

Sports & Games

An intelligent mind needs a quick and agile body, and that can only be achieved when there is a proper balance of academic training and physical activities. While the thrust is on knowledge and enhancement of learning, the institute built up a wealth of opportunities for sports, indoor games and other physical activities. The campus has spacious playground providing access to entire range of sports

The College is committed to promote sports activities towards the all-round growth of its students. The campus has 6000 sq.ft. indoor facilities for Chess, Carom, Table Tennis, Volley Ball and Badminton and out-Door facilities for Volley Ball, Foot Ball, Tennis, Ball Badminton. We have two qualified Physical Education staff to train the students.

Students sent for participating in the Inter-Collegiate Sports and games have won many trophies in various events. Our Volley ball team is an unbeaten State Champion and has won many tournaments in national level inter-collegiate matches.







SPORTS AND GAMES FACILITIES

Madha Engineering College offers excellent facilities to encourage students' active participation in sports and games at the **college, university, district, state, and national levels**. The institution regularly organizes various sporting events and tournaments on campus, fostering a spirit of healthy competition and teamwork.

The campus is well-equipped with both **outdoor and indoor sports facilities**, which are actively utilized by students during and beyond college hours.

Annual Sports Event

The college proudly hosts the **annual "Loordhuammal Trophy"**, a prestigious intercollegiate sports meet that attracts participation from numerous institutions.

Outdoor Sports Facilities

- Basketball
- Cricket
- Hockey
- Volleyball
- Ball Badminton
- Kabaddi

Indoor Sports Facilities

- Weightlifting
- Table Tennis
- Shuttle Badminton
- Carrom
- Chess

These facilities reflect the college's commitment to promoting physical fitness and sportsmanship among its students.

GYMNASIUM FACILITIES:

Madha Engineering College provides **dedicated gymnasium facilities** for both male and female students, spread over an area of **2,128 sq. ft.** These well-equipped fitness centers promote health and wellness among students and support their physical development.

Available Gym Equipment Includes:

- **Strength Training Machines:**
Bench Press, Incline Bench Press, Shoulder Press, Biceps Curl, Triceps Machine, Seated Chest Press, Seated Leg Curl, Leg Press, Smith Machine, T-Bar Row, Kicking Leg Press, Inclined Chest Press
- **Free Weights and Benches:**
Dumbbells (including Hex Rubber Dumbbells), Ten-Pair Dumbbell Rack, Weight Bench, Inclined Bench, Adjustable Bench, Flat Bench, Weight Plate Tree, Olympic Bar
- **Multi-Function Stations:**
Butterfly Machine, Inner & Outer Thigh Abductor, Pour Station Multi-Function Machine, Cable Crossover
- **Cardio and Functional Training:**
Treadmill, Cross Trainer (Cycling), Vertical Knee Raise, Gym Bar, Black Fixed Rubber Plates

These modern facilities are accessible to students during designated hours and are aimed at promoting a balanced lifestyle through physical fitness.

YOGA CLASSES

To promote physical well-being, mental clarity, and inner peace among students, Madha Engineering College conducts regular yoga sessions in both indoor and outdoor settings. These classes are thoughtfully scheduled as part of the institution's holistic development program and are designed to help students manage stress, improve concentration, and maintain a healthy lifestyle.

The indoor yoga sessions are held in a quiet, well-ventilated hall equipped with yoga mats and other basic amenities, offering a serene environment conducive to relaxation and mindfulness.

The outdoor sessions, conducted in the lush green spaces of the campus, allow students to connect with nature while practicing various yoga asanas and breathing techniques. This

combination of settings ensures a refreshing and enriching experience, helping students to balance their academic responsibilities with physical and emotional well-being.

Certified instructors guide the students through traditional and modern yoga practices, including meditation, pranayama, and relaxation techniques, fostering a culture of wellness and self-care across the campus.

FACILITIES FOR CULTURAL ACTIVITIES

Annual Techno-Cultural Fest – *Dandelion*

Madha Engineering College proudly hosts its **annual national level cultural extravaganza, *Dandelion***—a vibrant **Techno-Cultural Festival** that brings together students from various colleges to showcase their talents in both technical and cultural domains. The event fosters creativity, innovation, and collaboration among participants, making it one of the most anticipated celebrations on campus.

To accommodate a wide range of performances and competitions, the college is equipped with **two spacious auditoriums**:

- **St. Mary Auditorium** – With a **seating capacity of 2,500**, this grand venue serves as the primary stage for major cultural events, including inaugurations, dance and music performances, and award ceremonies.
- **St. Joseph Auditorium** – A more intimate venue with a **seating capacity of 300**, ideal for smaller-scale events, seminars, and workshops.

In addition to these indoor venues, **open-air grounds** are also utilized for select cultural activities, creating a lively and engaging atmosphere that enhances the overall experience for both participants and spectators.