

## SPORTS FACILITIES

At Amrita, Physical Education is an integral part of the academic system. We envisage that quality physical education programs increase not only the physical competence and fitness, but also promotes human relations, team work and social sense which is a prerequisite for being successful in life. The relaxation, fulfilment and channelizing of energy that happens also helps the student blossom as a personality and is concomitant to performance in academics. This also endow students with an inclination to develop a physically active life style as a lasting habit.

Here are some of the proven benefits of a quality physical education program that complement academic pursuits of an individual:

- ❖ Physical competence and satisfaction
- ❖ Physical fitness and well-being
- ❖ Strengthened peer relationships and team work
- ❖ Improved self-confidence and self-esteem
- ❖ Neuro-muscular & Motor skill development
- ❖ Self-discipline
- ❖ Improved judgment

The Physical Education department at Amrita plays an important role in the shaping of the students who study here. The Department regularly organizes various intramural competitions and annual athletic meets. Various inter campus tournaments including Table Tennis, Badminton, Volleyball, Football, etc. are organized around the year.

The campus is proud of having had athletes who have won laurels in state and national venues and have exhibited great potential and calibre in various sports and games.

## FACULTY

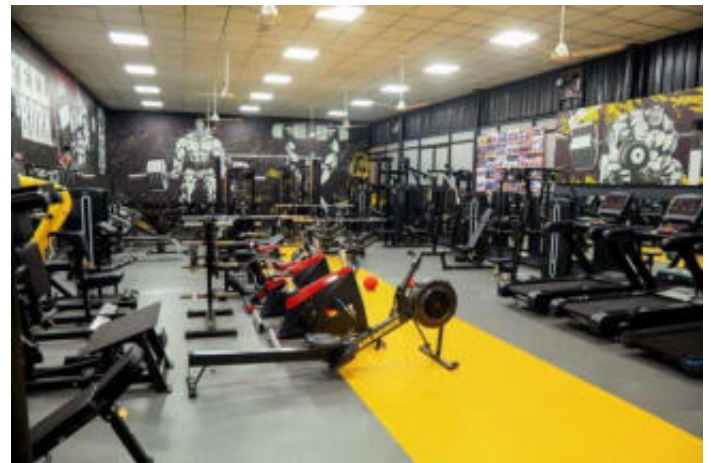
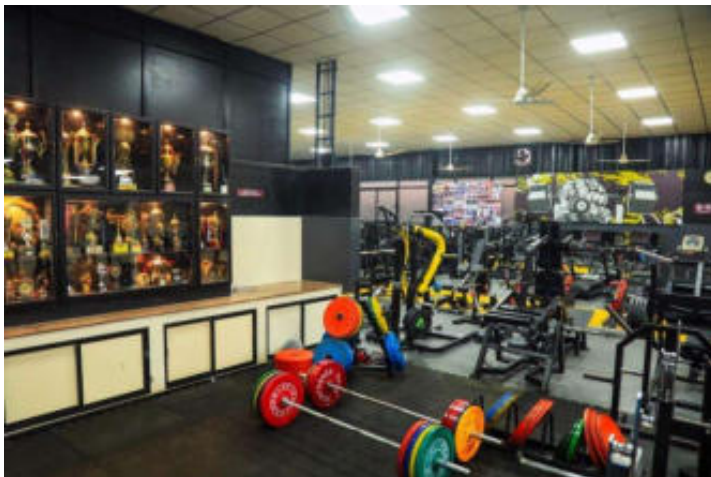
The department has versatile and skilled physical education instructors who have marvelled in their respective spheres of specialization and work in close concert with the students to invigorate their varied interests in sports and games.

The facilities include:

- Sports ground consisting of track, football field and cricket pitch
- Modern and well equipped Gymnasium
- One Basketball Court

- Two Volleyball Courts
- Four Badminton (Shuttle) Courts
- Indoor Games Room with Billiards, Table Tennis, Chess, Caroms, etc





**BALAKRISHNAN  
SHANKAR**

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Dean, School of Engineering  
Amrita Vishwa Vidyapeetham  
Amritapuri Campus

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