

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:

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

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. Tennis
 5. Kabaddi
 6. Kho-Kho.

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 (Vikasaprananam) 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.