

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

Response:

Arul Anandar College promotes holistic development of the students in terms of cultural activities, physical and mental wellness through yoga, and better body strength and coordination by means of sports and games.

Fine Arts and Cultural Activities

- The College has five spacious halls – **Diraviam Arangam, Mother Teresa Hall, two Audio-Visual Halls and Philosophy Seminar Hall.**
- A multi-purpose **indoor stadium** with indoor game facilities is also provided with a stage, audio-visual aids, lighting facilities and necessary equipment and properties for conducting various cultural events.
- **One open auditorium** in the campus and another one in the hostel premises are used for mega cultural programmes.
- The College has a choir with musical instruments.
- The College conducts **Campus Fest, annual inter-departmental literary and cultural competitions and other Cultural Events** to encourage students to exhibit their talents. A core committee consisting of staff, elected student representatives and department secretaries conducts the above programmes.
- The students are encouraged to participate in various **intercollegiate cultural competitions** at state and national levels.
- Inter Departmental **Tamil Drama Competition (Saral)** and **English Theatre Fest** Competition are conducted to hone the skills of students.

Yoga and Meditation

- **Yoga and Meditation Centre** is used for training students.
- Students are trained by Yoga experts of the Institute.
- **Career Oriented Course on Yoga** is offered to the second year UG students.

Sports and Games

- Fr. Prince Ground (189 x 112 mts) and Fr. Monteau Playground (129 x 80 mts) have the following facilities:
 - Basketball Court (36 x 21 mts)
 - Two Volleyball Courts (31 x 41 mts each)
 - Football Field (120 x 90 mts)
 - Hockey Field (110 x 75 mts)
 - Badminton (Open) (16 x 13 mts)
 - Kho-Kho Court (38 x 18 mts)
 - Hand Ball Court (50 x 30 mts)
 - Kabaddi Court for men (15 x 13 mts)
 - Kabaddi Court for women (15 x 12 mts)
 - Athletics Tracks (400 mts—raised boarder with 8 lanes)
 - Hurdles
- Mr. Michael Raj Stadium (40 x 20 mts) with 800 seating capacity
- **Indoor Stadium (43.15 x 24.45 mts) – UGC funded**
- Boxing equipment
- High jump equipment
- Fitness bars
- Gymnastic mats
- Gymnasium
- Two Table Tennis Boards (2.74 x 1.52 mts each)
- **100 Bedded Sports Hostel – UGC funded**

Support to the Sports Persons

- Best sports students are given **priority in admission** on sports quota.
- **Tuition fee concession** is provided to outstanding sports persons.
- **Free breakfast and mid-day meals** are given to selected sports persons.
- **Special permission** is granted to attend training sessions and participate in tournaments.
- **Dearness Allowance (DA) and Travel Allowance (TA)** are given during matches.

- Outstanding **sports coaches** are appointed to train the College sports team.