



# DEPARTMENT OF PHYSICAL EDUCATION & SPORTS RAGHUNATH GIRLS' POST GRADUATE COLLEGE, MEERUT NAAC Accredited Grade 'B+' (CPE Status since 2006 & College of Excellence 2014)

Affiliated to Chaudhary Charan Singh University, Meerut

## Sports Facilities Report 2023-24

### 1. Introduction

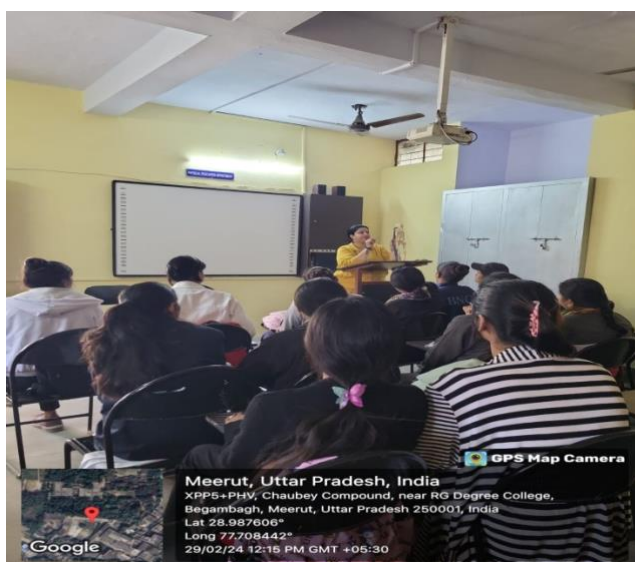
**Purpose of the Report:** To evaluate the current condition, usage, and maintenance of Raghunath Girls PG College's sports facilities.

**Scope:** This report covers the main sports facilities, including the gymnasium, fields, equipments and courts.

### 2. Overview of Facilities

**Sports Office:** - Located in the College Campus near basketball court for manage sports facilities and management with all records under the supervision of in-charge & supporting staff.

**Smart Classroom:-** There are two smart classrooms with ICT facilities for the students of Physical education and sports.



**Laboratories:** - There are many labs available for students .The labs are following:-

- Naturopathy lab
- First aid lab
- Mud therapy lab
- Therapeutic labs



**Indoor Hall:** - One Multipurpose indoor hall for Yoga, Judo, Table- tennis, Chess and Self-defence Training.



**Outdoor area:** Multipurpose outdoor grounds available for volleyball, kabbadi, Tug of war, and physical trainings in college campus.

**Gymnasium:** Located in the College Campus, it includes multipurpose gym machines. There are treadmills, cross-trainers, Exercise bikes, cycles, electronic weight machine, dumbles and Reebok steppers with aerobics balls. There are 8 stations for weight training also.

Machines	Quantity
Electronic Treadmills	04
Cross trainers	03
Cycles and bikes	03
Electronic weight machines	01
Yoga mats	04
Gym balls	02
Dumbles	10
Stations for weight training	08
Foot stepper Reebok	02

**Basketball Court:** There is one outdoor cemented 28 Mt x 15 Mt. Basketball court in the college hostel ground with Fibre shooting board. One sided stairs with 6 rows for players and audience.



**Badminton Court:** There is one outdoor cemented 13.37 Mt x 6.10 Mt practice badminton court near NCC office with poles and Net.



### 3-Equipments Available:

Game	Game	Game	Game
Basketballs cosco and Nivia brands.	Fibre basketball boards , poles and net	Electric basketball scoreboard	Basketball training cones and official equipments
Hockey balls and sticks.	Hockey nets and poles	Cricket balls and bats	Volleyballs cosco brand
32 Judo mats stag brand	Table tennis rackets and balls	Table tennis table with net.	Shotputs, discus, javelin, starting blocks for athletics.
Judo dresses in all sizes.	Chess boards	Badminton poles with nets	Badminton rackets yonex and cosco brand
Volleyball poles with net	Yoga Mats	Skipping ropes	Sports kits and track suits.

### 4-Safety Measures:

First aid kits are available in each facility.

Medical aid facility is available in the college campus for emergency needs.

Store room is available for maintenance of sports equipments.

#### **4. Usage and Scheduling**

**Current Usage Patterns:** Facilities are open from 9 AM to 4 PM daily.

**Scheduling Process:** Priority is given to the college sports teams, especially during tournament season.

#### **5. Maintenance and Upkeep**

**Maintenance Schedule:** Daily cleaning is conducted across all facilities. Gymnasium and Major equipments check and repair by technician occur every six months.

#### **Conclusion**

**Summary:** Raghunath Girls PG College's sports facilities are well-used and mostly well-maintained.