4.1.2.

Palamuru University has created good amenities for the promotion games and sports as well as cultural activities to facilitate holistic development of the students. These includes:

- Well-furnished sports complex for **indoor games** where in the following facilities are available.
  1. Badminton
  2. Table Tennis
  3. Caroms
  4. Chess

**Area wise details are furnished here under:**

<table>
<thead>
<tr>
<th>S.NO.</th>
<th>Facilities available for</th>
<th>Size Specification</th>
<th>Area in Sq.Mts.</th>
<th>Year of Establishment</th>
<th>User Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Badminton</td>
<td>13 M x 35 M</td>
<td>455</td>
<td>2008</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td>Caroms</td>
<td>7M x 13 M</td>
<td>91</td>
<td>2008</td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td>Chess</td>
<td>7M x 13M</td>
<td>91</td>
<td>2008</td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td>Table Tennis Hall</td>
<td>11M x 14M</td>
<td>154</td>
<td>2008</td>
<td></td>
</tr>
</tbody>
</table>

The sports complex also houses well equipped **Gymnasium/Fitness centre** as well as **Yoga centre**. The details of Gymnasium are here under:

Area Dimensions of Gymnasium centre are 8M x 11M = 88 Sq. Mts. Gymnasium comprises of

- 9 Station Multi-Station Gym Unit
- Bench Press
- Set of Dumb Bells
- Weight lifting Set
- Abdominal Exercise Unit
- Rowing Machine

The Yoga centre has a plinth area of 8M x 11M = 88 Sq. Mts. In this centre regular practice of Yoga is taught to the students and staff of the University.

- Requisite provision is made for **outdoor games** and **sports** which include:
  1. Volleyball
  2. Badminton
  3. Ball Badminton
  4. Tennicoit
  5. Kabaddi
There are facilities for track and field events which include:

- 200 M athletic Track for Running Events.
- Jumping pit for Long Jump, Triple Jump and High Jump
- Throwing sectors for **shotput, Discus Throw** and **Javelin Throw**

These facilities are availed by the students in Morning and Evening hours according to pre-set timings.

- Extracurricular activities provide the cutting edge for the personality development and educational pursuits of the students. Accordingly, Palamuru University has made provision for recreational facilities on the campus. These include:
  - Three well equipped auditoriums for the conduct of the cultural and literary festivals, competitions and related events.
  - Open air theatre (Vikasapranganam) at the University Campus for staging cultural events.
  - Conference Halls at the campus colleges for holding cultural events and college level functions/ informal get togethers such as fresher’s day, send-off etc.