

Sports Facilities & Procedures

Sports Facilities Available

- A GYM with modern physical exercise and fitness equipments
- A **playground** for games like Handball, Kabaddi, Throw ball/ Volley ball, Basketball Half court, Badminton open court, Taekwondo, Athletics (Javelin throw, Discus throw, Shot Put, Hammer Throw, long Jump pit, Hurdles, 50 mts running track) 7 aside football ground
- **Indoor sports** - Table Tennis & Chess with all the facilities and advanced equipments.

Training

- Students participating in different sports activities practice daily for two hours. Special coaches to train these students in their respective events have been appointed.
- In addition, we provide for sports grounds outside the college for students to practice in various sports activities.
- During Physical Education lectures, Yoga, self-defense, various fitness activities & games are taught.

Support & Incentives

- Scholarships, fee concessions, free medical check-up, free nutritious breakfast (Protein powder), vitamins, travelling and refreshment allowances during matches, T-shirts and track suits are provided to students participating in inter college/university/state /national level sports.
- Academic support in the form of special concession in attendance, flexibility in examination schedules, award of extra marks(5 marks to students participating at zonal level, 10 marks to students participating at National level and 15 marks to students for participating in International level).
- Scholarships, cash prizes and trophies are awarded to the best sports girls every year.

Additional Credit Course

Adventurous Credit Course has been introduced for students from all streams. This involves trekking, wall climbing, rappelling – both theory & practical experience.

Social Work –

Our students teach Yoga & different sports activities to corporation schools.

Annual Sports day – is organized every year. A large number of students participate. There are special events for teaching and non-teaching staff as well as for the sewakas.