

REPORT ON GYMNASIUM

The gymnasium of Mugberia Gangadhar Mahavidyalaya established on 2002 with Physical Education Department and that particular facility developed day by day. In the gymnasium two (2) sports equipment storerooms, two (2) toilet one (1) for boys and one (1) for girls, one (1) medium size free area for different physical activity, one (1) multi-gym with eight (8) station, many kind of separate weight training equipment like Olympic barbell, different weights, dumbbell, different types of bench for different physical activities, so many numbers of gymnastic mat, two (2) parallel bar, two (2) balancing beam, one (1) vaulting horse and other equipment for gymnastics, one (1) bowling machine, six (6) wall bar, so many numbers of ball for different games, track and field equipment, sufficient equipment for various formal activities like dumbbell, wands, pool, lazium, Indian club, a good numbers of yoga mat, one table tennis board and many numbers of sports as well as physical exercise oriented equipment are available. Apart from above sports equipment, other type of various programme conducting facilities like sound system, different drums, victory stand, and different decorating flags etc. are also available in our college gymnasium.



Fig. 1 – Wall bar Fig. 2 – Bowling Machine, Volleyball Accuracy Stand and Balance Beam

Our Physical Education students regular participate in various physical activities according to their course curriculum in the gymnasium. Other college student's except Physical Education department also regular actively participate in the gymnasium on various physical activities for their

healthy body and mind and they also participate in various physical activities for their active recreation. Teaching and non-teaching staffs of the college are also participate on different physical activitiesregularly. In the gymnasium all the participant are well guided by Physical Education teacher.



Fig. 3 - Multi-Gym



Fig. 4 – Gymnastics Mat



Fig. 5 – Sports Equipment

College permitsto local citizen and children to actively participate in gymnasium. In our college, gymnasium constructed a bridge of social relationship among teaching staff, non-teaching staff, students, local citizen etc.