

Swimming pool opens in NITK

Mangaluru: NITK Surathkal inaugurated its new eco-friendly swimming pool on Wednesday. P Radhakrishnan Nair, Dronacharya awardee and Indian National Athletics Team's chief coach, the chief guest, alongside B Ravi, NITK's director, and various institutional representatives attended the inauguration ceremony.

The pool, built to Olympic specifications (50m x 25m), features 10 lanes and utilises an advanced ozone-based purification system, eliminating the need for chemical treatments.

Sports meet in Jan

The institution is set to host the All India Inter NIT Sports Meet 2024-25 from Jan 10 to 12, 2025, encompassing swimming, athletics, and power sports events. The facility will additionally accommodate various aquatic competitions, training sessions, and fitness activities.

The construction commenced in July 2023, with an investment of Rs 7.3 crore. Nair highlighted fitness importance, stating, "Being physically fit is crucial to escape natural calamities and maintain overall well-being. Regular exercise is vital for professionals to manage stress and ensure a healthy work-life balance. Physical fitness also plays a critical role in aging gracefully. I strongly advocate for incorporating physical activity into our daily routine, ideally twice a day, regardless of our busy schedules." TNN