

PHYSICAL EDUCATION DEPARTMENT

A. Infrastructure Area & Facilities for Staff and students –

1. **Physical Education Department Room – Used for**
 - (i) **Academic work**
 - (ii) **Administrative work**
 - (iii) **Sports such as Yog, Taekwondo and indoor strength and conditioning exercises**
2. **Archery field** - 70 m (77 yards) length is the area range in Football field
3. **Athletics Field – 95 m × 65 m wide area common with Football field**
 - a) **70 m long × 20 m wide area -**
 - (i) **100 m track**
 - (ii) **200 m track**
 - b) **Field Events - 70 m long × 20 m wide area -**
 - (iii) **Shot put ring** - 2.135 m (7 feet) in diameter and 4 feet
 - (iv) **Discus / Hammer throw ring** - 2.5 m (8.2 feet) in diameter
 - (v) **High jump pit with bar and poles**
 - (vi) **Long Jump pit area**
 - (vii) **Javelin area** - Runway 4 m (13 ft.) wide and 30 m (98 ft.) in length in kho-kho field & football field
 - c) **One Football cum Hockey Field** - 100 m × 65 m area) is a grilled area to give protective shield to other sports from injuries
 - d) **Baseball field** - The infield diamond is a 27.4m square (36,000 sq. ft.) area in football field
 - e) **Basketball Court – 32 m × 18 m area Grill Enclosure from all sides with lighting system)**
 - f) **Ball Badminton – 24 m × 12 m area in Volleyball field**
 - g) **Hockey field** - 91.4 m long × 55 m wide paying area with in Football field.
 - h) **One Handball Court** - 40 m long × 20 m wide court
 - i) **Netball Court** - 30.5 m long × 15.25 m wide area (lower ground and grilled area)
 - j) **Two Volleyball fields with installations – 2 courts of 18 m long × 9 m wide ((59 feet × 29.5 feet) in 27 m × 27 m area**
 - k) **Kho-Kho** - 27 × 16 m (89 ft. × 52 ft.)
 - l) **Taekwondo Court in Kho-Kho court** - 10 m x 10 m -practice in PE Room / auditorium / Kho Kho field
 - m) **Softball field – 43 square meters (32,000 s. ft.) with in football field**
 - n) **Powerlifting & weightlifting** - Strength Training in PE Dept. room

- o) **Open Gym (eight exercises of gym installations)** – 20 m x 15 m
- p) **Martial art (Self Defense) activities** - open auditorium and football field
- q) **Yog practice** – P. E Room, auditorium and football field
- r) **Aerobics/Zumba for competition and general fitness** - auditorium and football field

B. Competitive Sports and Games – Facilities and Equipments for Individual and Teams–

1. **Archery Equipments** – 4 bows, 75 arrows and assorted equipments, bags for team of 4 players
2. **Athletic field and events equipments along with ring (installed on court)** – a pair of High Jump poles, Shot put, Discus, Javelin, Hammer, Hurdles, Fitness equipments, Batons, Spikes etc.
3. **Ball Badminton** – Rackets & balls
4. **Basketball** - a pair of goal posts and balls
5. **Football** - Two pairs of goal posts, footballs, Football shoes, shin pads, GK Gloves, cones, flags
6. **Kho-Kho** – 1 pair of poles
7. **Handballs** - pair of goal posts, balls, knee pads
8. **Hockey** - a pair of y goal posts, sticks and balls, Shin Pads, Cones and markers for field
9. **Hockey Goal keeper** – 2 G. K kit bags for Hockey goalkeeper
10. **Netballs** - a pair of goal posts and balls
11. **Softball & Baseball** – Balls, Slagger, bases, diamond, guards for catcher, pitcher etc., net
12. **Taekwondo** - Guards and pads as necessary safety and compulsory equipments provided for a team of 8 players
13. **Shooting** – Pellets for Inter College tournaments provided to the players
14. **Table Tennis** - One table & TT balls & a pair of racquets
15. **Yog** – 6 Mats, other assorted equipments (Lota, Neti etc.), 2 carpets etc.
16. **Powerlifting & weightlifting** - multi gym & other equipments
17. **Multi Gym for strength & conditioning exercises**
18. **Playing kits for all college teams and individual sports players**
19. **Safety equipments for all players & teams**
20. **Corner Flags for Hockey and Football match**
21. **One pair of Goal post nets for Basketball, Football, Handball, Hockey, and Netball.**
22. **Specialized playing kits for powerlifting/weightlifting & Yog teams**

23. Vaulting Horse (Gymnastics)
24. Stretcher for injured players
25. Satiety Kit (First Aid box)
26. Ice packs & Ice box
27. Refrigerator
28. Equipments for Physical Education subjects'
 - a) Weighing machines (2)
 - b) Stadiometer
 - c) Blood Pressure Machine
 - d) Measuring Tape
 - e) Measuring tape for anthropometric measurements
 - f) Pulse rate measurement

C. Recreational Sports facilities –

1. Badminton rackets and Boxes of shuttle cocks
2. Carrom board and dice boxes
3. Cricket Equipments
4. Chess Boards
5. Table Tennis rackets and Box of balls
6. Whistles
7. Stop watches
8. Two portable music systems for Aerobics/Zumba/self-defense and other activities
9. Band for march past practice
10. Hoola Hoops & Rings

D. Ground Maintenance Facilities -

1. Grass Cutting machine
2. Ground Mowers (2)
3. Ground maintenance tools (khurpas, swords, aari, scissors, gainti etc., brooms)
4. Ball Boxes (2)
5. Line Marking Machine
6. Measuring Tape
7. Chunna (Line marking powder)



Physical Education Department Room



Sports specific courses for girls –Football D License Course



Sports specific Courses for girls – Volleyball Referee Course



Strength Training in Sports Room



Archery



200 M Track for Athletic Events



100 m track



Athletics Training facilities on different grounds



Basketball Ground



Staff vs Students Basketball match



Football



Handball



College Hockey Team with all equipments facilities



Hockey Goalkeeper Kit



Netball



Samiksha Puri, Gold Medalist in Powerlifting Nationals & Record breaking Champion in Inter College Powerlifting Championship



Pistol & Rifle Shooting



Taekwondo



Anisha Bronze medalist in El-Hasan Taekwondo Championship, Jordan



Volleyball



JDMC Yog Team in Inter College



Yog Display on Annual Sports Day



Yog Display on Annual Sports Day



Fitness Training Camp of all teams



Cross Fitness Training Camp of all teams in auditorium



Open Gym Equipments for General Fitness for all



Sports Kits to all Players



Aerobics Class for all (Staff & students)



Kits and accessories for Martial Art (Self Defense activities)



Kits to all participants for Display



Facilities for Mass Participation Activities for all



T shirts to all Department teams for March Past Competition



College Staff Volleyball match



Events for College Staff



Sipping Race for general students



Sack Race for sports girls



Three Legged Race

Sports events for all college students



Activities for Differently abled students



Self defense Class



Yog for All in Football field



Yog for All in Auditorium