



MARIAN COLLEGE KUTTIKANAM
(AUTONOMOUS)

GYMNASIUM

Submitted to

THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL (NAAC)
FOURTH CYCLE OF ASSESSMENT

Criterion IV - Infrastructure and Learning Resources

4.1.2 Gymnasium

Here the image shows the newly inaugurated gymnasium, which has highly equipped machines that can access to all the students in the college. Around 50 students can workout at a time. It is more spacious and many number of machines were available like treadmill, leg press machine, parallel bar, bar bells, T bar, cable row machine, Lat pull-down machine, cable crossover machine, smith machine, peck deck machine, Etlpical trainer etc. Full time trainer is also a speciality of Marian Gymnasium.

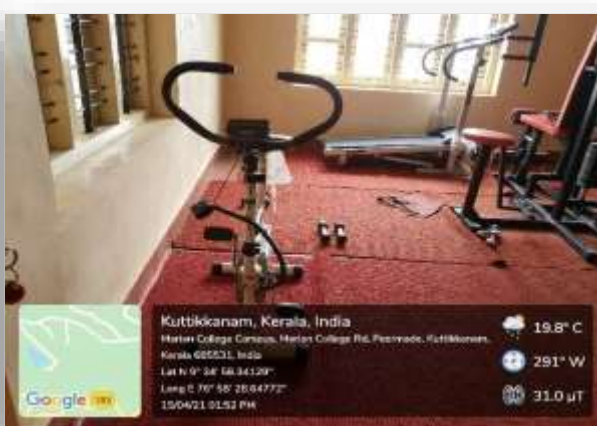
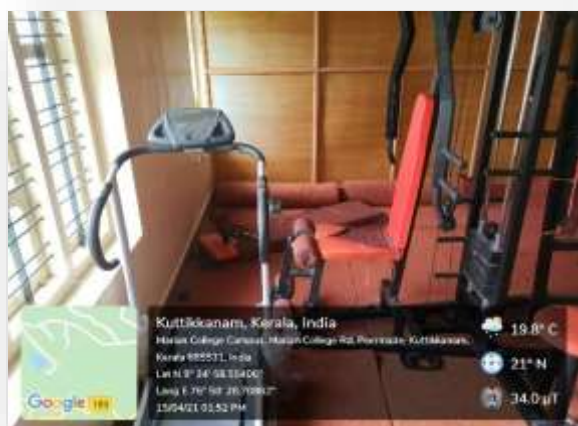


Advanced multi- Gymnasium



Criterion IV - Infrastructure and Learning Resources

Gymnasium at Marian Hostel



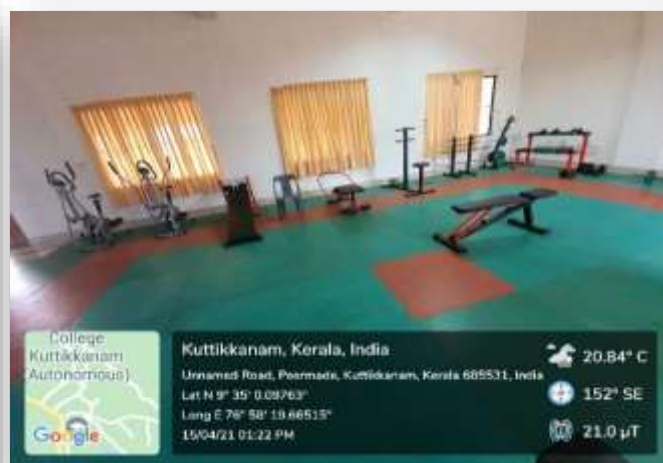
Marian Gymnasium helps the students to make a healthy life. Students can access the gymnasium in assigned time. The machines available in the gym helps the students to workout freely using Dumbbells, Barbells, Lat pull-down machine, Treadmill, skipping bar, pull-up bar etc.





Criterion IV - Infrastructure and Learning Resources

GYMNASIUM AT HOSTEL



The above shown image is the Gymnasium in Management block which is useful for all students. The gym consist of many number of machines like Bar bells, Dum bells, T bar, Smith Machine, Pull up Bar, Cable row machine, cable crossover machine, Lat pull-down machine, seat arm curl etc.

