

KONGUNADU ARTS AND SCIENCE COLLEGE
(Autonomous)
Coimbatore - 641 029



**Facilities for Sports, Games (Indoor, Outdoor), Gymnasium,
Yoga Centre and Cultural Activities**

SPORTS

Profile:

This College pays equal attention for harmonious growth of both the body and mind of the students. The College believes in following the dictum „a Sound Mind in a Sound Body“. The Department of Physical Education, ever since its inception in 1975, has been making all our efforts to train the students in Indoor and Outdoor games.

Aim & Objectives:

The college has two spacious grounds for playing outdoor games like Volleyball, Kabaddi, Badminton and Basket Ball etc. The students are given intensive training every day in playing many sports and games, with the training provided by professional coaches. There is also a modern, state-of-the-art gymnasium for the benefit of both men and women students of the College, in order to keep their body and physique in a very good shape.

The Department of Physical Education has been organizing a number of Sports Events for the benefit of teaching and non-teaching staff of this College. Several students have won prizes in many sports meets, conducted both inside and outside Tamil nadu, in events like Chess, Badminton, and Volley Ball, Power Lifting, Shooting, Teakwondo, Cycling, Best Physique, Cricket, Table Tennis and Athletics competitions.

Facilities

Indoor Games	Outdoor Games
➤ Table Tennis	➤ Athletics 200 Meters Track
➤ Chess	➤ Volley Ball
➤ Carom	➤ Basket Ball
	➤ Badminton
	➤ Ball Badminton
	➤ Kabaddi
	➤ Kho-Kho
	➤ Foot Ball (5-A side)
	➤ Hand Ball

GYMNASIUM

Fitness Centre:

An exclusive Gymnasium cum fitness centre equipped with modern fitness machine caters to the health conscious students and staffs.

Equipment Available in Fitness Centre:

Multi Gym Four Stations	Push Up Bar
Treadmill	Hand Grip MD 1105
Bicycle Ergo Meter	Medicine Ball
Rowing Machine	Weighing Machine
Abdominal Conditioner (adjustable)	Swiss Ball
Stepper	Speed Chute
Bench Press Multi	ZX 100 elliptical
AB Abdominal Gym	Su 135-40 Sported Upright Bike
Dumbbells	Smith Machine
Hyper X-Tension	ER 420 Recumbent Bike
Leg Press/Hack Squat	Leg Press/Hack Squat Machine Glph-1100
Weight Lifting Bar	Strength Trainer IT 7004
Weight Lifting Plates	Stadiometer

Open Air Gymnasium:

- Rope Climbing
- Roman Chair
- Parallel Bar

Working Hours:

- 6.00 am to 8.00 am (For Girls)
- 4.00 pm to 6.00 pm (For Boys)

CULTURAL CLUB

Kongunadu Cultural Club has been established since the inception of our college with the aim of developing and extracting the students' unique talents. This club serves to inculcate and to train the cultural arts such as Karagattam, Kavadiattam, Oyilattam, Mayilattam to retain the ethnicity of the diverse Indian culture and tradition. Interested students are enrolled to the club and they were trained by the experts every year. At present the trained students were training and guiding their juniors. The cultural club members of our college has participated in several National and State level competitions and have won several prizes, especially in Karagattam.

Every year our Karagattam team performs in the Government events like Independence Day, Republic Day celebrated by the district Collector office and has achieved great accolades from the officials. The cultural club serves a platform for the national integrity and fulfills the theme "Unity in Diversity" with the idea of team work, harmony and cordiality for the revival of our nation's pride and heritage.

YOGA & MEDITATION CLUB

Overview

Yoga, an art and science performed by Indian monks past several thousand years is a boon to entire people on earth in search of beauty of body and mind. Yoga and Meditation Centre functions effectively in the college for achieving the following objectives,

- To improve the academic performance of the students with the practice of yoga.
- To enhance the teachers with the creative teaching methods through yoga.
- To sideline the stress and anxiety with yogic Asanas.
- To integrate people with intrinsic strength and inner peace.

Our Activities are:

- Organizing awareness programmes on yoga.
- Regular yoga classes for students and teachers.
- Celebration of International Day of Yoga and so on.

MUSIC CLUB

Profile:

Music resonates within the human spirit. Irrespective of the age, music presents a sense of unity, calm, humanness and spirituality. Music brings delightfulness in every soul when experienced. As an educational institution imbining moral and human values in the minds of students, it was a glorious moment when Music Club was started in our college in the year 1995.

Aim and Objectives:

The music club cultivates the students with the art of music and makes them to experience the ecstasy of music art. In addition to training the students in singing and playing with the instruments, trained students were also imparted enhanced skills and practices. The daily classes in the college begins after the prayer song sung by the music club students. The active students of the club will perform their art on traditional music in all the functions of the college such as college day, sports day, graduation day, Kalaimagal Vizha and so on. „Music Eve“- A Musical event organized by the Music club is conducted every year by the students of the music club with their magnanimous performance.

Available Instruments:

➤ Harmonium	➤ Bangos
➤ Tabla	➤ Maracas
➤ Mridangam	➤ Egg Shaker
➤ Dholak	➤ Conga
➤ Electric Drum pad	➤ Keyboard
➤ Tambourine	➤ Keyboard Stand
➤ Electric Guitar	➤ Speaker Box
➤ Drum kit	➤ Wire Mike
➤ Acoustic Guitar	➤ Sruthi Box
➤ Bass Guitar	➤ Finger Cymbals

TAMILZHAR THARKAPPU KALAI MANDRAM

KARATE

Mission:

- It helps the student to improve their personal growth and development.
- To help the student to lay the foundation in taking charge of and being responsible for their own personal safety, health and to consistently seek higher standards not only in martial arts training but ultimately within themselves.
- Our aim is to catalyze for positive growth and firmly believes that small improvements can lead to seismic changes.

Vision:

- Our students to learn witness and experience the traditional teachings of Karate, the excellence of Karate and the personal growth aspect of meditation in a professional, experienced and respectful environment.
- To nurture and grow our core values and create positive benefits that will become contagious.

About:

Karate, (Japanese: “empty hand”) unarmed martial-arts discipline employing kicking, striking, and defensive blocking with arms and legs. It makes to concentrating as much of the body’s power as possible at the point and instant of impact. Striking surfaces include the hands, ball of the foot, heel, forearm, knee, and elbow. All are toughened by practice blows against padded surfaces or wood. Pine boards up to several inches in thickness can be broken by the bare hand or foot of an expert. Timing, tactics, and spirit, however, are each considered at least as important as physical toughening.

Karate evolved in East Asia over a period of centuries, becoming systematized in Okinawa in the 17th century, probably by people forbidden to carry weapons. It was imported into Japan in the 1920s. Several schools and systems developed each favoring somewhat different techniques and training methods. Karate, like other Asian martial-arts disciplines, stresses mental attitude, rituals of courtesy, costumes, and a complex ranking system (by colour of belt). There is some overlapping of technique with other fighting styles.

SILAMBAM:

Mission:

To inspire students to achieve greatness in their lives through self-belief, ability and physical fitness. Through silambam we teach respect, integrity, honor, honesty and humanity.

Vision :

We are determined to improve the quality of student's physical fitness along with mental fitness. Silambam improves the student's flexibility, agility, hand-eye coordination, awareness, strength, speed, muscular endurance, cardiovascular stamina.

About:

Silambam is a weapon-based martial art from Tamil Nadu in south India. In Tamil, the word Silambam refers to the bamboo stick which is the main weapon used in this style. The length of the stick depends on the height of the practitioner.

Silambam is an ancient warfare and finds mention in Sangam Literature such as Silapathikaram, Kalaripayattu, KuthuVarisai and Vaalveechu are considered more evolved off shoots of Silambam. Currently, there are three kinds of Silambam being practised – PorSilambam (warfare), Silambattam (folk dance) and PottiSilambam (sport). There's much difference between the Silambam taught and followed in rural areas and cities. During competitions, Silambam is also performed with fire rings and chains.

There are seven basic moves and four basic stick rotations that are permuted and combined to invent new moves.

Apart from the kambu (stick) made of either bamboo or perambu, which is popularly associated with Silambam, the martial art is also performed using a varied range of weapons such as Surulvaal, sword, velkambu (spear), maan-kombu (deer horns) and small knives.