

# Thunchan Memorial Govt. College, Tirur

Vakkad (PO), Malappuram DT, Kerala

## Facilities for Sports and Cultural Activities

Type of infrastructure	Number	Area	Facilities
NCC Room	1	19 sq. meter	Well furnished
Open Stage	1	56 sq. meter	For stage performance
NSS Room	1	14 sq. meter	Office and storage room
Auditorium	1	278 sq. meter	With 500 seating capacity
Staff Recreation Room	1	30 sq. meter	For recreation activities of teaching and non-teaching staff
Students Amenity Centre (Girls)	1	65 sq. meter	Girls' recreation room
Students Park	1	465 sq. meter	Students Park
Play Ground	1	12,000 sq. meter	Sports & Fitness
Ladies' Fitness Center	1	65 sq. meter	Fitness

The following sports facilities and equipment are available at the College:

SPORTS FACILITIES	
Sl.No	Name of the Facility
1	Football Field
2	Cricket Field
3	Kho-Kho Court
4	Volleyball Court (Outdoor)
5	Kabaddi Court
6	Badminton Court
7	Athletic Track
8	Fitness Centre
9	Yoga and Meditation Practicing Area
10	Table Tennis Board
11	Taekwondo Practicing Area
12	Special Area for Throwing Events

<b>13</b>	<b>Ball Badminton Court</b>
<b>14</b>	<b>Tennis Court</b>
<b>15</b>	<b>Net Practice Area for Cricket</b>
<b>16</b>	<b>Base Ball Court</b>
<b>17</b>	<b>Softball Court</b>
<b>18</b>	<b>Weight lifting &amp; Power Lifting Area</b>
<b>19</b>	<b>Tug of War Practicing Area</b>

<b>SPORTS EQUIPMENT</b>	
<b>Sl.No</b>	<b>Name of the Equipment</b>
<b>1</b>	<b>Football Post</b>
<b>2</b>	<b>Tug of War Pulling Post</b>
<b>3</b>	<b>Kho-Kho Post</b>
<b>4</b>	<b>Football</b>
<b>5</b>	<b>Taekwondo</b>
<b>6</b>	<b>Volleyball</b>
<b>7</b>	<b>Softball Slugger and Ball</b>
<b>8</b>	<b>Cricket Half Mat</b>
<b>9</b>	<b>Cricket Bat, Ball, Pad</b>
<b>10</b>	<b>Stumps</b>
<b>11</b>	<b>Table Tennis Bat and Ball</b>
<b>12</b>	<b>Javelin</b>
<b>13</b>	<b>Shot</b>
<b>14</b>	<b>Disc</b>
<b>15</b>	<b>Hammer</b>
<b>16</b>	<b>Relay Baton</b>
<b>17</b>	<b>Starting Block</b>

## **FITNESS EQUIPMENT**

<b>Sl.No</b>	<b>Name of the Equipment</b>
<b>1</b>	Tread Mill
<b>2</b>	Weight Lifting Set
<b>3</b>	Twister
<b>4</b>	Leg Curl and Leg Extension Machine
<b>5</b>	High Lat and Rowing Pulley Machine
<b>6</b>	Seated Abdominal Crunch Machine
<b>7</b>	Pec Deck Machine
<b>8</b>	Weight Lifting Set
<b>9</b>	Double Twister
<b>10</b>	Bench Press
<b>11</b>	Squat Stand
<b>12</b>	Weight Stand
<b>13</b>	Dumbbells Stand
<b>14</b>	Dumbbells
<b>15</b>	Push Up Stand
<b>16</b>	Motorised Tread Mill (Commercial Model)
<b>17</b>	Gym Belt
<b>18</b>	Body Gym Air Bike
<b>19</b>	Yoga Mat
<b>20</b>	Multi-Purpose Gym Mat
<b>21</b>	Olympic Weight Lifting Full Set (For Competition)
<b>22</b>	Barbells