

## **3.3**

### **Collaborations and Health Services**

#### **3.3.3 Shared Sports Facilities**

**MRIIRS Weblink to SDG3:**

**<https://mriirs.edu.in/sdg03-good-health-and-well-being/>**

## **Shared Sports Facilities:**

There is a proven beneficial relationship between physical activity and academic success. MRIIRS has built its reputation on providing first-rate sporting venues with the same goal in mind. Considering the same, the staff members ensures that the sports facilities including grounds, courts, gymnasiums etc are remain maintained and are made available for the students, faculty/staff members and to the local community including local schools and general public. The Director sports, with the help of coaches and staff member, ensure proper utilization of the sports infrastructure, in addition to the conduct of regular sports meets among students, faculty and staff members.

- ✓ **Out of all the available sport facilities, the Shooting Range and Sports Academy for indoor facilities are shared with the local community.**
- ✓ **Corporate Cricket league is organized on the MRIIRS cricket ground.**

The details of sports facilities available and the usage by different groups of people is included as evidence document of metric 3.3.1.

- ✓ **Video of Sports Facilities available at MRIIRS:**
- ✓ **Weblink of Manav Rachna Sports Academy:**  
Sports Updates

## Introduction:

MRIIRS lays huge emphasis **sports events** involving students from diverse groups to mingle with each other seamlessly and to come out as one harmonious outfit. This provides a great opportunity for a **cultural coalescence** and a training ground for participative engagement and teamwork. The President of India presented Manav Rachna with the **Rashtriya Khel Protsahan Puruskar** for its efforts to promote sports culture on campus.

Over the past year, Manav Rachna has hosted more than 32 contests and events for sports-minded students and faculty. All India Interuniversity Shooting Championship, University T20 Cricket Matches, Triangular Corporate Cricket Series 2021, and FIT India Freedom Run 2.0 are just a few examples. MRIIRS celebrate International Yoga Day in a grand manner as a month-long series of events based on yoga. "Yoga Adhyaay 2.0", was initiated under Manav Rachna Life Skill Program to promote skill sets to bring fitness changes amongst the participants. A yoga centre is also available at two different locations in MRIIRS campus which helps in holistic wellness of the faculties and students.

Under the direction of the Indian Paralympic Committee, MRIIRS held the country's first-ever national paralympic shooting competition. MRIIRS also organised a National Kho Kho Coaching Camp to improve the knowledge and efficacy of Kho Kho Players



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and Coaches in achieving the desired results. The corporate cricket league is organized each year where different local corporate teams participate for the same.





# SDG 3- GOOD HEALTH AND WELL-BEING



## 1. Awards and Recognition:

### **National Award to MRIIRS (Rashtriya Khel Protsahan Puruskar 2021)**

Manav Rachna Educational Institutions bestowed with Rashtriya Khel Protsahan Puruskar 2021 by the Honorable President of India Sh. Ram Nath Kovind on 13<sup>th</sup> November 2021 for identifying and nurturing of budding and young talent in the area of sports. Dr. Prashant Bhalla, President Manav Rachna Educational Institutions (MREI) and Dr. Amit Bhalla, Vice President received this Award.



### **National Award to Mr. Sarkar Talwar, Director Sports MRIIRS (Dronacharya Award 2021 (Life Time in Cricket)):**

Very Proud Movement to Manav Rachna as Sh. Sarkar Talwar, Director Sports, Manav Rachna Educational Institutions has been bestowed with the Life Time Dronacharya award 2021 by honourable President of India Sh. Ram Nath Kovind on 13<sup>th</sup> November 2021.





**Life Time Achievement Award to Director Sports, by FICCI**

Mr. Sarkar Talwar, Director Sports was presented with the Lifetime Achievement Award at [FICCITURF2022](#). Dronacharya Awardee & Director-Sports. Manav Rachna, Talwar ji has been the strongest pillar of Sports for All at Manav Rachna.



**LIFETIME ACHIEVEMENT AWARD  
#INDIASPORTSAWARDS & FICCI TURF 2022**

## **2. MRIIRS Sports Facilities:**

### **A. Outdoor Facilities**

**Cricket Ground-** The cricket ground in the campus is shared with Manav Rachna University. This 40×40m long green ground is equipped with flood lights and has 2 well maintained turf pitches of international standard.

**Volleyball courts-** The volleyball court in MRIIRS campus is equipped with floodlights and situated in front of B-block. This court dimensions are 18×9m.

**Basketball Court-** There are 3 basketball courts in MRIIRS campus (Measuring 28×15m). One basketball court is in front of international boys' hostel, the second court with acrylic paint based flooring is in front of E, F blocks. The third basketball court is adjacent to the volleyball court in front of B-Block.

**Outdoor Gym-** There is a special facility of outdoor gym.

**Soccer Ground-** A modern soccer ground that is 80 metres long and 50 metres wide has been constructed adjacent to Q block.

**Amphitheatre-** Three amphitheatres exists in the campus with seating capacities varying from 70 to 300 to organise cultural and co-curricular activities.

**Outdoor Gymnasium:** Adjacent to Manav Rachna Dental College with latest exercise equipment in two rows.

### **B. Indoor Facilities**

**Indoor Sports Arena:** - There is an indoor sports arena spread over **7000 sq. ft.** with the facilities of **One** Badminton court, **Three** Billiards table, **Six** Table Tennis tables, **Three** Pool tables and **One** Indoor Gymnasium. There are more sporting facilities available as Carrom & Chess boards along with Pool table.

**Shooting Range-** There are **two fully air-conditioned shooting ranges of 10m** each in the indoor sports arena. One of these has 13 mutual targets and second is known to be final range having 8 SIUS electronics targets with monitors. In addition to this there are is a world class shooting ranges **of 25m and 50m** near Girl's Hostel.



**Squash court-** MRIIRS has an all-weather indoor squash court laid by Syncotts International with maple wood flooring, equipped with lights and A.C. facilities. The court is 9.75m long, 6.4m wide, height 5.64m.

**Yoga Center-** MRIIRS has an area allocated for the conduct of the yoga classes. University has been organising regular yoga workshops, yoga day and online yoga classes (during the lockdown period).

**Music Room-**MRIIRS has a music room at the top floor of the building to make sure that student can practice for the music during their free time and for preparation of events &competitions. The same room also is used for practicing the dance and drama. In case more rooms are required, the adjacent rooms are allocated on SoS basis.

**Auditorium-** An air-conditioned auditorium, equipped with the latest Audio-Video facilities exists in the campus. It is used for organising various co-curricular, extra-curricular and academic activities.

**Manav Rachna Sports Science Centre (MRSSC)** MRSSC is a State-of-the-art facility equipped with the latest sports equipment used in measurement of critical parameters of a sports person and identify his/her flaws. It is used for mid-course correction and rehabilitation of sports person.

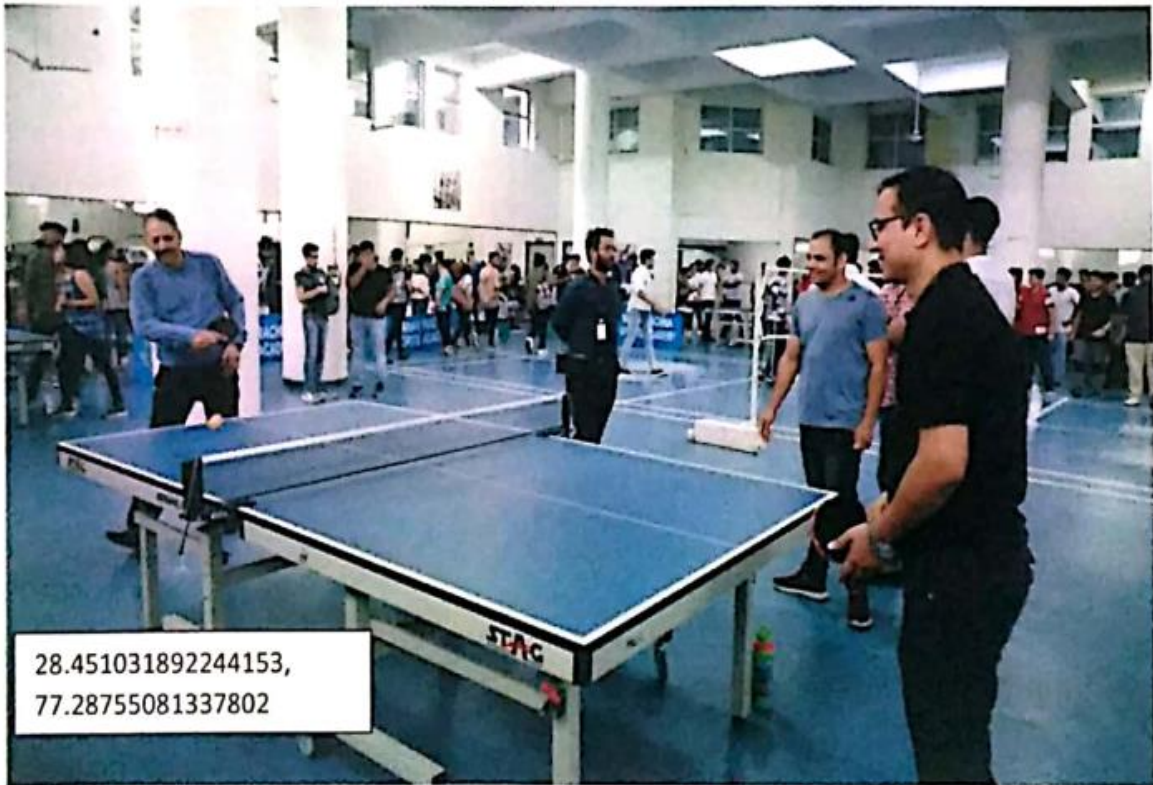
### Indoor Sports Arena : Badminton Court



indoor sports arena spread over 7000 sq. ft. at Q-block basement with the facilities of

- One Badminton court,
- Six Table Tennis tables,
- Three Billiards table,
- Three Pool tables and
- Indoor Gymnasium.

**Indoor Sports Arena: Table Tennis**



**Indoor Sports Arena: Billiards**





## Indoor Sport Arena: Indoor Gymnasium



28.451031892244153,  
77.28755081337802

## Details about Gymnasium

### 1. Equipment List

1.	Treadmills (Electronically controlled)	02
2.	Cross Trainers	02
3.	Abdominal Setup	01
4.	Cycle	01
5.	Exercise Gym Bench	02
6.	Back Extension	01
7.	Arm Triceps Extension	01

### 2. Details of Weights:

1.	Dumbbells	8Kg to 32Kg(in pairs)
2.	Weight Plate	110kg (Max in pairs)



### Shooting ranges : 10 meters

There are **two fully** airconditioned shooting ranges of 10m each in the Q-block basement. One of these has 13 mutual targets and second is known to be final range having 8 SIUS electronics targets with monitors. These have all the modern facilities for shooters, as well as for spectators, including locker rooms, modern washroom, exercise area etc.



Shooting Range  
with Electronics targets

### Shooting Ranges: 25 meters and 50 meters

World class shooting ranges of 25/50m, with 2 bays at SIUS ASCOR electronic targets with monitors.







### Squash Court

Located in A-Block, Second Floor, the squash court is laid by Syncotts International with maple wood flooring in A block , 2nd floor. It is equipped with lights and A.C. facilities. The court is 9.75m long, 6.4m wide, height 5.64m. The area houses additional sports facilities also such as as carom and chess.



### Volleyball Court



The volleyball court in MRIIRS campus is situated in front of B-block.

Dimensions: 18m×9m.

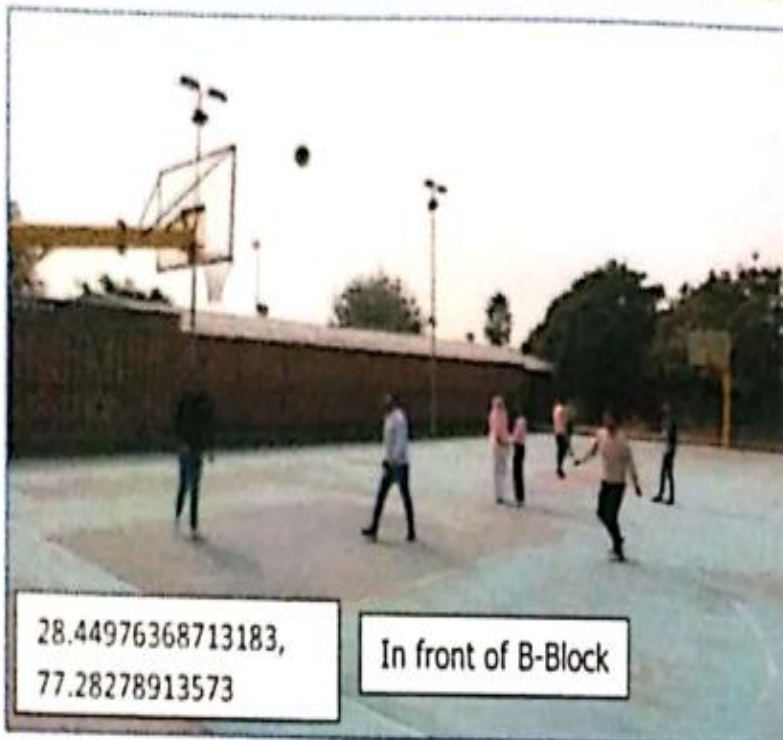


**Soccer Ground**



28.45101147729056,  
77.28820847537158

**Basketball Courts**



28.44976368713183,  
77.28278913573

In front of B-Block

There are 2 basketball courts in MRIIRS campus (Measuring 28×15m. The first court with acrylic paint based flooring is in front of E,F blocks. The second basketball court is adjacent to the volleyball court in front of B-Block.



**Outdoor/Open Gymnasium**

The outdoor gym is placed adjacent to Q Block, near Indoor sports arena. There are sixteen machines, divided in two rows. The machines are meant for exercise of legs, ankles, shoulders, arms, wrist, waist, abdomen etc.





**Cricket Ground with Facility for Day/Night Matches**





### **3. Shared sports facilities of MRIIRS**

Two of the sports facilities are available for outsiders/school students/local community in Manav Rachna

- i. Manav Rachna Sports Academy Sector – 14, Faridabad
- ii. Manav Rachna Shooting Academy

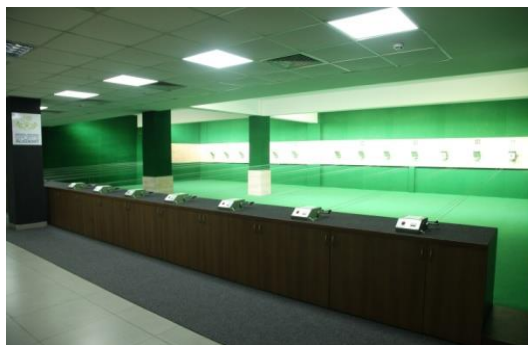
#### **Manav Rachna Sports Academy Sector -14**



#### **Manav Rachna Shooting Academy**



**10 Mtr Electronic Shooting Range**



**10 Mtr Manual Shooting Range**

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**25 Mtr. & 50 Mtr Shooting Range**



**Shotgun Shooting Range**