

#### **4.1.2 - The Institution has adequate facilities for cultural activities, sports, games (indoor, outdoor), gymnasium, yoga centre etc.**

Our college has a broad educational mission: to develop the "whole student." In fact, extracurricular involvement is considered a key tool for the personality development of each student. Involvement in extracurricular activities plays an integral role in the collegiate experience. Students become involved in extracurricular activities, not only for entertainment, social, and enjoyment purposes, but most importantly, to gain and improve life skills. The primary goals of extracurricular activities focus on the individual student level, the institutional level, and the broader community level.

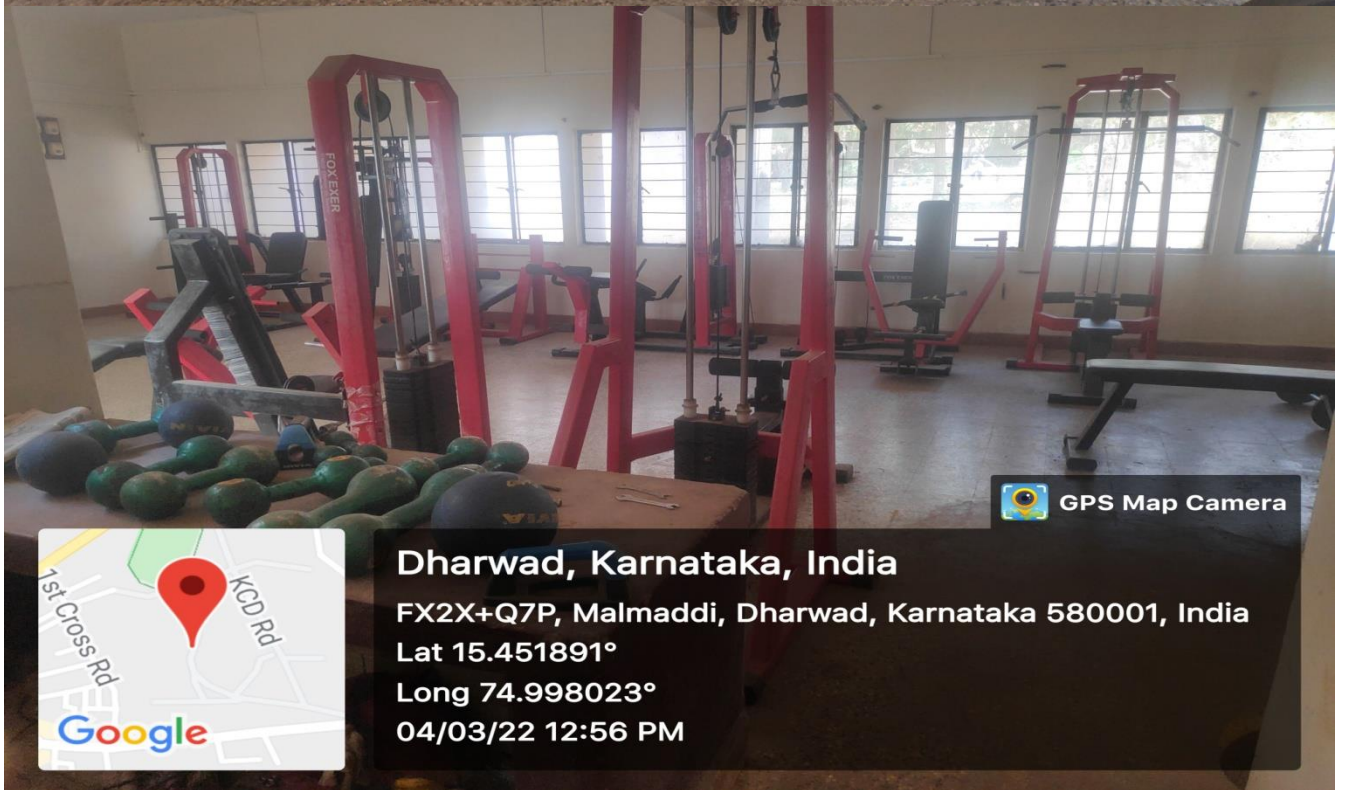
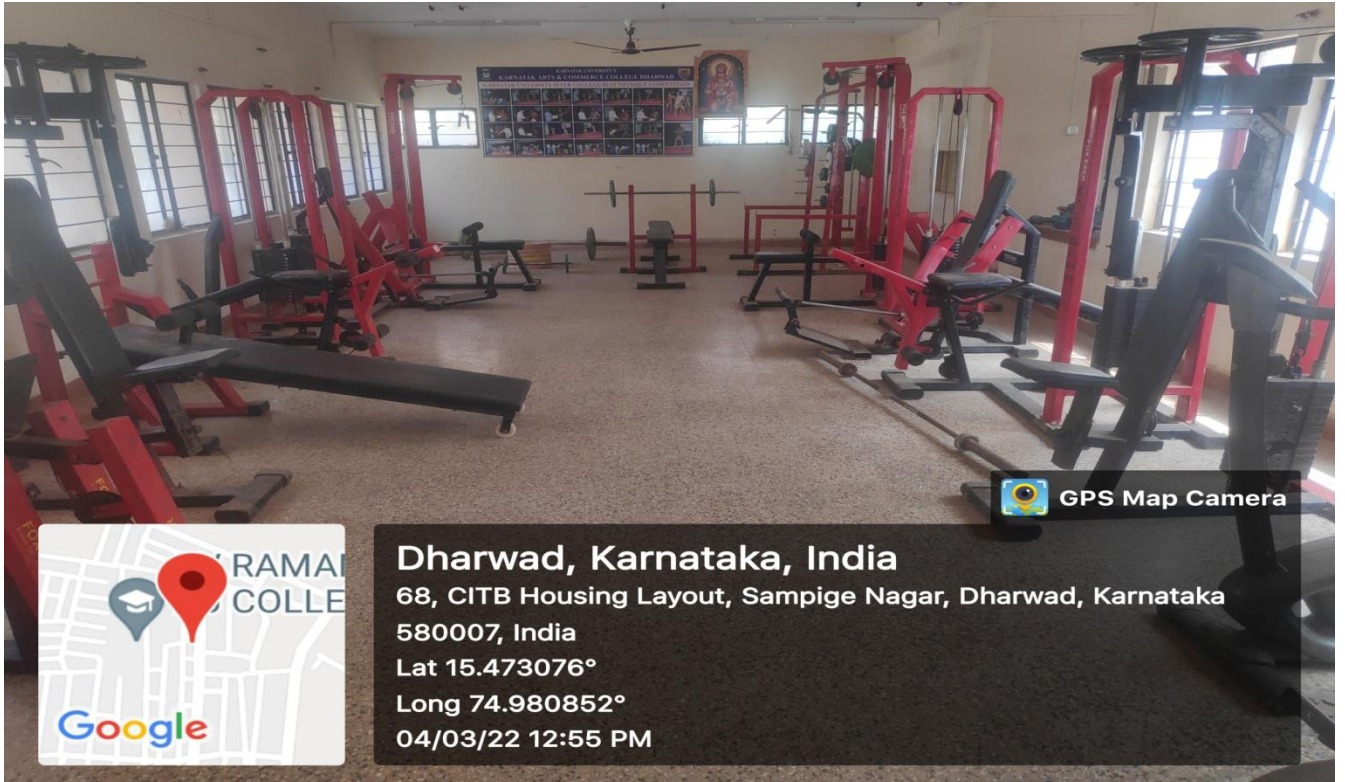
**1. Cultural activities:** Cultural Activities are an unforgettable part of the college experience. The institution has a cultural committee headed by the Principal, with the Chairperson of the Cultural Activities department of the College Guymkhana the Physical Director and a student representative ( who is the secretary) as members, which has been very active since the reopening of the college. A college education offers a student, not only academic and social opportunities, but also a variety of other experiences as well. The cultural events result into social and professional relationships, and with help of their contacts from the cultural events, both can forge a win-win relationship among them. Department of Culture (Cultural Activities) of the College gymkhana provides wide range of opportunities to the students, for their participation in cultural events like **i) Bharatanatyam ii) Folk dance iii) Monoacting iv) Folk orchestra v) Chandi** - These events improve health benefits like improved body flexibility, stamina, balance, healthy heart, and good concentration. Our students also participate in creativity events like Collage, spot photography and painting, poster making, quiz, debate, elocution, and drama, which will benefit the student's mental health. Connection with these activities is known to be a major factor in reducing the risk of mental health illnesses like depression and addictive behaviors. Apart from these, our students also gain spiritual and emotional benefits by involving themselves in these extracurricular activities.

**2. Sports activities:** Sports pertains to any form of competitive physical activity that aims to use, maintain or improve physical ability and skills while providing enjoyment to participants and, in some cases, entertainment to spectators. Sports can, through casual or organized participation, improve one's physical health. Our college students participate in out door sports events like Track events ( Running Race and Through and Jumps), Games such as

Kabbaddi, Kho-kho, Volley ball, Foot ball, Basket ball, Hockey, Ball badminton, Tennis and Indoor games, namely, shuttle badminton, Table Tennis, Chess, Carrom and the like. Every year, our college students participate in these events, which are organized at different levels, like inter -collegiate, Inter-zonal, University level, Inter-University level and All India inter-University level competitions or events, and they have won prizes.

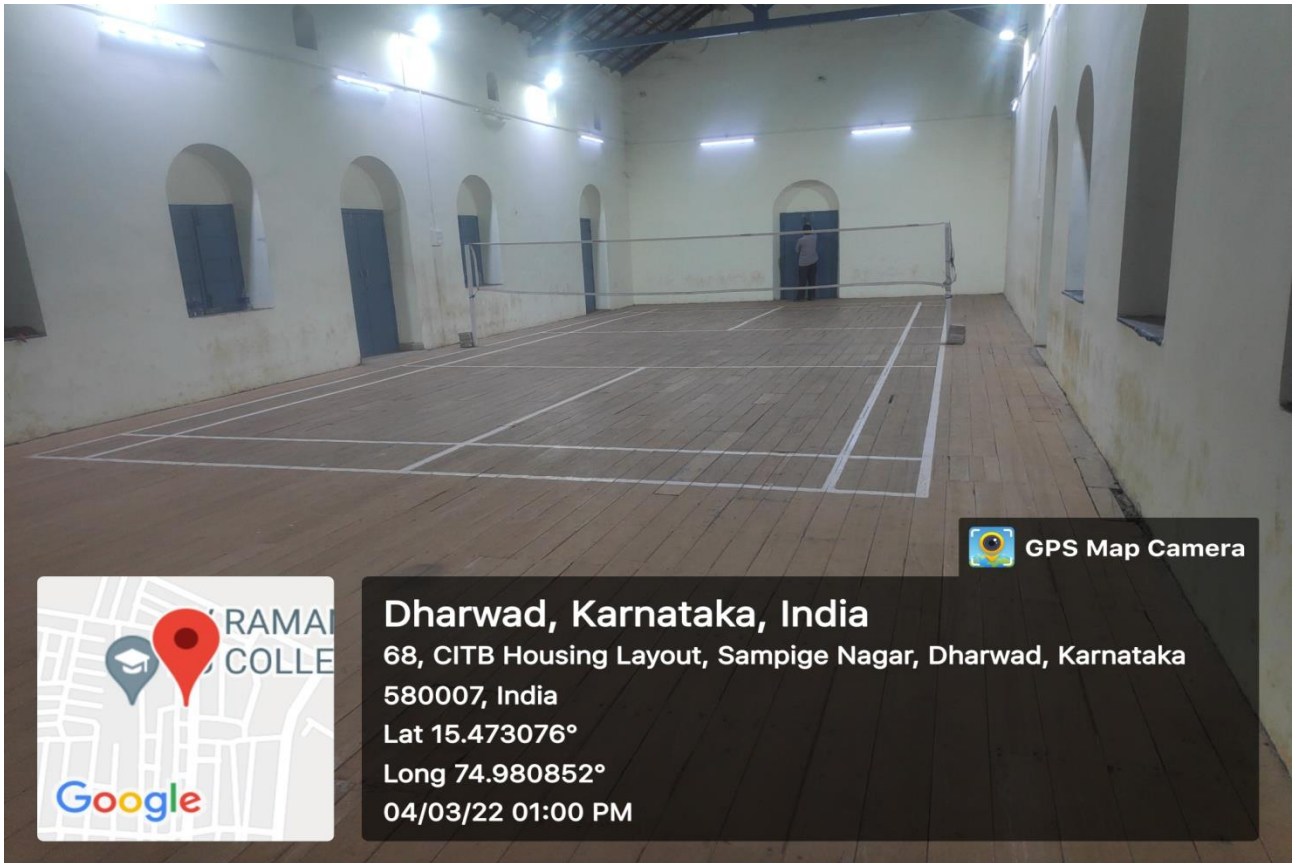
**3. Gymnasium:** In addition to academics, the college also pays attention to the health and fitness of the students. The gymnasium is a proud addition to the services and facilities offered by the institution to the students. The college has a separate building, where all the equipments are installed. Separate timing is allotted for girls and boys, and it is monitored by the physical director of the college. The college has invested over Rs. five lakhs on the purchase of equipment for the gym, which includes cross-trainers, multi-gyms, treadmills, upright bikes, recumbent bikes, and stationary bikes among many others.

**4. Yoga centre:** A yoga trainer/teacher from a sister institution is invited and the Yoga training camps are regularly arranged for teachers and students.

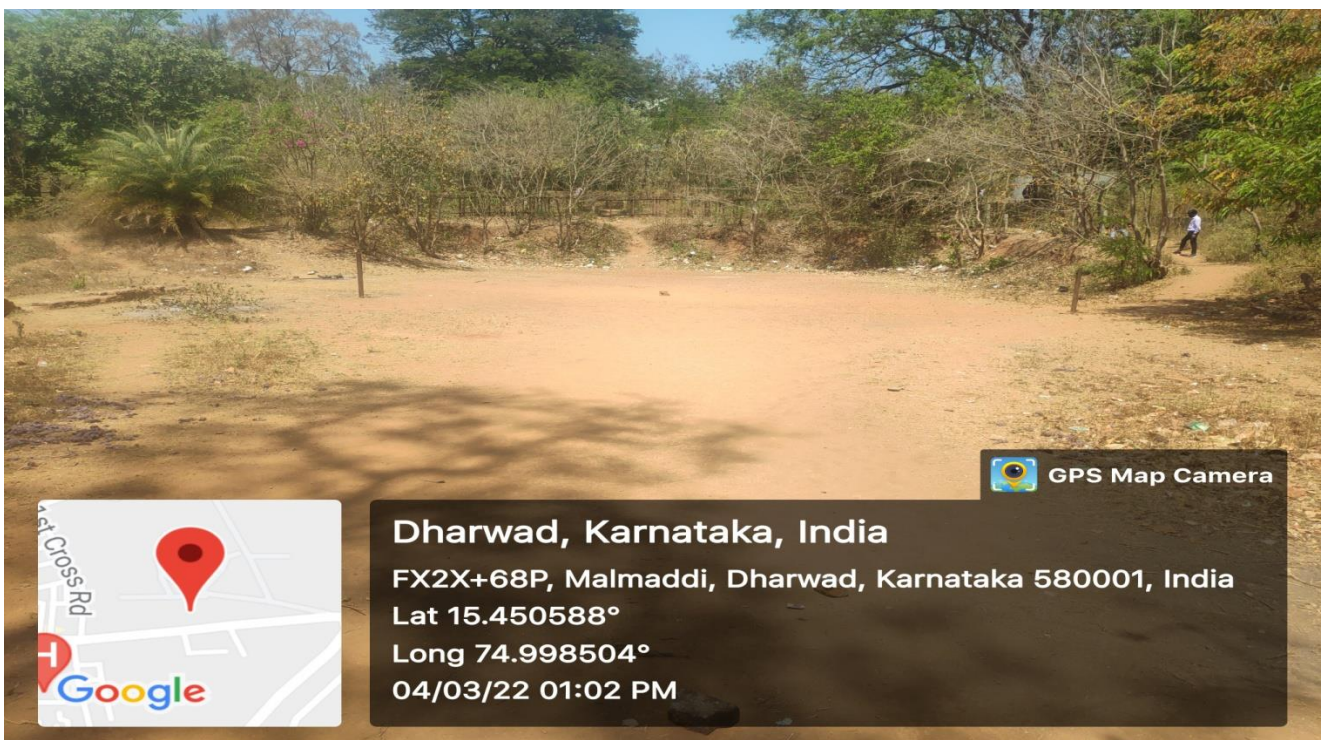


Multi Gym Facility in the campus





Indoor Badminton Hall with wooden flooring



Lawn Tennis Court





Play ground for Athletic events



Open Air Theatre for cultural events





Valley Ball court



Basket Ball Court No. 1





**Dharwad, Karnataka, India**

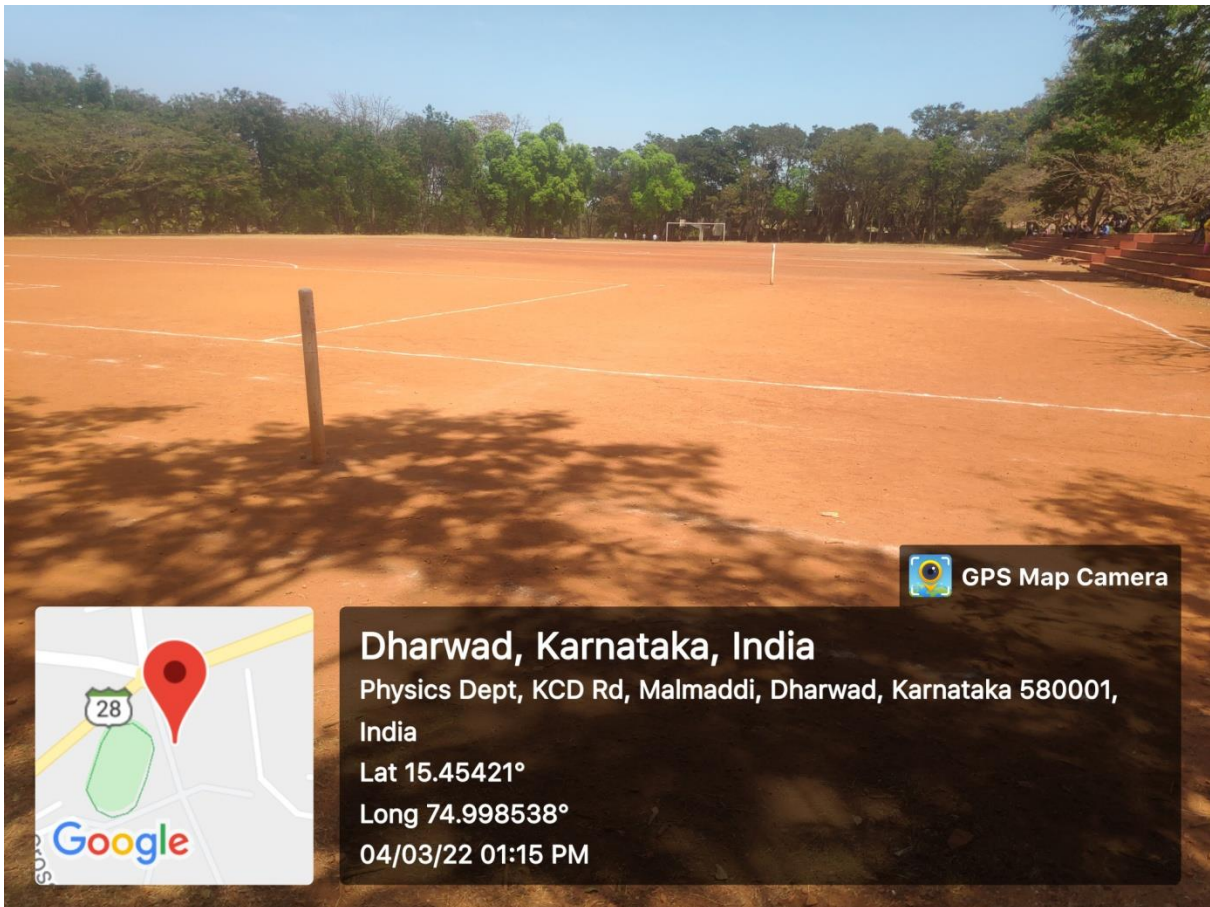
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Tenquite Court



**Dharwad, Karnataka, India**

Physics Dept, KCD Rd, Malmaddi, Dharwad, Karnataka 580001, India

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Khokho Ground





**Dharwad, Karnataka, India**  
Physics Dept, KCD Rd, Malmaddi, Dharwad, Karnataka 580001,  
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Foot Ball & Hockey Ground



**Dharwad, Karnataka, India**  
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Basket Ball Grount – No. 2