



ST. WILFRED'S P.G. COLLEGE

(Affiliated to the University of Rajasthan)

4.1.1

Yoga centre and cultural activities

Kapila

IQAC HEAD
St. WILFRED'S P.G. COLLEGE
JAIPUR



Fareeda

Principal
(Dr. FAREEDA HASANI)

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Where the mind is without fear! Where the head is held high!!



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

Facilities of yoga and gym: -

Health Club (Gym, Yoga and gymnastic Centre): The Club is a well-equipped and fully air-conditioned fitness centre with modern equipment and facilities, such as Treadmills, Cross trainers, Ab coaster, Recumbent bike, upright and spin bikes, Twisters, Multi gym four-station, Aerobic-steppers, and Swiss balls, to name a few. It also has several fitness training programs like cardio, strength, weight training, and yoga under the guidance of a certified trainer.

List of Gym Equipment's

S.NO.	EQUIPMENT'S NAME	QUANTITY
1	Shoulder Press	2
2	Butterfly	2
3	Chest Press	2
4	Left Pull / Down	2
5	Smith Machine	1
6	Leg Press Machine	1
7	Seated Row Machine	1
8	Flat Bench	2
9	Incline Bench	2
10	Decline Bench	2
11	Manual Tread Mill	2
12	Dumble Set	10 Kg - 4 Set 12.5 Kg - 2 Set 15 Kg - 1 Set 20 Kg - 1 Set
13	Plates	5 Kg - 4 10 Kg - 4 15 Kg - 2 20 Kg - 2

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Photographs of yoga and gymnastic centre:At our yoga centre, we believe that yoga is more than just a workout - it's a lifestyle that can help you cultivate a deeper connection to your mind, body, and spirit.



Photographs of Gym: In gym area, students increase their flexibility, build strength, or simply find a moment of stillness in their busy day, our gym centre has something for everyone.



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Photographs of GYM centre



Facilities for Cultural Activities

Auditoriums: There is one modern auditorium situated at campuses that is used for various cultural and co-curricular and extra-curricular activities, throughout the year: A spacious and fully furnished auditorium.

Multipurpose Halls: There are 2 multipurpose halls for organizing various co-curricular, extra-curricular, cultural, and administrative activities.

Students Activity Cell: The Cell functions to plan and coordinate various co-curricular and extracurricular activities.

Open-air stage and college Lawns: The college uses the stage and lawns to organize various cultural events, convocation and co-curricular activities throughout the academic session.

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Photograph of Open Stage: -The college uses the open stage to organize various cultural events, convocation and co-curricular activities throughout the academic session.



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Photograph of Lawn Area: The college uses lawns to organize various cultural events, sports and co-curricular activities throughout the academic session.



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Photograph of Auditorium: Our auditorium is more than just a space - it's a platform for creativity, expression, and community engagement. With comfortable seating, excellent sightlines, and top-of-the-line sound and lighting equipment, our auditorium is the ideal setting for unforgettable performances.



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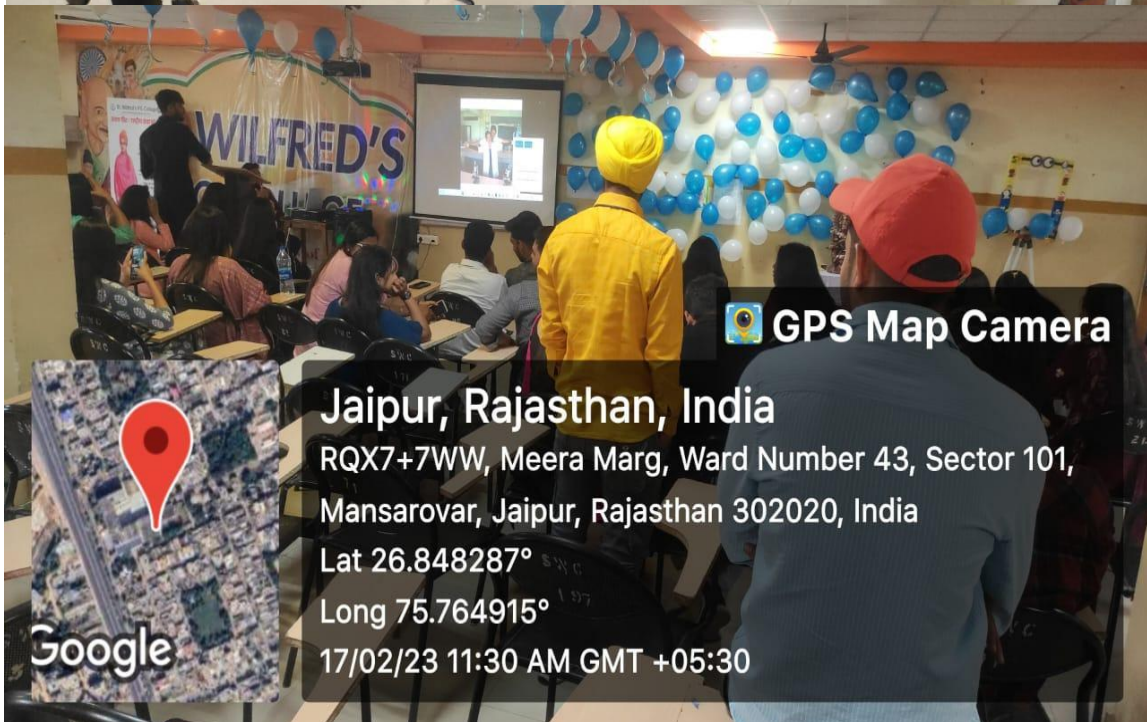
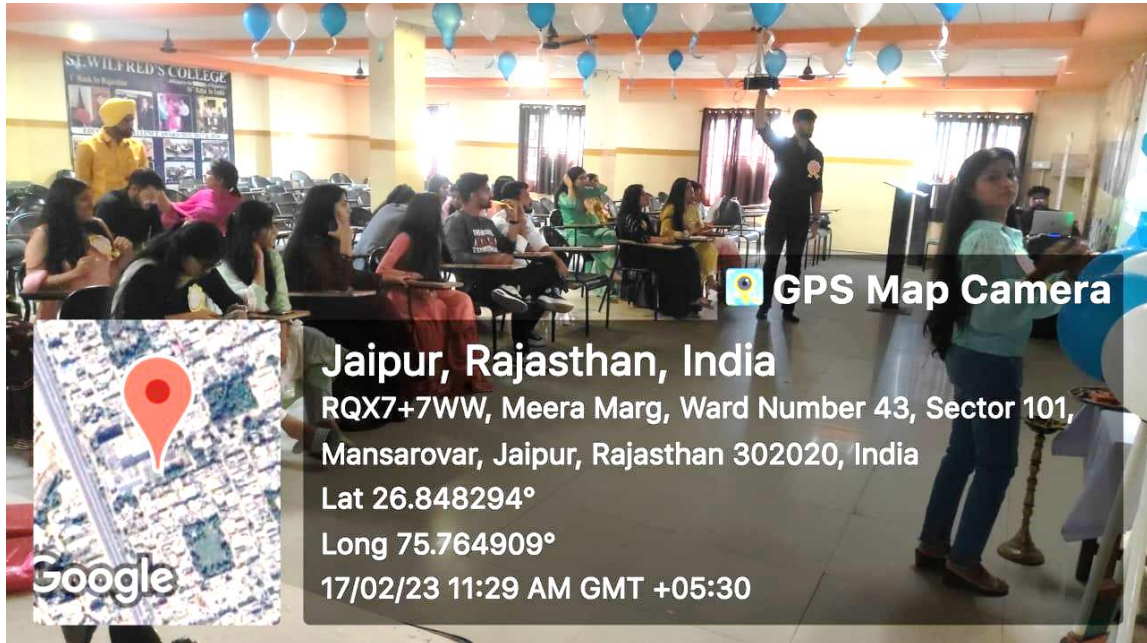
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Photograph of Multipurpose Halls: From corporate events and conferences to concerts and theatrical productions, our versatile seminar hall is the perfect space to bring your vision to life.



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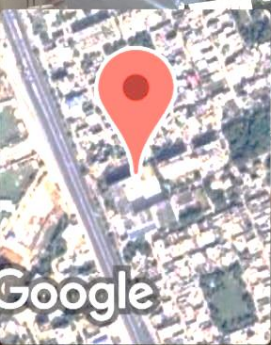
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Photograph of Students Activity Cell: The Cell functions to plan and coordinate various co- curricular and extracurricular activities.

Photograph of Music room:

Our music room is more than just a place to practice - it's a space where musicians of all levels can come together to share their passion for music. Equipped with top-of-the-line instruments and sound systems, our music room is the perfect environment to hone your skills and develop your musical talent. Whether you're a beginner learning the basics or an experienced musician looking to perfect your craft, our music room offers a supportive and inspiring atmosphere. With comfortable seating, ample lighting, and a range of instruments and equipment at your disposal, our music room is the ideal setting to let your creativity soar.



Google

GPS Map Camera

जयपुर, राजस्थान, भारत

RQX7+HPQ, न्यू सांगानेर मार्ग, near St Wilfred college, वॉर्ड

नंबर 43, सेक्टर 101, मानसरोवर, जयपुर, राजस्थान 302020, भारत

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Long 75.764404°

14/03/23 11:12 AM GMT +05:30

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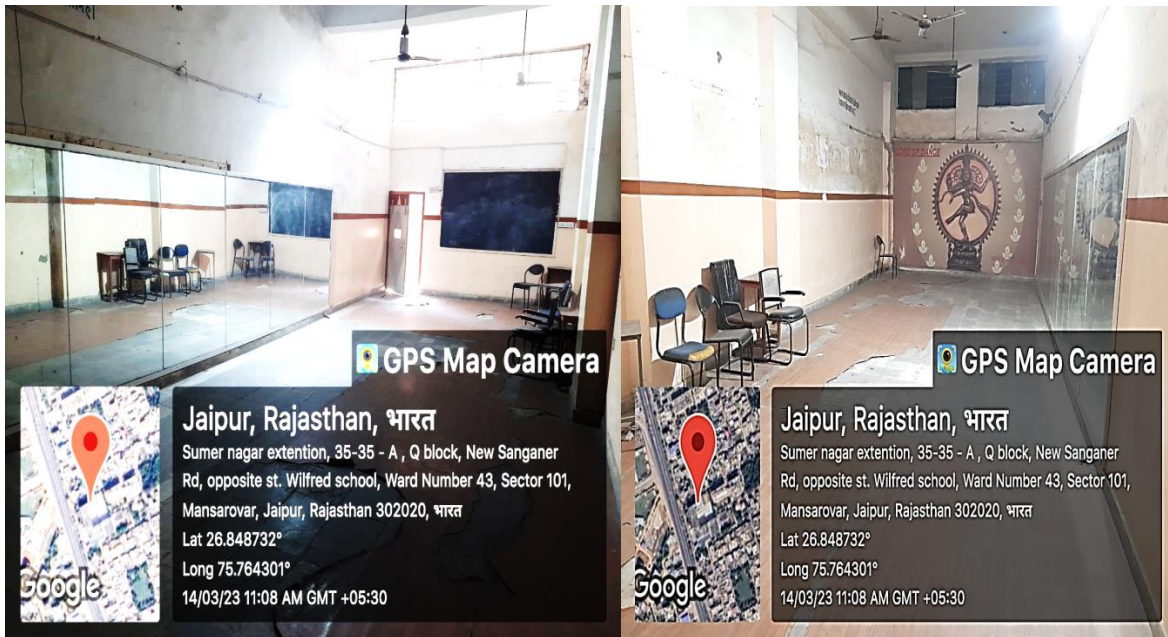


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Photograph of Dance room:

Our dance room is more than just a space to exercise - it's a place where dancers of all levels can come together to explore the art of movement. With a spacious and inviting atmosphere, our dance room is the perfect setting to learn new dance styles, practice your technique, and unleash your inner dancer. Whether you're a beginner or an experienced dancer, our room is equipped with state-of-the-art sound and lighting systems to create a dynamic and immersive dance environment. With professional-grade flooring and mirrors, our dance room provides the perfect space to perfect your form, build strength, and enhance your performance.



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