



Estd : 1987

RAJAS DENTAL COLLEGE & HOSPITAL

Kavalkinaru Jn., Tirunelveli District - 627 105

DCI Recognition No: DE-3(44)-93/2246

Affiliated to :

Dated 09/11/1993

The Tamilnadu Dr. M.G.R. Medical University, Chennai.

4.1.2: The institution has adequate facilities to support physical and recreational requirements of students and staff - sports, games (indoor, outdoor), gymnasium, auditorium, yoga centre, etc. and for cultural activities

Outdoor facilities	
Cricket play area	130680 sq.ft
Cricket practice nets -1 No.	50X16 Ft.
Football play area	50X 30 Mts
Handball court	21780 sq.ft
Basket ball	21780 sq.ft
Volley ball Court	1 court (25X15 Mts)
Throw ball court	2 courts (25X19 Mts each)
Tennikoit	2 courts (20X12 Mts each)
Athletics track & Field	200 meters
Kabbadi court	1 court (20X16 Mts)
Kho Kho – 1 court	32X22 Mts
Indoor Stadium	6098 sq.ft
Chess – 5 boards	5 boards
Carrom - 6 boards	6 boards
Table tennis – 1 board	1 board
Badminton	1 court
Sports facility room	1 room
GYM – Boys	750 sq.ft
GYM - Girls	750 sq.ft

PRINCIPAL

RAJAS DENTAL COLLEGE & HOSPITAL

Kavalkinaru Jn., Tirunelveli District - 627 105

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List of Equipment in GYM – Girls

No.	Name	Qty
1	The Rock commercial AC Motorised treadmill	2
2	Gym tech commercial upwright bike 07	1
3	Four station single pillar Multi gym	1
4	Super Fit massager	1
5	Double twister	1
6	FID bench	1
7	Flat bench	1
8	Rubber coated bar bell (5 kg)	1
9	Rubberr coated bar bell (10 kg)	1
10	Kettle bell (5 kg)	1
11	Hex Dumbbells (5 kg – 2, 10 kg – 2, 7.5 kg – 4, 2.5 kg – 4)	12
12	Pushup stand – M6023	1
13	Multi Aerobic Stepper	1
14	Gym Ball	2

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List of Equipment in GYM – Boys

No.	Name	Qty
1	11 stage multigym	1
2	Pushup stand	1
3	Commercial Treadmill	1
4	Stablazer	1
5	Flat bench	1
6	Slope bench	1
7	Sittup Bench	1
8	Weight plates	1
9	Long size metal rod	2
10	Short size metal rod	2
11	Weight plates	10 kg – 4, 5 kg – 6, 4 kg – 2, 3 kg – 4, 2 kg – 6, 1 kg – 2
12	Dumbbells	5 kg – 2
13	Dumbbells rod	1

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