

SPORTS COMPLEX
S. K. RAJASTHAN AGRICULTURAL UNIVERSITY,
BIKANER

Swami Keshwanand Rajasthan Agricultural University (SKRAU), Bikaner, takes pride in its comprehensive sports infrastructure and activities, managed by the university's Sports Board. The sports complex is designed to cater to a wide range of sports and fitness activities, fostering a healthy and active lifestyle among students and staff. Below is a detailed overview of the activities and infrastructure available.

1. Indoor Stadium:

- **Multi-Purpose Hall:** The indoor stadium features a large multi-purpose hall suitable for a range of sports such as badminton, basketball, table tennis, and volleyball. It is equipped with professional-grade flooring, lighting, and seating.
- **Fitness Center:** The stadium houses a modern fitness center with advanced cardio machines, free weights, resistance training equipment, and functional training tools.

2. Outdoor Courts and Fields:

- **Cricket Ground:** The cricket ground includes a well-maintained pitch, practice nets, and seating arrangements for spectators.
- **Football Field:** A spacious football field with goalposts and proper markings, suitable for practice sessions and matches.
- **Hockey Ground:** The hockey ground is designed to meet competitive standards, providing a smooth playing surface and necessary equipment.
- **Basketball Courts:** Outdoor basketball courts with appropriate flooring and hoops for both casual and competitive games.
- **Athletics Track:** A well-maintained athletics track supports various track and field events, encouraging participation in running, jumping, and throwing disciplines.

3. Indoor Sports Arena:

- **Badminton Courts:** Multiple indoor badminton courts with high-quality flooring and proper lighting ensure an optimal playing experience.

- **Table Tennis Area:** A designated area for table tennis with multiple tables and necessary equipment caters to enthusiasts and competitive players alike.

4. Yoga and Wellness:

- **Yoga and Meditation Rooms:** Dedicated rooms for yoga and meditation offer a serene environment for students to practice and enhance their mental well-being.

5. Support Facilities:

- **Changing Rooms:** Clean and well-maintained changing rooms are available for athletes to use before and after their activities.
- **Equipment Room:** A dedicated equipment room stores all necessary sports gear and equipment, ensuring easy access and availability for students.
- **Spectator Stands:** Comfortable and spacious stands are provided for spectators to enjoy matches and events.
- **First Aid and Medical Facilities:** The sports complex is equipped with first aid kits and has arrangements for medical assistance in case of injuries or emergencies.

7. Activities and Programs:

- **Inter-College Tournaments:** The Sports Board organizes inter-college tournaments to foster competitive spirit and sportsmanship among students from different institutions.
- **Annual Sports Meet:** An annual sports meet features a wide range of events, allowing students to showcase their talents and earn recognition.
- **Coaching Camps:** Regular coaching camps for various sports provide professional training and skill development for aspiring athletes.

8. Community Engagement and Outreach:

- **Collaborations with Sports Organizations:** SKRAU collaborates with sports organizations and associations to provide students with opportunities for higher-level training and participation in prestigious events.

The Sports Complex at Swami Keshwanand Rajasthan Agricultural University, Bikaner, is a hub of activity and enthusiasm. With its extensive range of indoor and outdoor facilities, the complex supports diverse sports and fitness activities. The Sports Board's efforts in organizing events, providing professional training, and fostering community engagement ensure that students receive a comprehensive and enriching sports experience. This approach not only enhances physical health but also cultivates important life skills such as teamwork, discipline, and resilience, contributing to the overall development of the university's students and staff.

Gymnasium Facilities at SKRAU, Bikaner

Swami Keshwanand Rajasthan Agricultural University (SKRAU), Bikaner, is committed to promoting the overall well-being of its students and staff. The university offers a well-equipped gymnasium that provides excellent facilities for fitness and yoga enthusiasts.

1. Modern Equipment:

- **Cardio Machines:** The gym is equipped with advanced cardio machines, including treadmills etc. These machines are designed to cater to various fitness levels and goals.
- **Strength Training:** There is a comprehensive range of strength training equipment, such as free weights, resistance machines, and functional training tools. These are ideal for building muscle strength and endurance.

2. Yoga and Aerobics:

- **Spacious Area:** The gymnasium includes a spacious and serene area dedicated to yoga and aerobics, providing an ideal environment for mind-body exercises.
- **Mats and Props:** The gym is equipped with high-quality yoga mats, blocks, straps, and other props to enhance the yoga practice.

3. Hygiene and Safety:

- **Sanitization Protocols:** Regular sanitization of equipment and premises is conducted to maintain high hygiene standards.
- **Safety Measures:** The gym follows strict safety protocols, including the availability of first aid kits and emergency response procedures.

4. Accessible Timings:

- **Flexible Hours:** The gym is open at convenient hours to accommodate the schedules of students, faculty, and staff.
- **Membership Plans:** Affordable membership plans are available, making it accessible for everyone in the university community.