

Sports & Recreation Facilities at MNR University, Sangareddy

At MNR University (MNRU), Sangareddy, we believe that **holistic education** goes beyond academics. Sports and recreational activities play a vital role in shaping a well-rounded personality. In today's fast-paced and demanding educational environment, students require healthy outlets to relax, recharge, and stay focused.

MNRU integrates sports, fitness, and recreation into its academic calendar to foster a **balanced and healthy lifestyle** for its students.

Outdoor Sports Facilities

The MNR-HERA campus is home to **expansive, well-maintained playgrounds** and dedicated sports courts, offering students a wide range of outdoor sports to enjoy and excel in:

- **Cricket Ground**
- **Football Field**
- **Volleyball Court**
- **Basketball Court**
- **Badminton Court**

These open spaces provide an ideal environment for daily practice sessions, inter-collegiate tournaments, and annual sports meets. Students are encouraged to participate in sports activities not only for physical well-being but also to build team spirit, leadership, and competitive excellence.

Indoor Fitness & Gym Facilities

MNRU houses a **well-equipped gymnasium** designed to cater to the fitness needs of students, faculty, and staff. Facilities include:

- **Multi-station weight training machines**
- **Cardio equipment** such as treadmills and cycles
- **Free weights and accessories**
- **Certified trainer available** for personalized guidance

The gym is attached to the Department of Physical Education and is regularly updated with the **latest fitness equipment** to match the evolving fitness trends and requirements.

Encouragement & Recognition

MNR University proudly rewards students who **achieve excellence at district, state, or national-level competitions**. Scholarships, medals, and certificates are awarded to recognize their dedication and success in sports and athletics.

Special Activities for Girls

In addition to active sports participation, MNR offers **exclusive recreational and co-curricular activities** for girl students. These include:

- Literary and cultural clubs
- Creative arts and wellness programs
- Yoga and fitness sessions
- Skill-building competitions

This inclusive approach ensures that all students—regardless of interests—have access to enriching and fulfilling extracurricular experiences.

Health, Fitness, and Well-Being

Beyond physical activity, MNRU focuses on:

- **Basic health education**
- **Personality development programs**
- **Fitness and conditioning exercises** integrated into student routines

These activities not only promote **mental and physical well-being** but also boost confidence, social skills, and academic focus.

At MNR University, sports and recreation are not just optional add-ons — they are an integral part of campus life. With state-of-the-art facilities, active student participation, and continuous support for budding athletes, MNRU ensures that every student grows into a **stronger, healthier, and more confident individual**.