

GURU NANAK INSTITUTE OF TECHNOLOGY

FACILITIES IN INSTITUTE

Sports complex : The Physical Director takes care of all sports facilities including Gymnasium. The institute has a good playground, which provides facilities for games and sports like cricket, basketball, volleyball, throwball etc. Apart from this, there is a gymnasium with qualified and trained Physical Director. Gametron is constructed in the campus in which Students can play indoor games like TT, Carom board, Chess, Snooker table etc. The students who are interested in sports can avail the kits available in sports complex. The sports and extracurricular activities are conducted regularly to make them fit physically and mentally.

Sports facility in college campus

Indoor Games

S no	Name of games	Equipments	No of grounds	Area	No of participation members
1	Badminton	Badminton rackets, shuttle coks, shoes	4	879.84 square feet	16
2	Table tennis	T T Bats, TT Balls	4	-	16
3	Chess	chess board and pieces	10	-	20
4	Caroms	caroms coins, strikers, powder	6		24

Outdoor Gam s

S no	Name of games	Equipments	Area	No of grounds	No of participation
1	Cricket	Cricket kit, Bats, Balls ect..	20,000 square feet	2	60
2	Volleyball	Ball,	162 square feet	2	40
3	Kabaddi	Lee caps	1292 square feet	2	40
4	Throw ball	Ball	2325 square feet	2	40
5	Basketball	Ball, kit and ect..	4521 s square feet	1	20
6	Football	Ball,kit and ect..	36328 square feet	1	30

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Fitness equipment

S no	Name of equipment	Purpose	Whether coach available or not	Remark
1	Treadmill	Running	Yes	
2	Dumbbell	Arm work out shoulder	Yes	
3	Bicycle	Increased muscle strength and flexibility	Yes	
4	Bench press	Maximum overload the chest muscles	Yes	
5	Butterfly machine	Also known as a chest fly, involves extending your arms to your side and bringing them back to the middle of your chest	Yes	
6	Multi station (machine)They Build Awesome Quad Strength	* Strengthen upper body muscles, *Improves flexibility *Provides a full-body workout *Helps lower bad cholesterol and prevent diabetes	Yes	
7	Leg press machine	* They can help you break throughplateaus * they build awesome quadstrength	Yes	

Sports coaches

S NO	Name of coach	Education Qualification	Experience	Whether certificate available or not	Game speciation
1	Banoth Ramesh	Master of physical education	6	No	Cricket Volleyball Kabaddi Kho-kho,GYM
	Prabhakar Perumalla	Master of physical education	6	No	Badminton ,football and GYM