



Instructional Facilities:

A. COMPUTER LABS:

- 1 computer lab

B. EXERCISE PHYSIOLOGY LAB.

- Wet Spirometer
- Dry Spirometer
- Blood Pressure Machine
- Stethoscope
- Treadmill Machine (Electronic) 03 nos
- Thermometer (Digital)
- Human Skeleton Articulated Model
- Human Physiology Chart-Digestive System, Circulatory System, Central Nervous System, Excretory System, Skeleton System, Axial Skeleton, Respiratory System, Height Weight Chart, Communicable and Non- Communicable Disease
- Model of Human Skeleton, Human Ear, Circulatory System (Fibre glass unbreakable model)

C. SPORTS PSYCHOLOGY LAB.

• Questionnaires on:

- Anxiety depression & stress scale (ADSS-BSPSA)
- Mental health battery (MHB-SS)
- Emotional intelligence scale
- Mental imagery questionnaire
- Socio economic status index (SESI-VCM)
- Socio economic status scale (SESS-US)
- Socio economic status scale (SESS-SM)
- Socio economic status scale (SESS-BR)
- Socio economic status scale (SESS-SSK)
- Socio economic status scale (RURAL) (SESS(R)-DSDV) Singh, Vinay
- Youth problem inventory (YPI-V) M. Verm
- Adjustment inventory for school students (A.K.P.Sinha)
- Reactions to frustration scale (RFS-DS)
- Achievement Motivation Scale (Beena Shah)
- Motivation Analysis Test
- Adolescent Emotional Adjustment Inventory
- Frustration Scale
- Aggression Scale
- Physical Attitude Scale

- Extroversion Introversion Inventory
- Mental Health Questionnaire
- Emotional Intelligence Scale
- Eysenck's Personality Questionnaire
- Self Esteem Inventory
- Self-Image Questionnaire
- Mental Toughness Questionnaire
- Sportsman Spirit Test
- Job satisfaction Questionnaire
- Happiness Questionnaire
- Eating Disorder Questionnaire
- Sports competition anxiety Questionnaire

Apparatus & Equipments

- Audio visual aids chart
- Theories of personality
- 2 Hand Co-Ordination with 6 digit impulse counters

D. Sports Bio-Mechanics Laboratories □

- Handy Camera
- Sony LED TV 32 (model KlV-32Ex330)

E. Measurement and Sports Training

- I. Hand Grip Dynamometer (analog)
- II. Hand Grip Dynamometer (digital)
- III. Skin Fold Caliper
- IV. Weighing Machine (Digital)
- V. Weighing Machine (Manual)
- VI. Stadiometer
- VII. Skinfold Caliper
- VIII. Leg Dynamometer
- IX. Anthropometric Tape,Rod
- X. Segmometer
- XI. Metronome
- XII. Visual test (snellenus I llumanituung rotating drum)
- XIII. Sliding calliper
- XIV. Haemometer
- XV. Wax bath
- XVI. Wet Peak flow
- XVII. Dry Peak Flow
- XVIII. Goniometer 360 degree full circle
- XIX. Bone Calliper
- XX. Harvard Step Test (20 inch Box)
- XXI. Harvard Step Test (18 inch Box)
- XXII. Harvard Step Test (16 inch Box)
- XXIII. Flexometer
- XXIV. Wooden box

F. List of Sports Equipments

TRACK & FIELD

SL. NO.	ITEMS	QUANTITY
1.	Athletic standard grass track:	01
2.	Starting Block 15 (International Standard=10 School standard=5)	
3.	Hurdles 12 (National Standard)	
4.	Javelin 40 (800 gm, 600gm) Practice purpose:	
5.	Relay Baton 02 sets	
6.	Hammer 10 (6 for men & 4 for women)	
7.	Discuss 35 nos	
8.	Shot Put nos 24 14 nos Men (IAAF Certified) 10 nos. Women (IAAF Certified)	
9.	Measuring Tape 100 m =2 50 m=2 30 m=3	
10.	Stop Watch 10 nos (100 memory)	
11.	Clapper 02	
12.	Take-Off Board 02	
13.	Toe-Board 01	
14.	High Jump Upright 01 Set (National Standard)	
15.	High Jump Cross peaces 03	

BADMINTON

SL. NO.	ITEMS	QUANTITY
1.	Badminton	two court(synthetic)
2.	Racket	30
3.	Shuttle	12 BOX

BASKETBALL

SL.NO	Item	Qty.
1.	Basketball court	01Nos
2.	Basketball	32 Nos.

CAROM

SL.NO.	Item	Qty.
1.	Carom	02 Nos.

CHESS

SL.NO.	Item Qty.
1.Chess	06 Nos.

CRICKET

SL.NO.	ITEMS QUANTITY
1. Bat	14
2. Ball	68 Nos.
3. Pad	03 SETS
4. Gloves Wicket Keeper	02 PAIRS
5. Stump	04 SETS
6. Cricket Thigh Pad	02 SETS
7. Cricket Wicket Keeping Pad	03 SETS
8. Cricket Helmet	04 Nos.
9. Cricket Abdominal Guard	02 Nos.
10. Cricket Batting Gloves	03SETS

FOOTBALL

SL.NO.	ITEMS QUANTITY
1. Football field	02 (01 Night playing facilities)
2. Ball	59
3. Goal Post	02 Set
4. Net	02 set
5. Cone & Makers	90
6. Bib 60 In Different Colours	
7. Corner Pool	08
8. Corner Flag	08
9. Assistant Flag	10
10. Changing Board	01
11. Pressure Gauge	01
12. Pump Machine	02
13. Foot ball Changing Board:	01

Karate/ taekwondo do

SL.NO.	Item Qty.
1. Interlocking Mats	two standard court (for karate and taekwondo)

KHO-KHO

SL NO	Item Qty.
1. Kho-Kho Pole Wooden	Nos.

LAWN TENNIS

SL.NO.	Item Qty.
1. Lawn Tennis Ball	60 Nos.
2. Lawn Tennis Net	01 Nos.
3. Lawn Tennis Racket	02 Nos.

HANDBALL

SL.NO.	Item Qty.
1. Hand ball court	01
2. Handball	24 Nos.
3. Handball Goal Post	01 Set
4. Handball Net	03 Sets

TABLE TENNIS

SL.NO.	Item Qty.
1. Table tennis table	6 nos
2. Table Tennis Ball	108 Nos.
3. Table Tennis Bat	51 Nos.
4. Table Tennis Net	06 Nos.

POWER LIFTING/ WEIGHT LIFTING/ BEST PHYSIQUE

SL.NO.	Item Qty.
1. Weight Lifting Plates Rubber	5Kg. 24 Nos
2. Weight Lifting Plates Rubber	10Kg. 04 Nos
3. Weight Lifting Plates Rubber	20Kg. 2Nos
4. Weight Lifting Plates Rubber	25Kg. 2Nos
5. Weight Lifting Plates Rubber	15Kg. 23Nos
6. Weight Lifting Plates Rubber	1Kg. 4 Nos
7. Weight Lifting Plates Rubber	.25Kg. 2Nos
8. Weight Lifting Plates Rubber	1.25Kg. 6 Nos
9. Weight Lifting Plates Rubber	2.5Kg. 23 Nos
10. Weight Lifting Plates Iron	15kg.6 Nos
11. Weight Lifting Plates Iron	5Kg.2 Nos
12. Weight Lifting Plate Iron	20Kg. 4 Nos
13. Weight Lifting Plate Iron	10Kg. 2 Nos
14. Weight Lifting Plate Iron	25Kg. 2 Nos
15. Weight Lifting Plate Iron	2.5Kg. 2 Nos
16. Weight Lifting Rods	15Kg 02 Nos
17. Weight Lifting Rods	20Kg 03Nos

VOLLEYBALL

SL.NO.	ITEMS QUANTITY
1. Volley ball court	02 (men and women)
2. Volleyball	55 Nos
3. Volleyball Antenna	2 Sets
4. Volleyball Net	05 Nos.
5. Volleyball Pole Sets	04 nos

YOGA

SL.NO.	ITEMS	QUANTITY
1.	Yoga Mat	25
2.	Carpet	04
3.	Bed Sheet	06
4.	Electric Cattle	01
5.	Yoga Danda	06
6.	Trataka Stand	06

GYMNASTICS

SL.NO.	ITEMS	QUANTITY
1.	Gymnastics mat	40 nos.
2.	Vault.	01 nos
3.	Uneven Bars.	01 set
4.	Balance Beam.	01 nos
5.	Pommel Horse.	01 nos
6.	Rings.	01 set
7.	Parallel Bars.	01 nos

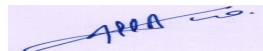
FORMAL ACTIVITIES EQUIPMENT:

Sl No:	Quantity
1. Dumbells	97 nos
2. Umbrell	50 nos
3. Lathi	50 nos
4. Lezium	100 nos
5. Hoop	100 nos
6. Wands	100 nos
7. Drum band	03 nos
8. Indiab Club	50 nos

MISCELLANEOUS

SL.NO.	ITEMS QUANTITY
1. Almirah Steel Big	03Nos
2. Almirah Steel Small	01 Nos.
3. Plastic Buckets	14 Nos
4. Spades	02 Nos.
5. Calculator	02 Nos
6. Chair	50 Nos.
7. University flag	01 No.
8. Flag	50 Nos.
9. Flag Post/ Pole	50 Nos.
10. Colour LED TV	01 No.
11. Computer Table	10 Nos
12. Dias/ Lecture Stand	02 No.
13. Tea Set	02 Nos.
14. Notice Board	02Nos.
15. Rope For Tug of War	02 No
16. Glass	12 Nos.
17. Sign Board	01 Nos.
18. Tray	03 Nos
19. Umbrella Big	05Nos.
20. Water Cooler	01 No.
21. Xerox Machine with scanner	01 No.

Director



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