4.1.2 - The Institution has adequate facilities for cultural activities, sports, games (indoor, outdoor), gymnasium, yoga centre etc.

Metas Adventist College, Surat provides adequate facilities for cultural, sports, fitness, and recreational activities to support the holistic development of students. The institution encourages active participation in indoor and outdoor games, cultural programmes, wellness activities, and fitness initiatives as part of student development.

The college has facilities for outdoor sports and games conducted on the playground and provides opportunities for indoor recreational and competitive activities. A well-equipped gymnasium is available to promote physical fitness and healthy lifestyles among students and staff. The institution also promotes health and well-being through yoga-related activities, including observance of International Day of Yoga and wellness sessions.

Cultural development is encouraged through competitions, celebrations, club activities, seminars, performances, and student participation in institutional events. Seminar halls, auditorium facilities, and open spaces are utilized for organizing cultural programmes, awareness activities, and student engagement initiatives. These facilities collectively contribute to the physical, emotional, social, and cultural development of students and promote balanced growth beyond academics.

Activities - Cultural Activities, Sports, Games, Gymnasium, Yoga and Student Wellness (2020–21)

Sr. No.	Date	Activity/Event	Category	Organizing Unit
1	02/10/2020	Gandhi Jayanti – Quiz Competition	Cultural / Co-curricular	Dept. of Management
2	02/10/2020	Gandhi Jayanti – Poster Making Competition on "Swachh Bharat"	Cultural / Creative Activity	Dept. of Management
3	28/12/2020	Photography Competition Workshop	Creative / Cultural Activity	Warriors Club
4	26/02/2021	Best Out of Waste Competition	Cultural / Environmental Creativity	Spectrum Club
5	05/05/2021	Personality Development Session (Self Compassion)	Wellness / Student Development	Mindkraft Club
6	04/06/2021	Cake Baking & Decoration Workshop	Skill / Cultural Activity	IQAC Team

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Sr. No.	Date	Activity/Event	Category	Organizing Unit
7	09/06/2021	Elocution Competition	Cultural / Literary Activity	Warrior Club
8	16/06/2021	Quiz Competition – Eco Warriors 2020–21	Student Engagement / Co-curricular	IQAC Team
9	18/06/2021	Business Quiz Competition	Co-curricular / Competitive Activity	Spectrum Club
10	20/06/2021	Environmental Day Celebration	Student Engagement / Awareness	College Faculty
11	21/06/2021	International Yoga Day	Yoga / Health & Wellness	IQAC Team

Facilities utilized: Playground, gymnasium, seminar halls, auditorium, open spaces, classrooms, and virtual platforms for cultural, wellness, and student engagement activities.

Web Links

- https://suratcollege.metasofsda.in/gallerycategory/big_img/IMG_8682104.jpeg
- https://suratcollege.metasofsda.in/gallerycategory/big_img/DSC01821659.jpeg
- https://suratcollege.metasofsda.in/gallerycategory/big_img/DSC09615353.jpeg
- https://suratcollege.metasofsda.in/gallerycategory/big_img/WhatsApp%20Image%202025-02-27%20at%207499.jpeg
- https://suratcollege.metasofsda.in/gallerycategory/big_img/IMG_3752650.jpeg
- https://suratcollege.metasofsda.in/galleryF/big_img/IMG_6079235.jpeg
- https://suratcollege.metasofsda.in/galleryF/big_img/IMG_6085121.jpeg
- https://suratcollege.metasofsda.in/galleryF/big_img/DSC01616569.jpeg