

ST. IGNATIUS COLLEGE OF EDUCATION (AUTONOMOUS)

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

Palayamkottai – 627 002



SPORTS FACILITIES

SPORTS COMPLEX

PRINCIPLES & 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 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.

SPORTS FACILITIES

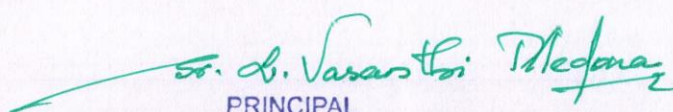
S. No	Description
1.	Six Stationed Multi Gym
2.	Indoor Facility
3.	Yoga Hall
4.	Badminton Court
5.	Ball Badminton Court
6.	Basketball Court
7.	Kabaddi Court
8.	Kho Kho Court
9.	Throwball Court
10.	Volleyball Court

LIST OF EQUIPMENT IN MULTIGYM

S. No	Equipment	Stock in Hand
1.	Parallel Bar	1
2.	Spring Board	1
3.	Treadmill - Manual	1
4.	Gymnastic Mat	6
5.	Bicycle Ergometer	1
6.	Six Stationed Multi Gym a) Shoulder Press b) Wrist Curl c) Peck Deck d) Lat Cable Pull Down e) ABS Board f) Pull up Bar	1 Set
7.	Trampoline	1

LIST OF SPORTS EQUIPMENT

S. No	Equipment	S. No	Equipment
1	Air Pump	23	Relay Baton
2	Ball Badminton Ball	24	Shot Put
3	Ball Badminton Racket	25	Badminton Racket
4	Basketball	26	Skipping Rope
5	Carrom Board	27	Stadiometer
6	Chess Board	28	Table Tennis
7	Chinese Checker	29	Tennikoit Ring
8	Cricket	30	Tennis
9	Discus	31	Throwball
10	Dumb bells	32	Volleyball
11	Dumb bells - Iron	33	Wands
12	Football	34	Weighing Machine
13	Hand Ball	35	Nets
14	Hoops	36	Parrell Bar
15	Hockey	37	Multi Gym
16	Hurdles	38	Bicycle Ergometer
17	Indian Clubs	39	Gymnastic Mats
18	Javelin	40	Trampoline
19	Kettle Weight	41	Treadmill
20	Kollatom Stick	42	Cones
21	Lezuim	43	Corner cones
22	Measuring Tape		


PRINCIPAL

ST. IGNATIUS COLLEGE OF EDUCATION
(AUTONOMOUS)
BALAYAMKOTTAI - 627 002