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**4.1.2 The institution has adequate facilities for sports, games (outdoor, gymnasium etc.,) and cultural activities.**

**Response:** The SGT University recognizes that physical activity and sports are an integral part of culture and society and translates into benefits in term of health, social cohesion, economic activity culture enrichment and improve quality of life. The University has adequate facilities for sports and forming teams to take part in the State level, Inter-University and All India Inter-University level competitions.

**Indoor/Outdoor Games:** The Sports event competitions are conducted at the Inter-Faculty level. Outdoor games such as Athletics, Badminton, Basketball, Cricket, Football, Handball, Kabaddi, Kho-Kho, Lawn-Tennis, Volleyball, etc., are well-practiced and played by the students.

All efforts are made to achieve excellence in sports, by encouraging students, to participate in sports and physical activities to make full use of available sports infrastructure in the University campus for holistic development.

Outdoor sports facilities are provided inside the premises with proper trainers and supporting instruments. The indoor sports activities options are available that include Carrom, Chess, Table-Tennis etc. Separate Gym/Fitness Centres are available for boys and girls in respective hostels. A multipurpose hall is also available which can be used for Yoga, Meditation and Aerobics.

**Annual Sports Meet:** Every year SGT University holds fun games for Faculties and students. At inter Institutional level Sports Competitions are held each year as a mega event. This sports event spans for 3 days for students, teachers and staff. It creates an enthusiastic spree in all. People get a sense of belonging and become stress-free. Winners are given prizes in a huge ceremony. Different sports events, games like badminton, basketball, cricket, chess, and tug of war to clinch the much-coveted trophies.

**Yoga Center:** The university has a Yoga center where students and faculty members meditate and practice yoga. Qualified Yoga teachers have been appointed to take care of the day-to-day yoga related activities.

**Cultural Activities:** Students are very much encouraged to participate in the cultural events held in the college like technical fests, freshers, inductions, Annual Sports Day, Annual Day, Farewell programs, Holi fest, Diwali fest, symphonious, musical concerts etc. The university has established clubs and Committees to enhance the hidden talent of the students namely: Cultural Committee and Sports & Games constituted Committee to enhance the hidden potential and talent of the students namely: Cultural Committee and Sports & Games Committee which play an excellent role for overall development of the students. To encourage research and startup amongst the students, every year a technical event “Synergy” is organized in which various department showcase their novel ideas as projects or models.

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| **Outdoor sports Facilities:** | **Indoor Sports Activities** | **Fitness & Gym Centre** |
| Volleyball Grounds – 03 Basketball - 01 CourtCricket - 01 GroundFootball - 01 GroundBadminton - 03 CourtsLawn-Tennis - 01 CourtAthletics – 01 Track | Table Tennis - 04Table(CV Raman, Girls Hostel, Nilgiri Hostels) Carrom board - 08 Chess Boards - 8 Chess Boards | Girls Gym in Girls HostelBoys Gym in Nilgiri Boys HostelPG Medical Gym for Boys |