

## ARMY COLLEGE OF DENTAL SCIENCES

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Website: <a href="www.acds.co.in">www.acds.co.in</a> Email: <a href="mailto:army\_c@rediffmail.com">army\_c@rediffmail.com</a> NAAC Accredited 'A' & Certified ISO 9001: 2015 & ISO 14001: 2015

The institution has adequate facilities to support physical and recreational requirements of students and staff – sports, games (indoor, outdoor), gymnasium, auditorium, yoga centre, etc. and for cultural activities

ACDS gives equal emphasis to academics as well as participation in physical and cultural activities, thus striking a healthy balance for the physical as well as the psychological well-being of the students.

## **Facilities for sports activities:**

The college has left no stone unturned in providing the finest outdoor as well as indoor sports facilities to the students of ACDS.

Outdoor sports facilities such as a dedicated cricket ground, volleyball court, two separate basketball courts, lawn tennis court, throw-ball court, a night soccer ground as well as athletics tracks are designed and incorporated at various locations of the campus for optimum utilization by the students. LED floodlights are installed in various places for the illumination of sports facilities after dusk. A dedicated and trained coach is available on campus for volleyball and basketball.

Facilities for athletic events like long jump, high jump, javelin throw, shot put, discus throw, etc are also offered for student participation. At both boys' and girls' hostels, there are badminton courts as well as table tennis, chess, and carom-board facilities. A dedicated gymnasium with the latest fitness equipment including smith's machine, barbells with weights, treadmills, cross-trainers, etc. is available for building up the core strength of students and for keeping them fit and flexible for avoiding various postural related occupational hazards. A fitness trainer is also available for supervising and guiding the students during their workouts.

## **Cultural facilities:**

ACDS has an architect-designed indoor auditorium which is fully air-conditioned and comfortably seats up to 500 people at any given time. The auditorium serves as a venue for organizing various cultural events showcasing the varied talents of the students. The open

area adjacent to the auditorium serves as a yoga center for open-air yoga training and practice for the students. Every year before the pandemic, a cultural and sports fest is hosted by ACDS in September with the name "AAGHAAZ" with students participating and showcasing their talents from different dental institutes of Telangana. Students are encouraged to stimulate their creative side by offering avenues for participation in literary activities such as poetry writing, essay writing, artistic activities, and group activities such as quizzes and debates organized by AWES and other institutes thus bringing out their talents as well as building leadership qualities and teamwork qualities within them.

Students of ACDS have varied cultural backgrounds and hail from different parts of the country. The college encourages them to organize and participate in the various festivals celebrated in India, thus reflecting the vibrant diaspora of our campus. Right from Sankranthi at the beginning of the year to a display of beautiful light show in Diwali and a warm welcome to the New Year's Eve, all the festivities are accompanied by their appropriate arrangements of food and decorations, which are done by the students themselves.

PRINCIPAL
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