



THE COCHIN COLLEGE

Koovapadam, Kochi-2

Affiliated To Mahatma Gandhi University

Re-accredited by NAAC With B+ Grade



Fourth Cycle
NAAC Accreditation 2024

Criterion 4 Infrastructure and Learning Resources

4.1 - Physical Facilities

Metric No. 4.1.1

The Institution has adequate infrastructure and other facilities for, *teaching – learning, viz., classrooms, laboratories, computing equipment etc ICT – enabled facilities such as smart class, LMS etc. Facilities for Cultural and sports activities, yoga centre, games (indoor and outdoor), Gymnasium, auditorium etc*

Atrium

Submitted to



National Assessment and Accreditation Council



THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: www.thecochincollege.edu.in

email: email@thecochincollege.edu.in

Atrium

Atrium at The Cochin College is a versatile facility designed to support a range of physical and wellness activities, including yoga practice, aerobics, and Kalari. This well-equipped area provides a serene and controlled environment, perfect for students to engage in yoga and mindfulness exercises that promote flexibility and mental relaxation. For those interested in high-energy workouts, the space accommodates aerobics sessions, offering a dynamic setting for cardiovascular fitness and group exercises. Additionally, the indoor area supports Kalari practice, a traditional martial art that enhances physical strength, coordination, and discipline. With its adaptable layout and supportive amenities, this indoor space is central to the college's commitment to fostering a balanced and health-conscious lifestyle among students.





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Figure 1: Aerobics at Atrium





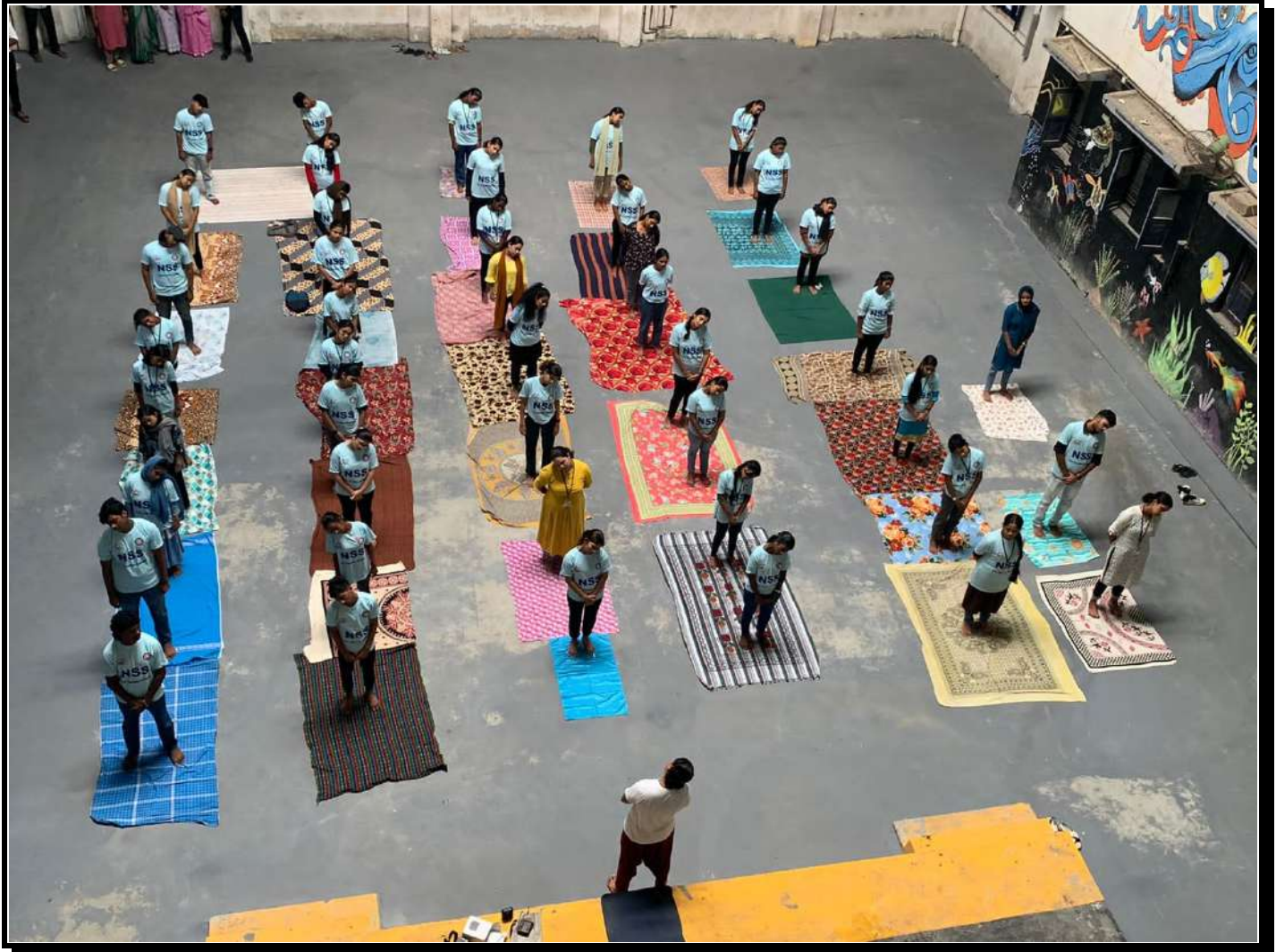
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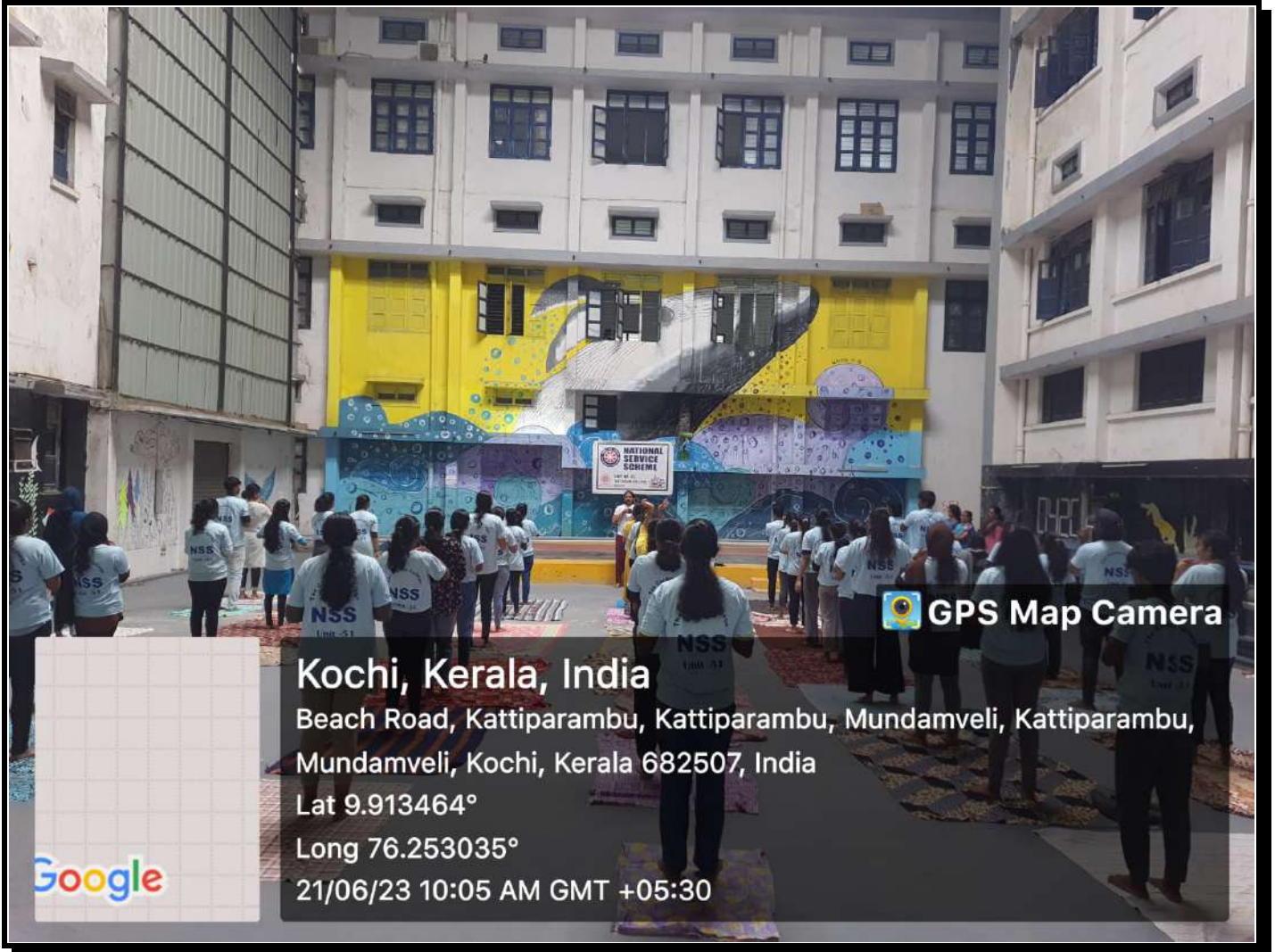


Figure 2: Yoga Training Sessions at Atrium





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Figure 3: Games for Students at Atrium

