



MAHATMA GANDHI INSTITUTE OF MEDICAL SCIENCES, SEVAGRAM

Sports and Recreation Facilities

PLAYGROUNDS & GAMES PLAYED

A. Main playground

- i) Site:- Across the road to Paunar
- ii) Measurement:- 4.93 hectares
- iii) Distance:- from hostel 400 mt.
- iv) Games played:- Cricket, Football, Hockey, Volleyball, Athletics.

B. Playground behind Dean Office

- i) Measurement:- 6060 Sq. mt.(41.77 mt. X 145.12mt.)
- ii) Distance:- from hostel 200 mt.
- iii) Games played:- Basketball, Throw ball, Volleyball

C. Ground in front side of Hostel

- i) Games played:- Badminton

D. Ground inside of Boys & Girls Hostel

- i) Games played:- Badminton, Volleyball, Throw ball

E. Ground near old hospital

- i) Games played: - Kabaddi.

F. Ground near Staff Club

- i) Games played:- Badminton.

G. Indoor facilities in Boys & Girls Hostel

- i) Recreation hall inside girls & boys hostel
- ii) Table Tennis
- iii) Carrom
- iv) Chess
- v) Television
- vi) News paper & Magazines

GYMNASIUM FACILITIES AND ARRANGEMENT

- i) Site:- Boys and Girls hostel next to Recreation hall
- ii) Measurement:- 36 x 36 ft.

iii) Facilities:- Exercising Unit

Following facilities are available in Boys hostel

Exercise Cycles- 2, Treadmill Jogger- 2, Sit up Board (Abdominal Conditioner)- 2, Motorized Treadmill- 2, Exercise Bike-2, Six station malty commercial Gym -1, Smith Machine- 1, High Pulley -1, Cable Cross Over-1, Functional Trainer-1,

AB Crunch Machine-1, Rower Machine-2, Vibrator Gym Machine -1, Exercise Bench-2, Wrist Machine-1, Shoulder press Machine (Butterfly)-1, Leg press Machine-1, Dumbbells 23 pairs, Dumbbell Rack, Plates -25 pairs, Weight Lifting Roads -15. Skipping Ropes.

Following facilities are available in Girls hostel

Exercise Cycles- 2, Treadmill Jogger- 22, Sit up Board (Abdominal Conditioner)- 2, Motorized Treadmill- 2, Exercise Bike-2, AB Crunch Machine-1, Rower Machine-1, Stepper Machine-1, Vibrator Gym Machine-1, Exercise Bench-1, Massage Roller-1, Skipping Ropes, Aerobic Hula Hoop and Exercise Gym Ball.

The Institute also has the following facilities for cultural activities

- Newly constructed closed auditorium 750 seats.
- Open air auditorium with green rooms, rest rooms and sitting area for 1000 people
- Closed auditorium with sitting area for 300 people
- Sarojini Naidu Hall: Air conditioned, capacity around 120