




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

1. Our college's overarching goal in education is to cultivate the "whole student." In fact, participation in extracurricular activities is thought to be a crucial component in each student's personal development. Participation in extracurricular activities is essential to the college experience. Pupils participate in extracurricular activities primarily to acquire and enhance life skills, but also for amusement, socialization, and enjoyment. Extracurricular activities' main objectives are to benefit the individual student, the institution, and the larger community.
2. **Cultural activities:** The cultural activities offered by college are a truly remarkable aspect of the vacation. Since the college's reopening, the institution has maintained a vibrant cultural committee led by the principal and composed of the appropriate committee members and the chairperson of the cultural activities. A college education provides a student with a wide range of experiences in addition to social and intellectual chances. Cultural events give rise to social and professional partnerships, which both parties can use to create mutually beneficial relationships with one other. The College's Department of Culture (Cultural Activities) offers a variety of chances for students to participate in cultural events.

These activities enhance physical attributes like cardiovascular health, balance, flexibility, endurance, and focus. In order to improve their mental health, our students also take part in creative activities including collage, spot photography and painting, poster creation, quizzes, debate, elocution, drama, and flash mobs. It is well recognized that participation in these activities lowers the risk of mental health conditions like depression and addictive behaviors. In addition to this, our kids benefit spiritually and emotionally by participating in these extracurricular activities.

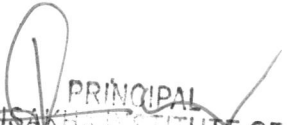
3. **Sports activities:** Sports refers to any type of competitive physical exercise that tries to use, maintain, or enhance physical abilities and skills while offering players satisfaction and, occasionally, entertainment to onlookers. Participating in sports, whether formal or informal, can enhance one's physical well-being. The outdoor sporting activities that our college students engage in include track events (running races, through jumps, and other events), games like

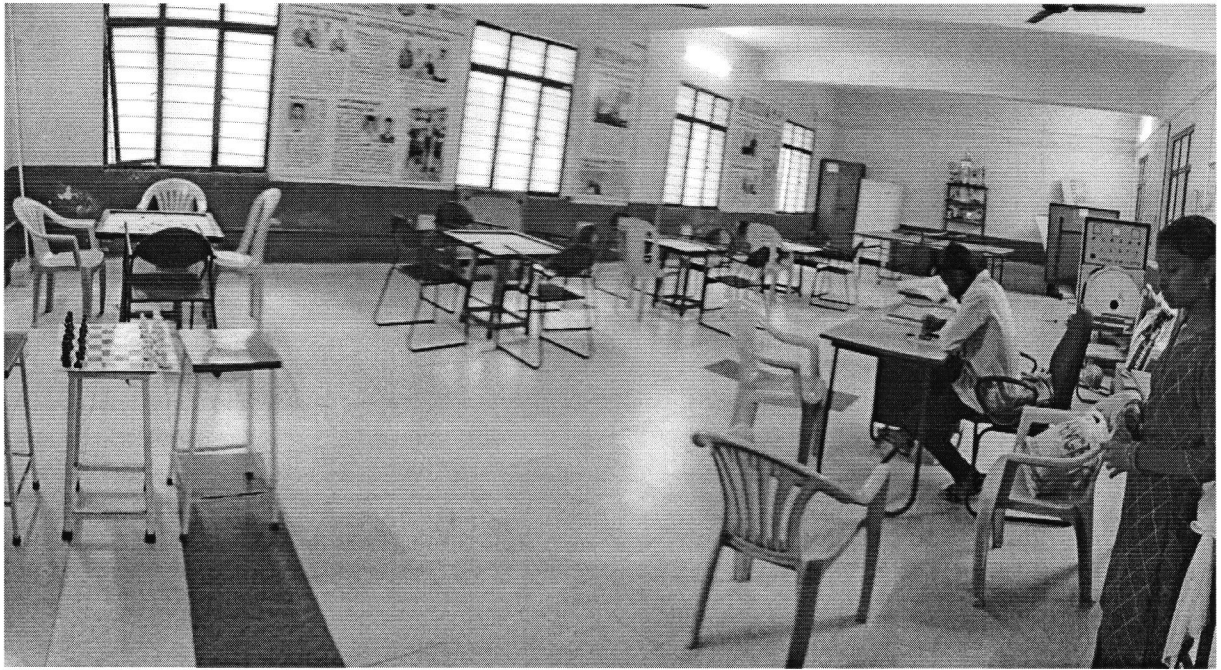
Volleyball, Kho-kho, Kabbaddi, Football, Basketball, Hockey, Ball badminton, Tennis, and indoor activities such as Carrom, Table Tennis, Chess, and Shuttle badminton. Our college

  
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have received prizes.

4. **Yoga centre:** Although teachers and students routinely attend yoga training camps, a yoga trainer/teacher has been assigned to lead yoga lessons.
5. **Ro-Plant** –a purified water plant was established in college premises to supply hygienic and purified water to all the staff and students of the college campus


  
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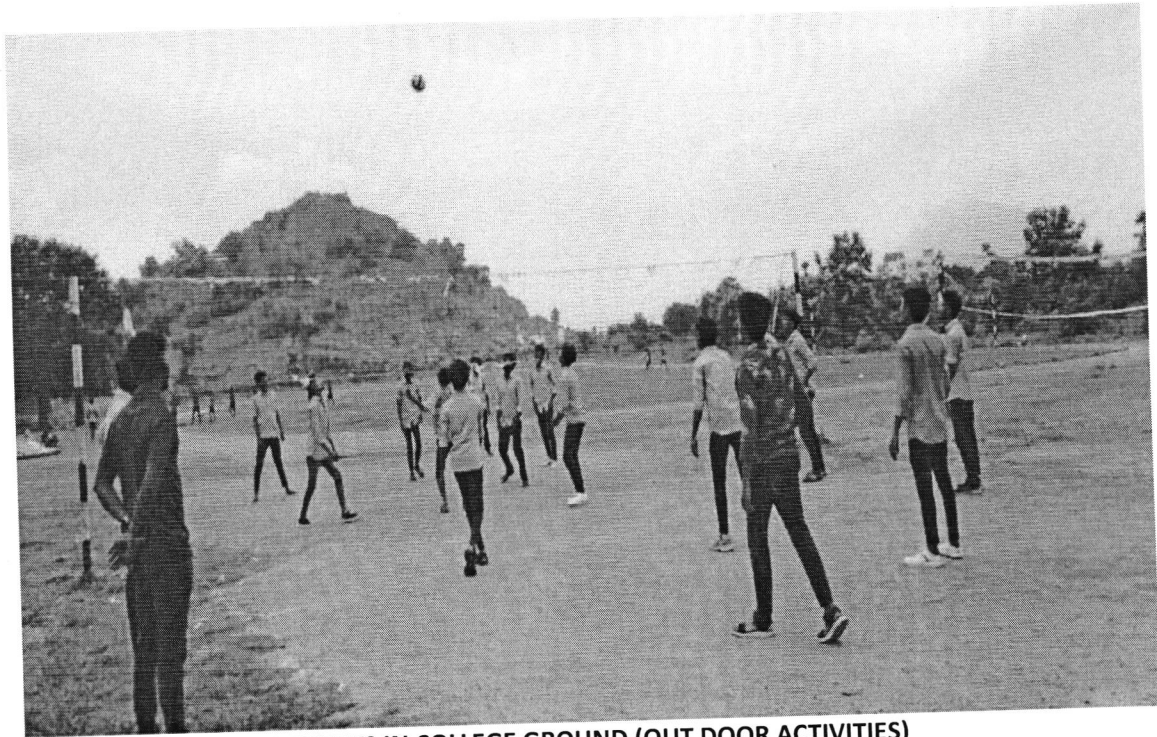


**INDOOR SPORTS ACTIVITIES**

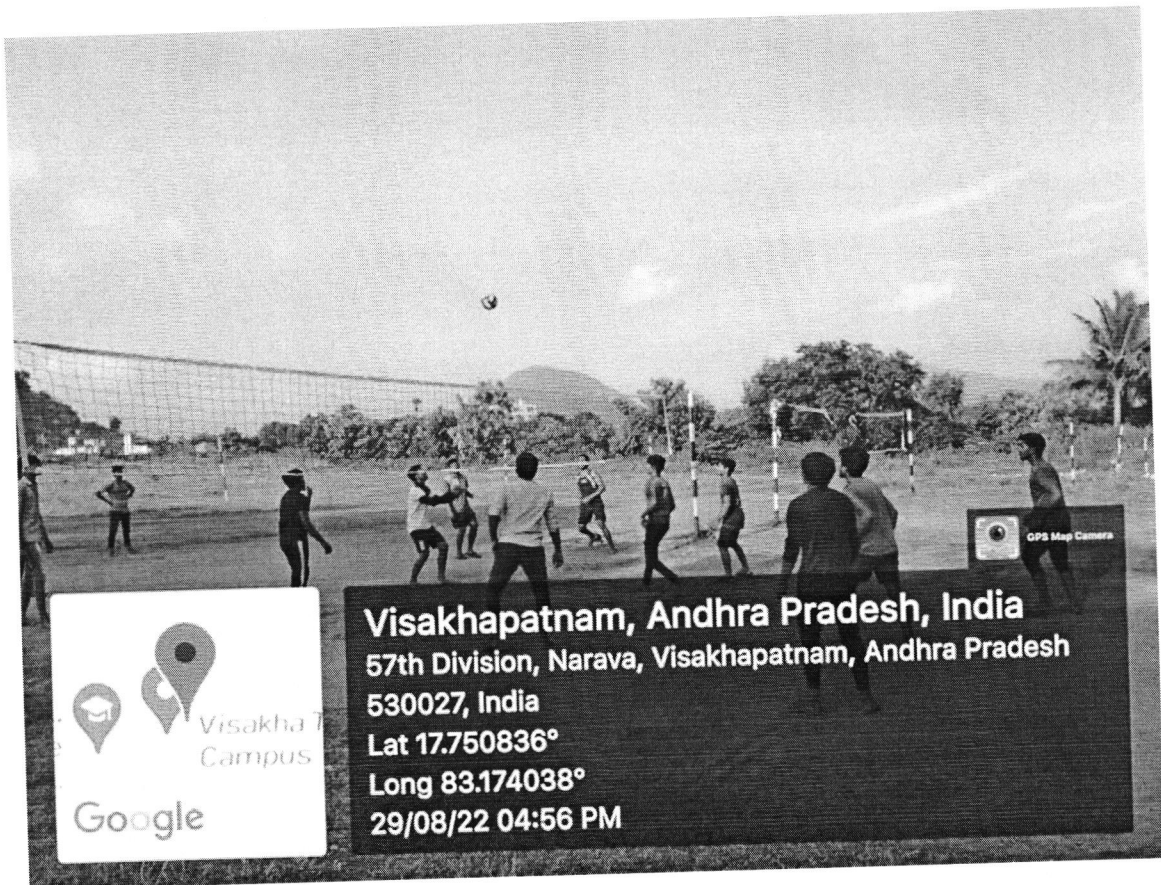


**CRICKET NET PRACTICE -COURT**

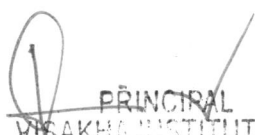
  
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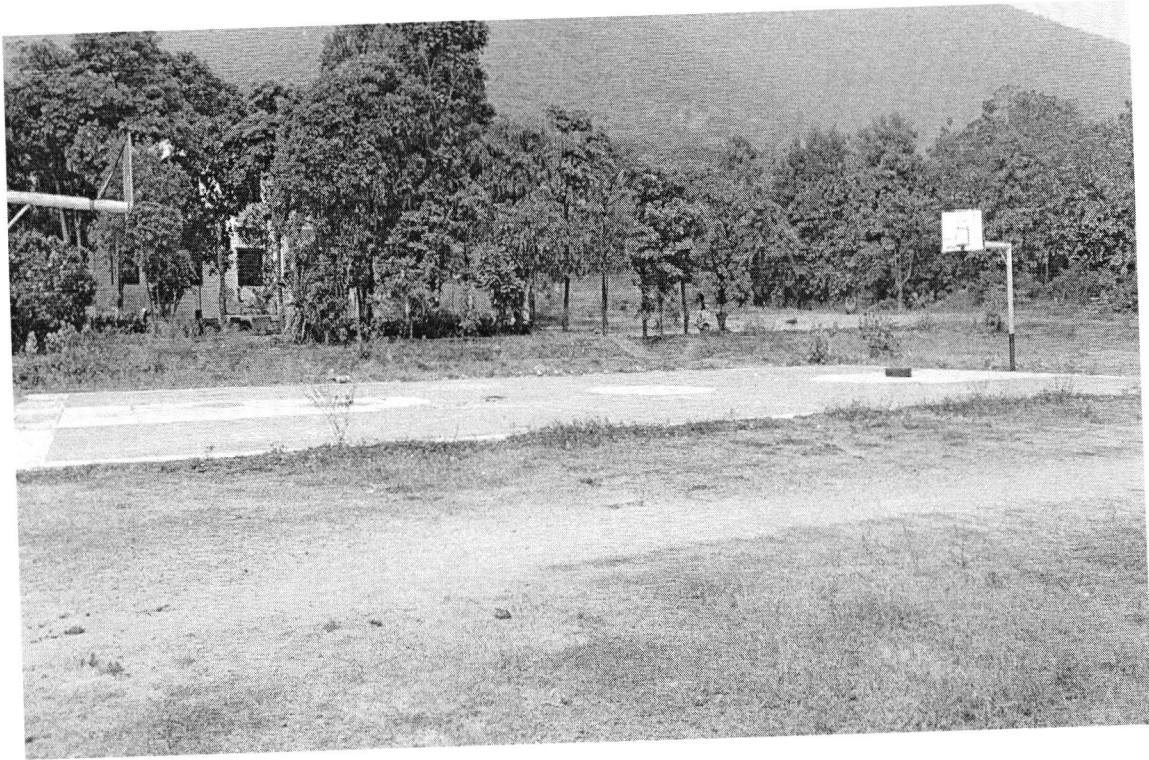


**SPORTS EVENTS IN COLLEGE GROUND (OUT DOOR ACTIVITIES)**

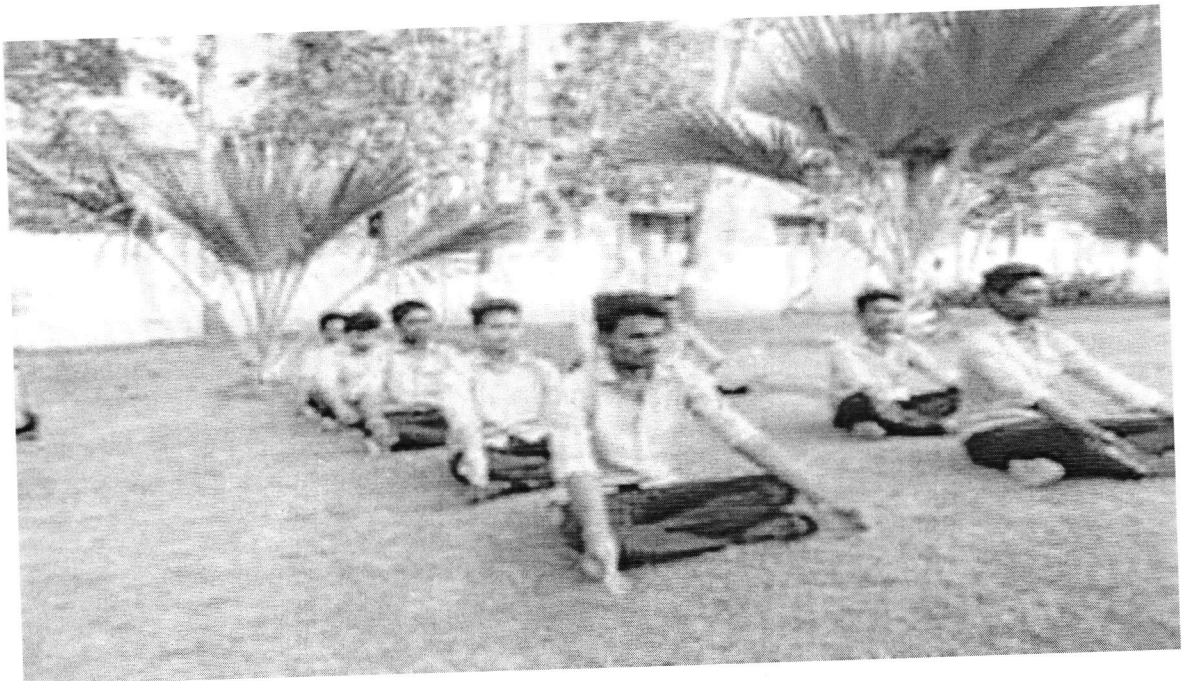


**COLLEGE PLAYGROUND**


  
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**BASKET BALL COURT**

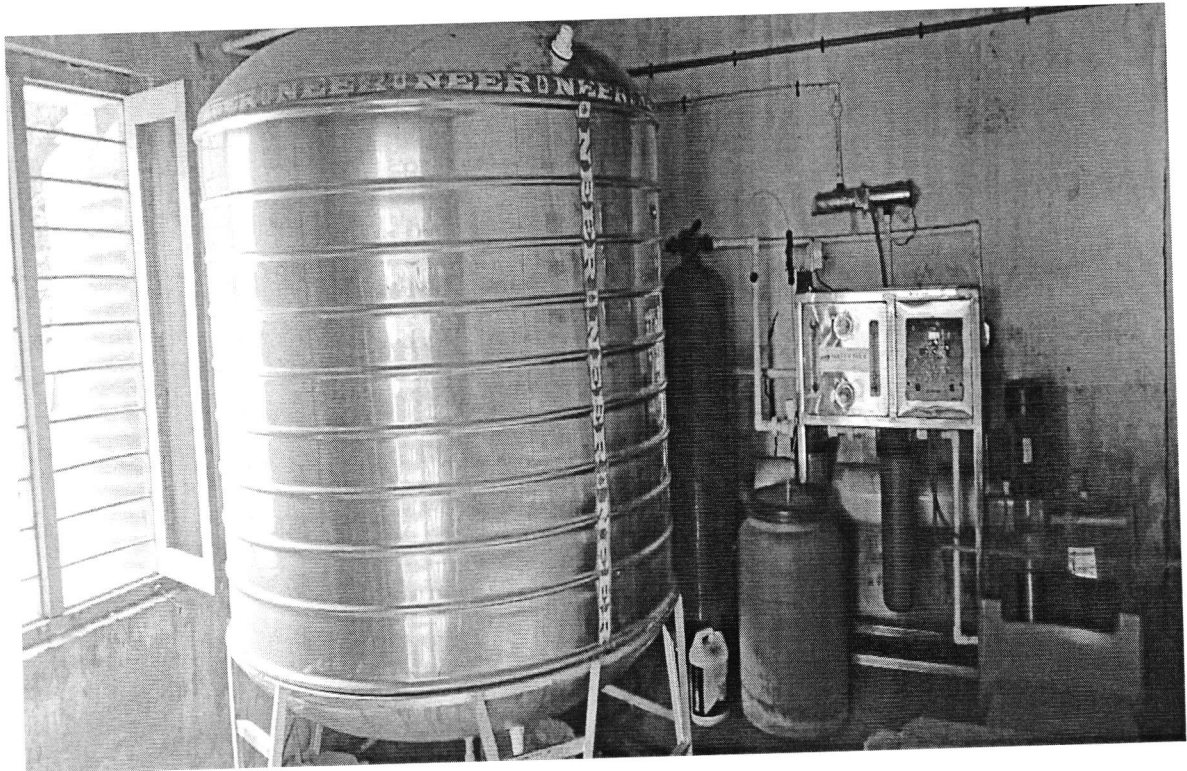


**YOGA CLASSES BY STUDENTS**


  
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YOGA BY STUDENTS



RO-WATERPLANT

  
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