


Criterion 4	INFRASTRUCTURE AND LEARNING RESOURCES	100
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4.1 Physical Facilities

4.1.2. The Institution has adequate facilities for cultural activities, sports, games (indoor, outdoor), gymnasium, yoga centre etc.

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1. Facilities for Cultural Activities



Figure 4.1.2.1.a. Event: Dance @ Centre Square



Figure 4.1.2.1.b. Audience Sitting around the Centre Square



Figure 4.1.2.1.c. Event: Mime @ Atrium

PONGAL CELEBRATIONS:



Figure 4.1.2.1.d. Event: Spoon with Lemon during Pongal Celebration



Figure 4.1.2.1.e. Event: Tug-of-war during Pongal Celebration

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2. Indoor, Outdoor Sports Facilities

Facilities for Outdoor Games

S. NO.	NAME OF THE GAME	NO OF COURT	AREA (Sq.m)	Year of established
1	Athletics ground (200 mts)	1	6000	2009
2	Volleyball court	1	162	2009
3	Kabaddi court	2	750	2009
4	kho-kho	1	600	2009
5	Handball court	1	800	2009
6	Football court	1	6000	2009
7	Cricket	1	6000	2009

Facilities for Indoor Games

S. NO.	LIST OF GAMES	QUANTITY	AREA (Sq.m)
1	Basketball	2	2628
2	Shuttlecock , Badminton	1	
3	Table tennis	1	
4	Chess		
5	Carom		

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SPORTS AND GAMES



Figure 4.1.2.2.a. Athletics Ground



Figure 4.1.2.2.b. Basket Ball Ground



Figure 4.1.2.2.c. Basket Ball Ground



Figure 4.1.2.2.d. Volley Ball Ground



Figure 4.1.2.2.e. Hand Ball Ground

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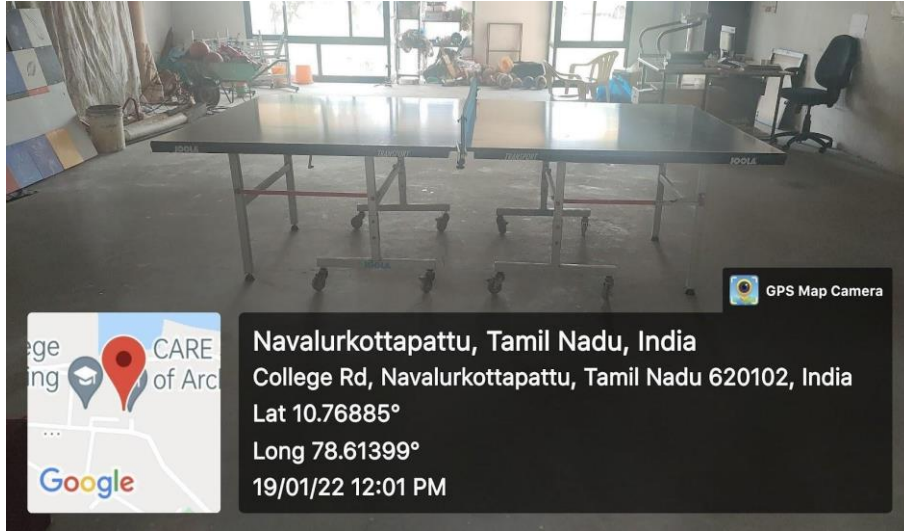


Figure 4.1.2.2.f. Table Tennis Board



Figure 4.1.2.2.g. Basket Ball Ground



Figure 4.1.2.2.h. Foot Ball Ground



Figure 4.1.2.2.i. Cricket Ground

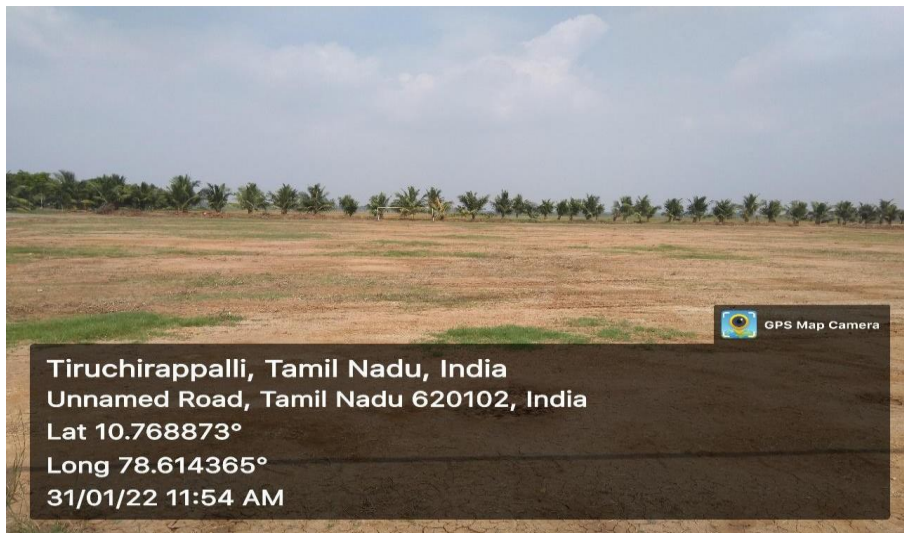


Figure 4.1.2.2.j. Kho-Kho Ground



Figure 4.1.2.2.k. Ball Badminton & Shuttlecock Grounds



Figure 4.1.2.2.l. Chess Board

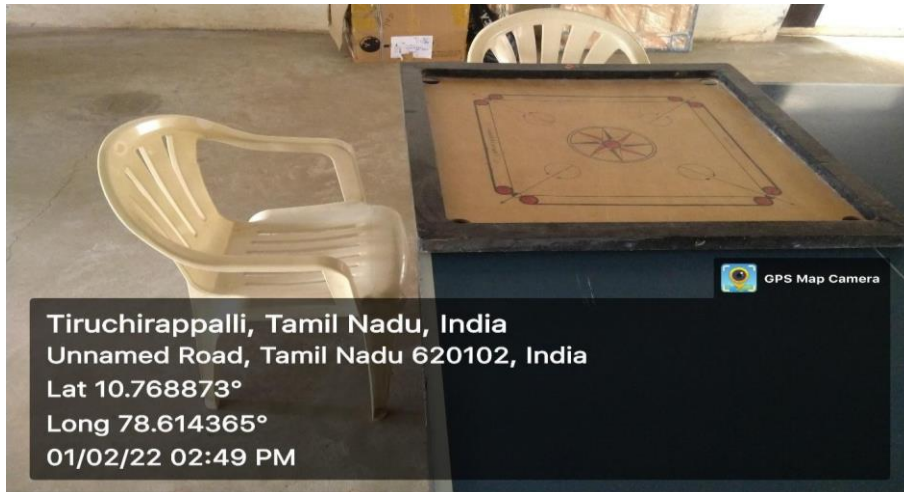


Figure 4.1.2.2.m. Carom Board



Figure 4.1.2.2.n. Prize Distribution in the Annual Sports Day of CARE
Chief Guest: Mr.Charles Borrromeo, Padma Shri & Arjuna Awardee

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3. Gym Facilities

FITNESS CENTRE: CARE has a modernized gym which includes the following Machines.

List of Gym Equipment

S. NO.	GYM EQUIPMENT
1	Triceps Extension and Bicep curls
2	Lat pull Down and Midrow
3	Chest, Incline, Shoulder Press
4	Reverse Abs (Abdominal) Machine
5	Cable Crossover Machine
6	Forearm Machine
7	Leg Extension/ Leg Curl Machine
8	Leg Press / Calf Extension Machine
9	Abdominal Bench
10	Peg teg, Reverse Fly Equipment
11	Squad Rack Fly Equipment
12	Adjustable Bench (No.5:2)

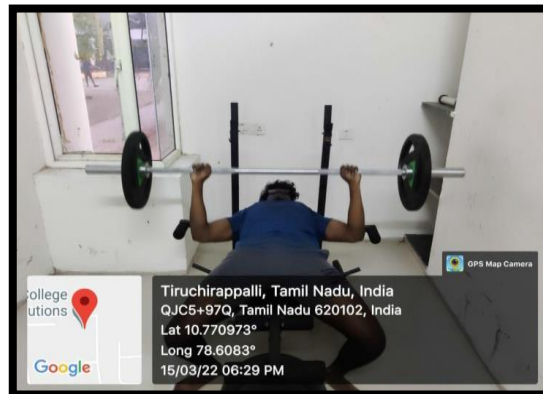
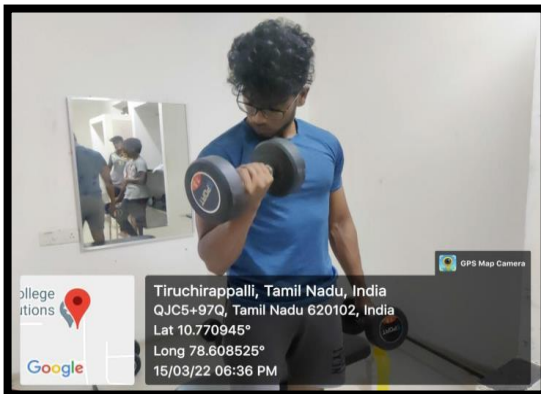


Figure 4.1.2.3.a. Student Working in the Gym



Figure 4.1.2.3.b. Modernized Gym facilities

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4. Space for Yoga

S. NO.	HALL / SPACE
1	Open Air Auditorium
2	Space for Yoga

YOGA



Figure 4.1.2.4.a. Open Air Auditorium



Figure 4.1.2.4.b. Space for Yoga @ Fulcurm & Seminar Hall-02

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