



**Mrs M Maheswary**

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**ARMY COLLEGE OF NURSING, JALANDHAR CANTT**

**SPORTS FACILITIES**

**(A) Table 4.1.2(A) Details of Sports Facility**

<b>Sr No</b>	<b>Item</b>	<b>No. of Sports Equipment</b>	<b>Physical Condition of Equipment</b>
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	Carrom Board	5	Good
7	Carrom 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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**(B) Outdoor Games Equipment**

<b>Sr. No</b>	<b>Item</b>	<b>No. Of Sports Equipment</b>	<b>Physical Condition of Equipment</b>
1	Basketball	14	Good
2	Basket Ball Net	1 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	1 Pair	Good
11	Cricket Gloves	3 Pair	Good
12	Cricket Bats	4	Good
13	Discuss Throw	2 kg - 1 1.5 kg - 1 1 kg - 3	Good
14	Shotput	3	Good
15	Relay	12	Good
16	Football	02	Good
17	Foot Pump	2	Good
18	Needle And Thread	23+2	Good
19	Drum And Drumstick	Big & small drums one each with 4 Drum Sticks	Good
20	Whistle	6	Good
21	TT Net	5	Good
22	Stopwatch	6	Good
23	Inch Tape	1	Good

  
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**(C) Indoor\Outdoor Gym Equipment.**

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

  
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**(D) Sports Dresses**

<b>Sr No</b>	<b>Item</b>	<b>No of Gym Equipment</b>	<b>Physical Condition of Equipment</b>
1	Game Dress	15	Good
2	Knee Cap	10	Good
3	Kabaddi Dress	10	Good
4	Sports Shoes Atlas	2	Good
5	Sports Shoes for Basketball	6	Good
6	Sports Shoes Running	1	Good
7	Whistles	4	Good

  
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### **Cultural Activities**

The institution has made available Auditorium with 312 seating capacity, 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.

**Table 4.1.2: Details of Facilities for Cultural Activities**

<b>Facilities</b>	<b>Details</b>	<b>Description</b>
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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