



SARADA KRISHNA
Homoeopathic Medical College
Kulasekharam, kanniyakumari Dist., Tamil Nadu

SPORTS AND CULTURAL FACILITIES

INFRASTRUCTURE:

Area Type	Facilities	Area
College		
	Indoor games	32.44 sqm
	Outdoor games	1580 sqm
	Volley ball court	18 X 9 m
	Badminton court	13.40 X 6.10 m
	Throw ball court	12.30X18.40 m
	Physical educator room	32.44 sqm
	Auditorium	336.24 sqm
	Yoga hall	136.90 sqm
	Arts and culture Room	37.21 sqm
Ladies Hostel	Ladies Hostel	
	Indoor games	329.65 sqm
	Gymnasium	162.05 sqm
Boys Hostel	Boys hostel	
	Gymnasium	59.17 sqm

LIST OF ITEMS:

SL.No	Items	Quantity (No)
I	SPORTS (INDOOR)	
1.	Carrom board and coins	4
2.	Chess Board	10
II	SPORTS (OUTDOOR)	
1.	Foot ball	5
2.	Throw ball	4
3.	Shuttle bat	29
4.	Volley Ball	6
5.	Cricket Kit-Full	1
6.	Cricket bat	3
7.	Cricket Bails	6

8.	Cricket Ball	15
9.	Cricket Stump	6
10.	Skipping rope	12
11.	Tenicoit	4
12.	Shot put (M)	1
13.	Shot put (F)	1
14.	Disc throw (M)	1
15.	Disc throw (F)	1
16.	Shuttle cork	3packet
17.	High jump poll	3 Iron bar
18.	Volley ball net	1
19.	Badminton net	4
20.	Throw ball net	3
21.	Football net	2
22.	Plastic rope	1
23.	Steel spoon	14
24.	Refree Flag	8
25.	Relay batten	6
LIST OF ITEMS IN GYMNASIUM		
1	Pecdeck Machine	1
2	Squat machine	1
3	Biceps curl's machine	1
4	Seated calf raise machine and twist machine	1
5	Bench press rack	2
6	Latpulldown	2
7	Seated Biceps curl's machine	1
8	Stability ball	1
9	Bench-straight	1
10	Bench-inclined	1
11	1 bar row machine	1
12	Bench press stand	1
13	Weights-20Kg	2
14	Weights-15Kg	6
15	Weights-10Kg	6
16	Weights-5Kg	5
17	Dumbells-2 ½ Kg	2
18	Dumbells-5Kg	8
19	Dumbells-10Kg	4
20	Dumbells-20Kg	2
21	Squat bar	1
22	Straight bar	5
23	Bend bar	1
24	2 rack dumbell stand	1
25	Weight rack	1
LIST OF ITEMS FOR CULTURAL ACTIVITIES		
1	Tabala with moot	01
2	Dekka Vessels	01

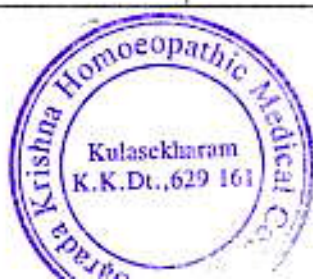
3	Degga Moot	01
4	Tabala Cover	01
5	Tabala Pad (Hand made)	01
6	Tabala Cushion Handmade	01
7	Tabala Hammer	01
8	Ngn violin Model No 105 (Hand made)	01
9	Violin case	01
10	Violin Nylon Bow New	01
11	Rosin Normal	01
12	Hormonium Double read Handmade	01
13	Signaure Acoustic Guitar	01
14	CTK 3500	01
15	LAD 6	01
16	Kanjira size 10" Fiber	01

FACILITIES FOR YOGA

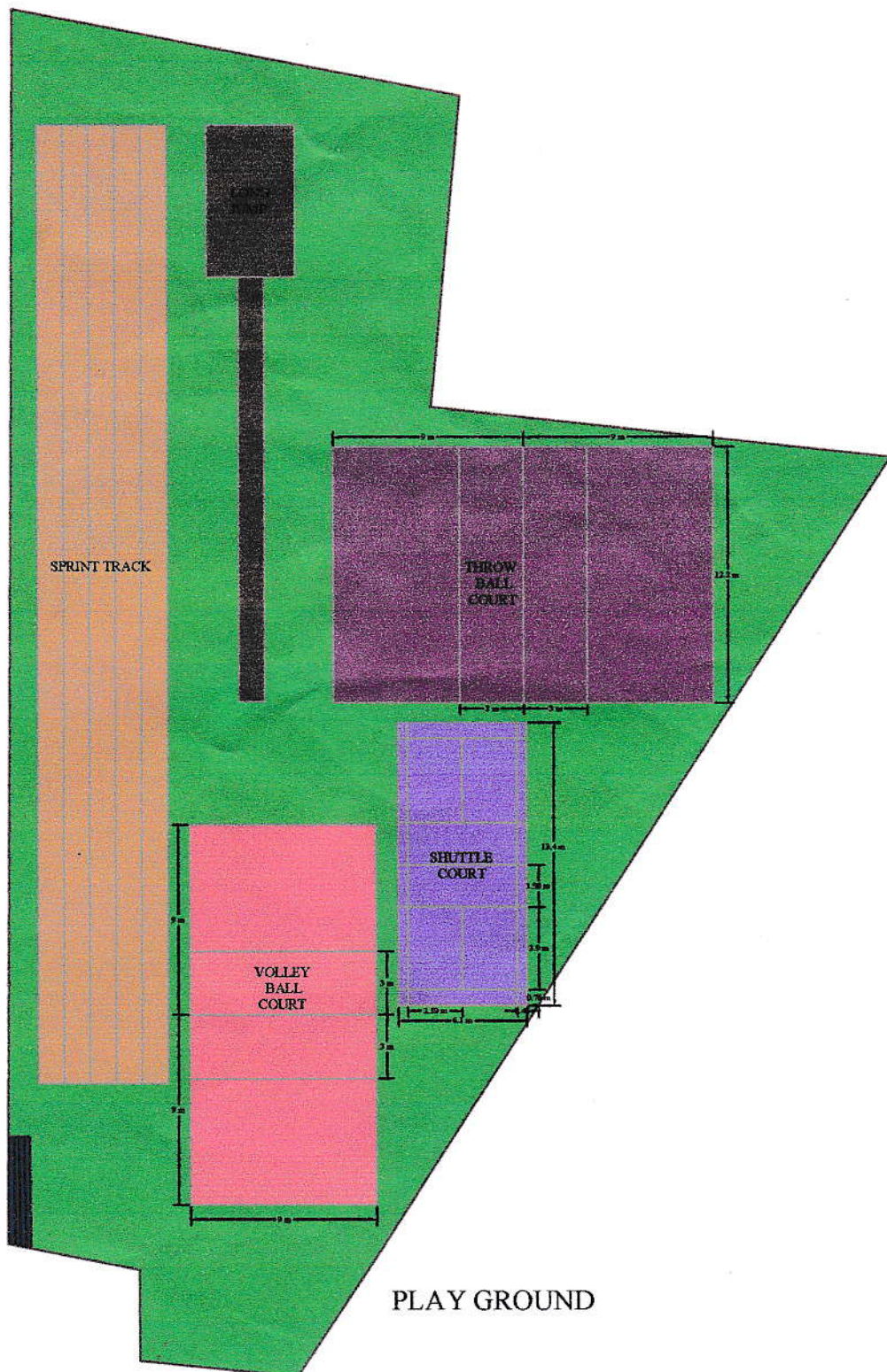
Yoga hall	Yoga hall situated in the fourth floor of college building is spacious enough to accommodate a minimum of 100 persons.Regular yoga classes are conducted for the students. A certificate course on yoga is conducted for the interns. Every month first ten days yoga classes are conducted for the public also.Besides this the collegiate hospital has a yoga clinic in the basement floor and a yoga hall in the third floor .
Yoga master	Sri. P. Krishnan Kutty, Professor of 'Simplified Kundalini Yoga' from the Shree Vethathiri Maharishi's World Community Service Centre, Thiruwanniyur, Chennai

RECREATIONAL FACILITIES FOR STAFFS AND STUDENTS

Common rooms	The College has staff rooms for gents and ladies separately in the third floor with an area of 17.5 sqm each for the faculty members and separate rooms for girls and boys to interact and discuss with their peer groups.
Green landscape	The college has a beautifully landscaped garden with walkways, covering the open area of the college. The students and staff can sit, relax and enjoy the beauty of nature.
TV Rooms	Both the hostels have TV rooms with a TV and videocon d2h as service provider.The fourth floor of ladies hostel has two TV rooms of a total area of 162.61sqm




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