

Facilities for Cultural, Sports & Games



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Facilities

NCERC encourages and provides facility for students to participate in various extra-curricular activities in order to take care of physical wellbeing and provide entertainment outlet. A team of faculty members and students are involved in cultural, sports and extra-curricular activities of the college.



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Gymnasium

For all-round development of the students, there is fully equipped gym - fitness zone containing all modern equipment. This area (comprising nearly 100 sq. meters) has a range of equipment like dumb bells, Steering plates, Biceps Steering plates, skipping ropes. Other equipment include Hyper Extension, Fore Arm Extension, Leverage squat/calf raise machine, Bicep cart, fore Arm extension, Pull up stand, Bench press, Abs machine etc.



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MONDAY, 16 NOV

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LONGITUDE 76.440582 76°26'26.09"E
LATITUDE 10.755272 10°45'18.97"N



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Stock Register

Sl	PARTICULARS	Qty	Details
1	LONG PULLY	1	
2	LAT PULL DOWN MACHINE	1	
3	SEATED ROWING MACHINE	1	
4	MACHINE BENCH PRESS MACHINE	1	
5	PARAL-BAR WITH STANDING CALF MACHINE	1	
6	PEC-DEC MACHINE	1	
7	SHOULDER LATERAL MACHINE	1	
8	PEACHER CURL MACHINE	1	
9	PULL-OVER MACHINE	1	
10	CRECHAS MACHINE	1	
11	SEATER CALF MACHINE	1	
12	LEG-EXTENSION WITH LEG CURL MACHINE	1	
13	SHOULDER PRESS MACHINE	1	
14	CHEST PRESS MACHINE	1	
15	ANGLED-LEG PRESS MACHINE WITH HACK SQUAT	1	
16	INCLINE BENCH	1	
17	PARAL BENCH	1	
18	DC-CLINE BENCH	1	
19	SPIDER ROW MACHINE	1	
20	SMITH MACHINE	1	
21	INDEPENDENT ROWING MACHINE	1	
22	WREST CURL MACHINE	1	
23	STANDING-TWIST WITH TRIP-FLEXER MACHINE	1	
24	DECLINE BENCH-ORDINARY	1	
25	ORDINARY CRUNCH BENCH	1	

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Date	Sl	PARTICULARS	Qty	Details
	26	MULTY STATION MACHINE	1	
	27	STOOL	2	
	28	ORDINARY BENCH	1	
	29	ADJUSTABLE BENCH	1	
	30	SQUAT STAND	1	
	31	TREAD MILL MANUAL	1	
	32	TREAD MILL MOTORIZED	1	not working
	33	CYCLE	2	not working
	34	DUMBBELL STAND	2	

PLATES

10 K.G	PLATES	15
15 K.G	"	2
5 K.G	"	16
2.5 K.G	"	8

DUMBBELL

2.5 K.G	2 pair	7
5 K.G	2 pair	9
10 K.G	2 pair	4
15 K.G	1 pair	2
25 K.G	Adjustable 1 pair	2

Rubberised Dumbell

10 K.G	1 pair	
8 K.G	1 pair	
6	1 pair	
5	only one	
3	only one	

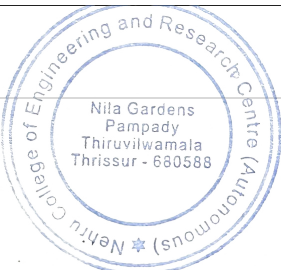
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MUSIC SYSTEM DVD	1	
WOOFER	1	Dis connect mus
SUB-WOOFER	5	
FAN	15	
Tube Light	12	
TABLE	1	
PLASTIC CHAIR	2	
ARM WRESTLING TABLE	1	
IRON STOOL	2	
WATER PURIFIER	1	

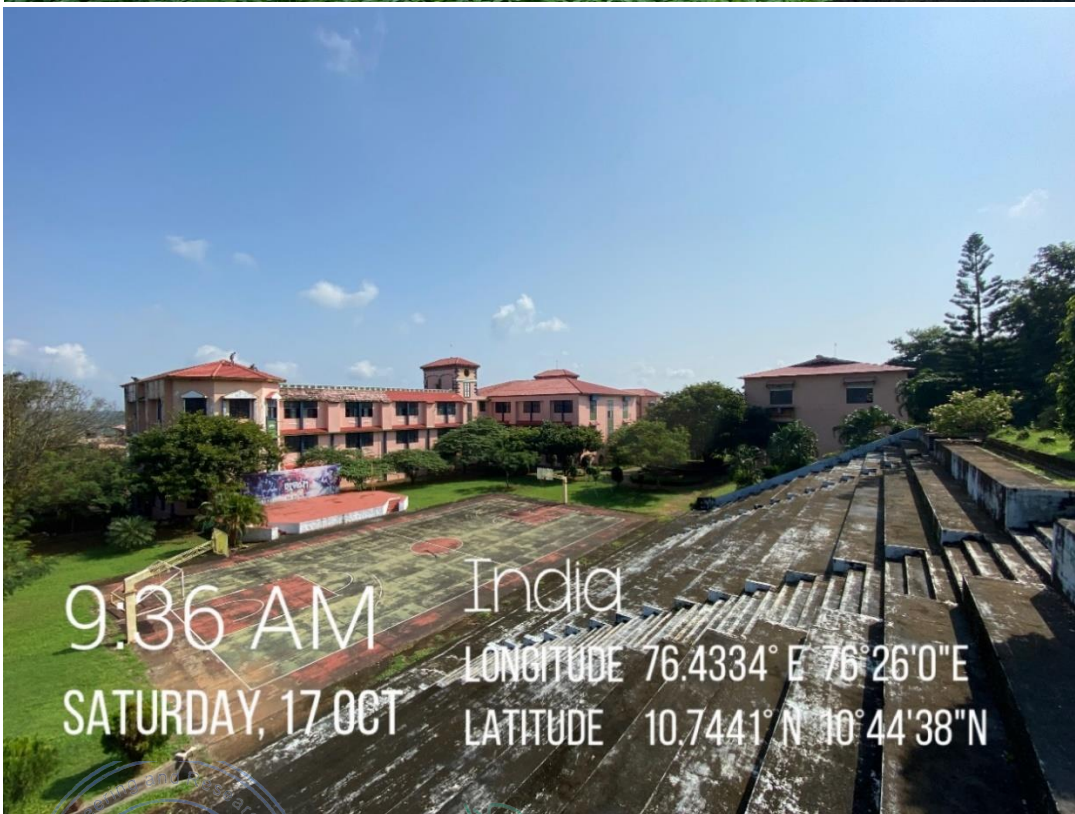
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Indoor & Outdoor Games

The institute has playground measured 16,800 sq. meters to accommodate basketball court, badminton court, football ground, cricket ground, Kabaddi court, handball court, hockey ground, volleyball ground and our students have bagged good winning records at inter – collegiate and Zonal levels.



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Auditorium

The institution boasts of huge, commodious Brahmagupta Auditorium having a seating capacity of around 800 people. It is used for conducting seminars, workshops, conferences, cultural events/activities and co-curricular activities. The college has a committee for conducting cultural activities. This committee along with staffs and students of the college organizes an annual cultural function named BLOOM. The aim of BLOOM is to provide a platform for students to display their talents and organizational skills. The students organize & participate in many cultural activities like group dance, skits, MIME, Debate, Street Play, face Painting, Drawing etc., during the cultural day. The college also organizes Annual day function every year where the students to participate many cultural activities with zeal and enthusiasm. To broaden the horizons of the students, they are encouraged to participate several inter-colligate events.



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Photo Gallery



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