



# VELLALAR COLLEGE FOR WOMEN (Autonomous)

**"COLLEGE WITH POTENTIAL FOR EXCELLENCE"**

(Re-accredited with 'A' Grade by NAAC, Bengaluru & Affiliated to Bharathiar University, Coimbatore)

**Thindal, Erode - 638 012. Tamil Nadu**

e-mail : principalvcw@gmail.com ♦ website : vcw.ac.in ♦ ☎ 0424 - 2244101 M : 99767 - 51115



**Dr. S.K. JAYANTHI**, M.Sc., PGDCA., M.Phil., Ph.D.,

Principal

**4.1.2 The institution has adequate facilities for cultural activities, yoga, games (indoor, outdoor) and sports. (gymnasium, yoga centre, auditorium, etc.)**

### **Sports and Games**

- Sports and games - a part of the curriculum
- Physical education department equipped with state-of-the-art infrastructure facilities for Indoor, Outdoor, indigenous form of Martial Arts and traditional sports
- Sports facilities utilized for training and conducting intercollegiate tournaments and extended to Self Help Groups and school children during vacation
- The services of sports alumnae and personnel from State and District Sports Council utilized for floor expertise

### **Outdoor Sports**

- Students engage in Courts – Volleyball, Throwball, Basketball, Handball, Tennis, Badminton, Kho-Kho, Ball badminton, Kabaddi and Tennikoit
- A team of 30 NCC cadets with all band equipments constitute Band Troop
- 200 metres Track with Jumping Pits and throwing sectors

### **Indoor Games**

- Indoor stadium with wooden floor facilitates sports like Badminton, Volleyball, Table Tennis, Basketball, Chess, Carrom And Fencing

### **Games for Special Children**

- Recreative games and fitness classes are extended to Special Children

### **Privileges Extended to Sports Students**

- Meritorious students are admitted under sports quota
- Fee concession and Free education including Boarding, Lodging and Transport facilities



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- Cash prizes awarded every year from the Trust endowments
- Exclusive permission for taking up examinations and submitting assignments
- Nutritious diets and sports uniforms provided

## **Gym**

- The Fitness Centre with 1500 sq.ft. space with leather sheet flooring
- Gym with latest equipments

## **Martial Arts**

- Martial Arts Training is provided through the following events like Silambam, Boxing, Karate, Taekwondo and Swimming to learn self-defense skills

## **Yoga-Meditation**

- Yoga Initiation programme in collaboration with SKM Mindfulness Centre is held every year for one week to the I UG students
- Yoga practice classes are organized
- International Yoga Day is celebrated every year
- Offered Certificate Programme offered in "Yoga for Human Excellence"

## **Fine Arts and Cultural Activities**

- Spacious Auditorium that can house 3000 students at a time, 3 Conference halls with green rooms and 3 open air stages to practice and to stage cultural events
- Fine Arts Club ensures effective student participation in cultural shows and competitions on-and-off the campus



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- Professional trainers from across the State are engaged to train students for traditional arts
- On-campus cultural activities is held during Freshers' Fest, Talent Show, Inter-Intra Collegiate Fests, College Day, Sports Day, Pongal Celebrations and on Regional and National Festivals

### PTV Experts Comments:

The Sports and Gym facilities are good for engaging students in Kho Kho, Volleyball, Basketball, Throwball, Handball, Badminton and Tennis.

The Fitness Centre worth 1500 Sq. Feet space with leather sheet flooring adds credit to the Institution.

Martial Arts Training for the following events is provided for learning defense skills and discipline: Boxing, Karate, Swimming, Taekwondo and Silambam

### Justification:

The HEI, with its core courses and the continuous evaluation scheme, integrates sports and other extra-curricular activities as essential components.

In addition, professional trainers are appointed to train the students and outsiders for Martial Arts, Fine Arts and Cultural Activities. Hence, it is requested to award top score.



  
**PRINCIPAL  
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ERODE - 12.**