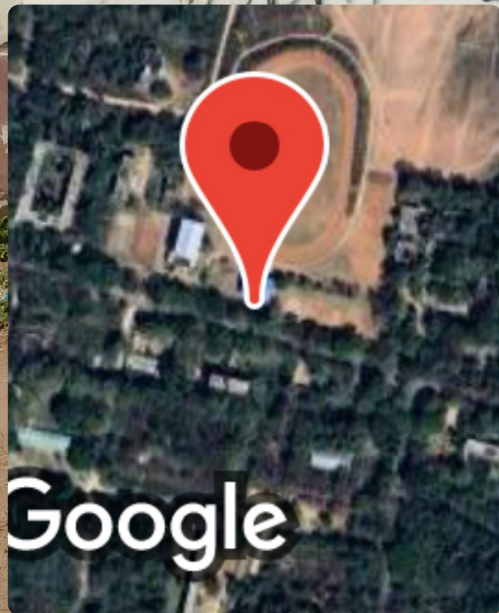


GYMNASTICS HALL



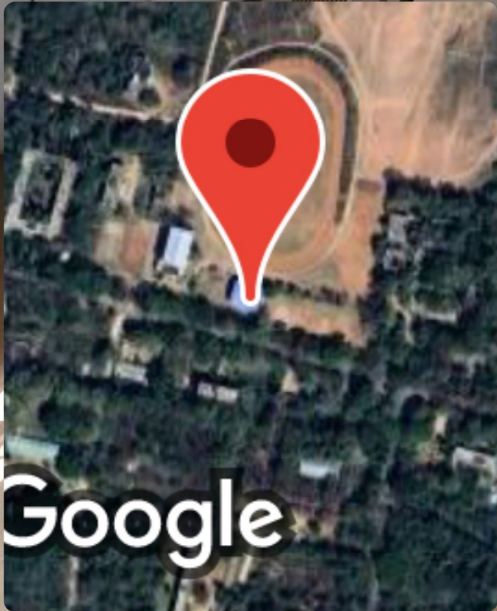
Hanamkonda, Telangana, India

2HH4+3Q9, Kakatiya University, Hanamkonda,
Telangana 506009, India

Lat 18.027473°

Long 79.556954°

17/11/22 11:47 AM GMT +05:30



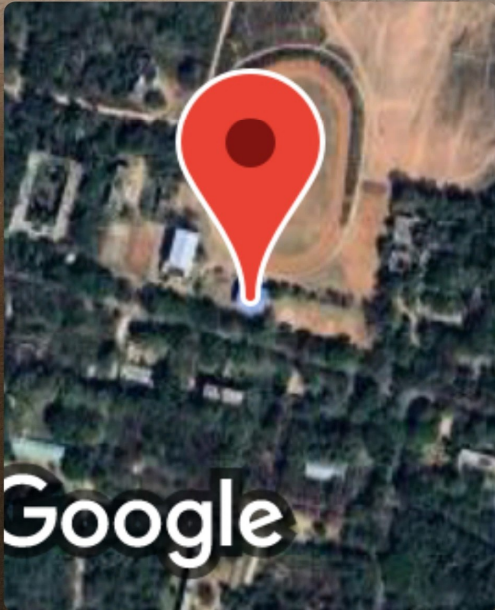
Hanamkonda, Telangana, India

**2HH4+3Q9, Kakatiya University, Hanamkonda,
Telangana 506009, India**

Lat 18.027563°

Long 79.557011°

17/11/22 11:47 AM GMT +05:30



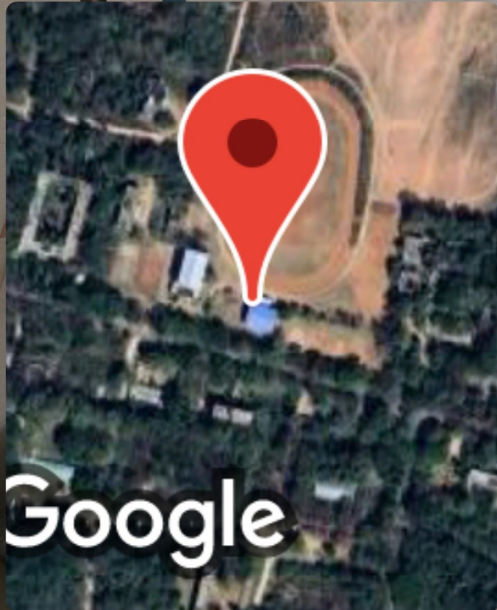
Hanamkonda, Telangana, India

**2HH4+3Q9, Kakatiya University, Hanamkonda,
Telangana 506009, India**

Lat 18.02758°

Long 79.55697°

17/11/22 11:48 AM GMT +05:30



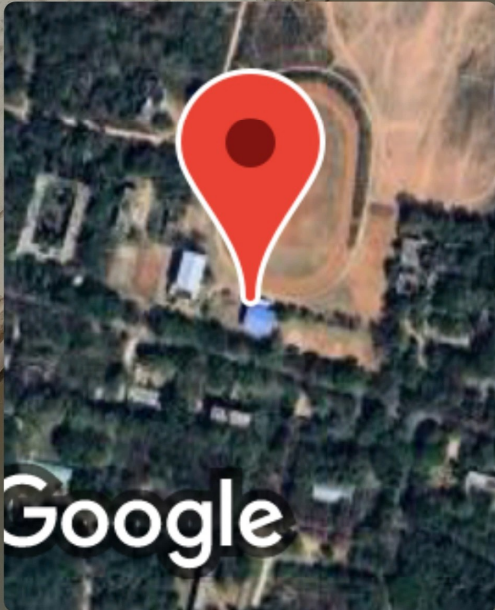
Hanamkonda, Telangana, India

**2HH4+3QM, Kakatiya University, Hanamkonda,
Telangana 506009, India**

Lat 18.02772°

Long 79.556908°

17/11/22 11:48 AM GMT +05:30



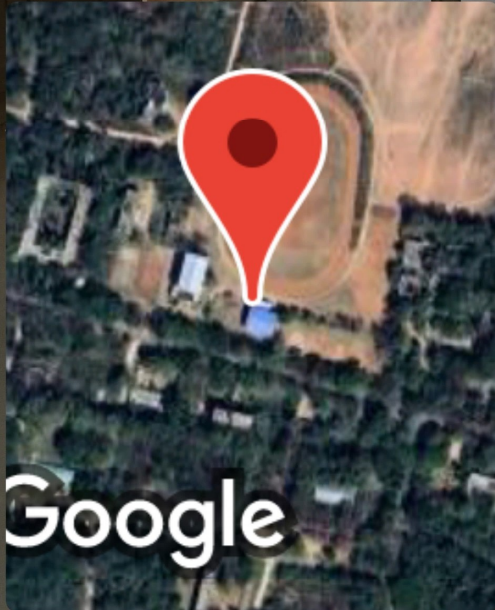
Hanamkonda, Telangana, India

**2HH4+3QM, Kakatiya University, Hanamkonda,
Telangana 506009, India**

Lat 18.027742°

Long 79.556902°

17/11/22 11:48 AM GMT +05:30



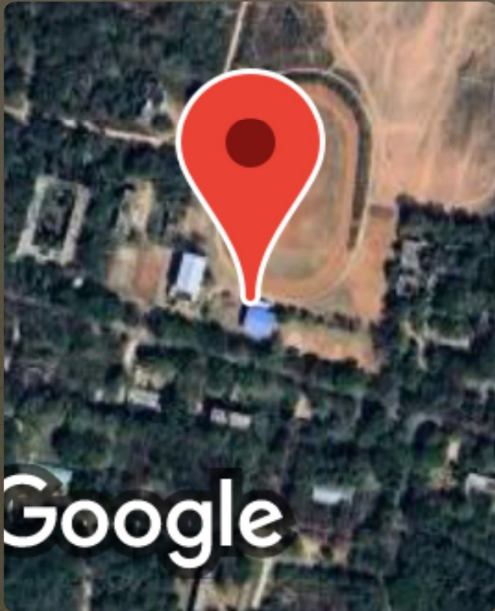
Hanamkonda, Telangana, India

**2HH4+3QM, Kakatiya University, Hanamkonda,
Telangana 506009, India**

Lat 18.027753°

Long 79.556909°

17/11/22 11:49 AM GMT +05:30



Hanamkonda, Telangana, India

**2HH4+3QM, Kakatiya University, Hanamkonda,
Telangana 506009, India**

Lat 18.027757°

Long 79.556909°

17/11/22 11:49 AM GMT +05:30



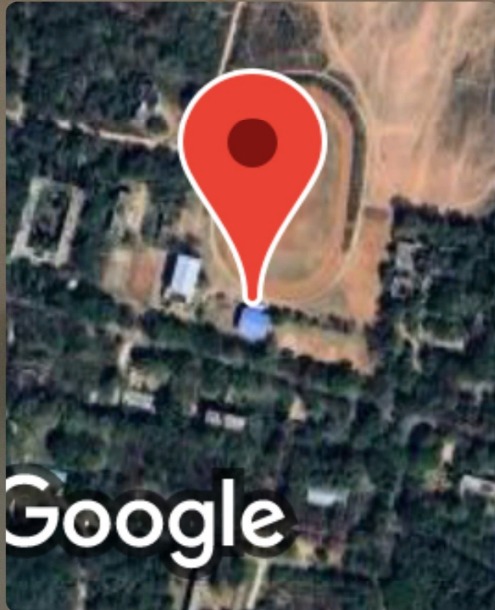
ROWING TECHNIQUE
A SIT ON THE SPECIFIED SEAT WITH LEGS COMFORTABLY APART AND STRETCHED FORWARD WITH SOLE RESTING WITH SUPPORT.
B NOW HOLD THE BAR WITHOUT BENDING THE KNEES.
C FROM THIS POSITION PULL THE BAR AS CLOSE TO THE BODY AS POSSIBLE WITHOUT ANY MOVEMENT OF TRUNK.
D RETURN TO STARTING POSITION FOR NEXT REPETITION.
MAIN MUSCLES INVOLVED
LATTISSIMUS DORSI
POSTERIOR DELTOID
LOWER TRAPEZIUM

Hanamkonda, Telangana, India
2HH4+3QM, Kakatiya University, Hanamkonda,
Telangana 506009, India

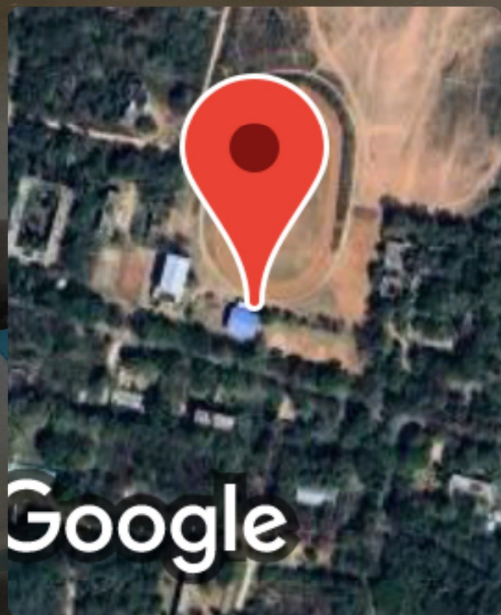
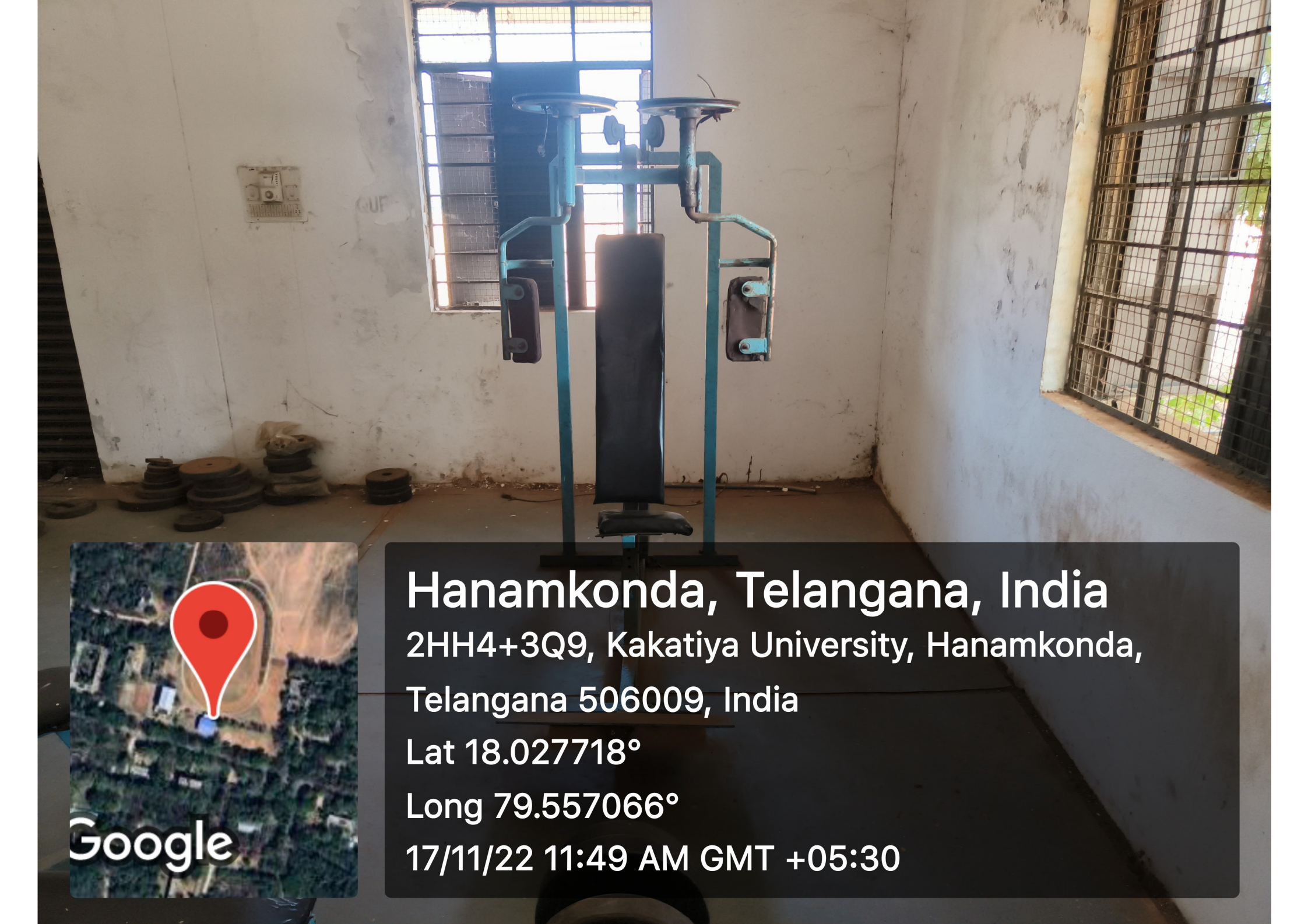
Lat 18.02776°

Long 79.55697°

17/11/22 11:49 AM GMT +05:30



Google



Hanamkonda, Telangana, India

**2HH4+3Q9, Kakatiya University, Hanamkonda,
Telangana 506009, India**

Lat 18.027718°

Long 79.557066°

17/11/22 11:49 AM GMT +05:30

11
ROWING TECHNIQUE

- A** SIT ON THE SPECIFIED SEAT WITH LEGS COMFORTABLY APART AND STRETCHED FORWARD WITH SOLE RESTING WITH SUPPORT.
- B** NOW HOLD THE BAR WITHOUT BENDING THE KNEES.
- C** FROM THIS POSITION PULL THE BAR AS CLOSE TO THE BODY AS POSSIBLE WITHOUT ANY MOVEMENT OF TRUNK
- D** RETURN TO STARTING POSITION FOR THE NEXT REPETITION.

MAIN MUSCLES INVOLVED

LATISSIMUS DORSI, POSTERIOR DELTOID, RHUMBOLD, LOWER TRAPEZIUS

10
HIGH PULLEY(LAT PULL)TECHNIQUE

- A** SIT ON BENCH AND HOLD THE BAR ABOVE THE HEAD WITH ARM FULLY STRETCHED.
- B** FROM THIS POSITION PULL THE BAR DOWN AND CLOSE TO BODY AS MUCH AS POSSIBLE.
- C** KEEP THE TRUNK STRAIGHT DURING PULL.
- D** RETURN TO STARTING POSITION FOR THE NEXT REPETITION.
- E** THIS EXERCISE CAN BE DONE EITHER PULLING BAR IN FRONT OF THE BODY OR NECK.

MAIN MUSCLES INVOLVED

LATISSIMUS DORSI, POSTERIOR DELTOID, RHUMBOLD, LOWER TRAPEZIUS

9
DIPS TECHNIQUE (DIPPING)

ASSUME UPRIGHT POSITION ON PARALLEL BAR BY HOLDING BOTH BARS.

KEEP THE ARM, BODY AND LEGS STRAIGHT.

FROM THIS POSITION LOWER THE BODY TILL THE ELBOW ARE FIXED TO MAXIMUM. NOW RAISE THE BODY UP TO ORIGINAL POSITION BY EXTENDING ELBOW WITHOUT ANY SWINGING MOVEMENT.

MAIN MUSCLES INVOLVED

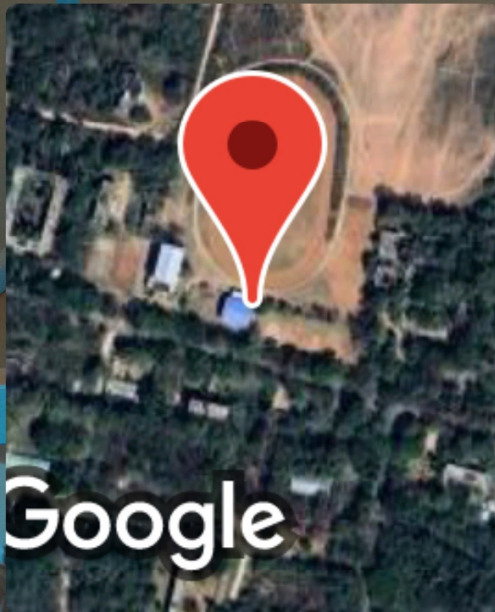
TRICEPS, DELTOID, PECTORAIL MAJOR, SERRATUS ANTERIOR.

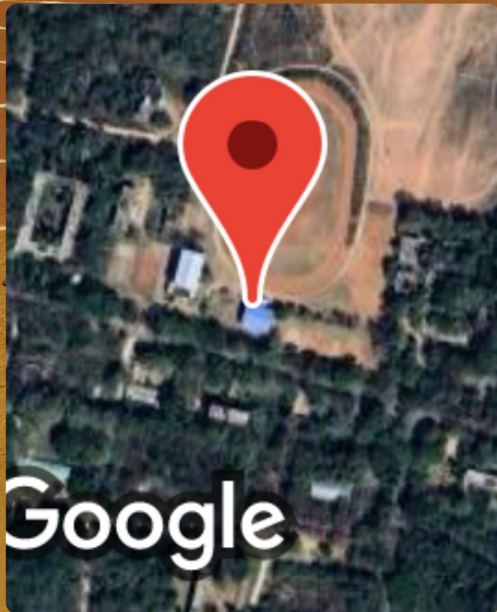
Hanamkonda, Telangana, India
2HH4+3Q9, Kakatiya University, Hanamkonda,
Telangana 506009, India

Lat 18.02767°

Long 79.557091°

17/11/22 11:50 AM GMT +05:30





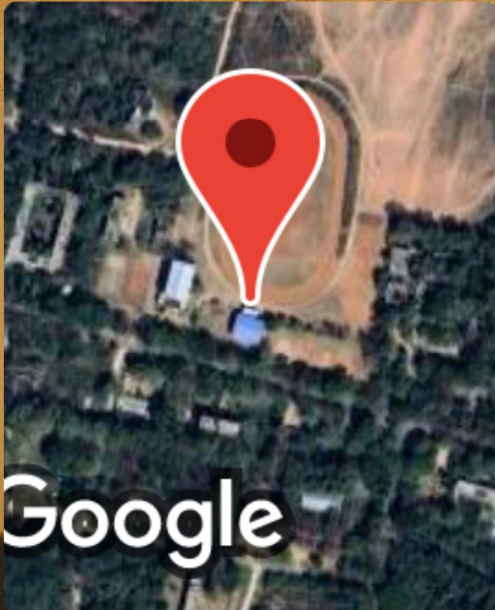
Hanamkonda, Telangana, India

**2HH4+3Q9, Kakatiya University, Hanamkonda,
Telangana 506009, India**

Lat 18.027709°

Long 79.556944°

17/11/22 11:37 AM GMT +05:30



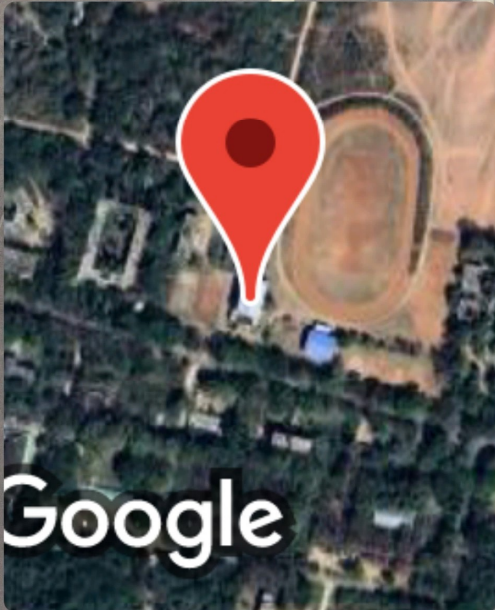
Hanamkonda, Telangana, India

**2HH4+3QM, Kakatiya University, Hanamkonda,
Telangana 506009, India**

Lat 18.027812°

Long 79.556999°

17/11/22 11:38 AM GMT +05:30



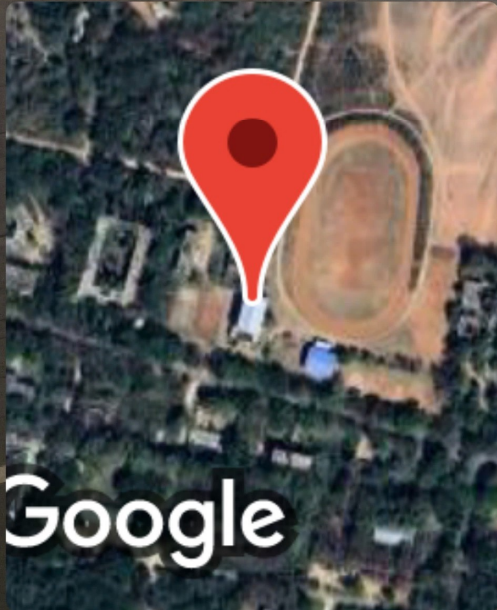
Hanamkonda, Telangana, India

**2HH4+5HM, Kakatiya University, Hanamkonda,
Telangana 506009, India**

Lat 18.027921°

Long 79.556433°

17/11/22 12:05 PM GMT +05:30



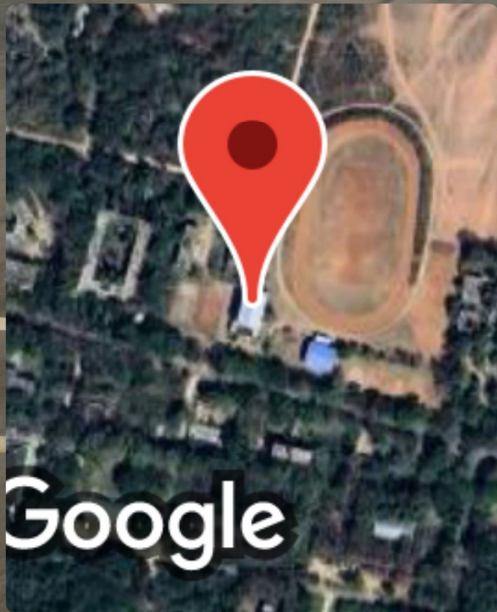
Hanamkonda, Telangana, India

**2HH4+5HM, Kakatiya University, Hanamkonda,
Telangana 506009, India**

Lat 18.028053°

Long 79.556451°

17/11/22 12:06 PM GMT +05:30



Hanamkonda, Telangana, India

**2HH4+5HM, Kakatiya University, Hanamkonda,
Telangana 506009, India**

Lat 18.027994°

Long 79.556457°

17/11/22 12:06 PM GMT +05:30



Hanamkonda, Telangana, India

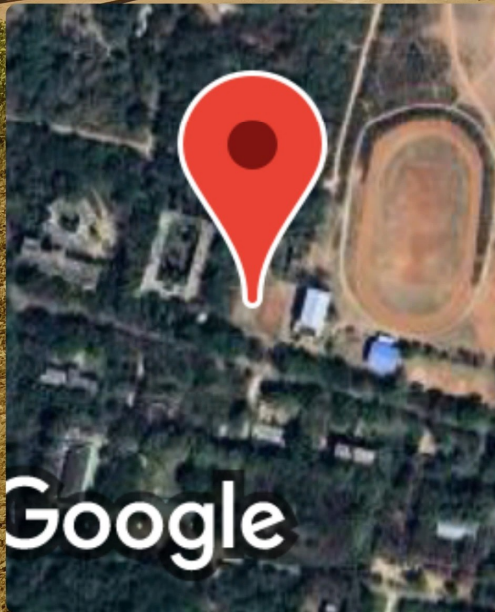
2HH4+696, Engineering College Rd, Kakatiya

University, Hanamkonda, Telangana 506009, India

Lat 18.027848°

Long 79.55611°

17/11/22 12:07 PM GMT +05:30



Hanamkonda, Telangana, India

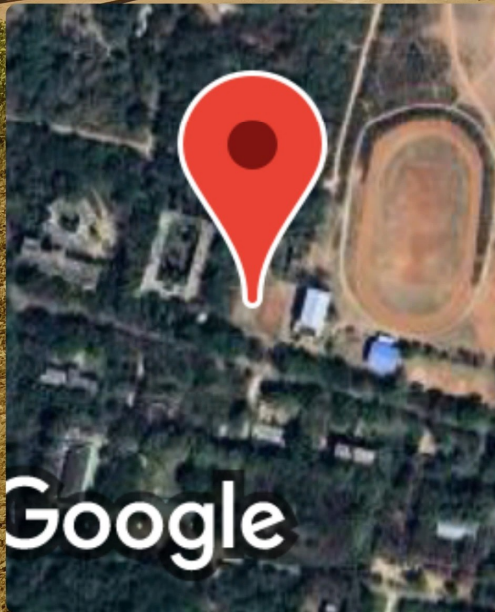
2HH4+696, Engineering College Rd, Kakatiya

University, Hanamkonda, Telangana 506009, India

Lat 18.027994°

Long 79.555966°

17/11/22 12:08 PM GMT +05:30



Hanamkonda, Telangana, India

2HH4+696, Engineering College Rd, Kakatiya

University, Hanamkonda, Telangana 506009, India

Lat 18.027994°

Long 79.555966°

17/11/22 12:08 PM GMT +05:30

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

**AACSB**
CGPA 3.36

**కాకతీయ విశ్వవిద్యాలయం**
KAKATIYA UNIVERSITY
Warangal - 506009, Telangana, India.

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The Sports Board of Kakatiya University is existing since the inception of the University in the year 1976 with 18 colleges and meager strength has grown into a massive organization with 510 colleges spread in Under-Graduation, Post-Graduation, Engineering, Pharmaceutical, Education and Physical Education Colleges by 2019-2020. It has been active ever since its inception in matters of sports and games for rural, backward and tribal students and won laurels from all quarters. A perusal of various programmes organized by the Kakatiya Sports Board during these years would enable to understand how the changing concept and function of education from mere dissemination of





కాకతీయ యూనివర్సిటీ జిమ్ లో



విద్యార్థుల కసరత్తులు