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## INTERNAL QUALITY ASSURANCE CELL (IQAC)

**Das mesh Institute of Research & Dental Sciences**  
**Talwandi Road, Faridkot**

(Recognized by Dental Council of India, New Dehli)

### **LIST OF SPORTS AND CULTURAL FACILITIES AVAILABLE**

- **State of art auditorium**

We have a State of art auditorium named “Captain Dr.Puran Singh Auditorium” with a 600 seating capacity and having latest BOSE acoustics and lights and excellent air conditioning.

- **Annual sports and cultural fest – ADHESION.**

Institution organizes a dedicated annual sports and cultural fest ADHESION since 2012 for the recreation of students from monotony. Till 2017 this festival used to hold for three days later as per students request extended for a period of five days. Both outdoor and indoor sporting along with few cultural competitions is also integral part of this fest.

- **The indoor sporting Facilities**

This facility is open to students after the working hours of the college and is invariably occupied to capacity by our students to practice their sports of choice like,

- **TABLE TENNIS**
- **CAROM**
- **CHES**

- **The outdoor sporting** provides for variety of sporting activities like:

- **VOLLEY BALL**
- **THROW BALL**
- **BASKET BALL**
- **BADMINTON**
- **CRICKET**
- **ATHLETICS**
- **FOOTBALL**

- **Fully equipped gymnasium “FITNESS HUB.”**

In addition to the above sports facilities our institute has a fully equipped gymnasium “FITNESS HUB.” Fitness Hub is having a dedicated 4000 sq feet of double stored building fully equipped with state of art fitness machines for both cardio and weight training. It's centrally air-conditioned and having dedicated zones for cardiac training, separate floor for strength and free weight zone. The highlight of Fitness Hub is 600 sq feet of exclusive

zone for **YOGA, AEROBICS AND DANCE**. Dedicated gym instructor is also appointed to guide students in best way to keep him/her fit.

- Cultural programmes during **Alumni Meet & Silver Jubilee Celebrations**
- Cultural Programmes as a Part of **SARBAT DA BHALA** (550<sup>th</sup> Birth anniversary of Sri Gurunank Dev ji)
- Competitive events to commemorate special Occasions
- Fresher's Party
- Lohri, Diwali & New Year Celebrations

Sd/-



Dr.S.P S Sodhi

Principal

**Dr. S.P.S. Sodhi**

Principal

**Dasmesh Institute of Research  
& Dental Sciences, FARIDKOT**