



ST. IGNATIUS COLLEGE OF EDUCATION (AUTONOMOUS)

Accredited by NAAC at A⁺ with CGPA 3.42 (Third Cycle)

Palayamkottai – 627 002

SPORTS COMPLEX

PRINCIPLES & PROCEDURES (2023 – 2024)

- 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 opportunity 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.
- Specific training camps for Athletics, Badminton, Ball Badminton, Kabaddi, Kho-Kho, Table Tennis and Throwball are conducted to train the students.
- 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 in extramural competitions.
- Students are given opportunity to attend yoga training twice in a week.
- Aerobic Training is given to the students.
- When students come to play ground, they are guided to bring the required sports equipment and return them 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. L. Vasanthi Medana
Signature of the Principal
Ignatius College of Education
(Autonomous)
Palayamkottai - 627002.

Josephine. S
Signature of the Instructor