

Sports Facilities

1. Gymkhana Building: Sports and games facilities for the overall development of the college community are available on the campus, including the Gymkhana Building with 850 sq.m. built-up area. Two playgrounds with 130 X 80 meters and 75 X 75 meters are available for outdoor sports. Dedicated spaces and physical infrastructure are available for Archery, Shooting, Fencing, Judo and Badminton. A separate gymnasium equipped with all the equipment for boys and girls has been established.



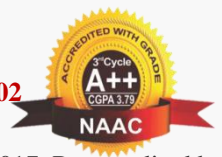
Gymkhana Building



Maratha VidyaPrasarakSamaj's

KRT Arts, BH Commerce and AM Science (K.T.H.M.) College, Nashik-422002

Office:0253-2571376 Email: iqac@kthmcollege.ac.in



College with Potential for Excellence (CPE) Status by UGC, Best College Award by SPPU in 2004 & 2017, Reaccredited by NAAC with "A++" Grade (CGPA- 3.79), Recipient of UGC STRIDE Scheme and UGC-PARAMARSH Scheme, DST-FIST Sponsored, DBT-STAR College Status



Play Ground- 1



Play Ground- 2



2. Indoor and Outdoor Sports Facilities

Type	Dimension in meters	Type	Dimensions in meters
Indoor Game Facilities			
Weight Lifting Power Lifting	9 x 7	Rifle and Pistol Shooting Range	10 meters
Weight Training Multi Station	9 x 7	Judo Hall	9 x 7
Table Tennis Hall	4.5 x 3.5	Boxing Ring	9 x 7
Carom Board Hall	4.5 x 3.5	Badminton Wooden Court	35 x 22
Chess	9 x 7	Archery	18 meters
Fencing	14 x 2	Wrestling Hall	9 x 7
Outdoor Game Facilities			
Play Ground No. 1	130 x 80	Play Ground No. 2	75 x 75
Running Track	400	Archery Range 10/30/50/70 meters	100 x 23
Kabaddi Court	13 x 10	Hockey Ground	92 x 50
Basketball Court	30 x 15	Football Ground	90 x 35
Kho-Kho Court	29 x 16	Ball Badminton Play round	24 x 12
Rowing Facility	15 x 10	Korfball Court	30 x 15
Netball Court	30 x 15	Softball Court	20 x 15
Handball	40 x 20	Baseball	90 x 70
Softball	60 X 60	Volleyball	18 x 09
Rowing (Water Sport)	100/200/500/1000 meters track		
Canoe (Water Sport)	100/200/500/1000 meters track		
Kayaking (Water Sport)	100/200/500/1000 meters track		

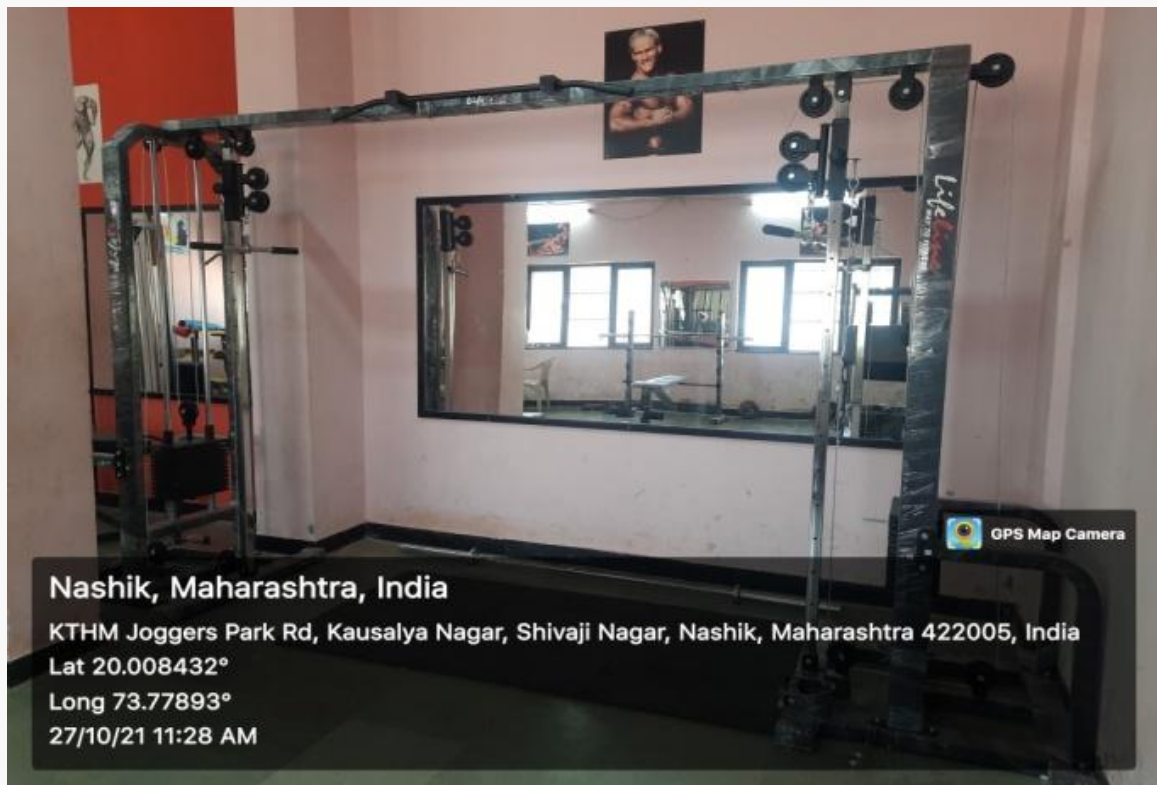
All **Indoor Game Facilities** for Table Tennis, Wrestling, Boxing, Climbing Rope, Badminton, Judo, Yoga, Gymnastics, Mallkhamb, Carrom, Chess, Pistol and Rifle Shooting, Fencing, Power Lifting, Weight Lifting, Base Physique, Soft Ball, Volley Ball are available.

All **Outdoor Game Facilities** for Athletics, Archery, Basket Ball, Ball Badminton, Baseball, Badminton, Cycling, Cricket, Football, Handball, Hockey, Canoe and Kayaking, Korf Ball, Kabaddi, Kho-Kho, Netball are available.

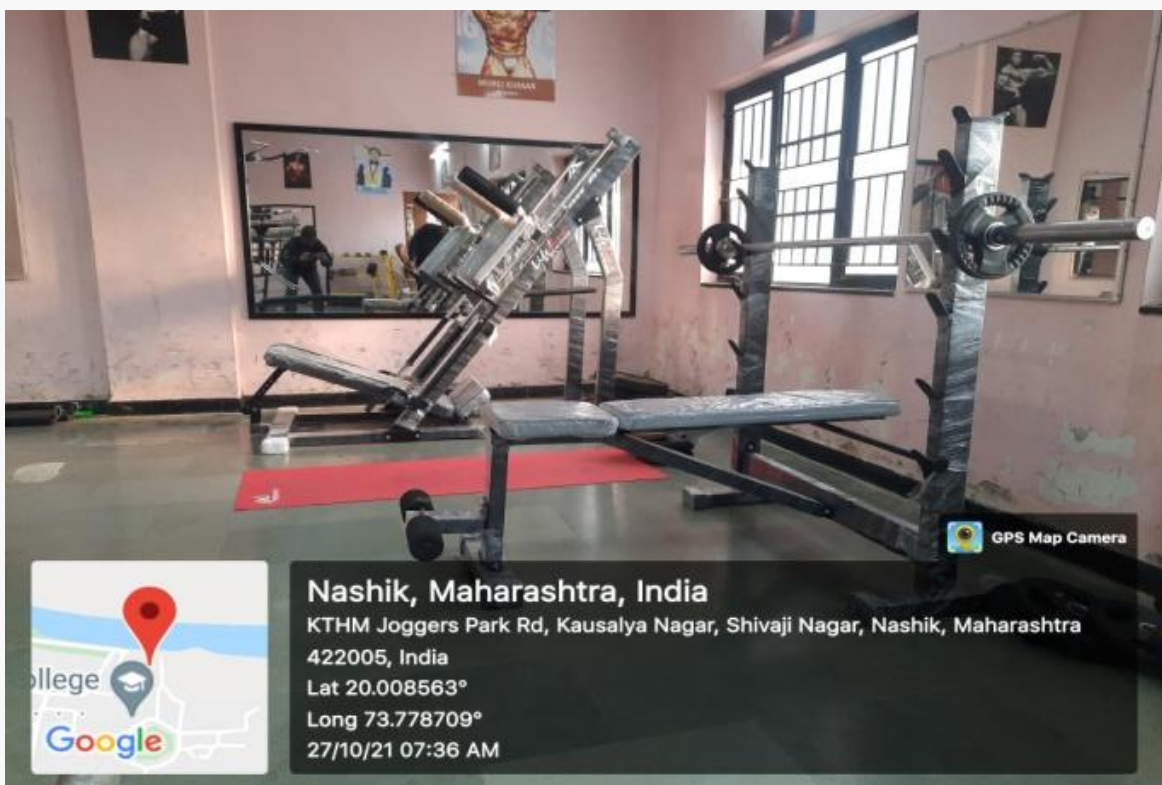


3. Gym-Facilities: Boys

Machine	Rod	Dumbbell	Plate (Olympic)
<ul style="list-style-type: none"> • Multi Gym (9 station) • Flat Bench (02 sets) • Inclined Bench • Leg extension • Smith Machine • Squat Stand • Cable Cross Over • Hock Leg Press Squat M/C • Multipurpose Bench • Dumbbell Stand • Plate Stand • First Aid Box • Battle Rope(1 Pair) • Weaing Machine- 1 • Sit & Rich- 2 	<ul style="list-style-type: none"> • Olympic Rod (2 Sets) • Shoulder Rod (4 Sets) • Biceps Rod (2 Sets) 	<ul style="list-style-type: none"> • 5kg (No-3) • 10kg (No-3) • 15kg (No.2) • 20kg (No.2) • 5-Dumbbells (2 quantities, 30 Kg) 	<ul style="list-style-type: none"> • 25kg (02 Sets) • 20kg (03 Sets) • 15kg (03 Sets) • 10kg (05 Sets) • 5kg (01Sets) • 2.5kg (01 Sets) • 1.5 kg (02 Sets) • 1 kg (02 Set) • 0.5 kg (01 Plate) • Plates (60 Kg) • Weight Lifting Belt (4 quantities) • Kettle Belt (2 Pairs, 2 Kg) • Kettle Belt (2 Pairs, 4 Kg) • Kettle Belt (2 Pairs, 6 Kg) • Kettle Belt (2 Pairs, 8 Kg) • Olympic Rod (4 quantities, 4 to 7 feet) • Medicine Ball-5 • Kettle Bell-8 • Polymetric Box



Cable Crossover



BENCH Press with LEG CURL



LEG PRESS Machine



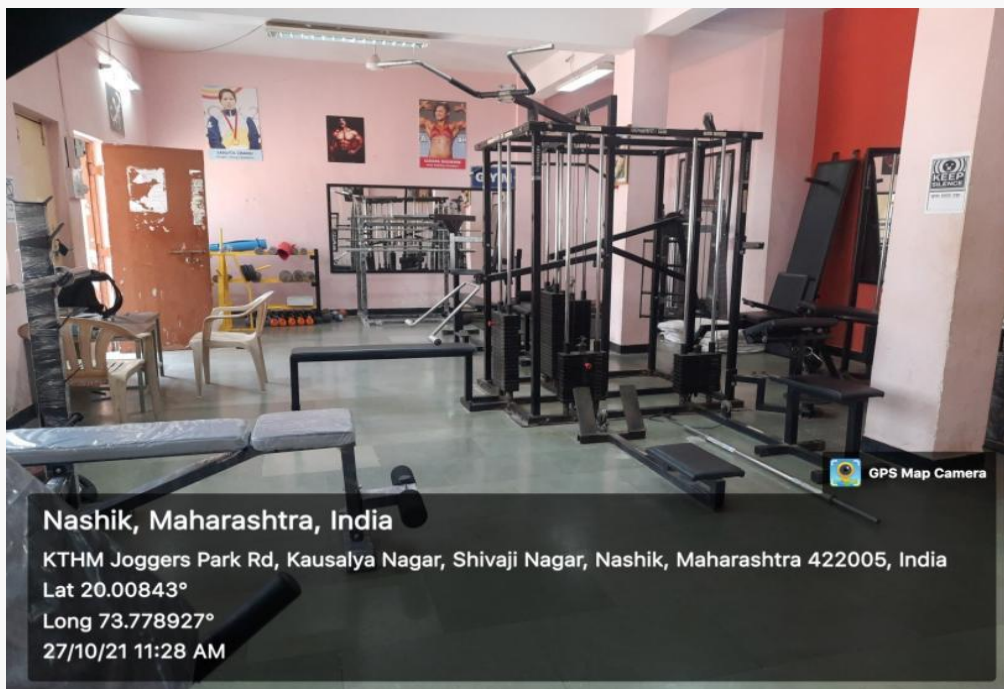
MULTISTATION Machine



DEADLIFT COMPOUND SET



LAT-PULLDOWN



L-9 Station Multipurpose

4. Gym-Facilities: Girls

Sr. No.	Particular	Sr. No.	Particular
1.	Weight Lifting Platform (8 X 4)	9.	Aerobic Stepper Vector
2.	Exercise Cycle UPN Bike	10.	Weight Lifting Belt
3.	Exercise Cycle Elliptical Bike	11.	Dumbbells
4.	Trade Mill	12.	6 - Station Gym
5.	Gym Ball	13.	Weigh Lifting Plates (185 Kg)
6.	Weighing Scale	14.	Gym Mat (638.1 Square Feet)
7.	Gym Weight Lifting Multipurpose Bench	15.	Mirror (4 quantity, 7 X 5)
8.	Medicine Ball		



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Girls Gym Facilities

5. Archery and Pistol Shooting

Archery Equipments

Sr. No.	Equipment	Quantities / Dimensions
1.	Target Buteress	30
2.	Target Stand	30
3.	Target Face	80-120 cm
4.	Target Face	30-80 cm
5.	Target Face	60-60 cm
6.	Face Pin	200



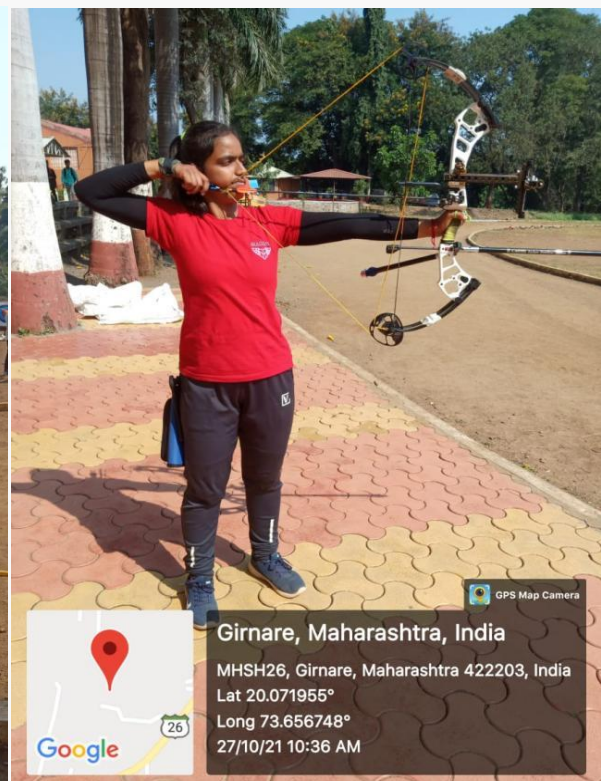
Entrance of K.T.H.M. College Archery Court



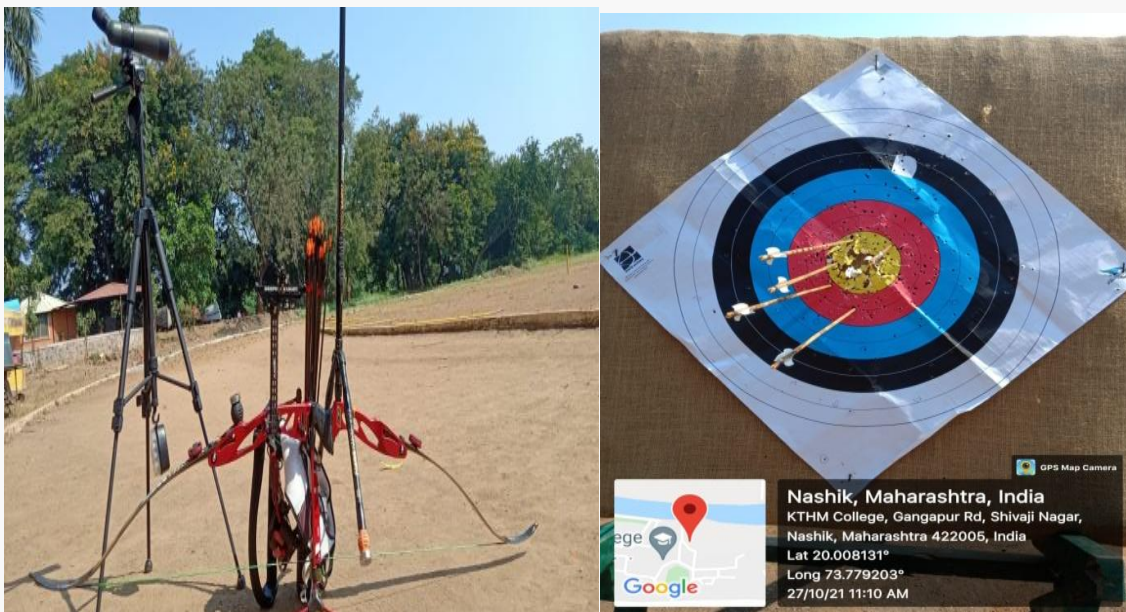
Archery Courts



Archery Courts



Archery Ground



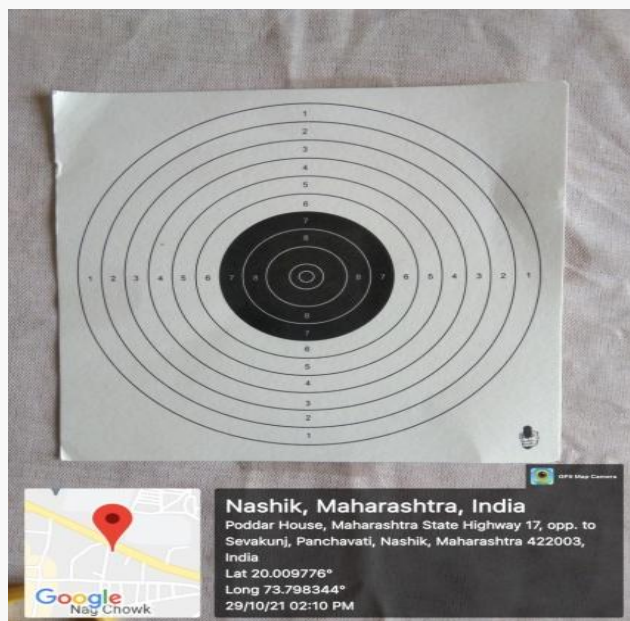
Archery Equipments

10 Meter Air Rifle and Pistol Shooting Range

Sr. No.	Equipment	Quantity
1.	Target	07
2.	Sius Machine (Electronoc Target)	01
3.	10 meter Air Rifle	06
4.	10 meter Air Pistol	04
5.	Bullets (Pallets)	20 Box
6.	Rifle Card	3000
7.	Fitness Ball	01
8.	Yoga Matt	02
9.	Body Ballance Board	01
10.	Rifle Work Out Dumbels	01 Set
11.	Meditation Books	06



Pistol and Shooting Range



Shooting Target Card



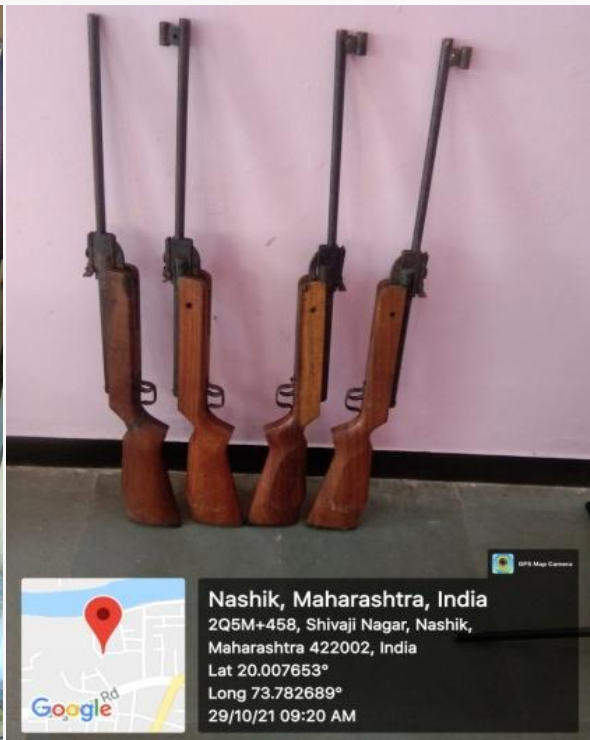
Air Pistol - 10 M.



Air Rifle



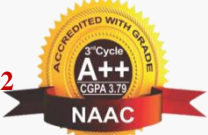
Air Rifle - Mounting Set



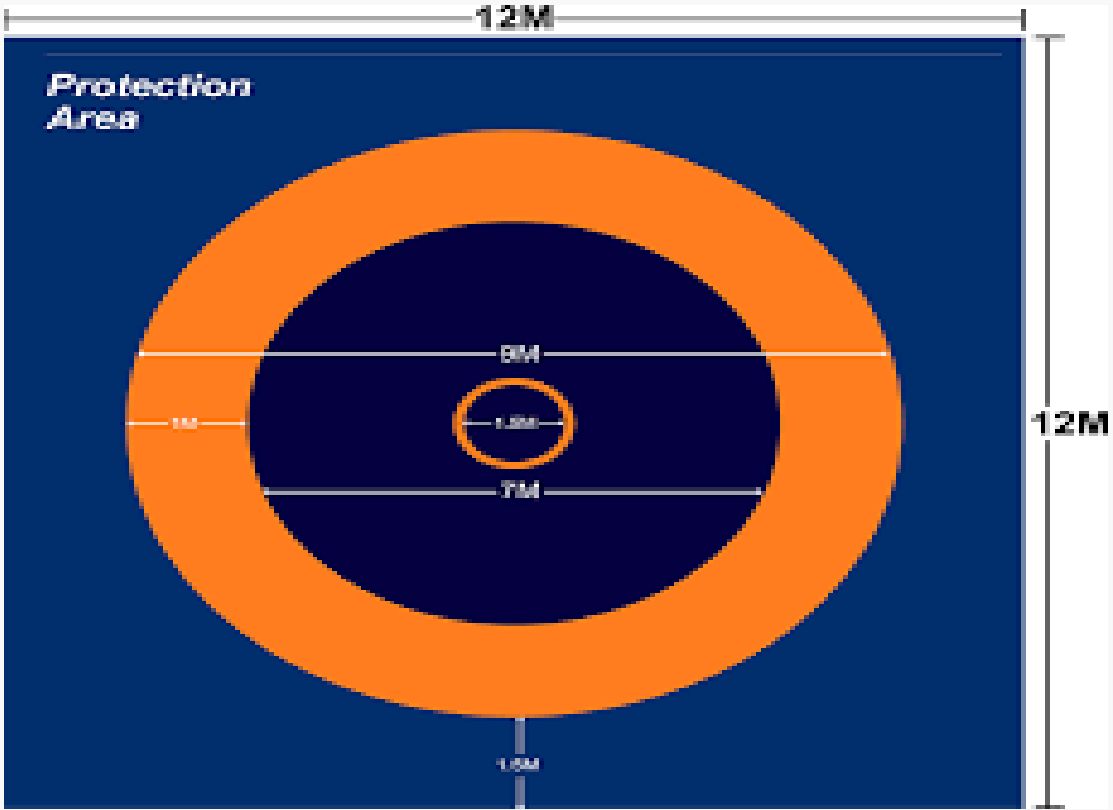
Air Rifle 10 Meter

6. Judo: 12 x 12 meter mats, Training Space and Judo hall.





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7. Hockey: Play Ground, Hockey Goal Post, Hockey Sticks, Balls, Ball, Shin Guards, Mouth Guard, Turf Shoes, Gloves, Helmet (for Goalkeepers), Goalie Gear (Pads, Kickers, Gloves, Chest Protector, Helmet), Field, Goals.





8. Football : Soccer ball, cleats, shin guards, socks, uniform (jersey and shorts), goalkeeping gloves (for goalkeepers), goals, field, corner flags, whistle, scoreboard.



9. Korfball: Korfball Post with a Basket, Korfball Ball, A Korfball Court, Shoes and Player Uniforms.



10. Netball: Netball, Netball Court with Marked Lines, Netball Post, A Hoop, Netball, Bibs, Uniforms, Whistle, Scoreboard.



11. Kabaddi: Kabaddi Mat, Boundary Line Markings, Scoreboard, Whistle, Stopwatches, Player Uniforms, Knee Pads, Ankle Supports, Cones.



12. Kho-Kho: Playing Field, Boundary Line Markings, Poles, Scoreboard, Whistle, Stopwatches, Player Uniforms, Shoes with Grips, Knee Pads, Cones.



13. Fencing: Fencing Strip (Piste), Fencing Swords (Foil, Epee, Sabre), Fencing Mask, Fencing Jacket, Fencing Pants (Breeches), Plastron (Underarm Protector), Fencing Gloves, Chest Protector, Fencing Socks, Fencing Shoes, Electronic Scoring System, Body Cords, Mask Cords, Practice Targets, Repair Tools



14. Badminton: Wooden Badminton Court with Net, Badminton Rackets, Shuttlecocks (birdies), Court Boundary Lines, Scoreboard, Referee's Chair (for officiating), Shuttlecock dispenser, Shuttlecock retriever, Badminton Shoes, Player uniforms, Knee Supports.



15. Green Gym Facility on the Campus: Outdoor Fitness Stations, Exercise Benches, Resistance bands, Stretching Poles, Safety Flooring.





16. Carrom: Indoor Space, Carrom Board, Carrom Coins, Striker, Powder, Scoreboards.

17. Chess: Indoor Space, Chessboard, Chess pieces, Chess Clock, Notation Sheet.



18. Wrestling: Indoor Space, Wrestling Mats, Wrestling Shoes, Singlets, Headgear, Knee-Pads and Elbow Pads.



19. Boxing: Boxing Ring, Training Area, Heavy Bags, Speed Bags, Double-End Bags, Floor Mats or Padding, Corner Stools and Buckets, Boxing Gloves, Hand Wraps, Mouthguard, Headgear, Skipping Rope, Protective Cups (Groin Protectors), Boxing Shoes.

20. Climbing Rope: Climbing Rope, Harness, Carabiners, Belay Device, Helmet, Climbing Shoes, Chalk Bag and Chalk, Quickdraws, Anchor Gear (slings, cord, carabiners), Climbing Protection (cams, nuts, hexes).

21. Mallakhamb: Mallakhamb Pole, Mallakhamb Rope, Chalk, Clothing, Mattress or Cushion, Coconut Oil, Water Bottle and Towel, Medicine Ball.



22. Weight Lifting: Barbell, Weight Plates, Dumbbells, Weight Bench, Power Rack or Squat Rack, Weightlifting Belt, Weightlifting Shoes, Gym Chalk, Resistance Bands, Stopwatch.

23. Volley Ball: Volleyball, Volleyball Net, Volleyball Court, Antennas, Kneepads, Ankle Braces (optional), Volleyball Shoes, Scoreboard, Whistle.



24. Roll Ball: Inline Roller / Quad Skates, Helmet, Kneepads, Protective Guard, Elbow Guard, Goal-Post, Mini Roll Ball 340 to 400 gm, Normal Roll Ball 425 to 475 gm, Hand Surface Court.



25. Obstacle Course



26. Yoga




Co-ordinator

Internal Quality Assurance Cell (IQAC),
KRT Arts, BH Commerce &
AM Science (KTHM) College, Nashik - 2.




PRINCIPAL

K.R.T. Arts, B.H. Commerce &
A.M. Science College, Nashik-2