



SREE NARAYANA COLLEGE, CHATHANNUR



Criterion 4 - Infrastructure and Learning Resources

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

4.1.2: The institution is committed to the overall development of students by providing ample opportunities for participation in both co-curricular and extracurricular activities. A strong emphasis is placed on promoting sports, games, and fitness, with both outdoor and indoor sports encouraged to help students develop qualities such as leadership, teamwork, and competitiveness. These activities play a crucial role in grooming students for various competitions and challenges.

From its inception, the college has prioritized providing a holistic educational experience, and significant efforts have been made to develop the necessary infrastructure to support this vision. The college boasts a fully-equipped gymnasium and fitness center, along with an indoor sports complex, offering students ample opportunities to stay active and fit. Additionally, the institution has a seminar hall and an auditorium, which are used for hosting cultural activities and events, further enriching the campus experience. These facilities are integral to fostering a well-rounded student experience, allowing them to excel academically, physically, and creatively.

SPORTS & GAMES:

The institute employs a dedicated physical education instructor who regularly conducts sports activities and provides expert training to students. The instructor identifies and coaches students in their chosen sports, preparing them to participate in university and national-level competitions.

The college is equipped with excellent indoor sports facilities, including Chess and Carrom, among others. Outdoor sports facilities are also available for activities such as Badminton, Volleyball, Cricket, Football, Kabaddi, Athletics, and Shot Put. The institution encourages participation in individual sports as well, promoting a well-rounded approach to physical fitness.

In addition to regular sports activities, the college organizes various events like cricket tournaments for both male and female students, as well as faculty members. Inter-college competitions and the annual sports meet are key highlights, fostering a spirit of competition and teamwork across the campus. These events provide students with valuable opportunities to showcase their skills and enhance their athletic performance.

SPORTS



Practice Session



Cricket Team



Practice Session-Volley ball



Cricket Team



FOOTBALL TEAM IN COLLEGE JERSY



Indoor Games Competition

YOGA:

The institute has dedicated space for Yoga and Meditation, aiming to enhance the mental and physical well-being of both faculty and students. Regular yoga sessions are conducted to promote relaxation, mindfulness, and overall health. The institution celebrates International Yoga Day each year to encourage widespread participation in wellness activities. These practices help foster a balanced and healthy lifestyle within the campus community.



Yoga session handled by the Yoga Trainer,Smt Rova Das



Yoga Session handled by Dr Rani KV,Asst Professor, S N Training College,Nedumganda

GYMNASIUM:

The institute provides an in-house gymnasium facility, available for both faculty and students. The gym is equipped with essential fitness equipment, including treadmills, cycles, abdominal benches, weights, and dumbbells. These facilities support physical fitness and strength training, contributing to the overall well-being of the college community. The gymnasium encourages a healthy lifestyle and regular exercise among students and staff.



CULTURAL ACTIVITIES:

The institution organizes a diverse range of cultural activities throughout the academic year, including events such as Freshers' Day, Farewell, Teacher's Day, National Festivals, Annual Festivals, College Fests, and Music Concerts. These activities serve as a platform for students to express their creativity and talents. The institute also conducts various competitions in Singing, Dancing, and Photography,

fostering an environment for students to showcase their artistic abilities. Cultural programs are hosted in the college's auditorium and seminar hall, which are specifically designed to facilitate such events.

In addition to the cultural activities, the institution offers a variety of specialized clubs, including the Women's Cell, ASAP, Literary and Debate Club, and the Financial Literacy Club. These clubs provide students with opportunities to engage in extracurricular activities based on their personal interests. Active participation in these clubs significantly contributes to the holistic development of students by enhancing their leadership, communication, and critical thinking skills.

Students are not only encouraged to participate in these events but are also given opportunities to take on organizational roles, thereby gaining valuable experience in event management and leadership. All cultural and extracurricular activities are overseen by the Staff advisor, which creates a supportive and competitive environment for personal growth. Additionally, students who excel in college-level competitions are selected to represent the institution at State Youth Festivals and other external events, further promoting their talents and achievements.





ARTS DAY

EXTENSION ACTIVITIES



Seminar on Communication Skills handled by Dr Anu V



“ Interview Skills and Group discussion “ session handled by Mr.Jijo Jayachandran



Adopted Village Visit by NSS Volunteers



Orientation Session for NSS Volunteers



Awareness Session handled by Excise Department