



NEHRU INSTITUTE OF ENGINEERING AND TECHNOLOGY

An ISO 9001:2015 & 14001:2015 Certified Institution, Affiliated to Anna University, Chennai

Approved by AICTE, New Delhi, Recognized by UGC with 2(f) & 12(B)

Reaccredited by NAAC "A+", NBA Accredited UG Courses: AERO&CSE

Nehru Gardens, Thirumalayampalayam, Coimbatore – 641 105.



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

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AUTHENTICATION CERTIFICATE

This is to certify that the institution has the following adequate facilities for Sports, Games (Indoor and Outdoor), Gymnasium, Yoga Center and Cultural facilities.

S. No	Sports/Games/Gym/yoga	Number of Courts
1.	Volleyball	2(Outdoor Court)
2.	Ball Badminton	1(Outdoor Court)
3.	Football	1(Outdoor Court)
4.	Kho-Kho	1(Outdoor Court)
5.	Kabaddi	1(Outdoor Court)
6.	Basketball	1(Outdoor Court)
7.	Table Tennis	1(Indoor Court)
8.	Badminton	2(Indoor Court)
9.	Carrom	1(Indoor Hall)
10.	Chess	1(Indoor Hall)
11.	Gym-(Boys)	1(Indoor Hall)
12.	Gym-(Girls)	1(Indoor Hall)
13.	Yoga	1(Indoor Hall)


Director of Physical Education
Director of Physical Education
Department of Physical Education
Nehru Institute of Engineering & Technology
Nehru Gardens, Thirumalayampalayam,
Coimbatore - 641 105




PRINCIPAL
Dr. P. MANIARASAN
Principal
Nehru Institute of Engg. & Technology
T.M.Palayam, Coimbatore - 641 105.

OUR VISION

To mould the youngsters to acquire sound knowledge in technical and scientific fields to face the future challenges by continuous upgradation of all resources and processes for the benefit of humanity as envisaged by our great leader Pandit Jawaharlal Nehru.

OUR MISSION

To build a strong centre of learning and research in engineering and technology.
To facilitate the youth to learn and imbibe discipline, culture and spirituality.
To produce quality engineers, dedicated scientists and leaders.
To encourage entrepreneurship.
To face the challenging needs of the global industries.

Corporate Office : 451-D, Nehru College Campus, Kuniarnuthur, Coimbatore - 641 008. Phone : 0422 2206148



www.nehrucolleges.in



S.No	DESCRIPTION	NAME OF THE SPORTS	AREA (m ²)
1	Sports facilities for Outdoor games	1. Football	66x100=6,600
		2. Volleyball	2 x (18x9)=324
		3. Kabaddi	13x10 =130
		4. Kho-kho	31x16 =496
		5. Ball badminton	24 x12= 288
		6. Basketball	28x15=420
2	Sports facilities for Indoor games	1. Badminton	(13.40x6.10)x2=163.48
		2. Chess	10 x10= 100
		3. Table tennis	20x 16 = 320
		4. Carrom	10x10=100
3	Gymnasium facilities for Boys & Girls	1. Abdominal-2	45x 15 = 675
		2. High pulley-1	
		3. Low pulley-1	
		4. Treadmill manual-3	
		5. Treadmill machine - 3	
		6. Sitting twister-1	
		7. Standing twister- 1	
		8. Hyperextension- 1	
		9. Stepper -1	
		10. Cycle exercise -2	
		11. Bench press- 1	
		12. Platerack-1	
		13. High plate (1kg, 2kg, 2.5kg, 5kg, 6kg)	
		14. Dumbbells (1kg, 2kg, 3kg, 4kg, 5kg, 6kg)	
		15. Stomach belt-1	
		16. Barbell stand-1	
		17. Peck deck-1	
		18. Leg extension- 1	
		19. Lifting bar -1	
		20. Wands -1	
		21. Weight machine-1	
4	Facilities for Yoga & Cultural Activities	Yoga Hall	28x15=420

TABLE 1-INFRASTRUCTURE AND SPORTS UTILITIES



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FOOTBALLCOURT



P. Mani

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VOLLEYBALLCOURT



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Block F, Thirumalayampalayam, Tamil Nadu 641105, India
Lat 10.870524°
Long 76.928261°
25/11/21 04:39 PM

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BASKETBALLCOURT



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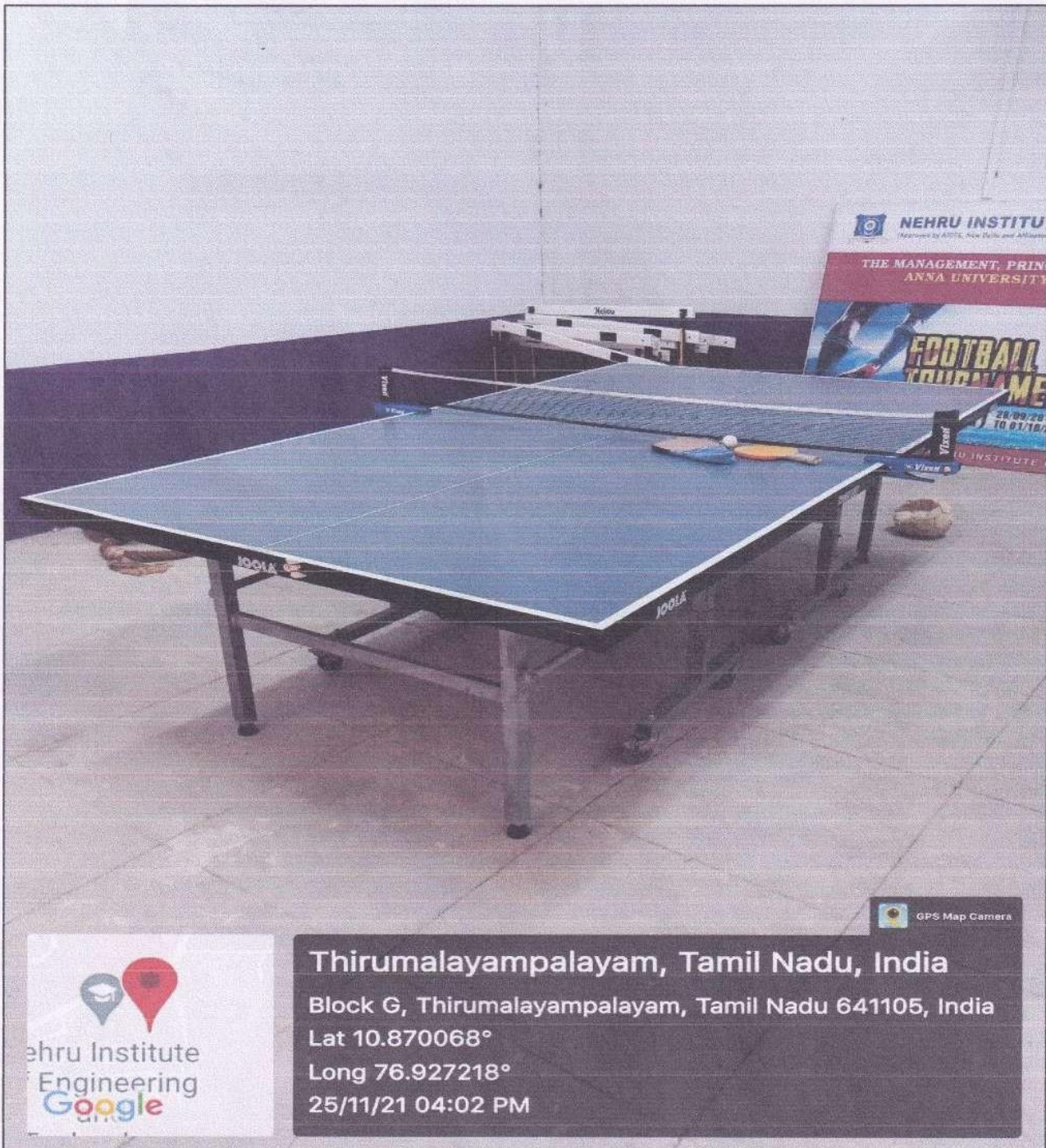
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TABLE TENNIS



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BADMINTON COURT





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CARROMBOARD



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BOYS GYM



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Kaliyapuram, Tamil Nadu, India

Main Block, Kaliyapuram, Tamil Nadu 641105, India

Lat 10.867309°

Long 76.915691°

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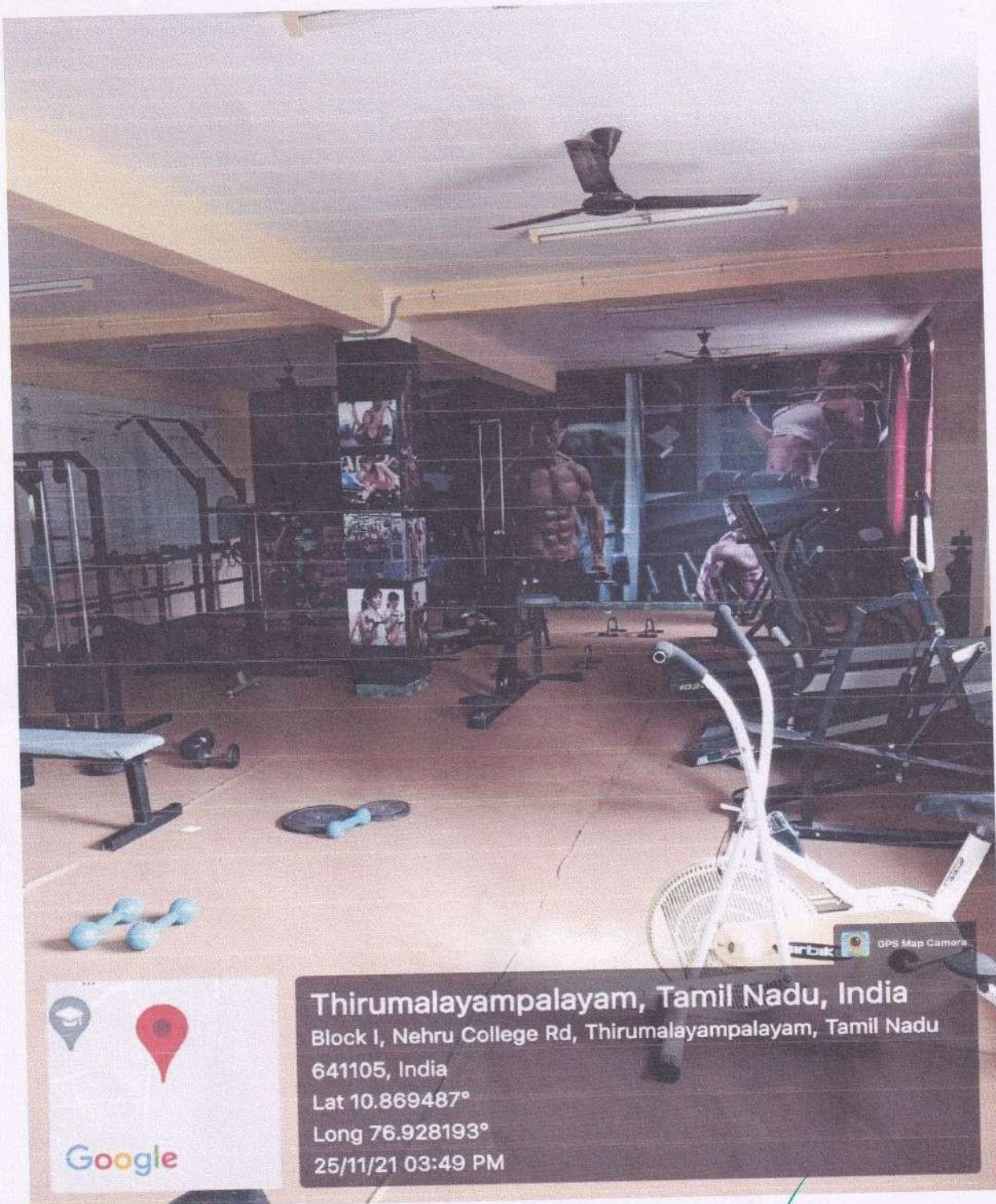
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GIRLSGYM



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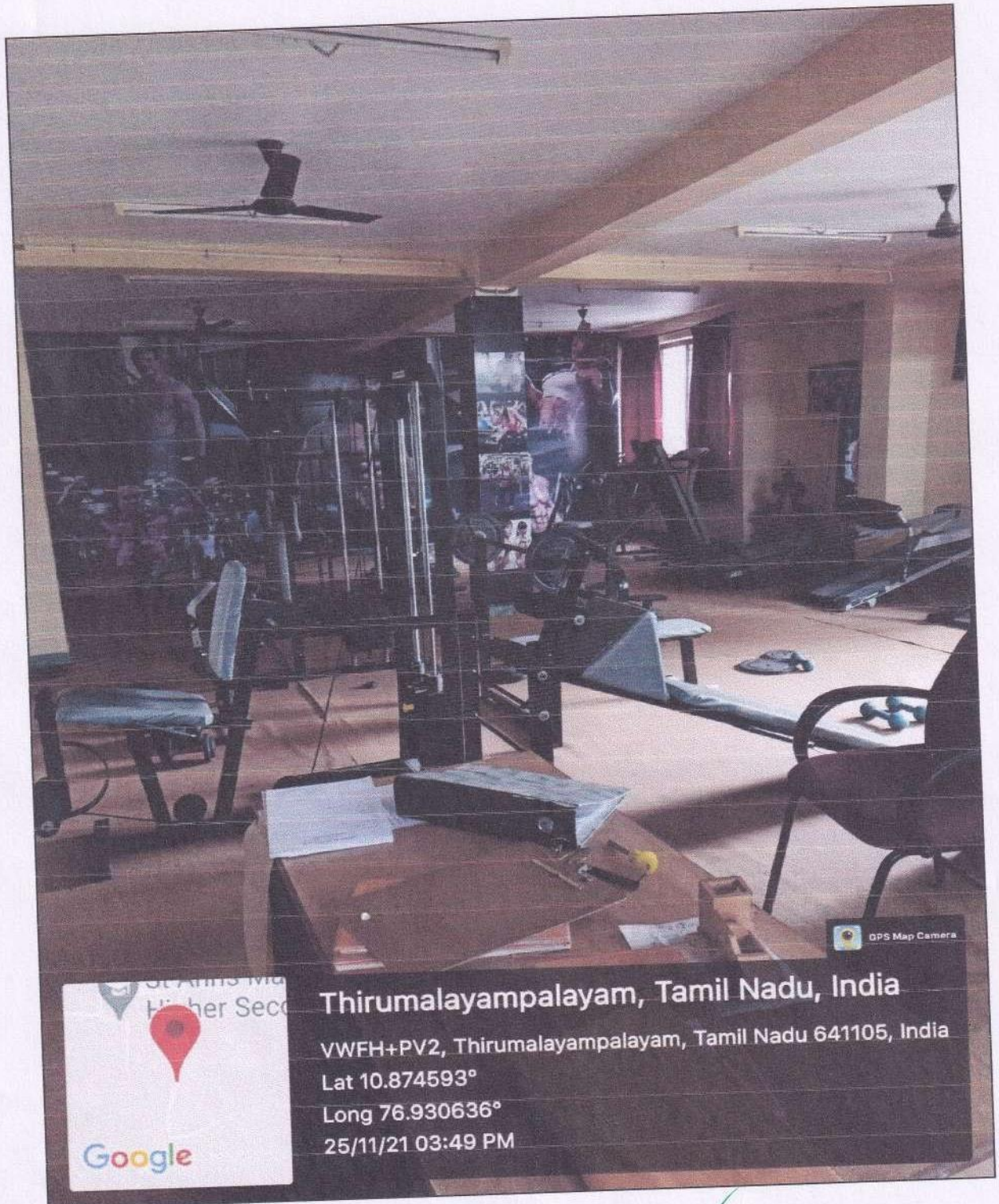
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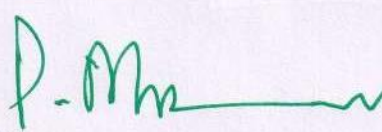
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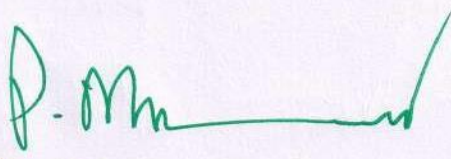
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SPORTS ROOM




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Cultural Activities in P.K.DAS Memorial Auditorium

CULTURAL ACTIVITIES-PKDAS MEMORIAL AUDITORIUM



CULTURAL ACTIVITIES-PKDAS MEMORIAL AUDITORIUM





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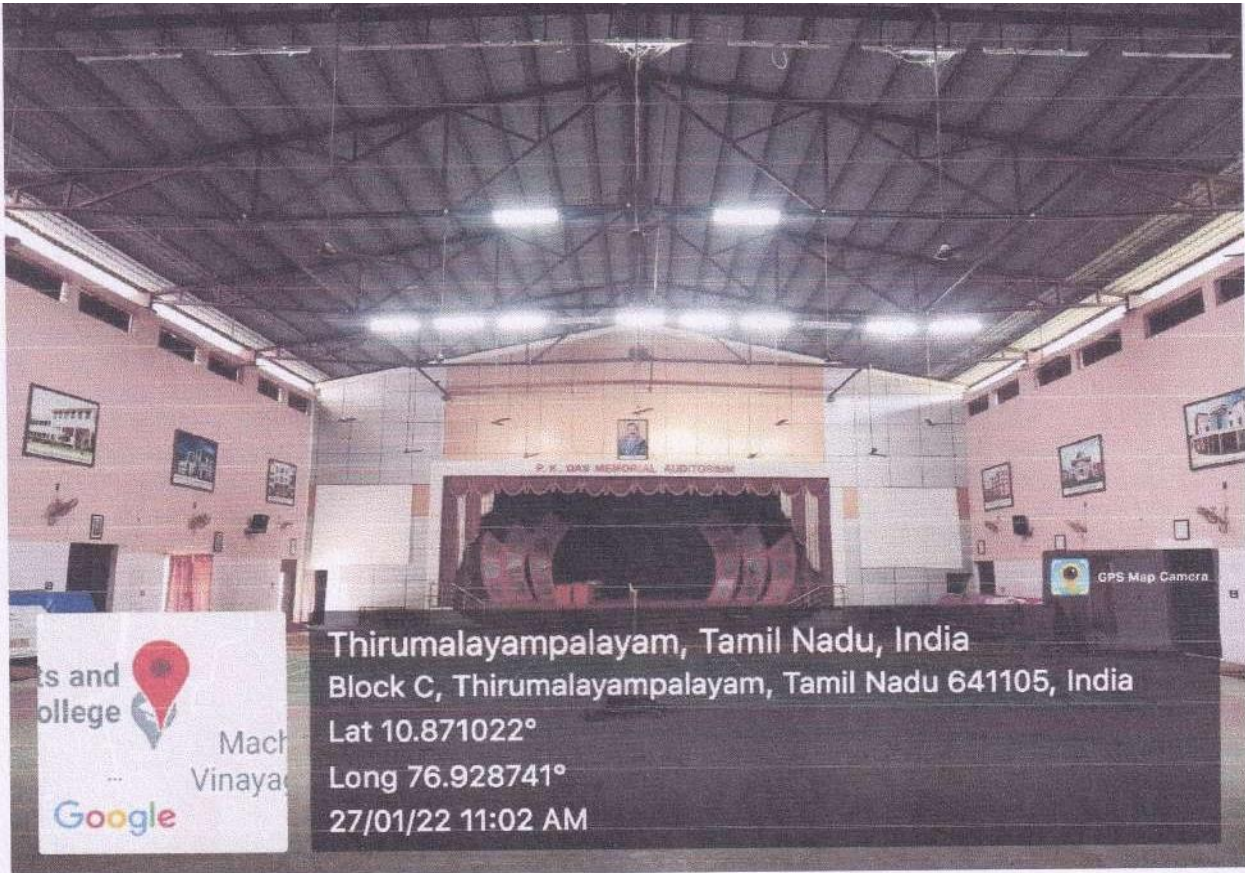
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Block C, Thirumalayampalayam, Tamil Nadu 641105, India
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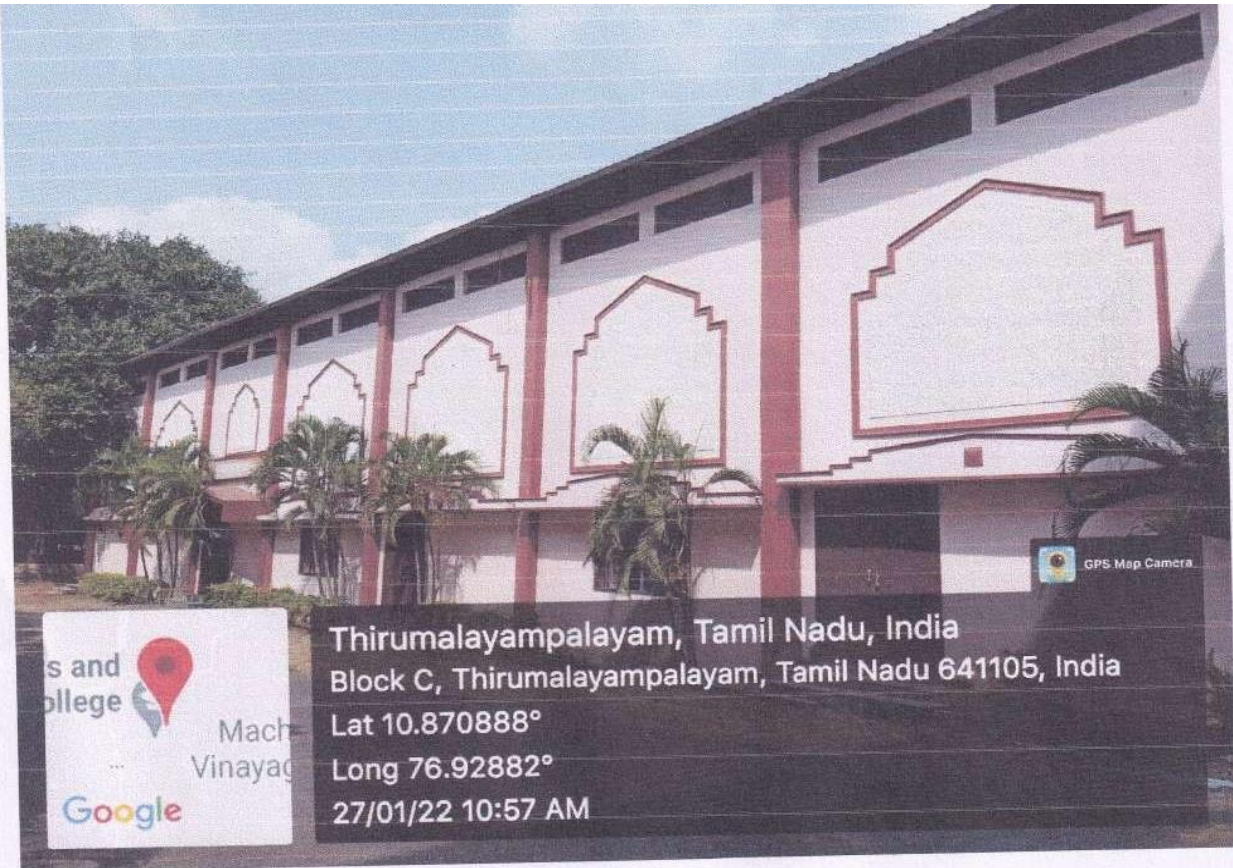
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Cultural Events



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Cultural Events



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Yoga Center

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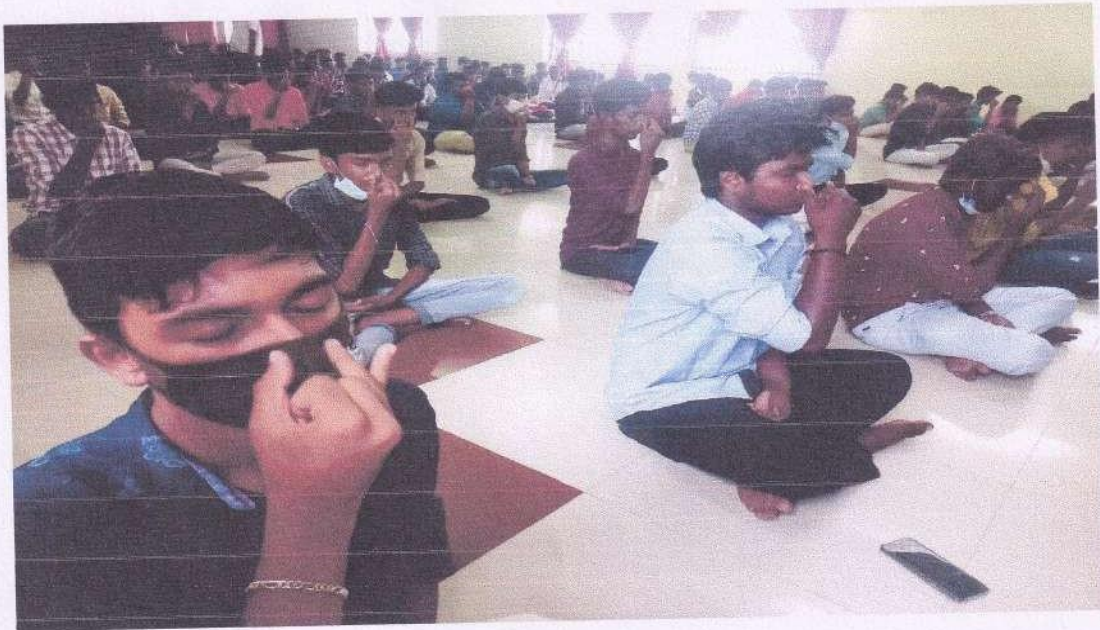
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In recent years, yoga has also become popular in the west, inspiring increasing numbers of people to come and study yoga in India in a traditional setting. There are many yoga centers in India, providing everything from in-depth courses to flexible drop-in classes. As the style of yoga and approach to teaching varies at each center, it's important to give proper thought to your needs before applying. Throughout the day we practice how to meditate and control breathing. A few minutes of Yoga during the day has given a great way to get rid of stress that accumulates daily, in both, body and the mind. Yoga postures, Pranayama and meditation are effective techniques to release stress. The practice of Yoga stimulates the process of unity of mind, body and soul. Yoga is useful in maintaining physical and mental energy and meditation leads to spiritual peace. Yoga has helped the students in many aspects and visible changes in their behavior and attitude have been observed. Yoga helps them in being disciplined and physically fit.





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