



Chinthareddypalem, Nellore - 524003. A.P.

Ph No: 0861-2317969 | Fax: 0861-2311968.

Recognized by Indian Nursing Council and A.P. Nurses & Midwives Council

Affiliated to NTR University of Health Sciences, A.P. Vijayawada.

Accredited by "International Accreditation Organization (IAO)"

website: www.narayanannursingcollege.com || e-mail: narayana_nursing@yahoo.co.in

4.1.2 THE INSTITUTION HAS ADEQUATE FACILITIES FOR CULTURAL ACTIVITIES, SPORTS, GAMES AND GYMNASIUM ETC

SPORTS AND GAMES FACILITIES

Narayana College of Nursing had realized the fact that without proper infrastructure, the will to excel in physical education remains distant. Hence, the college had developed fitting infrastructure of the track, Indoor, and outdoor stadium with international standards. The details of the infrastructure have been mentioned below.

Outdoor Stadium:-

- a) Two Volley Ball Courts have been constructed with international standards.
- b) Two Basket Ball Courts also have been made available.
- c) Sensing the interest of the students, in table tennis and tennis, two table tennis courts and a common Lawn Tennis court have been constructed. A notable point is that all the above courts are furnished with synthetic flooring. They have also been provided with floodlights in night also, enabling the players to practice.
- d) A fully developed and well-maintained track also has been developed for practicing sprints and field events like 400 meters and eight lanes.
- e) A cricket stadium, for practicing the most popular game in India has been made available to the players with turf pitches.
- f) Kabaddi and kho – kho games have been accorded due importance by the construction of the counts with standard measurements.



B. Anny
Principal
NARAYANA COLLEGE OF NURSING
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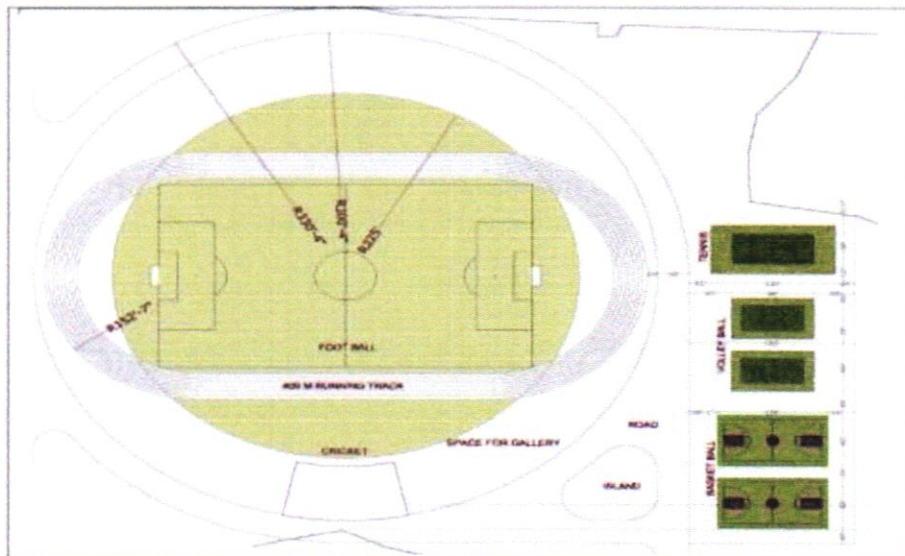
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BASKETBALL COURT



VOLLEYBALL COURT



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KHO-KHO



THROWBALL COURT



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THROW BALL



THROW BALL TEAM



B. Anuraj
Principal
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INDOOR FACILITIES:-

- a) Two Table Tennis Rooms have been constructed with international standards.
- b) Carroms Boards and chess Boards are Available



TABLE TENNIS

Out Door Games :-

- 1) Throw Ball
- 2) Tennikoit
- 3) Volley Ball
- 4) Basket Ball
- 5) Kabaddi
- 6) Kho – Kho

Indoor Games :-

- 1) Chess
- 2) Carroms (Doubles & Mixed Doubles)
- 3) Table Tennis
- 4) Shuttle Badminton (Singles & Doubles)



B. Shree
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ATHLETICS

- 1) 100 Meters
- 2) 200 Meters
- 3) 100 X 4 Relay
- 4) Long Jump
- 5) Shot – Put
- 6) Javelin Throw
- 7) Disk Throw

Plan of Activities:-

- Sports week:- January –February months every year
- Yoga - International yoga day - June 20th
- **MAY:** National Physical Fitness and Sports Month
- May 1–7: National Physical Education and Sport Week
- May 14-20: Running and Fitness Week
- May 17: National Employee Health & Fitness Day

B. Pranj
Principal

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GYMNASIUM: -

Realizing the proven fact fiat "Health is Wealth" and "A Healthy mind lives in a healthy body" Narayana College of Nursing has taken all the necessary measures for providing good physical education to all its students.

As a first measure, a qualified Asst. professor in Physical Education has been appointed way back in the year 2003 and with an unbroken and active service of more than 12 years of Asst. Professor. J. Silvi Babu, Narayana Medical College has developed a sprawling Physical Education Department in an extent of 16 acres. This department includes both Indoor and out outdoor studios with international standards. Continual physical education training goes on in the department. The Department and stadia are kept open from 6.30 am to 6.30 p.m. for free access by the instructed students at their convenient time without any disturbance to their academic schedules.

The inmates of the hostels can utilize the services and facilities of the department right from 5.30 A.M in the morning and up to 8.30 P.M in the evening. Guidance and coaching in different sports and games are offered regularly. Motivation classes are also conducted for maintaining good physical and also participating in different games and sports events.

A fully equipped Gym has been established on the college campus and the coach is available in the Gym for guidance. The Gym is kept open from 5.30 A.M to 9.30 A.M the Morning and from 4.30 P.M to 9.30 P.M in the Evening,



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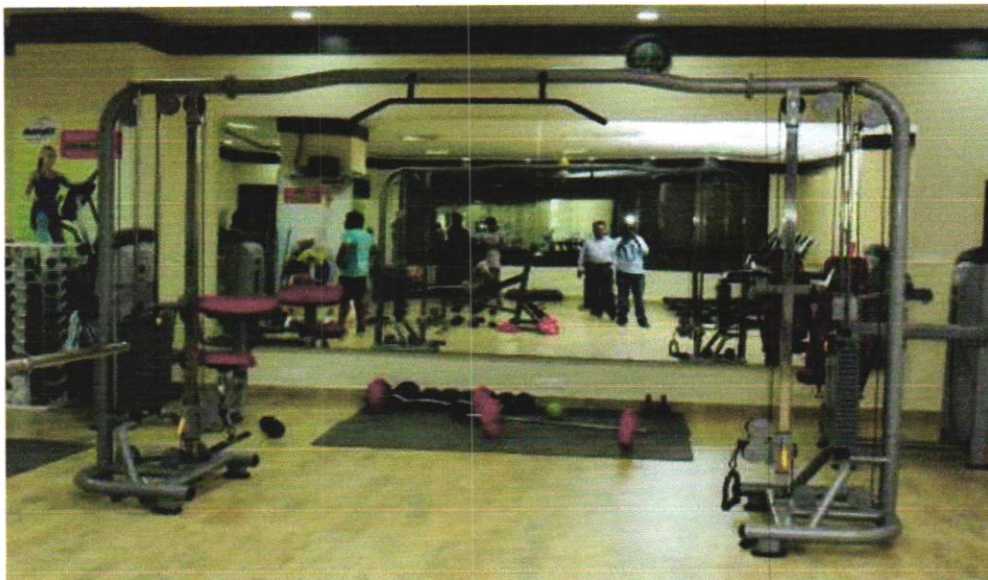
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TREAD MILL



CHIN UP MACHINE



B. Princy
Principa
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STREACH MACHINE



BUTTER FLY



B. Anjani
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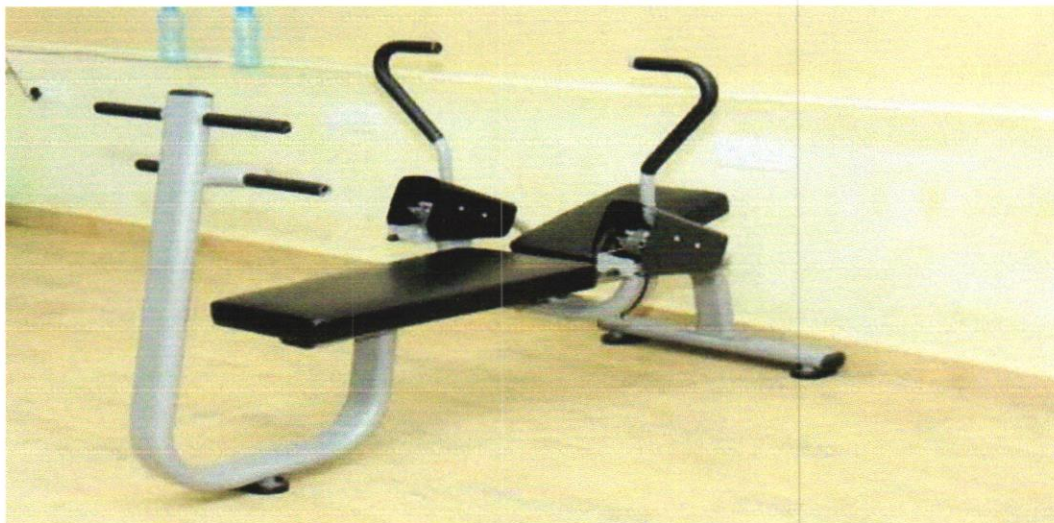
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ABDOMINAL MACHINE



CRUNCH BENCH



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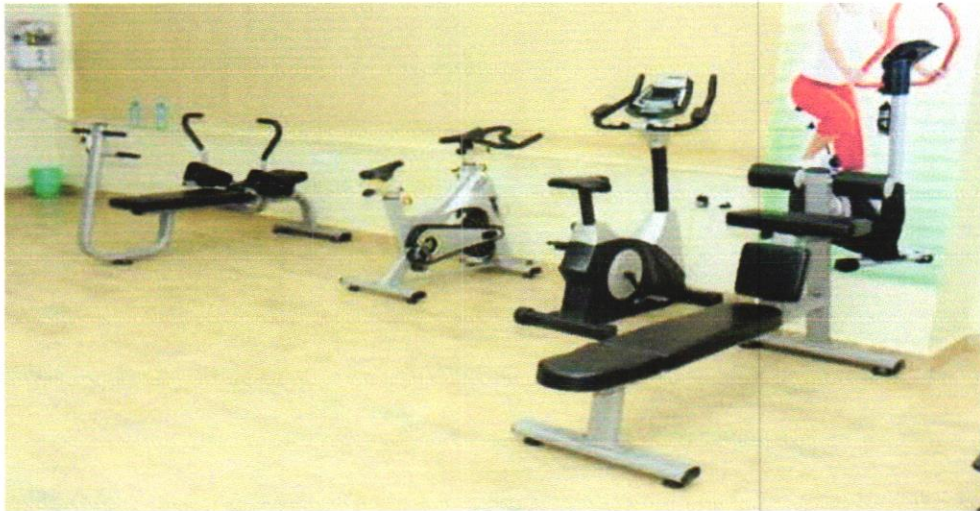
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BISCEPS CURVE

CULTURAL ACTIVITIES:

The College encourages students to participate in various cultural and literary activities and make the students excel in their fields of interest. The college conducts various cultural activities like college day, Fresher's day and convocation day in which students exhibit their talents. The students' participation in cultural activities develop aesthetic sensibility and an appreciation for the arts.

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