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#### SPORTS FACILITIES ON CAMPUS

The college has **five acres** for promoting sports and games. There is open air and indoor stadium.



#### SPACIOUS GROUNDS FOR TRACK AND FIELD EVENTS





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#### BASKETBALL COURT AND OPEN GALLERY







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#### **VOLLEYBALL COURT**



#### **HOCKEY FIELD**





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#### FOOTBALL COURT





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#### KHO KHOPLAYING FIELD



#### **BASKET BALL COURT**





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#### SOFT BALL FIELD





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# INDOOR TABLE TENNIS



#### FRONT VIEW OF THE INDOOR STADIUM (FONTBONNE ARENA)





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#### INTERIOR OF THE INDOOR STADIUM







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## NUTRITION CAFÉ PROVIDING HEALTHY SOUP TO THE SPORTS STUDENTS





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#### **COLLEGE BAND**







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#### DAZZLING DISPLAY ON SPORTS DAY -AN ANNUAL FEATURE



YouTube Link: https://youtu.be/hvV3naoi07M?si=3rIbOU0wT6mnAbh9



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#### **GYMNASIUM**







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#### **MEDITATION IN ACTION MOVEMENT (MAM)**



#### **MEDITATION IN ACTION MOVEMENT 2022 - 2023**

Yoga and meditation bestows upon every aspirant the power to control body and mind. Regular practitioner of yoga and meditation feels rejuvenated and energized. The students performed Yoga and meditation on regular basis.



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#### MASS DEMONSTRATION OF YOGA AND MEDITATION - Aug. 27, 2022

#### Ekapadasana Utkatasana

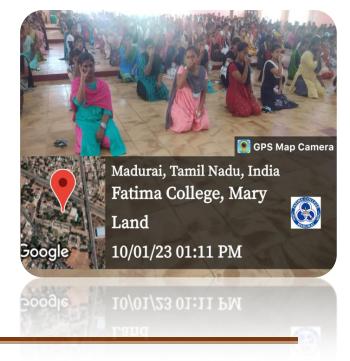




#### YOGA FOR PEACE AND CONTENTMENT- Jan. 10,2023

#### Badhakonasana Pranayama







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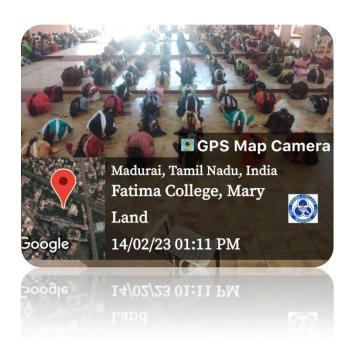
#### MEDITATION FOR PHYSICAL & MENTAL WELLBEING - Jan. 27, 2023



#### YOGA FOR TRANSFORMATION - Feb. 14, 2023

#### **TadasanaVajrasana**



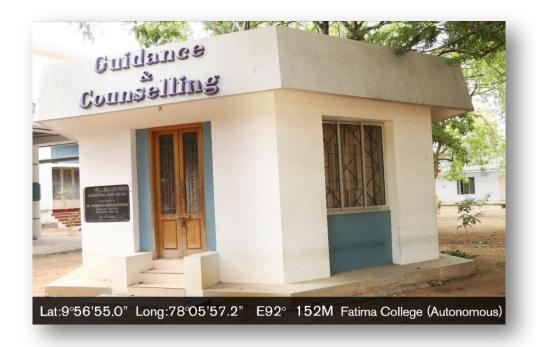




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#### **GUIDANCE & COUNSELLING CENTRE**



Dr. D. Janet Vasanthakumari, Director – Counselling, M. S. Chellemuthu Trust & Research Foundation & Former Principal of Madurai Institute of Social Sciences, Madurai







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## Dr. D. Janet Vasantha kumari shared insights on the following concepts of Relationship Skills:

- Initiating and cultivating friendship
- Sharing of thoughts and feelings (appropriately)
- Communicating effectively
- Developing positive relationships
- Practicing teamwork and collaborative problem-solving
- ♣ Resolving conflicts constructively
- ♣ Approaching relationships with positive presuppositions
- ♣ Resisting negative social pressure
- Resisting stereotypes
- ♣ Voicing the rights of others
- Seeking or offering support &help when needed

#### STUDENTS INTERACTION







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#### **FACILITIES FOR CULTURAL ACTIVITIES**

The Jubilee Hall Which with Seating Capacity of 2500 is used for Intercollegiate Fest – Springs & Fine Arts, Convocation, Tamil Literary & Cultural Fest and for all Department Activities

#### CONSTITUTION DAY -Nov. 12, 2022





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#### JUBILEE HALL AND ITS ANNEXE - MAUREEN HALL



Padma Sri Solomon Pappaiah, Television Icon & Moderator: Debate Talk Shows was the Guest of Honour for SPRINGS: Intercollegiate Competitions conducted on Sep. 30, 2022





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#### MAUREEN BLOCK HALL -MBH



# ILLYRIUM, THE VAST OPEN SPACE IN FRONT OF THE ADMINSTRATIVE BLOCK, IS USED FOR A HOST OF CULTURAL EVENTS AND COMPETITIONS



Dr. Sr. G. Celine Sahaya Mary, Principal, addressing the outgoing students on the occasion of Pongal Celebration
At Illyrium on Feb. 10, 2023



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Students preparing Millet Pongal on the occasion of Pongal celebration - 10.02.2023