

4.1.1 Availability of adequate infrastructure and physical facilities Viz, Classrooms, Laboratories, ICT facilities, Cultural activities, Gymnasium, Yoga center etc. in the institution.

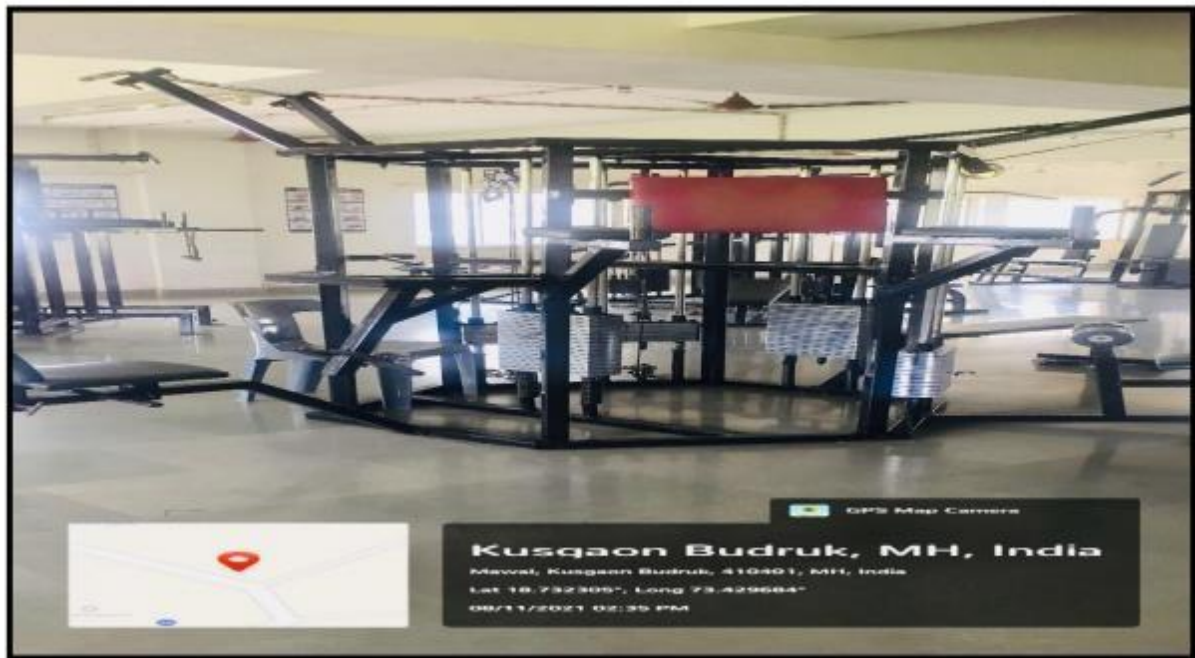
Gymnasium, Yoga & Sports Details:

Sr.No	Particulars	Page Numbers
1	Geo Tagged photos of Gym	2
2	Yoga Activities	3-11
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Gymnasium

A well equipped gymnasium of area 340 square meter exists in the campus. Equipments worth Rs.2,58,000/- are available for doing exercises in gymnasium.

Geo Tagged Photos of Gymnasium:



Yoga:

Yoga A center for yoga related activities is also hosted by the institute. Various events like “International Yoga Day” celebration, and other related events organized by clubs of college are also conducted at this center.

Sr.No	Name of the event	Page No
1	International yoga day-2017-2018	4
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4	International yoga day-2020-2021	8-9
5	International yoga day-2021-2022	10-11

International Yoga Day(2017-2018):

“International Yoga Day was organized on 21st June 2017 by NSS Unit and student welfare Team. Principal Dr. M.S Rohokale, HODs of respective departments, teaching - non teaching staff members and students of different departments participated in the event.

The event was organized in the seminar hall of Mechanical Department in the B building(B-305) at 1 PM. Everyone enthusiastically participated in this activity. Mr. Sandhu sir and two students from Sinhgad Public School, Lonavala addressed the importance of Yoga in our daily life for better health and fitness. He taught different ASANAs of Yoga, Surya Namaskar and Pranayam very nicely and appreciated everyone present there for their participation. . This event was helpful for students and staff members for getting awareness about the actual impact of Yoga and correct way of practicing it.

Snapshots:



International Yoga Day(2018-2019):

INTERNATIONAL YOGA DAY: 21 st June 2018 International Yoga Day was organized on 21st June 2018 by NSS and Student Welfare Team. Principal Dr. M.S Rohokale, teaching and non teaching staff members and students of different departments participated in the event. The event was organized at cricket ground of STES campus Lonavala by 11.00 AM . Around 10 student volunteers were there to give the training of various moves of Yoga. They explained the impotence of Yoga in day to day life and give a glance of various asanas and kriyas like kapalbhati, anulom vilom, tadasana, vajrasana etc. This event was helpful for the students as well as for the staff members for getting awareness about the actual impact of yoga and correct way of practicing it.

Snap shots:



Students volunteers are training for different asanas of Yoga



International Yoga Day(2019-2020):

“International Yoga Day was organized on 21st June 2017 by NSS Unit and student welfare Team. Principal Dr. M.S Rohokale, HODs of respective departments, teaching - non teaching staff members and students of different departments participated in the event. The event was organized in the seminar hall of Mechanical Department in the B building(B-305) at 10.00 AM. Everyone enthusiastically participated in this activity. Mr. Sandhu sir and two students from Sinhgad Public School, Lonavala addressed the importance of Yoga in our daily life for better health and fitness. He taught different ASANAs of Yoga, Surya Namaskar and Pranayam very nicely and appreciated everyone present there for their participation. . This event was helpful for students and staff members for getting awareness about the actual impact of Yoga and correct way of practicing it.



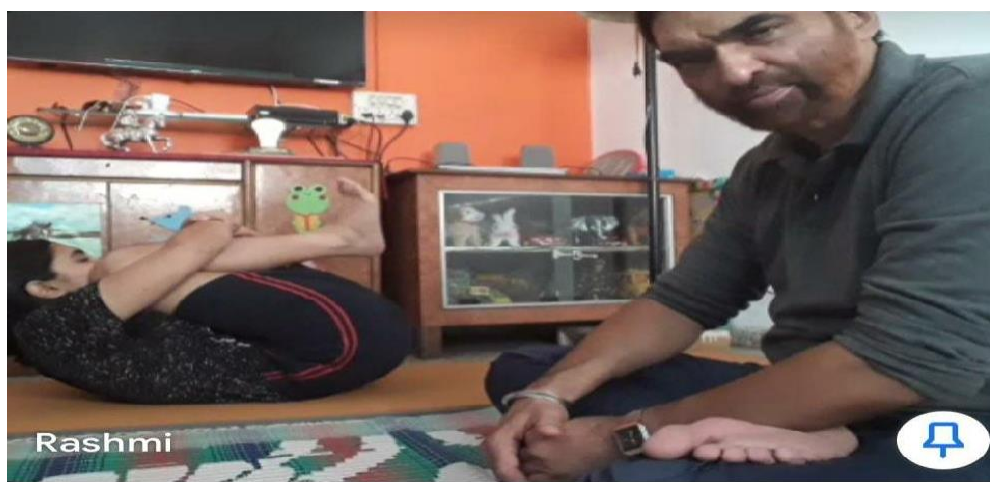
International Yoga Day(2020-2021):

NSS unit organized an online celebration of International Yoga Day on 21st June, 2020. The Yoga trainer invited for this program was Mr. Jagminder Sandhu sir from Sinhgad Public School, Lonavala.

At the start of the event, he told the importance of Yoga in our daily life. He told that so many problems like stress can be overcome by doing yoga daily. He demonstrated some of the Asanas and told the significance of doing it. He explained the importance of Yoga in day to day life and gave a glance of various asanas and kriyas like kapalbhati, anulom vilom, tadasana, vajrasana etc. This event was helpful for the students as well as for the staff members for getting awareness about the actual impact of yoga and correct way of practicing it. Almost 100 students participated in this event. All the teaching and non teaching staff participated enthusiastically in this event.

At the end, NSS PO Mr. S.S, Chavan extended vote of thanks to Sandhu sir and all the participants.

Snap shots:





International Yoga Day(2021-2022):

“International Yoga Day was organized on 21st June 2022 by NSS Unit in association with NDLI club of SKNSITS. The event was held at SKNSITS B-building drawing hall on 10 am. The chief guest of the program was senior yoga teacher Mr. Geetesh Kulkarni from Man Shakti kendra, Lonavala.

At the start, the chief was felicitated by the campus director Dr. M. S. Gaikwad sir. After that Dr. M. S. Gaikwad sir shared his views by telling the significance of yoga in our daily life and how it is helping to keep a person healthy. After that, Chief guest Mr. Geetesh Kulkarni told why yoga has been an integral part of our life. He told that yoga is essential for our physical as well as mental health. He exercised different Asanas Of Yoga. All the attendees have done all these asanas very nicely. At the end, a prayer was conducted.

Snap shots:





Sports Details:

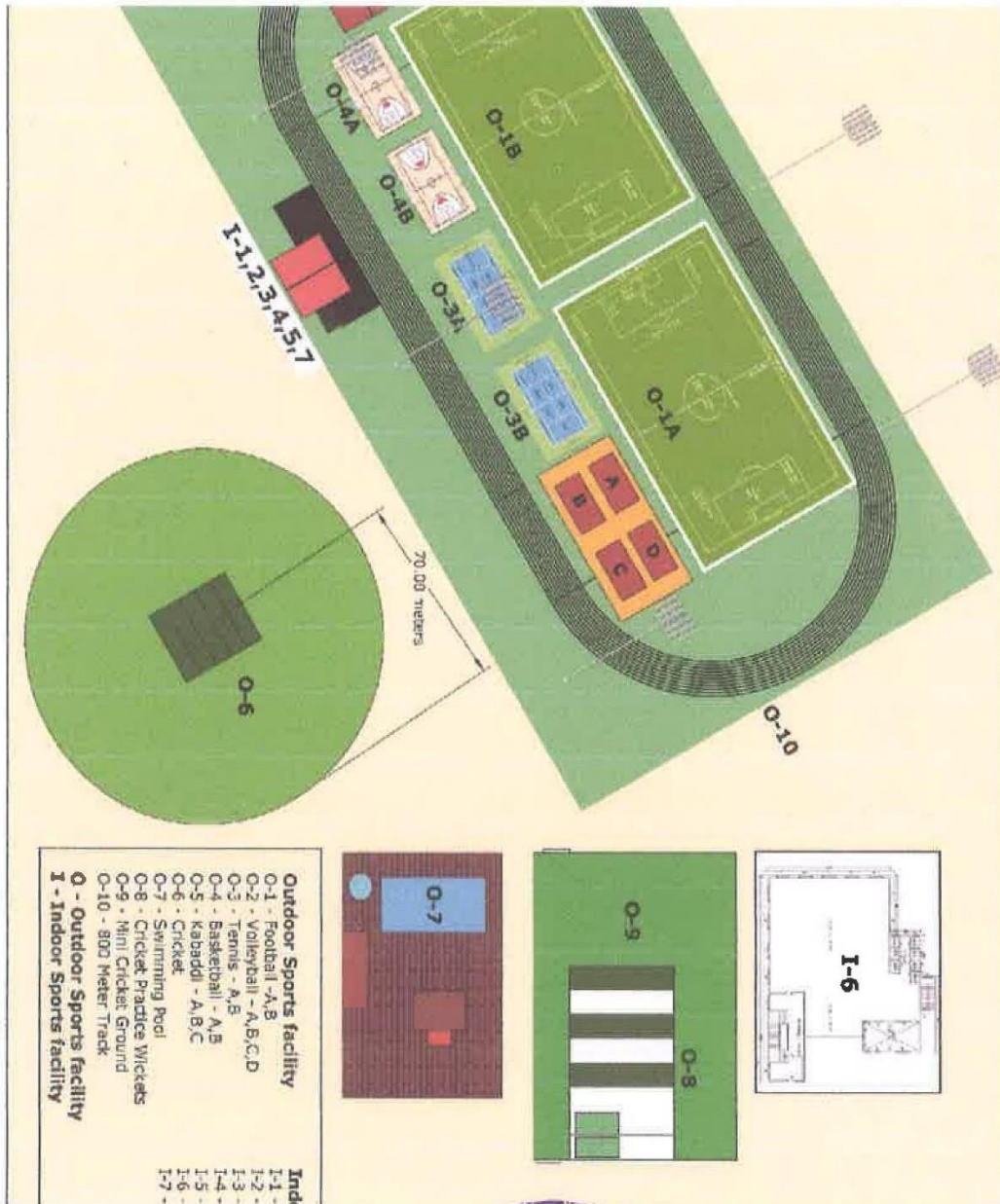
1. Facilities for sports games (Indoor Sports facility, Yoga Center and Gym with their specifications)

Sr. No .	Name of Sports Facility	Area in Sq.M.	Year of Establishment	User Rate per day			
				2016 -17	2017 -18	2018 -19	2019 -20
1	Badminton Court	325.66	2018	18	18	40	44
2	Table Tennis	325.66	2006	56	63	70	77
3	Carom		2006	90	96	84	78
4	Chess		2006	32	40	48	56
5	Yoga Center	117.23	2018	75	70	75	78
6	Boys Gym	275.2	2004	58	61	63	55
7	Girls Gym	82.5	2004	12	14	16	15
8	Central Sports Store	89.3	2011	--	--	--	--
Total		1215.5 5	*Note : Academic year 2020-21 due to COVID 19 pandemic, students were not available physically.				

2. Outdoor Sports Facility with Specifications

Sr . No .	Name of the Ground	Area in Sq.M.	Year of Establishment	User Rate per day			
				2016 -17	2017 -18	2018 -19	2019 -20
1	Football	13000	2015	72	88	92	84
2	Volleyball	324	2015	72	96	104	96
3	Tennis	391.25	2015	20	22	24	20
4	Basketball	840	2015	26	30	30	24
5	Kabaddi	260	2015	36	38	34	30
6	Cricket	15393	2012	48	68	76	56
7	Swimming Pool (1.2m Depth)	312.5	2004	60	56	80	76
8	Cricket Practice Wickets	637.89	2016	32	40	48	40
9	Mini Cricket Ground	900	2016	12	15	18	12
10	800 meter running Track	10736	2015	40	51	42	39
Total Area in Sq. M.		42794.64	*Note : Academic year 2020-21 due to COVID 19 pandemic, students were not available physically.				

1.Overall Campus Sports Facilities layout

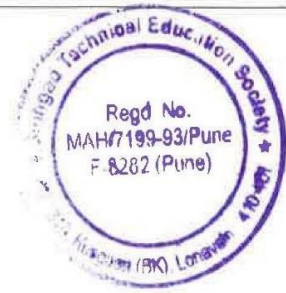
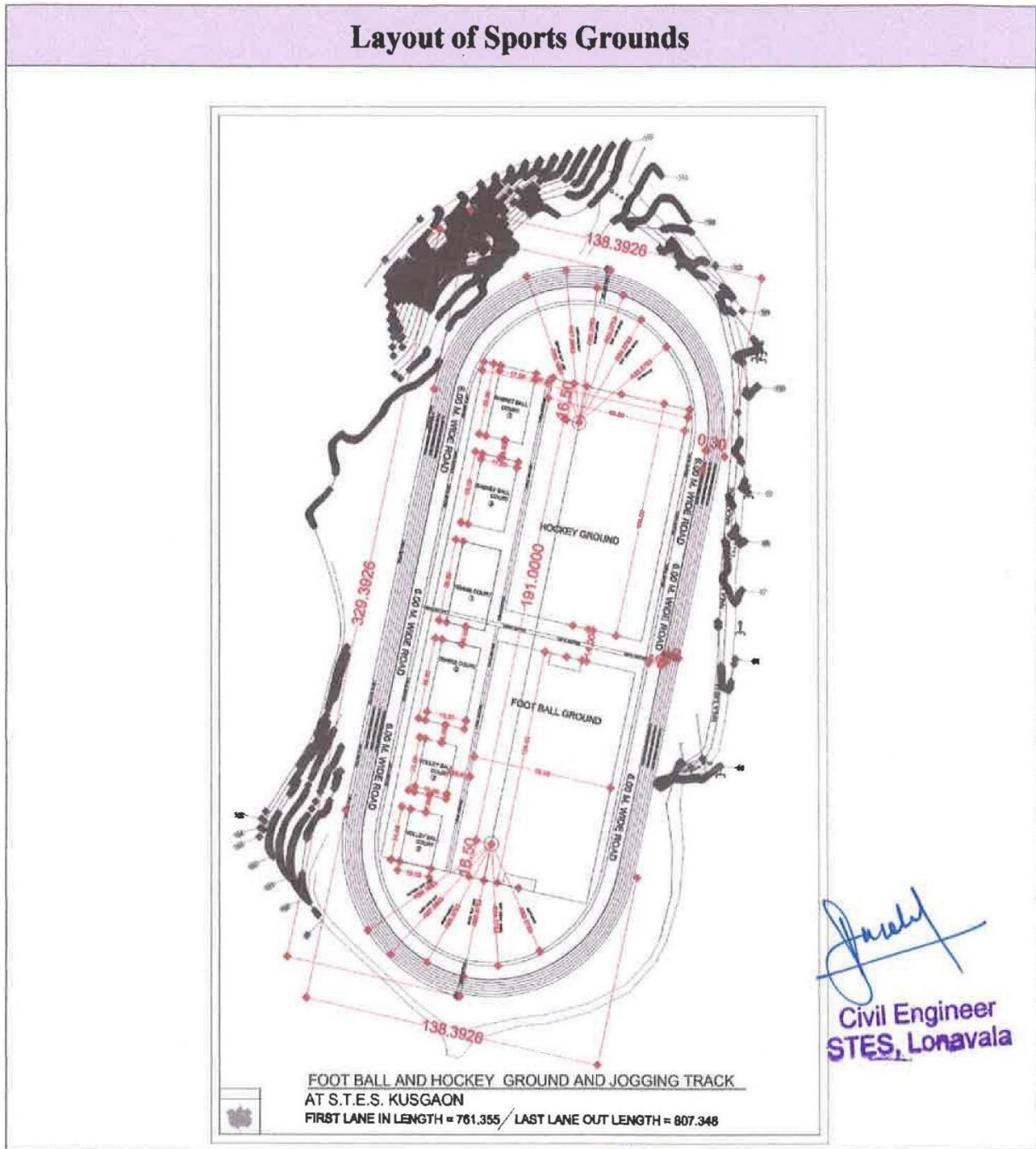


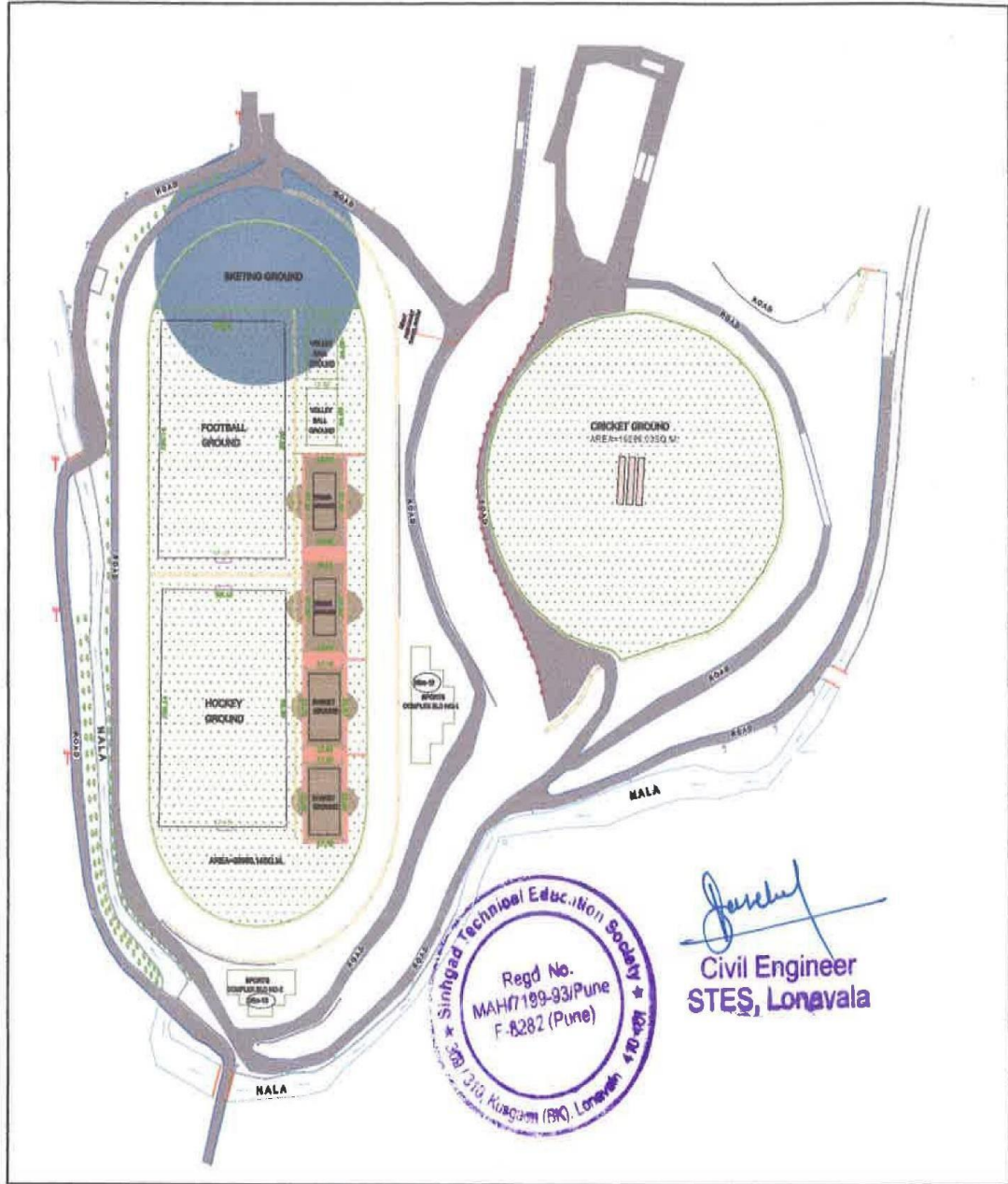
Sinhgad Technical Education Society's, Kusgaon(BK), Lonavala
Overall Campus Sports Facility



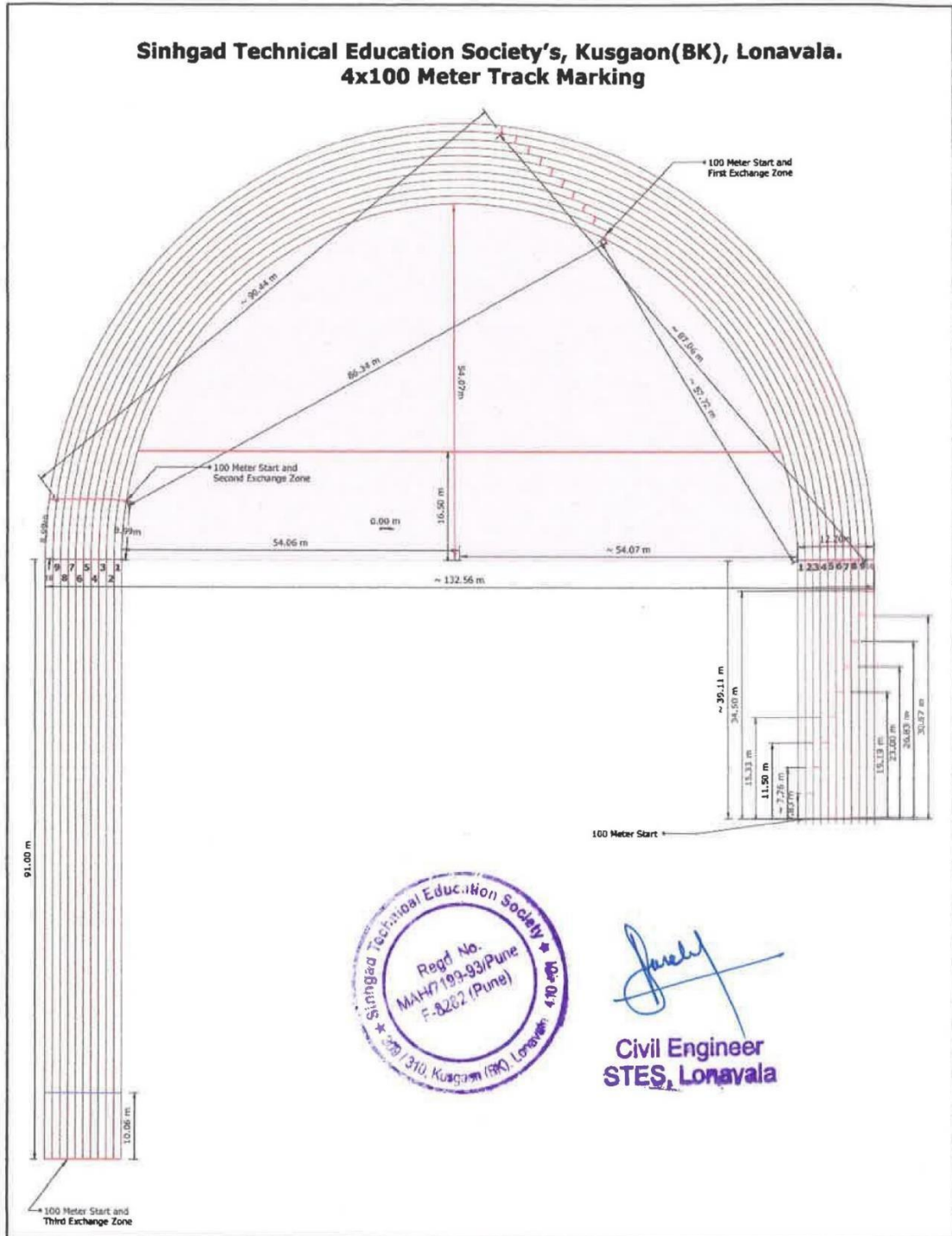
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**Civil Engineer
STES, Lonavala**

Football, Hockey ground, Cricket and Jogging and Volleyball Track layout



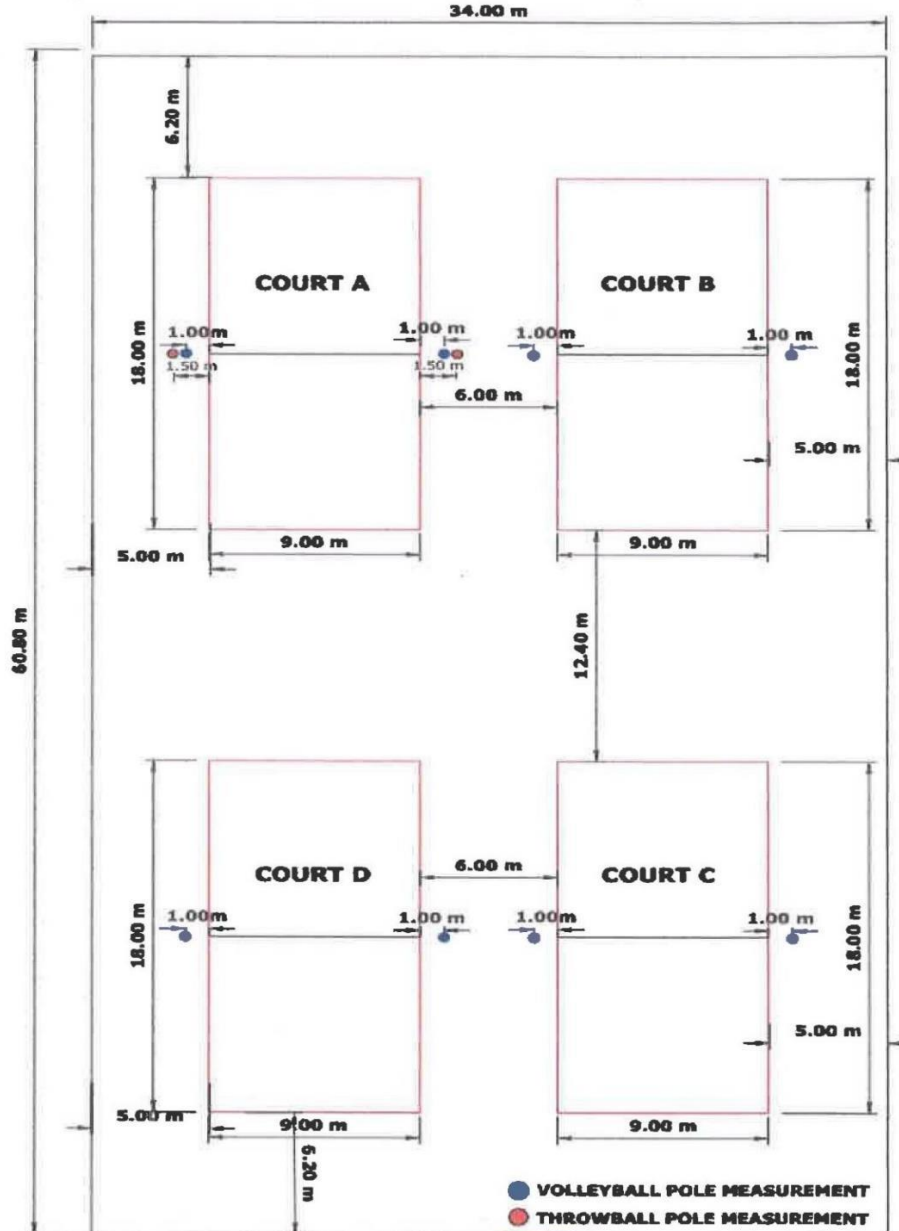


x 100 Meter Track Marking Layout



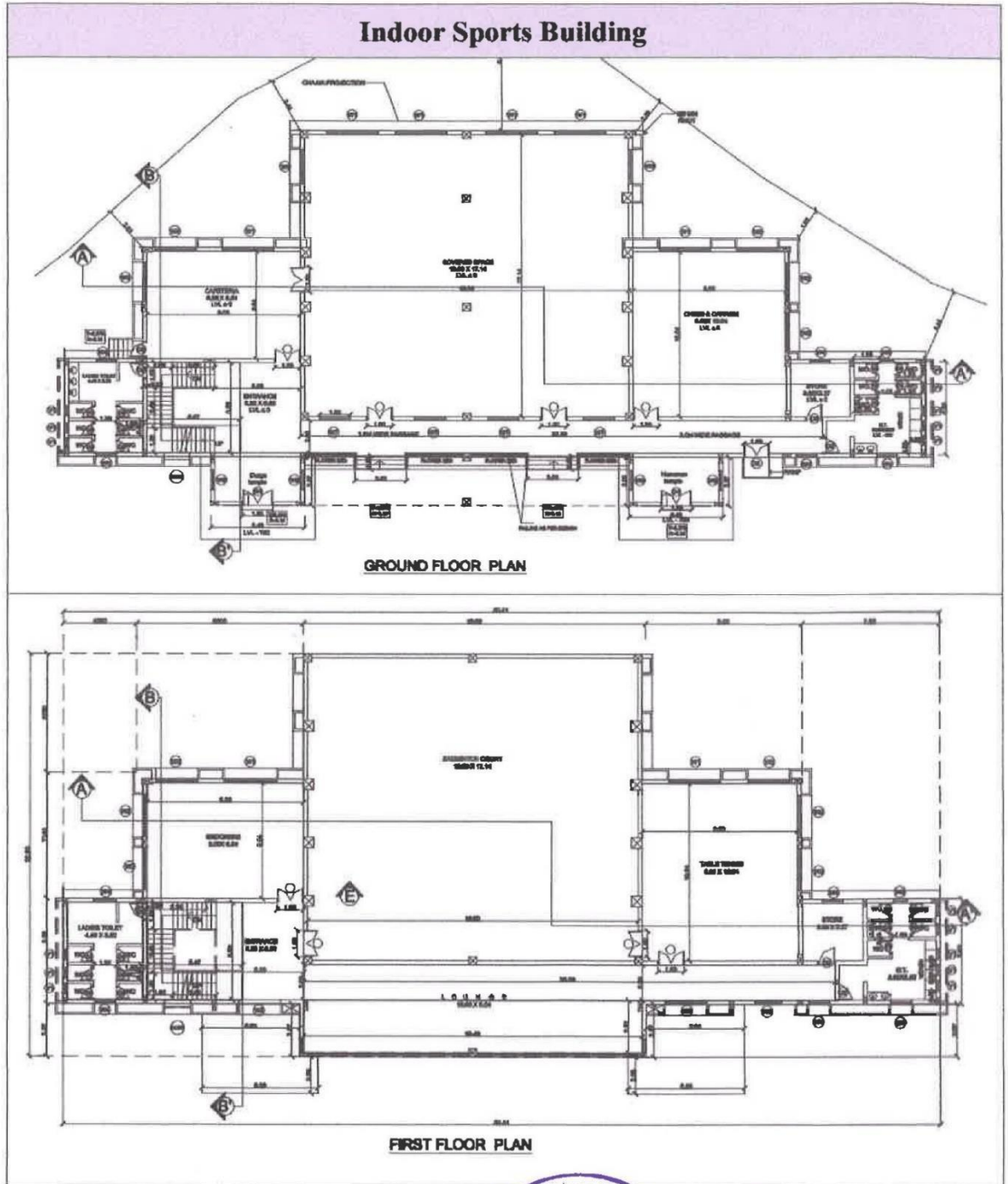
Volleyball court measurement

SINHGAD TECHNICAL EDUCATION SOCIETY, LONAVALA
Volleyball Court Measurements



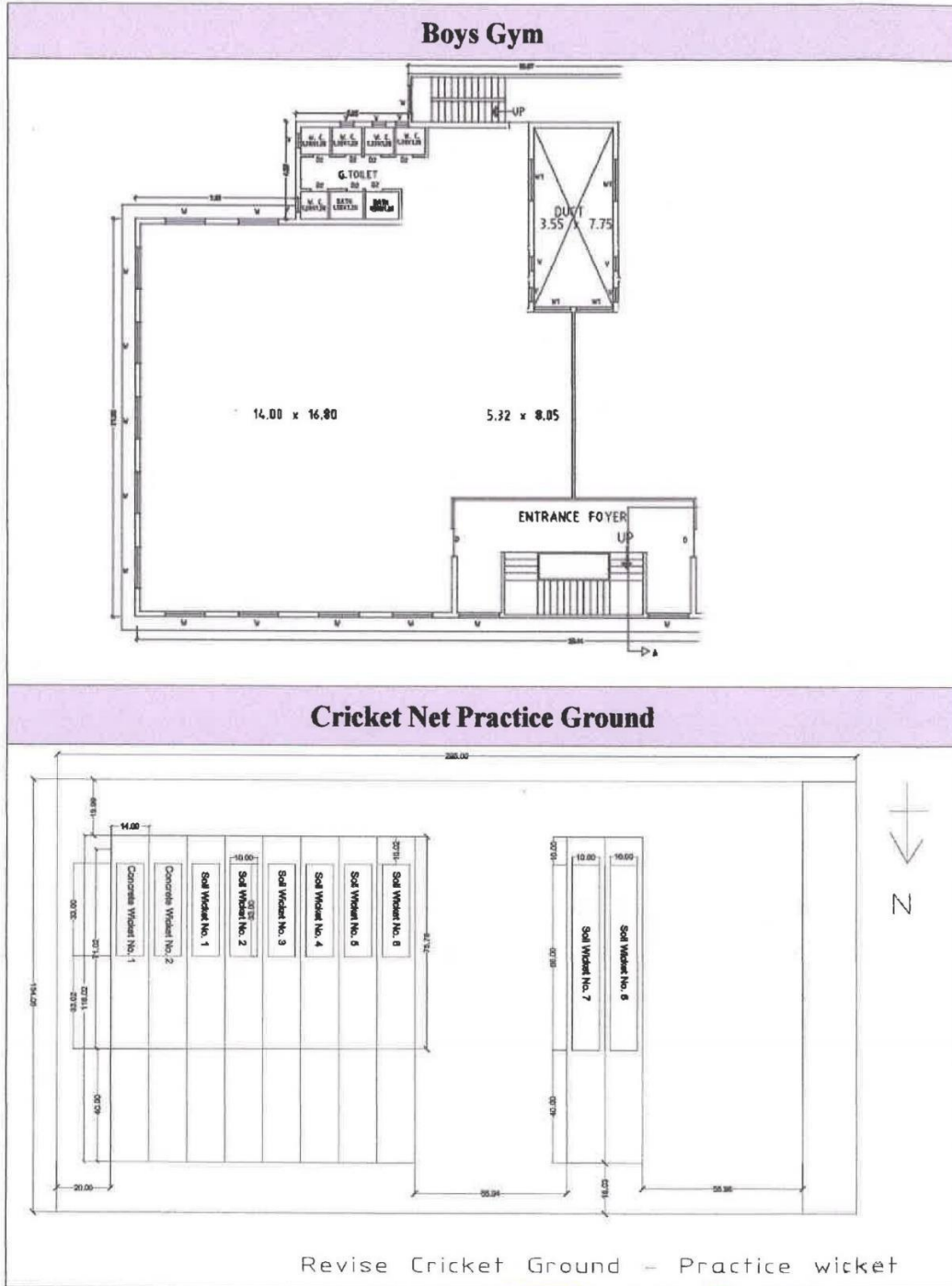
[Signature]
 Civil Engineer
 STES, Lonavala

Indoor Sports Building Floor Plan



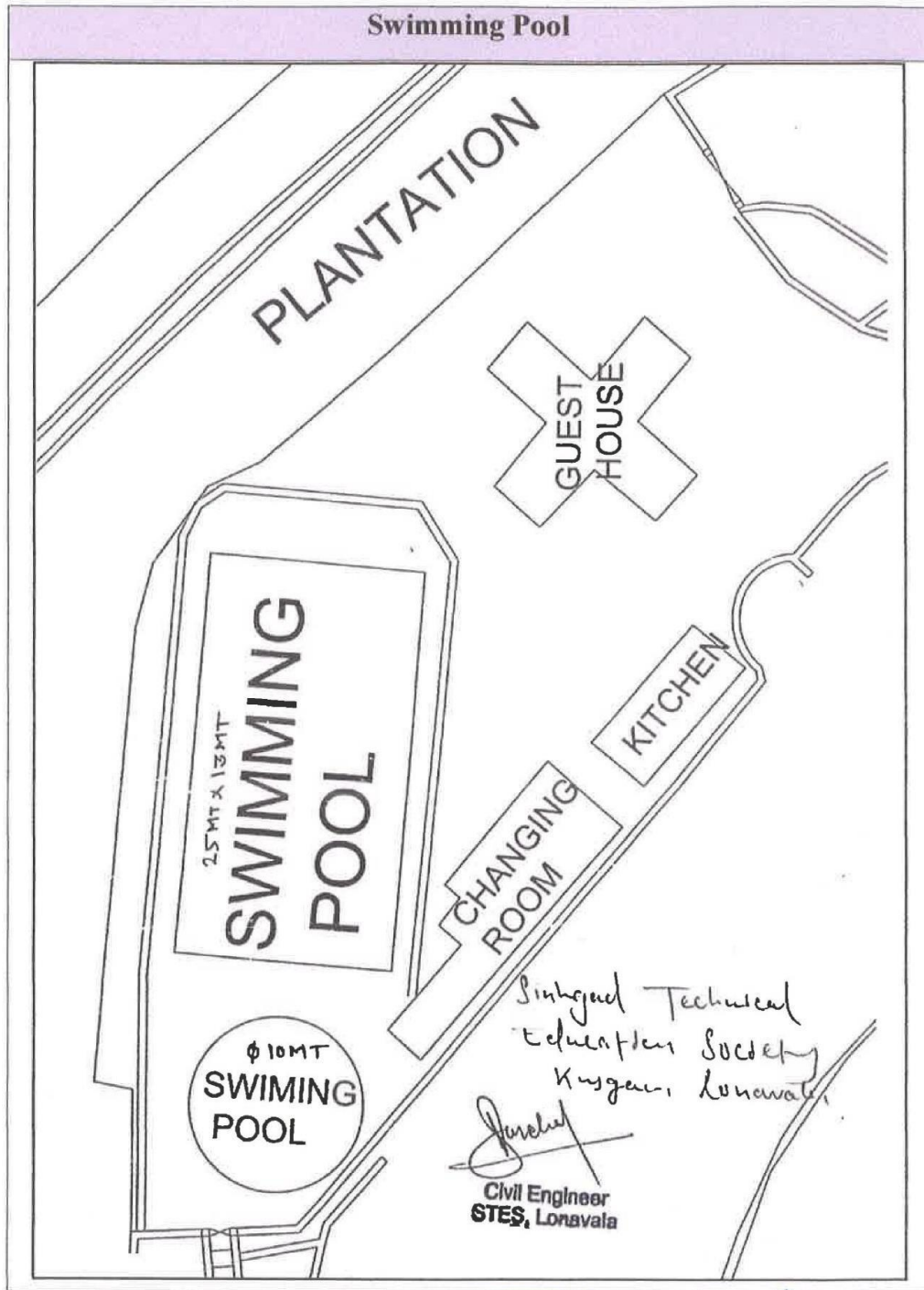

**Civil Engineer
STES, Lonavala**

Layout of Boys Gym & Cricket Net Practice Ground



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STES, Lonavala

Swimming Pool Layout



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**Civil Engineer
 STES, Lonavala**



Cricket Practice Ground



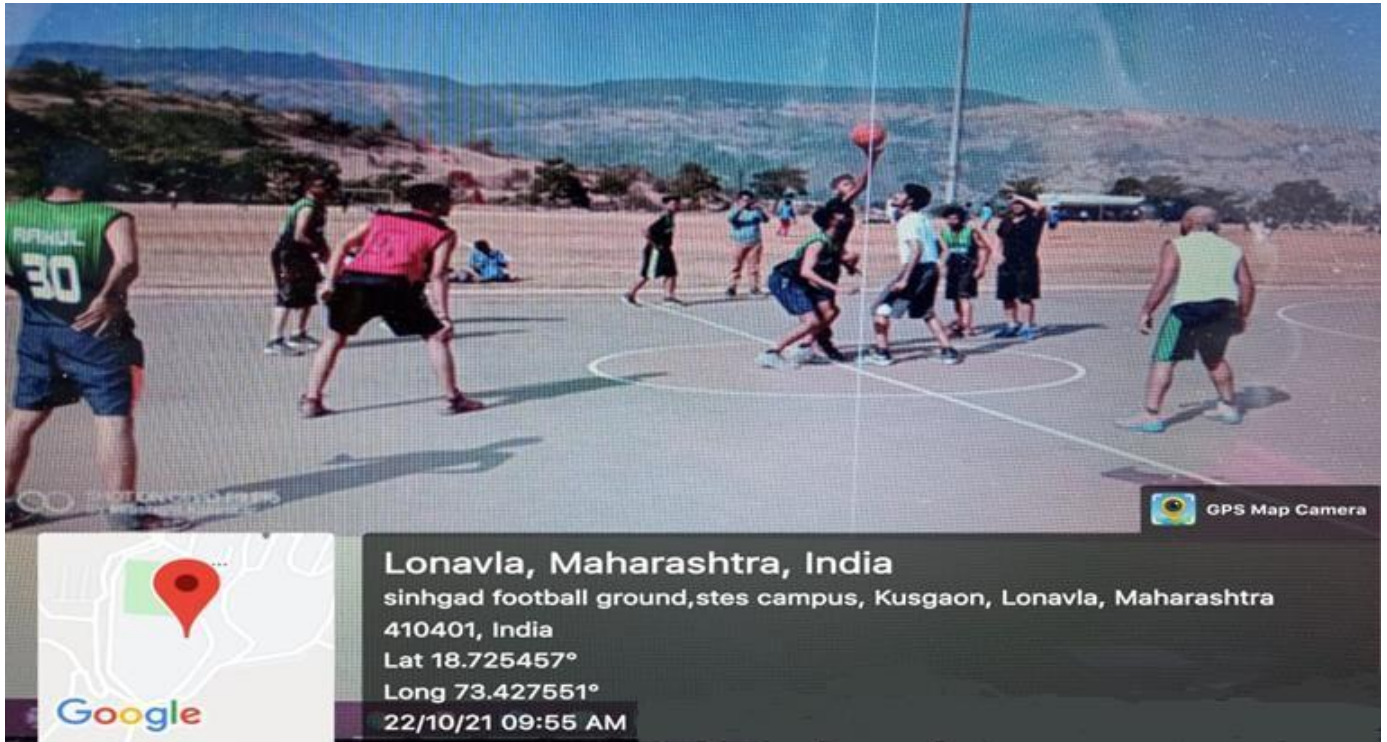
Football Ground



Volleyball Court



Kabaddi Court



Basket Ball Ground



Swimming Po

