

Govt.NationalCollege,Sirsa(Haryana)



(B++Grade Accredited by NAAC)



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Sports Facilities in GNC, Sirsa

Government National College, Sirsa, typically offers a good range of sports facilities to promote physical education and student development. Here is a detailed overview of the sports infrastructure you can generally expect:

Outdoor Sports Facilities

The college usually has extensive playgrounds for various outdoor sports. These commonly include:

1. **Athletics Track:** A standard 400m cinder or grass track for running events (sprints, middle and long-distance races).
2. **Cricket Ground:** A well-maintained cricket pitch with a turf wicket and a large outfield for matches and practice.
3. **Football Ground:** A full-sized football field, which often doubles as the ground for hockey or other field games.
4. **Volleyball Courts:** One or more sand-based or hard-surface courts.
5. **Basketball Courts:** One or more outdoor courts with asphalt or concrete surfacing and standard hoops.
6. **Kabaddi Court:** A dedicated court for Kabaddi, a very popular sport in Haryana.
7. **Handball Court:** A standard court for handball.
8. **Hockey Ground:** A field for hockey, which may be shared with football.

Indoor Sports Facilities

For indoor games and activities during extreme weather, the college generally has:

1. **Badminton Hall:** A dedicated indoor hall with wooden or synthetic flooring and markings for multiple courts.
2. **Table Tennis (TT) Room:** A room with several table tennis tables.
3. **Gymnasium:** A well-equipped gym with weights, dumbbells, and fitness machines for strength and conditioning training. (There may be separate timings for male and female students).

Key Features and Activities

- **Qualified Coaching:** The college employs qualified **Directors of Physical Education (DPE)** and coaches who provide training and guidance to students in various sports.
- **Annual Sports Meet:** The college organizes a major **Annual Athletic Meet** every year, which is a flagship event featuring track and field events, marches, and prize distributions.

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- **University & Inter-College Competitions:** The college actively participates in inter-college tournaments and the annual sports meet of its affiliating university (e.g., Chaudhary Devi Lal University, Sirsa). Talented students are selected to represent the college.
- **Sports Equipment:** Basic sports equipment for practice and competition (like shot puts, discuses, javelins, volleyballs, basketballs, etc.) is provided by the college.
- **Yoga and Fitness:** Yoga sessions are often integrated into the physical education curriculum or conducted as separate classes to promote mental and physical well-being.

Sports Offered (A Representative List)

The college typically provides training and facilities for a wide range of sports, including:

- **Track and Field:** Running (100m, 200m, 400m, 800m, 1500m, relays), Long Jump, High Jump, Triple Jump, Shot Put, Discus Throw, Javelin Throw.
- **Team Games:** Cricket, Football, Hockey, Volleyball, Basketball, Handball, Kabaddi, Kho-Kho.
- **Racket Sports:** Badminton, Table Tennis.

Summary

In summary, Government National College, Sirsa, has a robust sports infrastructure with a mix of **outdoor fields, an indoor hall, and a gymnasium**. The focus is on promoting a sports culture, identifying talent, and ensuring students have ample opportunities for physical activity and competitive sports.

For the most precise and up-to-date information:

It is always best to **contact the college administration directly** or visit the campus. You can inquire specifically with the **Department of Physical Education** to get details about the current state of facilities, coaching schedules, and selection procedures for various teams.

College Contact Information:

- **Address:** Government National College, Sirsa, Haryana - 125055, India.

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1. Indoor Gym



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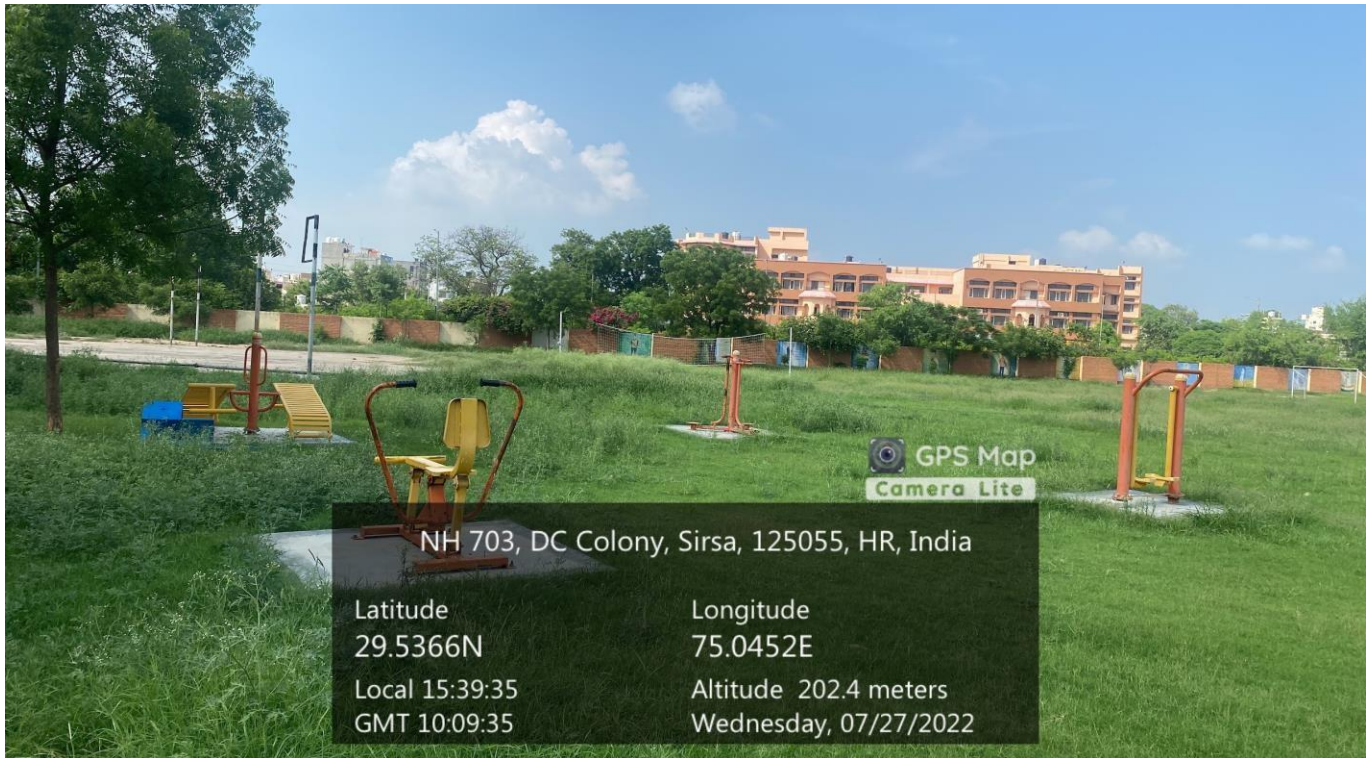
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2. Out door Gym: Available in the college playground



3. Playground



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