

Sports Facilities

The Institute has introduced 'sports' as part of curriculum which is unique of its kind in this region thereby promoting sports among women students to its best. The Sports and Tournament and Physical Education department of the Institute are fully equipped with state-of-art infrastructure facilities for indoor, outdoor, gymnastics, indigenous and traditional sports. The Institute provides ample opportunities and adequate facilities to pursue sports in equal importance with regular studies before and after working hours in both the campus. The Institute has produced many international, national and regional level women sportspersons through its untiring commitment. The Institute also engages the special students in sports activities and in fitness classes with diversified provisions. Scholarships are offered for meritorious students to emulate them as great athletes and sports persons.

'Yoga' and 'Meditation' classes are conducted for all students thereby helping them to realise their 'self' and to achieve 'inner peace'. The Institute takes pride in celebrating 'International Yoga Day' every year involving the student community as a mark of enhancing physical and mental fitness.

Sports facilities are utilised by conducting national and state level tournaments/summer camps during vacation also for other institute/school students in and around the state.

I. Outdoor Sports

S.No	Sport/ Game	Number of courts/ fields Total Area in Square Meters			
		Main Campus		Satellite Campus	
		Num ber of Court	Size (Sq.m)	Number of Court	Size (Sq.m)
1	400 mts Standard Track with 8 lanes	-	-	1	19,425
2	Basketball (Synthetic, Concrete & Mud)	1	480	2	960
3	Ball Badminton	1	350	1	350
4	Kabaddi	2	400	1	200
5	Kho-Kho	2	896	1	448
6	Handball with fives	1	800	1	800

	football				
7	Throwball	1	266	1	266
8	Netball	1	480	-	-
9	Tennis	1	430	-	-
10	Volleyball	2	912	1	456
11	Football & Cricket Field	-	-	1	5,000

II. Indoor Facilities

1. Major Sports

S.No	Sport/ Game	Number of courts/ fields Total Area in Square Meters			
		Main Campus		Satellite Campus	
		Number	Size (Sq.m)	Number	Size (Sq.m)
1	Multi Purpose Hall	-	-	1	1060
2	Kabaddi Mat	1	150	-	-
3	Table Tennis	1	15	2	30
4	Badminton	2	196	2	196
5	Power lifting	-	-	1 set	16
6	Weight lifting	-	-	1 set	16
7	Provisions for playing Chess, Carrom, Fencing, Taekwondo, Gymnastics, Karate, Judo and Wushu				

2. Indigenous Sports

S.No	Sport/Game	Main Campus	Satellite Campus
		Number	Number
1	Silambam	10	50 Sticks
2	Light Apparatus <ul style="list-style-type: none"> • Lesium • Hoops • Dumbbells • Wands • Indian Clubs 	-	50 40 50 25 75
3	Rope Mallakhamb	1	1
4	Yoga Mat	15	40

III. Traditional Games

Indoor Games

- Pallanguli
- Koli Gundu
- Dhayam

Out Door Games

- Uri Adithal
- Gilli Danda
- Nondi
- Seven Stones
- Bambara
- Pacha Kudhirai