# CHRISTIAN COLLEGE KATTAKADA AFFILIATED TO THE UNIVERSITY OF KERALA

Thiruvananthapuram, Kerala 695572

**FACILITIES FOR** 

# **CULTURAL ACTIVITIES, SPORTS & GAMES**

CRITERION 4, 1, 2,



### WHAT'S INSIDE?

Documents on:



Facilities for Sports, Games & Physical Fitness **Photographs** 

Facilities for cultural activities - Photographs

## SPORTS, GAMES & PHYSICAL FITNESS

The Department of Physical Education of the college gives special attention on the growth of mind and also the physique of the students with a strong belief that the physical education is essential for the overall development of an individual. The department is dedicated to trains and guides the students in Indoor and Outdoor games and also in shaping young and promising sports persons over these years.

#### DEPARTMENT OF PHYSICAL EDUCATION AT A GLANCE

- Offer the best training to participate in University and National level competitions.
- A neatly equipped fitness centre
- A long winning tradition
- Every year students are selected for National level competitions for various disciplines.
- Facilities for Indoor and outdoor games
- Well trained college teams for various games
- Coaching camps are held for the teams who have prospect in the intercollegiate tournaments.

#### **FACILITIES**

#### 1. Indoor games

50 x 30 mts is given for indoor games.

- Badminton
- Chess
- Caroms
- wrestling
- wushu

#### 2. Outdoor games

- 200 mts track and for all the field events
- volleyball court occupies 24 x 15 mts
- kho-kho court occupies 35 x 23 mts
- kabbadi court two courts available , one for men and another one is for women . it occupies  $19 \times 17 \text{ mts}$
- cricket ground \( \) it occupies 110 x 90 mts.
- football field

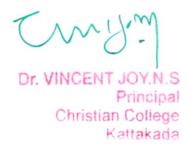
- hand ball court occupies 43 x 23 mts
- basket ball court occupies 34 x 19 mts

### 3. Fitness Centre

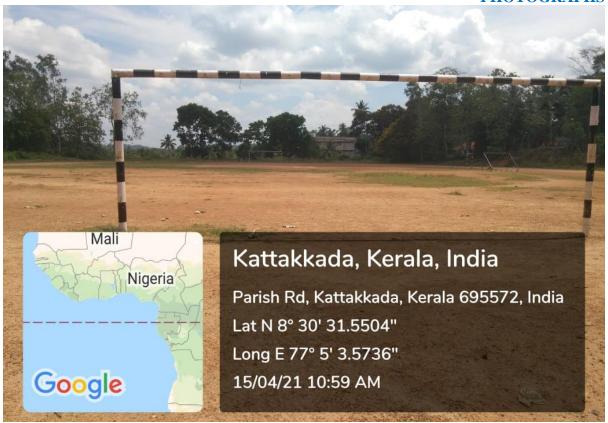
This Centre occupies 30 x 13 mts

- 8 station weight machines are available.
- 350 kg bar and disc are available

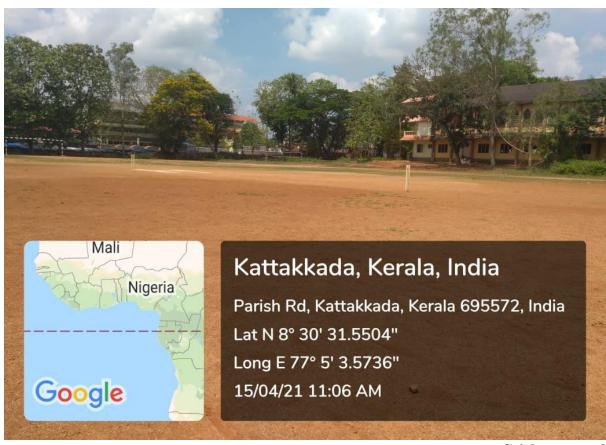




### **PHOTOGRAPHS**

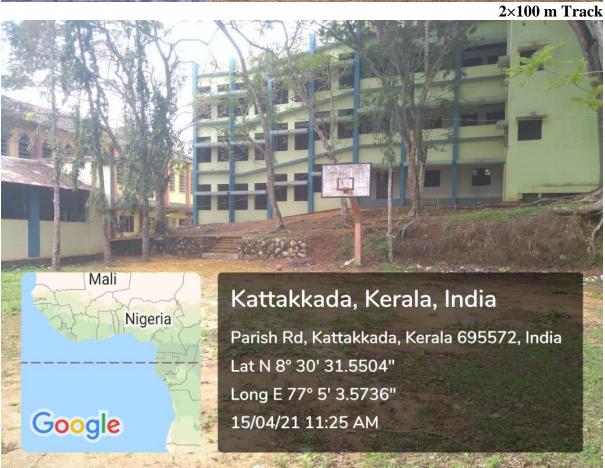


Football field



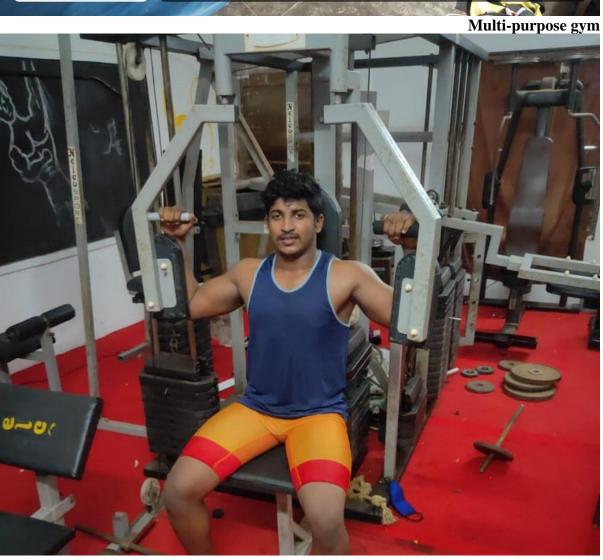
**Cricket ground** 



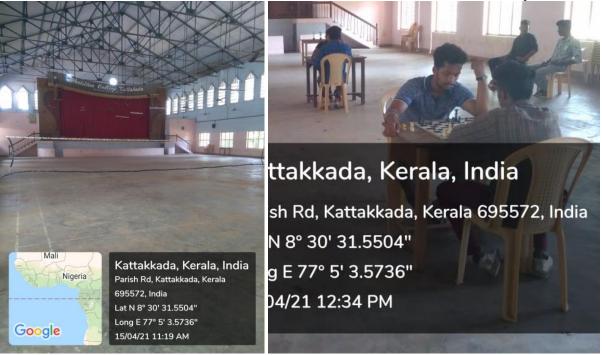


**Basket Ball court** 





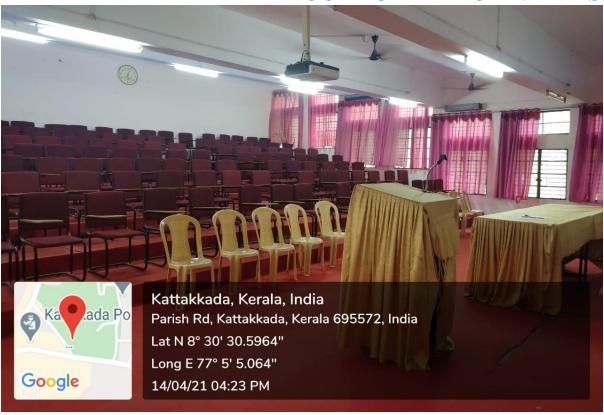




**Indoor Badminton Court** 

Chess

# FACILITIES FOR CULTURAL ACTIVITIES





**Library Conference Hall** 







**Main Auditorium**