



Shri Mahaveer College

(Affiliated to the University of Rajasthan)
A Co-educational English Medium PG College

4.1.1 Yoga center and cultural activities



Neelima
IQAC
Co-ordinator
Shri Mahaveer College



Ashish
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Mahaveer Marg C-Scheme Jaipur
Phone: 0141- 2372139, 8955840261
Website: shri mahaveer college. org



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4.1.1 The institution has adequate facilities for cultural activities, yoga, games (indoor, outdoor) and sports. (gymnasium, yoga center, auditorium, etc.)

Facilities of yoga and gym:-

Health Club (Gym and Yoga): Shri Mahaveer College has Gym which is fully equipped and air-conditioned fitness center with latest equipments and facilities, such as Kattel Ball 10 KG ,Smith Machine Aerofit Imported ,Back Exercise Bar 5 pcs set ,Triceps V bar ,Treadmills and spin bikes, Twisters, Multi gym four-station, Aerobic-steppers, and Swiss balls, to name a few. It also has numerous fitness training programs like cardio, strength, weight training, and yoga under the supervision of a certified trainer.

List of Gym Equipment's

S.NO.	EQUIPMENT	Quantity
1	Kattel Ball 5KG	01
2	Kattel Ball 10 KG	01
3	Smith Machine Aerofit Imported	01
5	Back Exercise Bar 5 pcs set	01 Set
6	Triceps V bar	01
7	Plate 10 Kg	01 Pair
8	Plate 5 Kg	02 Pair
9	Plate 2.5 Kg	02 Pair
10	Plate 1.5 Kg	01 Pair
11	Plate 7.5 Kg 50 mm	04 Pair
12	Plate 10 Kg 50 mm	02 Pair
13	Plate 5 Kg 50 mm	02 Pair
14	GYM Belt M.L. XL.	03 PCS
15	GYM Belt XL	01 PCS
16	Aerobic Stepper	05 Pics
17	Boxing Bag	1
18	Boxing Gloves	2 Pairs
19	Dumble(1,2,3,4.5.7.10 12.5 kg)	2 Pair each
20	Weigh Mat	48 P
21	Ankle Weight (1.5 , 1 , 2.5 kg)	2 Pair each

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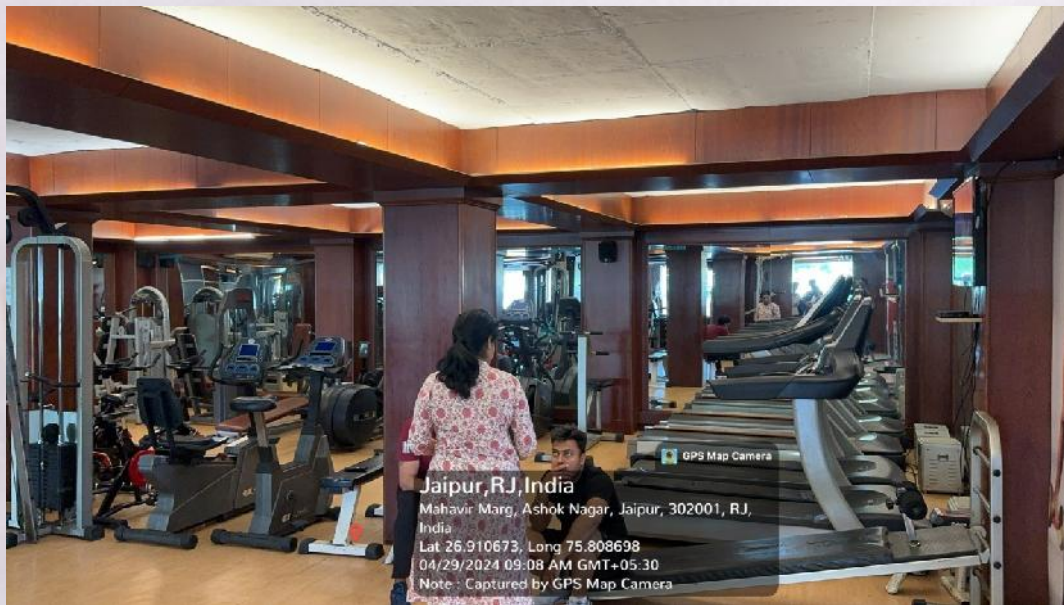


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Photographs of yoga and gymnastic Centre: Yoga center at Shri Mahaveer College believes that yoga is more than just a workout - it's a lifestyle that can help everyone encourage a profound connection to soul, mind and body.

Photographs of Gym: Gym is used by students in order to increase their strength, or merely find a instant of availability in their hectic day, SMC gym center has something for each person.



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Facilities for Cultural Activities

Auditoriums: With an air-conditioned auditorium situated at campus which is utilize for a variety of cultural and co-curricular and extra-curricular activities, all through the year.

Activity Club: there are number of clubs like sports , cultural , literacy , corporate resource cell , techno club , rotary club etc which plan and organize a variety of co- curricular and extracurricular activities.

Open-air stage and college Lawns: The college uses the open stage and lawns to plan and organize a variety of co- curricular and extracurricular activities during the academic session

Photograph of Lawn Area: Shri Mahaveer College uses college lawns to systematize a range of cultural , sports and co-curricular activities right through the academic session.

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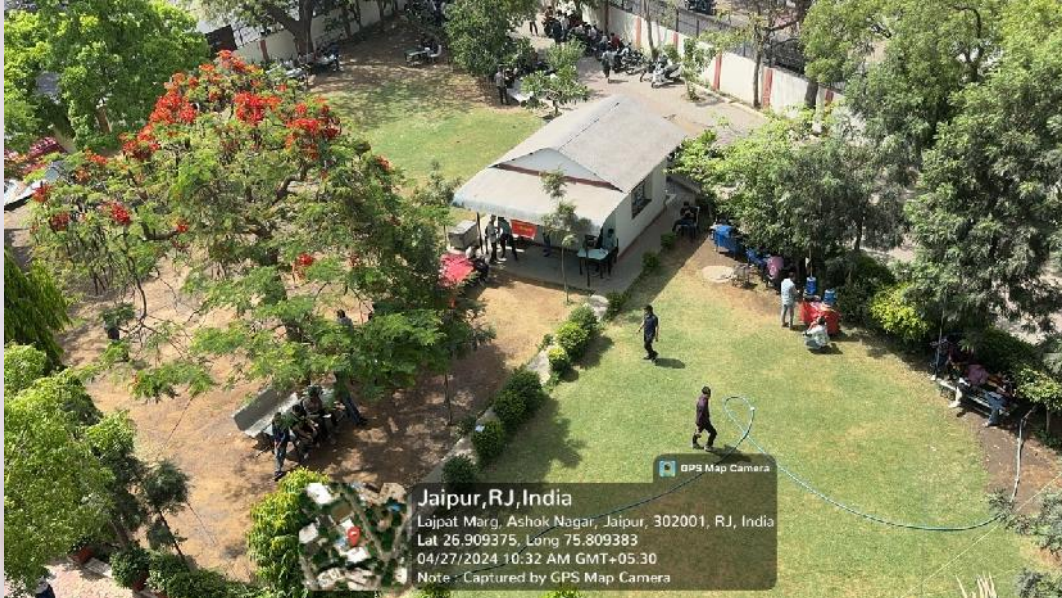


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Photograph of Auditorium:

Shri Mahaveer College auditorium is not just a sitting hall or space but it always provide a platform and zeal for creativeness, expression, and community engagement. Through relax seating, exceptional sightlines, and top-of-the-line sound and lighting equipment, our auditorium is the ideal place for memorable performances.

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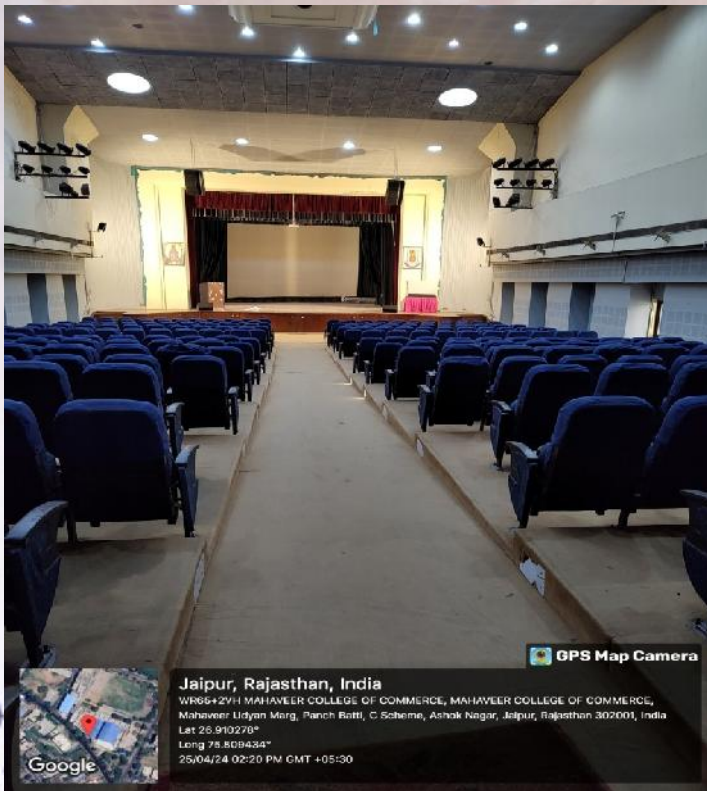


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 GPS Map Camera



Google

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