

DEPARTMENT OF PHYSICAL EDUCATION

The Physical Education Department of Christian College of Engineering and Technology, Oddanchatram is functioning effectively and successfully. The management provides necessary facilities to the students for pursuing sports and games. The Physical Education director provides training and makes arrangements for the participation of students in various sports & games, and also maintaining the play grounds. Separate gymnasium facility is also available separately for men and women.

Play Ground Maintenance

The Physical Education Director monitors and ensures the smooth conduct of the sports activities of the students and maintains the play grounds and reports to the principal every month and seeks his advice for further improvement. There are 8 playgrounds with a total area of 206183 sq.ft.

Details of coaches:

S.No.	Name of the Coach	Qualification	Name of the sport
1	Ms. U. Ulagammal Jeevitha	M.A., NS NIS Judo	Judo
2	Mr. P. Singaravelan	M.Sc., Diploma in chess boxing	Boxing
3	Mr. S. Nattudurai	M.Sc., B. P. Ed	Volleyball
4	Mr. P. Rajapandi	M.Phil. (DPE)	Karate & Football

Details of Sports:

Outdoor Games

S.No.	Play Ground & court	Numbers	Area (Sq.m)	Measurement Meters
1.	Football	1	15400	140*110
2.	Volleyball	2	780	30*26
3.	Basketball	1	660	13*10
4.	Kabaddi	2	780	30*26
5.	Kho-Kho	1	800	40*20
6.	Ball Badminton	1	735	35*21

Indoor Games

S.No	Play Ground & court	Numbers	Area (Sq.m)	Measurement Meters
1.	Badminton	1 no.s	280	20*14
2.	Table Tennis Board	2 no.s	121	20*6
3.	Judo	16 mat	160	20*8
4.	Carrom	4 Board	-	-
5.	Chess	10 Board	-	-

Gymnasium Equipments

S.No	Items	Weight	Quantity
1.	Dumbbells (Red)	2 Kg	4 No.
2.	Dumbbells (Red)	3 Kg	4 No.
3.	Dumbbells (Silver)	5 Kg	4 No.
4.	Dumbbells (Silver)	4 Kg	4 No.
5.	Dumbbells (Silver)	2 Kg	2 No.
6.	Dumbbells (Rubber)	10 Kg	2 No.
7.	Dumbbells (Rubber)	8 Kg	1 No.
8.	Dumbbells (Rubber)	5 Kg	1 No.
9.	Dumbbells (Rubber)	4 Kg	2 No.
10.	Dumbbells (Rubber)	3 Kg	2 No.
11.	Dumbbells (Rubber)	2 Kg	2 No.
12.	Green Plates	15 Kg	1 set
13.	Green Plates	10 Kg	2 set
14.	Green Plates	5 Kg	4 set
15.	Green Plates	4 Kg	2 set
16.	Green Plates	2 Kg	5 set
17.	Blue Plates (Small)	1 Kg	4 set
18.	Black Plates	25 Kg	2 set
19.	Black Plates	20 Kg	4 set
20.	Black Plates	15 Kg	4 set
21.	Black Plates	10 Kg	4 set
22.	Black Plates	5 Kg	4 set
23.	Black Plates	2.5 Kg	3 set
24.	Straight Barbell Rod	5 Kg	4 No.
25.	Straight Barbell Rod	2 Kg	3 No.
26.	Olympic Barbell Rod	20 Kg	2 No.

27.	Olympic Barbell Rod	15 Kg	1 No.
28.	Curl Rod (Zizz Zac)	2 Kg	2 No.
29.	6-Station Multi Gym Machine	-	1 No.
30.	4-Station Multi Gym Machine	-	1 No.
31.	3-Station Multi Gym Machine	-	2 No.
32.	2-Station Multi Gym Machine	-	1 No.
33.	Abdominal King	-	1 No.
34.	Cycling	-	1 No.
35.	Double Bar	-	1 No.
36.	Hip Twister	-	1 No.
37.	Bench Press	-	4 No.

