

Sports Facilities Manual



PHYSICAL EDUCATION & YOGA CENTRE

THE GANDHIGRAM RURAL INSTITUTE (DEEMED TO BE UNIVERSITY)

GANDHIGRAM – 624302 DINDIGUL DISTRICT

PHYSICAL EDUCATION AND YOGA CENTRE
GRI, Gandhigram

Sports Facilities Manual

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PHYSICAL EDUCATION AND YOGA CENTRE FACILITIES

MULTIPURPOSE HALL

Facilities	Programme Hall, Meeting hall etc.
Users Details	GRI Administration, GRI Departments , GRI Staffs
Availability	All week days
Timings	6.00 Am to 7.00 Pm
Uses	Convocation, Counselling Hall, Orientation Programme, and Cultural meet, Departments Feast, Blood donation camps. etc.
Maintenance	GRI works Department



INDOOR FACILITIES

Sports Facilities available

Badminton

- Badminton Corks
- Badminton Handle Grip
- Badminton racquets
- Badminton Net

Carrom

- Carrom board
- Carrom coins
- Carrom striker
- Carrom powder

Women's Gym

- Fitness equipments Electronic treadmill
- Stepper
- Rowing machine
- Butterfly
- Vibrator belt
- contd Ab board

Mens Multi gym

- 18 Stations Multi Gym
- Weight rods and plates
- Dumbbells

Table Tennis

- TT Racket
- TT Board
- TT Ball

Chess

- Chess board
- Chess coins

- Chess clock

Kabaddi

- Kabaddi (mat) – 1 Court

Taekwondo

- Practice mats, Chest guards, kicking pad, single

Yoga Hall








- Yoga mats (rubber)
- Neti pots
- Candle stand
- Multimedia speaker
- LCD projector

Fitness and Recreational facilities

- Measuring Tape
- Weighing machine
- Stadiometer
- BMI Machine
- Cones
- Tug of war rope
- Skipping ropes
- Ropes
- Hoops
- Flying Disc
- Resistance tube
- University flag
- National flag
- Olympic flag
- Decorative Colour Flags
- Flag Poles

DETAILS OF SPORTS INFRASTRUCTURE - INDOOR

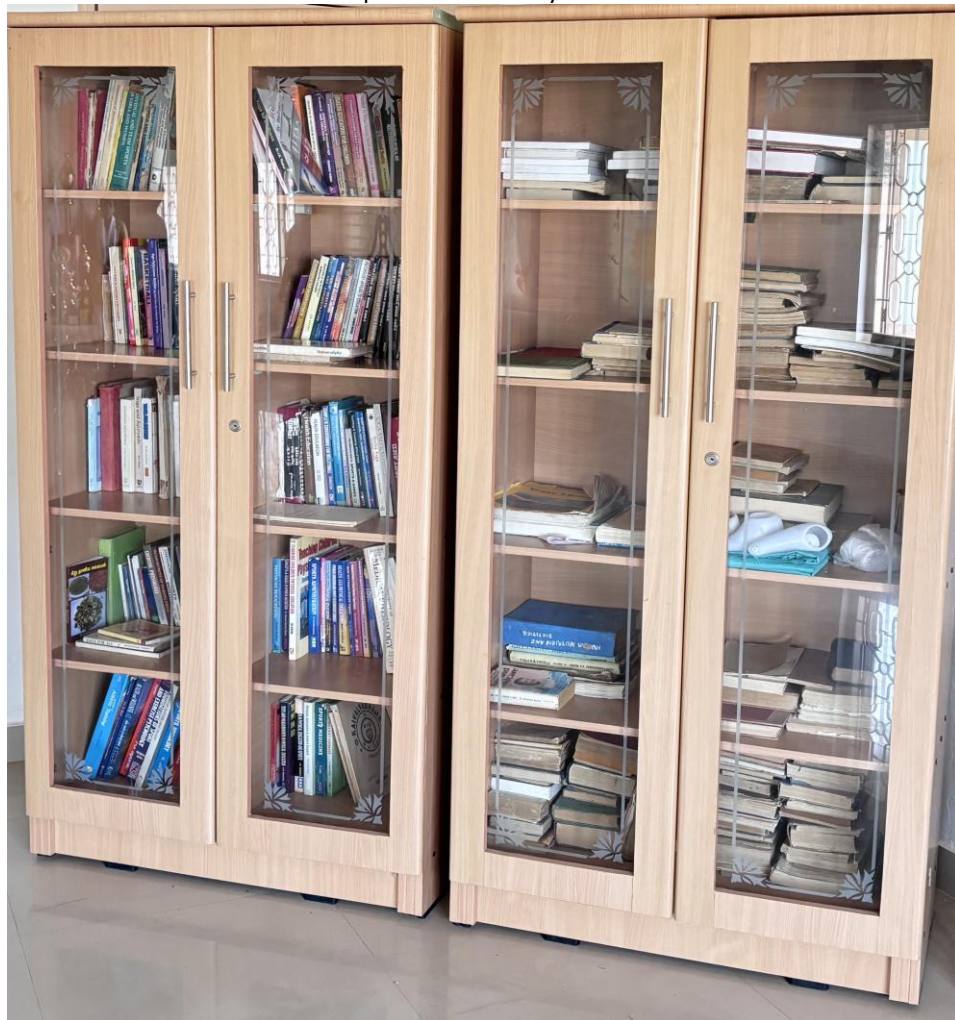
Sports discipline for which the facility is being utilized	Area (in square meter) & Specification	View of the Play Ground	
		Aerial View	Action Photos
Chess & Carrom	418sqm		
Men Gym (Multi Gym 16-Station)	435sqm		
Women Gym	102 sqm		
Badminton Court -3	510 sqm		
Kabaddi Mat Court -1	250 sqm		
Table Tennis Board -1	--		

Taekwondo Mat	70sqm		
Yoga Hall	1102 sqm		
Hurdles	80nos.		
High Jump Mat	1		
Resistance Tube Parallel bar Horizontal Bar	12 1 1		
Training Equipments	Cone		

<p>Weight Training Equipment</p>	<p>151kgs</p>		
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Departmental library books



OUTDOOR FACILITIES

Sports Facilities Available

Athletics
➤ 400Mts Standard track
➤ Discus (1kgs, 1.5kgs & 2Kgs)
➤ Javelin (600 grams & 800 grams)
➤ Hammer (4kgs & 7.26kgs)
➤ Shot put (7.26kgs, 4Kgs & 5kgs)
➤ Toe board
➤ Hurdles
➤ Pole-vault Pole
➤ Vaulting box
➤ Pole-vault cross bar
➤ High jump mat
➤ High jump uprights
➤ Cross bar h j
➤ Long Jump Take-off board
➤ Relay baton
➤ Running spikes
➤ Starting block
➤ Parallel bar
➤ Horizontal bar
➤ Stop watch
➤ Victory stand
➤ Clapper
➤ Olympic stand
➤ Iron shoe
Ballbadminton
➤ Ballbadminton Ball
➤ Ballbadminton Rackets
➤ Ballbadminton Gut Roll
➤ Ballbadminton court with net
Basketball
➤ Basketball court
➤ Basketball
➤ Basketball ring net
➤ Score boards
Cricket
➤ Nets
➤ Bats
➤ Ball
➤ Ball Hammer
➤ Chest pad
➤ Batting Leg Guard
➤ Keeping Leg Guard
➤ Stumps, Helmet, Guard
➤ Arm Pad
➤ Keeping gloves
➤ Batting gloves
➤ Kit bag
➤ Score book
➤ Thigh pads
➤ Cricket mat
Kabaddi
➤ Kabaddi court
➤ Kabaddi Shoes
➤ Match timer
➤ Marking Tape

Football
➤ Goal post with Net
➤ Corner flags
➤ Football
➤ Goal keeper gloves
Hockey
➤ Goal post
➤ Stick and balls
➤ Hockey shin guards
➤ Hand Glove
➤ Teeth Guard
➤ Goal keeping set
Hockey Penalty Corner
➤ Face Mask
➤ Hand Glove
➤ Knee Guard
Handball
➤ Handball court with net
➤ Handballs (Men and Women)
➤ Goal post
➤ Goal Keeping Glove
Roll Ball
➤ Roll Ball
➤ Roll Ball Goal Post
Tennikoit
➤ Tennikoit balls
➤ Tennikoit net
Tennis
➤ Tennis Ball
➤ Tennis Racket
Throwball
➤ Throwball
Volleyball
➤ Volleyball courts with nets
➤ Volleyballs
➤ Volleyball Antenna
➤ Referee Stand
➤ Pressure Gauge
➤ Volleyball Bag
➤ Air Pump
➤ Volleyball post
Kho-Kho
➤ Kho-Kho court with net and ball
Sports Training Facilities
➤ Hurdles / Baby Hurdles
➤ Medicine Ball
➤ Ladder
➤ Exercise Ball
➤ Cones
➤ Bar bells
➤ Weight Training Belt
➤ Swiss ball
➤ Fox 40 Whistle

DETAILS OF SPORTS INFRASTRUCTURE - OUTDOOR

Sports discipline for which the facility is being utilized	Area (in square meter) & Specification	Play Ground - View	
		Aerial View	Action Photos
400 mts Standard Track 84.39 Meters Straight with 8 lanes	2400 sqm		
Ballbadminton Court - 1	336 sqm		
Ballbadminton Court - 2	336 sqm		
Basketball Court - 1	1200 sqm		
Basketball Court - 2	1200 sqm		
Cricket Oval	6300 sqm		
Cricket Nets	250 sqm		
Football Field	6300 sqm		

Field Hockey	6300 sqm		
Handball Court	800 sqm		
Kabaddi Court - 1	360 sqm		
Kabaddi Court - 2	360 sqm		
Kho -Kho Court	450 sqm		
Volleyball Court - 1	960 sqm		
Volleyball Court - 2	960 sqm		

**Guidelines & Regulation
To Use the Sports Facilities of GRI, Gandhigram**

Particulars	Indoor and Outdoor Sports Facilities of GRI, Gandhigram.
Uses	For GRI students regular practices to prepare for extramural competitions. For Educational Institutions / Government Sectors / Government organization / Association / Federations to conduct Sport meet, and to organize zonal, District level, State level, National level and yearly competitions/tournaments.
Users Details	Students, Scholars and staff of GRI.
	GRI Hostel students should get permission from the concerned warden to use the sports facilities, before and after the working hours of the Institute.
	With the permission of the GRI Authorities, Educational Institutions / Government Sectors / Government organization / Training / Associations / Federations / Centres to conduct sports events / competitions at GRI, Gandhigram.
Availability	All days.
Timings	6.00Am to 6.00Pm
Guidance	Sports and Games Activities held at GRI, Gandhigram under the supervision of staff of the Physical
Maintenance Charges / Tariff	As prescribed by the Institute.
Maintenance	Physical Education and Yoga centre, GRI, Gandhigram.