

CRITERION – IV

INFRASTRUCTURE AND LEARNING RESOURCES

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

🏆 Sports and Games

Adithya Institute of Technology emphasizes the holistic development of students by promoting participation in co-curricular and extracurricular activities. The institution fosters an environment that keeps students both mentally and physically fit. The well-qualified physical director trains and supervises students, ensuring the proper development of physical skills and well-being.

The college boasts a spacious and well-equipped indoor sports room, which accommodates various indoor games such as table tennis, chess, carom, and a gym. Additionally, adequate space has been allocated for outdoor sports and games, with well-maintained facilities.

🏆 Cultural Activities

The college is committed to nurturing the cultural aspects of students through a variety of activities. All seminar halls and the auditorium are equipped with modern ICT facilities, enabling the seamless conduct of cultural and co-curricular activities. These events are held on important occasions like Annual Day, Cultural Fest, Hostel Day, and other significant events, providing students with ample opportunities to showcase their talents.

🏆 Athletics Track & Field Facilities

The college offers a comprehensive athletics facility to cater to various track and field events:

Track Event	:	A standard 400-meter track
Field Events	:	Long jump, triple jump, discus throw, javelin throw, shot put

Outdoor Sports Facilities

The institution has provided ample space and facilities for a range of outdoor sports:

Basketball Court	:	1 fully-equipped court
Ball Badminton Courts	:	2 courts
Cricket Practice Nets	:	2 courts
Football Field	:	1 court
Kabaddi Court	:	2 courts
Throw Ball Court	:	1 court
Volleyball Court	:	1 court
Badminton Courts	:	2 courts

Indoor Sports Facilities

The indoor sports facilities cater to students who are interested in games that can be played indoors:

Table Tennis	:	2 boards
Chess	:	Available
Carrom	:	4 boards

Gym Facilities

Adithya Institute of Technology offers an in-house gym that is equipped with modern fitness equipment to help students maintain physical fitness. The gym is having the following equipment:

1. Abdominal boards (3 types)
2. Rubber hex dumbbells
3. Rubber weight plates
4. Forearm equipment
5. Lateral pull-down machine
6. Pushup bars
7. Weights rods
8. Shoulder expander
9. Multipurpose bench
10. Bench press (incline & decline)

The gym serves as an essential space for students to enhance their physical health and strength, supporting the college's overall commitment to student wellness.

4.1.2 THE INSTITUTION HAS ADEQUATE FACILITIES FOR CULTURAL ACTIVITIES, SPORTS, GAMES (INDOOR, OUTDOOR), GYMNASIUM, YOGA CENTRE ETC.

Metric	Parameter	Link
4.1.2	The Institution has adequate facilities for cultural activities, sports, games (indoor, outdoor), gymnasium, yoga centre etc.	4.1.2 Proof