



College of Ayurved & Research Centre

(I.D.No. P.U./P.N./AYU. /081/1990)

Sector No. 25, Pradhikaran, Nigdi, Pune-411 044 (Maharashtra State), India.

Phone - 020 - 27653965 / 27659578, Fax: - 020 - 27659578, Website - www.pdeaayurvedcollege.edu.in

E-mail - carc2006@rediffmail.com / carcakurdi@gmail.com Outlook- acrc_akurdi@pdeapune.org

4.1.2 The institution has adequate facilities to support physical and recreational requirements of students and staff – sports, games (indoor, outdoor), gymnasium, auditorium, yoga center, etc. and for cultural activities

Facilities to support physical and recreational requirements of students and staff and for cultural activities:

A. Sports Facilities:

- The department of physical education and sports was established in 1990.
- The college has provided adequate infrastructure to the Sports department. Indoor and outdoor sports and games facilities catering to the diverse needs of the sports personnel have been provided.
- The sports, games and open gym facilities made available to the sports personnel for the conduction of sports events.

Indoor Facilities: -

- Chess
- Carom
- Table Tennis.
- College has an indoor hall having area 400 sq. ft (20x20 ft) for Table Tennis, Carrom & Chess.

A separate area is provided for Yoga training.

- Yoga Hall

Outdoor Facilities: -

- The physical education and Sports department have a multipurpose ground having area of 10700 sq. ft. (L= 107 ft x W= 100 ft i.e., 10700 sq. ft) for Volleyball & Kabaddi.
- A separate ground for open Badminton Court is of size 880 Sq. ft (L= 44 ft x W= 20 ft) is allotted.

Open Gym Facility

- College has made an open gym in 480 sq. ft area (12x40 ft) for students
- Open gym having 09 exercise equipment for daily physical exercise.





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About Department

- Students are given training for sports in number of games which has increased participation at Intercollegiate, Zonal, University, State, National, and International Level.
- Over last five years, many students received awards for sports competitions.
- College is committed to innovate, modernize, and update the existing sports facilities.
- Department believes only in provision of the distinguished sports facilities.

B. Auditorium: -

- Institute has well-furnished Auditorium of Area 322 Sq. Mtr. with smart board & ICT having 100 seating capacity.
- It is used for Seminars, Guest Lectures, Workshops and Cultural Activities.

C. Multipurpose hall/Yoga Hall

- Swasthvritta Department has spacious, well- furnished yoga hall for students & faculty.
- Total area of yoga hall is 700 Sq. ft. with T.V & Audio visual facility.
- Regular UG &PG practical's, Workshops, Yoga advance practices with audio - video clips for students and faculties are conducted with the help of yoga teacher.

Following facilities are available in Yoga Hall:

1.	TV	01
2.	DVD Player	01
3.	VCD	25
4.	Slide Projector	01
5.	Music System	01
6.	Yoga Mat	23

D. Facilities for Cultural activities:

To develop cultural environment in the college for extramural activities and motivate participation of students at institutional as well as outdoor cultural events, institution is obliged to provide facilities for the various cultural activities.





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- **Constructed fixed stage-** for cultural programs like annual gathering, prize distribution programmes etc.
- **Spacious auditorium** – for various small programs, karaoke practices, speech practices, recordings, felicitation programs, cultural activities etc.
- **Separate display board for CARC creative corner-** For students' cultural activities.
- **Sound & mike system, speakers**
- **Television, LCD projector-** for visuals
- **Digital camera-** for image capturing and recording videos.
- **Computer with Printers**
- **Decorative materials & Accessories** – For decorations in annual gathering welcome programs, etc.
- **Musical instruments like Harmonium, Tabla, Khanjiri, Daph etc.-** For musical programs, in gatherings or other cultural fests.




Principal
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DEPARTMENT OF SPORTS

SPORTS EQUIPMENTS

Sr. No	Name of Sports Equipments
	VOLLEYBALL
1	Volleyball
2	Volleyball Net
3	Volleyball Pole
4	Volleyball Antenna
	TABLE TENNIS
5	T.T. Table
6	T.T. Net
7	T.T. Balls
8	T.T. Clamps
	CARROM
9	Carrom Boards
10	Carrom Coins
11	Strikers
	CHESS
12	Chess Boards (Plastic)
13	Chess Boards (Wooden)
14	Chess Coins Set (Plastic)
15	Chess Coins Set (Wooden)
	BADMINTON
16	Badminton Pole
17	Badminton Net
18	Shuttles
19	Rackets
	SPORTS KIT (Uniforms)
	T SHIRTS
20	T- Shirts Size -32
21	T- Shirts Size -34
22	T- Shirts Size -36
23	T- Shirts Size -38
24	T- Shirts Size -40
25	T- Shirts Size -42
26	T- Shirts Size -44

S.D.

SPORTS DIRECTOR
P.D.E. A's College of Ayurved &
Research Centre, Nigdi,
Pune - 411044



H.R.

Principal
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	SHORTS
27	Shorts – 36
28	Shorts – 38
29	Shorts – 40
30	Shorts – 42
31	Shorts – 44
32	Shorts – 46
	TRACK PANTS
33	Track Pants -36
34	Track Pants - 38
35	Track Pants -40
36	Track Pants -42
37	Track Pants - 44
38	Track Pants - 46
	TRACK SUITS
39	Track Suit -36
40	Track Suit- 38
41	Track Suit -40
42	Track Suit -42
43	Track Suit -44
44	Track Suit -46
	CRICKET
45	Bat
46	Balls
47	Stumps
48	Bells
49	Hand Gloves
50	Half Pitch Mat
51	Helmet
52	Guard
53	Nails
54	Pads
55	Bat
56	Balls
57	Gloves
	ATHLETICS
58	Relay Lantern
59	Discus Plate – Big


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60	Discus Plate- small
61	Shot put Big
62	Shot put Small
63	Javelin
64	High Jump Stand
65	Measuring Tape
66	Stop watch
	OPEN GYM EQUIPMNTS
67	Air Walker
68	Chest Press
69	Leg Press Dual
70	Standing & Sitting Twister
71	Rower
72	Arm Bike
73	Cross Trainer Dual
74	Surf Board
75	Tai Chi Wheel
	OTHER EQUIPMENTS
76	Bull Worker
77	Skipping Rope
78	Basketball Net
79	Lagori Set
	ACCESSORIES
80	Knee Cap
81	Ankle Cap
82	Elbow Cap


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