



THE DALE VIEW

COLLEGE OF PHARMACY & RESEARCH CENTRE

Approved by PCI, AICTE and Affiliated to Kerala University of Health sciences

An ISO 9001-2015 Certified Institution

ACCREDITED BY NAAC

Recognized under Section 2 (f) of the UGC Act 1956

Punalal.P.O., Thiruvananthapuram, Pin :695575.

Phone: 0472 2853763, 2852394, 9446802073, 9446173063

Fax : 0472-2852394 Website:www.daleviewcollege.com, Email : dvpharma@gmail.com

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

Sports, Cultural Activities, Yoga, and Meditation:

The institution recognizes the importance of a balanced lifestyle, encompassing academic excellence, cultural enrichment, sportsmanship, and mental well-being. To achieve this, we offer a diverse range of sports, cultural activities, yoga, and meditation programs.

Sports and Games:

Our institution encourages students to participate in various sports and games, fostering teamwork, discipline, and physical fitness. We provide facilities and training for various sports, including [list specific sports]. Students are also encouraged to participate in university-level inter-college sports events, promoting healthy competition and camaraderie.

Cultural Activities:

We believe that cultural activities play a vital role in shaping the personalities and creative talents of our students. Our Arts and Cultural Activities Committee is dedicated to organizing and promoting various cultural events, including music, dance, drama, and art exhibitions. Students are encouraged to participate in these events, showcasing their talents and developing their confidence.

Yoga and Meditation:

Recognizing the importance of mental well-being and stress management, we offer yoga and meditation sessions for students and faculty members. These sessions aim to improve concentration, physical fitness, and overall mental health. Our experienced instructors provide guidance and training, helping participants to develop a healthy and balanced lifestyle.

Staff Participation:

We also encourage our staff members to participate in arts, sports, and cultural programs, promoting a sense of community and teamwork. This helps to foster a positive and supportive work environment, ultimately benefiting our students and the institution as a whole.

Overall Personality Development:

By providing a wide range of sports, cultural activities, yoga, and meditation programs, we aim to promote the overall personality development of our students. We believe that this holistic approach will help our students to become well-rounded, confident, and successful individuals. And also we are conducting special classes for interested students in dance, music, craft, cooking etc.

[The institution prioritizes a balanced lifestyle, integrating academic excellence, cultural enrichment, sportsmanship, and mental well-being. We believe that this holistic approach is essential for the overall development of our students. To achieve this, we offer a diverse range of



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sports, cultural activities, yoga, and meditation programs.

Our sports and games programs promote teamwork, discipline, and physical fitness. We provide state-of-the-art facilities and training programs that support various sports, including team sports and individual games. Students are encouraged to participate in university-level inter-college events, which helps to foster a sense of competition and camaraderie.

Cultural activities play a vital role in shaping our students' personalities and creative talents. Our Arts and Cultural Activities Committee promotes various cultural events, including music, dance, drama, and art exhibitions. These events provide a platform for our students to showcase their talents and develop their confidence.

In addition to sports and cultural activities, we also offer yoga and meditation sessions, led by experienced instructors. These sessions aim to improve concentration, physical fitness, and mental health. We encourage our staff members to participate in these sessions, which helps to foster a positive and supportive work environment.

By offering these programs, we aim to promote overall personality development, enabling our students to become well-rounded, confident, and successful individuals. We believe that this holistic approach will help our students to excel in their academic pursuits, while also developing essential life skills that will benefit them throughout their lives.

FACILITIES FOR SPORTS, GAMES (INDOOR, OUTDOOR)

Facilities for outdoor games	Sl.No	Activities
	1	Cricket
	2	Volley ball
	3	Kho-kho
	4	Throw ball
	5	Shot put
	6	Kabaddi
	7	Javelin
	8	Football
	9	Disc throw
Facilities for indoor games	1	Chess (2 Boards available)
	2	Carroms (2 Boards available)



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SPORTS MATERIAL LIST

FACILITY	NUMBER
Cricket kit (leg pad, helmet, glouse)	2
Cricket bat	2
Badminton racket	4
Foot ball	3
Throw ball	1
Carron board	2
Chess board	2
Badminton net	1
Javelin	1
Short put	2
Shuttle cock	1 box
Relay baton	4
Disc	1
Volley ball	1
Volley ball net	1
Skipping rope	1
Table tennis net	1
Table tennis bat	2
Table tennis ball	2





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PHOTOS



CRICKET

SHOT PUT



RUNNING RACE

SHUTTLE



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Cricket kit



Carrom Board



Shuttle cork and bat



Throw Ball

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Disc



Shot put ball



Foot Ball



Relay baton



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YOGA PHOTOS

