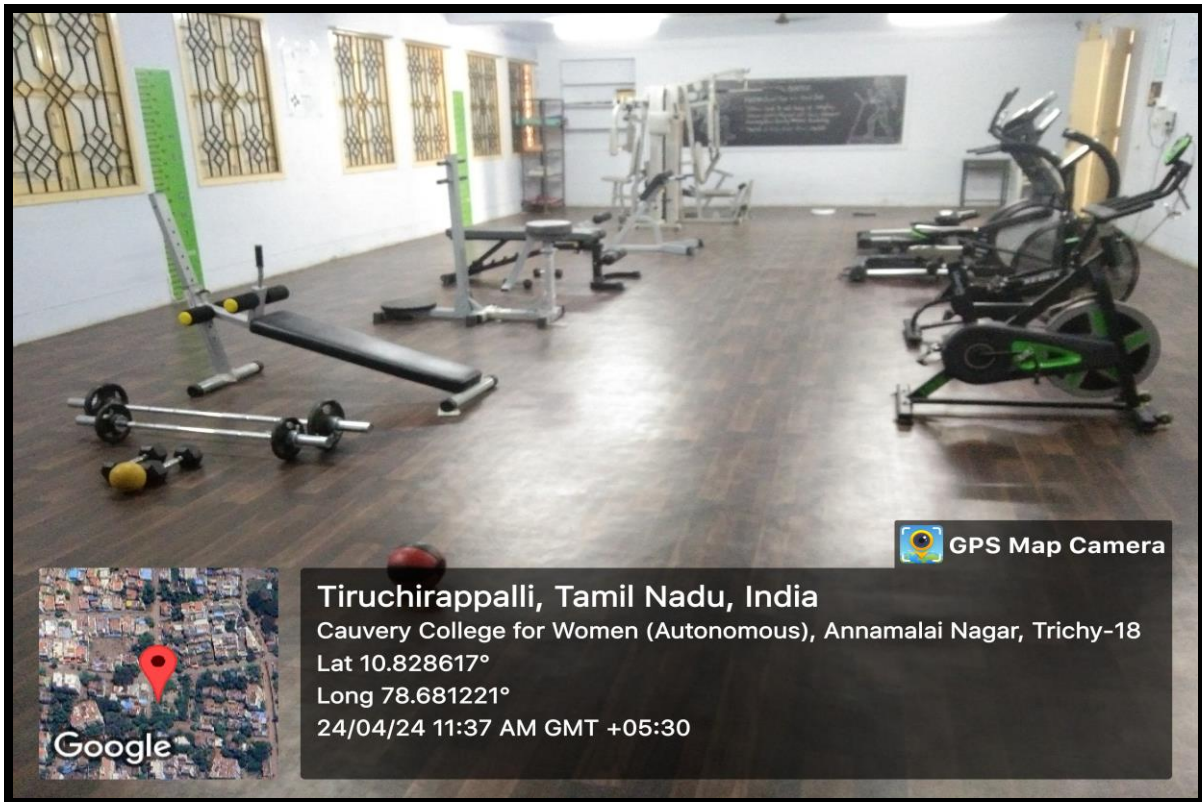


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GYMNASIUM

13.	Dumbbells	1
14.	Medicine Ball	1
15.	Skipping Rope	6
16.	Weight machine	2
17.	Yoga Mat	6
18.	Measuring Tape	2
19.	Measuring Book	1
20.	Stock Register	1
21.	Whistle	5

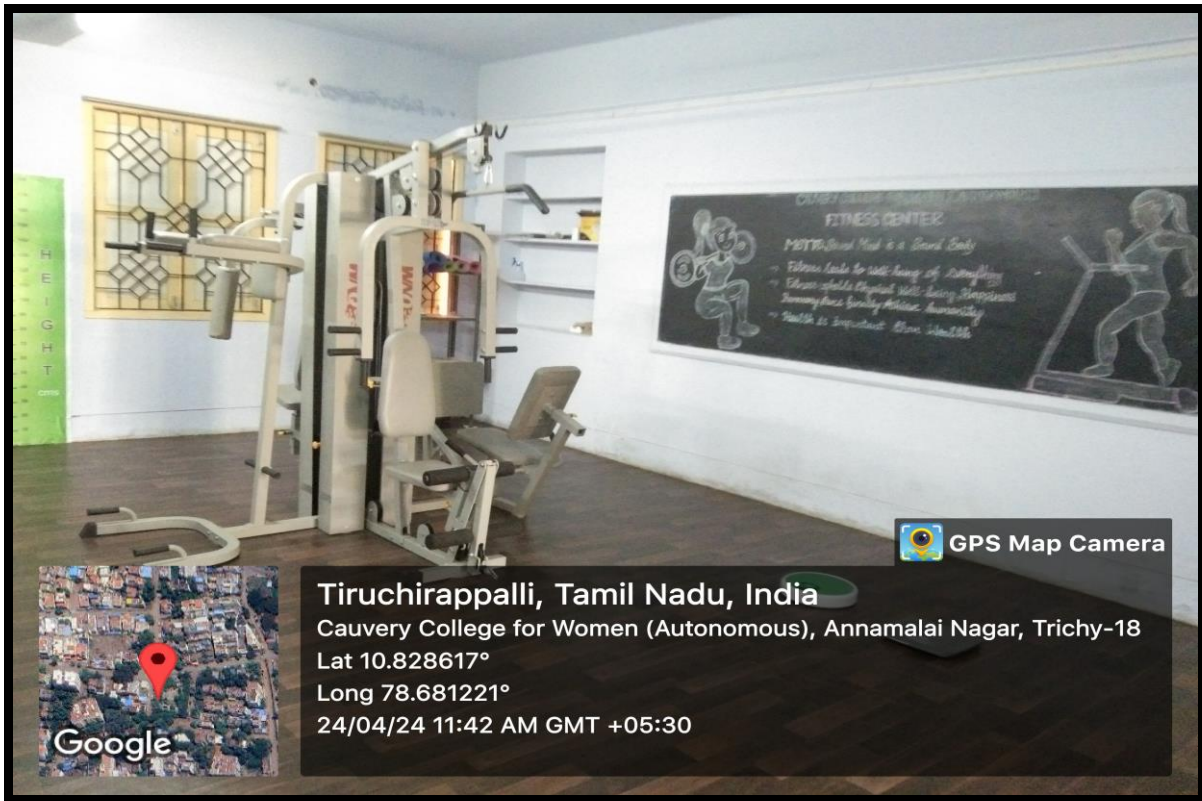






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