

4.1.2 The institution has adequate facilities to support physical and recreational requirements of students and staff- sports, games (indoor, outdoor), gymnasium, auditorium, yoga centre, etc. and for cultural activities

Response:

“SPORTS DO NOT BUILD THE CHARACTER, THEY REVEAL IT”

CDSRC not only shapes the students into better professionals, but also provides facilities to cater to their physical and holistic development. The management of our college never gets exhausted in providing unmatched facilities for recreation, sports, Games, physical fitness and cultural activities to our students.

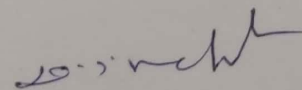
Our institution CDSRC emphasizes on physical and recreational activities providing both physical fitness and mental relaxation to the students. There are various options to play the different kind of outdoor and indoor sports. Our college has also provided both an indoor and outdoor ground for the students to excel in sports and all the phases of life.

CDSRC facilitates the students with a variety of indoor games such as Chess, Carrom and Table Tennis. A separate Indoor games room is within the college campus emphasizes the infrastructure provided for the games. The students as well as the faculty members enjoy their leisure times at the games room after the college hours. Well maintained Cricket Ground with cement pitch is situated in the heart of the campus where the students get together for the regular cricket matches after the college hours. There is a volleyball ground where students playing Volley Ball, learn teamwork and co-ordination improving the mental health and stamina.

The college consistently provides a platform for various indoor and outdoor game events, encouraging the students to showcase their interest and enabling them to master in the respective games by organizing Sports Week. Every year Sports week is celebrated in the month of either February or March. It is organized over four to five days where staff and students play and compete against each other in a healthy sportsmanship way which includes activities like Cricket, Volleyball, Kho-Kho, Dodgeball, Musical Chair, Tug of War, Paper-art, Soap carving, Dumb-charades, Antakshari, Tattoo making, Pictionary, Quiz, etc. During the sports week different 'Days' are celebrated like Traditional Day; that depicts different cultures of our country, Signature Day; where students collect memories of their colleagues, Group day, etc. At the end of the sports week an Annual Day is celebrated where activities like Dance, Drama and singing competition takes place under the presence of all the College and Management staff.

Every year there is an auspicious Navratri celebration which is organized in the college campus where students and faculties spare their time to celebrate and dance on the beats of dandiya.

Every year Convocation Day is organized by the joint involvement of trustees, faculties and students to wish the graduating students best wishes for their future and handover their degrees along with oath taking ceremony.

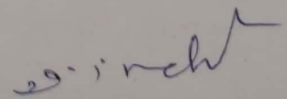


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Every year Yoga Day celebration and yoga demonstration is also done to the staff and students to improve the overall health and they are taught various yogasanas, therapy yogas and meditation under the guidance of a qualified instructor.

These sports facilities offer students a recreational opportunity to unwind from their daily grind and to balance their physical and mental health.



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Ref. No. :

Date :

SPORTS AND CULTURAL ACTIVITIES

Indoor sports:

- Chess
- Table tennis
- Carrom

Outdoor sports:

- Cricket
- Volleyball
- Kho-Kho
- Badminton
- Kabaddi

Festival celebrations:

- Navratri celebration
- Independence day celebration
- Yoga day celebration
- Diwali celebration
- New year celebration

Cultural activities:

- Sports week
- Traditional day
- Group day
- Mismatch Day
- Signature day
- Back to school day
- Annual Function

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**College of Dental Sciences &
Research Centre, Ahmedabad**

Opp. Pleasure Club, Near Bopal, Post : Manipur, Ta. Sanand, Dist. : Ahmedabad.

Phone : (02717) 293729, 295729 E-mail : dean.cdsabad@gmail.com



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Ref. No. :

Date :

Co-curricular activities:

- Quiz
- Debate
- Antakshari
- Pictionary
- Dumb charades
- Canvas painting
- Mehndi competition
- Rangoli competition
- Soap carving
- One minute games
- Treasure Hunt
- Tug of war
- Singing competition
- Dance competition
- Drama
- Fashion show

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