



INSTITUTE OF HEALTH SCIENCES

(A Unit of Margdarsi)

Office: N-2/41, I.R.C Village, Nayapalli, Bhubaneswar – 751015, Ph.:0674-2553640, 2550054
Campus: Chandaka, Bhubaneswar, Khordha, Odisha, pin: 754005, E-mail: ihsbbsr@margdarsi.org, web: www.ihsindia.org

4.1.2 The institution has adequate facilities to support physical and recreational requirements of students and staff – sports, games (indoor, outdoor), gymnasium, auditorium, yoga centre, etc. and for cultural activities

Facilities for Physical, Recreational, and Cultural Activities

The institution is committed to the overall development of its students and staff by providing a wide range of facilities that support physical, recreational, and cultural activities. These facilities encourage a balanced lifestyle, promoting physical fitness, mental well-being, and creative expression.

1. **Sports and Games:** The institution offers comprehensive sports facilities to cater to both indoor and outdoor games. These include well-maintained playgrounds for football, cricket, basketball, and volleyball, as well as dedicated tracks for athletics. The outdoor sports area is complemented by an indoor sports complex. The institution encourages students to participate in inter-collegiate tournaments, sports meets, and fitness programs, fostering a spirit of teamwork and healthy competition.
2. **Gymnasium:** A fully equipped gymnasium is available on campus, designed to meet the fitness needs of both students and staff. The gym is furnished with modern equipment, including cardiovascular machines, weights, and strength training equipment. It is managed by certified trainers who provide guidance on fitness regimens and personal well-being. The gymnasium serves as an ideal space for students and staff to engage in regular exercise routines, contributing to their physical health and stamina.
3. **Yoga and Wellness Centre:** Understanding the importance of mental and physical wellness, the institution has established a dedicated yoga and wellness center. This facility offers yoga classes, meditation sessions, and wellness workshops to promote stress management, mindfulness, and overall well-being. The center provides a serene and peaceful environment for students and staff to rejuvenate both physically and mentally, supporting a holistic approach to health.
4. **Auditorium and Performance Spaces:** The institution is equipped with a spacious, well-equipped auditorium that serves as a hub for cultural activities, seminars, conferences, and performances. The auditorium features advanced sound and lighting systems, providing a platform for theatrical performances, dance recitals, music concerts, and public speaking events. Additionally, smaller performance spaces are available for rehearsals, workshops, and intimate cultural presentations.
5. **Cultural Activities and Clubs:** The institution actively promotes extracurricular activities by providing students with opportunities to engage in various cultural pursuits. There are numerous student clubs and societies dedicated to arts, music, dance, drama, and literature. These clubs organize regular cultural events, including festivals, talent shows, cultural fests, and exhibitions, where students can showcase their creativity and talents. The institution also encourages participation in inter-collegiate and national cultural competitions, fostering a spirit of cultural exchange and artistic expression.
6. **Recreational Areas:** To ensure students and staff have a well-rounded experience, the institution provides recreational spaces such as common rooms, lounges, and open-air seating areas. These spaces serve as informal gathering points for relaxation and social interaction, promoting a sense of community within the campus.
7. **Outdoor and Nature Activities:** In addition to formal sports facilities, the institution offers opportunities for outdoor activities like trekking, nature walks, and eco-friendly initiatives. These activities not only encourage physical fitness but also help in environmental awareness and team building.
8. **Health and Well-being:** In conjunction with its recreational and fitness facilities, the institution provides health and wellness services, including medical support, counselling, and wellness programs. This ensures that students and staff have access to the necessary resources for maintaining both physical and mental health.



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In conclusion, the institution offers a diverse array of facilities to support the physical, recreational, and cultural needs of students and staff. These amenities not only enhance the quality of life on campus but also foster personal growth, community engagement, and a balanced lifestyle. Through sports, fitness programs, cultural activities, and wellness initiatives, the institution ensures that students are equipped to excel both academically and personally.

Sl.No	Events
1	Cricket
2	Volleyball
3	Badminton
4	Kabadi
5	Kho-kho
6	Relay Race
7	Chess
8	Ludo
9	Dumsharabs
10	Tambola
11	Tug of war
12	Three leg race
13	Lemon & spoon
14	Running
15	Long jump
16	High Jump
17	Carrom

Director
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