

New Kalpana Chawla College of Education

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Health and physical Resource Center

<p>Name of instruments (Equipments)</p>	<p>Foot Ball-4, Volley Ball-6, Skipping Rope-6, Chess Board-2, Caram Board-3, Hand Ball-6, Shot Put (14 LBS)-3, Discuss-(1.5Kg wood)-3, Foot Pump-1, Weighing Scale(Machine) Corner Flag-6, Dari-4, Measuring Tape-3 P, Volley Ball Poles-1 Pairs , Volley Ball Net-2, Badminton Net-1, Badminton Poles-1 Pairs, Badminton Rackets-6, High Jump stand with Bar-1 Pair Shuttle cock-4 Box (10 SC/Box), Caram Board-1 Hand Ball-2</p>	<p>Tug of war-1 Cricket Bat-4 Cricket Pad-6 Cricket Ball-12 Batting Gloves-6 Pairs Wickets-9 T.T.Rackets-6 T.T. Ball-12 T.T. Table Medicine Balls-5 Ludo-4 Baton-6 Snake & Ladder-4 Anklet-5 Pair Knee Cap-8 pair First Aid Kit <u>Photograph</u> Rajiv Khel Rattan- Arjun Award- Dronacharya Award-</p>
<p>Name of charts</p>	<p style="text-align: center;">Yoga</p> <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 9. Surya Namaskar 10. Yog mudra 	<p style="text-align: center;">Health Charts</p> <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