

Atheletic Club, VSSUT, Odisha. (since 1956)

Dedicated for physical, psychological and spiritual development of its students since its inception.

Sports Facilities Available

Track & Field (400m Atheletic Track)

Badminton, Basket Ball, Volley Ball, Foot Ball,

Lawn Tennis, Table Tennis, Kho-Kho,

Cricket, Hockey, Kabaddi

Ultra-modern Swimming Pool

The University playground is located close to hostel and administrative area

Indoor Facilities: Chess, Carom, Badminton, Health Club, Multi-gym and Yoga Centre. Multipurpose Indoor Hall

Gymnasium(with a number of latest equipments)

The gym has separate timings for men and women. It is shared by both students as well as staff.

Some of the Gym Facilities for exercise and work out are:

Multi gym 6 station	Multi gym4 station,	Leg press 120Kg
Functional trainer	Smith machine	Multi propose bench
Treadmills and strength machines	Recumbent Bike	Olympic Bench Press
Cross Trainer	Leg Extension	Butterfly
Cable cross over	Leg Curl	High Pulley/Lat Pull Down
Abdominal Machine	Olympic Bench Press Incline	Body vibrator
Scott Bench & Flat bench	Dumbbell Rack	Fitness massager
Abs exerciser	Gym Ball	Twister: Standing sitting
45 degree hyper extension	Bicep/tricep	Seated arm curl
Spin bike	Elliptical bike	Upright bike



Swimming Pool (25mx15m)

RCC framed Structure (upto six storeys)

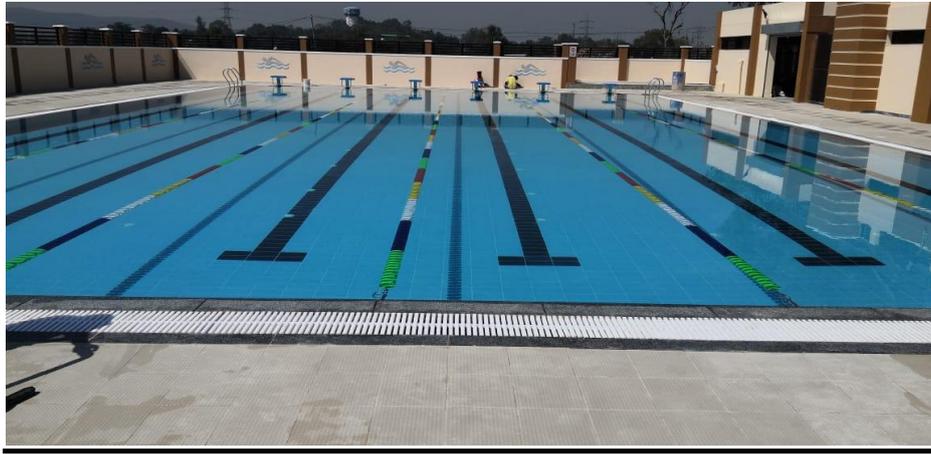
Change Room, Plant room, porch, Footpath with kerb stone

Trolley mounted suction sweeper self-priming pump, 12v, 300W under water lights

Swimming keeps our heart rate up but takes some of the impact stress off our body.

- It builds endurance, muscle strength and cardiovascular fitness.
- It helps maintain a healthy weight, healthy heart and lungs
- The activity remains optional and as a leisure skill.





Annual Athletic Meet

“A Trophy carries dust. Memories last forever.” – Mary Lou Retton

Veer Surendra Sai University of Technology (VSSUT) organizes its yearly sports fest named as **ILLUMINA** with great elation and valor. The committee to manage, organize and conduct ILLUMINA is headed by the VICE PRESIDENT, SPORTS, SOCIETY. The Vice President Sports, Society is supported by Secretary and Assistant Secretary, who are selected by a panel headed by Dean Students Welfare as its Chairman and consisting of faculties of different departments.

The two days sports extravaganza of our University kicks-off with a gallant show. The inaugural day starts off with the lighting of the torch at Burla Temple which kindles the spirit of sportsmanship and togetherness among all the VSSUTians. A number of sports enthusiasts turns up to become a part of the torch march from the temple to the University's ground lead by Sports Secretary, VSSUT, Burla. They are greeted by a large crowd (students, staff and local people) encouraging and applauding them.



The first day event is 1500 m race. This is followed by various track events such as 100 m and 400 m race for both girls and boys. The shot-put event takes place on the same day with a large number of contestants turning up to test their strength and skills. The three-legged event and long jump events are also conducted on the first day which drew a large number of participants.



The throw and jump events also takes place on the second day of this sports extravaganza. The throw events includes discus and javelin throw for both boys and girls. The rest of the track events and relay races are conducted smoothly and participants from all years gave their best in winning.



The last events of the closing day are the final matches for Kho-Kho and Kabaddi finalists. There is a rush of excitement and anticipation among the spectators and a sense of fear and determination among the finalists. The crowd cheers for their favored teams with loud slogans encouraging them.



KABADDI ILLUMINA 2020



KHO-KHO ILLUMINA 2020





IUSM

The University also organizes inter university sports meet (IUSM) regularly. Many reputed universities , autonomous institutions and NITS of the country participate in this three-day event. Attractions in this meet are

Cricket

Volley Ball

Basket Ball

Foot Ball

Badminton (to name a few)

The Winners and Runners-up of IUSM 2019 are as follows:

<u>GAME</u>	<u>WINNER</u>	<u>RUNNERS-UP</u>
BADMINTON	VSSUT	VSSUT
BASKETBALL	IGIT Sarang	VSSUT
CRICKET	CET Bhubaneswar	VSSUT A
FOOTBALL	VSSUT A	VSSUT B
VOLLEYBALL	VSSUT A	IGIT Sarang

