



# CHRIST COLLEGE (AUTONOMOUS)

Affiliated to University of Calicut and Accredited by NAAC 'A' Grade

IRINJALAKUDA - 680 125, KERALA, INDIA.

Office (0480) 2825258, Principal 2820005, Res: 2825384, 2828241, Fax: 2831552

E-mail: - [office@christcollegeijk.edu.in](mailto:office@christcollegeijk.edu.in) Web: [www.christcollegeijk.edu.in](http://www.christcollegeijk.edu.in)

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## **SPORTS FACILITIES:**

**Christ College has excellent facilities for sports and games which are**

- 400 m Athletics standard track with gallery seating capacity of 15000 established in the year 1974 with an area of 20832M<sup>2</sup>
- Stadium pavilion established in the year 2018 with an area of 790M<sup>2</sup>
- Basketball court (4) (New) (concrete & mud) established in the year 1999 & 2020 with an area of 2951M<sup>2</sup>
- Cricket field established in the year 1976 with an area of 14400M<sup>2</sup>
- Hockey field established in the year 2002 with an area of 5880M<sup>2</sup>
- Football field (with gallery seating capacity of 3000) established in the year 2012, 2014 & 1957 with an area of 8470M<sup>2</sup>
- Handball court (2) established in the year 2003 with an area of 2902M<sup>2</sup>
- Volleyball court (4) established in the year 1956 & 2020 with an area of 2414M<sup>2</sup>
- Kho-kho and Kabaddi court (2) established in the year 1976 & 2012 with an area of 700M<sup>2</sup>
- Indoor 10mts shooting range established in the year 2011 with an area of 140M<sup>2</sup>
- Gymnastic hall established in the year 1990 with an area of 238M<sup>2</sup>
- Mini Indoor Hall established in the year 2007 with an area of 472M<sup>2</sup>
- Weight training hall (3) established in the year 1990 & 2014 with an area of 452M<sup>2</sup>
- Indoor jumping pit High jump (3) and pole-vault established in the year 2016 with an area of 176M<sup>2</sup>
- Synthetic Tennis court established in the year 2018 with an area of 819 M<sup>2</sup>
- Table Tennis Board Room (hostel) (5) established in the year 2015 with an area of 187M<sup>2</sup>
- Indoor stadium under construction established in the year 2014 with an area of 3468M<sup>2</sup>
- Netball court established in the year 2018 with an area of 1092M<sup>2</sup>
- Cricket nets established in the year 1998 with an area of 540M<sup>2</sup>

## **FITNESS/SPORTS EQUIPMENTS**

- Weight lifting set 190 kg- 5
- Power lifting set 240 kg-1
- Barbells -6
- Iron weight plates - 300 Kg
- Pole vault - 2
- High jump mat-1 set
- Hurdles -10
- Training hurdles - 50
- Cones - 150
- Football - 20
- Basketball - 25
- Netball - 20
- Volleyball - 20
- Cricket bat -3
- Training mates - 50
- Swiss ball - 5
- Medicine ball - 10
- Ladder - 5
- Sludger - 10
- Portable netball post - 2
- Portable football post with different sizes - 2
- Hockey stick - 30
- Hockey balls - 100
- TT board - 4
- Tennis ball - 50
- Tennis racket - 10
- Badminton shuttle - 100
- Weight lifting platforms -4
- Squat stand -4
- Leg extension -3
- Leg curls -3
- Abs crunches - 1
- Seated press-1
- Lats pull down -1
- Beach press -3
- Beach press machine -1
- Leg flexor - 1
- Seated raw -1
- Hockey goal keeper kit -2
- Balancing ball
- Reaction balls 10
- Shot put 5
- Hammer 5
- Javelin 5
- Range javelin 2
- Plyometric box 10
- Smith machine 1
- Leg presses 1
- Pec deck 2
- Cross over 1
- Tug of war official rope 2
- Chess board 5
- Freezer 30L

## SPORTS COACHES

- Sri. Walter John, Athletics coach
- Sri. TP Ouseph (Dronacharya), Athletics Coach
- Sri. Xavier Poulouse, Athletes Coach
- Sri. Lakshmi Narayan, Volleyball Coach
- Sri. Johnson Mathew, Basketball Coach
- Sri. Anandhu MT, Hockey Coach
- Sri. Muhammad Nowfal, Netball Coach
- Sri. Sarath Sasikumar, Netball Coach



Principal

**Fr. Dr. Jolly Andrews**  
Assistant Professor-  
In-charge of Principal  
Christ College (Autonomous)  
Irinjalakuda