

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

CULTURAL ACTIVITIES

Our institution strongly believes in promoting cultural diversity and encouraging artistic expression among students. College has a Centenary Centre Auditorium with a capacity of 3000 to conduct cultural and other mega events. This auditorium is equipped with modern audio-visual equipment, stage setups, and seating arrangements, providing an ideal platform for performing arts, music concerts, dance performances, theatrical productions, and other cultural events. Additionally, we organize annual cultural festivals and events that allow students to showcase their talents and immerse themselves in different cultural experiences

Fine arts club organizes various cultural activities to make the students relax, enjoy and balance leisure. Muthamizh Mandram was started in the campus to give moral support to the student community for strengthening their interpersonal skills. Speaking in their native language "Tamil" boosts their confidence. Events are planned once a year for MCET faculty and school students to showcase their literary talents.

YOGA CENTRE

We have a dedicated yoga centre to encourage both mental and physical wellness of the student. This serene space provides an ideal environment for students to practice yoga, meditation, and mindfulness exercises. Trained yoga instructors guide students through various yoga postures, breathing techniques, and relaxation practices, helping them develop a balanced mind-body connection. The yoga center provides students a peaceful haven where they may unwind, focus better, and generally improve their health. Students are encouraged to practise yoga as part of their curriculum, at the institution's yoga centre where they also perform exercises and asanas. As part of SIP programme, all first-year students will visit Arivuthirukkoil at Aliyar after completion of two-day orientation programme for yoga component in the course: Wellness for Students.

SPORTS AND GAMES FACILITIES

The college has 12.5 acres playground for outdoor sports like Athletics, Cricket, Hockey, Football, Tennis, Volley ball, Basketball, etc. Indoor stadium with shuttle badminton court, table tennis, chess, and carom is available. A fulltime Physical director works to maintain the level of competency in students through continuous up-gradation of the facilities and sports activities. College team takes part in Anna University Zonal and other inter collegiate competitions. Interdepartmental events are held on a regular basis during every academic year. During the Annual Sports Day celebration, the event's winners are awarded prizes.

GYM & FITNESS CENTRE

We provide a well-equipped gymnasium on campus because we value physical fitness and exercise. The gymnasium is furnished with modern exercise machines, weights, and training tools. It is supervised by qualified fitness instructors who provide guidance and support to students, ensuring safe and effective workouts. Our gymnasium is accessible to all students, allowing them to maintain their physical fitness and engage in regular exercise routines.