

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

Outdoor Sports

The Institute, with its compulsory Core Courses and the continuous evaluation scheme, integrates sports and extra-curricular activities as essential components. This is done not only for participation but also for assessment of students. It has adequate facilities for sports, games, yoga and gym.

Table 1 Outdoor Games Courts

Sl. No	Description	Area (meters)	Number
1	Volley Ball	18x9	2
2	Cricket	110x90	1
3	Kabaddi	13x10	2
4	Kho-Kho	29x16	1
5	Foot-Ball	110x90	1
6	Shuttle Badminton	44x20 feet	1
7	Throw Ball	18x12	1
8	Tennikoit	12x6	1
9	Hand-Ball	40x20	1
10	Basket Ball	28x15	1
11	Tennis Court	24 x 11	1

Outdoor Games Courts

1) Volley Ball (18x9 meters):

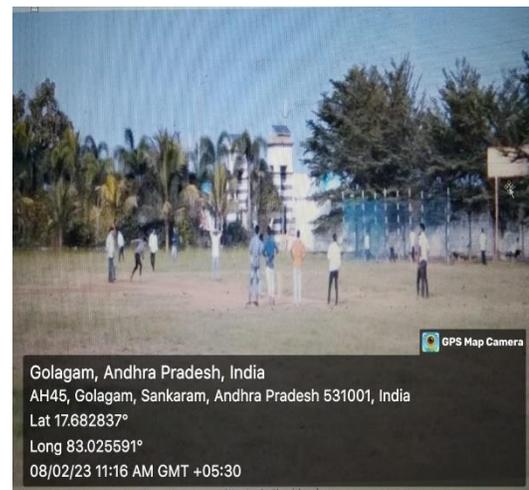
Volleyball is a team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules.[1] It has been a part of the official program of the Summer Olympic Games since Tokyo 1964. A volleyball court is 9 m × 18 m (29.5 ft × 59.1 ft), divided into equal square halves by a net with a width of one meter (39.4 in).

The top of the net is 2.43 m (7 ft 11+11/16 in) above the center of the court for men's competition, and 2.24 m (7 ft 4+3/16 in) for women's competition, varied for veterans and junior competitions. DIET has 4 volleyball courts.



2) Cricket 110x90 meters:

Cricket is a bat-and-ball game played between two teams of eleven players each on a field at the centre of which is a 22-yard (20-metre) pitch with a wicket at each end, each comprising two bails balanced on three stumps. The game proceeds when a player on the fielding team, called the bowler, "bowls" (propels) the ball from one end of the pitch towards the wicket at the other end, with an "over" being completed once they have legally done so six times. The batting side has one player at each end of the pitch, with the player at the opposite end of the pitch from the bowler aiming to strike the ball with a bat.



3) **Kabaddi** 13x10 meters

Kabaddi is a contact team sport. Played between two teams of seven players, the objective of the game is for a single player on offence, referred to as a "raider", to run into the opposing team's half of a court, touch out as many of their defenders as possible, and return to their own half of the court, all without being tackled by the defenders, and in a single breath.



4) **Kho-Kho** 29x16 meters:

Kho-Kho is a traditional Indian sport game being one of the oldest outdoor sports dating back to ancient India. It is one of the two most popular traditional tag games in the Indian subcontinent, the other being Kabaddi. Kho-Kho is played by two teams, with twelve nominated players out of fifteen, of which nine enter the field who sit on their knees (Chasing Team), and three extra (Defending Team) who try to avoid being touched by members of the other opposing team.



5) **Foot-Ball** 110x90 meters

Football is a family of team sports that involve, to varying degrees, kicking a ball to score a goal. Unqualified, the word football normally means the form of football that is the most popular where the word is used.



6) Shuttle Badminton 44x20 feet:

Badminton is a racquet sport played using racquets to hit a shuttlecock across a net. Although it may be played with larger teams, the most common forms of the game are "singles" (with one player per side) and "doubles" (with two players per side). Badminton is often played as a casual outdoor activity in a yard or on a beach; formal games are played on a rectangular indoor court. Points are scored by striking the shuttlecock with the racquet and landing it within the opposing side's half of the court.



7) Throw Ball 18x12 meters:

Throwball is a non-contact ball sport played across a net between two teams of nine players on a rectangular court. Throwball is popular in Asia, especially on the Indian subcontinent, and was first played in India as a women's sport in Chennai during the 1940s. Throwball rules were first drafted in 1955 and India's first national level championship was played in 1980.



8) Tennikoit 12x6 meters:

Tennikoit, also called ring tennis or tennikoits, is a sport played on a tennis-style court, with a circular rubber ring ("tennikoit", c.f. the game quoits) hurled over a net separating the two players, with each endeavoring to catch and return the hurled ring into the opponent's court. The sport is played on indoor and outdoor courts.



9) Hand-Ball 40x20 meters:

Handball (also known as team handball, European handball or Olympic handball) is a team sport in which two teams of seven players each (six out-court players and a goalkeeper) pass a ball using their hands with the aim of throwing it into the goal of the other team. A standard match consists of two periods of 30 minutes, and the team that scores more goals wins.



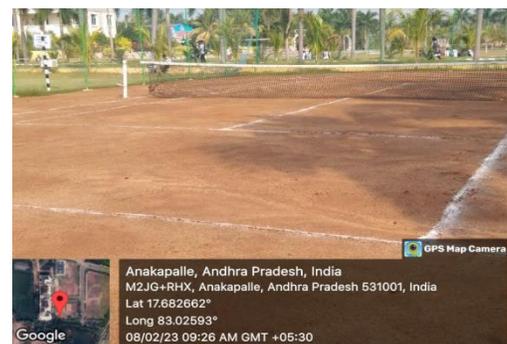
10) Basket Ball 28x15 meters:

Basketball is a team sport in which two teams, most commonly of five players each, opposing one another on a rectangular court, compete with the primary objective of shooting a basketball (approximately 9.4 inches (24 cm) in diameter) through the defender's hoop (a basket 18 inches (46 cm) in diameter mounted 10 feet (3.048 m) high to a backboard at each end of the court, while preventing the opposing team from shooting through their own hoop.



11) Tennis Court 23.77 x 10.97 (meters) :

A tennis court is the venue where the sport of tennis is played. It is a firm rectangular surface with a low net stretched across the centre. The court is 78 ft (23.77 m) long. Its width is 27 ft (8.23 m) for singles matches and 36 ft (10.97 m) for doubles matches. The service line is 21 ft (6.40 m) from the net. Additional clear space around the court is needed in order for players to reach overrun balls for a total of 60 ft (18 m) wide and 120 ft (37 m) long



INDOOR GAMES

Table 2 Indoor Games

S.NO	SPORT	BOARDS
1	Table Tennis	2
2	Carroms	6
3	Chess	6

1) Table Tennis:

Table tennis, also known as ping-pong and whiff-whaff, is a sport in which two or four players hit a lightweight ball, also known as the ping-pong ball, back and forth across a table using small solid rackets. The game takes place on a hard table divided by a net. Except for the initial serve, the rules are generally as follows: players must allow a ball played toward them to bounce once on their side of the table and must return it so that it bounces on the opposite side at least once. A point is scored when a player fails to return the ball within the rules. Play is fast and demands quick reactions. Spinning the ball alters its trajectory and limits an opponent's options, giving the hitter a great advantage.



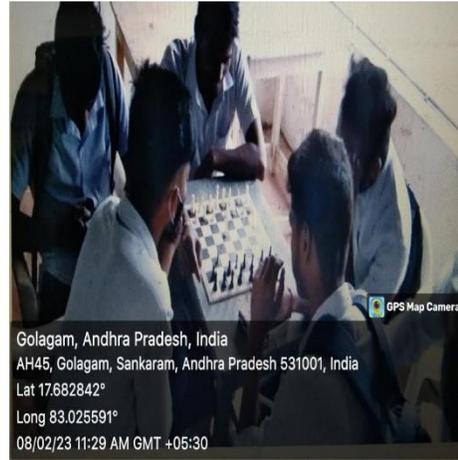
2) Carroms:

Carrom is a tabletop game of Indian origin. The game is very popular in the Indian subcontinent, and is known by various names in different languages. In South Asia, many clubs and cafés hold regular tournaments. Carrom is very commonly played by families, including children, and at social functions. Different standards and rules exist in different areas.



3) Chess:

Chess is an abstract strategy game and involves no hidden information. It is played on a square chessboard with 64 squares arranged in an eight-by-eight grid. At the start, each player (one controlling the white pieces, the other controlling the black pieces) controls sixteen pieces: one king, one queen, two rooks, two bishops, two knights, and eight pawns. The object of the game is to checkmate the opponent's king, whereby the king is under immediate attack (in "check") and there is no way for it to escape. There are also several ways a game can end in a draw.



YOGA Centre

The term "yoga" in the Western world often denotes a modern form of Hatha yoga and a posture-based physical fitness, stress-relief and relaxation technique, consisting largely of the asanas; this differs from traditional yoga, which focuses on meditation and release from worldly attachments. It was introduced by gurus from India after the success of Swami Vivekananda's adaptation of yoga without asanas in the late 19th and early 20th centuries. Vivekananda introduced the Yoga Sutras to the West, and they became prominent after the 20th-century success of hatha yoga.

The yoga Centre at DIET has been established with an objective of

1. To enable the students to have good health
2. To practice mental hygiene
3. To possess emotional stability
4. To foster harmony in the body, mind and environment



GYMNASIUM

Sl. No	Description	Number
1	Air walker	1
2	Leg Press	1
3	Hand Press	1
4	Hip Dominant	1
5	Bench Press	1
6	Stations	1

1) **Air walker:** Air walkers, also known as air gliders, are exercise machines that provide a great way to get a full-body, calorie-burning, low-impact aerobic workout at home. Though they might look a little unorthodox, air walkers offer an easy method for keeping fit, even if you only have 10 to 15 minutes a day for exercise.



2) **Leg Press:** The leg press is a compound weight training exercise in which the individual pushes a weight or resistance away from them using their legs. The term leg press machine refers to the apparatus used to perform this exercise.[1] The leg press can be used to evaluate an athlete's overall lower body strength (from the gluteus Maximus to the lower leg muscles). It can help to build squat strength.[2] If performed correctly, the inclined leg press can help develop knees to manage heavier free weights,[3] on the other hand, it has the potential to inflict grave injury: the knees could bend the wrong way if they are locked during the exercise.



3) **Hand Press:** While working out, it is important that one have a good grip on the rods, bars and other gym equipment. So, it is always a good idea to go for



hand grips and increase the strength of wrist and hand muscles making it easier to do pull-ups and other exercises.

4) Hip Dominant: Hip Dominant Movements are those which required movement (flexion / extension) around the hip joint, with minimal movement around the knee joint. Movements in this manner target the posterior of the upper leg, the hamstring muscle group. Other muscles that are utilised include the glutes and erector spinae. Hip dominant movements progress from double leg (both feet in contact with the ground) to single leg (one foot in contact with the ground) movements.



5) Bench Press: The bench press, or chest press, is an upper-body weight training exercise in which the trainee presses a weight upwards while lying on a weight training bench. The exercise uses the pectoralis major, the anterior deltoids, and the triceps, among other stabilizing muscles.



6) Stations: A power tower, also known as a knee raise station, and as a captain's chair, is a piece of exercise equipment that allows one to build upper body and abdominal muscle strength. The equipment commonly has a backrest and forearm rests that form the chair, with vertical handles at the ends of the arm rests.

