4.1 Physical Facilities

4.1.2 The Institution has adequate facilities for cultural activities, yoga, sports and games (indoor and outdoor) including gymnasium, yoga centre, auditorium etc.)

Sl. No.	Name	Yr. of Est.	Area
1.	Auditorium	2001	103.31 Sq.Mtrs.
2.	Gymnasium	2010	130.29 Sq.Mtrs.
3.	Indoor Games	2001	130.295 Sq.Mtrs.
3.	Outdoor Games	2001	279.865 Sq.Mtrs.
4.	Yoga Centre	2020	102.46 Sq.Mtrs.

Auditorium : Facilities avaiable for organizing cultural activities on the campus.

IMER has its own well-equipped Auditorium at the ground floor of the main building. It has seating capacity of 230 persons. Auditorium is used to organize various functions, lectures, other cultural activities and events.



Gymnasium

A Large room equipped with Gymnastic Apparatus

IMER has well-equipped gymnasium located at the basement, covering an area of 127 square Meters. The Gymnasium has variety of hi-tech equipment namely Treadmills, Multi Orbitrac, Elliptical Bike, Magnetic Upright Bike, Recumbent Bike and Vibrator. Gym has weight training facilities like Rubber dumbbells, Hexa Weighing Plates with Grip and Steel Coated Barbells.Other equipment include Bench Press (incline & decline), Vertical Leg Press, Leg Extension, Gym Ball, Parallel Dip Bar, Machine Press, Machine Fly, Cable Rowing, Preacher Curl, Fore Arm Machine, and triceps press down and many others. IMER gymnasium is open for free membership to students and staff, who are willing to take the Benefit of the facility. Girl students and sta ffhave been provided with special batches. The Gymnasium is open between 6:00 am to 7.00 am and 4:00 pm to 7.00 pm accommodating different batches. An Experienced and certified instructor (George Rodrigues, Physical Education Director) is provided for formally training gymnasium members.



Indoor Games

Facilities for Indoor games such as Chess, Carom, Table Tennis & other indoor Games facilities are available at the basement area of the IMER Campus. Annual Sports Day i.e. SPIRIT is organized every year in which both indoor & outdoor games will be conducted..



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Outdoor Games

Outdoor games: Facility for playing Volleyball, Throw ball and Kabaddi is provided in the IMER campus. Annual Sports Day i.e. SPIRIT is organized every year in which both indoor & outdoor games will be conducted.





Yoga Centre

Yoga Centre was launched with the sole objective of making people healthy (physically, mentally emotionally and spiritually) so that they can lead a happy life. Our aim is to make every IMERian a karma yogi so that, they will spread this "health campaign" Yogic Kriya or practice includes light exercises, yogasana, pranayama and meditation along with some discourse/lecture/discussion on health management, stress management, time management & managing self-spirituality etc.. the sessions are coordinated by Mr. S.N. Kulkarni, Librarian, IMER.



Celebration of International Yoga Day





Auditorium Location Plan



Gymnasium Location Plan



Indoor Games Location Plan



Yoga Centre Location Plan

