



DIRECTORATE OF STUDENTS' WELFARE
NAVSARI AGRICULTURAL UNIVERSITY
NAVSARI-396450

SPORTS, CULTURAL AND EXTRACURRICULAR ACTIVITIES

Aim of physical education, like general education, is to develop human personality through well planned activity. In some words, physical education aim at the all round development of the personality of an individual or wholesome development of human personality and it includes physical, mental, social, emotional and moral aspects to make an individual a good citizen who is able to make contribution in process of nation in one's own way. Thus physical education means at making an individual physical fit, mentally alert, emotionally balanced, socially well adjusted, morally true and spiritually uplifted. One of the other important objectives of physical education is to instill in the students the values and skills of maintaining a healthy lifestyle. Daily physical activity promotes them to lead a healthy life in adulthood. At Navsari Agricultural University games and sports are practiced and played on daily basis for the benefit of students. Physical Education is compulsory as a part of curricular programme in which there is one non-credit course of Physical Education for the First to Fourth Semester students of undergraduate degree programme. Qualified Physical Education teachers conduct Physical Education classes and handle sports and games at each college. Sufficient opportunities and facilities are provided to the students of each college for taking part in inter collegiate, inter university and national level sports. The students are provided with sophisticated and modern equipments in gymnasium to improve their physical fitness. The indoor and outdoor games are held regularly and various teams are sent for participation in the inter university tournaments which are held every year.

Sports and Cultural facilities at NAU:

1. Indoor facilities available at NAU:

Sr. No.	Facilities	Floor Area	Remarks/Facilities
1	Badminton court	19.50x14.70 Mts & 22.95 x 19.50 Mts	Two Badminton court having Wooden flooring with standard height light fixture and sitting arrangement.
2	Table-Tennis court		Standard Six Table-Tennis Table With light fixture and sitting arrangement.
3	Gymnasium	2200 Sq. Ft	Modern Exercise Equipment Like 6 Station Multi- Gym, Elliptical Cross Trainer - E7, Spinning Bike, Air Bike, Pecs Fly / Rear Delt, Lat Pull Down With Rowing Combo, Assisted Dip Chin, Leg Curl / Extension Combo, Multi Functional Station, 45° Leg Press, Smith Machine – Counter Balanced, Power Cage, Olympic Flat - Incline-Dcline- Super-Utility Bench, Solid Rubberized Dumbbells, Dumbbell Rack Three Tier, Rubberized Plates, Olympic Bars, Olympic E-Z Bars, Barbell Rack, Straight Handle, EZ Curl Handle, V – Tricep Handle, Rowing Handle, Tricep Rope, D Rowing Handle, Square Handle, Gym Belt, Twister, Jogger, Arm Curl Bench, T-Bar Heavy Duty, Heavy Duty Stepper, Seated Calf Machine Smith Machine , Treadmill, Olympic Plats Rubber Coated, Vertical Deep Stand Etc.
4	Chess Room	07.90x05.70Mts	Good facility with standard lights, Fans and sitting arrangement.

2. Outdoor facilities available at NAU:

Sr. No.	Facilities	Floor Area	Remarks/Facilities
1	Ground	190x170Mts	Cricket 4 Tuff Grass Wicket fully 65 mtr. Boundary, With 400Mt 8 Lane Track, Throwing and Jumping ground,(Shot-put, Discuss Throw and High Jump landing area)
2	Basketball court	32.30x16.25Mts	Cement paver court, Acrylic Board fitted RCC Pole 7 feet height the court with LED light fixture.
3	Volleyball court	18x9Mts two court	Two volley ball court with 5 each diameter pole with LED light fixture.
4	Kho-Kho court	16x27Mts	Two Kho-Kho Court fitted Wooden poles.
5	Kabaddi court	13x10Mts	Two Well prepared Kabaddi Court.

Sports activities at NAU:

1. Badminton
2. Table-Tennis
3. Cricket
4. Chess
5. Basketball
6. Volleyball
7. Kho-Kho
8. Kabaddi
9. Athletics

Students' participants in Sports activities at following level:

1. Intercollegiate tournament
2. SAUs Inter-university tournament
3. West Zone Inter-university tournament
4. All India Agricultural Universities National Games and sports meet
5. AGRIUNIFEST

Cultural and literary activities at NAU:

Cultural activities have become the intrinsic part of the regular activities performed by the students. It gives a chance to students to hone their talents, in various forms. To give them encouragement their performances are organized during the annual day. Various activities of Cultural Programme are:

1. Drama
2. Folk Dance
3. Mime
4. Mono Acting
5. Debate
6. Extempore
7. Elocution