



**Hon. Shri. Annasaheb Dange Ayurved Medical College
& Post Graduate Research Center**

A/p :Ashta, Tal. : Walwa, Dist :Sangli – 416 301

Website: www.adamcashta.com

E-mail : ashta.adamc@gmail.com

NAAC accredited

ISO Certified 9001-2015, 14000-2015



SPORTS Facilities

Sr. No.	Sports Facilities	Total Area Available in Sq. mt.	Capacity/ Number
1	Badminton, Basketball, Volleyball, Table – Tennis, Snooker, 8Ball Poll, Chess, Carom, Foosball	1326.52	14
2	Gymnasium	363.73	01
3	Yoga & Music	309.37	01
4	Kabaddi	32374.9	02
5	Kho-Kho		02
6	Volleyball		02
7	Basketball		01
8	Hockey		01
9	Football		01
10	Handball		01
11	Play Ground	35198	-

Description of SPORTS Facilities

Sr. No.	Game	Indoor	Outdoor
1	Badminton	4 Court	--
2	Basketball	1 Court	1 Court
3	Volleyball	1 Court	3 Grounds
4	Kabaddi	--	3 Grounds
5	Kho-Kho	--	2 Grounds
6	Football	--	1 Ground
7	Hockey	--	1 Ground
8	Handball	--	1 Ground
9	Mallakhamb	--	1 Poll
10	Table – Tennis	4 Table	--
11	Chess Board	15 Board	--
12	8Ball Poll	01	--
13	Snooker/Billiards	01	--
14	Carom Board	03 Board	--
15	Foosball(Table Soccer)	01	--





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Gymnasium Equipment's list

Sr.No.	Name of Equipments	No. of Quantity	Prize
1	Treadmill	04	859800rs
2	Elliptical Trainer	02	374296rs
3	Recumbent Cycle	02	233896rs
4	Upright Cycle	01	192296rs
5	Lat Pull down	01	111748rs
6	Leg Extension	01	127348rs
7	Leg Press	01	57825rs
8	Flat Olympic Bench	03	28080rs
9	Smith Machine	01	70695rs
10	Plate Stand	02	9180rs
11	Preacher Curl	01	33748rs
12	Bar Stand	02	8190rs
13	ABS Machine	01	13455rs
14	Weight Dumbbells	28	52614rs
15	Weight Plats	40	49320rs
16	Medicine Ball (3 kg)	02	5399rs
17	GYM Ball (65 mm)	02	1720rs
18	Seated Bench	01	7740rs
19	Indoor Cycle	01	25000rs
20	Pectoral Fly	01	122148rs
21	Cable Cross Over	01	272948rs
22	Seated Leg Curl	01	124748rs
23	Seated Row	01	119548rs
24	Assist Chin Up / Dips	01	142948rs
25	Long Bar (7 fit)	04	32400rs
26	Short Bar (4 fit)	04	27800rs
27	Dumbbells Rack	02	20610rs
28	Carom	03	35400rs
29	Pool Billiards Snooker	02	
30	Table Tennis (Table)	04	
31	Hand Foot Ball	01	
32	Steam Bath	01	
33	Badminton Rackets	04	4000rs
34	Table Tennis Rackets	08	4769rs
35	Wooden Chess Board	02	
36	Boxing Bag with Gloves	01	
37	Seated Calf Raises	01	16500
38	Battle Rope	01	9480
39	Incline/Decline Bench	01	12500





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40	Agility Ladder /Cone	01/25	3000rs
41	Wrist Curl	01	22500

MUSIC HALL

Sr.no.	Name of Equipments	No. of Quantity
1	Korg Arranger Key	01
2	Yamaha Electronic Keyboard	02
3	Roland Percussion Pad	01
4	Pearl Drum Set	04
5	Yamaha Portable PA System	01
6	Laney Audio hub AMP	02
7	Sennheiser Microphone Dynamic	04
8	Circle Wireless Microphone	04
9	Harmonium Big	02
10	Hercules music Stand	03
11	Epiphany acoustic guitar	01
12	Hercules Mic Stand	09
13	Tabala Set	05
14	Khanjiri	03
15	Trinjagle	02
16	Taal	09



Ashta
PRINCIPAL
Shri. Annasaheb Dange Ayurved Medical
College, Ashta, Tal. Walwa, Dist. Sangli