



Prof (Dr) Vadivukkarasi P
Prof-cum-Principal
Ph : 70465-93297, 82838-24167

Army College of Nursing
Deep Nagar
Jalandhar Cantt

ARMY COLLEGE OF NURSING, JALANDHAR CANTT

DETAILS OF SPORTS FACILITIES

Details of Sports Facility

Sr No	Item	No. of Sports Equipment	Physical Condition of Equipment
1	TT Balls	8 Boxes	Good
2	TT Bats	15	Good
3	Skipping Ropes	04	Good
4	Chess Board	7, 4	Good
5	Timer	Chess-04	Good
6	Carom Board	5	Good
7	Carom Coin	5 Boxes	Good
8	Shoes	6 Pairs	Good
9	Needle And Thread	23+2	Good
10	Whistle	6	Good
11	Stopwatch	6	Good
12	Inch Tape	1	Good
13	Cycles Hero Street Model	12	Good

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OUTDOOR GAMES EQUIPMENT

Sr. No	Item	No. Of Sports Equipment	Physical Condition of Equipment
1	Basketball	14	Good
2	Basket Ball Net	One Pair	Good
3	Shuttle Cock	10	Good
4	Badminton Racket	21	Good
5	Badminton Net	01	Good
6	Javelin	05	Good
7	Volley Ball	11	Good
8	Volley Ball Net	04	Good
9	Cricket Balls	07	Good
10	Cricket Bats	One Pair	Good
11	Cricket Gloves	Three Pairs	Good
12	Cricket Bats	04	Good
13	Discuss Throw	2 kg - 01 1.5 kg - 01 1 kg - 03	Good
14	Shotput	03	Good
15	Relay	12	Good
16	Football	02	Good
17	Foot Pump	02	Good
18	Needle And Thread	23+02	Good
19	Drum And Drumstick	Big & small drums one each with 4 Drum Sticks	Good
20	Whistle	06	Good
21	TT Net	05	Good
22	Stopwatch	06	Good
23	Inch Tape	01	Good

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INDOOR\OUTDOOR GYM EQUIPMENT.

Sr No	Item	No. Of Gym Equipment	Physical Condition of Equipment
1	Motorized Treadmill	02	Good
2	Sit Up Bench	01	Good
3	Gym Ball 55 Cm	04	Good
4	Gym Ball 65 Cm	03	Good
5	Pull Up Bar	01	Good
6	Rowing Machine	01	Good
7	Dumbbells	18	Good
8	Treadmill Rotor Zed	01	Good
9	Roller Jotter	01	Good
10	Stepper	01	Good
11	Time Exercise Cycle	03	Good
12	Sit Up Bench	01	Good
13	A B S Circle Pro	01	Good
14	Twister Double	01	Good
15	Home Theater Speaker	05	Good
16	Weighing Machine	01	Good
17	Leg Shaper	01	Good
18	Waist Shaper	01	Good
19	Air Walker	01	Good
20	Back Shaper	01	Good
21	Double Skier	01	Good
22	Body Shaper	01	Good
23	Punching Bag	01	Good
24	Punching Bag Gloves	One Pair	Good
25	Life Size Mirrors	03	Good

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SPORTS DRESSES

Sr No	Item	No of Gym Equipment	Physical Condition of Equipment
1	Game Dress	15	Good
2	Knee Cap	10	Good
3	Kabaddi Dress	10	Good
4	Sports Shoes Atlas	02	Good
5	Sports Shoes for Basketball	06	Good
6	Sports Shoes Running	01	Good
7	Whistles	04	Good

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CULTURAL ACTIVITIES

The college has Auditorium with seating capacity of 312 persons, Seminar Hall and Conference Hall, Library for displaying posters, Music System and Computers with LCD Projectors for these activities.

Institution offers a soft board, i.e. wall magazine where students display their creations and innovative ideas in the form of Sketches, Drawings, Paintings, Poems, Articles etc.

DETAILS OF FACILITIES FOR CULTURAL ACTIVITIES

Facilities	Details	Description
Air-Conditioned Auditorium	With 312 Seating Capacity	For conducting events like Annual Day, Lamp Lightning Ceremony, College Fresher's Day, Farewells, Conferences etc.
Air-Conditioned Seminar Hall	With 110 seating capacity equipped with LCD Projector, Computer, PA Equipment, Multimedia Facility	For conducting Workshops, Guest Lectures, Academic Presentation Meetings, Poster Competitions etc
Corner	A Wall Magazine	Students display Sketches, Drawings, Paintings, Poems, Articles etc

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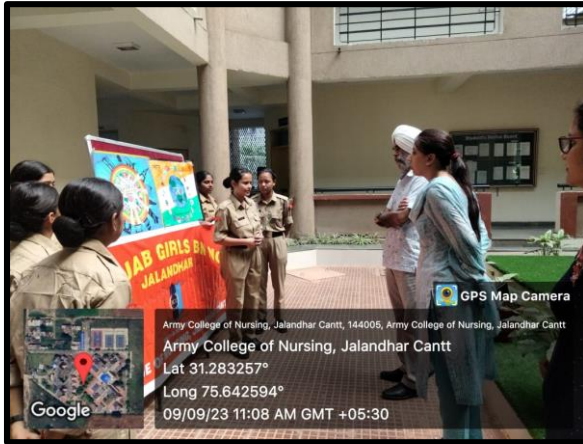


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POSTER DISPLAY

PUNEET SAGAR ABHIYAN



WORLD MENTAL HEALTH DAY



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