



ST.WILFRED'S COLLEGE OF ARTS, COMMERCE & SCIENCE

(Affiliated to Mumbai University)

Opp. Ayush Resort, Near Shedung Toll Plaza, Old Mumbai-Pune Highway, Panvel, Navi Mumbai-410206
Ph. No. +91-8655678500, 9699625148 • College Code 1033 • E-mail: stwilfred.acs@gmail.com • website : www.stwilfreds.org

4.1.1

Yoga center and cultural activities



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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, Yoga and gymnastic Centre): The Club is a well-equipped and fully air-conditioned fitness center with modern equipment and facilities, such as Treadmills, Cross trainers, Abs 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	Dumbbell Set	10Kg -4 Set 12.5Kg -2 Set 15Kg -1 Set 20Kg -1 Set
13	Plates	5Kg -4 10Kg -4 15Kg -2



Principal
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Photographs of yoga and gymnastic Centre: At our yoga center, 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 center has something for everyone.



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Photographs of GYM center



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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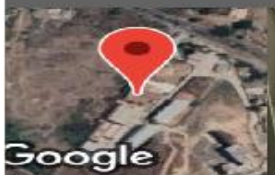
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Photograph of Lawn Area:The college uses lawnsto organizevariousculturalevents, sports and co-curricular activities throughout the academic session.



GPS Map Camera



Shedung, Maharashtra, India
814,Gut No.97/3/2,99/2, Shedung Panvel,, NH4, Shedung, Maharashtra 410206, India
Lat 18.948401°
Long 73.175378°
25/05/23 03:20 PM GMT +05:30



GPS Map Camera



Shedung, Maharashtra, India
814,Gut No.97/3/2,99/2, Shedung Panvel,, NH4, Shedung, Maharashtra 410206, India
Lat 18.947526°
Long 73.174841°
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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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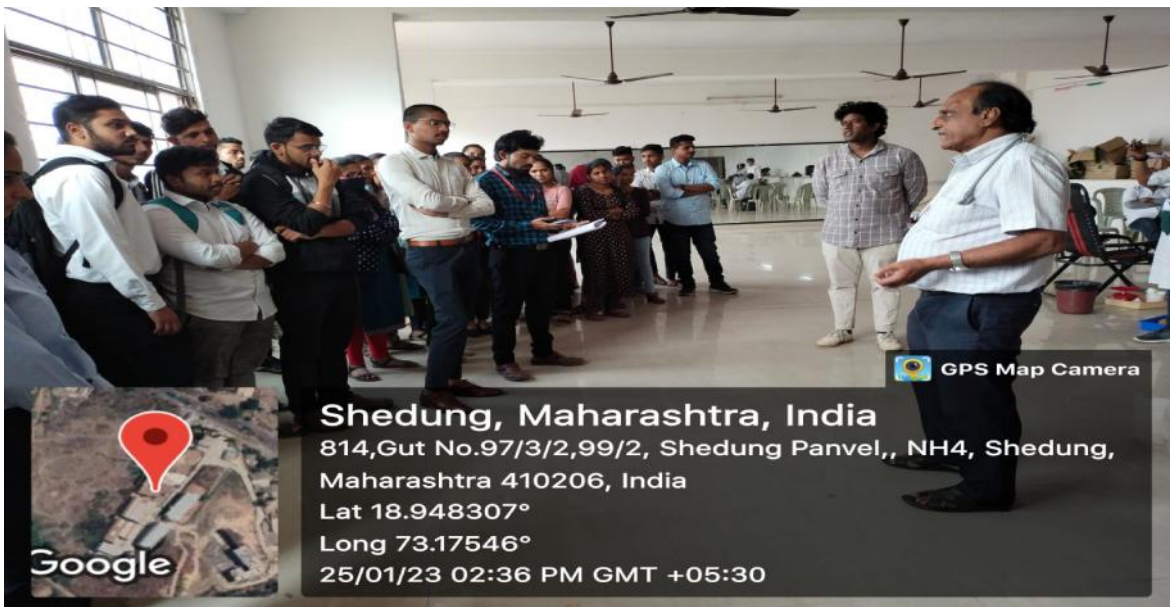


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Photograph of Multipurpose Halls: From corporate events and conferences to concerts and theatrical productions, our versatile seminar hall is the perfect space to bring your vision to life



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Photograph of Danceroom:



Our danceroom 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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