

SAT JINDA KALYANA COLLEGE, KALANAUR (ROHTAK)

Facilities for Sports

The College has adequate infrastructure for harnessing the potential of the youth and promoting student's interest in sports. The college has played a proactive and supportive role in grooming students. Specific spaces have been earmarked for extra-curricular activities and are made available to students.

The area of the playground is 211092 sq. ft. Gym is equipped with all machines for (exercises to improve or maintain) body fitness.

- Three Bench Press, one treadmill, eight mats are available.
- There are 400 Mtrs running track and 200 Mtrs. (Standard Track) running track with 8 lanes.
- Central part of the track is utilized as ground for Kabaddi, Kho-Kho and Cricket . They are used alternatively as per need.
- Along with this, we have plenty of space available for games like football, basketball. volleyball and handball.
- The Multi-purpose Hall is used for playing indoor games such as Table Tennis, Badminton, Boxing, Chess, Judo, Jump rope and Carrom, etc.

Our Sports unit has a track record of participating and winning matches at Zonal, University, Inter University & National levels. Many of our students have represented in the affiliating university teams at different levels.

We have plenty of equipment necessary for all indoor and outdoor games. We also use ICT tools for training purpose.

Specification of Gymnasium:

College provides facilities for sportsmen and players by providing various facilities. College has a special gymnasium of 2444 sq. feet area with equipments for :

1. Bench press (for One exercise)
2. Bench press (for Three exercises)
3. Chin-up exercise
4. Thigh exercise
5. Shoulder exercise
6. Hip exercise
7. Shoulder press exercise
8. Knee exercise
9. Double bar exercise
10. Push up exercise
11. Pulley Exercise
12. Standing Pulley

Other Equipment and Facilities

1. Hurdles
2. Sports Accessories
3. Yoga Mats
3. Push Up Stand

Indoor Games 1. Chess 2. Jump Rope 3. Carrom 4 Badminton 5. Table Tennis 6. Boxing





















KHELO INDIA
UNIVERSITY GAMES 2021

2022 to 3rd May 2022

ATHLETICS





