

# QUEEN MARYS COLLEGE

## SPORTS INFRASTRUCTURE

### Enhancing Sports Facilities in College: A Comprehensive Report

#### **Introduction:**

Physical activity and sports play a pivotal role in the holistic development of students. Recognizing this, our college has invested in diverse sports facilities to cater to the varied interests and needs of our student body. This report provides an overview of the sports facilities available on campus and highlights their importance in promoting physical fitness, mental well-being, and overall student engagement.

#### **Outdoor Facilities:**

**Kabaddi Courts:** The presence of three kabaddi courts equipped with a full set of mats provides students with ample opportunities to engage in this traditional sport. Kabaddi not only enhances physical strength and agility but also fosters teamwork and strategic thinking among participants.

**Basketball and Volleyball Courts:** These outdoor courts serve as hubs for friendly matches, tournaments, and recreational activities. Basketball and volleyball are popular sports that promote cardiovascular health, coordination, and camaraderie among players.

**Multi-Purpose Ground:** The multi-purpose ground accommodates various sports such as football, hockey, and cricket. Additionally, three cricket net practice areas with dedicated cricket pits allow cricket enthusiasts to hone their skills under expert guidance. This facility encourages students to excel in their chosen sport and promotes a culture of sportsmanship and discipline.

**Kho Kho and Handball Courts:** The inclusion of kho kho and handball courts reflects our commitment to offering a diverse range of sporting options. These sports emphasize agility, speed, and teamwork, contributing to the overall physical and mental well-being of students.

**Outdoor Badminton Court:** Badminton is a popular sport enjoyed by students of all skill levels. The outdoor court provides a conducive environment for friendly matches and competitive tournaments, fostering a sense of community and healthy competition among participants.

### **Indoor Facilities:**

**Table Tennis Room:** Equipped with multiple tables, the table tennis room offers students the opportunity to improve their hand-eye coordination, reflexes, and concentration. Table tennis is a fast-paced sport that promotes mental alertness and physical dexterity.

**Indoor Games:** Chess, Carrom, Judo, and taekwondo are among the indoor games available on campus. These activities provide students with alternative avenues for recreation and socialization, promoting cognitive development, strategic thinking, and discipline.

### **Importance of Sports Facilities:**

The availability of comprehensive sports facilities contributes to the overall educational experience of students in several ways:

Engaging in regular physical activity through sports helps students maintain optimal health and fitness levels, reducing the risk of lifestyle-related diseases and promoting a healthy lifestyle.

**Mental Well-being:** Sports and recreational activities serve as stress-relief mechanisms, enabling students to alleviate academic pressure and enhance their mental well-being. Participation in sports fosters resilience, self-confidence, and emotional regulation skills.

**Social Interaction:** Sports facilities provide opportunities for students to interact with peers from diverse backgrounds, fostering social cohesion, teamwork, and mutual respect. Through sports, students learn the value of collaboration, communication, and sportsmanship.

**Personal Development:** In addition to physical and social benefits, participation in sports fosters personal growth and development. Students

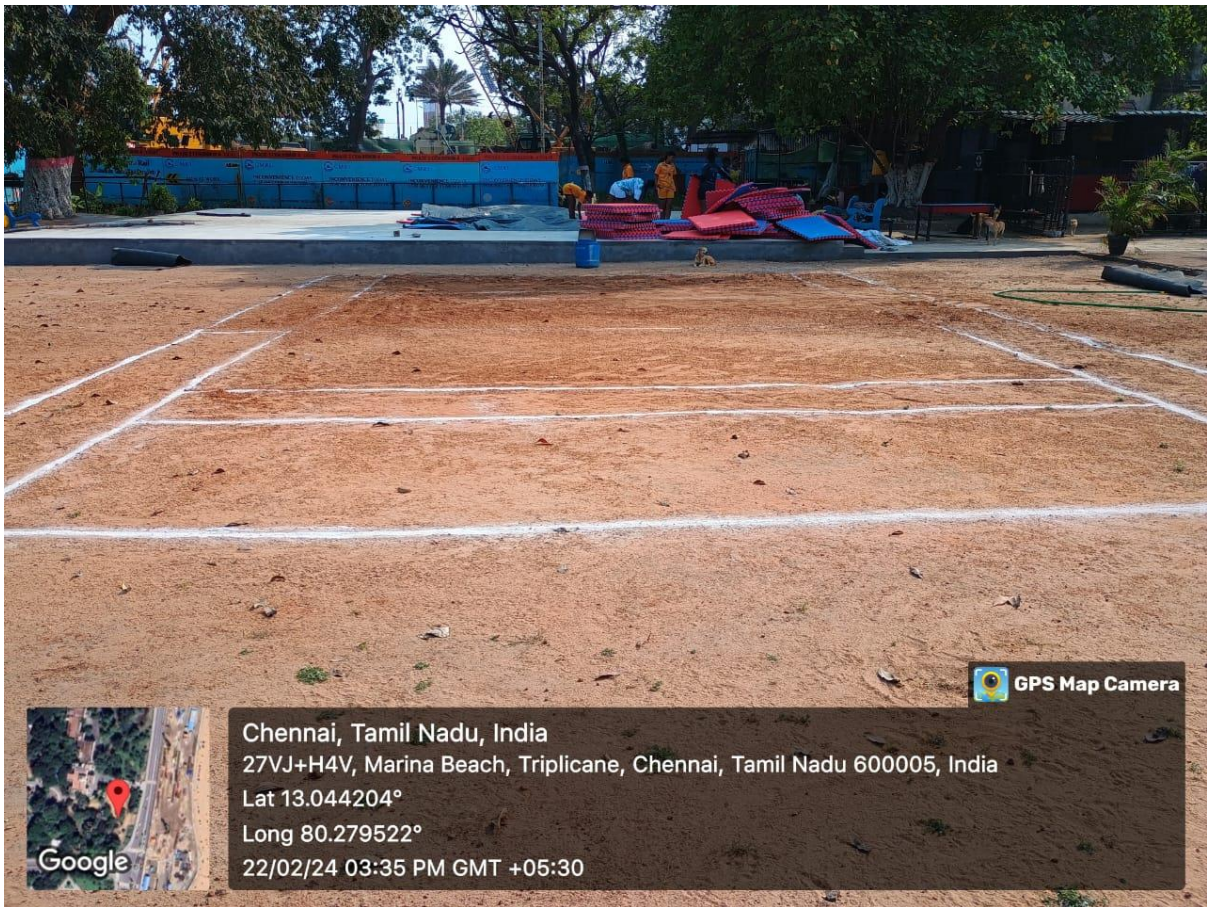
learn valuable life skills such as goal-setting, perseverance, time management, and leadership, which are transferable to academic and professional settings.

### **Conclusion:**

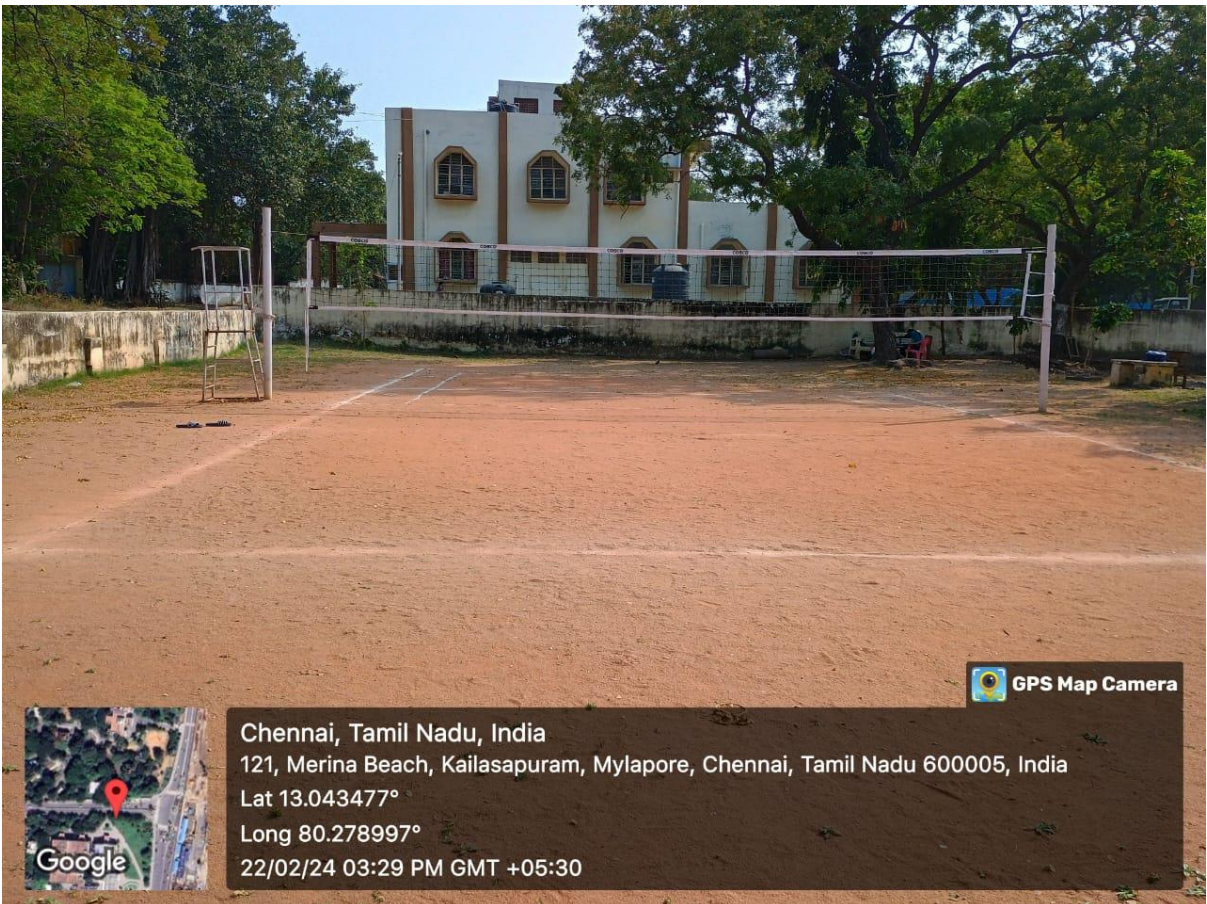
In conclusion, the diverse array of sports facilities available in our college underscores our commitment to promoting holistic student development. By providing opportunities for physical activity, social interaction, and personal growth, these facilities contribute significantly to the overall well-being and academic success of our students. Moving forward, we will continue to invest in and prioritize sports programs and facilities to nurture a vibrant and inclusive campus community.

## **KABADDI COURT**





# VOLLEYBALL COURT



# KHO KHO COURT



GPS Map Camera



Chennai, Tamil Nadu, India

QMC Geography Department, QUEEN MARYS COLLEGE, 1st floor, Kamarajar Promenade,  
Kailasapuram, Mylapore, Chennai, Tamil Nadu 600005, India

Lat 13.044152°

Long 80.279118°

22/02/24 04:12 PM GMT +05:30

# CRICKET COURT



GPS Map Camera



**Chennai, Tamil Nadu, India**

Light House, Behind Queen Mary's College, Kailasapuram, Triplicane, Jagadambal Colony, Rotary Nagar, Mylapore, Chennai, Tamil Nadu 600005, India

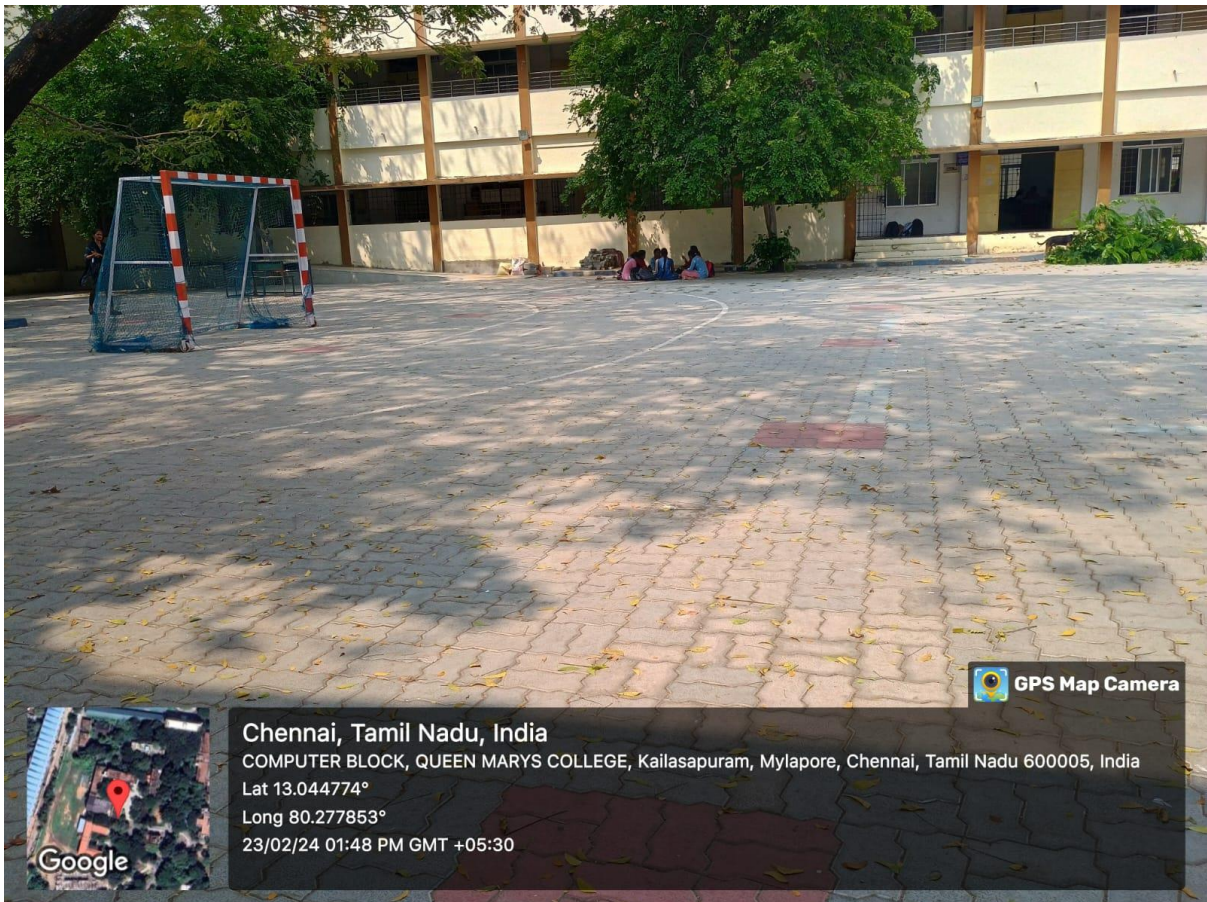
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Long 80.277411°

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## HANDBALL COURT





# BADMINTON COURT



# TABLE TENNIS ROOM

