

## Sports facilities available at BNMIT:

### Facilities:

Sl. No.	Event	Venue	Category	No. of Courts available
<b>Outdoor Facility</b>				
01	Throw Ball	BNMIT Ground	Men/Women	02, Mud Court
02	Kabbadi	BNMIT Ground	Men	02, Mud Court
03	Volley Ball	BNMIT Ground	Men/Women	01, Mud Court
04	Cricket net Practice	BES Ground, Jayanagar	Men	02 Nets
05	Basket ball	BNMIT Ground	Men/Women	01 Court
06	Foot ball	National College Ground, Basavanagudi	Men	01 Court
07	Lawn Tennis	BNMIT Tennis Court	Men/Women	01 Court
08	Soft Ball	National College Ground, Jayanagar	Men/Women	01 Court
<b>Indoor Facility</b>				
09	Shuttle Badminton	Indoor Synthetic Court, BNMIT	Men/Women	01 Synthetic Court
10	Table Tennis	Indoor Court, BNMIT	Men/Women	03 Tables
11	Squash	Squash Court, BNMIT	Men/Women	01 Court
12	Yoga	Indoor Court, BNMIT	Men/Women	--
13	Chess	Indoor Court, BNMIT	Men/Women	--
14	Carom	Indoor Court, BNMIT	Men/Women	--

### Gymnasium:

State-of-the-art Gymnasium has something for everyone as well as the more well-known Life Fitness cardiovascular equipments including treadmill and elliptical. In addition, we have a free weights section and a range of weights machines, a stretching area essential for cool-down or foam-rolling session. Some Gymnasium equipments imported from USA and North Korea.



### Gymnasium Equipments available:

- \* Life Fitness Tread Mill
- \* Life Fitness Elliptical Trainer
- \* Multi gym 4 station
- \* Squat Machine
- \* Lat pull down
- \* Bench press
- \* Bench Press decline
- \* T-bar
- \* Sit up Bench
- \* Elliptical trainer
- \* Hyper extension
- \* Gym balls
- \* Dumbbells
- \* plates and rods
- \* Cross Trainer

## Badminton:



BNMIT has its own badminton court with Synthetic turf (in the auditorium block) running weekly practices with all levels of players; from complete beginners to experts. There are social sessions for all and training sessions for the more serious players. Each year, BNMIT enters both Men's and Ladies' doubles teams into the intercollegiate leagues with strong track record in both.

## Squash:



The Squash Area boasts of a world-class glass-backed court. The court creates a focus for University training and competition, and act as an institutional squash hub for players of all levels.

## Cricket:



Cricket in BNMIT has risen from strength to strength in recent years. Students are trained with Vivekananda Cricket Academy (VCA), a reputed and famous academy where, several players are trained for State and National team. However, there is plenty of opportunity for all cricketing abilities to shine through a range of 'friendly' fixtures against other colleges, local teams and the staff.

## Football:



BNMIT and football have become almost synonymous in recent years, and BNMIT is currently VTU's one among the best footballing college. They get regular training in Bangalore Football Club at National College Ground, Basavanagudi, Bengaluru. The college is traditionally well represented at University level in men category. Over 20 students play matches regularly and every year Inter department tournaments are conducted.

## Basketball:



The college basketball facility is open to men and women of all standards. We have sessions throughout term after class hours.

## Tennis:



The College has one Tennis court at our sports grounds to use year around. Players of all abilities use the tennis court regularly.

## Volley Ball:



The college provides a volleyball court for all students of all abilities to play this game. College also provides an opportunity to play at a competitive level by training at our college ground by professional coaches.

## Table Tennis:



Table Tennis Federation of India (TTFI) approved Tables manufactured by STAG - 03 No's with TTFI approved TT Balls are provided for regular practice by our students. Also our students get trained in BNMTT Academy under the professional guidance of Mr. Krunal Telang.

## Yoga:

Health is not mere absence of disease or infirmity, but a state of well being at Physical, Mental, emotional and social (as well as spiritual) levels.

*-World Health Organisation*

It is natural that our body and mind are disturbed & strained because of fast life, up's & down's of our life. The art of maintaining cool temperament & relaxed mind in spite of all these inevitable disturbing factors is an art. **PE Department of BNMIT** intends educate students and staff in this direction with the help of simple and feasible yogic solutions by conducting regular classes.



## Kabaddi:



The college Kabaddi facility is open only for men of all levels. We conduct coaching classes by a professional coach throughout the term after class hours.

### Soft Ball:



Students get trained by Bangalore Soft Ball Club, a reputed academy, at The National College ground, Jayanagar, Bengaluru where several players are trained for State and National teams. There are plenty of opportunities for all those with softballing abilities to shine through a range of 'friendly' fixtures against other colleges and local teams.

### Throw Ball:



The college throw ball facility is open to men and women of all levels. We have practice sessions throughout the term after class hours.

### Chess and Carrom:



Carrom and Chess are identified as a Sport where discipline and behavior are developed rapidly. It also strengthens thinking power of players and teaches how to make quick decisions. The foot movements also play an important role in this sport.

The college Chess and Carrom facility is open to men and women throughout term after the college class hours.

