

# **LOYOLA COLLEGE OF SOCIAL SCIENCES THIRUVANANTHAPURAM**



## **CRITERIA 4 - INFRASTRUCTURE AND LEARNING RESOURCES**

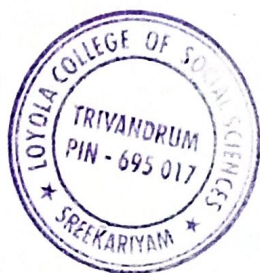
### **4.1 PHYSICAL FACILITIES**

4.1.2 The Institution has adequate facilities for cultural activities, sports, games (indoor, outdoor), gymnasium, yoga etc

List of gym and sports equipments

# INVENTORY OF SPORTS MATERIALS AS ON 9<sup>th</sup> SEP 2021

Victory Stand	-	1
Shuttle Rackets	-	10
Tape (long size)	-	1
Hammer	-	1
Housie Playmate	-	2
Chess	-	2
Tennis Ball	-	18(Vicky-5,Famex-12)
Deepasikha Candle (Metal)	-	1
Visil	-	5
Shot-put	-	2
Javelin	-	10(metal-6, Bamboo-4)
Ring	-	1
Discus Plate	-	6(Men-3, Women-3)
Relay Stick (6 nos)	-	1 Box
Vinex set (High Jump)	-	1
Cricket Bat	-	4
Basketball	-	2
Football	-	3
Volley Ball	-	3
Throw Ball	-	3
Nivea Volleyball Net	-	2
Cosco Net	-	2
Shuttle cock	-	3 Box
Nivea Basketball Net	-	1
Cricket Glouse	-	1 set
Cricket stumbs with base	-	2 set
Point Markers(Multicolor)-		24
Carrom Powder	-	1
Pump	-	2



  
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## **GYM EQUIPMENT LIST**

**As on 9th September 2021**

1. Ab machine
2. Crunch Board
3. Abdominal board
4. Hip Twister
5. Seated calf Raise
6. Forearm cruncher
7. Preacher (2)
8. Leg Extension
9. Standing leg curl
10. Reverse pec deck
11. Seated rowing pullery
12. High let pulley
13. Adjustable bench (3)
14. Gym chair
15. Parallel bench
16. Squat stand
17. Hack squat
18. Leg press
19. Smith machine
20. Cardio cycle
21. Multi machine
22. Dips
23. Leg curl
24. T bar
25. Shoulder press
26. Dual axis incline bench
27. Dual axis flat bench
28. Dual axis decline bench-Two pair of 1kg to 35kg each
29. Squat bar 2
30. W bar-1
31. Z bar-1
32. Straight bar 2