



# BANNARI AMMAN INSTITUTE OF TECHNOLOGY

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## List of Gym and Sports Equipment

### 1.0 Introduction

Bannari Amman Institute of Technology (BIT) places significant emphasis on the holistic development of its students by promoting physical fitness, sportsmanship, teamwork, discipline, and overall well-being through structured sports and physical education activities. In alignment with its educational objectives and national higher education quality benchmarks, the Institution has developed and maintained comprehensive indoor and outdoor sports infrastructure supported by a well-stocked inventory of modern gym and sports equipment.

The availability of a wide range of gym and sports equipment ensures the effective conduct of regular physical education programmes, intercollegiate and intramural sports activities, coaching and training sessions, fitness conditioning, and competitive sporting events at various levels. These facilities cater to the diverse sporting interests and abilities of students and actively support talent identification, skill development, and performance enhancement across disciplines.

All equipment is procured from reputed manufacturers, maintained in good working condition, and made accessible to students under the supervision of qualified physical education professionals, thereby ensuring optimal utilisation and safety at all times.

### 2.0 Gymnasium Facilities

BIT operates two fully equipped gymnasiums on campus - a dedicated gymnasium for male students (Boys Gym) and a separate gymnasium for female students (Girls Gym). Both facilities are designed to provide a safe, structured, and motivating environment for physical training, fitness conditioning, and strength development. The gymnasiums are supervised by qualified fitness instructors who guide students in the correct use of equipment, the design of personalised training programmes, and the adoption of healthy exercise habits.

Each gymnasium is equipped with a comprehensive range of resistance training machines, free weights, cardiovascular equipment, and functional fitness accessories to support a full spectrum of fitness goals - from general health and fitness to competitive strength and conditioning. The facilities are regularly maintained and periodically upgraded to ensure that equipment remains safe, functional, and aligned with current fitness training standards.

### **3.0 Equipment Inventory - Boys Gymnasium**

The following table provides a complete inventory of equipment available in the Boys Gymnasium:

<b>S.No.</b>	<b>Name of Equipment</b>	<b>Quantity</b>
1	Abdomen Board	2 Nos
2	Adjustable Incline Bench	5 Nos
3	Barbell Rod (Olympic)	2 Nos
4	Barbell Rod 4' (Training)	2 Nos
5	Barbell Rod 5' (Training)	1 No
6	Cable Motion - G7 (Life Fitness)	2 Nos
7	Camber Curl Machine	1 No
8	Club bell (Wooden)	1 No
9	Dead Lift Trap Bar (Olympic)	3 Nos
10	Decline Bench Press	1 No
11	Dumbbell (Rubber)	57 Nos
12	Dumbbell Rack	3 Nos
13	Exercise Bike	2 Nos
14	Flat Bench	6 Nos
15	Air Bike	2 Nos
16	Forearm Machine	1 No
17	Triceps Rod (Olympic Hex)	1 No
18	Incline Chess Press Machine (Plate Loaded)	1 No

<b>S.No.</b>	<b>Name of Equipment</b>	<b>Quantity</b>
19	Kettle Bell	2 Nos
20	Lateral Raise Machine	1 No
21	Leg Extension Machine (Plate Loaded)	1 No
22	Leg Press Machine (Plate Loaded)	1 No
23	Plate Loaded ISO-Lateral Incline Press (IL-IP)	1 No
24	Plate Loaded ISO-Lateral Super Incline Press IL-FMP	1 No
25	Plate Loaded ISO-Lateral Super Decline Press IL-DCP	1 No
26	Plate Loaded Pullover PL-PO	1 No
27	Hammer Strength HD Air Bike PT-AB-01	2 Nos
28	Hammer Strength Plate Loaded Lateral Raise PL-LR	1 No
29	Hammer Strength Plate Loaded Seated Dip PL-DIP	1 No
30	Hammer Strength Plate Loaded Seated / Standing Shrug PL-SH	1 No
31	Hammer Strength Plate Loaded ISO Lateral Kneeling Leg Curl IL-KLC	1 No
32	Hammer Strength Plate Loaded Glute Drive-PL-GLD	1 No
33	Life Fitness Plate Loaded Smith Rack-OP-SM	2 Nos
34	Life Fitness G7 Cable Motion System	2 Nos
35	HD Athletic NX Rack	1 No
36	Smith Machine-OPSM	2 Nos
37	Optima Series Shoulder Press Machine	1 No
38	Optima Series Chest Press OSCP	1 No
39	Axiom Dual Lat Pulldown / Low Row PH-OPLR	1 No
40	Axiom Dual Leg Extension / Leg Curl	1 No
41	Cross Trainer Cybex	2 Nos
42	Seated Leg Curl Extension (Plate Loaded)	1 No
43	Plate Loaded Incline Chest Press	1 No

<b>S.No.</b>	<b>Name of Equipment</b>	<b>Quantity</b>
44	Plate Loaded Shoulder Press Machine	1 No
45	Squat Stand	1 No
46	Standing Leg Curl Machine (Plate Loaded)	1 No
47	Swiss Ball	5 Nos
48	Weighing Scale	1 No
49	Weight Plates (Rubber)	83 Nos
50	Weight Plates (Training) Nelco	8 Nos
51	Weight Plate Tree	1 No

#### **4.0 Equipment Inventory - Girls Gymnasium**

The following table provides a complete inventory of equipment available in the Girls Gymnasium:

<b>S.No.</b>	<b>Name of Equipment</b>	<b>Quantity</b>
1	4 Station Multi Gym for Upper Body	1 No
2	4 Station Multi Gym for Lower Body	1 No
3	Twister (Sitting & Standing)	1 No
4	High Lat & Low Lat Pulley	1 No
5	3 in 1(Dipping, Chin-up & Hip flexor)	1 No
6	Blood Circulation Massager	1 No
7	Abdominal Board	1 No
8	Upright Bike	1 No
9	Dumbbell (Iron)	2 Nos
10	Barbell Rod 4' (Training)	1 No
11	Dead Lift Trap Bar (Olympic)	1 No
12	Weighing Scale	1 No
13	Flat Bench	1 No
14	Plate	4 Nos

15	Cross Trainer CRC	2 Nos
16	Upright Bike	3 Nos
17	Throwdown HIIT SKI	1 No
18	Leg Extension And Leg Curl	1 No
19	Hip Abductor / Adductor	1 No
20	Smith Machine	1 No
21	Adjustable Bench	2 Nos
22	Flat Bench	1 No
23	Adjustable Soft Plyo Box	1 Set
24	Dumbbell Rack (2 layers)	1 No
25	Dumbbell	1 Set
26	Aerobic Stepper	3 Nos
27	Situp Bench	1 No
28	Abdominal Wheel	2 Nos

## 5.0 Sports Equipment Inventory

BIT maintains a comprehensive inventory of sports equipment to support its diverse sporting programme. All equipment is procured from reputed manufacturers, maintained in good working condition, and issued to students under the supervision of qualified physical education professionals to ensure optimal utilisation and safety.

The following table presents the complete inventory of sports equipment available at the Institution:

<b>S.No.</b>	<b>Sports Equipment</b>	<b>Quantity / Count</b>
1	Hurdle Cone with Pole	30 Sets
2	Nelco Cone 9"	10 Nos
3	Ankle Weight (0.5 kg)	1 No
4	Ankle Weight (1.0 kg)	1 No

<b>S.No.</b>	<b>Sports Equipment</b>	<b>Quantity / Count</b>
5	Anklet	63 Pairs
6	Metco Badminton Net	22 Nos
7	Ball Badminton Racquet	5 Nos
8	Basketball Ring Net	12 Pairs
9	Chess board with Coins	10 Sets
10	Cricket Bat (SG Sunny Tonny)	1 No
11	Thigh Guard	5 Nos
12	Abdominal Guard	6 Nos
13	Cricket Bat Fibre Tape	5 Nos
14	Cricket Bat Grip	10 Nos
15	Target Stump (PVC Spring)	3 Nos
16	Football Goal Net	6 Nos
17	Hockey Stick (Alfa)	4 Nos
18	Knee Cap	45 Nos
19	Table Tennis Ball (Stag - 3 Star)	10 Boxes
20	Digital Stopwatch	4 Nos
21	Agility Cone (12 inch)	10 Nos
22	Badminton Shuttlecocks	10 Boxes
23	Ball Badminton Net	3 Nos
24	Ball Badminton Ball (A4)	64 Nos
25	Lining Kit Bag	1 No
26	Vinex Official Flags	8 Nos
27	Basketball (Pro Touch, Size 7)	11 Nos
28	Basketball (Pro Touch, Size 6)	8 Nos

<b>S.No.</b>	<b>Sports Equipment</b>	<b>Quantity / Count</b>
29	Carrom Powder (70 g)	20 Nos
30	Cricket Bat (EW SS Heritage)	2 Nos
31	Cricket Ball (SF Yorker)	98 Nos
32	Cricket Full Mat	1 No
33	BDM Stumps (English Pattern)	2 Nos
34	BDM Wicket-Keeping Gloves	1 Pair
35	Cricket Gloves (BDM Galaxy)	5 Nos
36	BDM Batting Gloves (Galaxy)	3 Pairs
37	Inner Gloves (SG Test)	6 Pairs
38	Wicket-Keeping Leg Guard (Admiral)	2 Nos
39	BDM Tennis Ball (C-Bat)	10 Nos
40	Cricket Helmet	5 Nos
41	BDM Batting Leg Guard (Admiral Super Test)	3 Pairs
42	Wicket-Keeping Inner Gloves (Galaxy)	18 Pairs
43	Cricket Inner Gloves	15 Pairs
44	Football (Cosco MilaNo, Size 5)	12 Nos
45	Football Goalkeeper Gloves (Nivia Spider)	4 Pairs
46	Handball (Cosco - Men)	7 Nos
47	Handball (Cosco - Women)	4 Nos
48	Hockey Net (Akkash Nylon)	1 Pair
49	Nelco Medicine Ball Rubber (2 kg)	1 No
50	Nelco Medicine Ball Rubber (3 kg)	1 No
51	Nelco Medicine Ball Rubbers (5 kg)	1 No
52	Cosco Resistance Tube (Hard)	1 No

<b>S.No.</b>	<b>Sports Equipment</b>	<b>Quantity / Count</b>
53	Vixen Resistance Loop Band (Medium)	2 Nos
54	Row Ball (Cosco Deuce)	2 Nos
55	Table Tennis Balls (Stag - 1 Star)	20 Nos
56	Tennis Balls (Slazenger)	24 Boxes
57	Volley Ball	9 Nos
58	Volley Ball (Net Akash Power Play)	5 Nos
59	Whistle (Fox 40 Classic Eclipse)	3 Nos
60	Shuttle Grip (Yonex)	48 Nos
61	Resistance Stretch Band	4 Nos
62	Agility Rings	50 Nos
63	Agility Ladder	5 Nos
64	Mini Hurdles (9 inch)	15 Nos
65	Mini Hurdles (12 inch)	13 Nos
66	Air Pump	2 Nos
67	Measuring Tape (15 m)	2 Nos
68	Measuring Tape (30 m)	2 Nos
69	Measuring Tape (100 m)	1 No
70	Badminton Feather Shuttle	33 Boxes
71	Ball Bags	9 Nos
72	Boxing Maize Bag	2 Nos
73	Carrom Powder	32 Bottles
74	Cricket Guru Ball	23 Nos
75	Cricket Tennis Ball (Vicky)	56 Nos
76	Cricket Flash Ball	50 Nos

<b>S.No.</b>	<b>Sports Equipment</b>	<b>Quantity / Count</b>
77	Hockey G/W Stick	5 Nos
78	Hockey Ball Vampire	22 Nos
79	Hockey Ball Sachien	54 Nos
80	Hockey Goalkeeper Helmet	1 No
81	Pickleball Paddle	8 Nos
82	Pickleball Ball	5 Nos
83	Table Tennis Racquet	4 Nos
84	Cricket Bat (PVC Plastic)	12 Nos
85	Cricket Stumps (PVC Plastic)	12 Sets
86	Saucer Cones	30 Nos
87	Tennis Racquet (Kids)	13 Nos
88	Tennis Racquet (Adults)	12 Nos
89	Badminton Racquet	6 Nos
90	Kettle Bell (12 kg)	2 Nos
91	Table Tennis Ball (Stag - 1 Star)	48 Nos
92	Ball Badminton Racquet	2 Nos
93	Tennis Ball (Unlimited Stage 3 - Red)	54 Nos
94	Tennis Ball (Unlimited Code Black)	11 Cans
95	Tennis Ball (Beginner - Head)	15 Cans
96	Javelin Men (800 g)	4 Nos
97	Javelin Women (600 g)	6 Nos
99	Shot Put Men	2 Nos
100	Discuss Men	1 No
101	Hammer Men	1 No

<b>S.No.</b>	<b>Sports Equipment</b>	<b>Quantity / Count</b>
102	Hammer Women	1 No
103	Hammer Tail String	4 Nos
104	Hammer Handle	2 Nos
105	Competition Hurdles	29 Nos
106	Carrim Board	3 Nos
107	Pool Table	2 Nos
108	Table Tennis Table	2 Nos
109	Highjump Mat	1 Set
110	High Jump Uprights & Cross Bar	1 Set
111	Pole Vault Uprights & Crossbar	1 Set
112	Vaulting Box	1 No
113	Boxing Gloves	3 Pair
114	Boxing Punching Bag	2 Nos
115	Kabaddi Shoes	12 Nos
116	Parachute	1 No
117	Drag Pull	1 No
118	Weight Machine	1 No
119	Boundary Flag	20 Nos

The Institution demonstrates a strong and sustained commitment to promoting sports, physical fitness, and the overall well-being of its student community through the provision of comprehensive, diverse, and well-maintained gym and sports equipment. The Boys and Girls Gymnasiums offer professional-grade fitness infrastructure that supports the full spectrum of physical training needs, while the extensive sports equipment inventory ensures that students can actively participate in a wide range of sporting disciplines.

The sports and gym equipment is periodically reviewed, maintained, and upgraded to ensure safety, functionality, and alignment with evolving training and competition standards. Together, these resources contribute significantly to fostering a culture of sportsmanship, discipline, teamwork, and healthy living among students - qualities that are integral to BIT's vision of producing well-rounded graduates equipped for both professional success and lifelong well-being.