

## HEALTH AND PHYSICAL RESOURCE CENTRE

### LIST OF EQUIPMENTS for Indoor Games

Sr. No.	Item Name	Quantity
1	Table – Tennis Racket	04
2	Table – Tennis Table	01
3	Table – Tennis Balls	18
4	Chess Board	04
5	Carrom Board	02
6	Carrom Coins	02 Boxes
7	Snakes and Ladders	02
8	Ludo	02
9	Ludo Coin	02
10	Flat Coins	15 piece
11	Stop Watch	01
12	Skipping Rope	03
13	Net Plus Clipper Holder	02
14	Yoga Mats	05

### LIST OF EQUIPMENTS for OUTDOOR GAMES

Sr. No.	Item Name	Quantity
1.	Volley Ball	03
2.	Volley Ball Net	01
3.	Volley Ball Pole	02
4.	Tennis Ball	05
5.	Football	02
6.	Cricket Bat	2
7.	Cricket Wickets	1 Set
8.	Cricket ball (Leather)	3
9.	Basket Ball	3
10.	Handball	02
11.	Badminton Rackets	11
12.	Shuttle box	07
13.	Discus (Men)	01
14.	Discus (Women)	04
15.	Shotput (Man)	01

16.	Shotput (Women)	01
17.	Badminton Net	01
18.	Badminton Pole	02
19.	Javellion Throw (Men)	04
20.	Javellion Throw ( Women)	03
21.	Ludo	02
22.	Air Pump	01
23.	Measuring Tape	01
24.	Rope	01
25.	Whistle	04
26.	Stop Watch	01
27.	Skipping Rope	03
28.	Kho-Kho Poles	02
29.	Drum	01
30.	Flag Pipes	22
31.	Hurdle	10
32.	Agility Ladder	01
33.	Cone	20
34.	Baton	04
35.	Sponge Ball	02

*Hardeep*  
Principal  
Khalsa College of Education  
Ranjit Avenue, Amritsar