# Dr B V Raju Foundation

## DEPARTMENT OF PHYSICAL EDUCATION

## AVAILABILITY OF SPORTS FACILITY / EQUIPMENT

### GYM

| BOYS | | |
|---|---|---|
| EQUIPMENT | | Qty |
| TREAD MILL (MOTORIZED) |  | 03 No's |
| ELLIPTICAL CROSS TRAINER |  | 03 No's |
| SPIN BIKE |  | 03 No's |
| ARM CURL (200 lb) |   | 01 No |

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## AVAILABILITY OF SPORTS FACILITY / EQUIPMENT

| | | |
|---|---|---|
| *SHOULDER PRESS (275 lb)* |  | **01 No** |
| *LATERAL RAISE (200 lb)* |  | **01 No** |
| *SEATED DIP (200 lb)* |  | **01 No** |
| *CHEST PRESS (275 lb)* |  | **01 No** |

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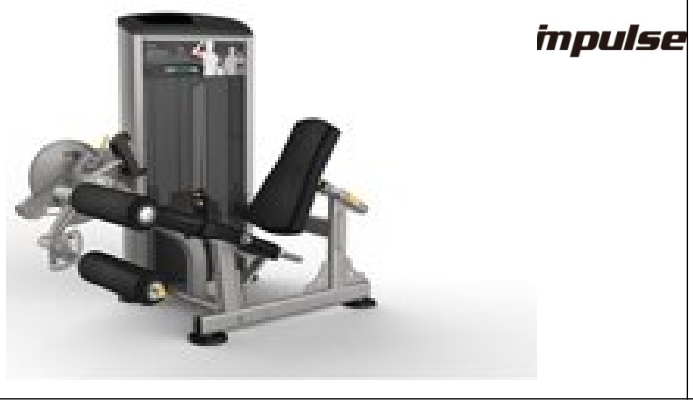
## AVAILABILITY OF SPORTS FACILITY / EQUIPMENT

| | | |
|---|---|---|
| *PEC FLY / REAR DELT (275 lb)* |  | **01 No** |
| *LAT PULL / VERTICAL ROW (275 lb)* |  | **01 No** |
| *PECTORAL (200 lb)* |   | **01 No** |
| *ABDOMINAL (200 lb)* |   | **01 No** |

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## AVAILABILITY OF SPORTS FACILITY / EQUIPMENT

| | | |
|---|---|---|
| *TORSO ROTATION (200 lb)* |  | 01 No |
| *TOTAL HIP (275 lb)* |  | 01 No |
| *LEG PRESS (300 lb)* |  | 01 No |
| *LEG EXTENSION / LEG CURL (275 lb)* |  | 01 No |

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## AVAILABILITY OF SPORTS FACILITY / EQUIPMENT

| | | |
|---|---|---|
| *V BENCH LEG CURL (200 lb)* |  IE 9521 | 01 No |
| *ABDUCTOR & ADDUCTOR (150 lb)* |  IE 9508 | 01 No |
| *WEIGHT ASSISTED CHIN / DIP COMBO (200 lb)* |  IE 9520 | 01 No |
| *CABLE CROSS OVER (200 lb)* |  | 01 No |

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## AVAILABILITY OF SPORTS FACILITY / EQUIPMENT

| | | |
|---|---|---|
| *SMITH MACHINE* |  | **01 No** |
| *AB CRUNCH BENCH* |  | **01 No** |
| *STRETCH MACHINE* |  | **01 No** |
| *OLYMPIC INCLINE BENCH* |  | **01 No** |

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## AVAILABILITY OF SPORTS FACILITY / EQUIPMENT

| | | |
|---|---|---|
| *OLYMPIC DECLINE BENCH* |  | **01 No** |
| *OLYMPIC FLAT BENCH* |  | **01 No** |
| *OLYMPIC ADJUSTMENT BENCH* |  | **01 No** |
| *FLAT BENCH* |  | **01 No** |

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## AVAILABILITY OF SPORTS FACILITY / EQUIPMENT

| | | |
|---|---|---|
| ***MULTI PURPOSE BENCH*** |  | **02 No's** |
| ***IFSPC SEATED PREACHER CURL*** |  | **01 No** |
| ***ADJUSTABLE ABDOMINAL BENCH*** |  | 02 No's |
| ***DEGREE HYPERTENSION*** |  | 01 No |

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## AVAILABILITY OF SPORTS FACILITY / EQUIPMENT

| | | |
|---|---|---|
| ***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** |

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## AVAILABILITY OF SPORTS FACILITY / EQUIPMENT

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

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## AVAILABILITY OF SPORTS FACILITY / EQUIPMENT

| | | |
|---|---|---|
| HEIGHT MACHINE |  | 02 No's |
| GYM STARCHING MATS |  | 04 No's |
| HIP BELT |  | 04 NO'S |
| TRICEPS ROPE |  | 01 NO |
| TRICEPS BAR |  | 01 NO |
| WEIGHT MACHINE |  | 01 NO |

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## AVAILABILITY OF SPORTS FACILITY / EQUIPMENT

| 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 |

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## AVAILABILITY OF SPORTS FACILITY / EQUIPMENT

| | | |
|---|---|---|
| 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 |

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## AVAILABILITY OF SPORTS FACILITY / EQUIPMENT

### AVAILABLE OUTDOOR GYM EQUIPMENTS FOR MEN & WOMEN

| | | |
|---|---|---|
| SEATED CHEST PRESS DOUBLE |  | 02 No's |
| HAND ROWER |  | 02 No's |
| ELLIPTICAL CROSS TRAINER |  | 02 No's |
| AIR WALKER |  | 02 No's |

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## DEPARTMENT OF PHYSICAL EDUCATION

## AVAILABILITY OF SPORTS FACILITY / EQUIPMENT

| | | |
|---|---|---|
| LEG CURL |  | 02 No's |
| EXERCISER CYCLE |  | 02 No's |
| PULL UP BAR |  | 02 No's |
| ABDOMINAL BOARD & MUSCLE BOARD |  | 02 No's |
| WEIGHT LIFTING STATION |  | 02 No's |

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## AVAILABILITY OF SPORTS FACILITY / EQUIPMENT

| | | |
|---|---|---|
| 3 IN 1<br>AIR WALKER, LEG PRESS, TWISTER |  | 02<br>No's |
| SKY WALKER |  | 02<br>No's |

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## PLAY GROUND AND RELATED FACILITIES:-

AVAILABILITY AND DIMENSIONS OF PLAY GROUND --- 02

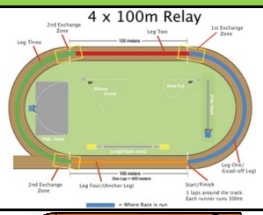
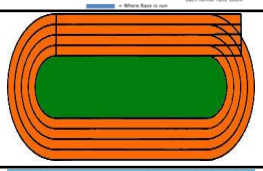
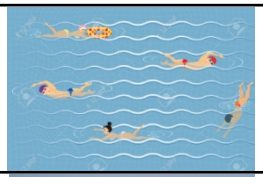
A. FOR BOYS C 1 NO.(5.0 ACRE, 225 X 76 MTS.),

B. FOR GIRLS 01 NO. (2.20 ACRE, 130 X 70 MTS.)

A. SEPARATE PLAY GROUND – A --- FACILITY --- FOR BOYS & GIRLS IS PROVIDED,
B. SEPARATE SPORTS & GYM --- FACILITY ---
FOR BOYS & GIRLS IS PROVIDED

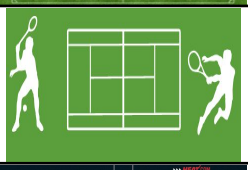
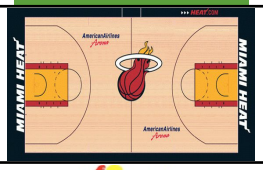
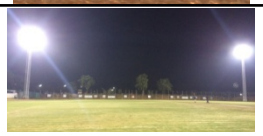
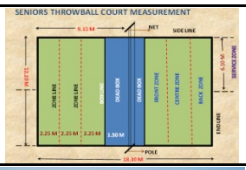
3. AVAILABILITY OF SWIMMING POOL FOR MEN & WOMEN.

## FACILITIES IN GAMES AND SPORTS

| OUT DOOR | | | |
|---|---|---|---|
| **S.NO** | **PLAY FIELDS** | | **AVAILABILITY OF CAMPUS** |
| **01** | **TRACK AND FIELD GROUNDS - 400 MTS FOR MEN** |  | **01** |
| **02** | **TRACK AND FIELD GROUNDS - 200 MTS FOR WOMEN** |  | **01** |
| **03** | **SWIMMING POOL FOR MEN & WOMEN - (25 Mtrs x 12.5 Mts)** |  | **01** |
| **04** | **CRICKET FIELDS ( MEN & WOMEN )** |  | **03** |

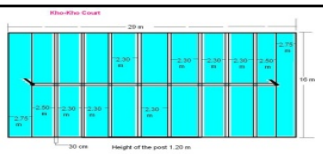
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| | | | |
|---|---|---|---|
| 05 | CRICKET NET |  | 02 |
| 06 | FOOT BALL FIELD |  | 01 |
| 07 | TENNIS COURT - WITH FLOOD LIGHTS |  | 01 |
| 08 | BASKET BALL COURTS - WITH FLOOD LIGHTS |  | 03 |
| 09 | VOLLEY BALL COURTS - WITH FLOOD LIGHTS |  | 04 |
| 10 | VOLLEY BALL COURTS - WITHOUT FLOOD LIGHTS |  | 06 |
| 11 | THROW BALL COURTS - WITH FLOOD LIGHTS |  | 02 |
| 12 | THROW BALL COURTS - WITHOUT FLOOD LIGHTS |  | 02 |
| 13 | BALL BADMINTON COURTS - WITHOUT FLOOD LIGHTS |  | 01 |

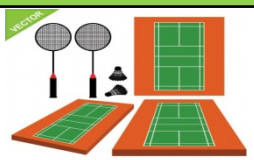
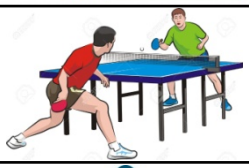
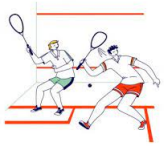
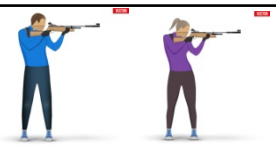
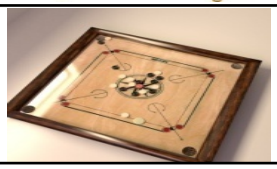
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| | | | |
|---|---|---|---|
| 14 | KHO - KHO COURTS |  | 02 |
| 15 | KABADDI COURTS |  | 02 |
| 16 | TENNIKOIT COURTS |  | 02 |
| 17 | KAYAKING |  | 02 |
| 18 | GP - KART TACK |  | 01 |
| 19 | CRICKET BOLLOWING MACHINES |  | 01 |
| 20 | 2 TON HYDROSTATIC DRIVEN SPORTS GROUND ROLLER |  | 01 |

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| IN DOOR | | | |
|---|---|---|---|
| S.NO | PLAY FIELDS | | AVAILABILITY OF CAMPUS |
| 01 | INDOOR BADMINTON COURTS - FOR MEN |  | 05 |
| 02 | INDOOR BADMINTON COURTS - WITH FLOOD LIGHTS FOR WOMEN |  | 02 |
| 03 | TABLE TENNIS |  | 08 |
| 04 | GYM ( MEN ) |  | 01 |
| 05 | GYM ( WOMEN ) |  | 01 |
| 06 | SQUASH |  | 01 |
| 07 | 10 MTS RIFLE SHOOTING HALL |  | 01 |
| 08 | CHESS |  | Available Sufficient Numbers |
| 09 | CARROMS |  | Available Sufficient Numbers |