

VELS



INSTITUTE OF SCIENCE, TECHNOLOGY & ADVANCED STUDIES (VISTAS)
(Deemed to be University Estd. u/s 3 of the UGC Act, 1956)

PALLAVARAM, THALAMBUR, PERIYAPALAYAM, THIRUVANMIYUR, ADYAR - CHENNAI

SPORTS & FITNESS FACILITIES

PLAY. TRAIN. COMPETE. EXCEL.

STRONG BODY. STRONG MIND. STRONG FUTURE.



WELL MAINTAINED
SPORTS INFRASTRUCTURE



MODERN
GYMNASIUMS



INDOOR & OUTDOOR
GAME FACILITIES



EXPERT COACHING
& TRAINING



SAFETY & FIRST
AID FACILITIES

PLAY WITH **PASSION**. PERFORM WITH **PRIDE**.

SPORTS & FITNESS FACILITIES: VISTAS believes in nurturing co-curricular and extra-curricular talents of the students, with an aim to provide an environment that allows integrated development of body and mind. To facilitate sports and games, the University has established various physical and recreational facilities in our campus. To encourage sporting talents and to promote sports among the students, the institution adds new facilities and upgrades the existing facilities every year. Sports and Games activities in VISTAS is monitored by Directorate of Sports supported by faculty members and coaches.

Facilities at the Campus for Sports

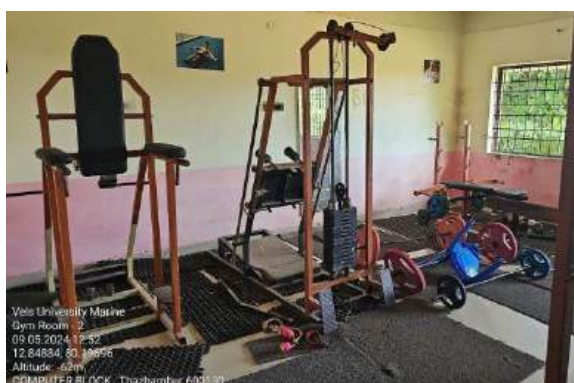
Description of Sports / Games	Area / size (Mts)	Year of Establishment	User details rate
Football Field – 1	100 X 50	1994	100%
100 mtrs Track – 1	115 X 60	1994	100%
200 mtrs Track – 1	115 X 60	1994	100%
Volleyball Court – 1	30 X 20	1994	100%
Throw ball Court -1	25 X 20	1994	100%
Kabaddi Court – 1	21 X 20	1994	100%
Cricket Field – 1	111 X 55	1994	100%
Ball Badminton Court	30 X 25	1994	100%
Basketball Court – 1	36 X 20	1994	100%
Fitness Centre (gymnasium) – 1	21 X 9	1994	100%
Football Field – 2	70 X 55	2005	100%
Volleyball Court – 2	30 X 20	2005	100%
Tennikoit	12 X 10	2005	100%
Fitness Centre (Gymnasium) - 2	21 X 9	2005	100%
Kabaddi Court - 2	21 X 20	2005	100%
Cricket Field - 2	70 X 55	2005	100%
Yoga Centre - 1	30 X 15	2005	100%
Cricket Practice Pitch - 1	10 X 25	2005	100%
Basketball Court - 2	36 X 20	2005	100%
Throwball Court - 2	25 X 20	2005	100%
Indoor Games – 1	40 X 20	2005	100%
100 mtrs Track - 2	70X 55	2005	100%

200 mtrs Track - 2	70X 55	2005	100%
Cricket Practice Pitch - 2	10 X 25	2015	100%
Cricket Practice Pitch - 3	10 X 25	2015	100%
Cricket Practice Pitch - 4	10 X 25	2015	100%
Indoor Games – 2	40 X 20	2015	100%
Yoga Centre – 1	30 X 15	2016	100%
Football Field – 3	110 X 54	2021	100%
Cricket Field – 3	232 X 109	2021	100%
Fitness Centre for Men (gymnasium) - 3	21 X 9	2021	100%
Fitness Centre for Women (gymnasium) – 4	21 X 9	2021	100%
100 mtrs Track – 3	115 X 60	2021	100%
200 mtrs Track – 3	115 X 60	2021	100%
400 mtrs Track – 1	232 X 109	2021	100%
Kabaddi Court – 3	21 X 20	2021	100%
Volleyball Court - 3	30 X 20	2021	100%
Throw ball Court - 3	25 X 20	2021	100%
Indoor Games – 3	40 X 20	2021	100%
Yoga Centre – 3	30 X 15	2021	100%

Swimming Pool: VISTAS offers excellent opportunities beyond academics by encouraging students to excel in sports and physical fitness. The world-class swimming pool facility helps students develop discipline, teamwork, confidence, and leadership skills. These moments truly reflect the spirit of unity, energy, friendship, and an unforgettable campus life.



Indoor and Outdoor Fitness Gym: VISTAS maintains separate, well-equipped gymnasiums for men and women. These facilities provide space for a variety of fitness activities and exercises, promoting the health, wellness, and overall well-being of both students and faculty members.





Indoor Games Facilities: VISTAS provides excellent facilities for a variety of indoor games, including Badminton, Table Tennis, Carrom, Chess, and more. These facilities encourage students to develop sportsmanship, concentration, teamwork, and recreational skills while maintaining a healthy and active campus life.



Indoor games Carrom



Indoor games Carrom



Indoor games Chess



Indoor games Carrom



Indoor games Chess



Table Tennis



Outdoor Games Facilities: VISTAS offers excellent outdoor sports facilities, including dedicated courts and grounds for games such as Football, Cricket, Volleyball, Basketball, Athletics, and more. The campus supports a wide range of sporting activities with well-maintained infrastructure, encouraging students to develop physical fitness, teamwork, leadership, and sportsmanship.



Basketball Ground



Volleyball Ground



Football Ground



Cricket Ground



Ground in VISTAS



Ground in VISTAS



400 Mtrs track



100 Mtrs track



100 Mtrs track



400 Mtrs track



Mallakhamb - Gymnastics



Mallakhamb - Gymnastics



Gymnastics (Acrobatics)



Mallakhamb - Gymnastics



Football Ground



Football Ground



Pickleball Court



Pickleball Court



Outdoor Sports Field: VISTAS offers an excellent outdoor sports field designed for a variety of athletic and recreational activities. The spacious and well-maintained ground supports games such as football, cricket, and athletics. The facility includes quality turf, floodlights, spectator seating, and safety features for players and visitors. Changing rooms, drinking water, and first aid facilities are also available for user convenience. The sports field promotes physical fitness, teamwork, and a healthy active lifestyle among students and sports enthusiasts.



VISTAS Cricket Practice Pitch



VISTAS Cricket Practice Pitch



VISTAS Cricket Practice Pitch



VISTAS Cricket Practice Pitch



Paddle tennis court.



Paddle tennis court.



Small-sided football (soccer) field



Small-sided football (soccer) field



Football (Soccer) Match



Football (Soccer) Match



Football (Soccer) Match



Football (Soccer) Match