

## **RVS Govt College Seema ( Rohru) Distt Shimla ( H.P)**

### **Criteria: III SAR (INFRASTRUCTURE AND RESOURCES): 2024- 2025**

#### **3.5: Sports Facilities**

- **Number of the Games / Sports activity Conducted:**

The Department of Physical Education at Government College Seema (Rohru) plays a pivotal role in promoting sports and physical well-being among students. During the academic session, the department conducted a total of 10 diverse sports activities, encouraging active participation from students across various disciplines. These activities included track and field events such as Long Jump, Shotput, and Race events (100m, 200m, 400m, 800m, 1500m, 5000m), showcasing athletic talent in sprinting and endurance. Team sports like Kabaddi, Kho-Kho, Cricket, Football, and indoor games such as Table Tennis and Badminton were also organized, fostering teamwork, discipline, and healthy competition. The college's commitment to sports has resulted in several students being selected for prestigious inter-university and interstate competitions, further highlighting their exceptional talent and dedication. By offering such a wide range of sports activities, the college ensures holistic development, providing students with opportunities to excel both academically and in the realm of athletics, preparing them for future challenges.

- **Indoor Sports Facilities:**

Government College Seema (Rohru) is well-equipped with state-of-the-art indoor sports facilities, ensuring students have access to a wide range of physical activities. The college boasts a dedicated Badminton court, Table Tennis area, Judo practice space, and a professional Shooting Range, catering to diverse athletic interests. Additionally, the gymnasium is fully equipped to promote fitness and strength training, while Wrestling and Kabaddi mats provide a safe environment for students to practice and excel in these traditional sports. These indoor facilities are particularly

beneficial for boarders, who make extensive use of the resources during their free time, fostering both physical and mental well-being. By offering such comprehensive sports infrastructure, the college not only supports the physical education of its students but also encourages a balanced lifestyle, ensuring that students can thrive in both academics and athletics. This focus on indoor sports underscores the institution's commitment to nurturing talent and promoting a culture of fitness and teamwork. .

- **Adequate Sports Equipment's:** The Department of Physical Education at Government College Seema (Rohru) is well-equipped with a comprehensive range of sports equipment and facilities, catering to a variety of disciplines. The department provides essential gear for popular team sports such as volleyball, football, basketball, cricket, handball, and badminton, ensuring students have access to balls, nets, bats, protective gear, and other necessary equipment. Specific facilities include volleyball nets, cricket practice nets, wickets, and protective sets, along with badminton rackets, shuttles, and table tennis equipment. In addition, the college offers specialized equipment for boxing, including a full-size boxing ring, gloves, head pads, and whistles. The shooting range is outfitted with pistols, rifles, and targets, offering students a chance to develop marksmanship skills. For athletics, the department provides javelins, discus, shotputs, relay batons, and other essential tools for track and field events. These diverse facilities ensure students can actively participate in various sports and hone their skills, while also fostering physical fitness and sportsmanship in a supportive environment.
- **Gymnasium (Operational):** The gymnasium at Government College Seema (Rohru) is a fully operational facility, offering both indoor and outdoor fitness options to students. Equipped with modern fitness equipment, the gym is designed to cater to a wide range of physical training needs. The indoor gym features state-of-the-art machines for strength training, cardio workouts, and flexibility exercises, ensuring that students have access to all the tools necessary to maintain and improve their physical health. In addition to the indoor facilities, the outdoor gym area provides space for open-air exercises, further

promoting a holistic approach to fitness. Whether students are looking to enhance their endurance, build muscle strength, or simply stay active, the gymnasium supports all levels of fitness enthusiasts. This well-maintained facility is frequently used by students, including the college's athletes, to stay in peak physical condition. By providing a comprehensive fitness environment, the college ensures that students are encouraged to lead a healthy and active lifestyle, promoting overall well-being and physical excellence.

