



Rayat Shikshan Sanstha's

**Sou. Mangaltai Ramchandra Jagtap
Mahila Mahavidyalaya**

Umbraj, Tal. Karad, Dist. Satara



**DEPARTMENT OF
PHYSICAL EDUCATION &
SPORTS**



Rayat Shikshan Sanstha's
Sou. Mangaltai Ramchandra Jagtap Mahila Mahavidyalaya
Umbraj, Tal. Karad, Dist. Satara

Department of Physical Education & Sports

SPORTS FACILITIES

Department of sports of our college aims to enable students to develop themselves both physically and mentally. We have been trying to provide them appropriate and adequate facilities in our college. Along with providing physical/infrastructural facilities we provide students sportswear, traveling and day allowances for sports competitions. For encouraging students to participate and perform well in the competitions we felicitate the students with trophies and certificates who are winners of various sports competitions.

The Institution has facilities for sports such as indoor and outdoor playground, well equipped gymnasium and Yoga Centre.

A) Outdoor Play grounds

- 1) 27 x 16 Kho- Kho Ground
- 2) 13 X 10 mtr. Kabaddi
- 3) 9X18 mtr. two court Volleyball
- 4) 200 mtr. running track
- 5) Shot put
- 6) Discuss throw
- 7) Javelin throw
- 8) Long Jump
- 9) Single bar
- 10) Double bar

B) Indoor facilities

Yoga & Meditation Center

Well-equipped Gymnasium having following machines-

-  Lat Pull Down Machine
-  Bench/Shoulder Press
-  Leg Press
-  Bicep Deck Pully
-  Multiple Bar
-  Just Fit Treadmill
-  Hip Dips Chain Up
-  Exercise Cycle -2
-  Weight Bar
-  Adjustable Dumbbells bar
-  Twister Disk
-  Abdominal Board With Ladder
-  Dumbbells

C) Indoor Game

Chess

Carom

Facilities provided to students

-  Sportswear/ kit
-  Safety accessories like knee caps and anklets for injury prevention purpose
-  Traveling allowance for competitions
-  Day allowance
-  Rewards on achievements-Trophies, Certificates, Track-suits

Outdoor Sports Facilities

Kho-Kho Ground



Kabaddi Ground



Shot-Put Ground



Discus Throw Ground



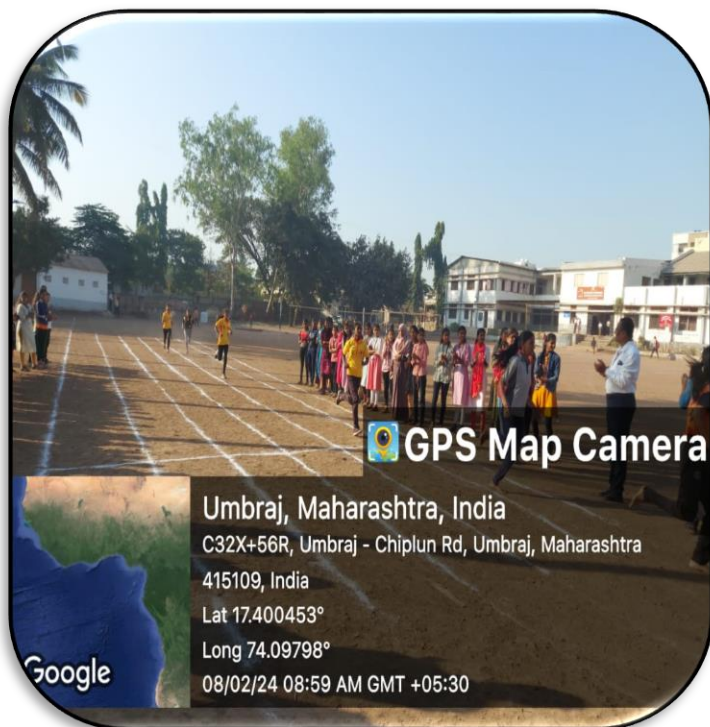
Javelin Throw Ground



Long Jump Ground



200 m Running track



Volleyball Ground



Single Bar



Dabble Bar



Indoor facilities

Carom



Chess



Yoga Centre



Gymnasium

