

## Parvatibai Chowgule College of Arts and Science (Autonomous)

### Physical Facilities for Cultural Activities, Yoga, Games and Sports

#### Cultural Activities:

**Auditoriums:** The College has two air-conditioned auditoriums of capacity 140 and 90 each. The carpet areas of these auditoriums are similar and are of *155.25 Sq Mtrs (13.5mtrs x 11.5mtrs)*– Upper Auditorium and *115 Sq Mtrs (11.5mtrs x 10mtrs)* – *Lower Auditorium*. These auditoriums were constructed in year *1972* and *renovated* to its present status in *2008*. These auditoriums provide sufficient space for student council, sports council, various student clubs, Departments and College administration to conduct cultural activities round the year.

*Lower Auditorium – Front view*



*Lower Auditorium – Rear view*



*Upper Auditorium – Rear view*

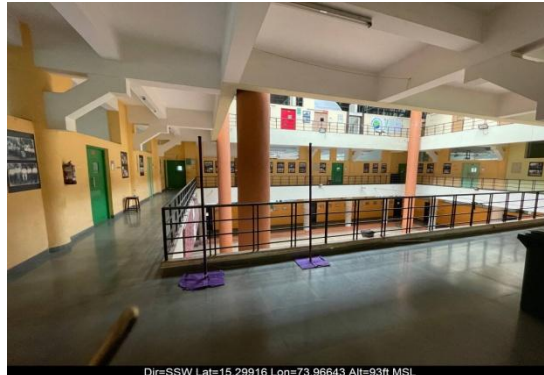


**Quad:** A number of cultural events are also organised at the ground floor area of science block of size **315 Sq Mtrs (21mtrs x 15mtrs)** with seating capacity of 300 people, established in the year **2008** for conduct of co curricular, cultural and sporting activities for staff and students.

*Quad – view1*



*Quad – view2*



**Open Spaces within college campus:** College infrastructure provides ample open spaces for students to conduct cultural activities. These spaces are located around college cafeteria, Tiger Activity Centre and at the multi sports courts of size **1800 Sq.Mtrs (60 mtrs x 30 mtrs)** and constructed in **2008**. Large number of students attends cultural events on this open space with attendance capacity of 1000.

#### **Yoga, Games (Indoor and Outdoor) and Sports (Gymnasium, Yoga Centre etc):**

Leisure and mass sports are very significant both socially and economically. Physical activities contribute to forming a healthier student society. Skills and abilities developed by sport promote people's well-being and directly improve their physical, mental and psychological performance this way producing better quality of life. Researches prove that those who are more active physically can perform better in curricular and co curricular activities. The college sports policy and provision of non evaluative credits in extracurricular activities provide adequate motivation to the student community of the college for getting involved in extracurricular activities throughout their studentship. State of the art sports infrastructure and a well designed annual weekly sports programme sets the perfect platform for college sportsmen to participate in maximum intercollegiate sports tournament throughout the year.

**Tiger Multi Sports Courts:** Multi Sports Courts comprise of standard dimensional courts for Games such as Volleyball, Throwball, Tennis, Tennicoit, Handball, and Basketball. It is also utilised for Tennis Ball Cricket and small sided Hockey. The area of the entire facility is **1800 Sq. Mtrs (60 mtrs x 30 mtrs)** and a pavilion of sitting capacity 500 is available. These courts were constructed in **2007**. All courts are fitted with portable sports fixtures and the surface is made up of epoxy. These courts are utilised for competitive training of college sports teams, Intramurals, Inter College Tournaments, learn a skill programme of related sports clubs and also for community outreach sports programme. The multi sports court area is also utilised for Mega Cultural Events.



### ***Tiger Multi Sports Courts***



**Tiger's Domain – Artificial Football Turf:** This facility was constructed in **2006** and is the first artificial football ground in India. The total area of the ground is **7000 Sq Mtrs (70 mtrs x 1100 mtrs)** and is as per FIFA standards. Besides College football team training twice a week and playing practice matches on Saturdays, the Tiger Football club utilises it on every working Friday for once a week club activity programme. The facility also attracts All India Football Federation, Goa Football Association, FC Goa and other national level clubs based in Goa for training and practice matches. The turf also provides space for college students to conduct fitness activities.

### ***Football Ground – Artificial Turf – View1***

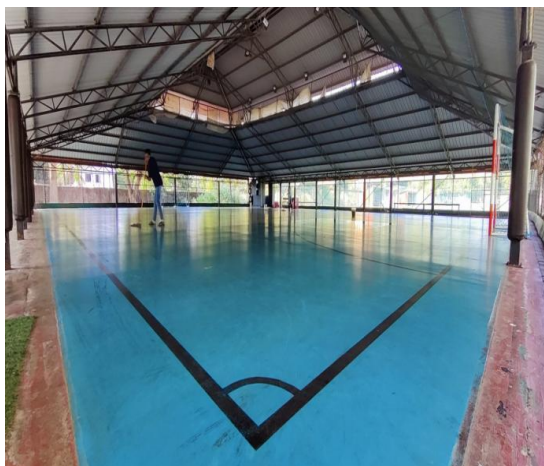


### ***Football Ground – Artificial Turf – View2***



**Tiger's Ghol – Indoor rubberized surface sports arena:** Established in **2008** and has an surface area for **800 Sq Mtrs (40 mtrs x 20 mtrs)**. This facility provides space for indoor sports such as Futsal, Badminton, Zumba, Aerobics and Yoga Activities. A large number of students enrolled in the related clubs utilise the facility. Besides staff and students of the college other members of the local community also utilises the facility in the available timings.

***Tiger's Ghol – Inside View***



***Tiger's Ghol – Outside View***



**Chowgule Sports Centre:** The Chowgule sports centre was constructed in **2007** and has a area of **1500 Sq Mtrs (50 mtrs x 30 mtrs)**. This facility houses a **fitness centre** of dimension of **900 Sq Mtrs (30 mts x 30 mtrs)** including a **tartan rubberized Athletic track** of dimensions **150 Sq Mtrs ( 3 mtrs x 50 mtrs)** for warming up, conditioning and athletic sprint training. The fitness centre is equipped with state of the art strength and fitness development stations. The centre also houses a **wooden floor facility** of dimensions **200 Sq Mtrs (10 mtrs x 20 mtrs)** for **Yoga, Zumba, Martial Arts and Aerobics**.



### *Chowgule Sports Centre*



**Quad:** A facility for playing Table Tennis, Badminton and Chess is located at the ground floor of college science block. This facility was constructed in 2008 and houses a badminton court, five table tennis tables and ample space for chess players. This facility is also utilised for cultural activities and major college events. The total area of this facility is **315 Sq Mtrs (21mtrs x 15mtrs)**

Ser No	Sports Facility & Year of establishment	Students Usage					Size
		Academic Year 2015-16	Academic Year 2016-17	Academic Year 2017-18	Academic Year 2018-19	Academic Year 2019-20	
1.	<b><u>Multipurpose court: -</u></b>						60 mtr X 30 mtr =180
	A) Basketball 2006	20 players x 15 days = 300	20 players x 15 days = 300	20 players x 15 days = 300	20 players x 15 days = 300	20 players x 15 days = 300	
	B) Tennis 2006	6 players x 30 days =180	6 players x 30 days =180	6 players x 30 days =180	6 players x 30 days =180	6 players x 30 days =180	
	C) Volleyball 2006	22 players x 10 days = 220	12 players x 10 days = 120	16 players x 10 days = 160	24 players x 10 days = 220	12 players x 10 days = 120	
	D) Handball 2006	16 players x 15 days = 240	12 players x 15 days = 180	12 players x 15 days = 180	--	--	

2.	<b><u>Cricket Net practice area:</u></b> - Net practice 2010	32 players x 10 days = 320	32players x 10 days = 320	32 players x 10 days = 320	16 players x 10 days = 160	16 players x 10 days = 160	30 mtr X 10 mtr 300
3.	<b><u>Turf Ground:</u></b> - A) Non Floodlight session 2006	40 players X 40 days = 1600	40 players x 40 Days = 1600	40 players x 40 Days = 1600	40 platers x 40 days =1600	20 platers x 40 days =800	100 mtr X 68 mtr 6800
	B) Flood light session 2006	20 players x 10 days = 200	20 players x 10 days = 200	20 players x 10 days = 200	20 players x 10 days = 200	20 players x 10 days = 200	
4.	<b><u>Futsal Court:-</u></b> A) Non Floodlight session 2008	10 players x 10 days = 100	10 players x 15 days = 150	10 players x 15 days = 150	10 players x 20 days = 200	10 players x 20 days = 200	23.6 mtr X 29.7 mtr 701
	B) Flood light session 2008	10 players x 5 days = 50	10 players x 5 days = 50	10 players x 8 days = 80	10 players x 10 days = 100	10 players x 10 days = 100	
5.	<b><u>Wooden Floor:-</u></b> A) Yoga 2006	10 students x 30 sessions = 300	10 students x 30 sessions = 300	10 students x 30 sessions = 300	10 students x 30 sessions = 300	10 students x 30 sessions = 300	22 mtr X 5.10 mtr 112
	B) Dance	50	48	52	48	52	
6.	<b><u>Gym:-</u></b> Conditioning & Strength building 2006	38 student members x 150 days = 5700	54 student members x 150 days = 8100	70 student members x 150 days = 10500	48 student members x 150 days = 7200	60 student members x 150 days = 9000	17 mtr X 16.5 mtr 280
7.	<b><u>Wellness:-</u></b> A) Steam 2006	60	90	100	90	100	15 mtr X 16.5mtr 247
	B) Jacuzzi 2006	60	90	100	90	100	
	C) Physio clinic 2006	29	20	17	20	17	

## Department of Physical Education and Tiger Activity Center



### **Tiger Activity Centre (2019):**

On the initiatives of Principal Dr. N.N. Sawant "Tiger Activity Centre" was established at a prime and centralized location in the campus during the Academic Year 2018-19. Tiger Activity centre aims at providing space for extracurricular activities for staff and students. The centre houses work place for student and sports council, Tiger Club Management board, extracurricular activity management committee and staff activity club.

Tiger activity centre also has an office of Department of Physical Education & Sports Management and faculty adviser - students' affairs. The centre features an open space for outdoor activities, Tiger Balcão, Food Court.

The conference room provides facilities for student administrative bodies to meet, plan and execute various activities and also provides a work place for the entire affiliated student govern clubs.

### **1. Tiger Balcão (2019):**

Conceptualized from the erstwhile Portuguese era Goan house that resembles a porch and function as an outdoor living space with smooth surface cement benches to sit down and spend quality or leisure time. Tiger Balcão intends the same. It provides a u shaped covered sitting area in the Tiger Activity centre and attracts student groups to spend their leisure time or for planning activities. The Tiger Balcão can house twenty to twenty five individuals.

### **2. Food Court:**

Apart from a regular canteen facility, quality snacks and beverage vendors representing top food brands serve students with a quick meal. Cafe Coffee Day outlet and Cafe Lovii - A popular place amongst students, it gives an opportunity to grab a quick meal while spending leisure or quality time at the Tiger Activity Centre. The college also has a canteen facility



*Canteen – Outside View*



*Canteen – Inside View*



### **3. Activity Court (2019):**

A spacious, cool and cozy open space that can house more than 40 students for sitting activities and around 200 or more students for organising, witnessing performances. It is also an ideal place for organising open air talks, seminars, poster presentation, displays and other student and staff oriented activities.

## **Other Facilities**

- a) College also provides hostel facilities, outside the campus, for students.
- b) College has a back-up generator of 400 KVA

*Activity Court (Open Space sit-out)*

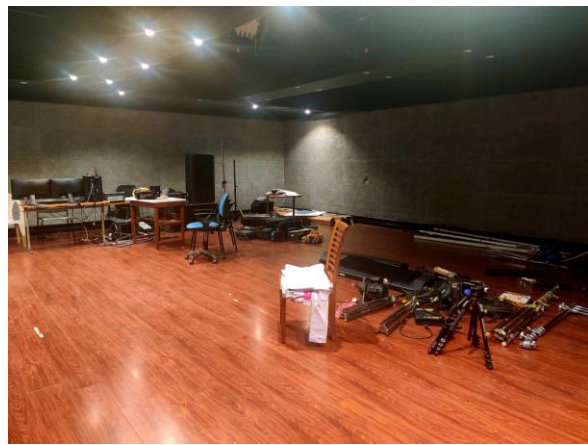




*Generator*



*Tiger Studio (Photography and Dance Floor)*



*Studio Multimedia Center*



*Drinking Water and Filter*



*Rest Room1*



*Rest Room2*



*Sanitary pad dispenser and disposer*





*Faculty Cubicles*



*Heritage Hall*



The Estate Department is primarily responsible for ensuring the maximum utilisation of the physical infrastructure. The college administration ensures that proper utilization of the resources is being made by the faculty and students.

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