

Availability of Sports Facility/Equipment:

GYM

BOYS		
	EQUIPMENT	Qty
12 STATION MULTI GYM		01 No
TREAD MILL (MOTORIZED)		02 No's
ELLIPTICAL CROSS TRAINER		01 No's
SPIN BIKE		01 No
ARM CURL (200 lb)	  <small>IE 9503</small>	01 No

<p>SHOULDER PRESS (275 lb)</p>			<p>01 No</p>
<p>LATERAL RAISE (200 lb)</p>	 <p>IE 9524</p>		<p>01 No</p>
<p>SEATED DIP (200 lb)</p>	 <p>IE 9517</p>		<p>01 No</p>
<p>CHEST PRESS (275 lb)</p>	 <p>IE 9501</p>		<p>01 No</p>
<p>PEC FLY / REAR DELT (275 lb)</p>			<p>01 No</p>









<p>LAT PULL / VERTICAL ROW (275 lb)</p>			<p>01 No</p>
<p>PECTORAL (200 lb)</p>			<p>01 No</p>
<p>ABDOMINAL (200 lb)</p>			<p>01 No</p>
<p>TORSO ROTATION (200 lb)</p>			<p>01 No</p>
<p>TOTAL HIP (275 lb)</p>			<p>01 No</p>

<p><i>LEG PRESS (300 lb)</i></p>			<p>01 No</p>
<p><i>LEG EXTENSION / LEG CURL (275 lb)</i></p>			<p>01 No</p>
<p><i>V BENCH LEG CURL (200 lb)</i></p>	 <p>IE 9521</p>		<p>01 No</p>
<p><i>ABDUCTOR & ADDUCTOR (150 lb)</i></p>	 <p>IE 9508</p>		<p>01 No</p>
<p><i>WEIGHT ASSISTED CHIN / DIP COMBO (200 lb)</i></p>	 <p>IE 9520</p>		<p>01 No</p>









<p>CABLE CROSS OVER (200 lb)</p>			<p>01 No</p>
<p>SMITH MACHINE</p>			<p>01 No</p>
<p>AB CRUNCH BENCH</p>			<p>01 No</p>
<p>STRETCH MACHINE</p>			<p>01 No</p>
<p>OLYMPIC INCLINE BENCH</p>			<p>01 No</p>
<p>OLYMPIC DECLINE BENCH</p>			<p>01 No</p>

<p>OLYMPIC FLAT BENCH</p>			<p>01 No</p>
<p>OLYMPIC ADJUSTMENT BENCH</p>			<p>01 No</p>
<p>FLAT BENCH</p>			<p>01 No</p>
<p>MULTI PURPOSE BENCH</p>			<p>02 No's</p>
<p>IFSPC SEATED PREACHER CURL</p>			<p>01 No</p>
<p>ADJUSTABLE ABDOMINAL BENCH</p>			<p>02 No's</p>

DEGREE HYPERTENSION			01 No
DOUBLE TWISTERS			02 No's
COMMERCIAL STEP BOARD			01 No
DUMBBELLS RACK			01 No
OLYMPIC PLATE TREE			01 No
OLYMPIC BARS			
A) 7 FEET		04 No's	
B) 5 FEET		01 No	
C) 4 FEET		01 No	
D) 3 FEET		01 No	
E) EZKURL BAR		01 No	
F) TRICEPS BAR		01	

<p>DUMBBELLS (HEX 220 Kgs) 20 Kg - 2 No's 15 Kg - 4 No's 10 Kg - 4 No's 7.5 Kg - 4 No's 05 Kg - 8 No's</p>		<p>22 No's</p>
<p>OLYMPIC PLATES (RUBBERIZED) 340kgs 25 kg - 2 No's 20 Kg - 4 No's 15 Kg - 4 No's 10 Kg - 8 No's 05 Kg - 8 No's 2.5 kg - 6 No's</p>		<p>32 No's</p>
<p>Gym Ball 95 cm - 1 No 85 cm - 1 No 75 cm - 1 No</p>		<p>3 No's</p>
<p>TONING TUBES Single - 3 No's Double - 3 No's</p>		<p>06 No's</p>
<p>ANKLE/ WRIST WEIGHTS (NEOPRENE) A) 1 KGS B) 1.5 KGS C) 2 KGS</p>		<p>04 Sets 04 Sets 04 Sets</p>
<p>MEDICINE BALLS 8 Kgs - 1 No 5 Kgs - 1 No</p>		<p>02 No's</p>
<p>HEIGHT MACHINE</p>		<p>02 No's</p>
<p>GYM STARCHING MATS</p>		<p>04 No's</p>

HIP BELT		04 NO'S
TRICEPS ROPE		01 NO
TRICEPS BAR		01 NO
WEIGHT MACHINE		01 NO

GIRLS		
EQUIPMENT		Qty
9 STATION MULTI GYM		01 No
TREAD MILL (MOTORIZED)		03 No's
ELLIPTICAL CROSS TRAINER		03 No's
RECUMBENT IT BIKE		02 No's
UPRIGHT BIKE		02 No's
ROWING MACHINE		01 No
FITNESS MACHINE (VIBRATOR)		02 No's
SPIN BIKE		01 No
HEIGHT AND WEIGHT MACHINE		02 No's
SOCCER FUGY BOARDS		02 No's
NEOPRENE DUMBLES(1KG TO 5 KGS)		05 Sets

AVAILABILITY SPORTS & GAMES PLAY FIELDS

S.NO.	PLAY FIELDS	AVAILABILITY OF CAMPUS
01	Track And Field Grounds - <u>400 Mts For Men</u>	01
02	Track And Field Grounds - <u>200 Mts For Women</u>	01
03	Swimming Pool For Men & Women	01
04	Indoor Badminton Courts - With Flood Lights	06
05	Outdoor Badminton Courts	04
06	Cricket Fields	02
07	Cricket Net	02
08	Foot Ball Field	02
09	Hockey Field	01
10	Tennis Court - With Flood Lights	01
11	Basket Ball Courts - With Flood Lights	03
12	Volley Ball Courts - With Flood Lights	05
13	Volley Ball Courts - Without Flood Lights	04
14	Throw Ball Courts- With Flood Lights	02
15	Throw Ball Courts- Without Flood Lights	02
16	Ball Badminton Courts - With Flood Lights	01
17	Kho-Kho Courts	02
18	Kabaddi Courts With Flood Lights	02
19	Tennikoit Courts	02
20	Table Tennis Boards	08
21	2 Ton Hydrostatic Driven Sports Ground Roller	01