



# NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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## 4.1.2. LIST OF AVAILABLE SPORTS, GAMES (INDOOR, OUTDOOR), GYMNASIUM, AUDITORIUM, YOGA CENTRE AND CULTURAL FACILITIES

### LIST OF AVAILABLE FACILITIES

SL.NO.	FACILITIES	QUANTITY
<b>I.</b>	<b>SPORTS FACILITIES</b>	
1.	Volleyball court	1
2.	Throw ball court	1
3.	Table Tennis	1
4.	Basket Ball court	1
5.	Chess	3
6.	Carrom Board	3
7.	Shuttle Badminton	1
8.	Kabaddi court	1
9.	Jogging Track	1
10.	Cricket Ground	1
11.	Tennikoits	2
12.	Volley Ball	2
13.	Shuttle Bats	4
14.	Shuttle Cocks	10
15.	Throw Ball	1
16.	Chinese Checker	2
<b>INDOOR – SPORTS ROOM</b>		
17.	Carrom board with Coins	3
18.	Chess board with Coins	3
19.	Chinese Checker	1
20.	Table Tennis	1
<b>OUTDOOR SPORTS</b>		
21.	Volley Ball	2
22.	Shuttle	4
23.	Throw Ball	1
24.	Tennikoits	2

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II.	GYMNASIUM	
1.	Tread mill	3
2.	Chin up machine	1
3.	Cross trainer	1
4.	Lat pully	1
5.	Leg press	1
6.	Multi press	1
7.	Pec fly	1
8.	Chest press	1
9.	Shoulder press	1
10.	Squat rack	1
11.	Multi-function	1
12.	Upright bike	1
13.	Dual Twister	1
14.	Abdominal bench	1
15.	Forearm machine	1
16.	Cross fit ladder	1
17.	Abs Lings	1
18.	Roman chair	1
19.	Flat benches	2
20.	Plates	10 kgs
21.	Dumbbells	5 kgs
22.	Recumbent bike	1
23.	Cross fit rope	1
24.	Stretch machine	1
25.	Butter fly	1
26.	Abdominal machine	1
27.	Crunch bench	1
28.	Bicep Curl	1

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III. AUDITORIUM		
1.	Main Auditorium	1
2.	Indoor Auditorium	1
IV. YOGA ROOM		
1.	Yoga Mats	78
V. CULTURAL FACILITIES		
	FACILITIES	QUANTITY
I.	Main auditorium	
1.	Podium	1
2.	Mike	1
3.	Screen	2
4.	A.C.	Central
5.	LCD Projector	1
6.	LCD Screen	1
7.	Wi.Fi.	Yes
II.	Indoor auditorium	
1.	Podium	1
2.	Mike	1
3.	Screen	1
4.	LCD Projector	1
5.	LCD Screen	1
6.	Wi.Fi.	Yes

*Dr. B. S. Srinivas*  
Principal

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