



SPORTS INFRASTRUCTURE



FACILITIES

PLAY GROUND

INDOOR STADIUM

GYMNASIUM

VOLLEYBALL COURT

FOOTBALL

CONTACT DETAILS

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Sports Infrastructure:

1. **Playground:** The College has a spacious sports ground of 210000 sq. feet that caters to a variety of outdoor sports. The ground is equipped with facilities for cricket, football, and athletics. It provides ample space for practice sessions; inter collegiate tournaments, and other sporting events. There are two Volley Ball court in the college. Mr. Pinku Borgohain, a state player and non-teaching staff of our college gives coaching in volleyball to 40 students (29 girls and 11 males). Sports equipment for outdoor games are available in the College are Volleyball (14), Volleyball Net (2), Football (5), Cones (40), Javelin (3), Shot-Put (3), Discuss (2), Hammer Throw (1), Cricket Bat (3 Nos.), Cricket Stump (2 sets), Practice Net (4 Nos.), Cricket Bat (3 Nos.), Helmet (3 Nos.), Batting Pad (4 pairs), Keeping Pad (1 pair), Batting Gloves (3 pairs) Keeping Gloves (1 pair), Thigh Pad (4 pairs), Arm guard (3 Nos.), Chest Guard (3 Nos.), Stump (6 Nos.) Ball (1 Pkt.), Hammer (1 No.), Plastic Ball (1 No.), Kit Bag (3 Nos.), Badminton Racket (3), Badminton Net (3), Tennis Racket (2), Ladder 5 meter (1) and Tug of war Rope (1). The College has two Concrete Cricket Practice Pitch for the students.

2. **Indoor stadium:** Indoor stadium of Gargaon College was inaugurated on January 2, 2018. It has an area of 7000 sq. m. and features a gymnasium and three badminton courts for the use of the staff and students. The committee overseeing the stadium is consisted of faculty members and the incumbent sports in-charge of the college students union. Coaching is offered (40 kids per year) in badminton to the interested kids from the surrounding areas under the direction of the committee.

3. **Gymnasium:** The College gymnasium has equipment such as Bench, Incline Bench, Squat Stand, Cycle, Trade Mill, Leg Press Machine, Leg Extension & Curl Machine, Shoulder Machine, Chest Fly Machine (1 piece each), weights [25 kg (1pair), 20 kg (2 pairs), 15 kg (1 pair), 10kgs (3 pairs), 5 kg (5 pairs) 2.5 kg (5 pairs), 1 kg (1 pair)]; Curly Bar (2 pieces) and Olympic Bar (1 pair).The students receive technical guidance in weightlifting in addition to maintaining their physical health. The equipment is regularly maintained to ensure optimal functionality and safety. Beside this, we have a team of experienced and qualified coaches and staff members who are committed to promoting sports and physical fitness among our students. They provide guidance, training, and support to aspiring athletes and help organize inter-collegiate sports events. We also encourage all students and staff members to take advantage of the excellent sports infrastructure available at Gargaon College. We always remain committed to enhancing our sports infrastructure and providing opportunities for our students to excel in sports.

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Some Photographs of Sports Infrastructure



Frame 1 , 2 & 3: Indoor Stadium, Frame 4: Volley Ball Court Frame 5 & 6: College Playground



Frame 1 & 2: Cricket Match and Football Coaching on College Playground



Some Photographs of Sports Infrastructure

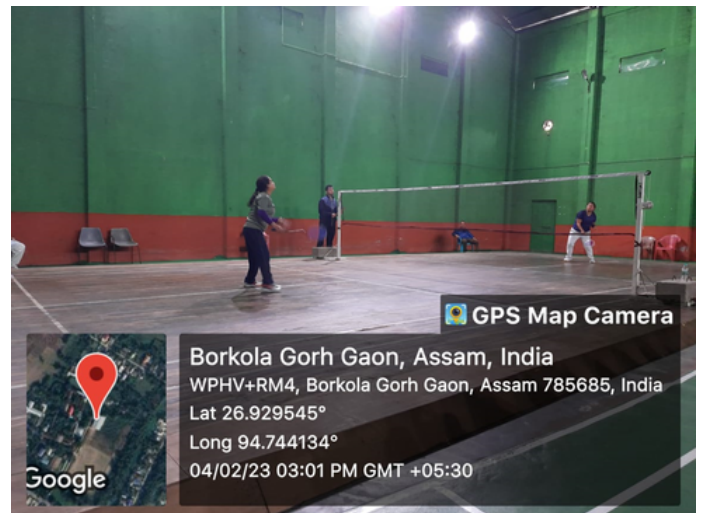


Fig. 1, 2 & 3 Indoor Stadium and Fig. 4 Playground



Glimpse of Gymnasium



Video Links of Sports Activity



