



## ST. STEPHEN'S COLLEGE

(Affiliated to the University of Kerala)

MALLOOR COLLEGE P.O., PATHANAPURAM,  
KOLLAM DISTRICT, KERALA. PIN- 689 695

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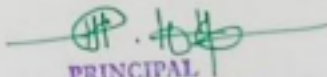
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### CERTIFICATE

I hereby certify that the photographs of the Institutional Distinctiveness of the College in the attached document are true to the best of my knowledge.

Pathanapuram



  
PRINCIPAL  
ST. STEPHEN'S COLLEGE  
PATHANAPURAM DIST

# **Sports Amenities**

Sports play a pivotal role in shaping one's personality and maintaining good health. Keeping in view the importance of sports in today's scientific era, the college lays considerable emphasis on students' participation in various games, sports and track and field activities. Nowadays, students are so busy compiling their projects and assignments that they really need time to restrain and boost their power. Since there is a fuss in academics and it is hard for each student to excel in studies, it is an advantage to be a part of any extracurricular activity. It will help students to reduce the stress and also help them to develop themselves as a successful athlete. Therefore, it is necessary to have sports facilities in college. St Stephen's College is one of the most popular colleges known for its Sports activities. The facts regarding the importance of Sports in College ensure certain positive vibrations, which include:

## **Active Students**

The right promotion of the sports facilities in the college will result in the engagement of a large number of students and faculty. The sports always attract students and it will lead to a healthier environment. The authorities have taken up the responsibility to ensure the engagement and participation of the students in sports.

## **Hosting Sports events**

Sports facilities at the college campus will allow the college to host various events. Some events like Inter College Sports Fest, Sports Meet, Sports Function, etc. These activities even attract students from outside the state. The events will engage the students and help them to discover their talent in sports.

## **Improve the Academic performance**

The students evolve in their coordination and enthusiasm for the studies as well as the athletic program. The sports facilities will improve and develop the fitness and concentration level of the students.



*Students participation in sports.*

## Facilities

The spacious ground of the college is laid out into playfields for Cricket, Football, Volleyball, and Badminton etc. Facilities have also been provided for Yoga and Gymnasium. The campus provides equal opportunity to both Men and Women in all sports activities. Existing facilities are continuously upgraded and improved.

## Volleyball

Two Open Volleyball Courts are available where various tournaments like Inter Collegiate and other University level tournaments are conducted.



*Volleyball court*

## **Football**

The campus has a football ground to train students with all the required equipment.



***Football Ground***

## **Cricket**

Cricket is a beautiful "bat and ball" game. And with an estimated 1 billion fans worldwide, it is the second-most popular sport in the world. It's a religion rather than a sport to most people in India and for the students of our college is not an exception. The infrastructure related to the game includes a cricket ground with natural turf pitches and natural practice pitches.



***Cricket ground***

## Table Tennis

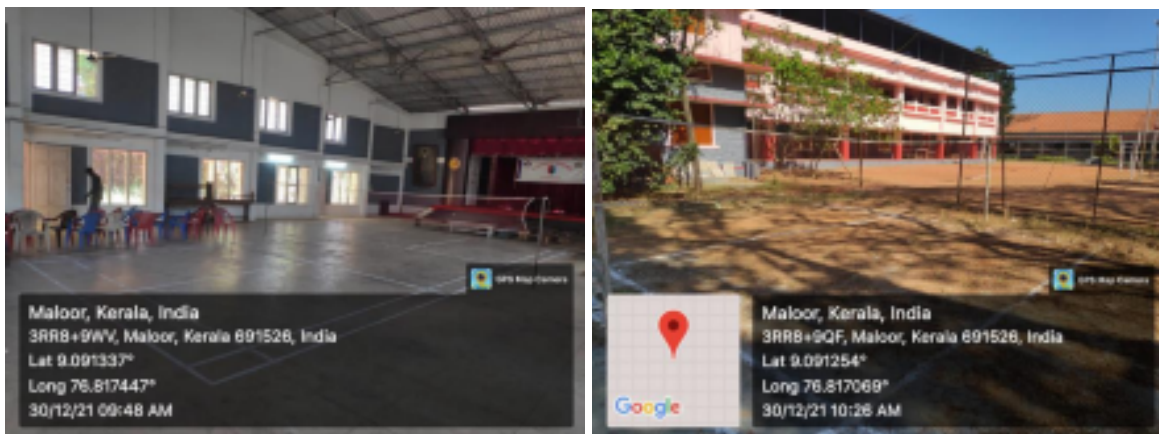
Being one of the most popular sports, table tennis is played by a large number of students in the evenings.



*Table tennis*

## Badminton Court

Our college is one of the few colleges in the university to possess both an indoor and outdoor badminton court.



*Indoor and outdoor Badminton court*

## Gymnasium

In order to ensure a sound body and mind, students are given special attention on health and fitness. A modern gym, with equipment, has been set up on the campus.



*Fitness centre with Gymnasium*

### Athletics

A 200-meter standard track having 6 lanes is available, where the Annual Athletic Meet of the college is organised. Students do practice for their track & field events.



*200 meters track*



*Chess and Carrom board*

Every student is encouraged to take active part in at least one outdoor activity. St. Stephens College has set up facilities/grounds for Cricket, Football, Volleyball, Table-Tennis, Badminton, Chess, Carroms, etc. We also conduct inter-college sports tournaments to develop a spirit of healthy competition.