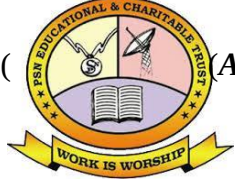


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Kanyakumari District – 629 402, Tamilnadu

Phone: 04652-254883

Mobile: 8883706573

Fax: 04652 - 254884

PLAYGROUNDS

Health is Wealth

Physical Education is one of the subjects in the course of study. Mental strength is enhanced with the physical exercise. In our institution, we are availing all types of physical exercise related to the course periodically. Also, health education counselling is done with the physical education director so as to equip the individual to know the importance of physical and health education.

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PHYSICAL FACILITIES

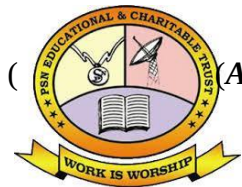
The Institution has adequate facilities for cultural activities, sports, games (indoor, outdoor) gymnasium and yoga center etc.

Sports play a pivotal role in shaping one's personality and maintaining good health. LORD JEGANNATH College of Education, Ramanathichanputhur, Kanyakumari District have specially developed a sports environment that matches international sports and gives a truly global experience to all our students. LJCEDU is equipped with the multiple sports facilities to keep our students engaged with better physical fitness and provide training for participating in various sports and games at the national and international level. To ensure a sound body and mind, Special attention is given to student's health and fitness. A modern gym, with all the latest state of art equipment's has been set up in both gents and ladies hostel and an additional gym has also been established in college premises. Regular physical activities can help to prevent or manage a wide range of health problems and concerns. The Gym has a main work out area which tends to be divided into a free weights section including dumbbells ,bar bells and also exercise machine section with treadmills, rowing machines, exercise bikes, smith machines,

In addition to sports and Gym facilities, a well-functioning yoga club has been established in our college to inculcate the practice of doing yoga. Yoga means union-the union of body with consciousness with the soul. Yoga, an ancient but perfect science, deals with the evolution of humanity through posture based physical fitness. This evolution includes all aspects of one's being, from bodily health to self-realization. It enlightens the one who practices it on a regular basis. It purifies the body by removing the toxins from the body and empowers us to take up the challenges in life. Students reap enormous benefits through yoga classes on campus. Yoga can help them relieve the tension and stress attendant upon higher education. Yoga Day is celebrated every year in our college in a grand manner. To encourage the extra-Curricular activities of students, Fine Arts Club has been established to identify fresh and untapped talents of the students in the various forms of fine arts. Students are motivated to take part in various Competitions like elocution(Tamil and English),Drawing, Art from Waste, Photography, multimedia Presentation, Collage making, poetry Recitation, Slogan Writing, Essay writing, Poster making, Video Making, Dance, Music, Debate throughout the year. Students are encouraged to participate in the competitions held in various other colleges.

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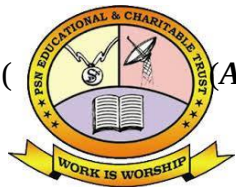
Sports, Outdoor and Indoor Games:

Sports and games have played an important role in the evolution of LJCEDU and now when LJCEDU has completed Ten years of its academic life, Sports in LJCEDU can definite claim a fair share in the progress of the institution. The college has excellent infrastructure for sports and provides professional coaching in sports to students. Over the years LJCEDU has invested in sports considerably, so that today we can be proud of not only having excellent sports facilities, but also having produced sportsmen of the highest caliber. Regarding sports and games LJCEDU is equipped with the following facilities for facilitating the students to take up and practice sports activities. The residents play indoor games such as tennis, badminton, ball badminton etc in the indoor stadium. All the college play grounds/play fields and all the hostel blocks are located in the college campus. Therefore, the hostel students can use all the sports and games facility that are available in the college.

The modern gym with all the latest equipment has been set up in Boy's hostel. Regular physical activities can help to prevent or manage a wide range of health problems and concerns. The Gym has a main work out area which tends to be divided into a free weights section including dumbbells, bar bells and also exercise machine.

To encourage the Extra-Curricular activities of students, LJCEDU Fine Arts Club has been established to identify fresh talents of the students in the various forms of fine arts. Students are motivated to take part in various competitions like Elocution (Tamil & English), Drawing, Art from waste, Photography, Essay Writing and Poster Making. An auditorium with the seating capacity of 200 is potentially utilized for conducting the events of fine arts club.

S.No	Sports Ground and Facilities	
1	Ball Badminton	1 Courts
2	Cricket	1 Ground
3	Basketball	2 Courts
4	Football	1 Ground
5	Hockey	1 Ground
6	Tennis	1 Court
7	Kabbadi	2 Ground
8	Volleyball	2 Ground



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9	Badminton	2 Courts
10	Handball	2 Courts
Track and Field		
1	Track events	1 standard 400 mts track
2	Field events	Jumps-Long Jump pit, Triple Jump , High Jump
Indoor Facilities		
1	Badminton	1
2	Table tennis	1
3	Chess	1
4	Carrom board	1
Gym Facilities		
1	Ladies Hostel	1
2	Gents Hostel	1

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YOGA



Kanyakumari, Tamil Nadu, India

5GCF+7J3, LJCET Road, Tamil Nadu 629402, India

Lat 8.170219°

Long 77.522982°

28/09/23 11:56 AM GMT +05:30

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Tug Of war



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Tennikoit



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Volley Ball



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CARROM BOARD



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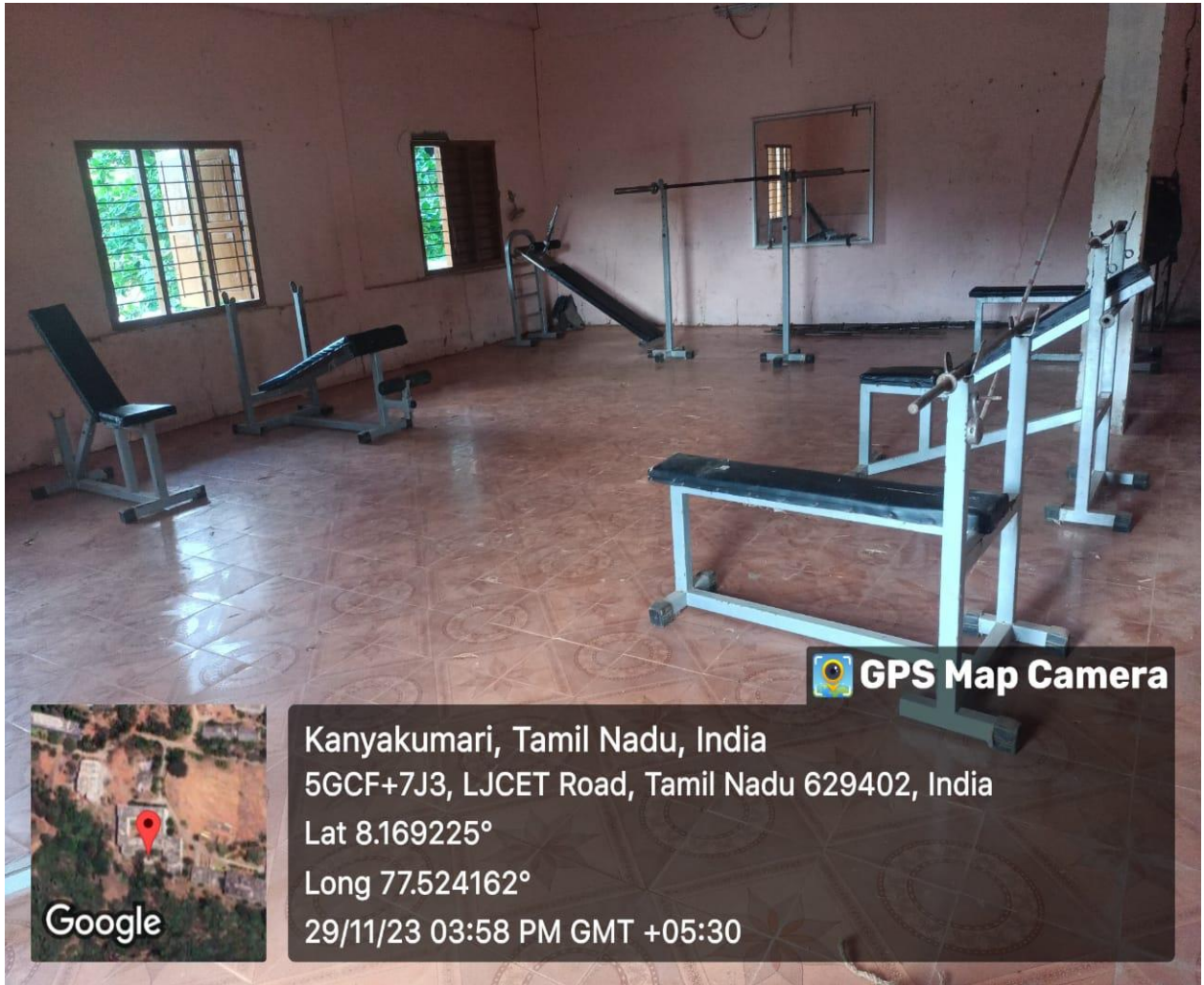
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GYM



 **GPS Map Camera**



Kanyakumari, Tamil Nadu, India

5GCF+7J3, LJCET Road, Tamil Nadu 629402, India

Lat 8.169225°

Long 77.524162°

29/11/23 03:58 PM GMT +05:30

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CELEBRATIONS



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