



## **SPORTS FACILITIES**

The college has following playground facilities.

### **Specifications of Indoor Games:**

S.no	Place	Measurements details
1	Badminton Court	2Nos, 13.4x6.1 Sq.Mts
2	Chess	In Indoor game auditorium room 2790 Sq. Ft
3	Carrom	4 boards in Indoor game auditorium room 2790 Sq. Ft
4	Table Tennis Board	2 Nos in Indoor game auditorium room 2790 Sq. Ft

### **Specifications of Outdoor Games:**

S.no	Place	Measurements details
1	Basketball Court	1 No. 34x21 Sq.Mts
2	Ball Badminton Court	2 Nos, 24x12 Sq.Mts
3	Cricket Field	1 No.
4	Cricket Nets	3 Nos, 4mts x 40 Sq. Mts
5	Foot Ball Field	1 No., 92.80 x 52 Sq. Mts
6	KhoKho Court	2 Nos, 27 x 16 Sq. Mts
7	Kabaddi Court	2 Nos, 13 x 10 Sq. Mts
8	Volley Ball Court	2 Nos, 18 x 9 Sq. Mts
9	Throw Ball Court	1 No. 18.30 x 12.20 Mts
10	Hand Ball Court	1 No. 40 x 20 Mts
11	200mts Non Standard track	1 No.
12	Long Jump / Triple Jump pit	1No., 3.50 x 7.40 Sq. Mts

### **Yoga**

We encourage students to practice Yoga and students of Thiruthangal Nadar College have participated in Madras University Inter Zone selection trails. Consecutively three years our College students representing the Madras University team in the All India Inter University Competition.

### **Gymnasium**

The College maintain its own fitness centre for staff and students at no cost. It possessing equipment for free weight training exercises, body weight exercises,

Gym ball/Swiss ball exercises, medicine ball exercises and stretching exercises. Multi station machines for different workout and Treadmill for cardio is available.

### **Privileges for Sports Students**

- Outstanding sports students are given sports scholarship.
- Special permission is granted to attend training sessions and participate in tournaments.
- Experts are called to deliver their thoughts to our sports students in the seminar function.