

Health & Physical Education Resource Centre

For Outdoor Sports Activities	Name of Game/Sport	No. of items
1.	Table Tennis	01 Table, 03pairs of Raquets & Balls
2.	Volley Ball	02 Balls + 01 Net
3.	Skates	01 Set
4.	Badminton	21 Racquets, 02 Nets & shuttles
5.	Shot put	02
6.	Discus	02
7.	Skipping rope	05

For Indoor Sports Activities		
1	Mini Gym	10 machines.
2	Carrom Board	05 sets
3	Chess	02 sets
4	Ludo	02 sets
5	Playing Cards	02 sets

Exercise		
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Machines		
1	Treadmill	02
2	Rower	01
3	Cycle	03
4	Vibrator	01
5	Stepper	02
6	Weight training machine (Multipurpose gym)	01
For Yoga		
1	Mats	06
2	Audio-Player	01
3	Wall- Mirrors	01