



Since 1991

SENGUNTHAR ARTS AND SCIENCE COLLEGE

(Affiliated to Periyar University, Salem and Approved by AICTE, New Delhi)

An ISO 9001:2015 Certified Institution

Recognised under section 2(f) and 12(B) of the UGC Act 1956

Accredited by NAAC A+, Tiruchengode – 637 205.



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

S.No.	Particulars	Page no.
1	Sports	1-10
2	Cultural Activities	11-12
3	Yoga Centre	13-14



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SPORTS SUPPORTING DOCUMENTS



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SPORTS FACILITIES

S.NO	EVENTS
1	Basket Ball
2	Hand Ball
3	Volley Ball
4	Throw Ball
5	Kabbadi
6	Ball Badminton
7	Foot Ball
8	Cricket
9	Tennis
10	Table Tennis
11	Badminton
12	judo
13	Wrestling
14	Boxing
15	Power lifting, Weight lifting
16	Kho-kho
17	Chess
18	Athletics
19	Taekwondo

Indoor court with Size

S.No	Court	Size
1	Table Tennis	2.74 m longx1.525 wide
2	Badminton Singles	(13.4x5.18 m)
3	Badminton Doubles	(13.4x6.1 m)
4	Judo	[8-10 m]
5	Wrestling	[12 m square]
6	Boxing	[4.9 to6.10m square]
7	Power lifting	[4 m square]
8	Weight Lifting	[4 m Square]
9	Chess	-
10	Tack wondo	[10x10]



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Outdoor Court Size

S.No	Court	Size
1	Basket Ball	[28mx15m]
2	Hand Ball	[40mx20 m]
3	Volley Ball	[18mx 9m]
4	Tennis	[23.77m long], {singles:8.23 m}
5	Tennis	[23.77m long], {Doubles:10.97 m}
6	Throw Ball	[18x9]
7	Kabaddi	{Men:13mx10}
8	Kabaddi	{Women:10mx8}
9	Ball Badminton	[24mx12 m]
10	FootBall	[90mx45m]
11	Cricket	[137mx 150 m]
12	Kho-Kho	[29mx 16m]

Athletics-200 Track

S.No	Event	Size	Length
1	Shot Put	2.135m	Length=25 m
2	Discus throw	2.50 m	Length=50 m
3	Long jump	2.75 m	Length=9m Runway=50 m
4	Javelin	4m	Length=36.5 m Runway=36.5 m

Gym Material Details

S.No	Equipments	Count
1	Bench Press	1
2	Rod	2
3	Small Rod	4
4	Thumbles	1

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Weight Plate

S.No	Kg	Weight Plate
1	25kg	3 set
2	20kg	3 set
3	15 kg	2 set
4	10 kg	4 set
5	7.5 kg	2 set
6	5 kg	3 set
7	3 kg	1 set
8	2.5 kg	2 set
9	1.4 kg	2 set
10	Squad Stand	2
11	Platform Wood	4

ATTESTED

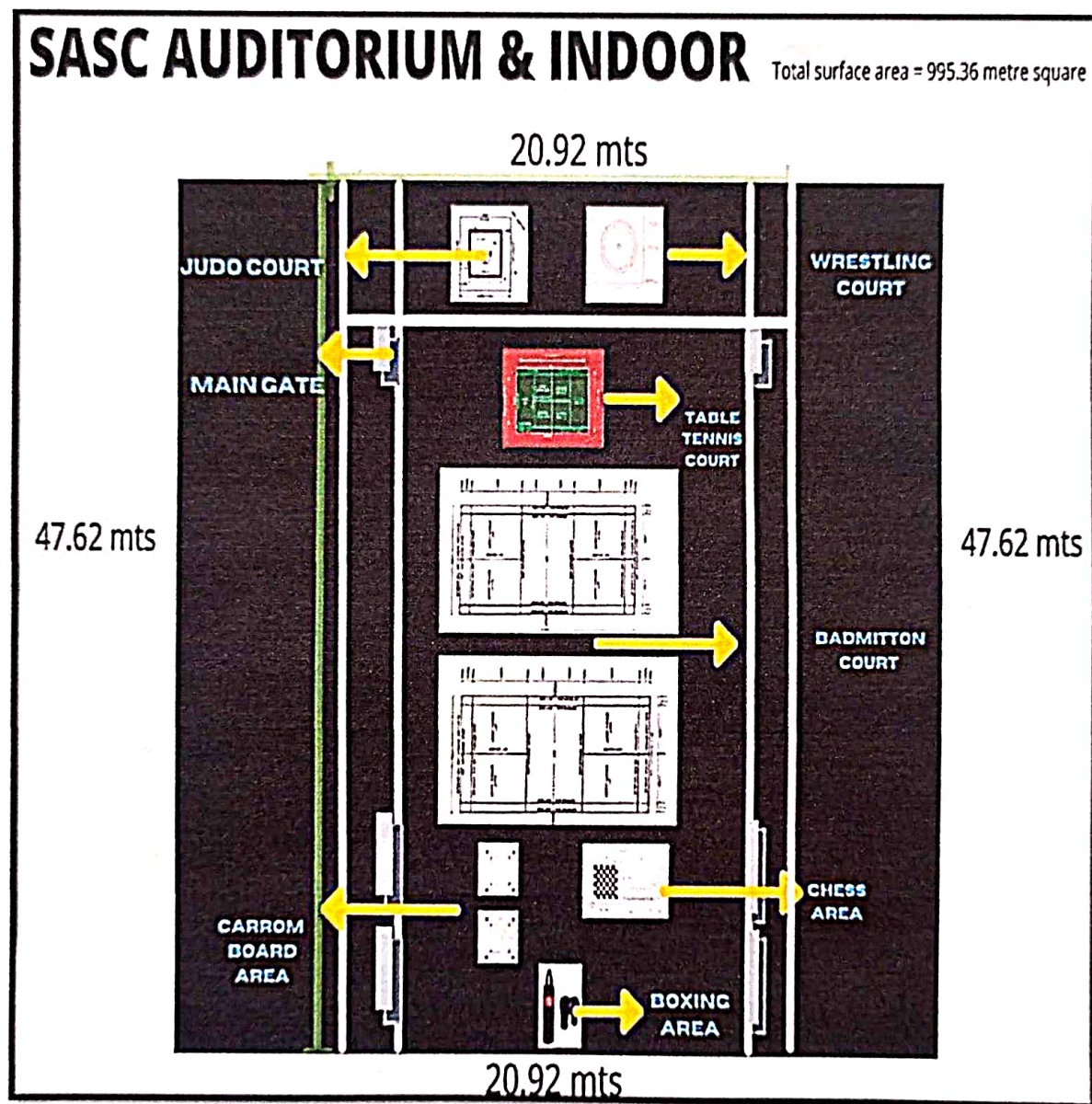
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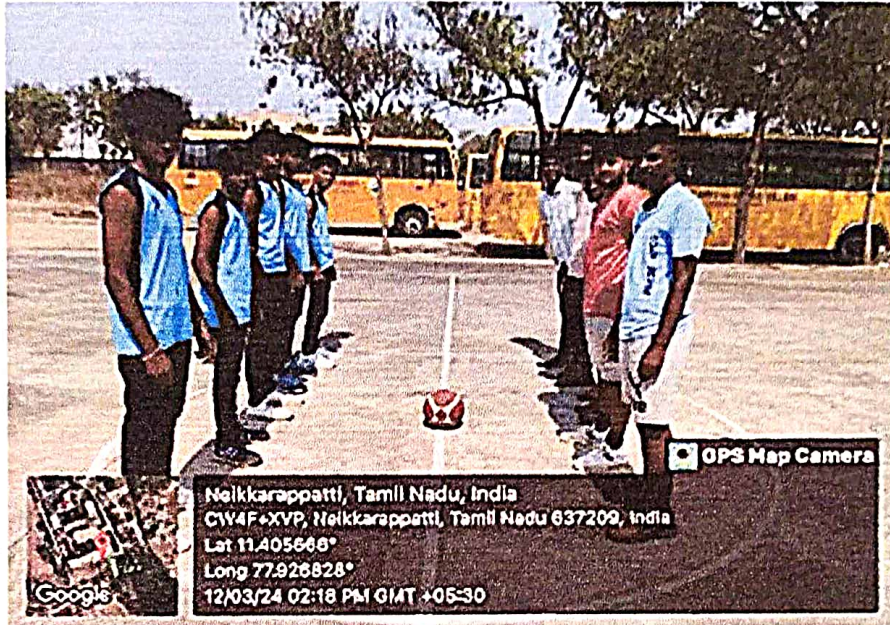
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Football Ground



Volley ball Ground



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Track and Field Ground



Kabaddi Ground

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[Signature]

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Table Tennis



Chess



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CULTURAL ACTIVITIES




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Auditorium

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YOGA DAY





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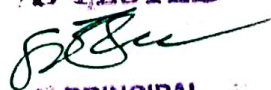
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Yoga

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