



A Technical Campus approved by AICTE &
Affiliated to Dr. A.P.J. Abdul Kalam Technical University, Lucknow

SPORTS FACILITIES

(A.) Number of Playground

- Cricket Ground
- Football Cum Hockey Ground
- Kabaddi Ground

(B.) Area of Playground in (Sq. meter)

S.No.	SPORT	AREA (APPROX.)		
		LENGTH	BREADTH	TOTAL
1	FOOTBALL Ground	92.20m	94.30m	8694.46
2	VOLLEYBALL Court (B)	22.80m	12.70m	289.56
3	LAWN TENNIS	39.50m	16.70m	659.65
4	BADMINTON (Synthetic)	28.40m	7.70m	218.68
5	CRICKET	73.30m	88m	6450.4
6	BASKETBALL	30.10m	18.40m	553.84
7	CHESS	13m	4.10m	54.08
8	CARROM	8.40m	4.16m	34.944
9	TABLE TENNIS	17.75m	8.50m	150.875
10	BILLIARDS	8.35m	4.55m	37.9925
11	KABADDI	13.00 m	10.00 m	130
12	SHOOTING RANGE	17.75 m	8.50 m	150.875
13	Volleyball (G)	20.0 m	10.0 m	200 130 87.975
14	Badminton Court	13.0 m	10.0 m	8694.46
15	Martial ART Room	10.35 m	8.54 m	289.56
16	Yoga	----	----	659.65
	TOTAL			27487.0015

(C.) Number of Coaches

- Ms. Mona Agarwal (Sports Officer)
- Mr. Chandan Kumar (Sports Officer)
- Mr. Drivijay (Gymnasium Trainer Boys)
- Ms. Puspanjali 9 Gymnasium Trainer (Girls)

(D.) Wheather Gym Facilities – Yes

(E.) List of Gym Equipment

Multipurpose Complex Gymanisum Area

1	CARDIO SECTION AREA	8.35 m	4.55 m
2	STRENGTH SECTION	17.75 m	8.5 m

S.NO.	MACHINES	QTY.
1	LET DOWN AND SEATED ROW	2
2	SHOULDER PRESS MACHINE	1
3	LEGPRESS & HACK SQUAT	1
4	LEG EXTENSION & SEATED LEG CURL	1
5	PEG DEG FLY & REAR DELTFLY	2
6	SMITH MACHINE	1
7	FUNCTIONAL TRAINER	1
8	CABLE CROSS	1

CARDIO SECTION		
S.NO.	MACHINE	QTY.
1	TREADMILL	2
2	CROSS TRAINER	1
3	SPIN BIKE	2
4	TWISTER	1
5.	Pendulum Squats	1



Engineering Rank - 187
Pharmacy Rank - 97

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DUMBBELLS			
S.NO.	MACHINE	WEIGHTS KG	QTY.
1	HEXA DUMBBELLS	3	4
2	HEXA DUMBBELLS	5	10
3	HEXA DUMBBELLS	7.5	10
4	HEXA DUMBBELLS	10	6
5	HEXA DUMBBELLS	12.5	4
6	HEXA DUMBBELLS	15	2
7	HEXA DUMBBELLS	17.5	2
8	HEXA DUMBBELLS	20	2
9	HEXA DUMBBELLS	25	2
10	HEXA DUMBBELLS	35	2

OLYMPIC PLATS			
S.NO.	ITEMS	WEIGHTS OF PLATS KG	QTY.
1	OLYMPIC PLATS	2.5	4
2	OLYMPIC PLATS	7.5	2
3	OLYMPIC PLATS	10	6
4	OLYMPIC PLATS	20	6
OLYMPICS RODS			
S.NO.	ITEMS	ROD SIZE	QTY
1	OLYMPIC BARBELL ROD	7 FEET	3
2	BARBELL ROD (ZIGZEK)	3 FEET	2

DUMBBELL RACK			
S.NO	DESCRIPTION	CAPACITY	QTY.
1	2 TYRE DUMMBLLE RACK	20	1
2	2 TYRE DUMMBLLE RACK	10	1
3	ROD RACK	10	1

C.V. RAMAN Boy's Hostel Gymnasium Area			
CARDIO			
S.NO	MACHINE	QUANTITY	
1	TREADMILL	2	
2	DELTABIKE	2	
3	TWISTER	1	
4	WEIGHT MACHINE	2	

STRENGTH			
S.NO.	MACHINE	WEIGHTS KG	QTY. PIECES
1	HEXA DUMBBELLS	5	2Pairs
2	HEXA DUMBBELLS	7.5	3
3	HEXA DUMBBELLS	10	2
4	HEXA DUMBBELLS	2.5	1

DUMBBELL RACK			
S.NO	DESCRIPTION	CAPACITY	QTY. PIECES
1	2TYRE DUMMBLLE RACK		1
2	Flat Bench with ROD RACK 07 FEET		
OLYMPIC PLATS			

S.NO.	ITEMS	WEIGHTS OF PLATS KG	QTY.
1	OLYMPIC PLATS	15	1 Pair
2	OLYMPIC PLATS	10	1 Pair
3	OLYMPIC PLATS	7.5	1 Pair
4	OLYMPIC PLATS	5	1 Pair

GARGI GIRL'S HOSTEL GYMNASIUM			
DUMBBELLS			
S.NO.	MACHINE	WEIGHTS KG	QTY. PIECSE
1	DUMBBELLS	1	4
2	DUMBBELLS	2	2
3	DUMBBELLS	4	2
4	DUMBBELLS	5	1
CARDIO			
S.NO.	MACHINES	QTY.	
1	LET DOWN AND SEATED ROW	1	
2	ABs BOARD	1	
3	DECLINE F BOARD	1	
4	BUTTERFLY	1	
5	MASSAGER	1	
CARDIO SECTION			
S.NO.	MACHINE	QTY.	
1	TREADMILL	1	
2	WEIGH DIGITAL MACHINE	1	
3	SPIN BIKE	1	
4	TWISTER	2	
5	DELTA BIKE	2	
SARASWATI GIRL'S HOSTEL			
S.NO.	MACHINE	QTY.	
1	TREADMILL	2	
2	CROSS TRAINER	1	
3	SPIN BIKE	1	
4	TWISTER	2	
5	DELTA BIKE	1	
6	TWISTER	2	
7	STEPPERS	1	
8	DECLINE F BOARD	1	

DUMBBELLS			
S.NO.	MACHINE	WEIGHTS KG	QTY. PIECES
1	DUMBBELLS	1	2
2	DUMBBELLS	2	4
3	DUMBBELLS	3	2

4	DUMBBELLS	5	2
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CARTEL BELL			
S.NO.	MACHINE	WEIGHTS KG	QTY. PIECES
1	CARTEL BELL	2	2
2	CARTEL BELL	4	2
3	CARTEL BELL	6	2

(F.) List of sports facilities in the Campus:

1. Athletics (Long Jump)
2. Basketball Court (Synthetic)
3. Badminton court (outdoor)
4. Billiards (Pool)
5. Cricket
6. Chess
7. Carrom
8. Football Cum Hockey Ground
9. Gymnasium Hall
10. Kabaddi
11. Lawn Tennis
12. Martial Art
13. Shooting Range
14. Table – Tennis
15. Volleyball
16. Yoga

