



Government of Karnataka

Department of collegiate education

GOVERNMENT FIRST GRADE COLLEGE YELAHANKA BENGALURU- 64

NAAC GRADE – B

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Sports Facility in college from 2016- 17- 2020-21

The department of Physical Education & Sports has already started activities of games and sports from the session 2007, and many matches have been organized in the campus during the previous session. The department of Sports has decided to promote competitive games and sports in the inter class inter collegiate, state Level by organizing the sports programmes, by developing the sports infrastructure in the campus. In order to raise the standards of performance of the college, inter collegiate, inter university, state, national, inter-national, level competitions, the process of result-oriented planning and nurturing of the talent on scientific principles of modern training methodology, this department will choose the best number of players among students of various courses on the basis of their performance in the different activities (games and sports). The selection will be made by giving chance to students of the college to prove their worth in the various sports activities.

The college promotes student participation in various outdoor and indoor games. Students are encouraged to participate in games and sports activities, which include cricket, football, table tennis, wrestling, judo, taekwondo, volleyball, badminton, weightlifting, multi-gym, Kabaddi, kho kho, throwball, Athletics, hockey, football, there are plans to expand the number of games and activities to include hiking and mountaineering, hockey, swimming, (men and women). Participation of students in these activities equips them to sharpen their competitive skills and develop team spirit. In charge Sports is assisted by well qualified physical Education Director, to help the students in developing their interest in the games and in enhancing their participation standards. The indoor multipurpose sports complex has been equipped with multigym (men and women), badminton (men and women), weightlifting facilities. A kabaddi cum taekwondo sports mats is also available on the campus.

The specialized training programmes will be organized from time to time to equip/update/enable the students with the latest required knowledge.

The Inter College (colleges under university) Tournaments have been organized within the campus that has not only created the interest among the students but also prepared them for the competitions at the different levels. The high-level enthusiasm has been observed among the students of the college especially in those who have potential for state and national, inter university level competitions. The best teams have been sorted out for various games, sports and athletic events.

Apart from these, the college also organizes inter collegiate Sports events every year. In this the Department of Sports stresses on athletic field events as well as indoor games.

Sports Infrastructure: from 2016-17

- Sports multipurpose auditorium the department has set up an indoor and outdoor multigym facility. Sports introduction of the best quality national standard (indoor and outdoor use multipurpose KABADDI AND TAEKWONDO MATS. In addition to outdoor Badminton court the other indoor games like carom, chess etc. are also played here.
- Gym Centre: The department has established a small Gym centre in the campus from 2016-17). This centre is equipped with weight lifting bars for men and women, (Olympic standard Nalco brand weights, equipped from 2015-16

BARS) AND WEIGHTS:

- (20kg bar for men and 15kg for women)
- 25 kg plates (one pair)
- 20 kg plates, (one pair)
- 15 kg plates (one pair)
- 10 kg plates (two pair)
- 5 kg plates (one pair)
- 2.5 kg lock (one pair)
- 2 kg plate (one pair)
- 1 kg plates (one pair)

and weight exercise equipment. Students are fully benefited by this centre in the morning and evening times. However multi-gym will be launched in the near future.

Volley ball Court: The department has also set up Volley Ball courts (one for men and one for women) in the campus.

Yoga: Apart from the games and sports regular Yoga classes are conducted in the campus to develop the spirit of meditation among the students. By practicing yoga, the students will learn about the spiritual and moral values of life.

The Department of Sports has the following facilities:

- Basketball
- Tennis
- Volleyball Courts
- Multi-Gym
- Badminton Court
- TT Table (INTERNATIONAL STANDARD Nalco TTFI Approved)

Indoor games like Chess, Carrom TABLE TENNIS, WRESTLING, JUDO, TEAKWONDO, etc. and using multi-purpose auditorium for (Mat) kabaddi and taekwondo and Shuttle badminton also.

For outdoor sports we are using neighbour P U college ground (for kho kho, Kabaddi, and volley ball, and primary school ground for American football, rugby, net ball, Athletics throwing events, (Shot put, discuss throw, hammer throw etc.

2016-17 Sports Facility

1	BALL BADMINTON ROCKETS(Raja)	10
2	BALL BADMIMTON BALL	12
3	BALL BADMIMTON NET(Guptha)	1
4	BASKET BALL (cosco)	2
5	HAND BALL	2
6	HAND BALL NET(Guptha)	1
7	HOCKEY GOALKEEPER SET(Rakshak)	1
8	HOCKEY STICKS(Rakshak)	12
9	HURDELS SISSORTYPE(Nelco)	5
10	JAVALINE (Nelco)	6
11	JERSY SHORTS	57
12	JUDO COSTUME	2
13	KABADDI MAT 1/1	283
14	KNEECAPS/ANCKLET	17
15	MARKING ROPE	1
16	MESAURING TAPE	3
17	POLE VOULT POLE	1
18	RECUMBENT BIKE	1
19	RILAY BATTONS(Nelco)	6
20	RUNNING SPIKES	4
21	SHINE GAURD	12
22	SHOT PUT(M/W)	3
23	SHUTTLE COCK(Yonex)	10
24	SHUTTLE POLE MOVEBLE (Nelco)	1
25	SKIPPING ROPE	8
26	STARTING BLOCK	6
27	STOP WATCH	4
28	STUMPS	12
29	SUTTLE ROCKETS (yonex 303)	12
30	T T BALL	1
31	TABALTENNIS ROCKET (5 star)	4
32	TEBAL TENNIS TABLE (Nelco)	1
33	TENNIKOIT	20

34	TENNIKOIT NET	3
35	TENNIS BALL	15
36	TENNIS BALL	3
37	TENNIS ROCKET (Head)	2
38	THROW BALL	9
39	THROW BALL NET	2
40	UPRIGHT BIKE	1
41	VICTORY STAND (wooden)	1
42	VOLLEY BALL	12
43	VOLLEY BALL MOULDED	3
44	VOLLEY BALL NET (Guptha)	3
45	WAIGHT LIFTING BAR Nalco	2
46	WAIGHT LIFTING PLATE A. 1KG 1PAIR(Nelco) B. 2KG 1PAIR(Nelco) C. 2.5KG LOCK 1PAIR(Nelco) D. 5KG 2PAIR(Nelco) E. 10KG 2PAIR(Nelco) F. 15KG 1PAIR(Nelco) G. 20KG 1PAIR(Nelco) H. 25KG 1PAIR(Nelco) I. 1/2 KG 1PAIR(Nelco)	12 ଟଙ୍କା
47	WICKET KEEPING GLOVES(SG)	2
48	WISTLE	6
49	WRESTLING COSTUME	8
50	WRESTLING MAT (50mm and 60 mm 4+4 nelco)	8
51	WRESTLING SHOES	3

Additional Sports Facility 2017-18

1	WAIGHING MESCHINE digital	2
2	BASCKET BALL (cosco)	2
3	CARROM BOARD	9
4	CARROM COINS STICKERS	13
5	CHESS BOARD	24
6	CRICKET BALL (LEATHER)	2
7	CRICKET BALL (TENNIS)	15
8	CRICKET BAT (English willow)	8
9	CRICKET NET TOP COVER 100/80	2
10	CRICKET NET(SG)	1
11	DISCUSS (MEN/WOMEN)	8

12	DUMB BELL	1 pair
13	FOOT BALL	2
14	GYM BALL	1
15	GYM BELT	2
16	HAMMER THROW (Men and Women)	1
17	HIGH JUMP CROSS BAR	1
18	HIGHJUMP STAND	1
19	KEEPING LEG GUARD(SG)	2
20	KHO KHO POLE (wooden)	1 pair
21	MEDICINE BALL (2kg,3kg and 5kg Nelco)	3
22	NATIONAL FLAG	1
23	NET BALL	2
24	OLYMPIC PRESS BENCH NELCO	1
25	OLYMPIC SQUAT STAND	1 pair
26	SHUTTLE BADMITON POLES (Nelco)	1
27	THIGH GUARD (SG)	2
28	VOLLEY BALL POLE (M/W) (nelco)	1 pair
29	YOGA MAT	4

Additional Sports Facility 2018-19

1	THROW BALL POLE	1
2	AEROBIC STEPPER	12
3	AGILITY HURDLES 15INCH/12INCH-10	10
4	ANKLE WEIGHT 2KG	2
5	ANKLE WEIGHT 500GM	2
6	ATHLETICS TRAINING CINE 12 INCH	12
7	ATHLETICS TRAINING CONE 16 INCH	16
8	DELL LAPTOP 3576 8GB RAM 8TH GENERATION ,1TB,15.8"HI FI WITH windows 10.	1
9	FOOTBALL CONES (SET OF 50)	2
10	GYM BALL	6
11	H P LAZER JET MFP132, printer ,scanner, copier, WHITE COLOUR	1
12	HOME GYM VIXEN	1set
13	HURDLES STEEL HEAVY	8
14	LEG PUMP	3
15	MEGNISIUM POWDER	2KG
16	RUGBY BALL	2
17	TEAKWONDO ABDOMINAL GUARD	3
18	TEAKWONDO ARM GUARD	2

19	TEAKWONDO SHIN GUARD	5
20	TENNI KOIT POLE	1PAIR
21	TUG OF WAR ROPE	3
22	TUG OF WAR ROPE 32 MITS	1
23	WRESTLING MAT 70mm THICKNESS 1*2 MTS (with Velcro)	9
24	WRESTLING MAT cover with centre marking 12*12 mts 750gsm thickness with Velcro 4side corner	1

Additional Sports facility 2019-20

1	60 mtrs. Screen for stage with hook and rod.	60mtrs
2	Mooto Abdominal gourd female gourd (S XXL L size)	04
3	Mooto Abdominal gourd male gourd (S XXL L size)	04
4	Mooto Arm gourd (S XXL L size)	08
5	Mooto Chest gourd (S XXL L size)	08
6	Mooto head gear (S XXL L size)	08
7	Mooto Shine gourd (S XXL L size)	08
8	NCC dummy Rifle	10
9	NCC Dummy Rifle stand	2
10	Neel Kamal plastic chair without armrest, cream colour.	100
11	Wings WT Taekwondo uniform, 08	08
12	Wireless dual microphone Ahuja 100 watts speaker. / cordless mic holder -02, Ahuja microphone, speaker, Ahuja 21-SD, Microphone stand -02, Speaker wire -40, mtrs.	All
13	6 small speaker box	06
14	Amplifire Ahuja	01
15	Ahuja speaker box (big)	02

Because of corona no purchase of any sports equipment's except track suites

All above Mentioned Sports Facilities College have from 2016-17 to 2020-21

Physical Education Director

With seal and signature

Principal

with seal and signature