



PANIPAT INSTITUTE OF ENGINEERING & TECHNOLOGY

(An Autonomous Institute, Approved by AICTE, New Delhi & Affiliated to Kurukshetra University, Kurukshetra)

3 GOOD HEALTH AND WELL-BEING



SDG 3 GOOD HEALTH AND WELL-BEING

Goal 3: To Ensure Healthy lives & Promote Well-being for all at all ages



3.4. SPORTS FACILITIES FOR STUDENTS

Panipat Institute of Engineering and Technology is dedicated to promoting physical fitness and overall well-being through its state-of-the-art sports infrastructure and dynamic community engagement initiatives. Guided by the timeless adage, 'Health is Wealth,' PIET combines ancient wisdom with modern innovation to create a harmonious environment that nurtures both physical and mental wellness. PIET has a dedicated GYM and coaches and many playgrounds for different outdoor and indoor games.

PIET boasts a comprehensive array of sports facilities that cater to both modern and traditional disciplines, ensuring an inclusive environment for physical activity. These facilities are designed to benefit students, staff, and the local community by providing access to world-class infrastructure and promoting a well-rounded approach to personal and collective development.

Realizing the importance of games and sports for overall development, institute has provided sports and physical facilities. Sports infuse in students the spirit and skills of leadership, cooperation, co-ordination Self-regulation, self-confidence and decision-making. There is a sports teacher available in the campus for Practice sessions, coordination and other arrangements. Following sports grounds are available in the Institute campus:

LIST OF SPORTS FACULTIES

Sr. No.	NAME	DESIGNATION	MODE	MOB. NO
1.	Dr. BAJRANG RANA	SPORTS OFFICER	REGULAR	9215745130
2.	Mr. SINDER	VOLLEYBALL COACH	REGULAR	7600331300
3.	Mr. AKSHAY SHARMA	CRICKET COACH	PARTTIME	8816000540
4.	Mr. VINOD KUMAR	PITCH CURATOR	PARTTIME	9622006459
5.	Mr. MUKESH	GROUND MAN	REGULAR	9671285018
6.	Mr. KAMAL	GYM TRAINER	PARTTIME	9255080700

SPORTS GROUND DIMENSIONS

SR. NO.	SPORTS	COURT SIZE	TOTAL AREA
1.	BASKETBALL	Standard Court Size- 28 x 15 Mtr.	Total area – 420 Sq. Mtr.
2.	FOOTBALL	Standard Court Size- 120 x 90 Mtr.	Total area – 10800 Sq. Mtr.
3.	VOLLEYBALL	Standard Court Size- 18 x 9 mtr (2 Court)	Total area – 334 Sq. Mtr.
4.	KABADDI	Standard Court Size- 13 x 10 Mtr.	Total area – 130 Sq. Mtr.
5.	CRICKET	Standard Pitch Size- 22.56 x 3.66 Mtr.	Total area – 10000 Sq. Mtr.
6.	BADMINTON	Standard Court Size- 44 x 20 Feet	Total area – 880 Sq. Feet
7.	TABLE TENNIS	Standard Two Tables	Table Size- 9'x 5'x 2.5'
8.	CHESS	Large Size (5 Chess Board) Small Size (5 Chess Board)	Total 10 Boards
9.	CARROM & LUDO BOARD,	5 Carrom Board 5 Ludo Board	Total 10 Boards
10.	YOGA	Standard Hall 40' x 20' (G- Block)	800 Sq. Feet
11.	FOOSBALL	Standard	Table Size- 5'x 2.5'x 2.5'

Following is an overview of the sports and fitness facilities available at PIET:

Gymnasium: - Our state-of-the-art gymnasiums are vibrant hubs of physical activity, designed to energize and inspire both students and staff. Equipped with cutting-edge machinery and tools, these fitness centers feature back extension machines, barbell rods, bench presses, boxing bags, curl benches, dumbbells for targeted muscle training, exercise cycles, and a variety of other modern equipment to accommodate diverse workout routines.

To promote accessibility and inclusivity, we offer dedicated gyms within the residence halls for both boys and girls, providing a private and comfortable fitness environment. Additionally, the boys' hostel features an open-air gym, enabling students to enjoy outdoor workouts amidst the refreshing natural surroundings.

Health and fitness are prerequisite to all-round success and to a robust lifestyle. The institute has a unique fitness and recreational facility in the form of a state-of-the-art Gymnasium which is installed with multipurpose workstations equipped with globally branded Fit-line Machines. Gym Trainer is available with a view to provide the basic guidance and support. Whole body work station is available in the gym i.e. Squat Stand, Flat, Incline & Decline bench for bench Press, Leg Press Machine 2kg,4kg,6kg,8kg,10kg,15kg,20kg,25kg,30kg,35kg Dumbbell, W. Lifting and P. Lifting set with Road, Z Bars, Treadmill, Cycling Machine, Pec Deck Machine, Curling Machine etc.



Gymnasium facility at PIET



Gymnasium facility at PIET

Basketball Ground:



Basketball facilities at PIET

Football Ground:

Panipat Institute of Engineering and Technology offers a spacious football field that meets standard dimensions, providing ample space for both practice and organized matches. This facility is ideal for promoting cardiovascular fitness and team coordination.



Football facility at PIET

Table Tennis: Indoor table tennis facilities with high-quality tables and equipment are available. The space is ideal for students interested in developing reflexes, focus, and precision.



Table Tennis facility at PIET



Table Tennis facility at PIET

Badminton:

Panipat Institute of Engineering and Technology has well-lit, indoor and outdoor badminton courts with professional-grade flooring and nets, ensuring a safe and enjoyable playing environment. These courts are frequently used for both training and tournaments.



Badminton facility at PIET

Volleyball: A dedicated volleyball court supports both casual games and competitive play. The facility provides a platform for fostering team spirit and improving physical fitness.



Volleyball Facility at PIET



Volleyball Facility at PIET

Cricket ground: Panipat Institute of Engineering and Technology boasts a dedicated cricket ground with a well-maintained pitch and adequate practice nets. The facility supports both competitive matches and training sessions, fostering talent among budding cricketers.



Cricket Ground



Winners of Cricket Match

Indic games: Recognizing the cultural significance of traditional Indian sports, PIET has established a dedicated arena for Indic games such as Kabaddi, Tug of War, and others. This facility serves as a platform for preserving indigenous sports while fostering physical endurance, teamwork, and strategic thinking.



Kabaddi Ground at PIET

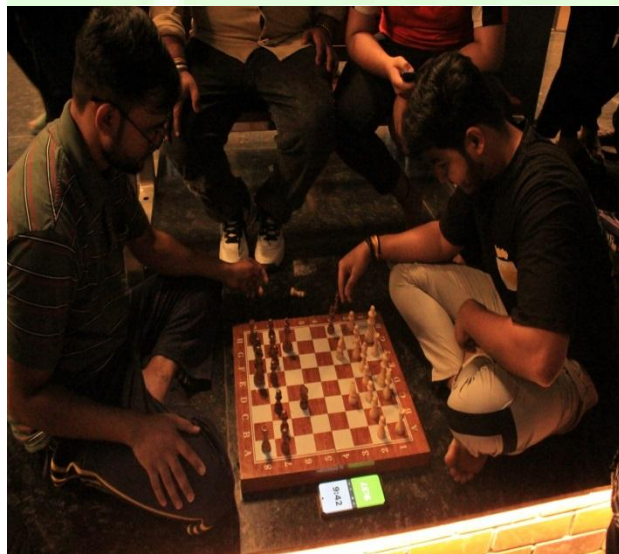


Students participating in Tug of War



Students participating in Tug of War

CHESS BOARD: PIET offers a diverse range of sports infrastructure, including facilities for board games like chess, underscoring its commitment to promoting active lifestyles, strategic thinking, community engagement, and sporting excellence. Large Size (5 Chess Board) Small Size (5 Chess Board)



Chess facility at PIET for indoor games

Carom Board and LUDO: PIET offers a diverse range of sports infrastructure, including facilities for board games like carom and LUDO underscoring its commitment to promoting active lifestyles, strategic thinking, community engagement, and sporting excellence. Large Size (5 Carom Board) and (5 LUDO Board)



Carom Board facility at PIET for indoor games



LUDO facility at PIET for indoor games