

## Criteria 4

**4.1: Physical Facilities** 

4.1.2: The Institution has adequate facilities for cultural activities, sports, games (indoor, outdoor), gymnasium, yoga centre etc.



IBSAR SCHOOL OF LAW is committed for holistic development of the students. It ensures development of students an academic as well as cultural and sports activities. The institute also ensures development of life skills.

### **Sports & Cultural Facilities:**

- 1. Grounds
- 2. Sports Facilities
- 3. Indoor Games (all games)
- 4. Auditorium room for Cultural Activities
- 5. Yoga Center & Mats (Yoga Sessions)

### 1. Ground for outdoor sports;

Institute has big and well-developed college ground. The area of the ground is 14.775-18.242m2. Sports ground is designed for various athletic activities, including football, cricket, kho-kho, etc. Outdoor sports offer a wide range of advantages for physical, mental, and social well-being of students. Running, jumping and playing sports help students improve their fitness and develop strength, and maintain a healthy weight. This encourages social interaction, team work, co-operation and communication skills between students.

### 2. Sports Facilities;

IBSAR School of Law has different range of Indoor and Outdoor sport Equipments. We believe that sport is not just physical exercise; it also has mental exercise also. We have Cricket, Football, Badminton, Carrom and Chess etc sports equipments for our students. All these Sports helps to pupils maintain their mental and Physical health. By playing these sports pupils encourages their confidence level, Team Building and importance of co-ordination.

#### 3. indoor Games;

Institute has well equipped room for indoor activities. Facilities of indoor activities available are chess, carrom board, badminton etc. There is proper space for the students to explore indoor activities such seating arrangement for carrom and chess. Indoor games offer various important benefits to the students making them valuable for personal and social development. Institute provides indoor games like puzzles and board games which requires strategic thinking and problem solving and critical reasoning which will eventually help students in developing mental and cognitive skills. This provides opportunity for bonding and building relationships between students.

### 4. Auditorium for cultural activities;

Institute has designed an auditorium for cultural activities which serves as social and educational purposes. Auditorium is frequently used for cultural events and celebrations, such as festivals and cultural showcases which includes singing competition, dance competitions, drama etc. Also, convocation ceremonies have been conducted in the auditorium. The primary purpose of having an auditorium is to provide adaptable place which supports cultural activities.

### 5. international womens day

Institute has yoga center for students and faculties. The primary purpose of a yoga center is to promote physical health and maintain mental well-being among students and staff. Institutes have yoga mats available for students. Yoga classes are conducted regularly to help students to improve their flexibility, strength balance and stress management. Yoga center provides a peaceful environment where individuals can learn relaxation methods, meditations etc.

# Following are the facilities available:

# 1. Ground for outdoor sports:

## Badminton



Cricket



# Football



Volleyball



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# 3. Indoor games:

# **Carrom Competition**



**Chess Competition** 



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## 4. Auditorium for cultural activities:

## IBSAR DANCE NIGHT





# **Rangoli Competition**



**Mehndi Competition** 



# International Women's Day





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# 5. Yoga center & mats (Yoga session):-





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