

KALPANA CHAWLA COLLEGE OF EDUCATION FOR WOMEN

Photographs of our HPRC



HEALTH AND PHYSICAL RESOURCE CENTER

| Name of instruments (Equipments) | | |
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| Basket Ball-10 Foot Ball-8 Volley Ball-12, Skipping Rope-12, Chess Board-6, Caram Board-4, Hand Ball-8, Shot Put (8 LBS)-1, Shot Put (14 LBS)-4, Shot Put (16 LBS)-4, Discuss-(1.5Kg wood)-2, Foot Pump-2, Weighing Scale(Machine)1 Corner Flag-6, Dari-4, Doumbels-52 | Measuring Tape-3 P, Volley Ball Poles-2 Pairs , Volley Ball Net-4, Badminton Net-4, Badminton Poles-2 Pairs, Badminton Rackets-8, Shuttle cock-8 Box Victory Stand-1, Tug of war-1 Whistles-8 High Jump Stand-1 Pair With- Bar Javelin-6 Starting Clapper-1 Long Jump Height measuring Stand-2 T.T.Rackets-8 T.T. Ball-24 | T.T. Table-1 Medicine Balls-10 Ludo-8 Baton-18 Snake & Ladder-8 Anklet-10 Knee Cap-10 First Aid Kit <u>Photograph</u> Rajiv Khel Rattan- Arjun Award- Dronacharya Award- |
| <i>Name of charts</i> <i>Yoga</i> | | <i>Health Charts</i> |
| <ol style="list-style-type: none"> 1. Shal Bhasana + Ardh Matsyendrasana + Ardh shal Bhasana 2. Bhugang Aasan +Dhanurasan 3. Pashimottan Aasan + Supt Vajrasan 4. Sarvangasan + Halasan 5. Ardh Kati Chakrasan + Chakarasan 6. Matsyasan + Bakarasan 7. Shirshasan 8. Pada Hastasan + Padmasan | <ol style="list-style-type: none"> 9. Surya Namaskar 10. Yog mudra | <ol style="list-style-type: none"> 1. Skelton system 2. Muscular system 3. Circulatory system 4. Respiratory system 5. Nervous system 6. Importance of Sports 7. First –Aid 8. Digestive System 9. Excretory System |

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