



ST. IGNATIUS COLLEGE OF EDUCATION
(AUTONOMOUS)
Accredited with 'A' grade by NAAC (Second Cycle)
Palayamkottai – 627 002

SPORTS COMPLEX

Principles and Procedures

- Institution conducts; regular physical activity training class for the students, on every working day at 3.40 pm to 4.30 pm.
- During the hour, students are given opportunities to play both indoor and outdoor games.
- Students are given opportunities to utilize the indoor facilities such as Table Tennis, Chess, Carrom and Chinese Checker, during the physical activity hour.
- Six - stationed Multi Gym is used for providing resistance training for the athletes who participate in inter-collegiate competitions. It is also used for other students and staff members who are interested in resistance training.
- College provides varieties of indigenous activities, such as, hoops, dumb bells, Indian clubs, lezium, wands to exhibit their talents during mass drill programme.
- Students are trained in such a way to engage themselves with physical activities such as playing games, skipping, cycling and treadmill training.
- Intramural competitions are conducted to encourage maximum participation.
- Selected students are encouraged to participate extramural competitions.
- Students are given opportunity to attend yoga training twice in a week.
- When students come to ground, they have to bring the required sports equipment and return back properly.
- While playing and handling the sports equipment, students are instructed to give extra care and attention.
- Students are taught to be social.
- Students are asked to develop quality of teamwork and cooperation.
- They are advised to inculcate sportsmanship qualities.

Sr. S. Vasanthi Medonay

PRINCIPAL i/c
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