



## 4.1.1

# Yoga Centre and cultural activities



*Qusingh*

PRINCIPAL

ST. WILFRED'S COLLEGE OF LAW  
SHEDUNG-PANVEL 410206



# St. Wilfred's College of Law

Affiliated to Mumbai University

Near Shedung Toll Plaza, Old Mumbai-Pune Highway, Panvel, Dist Raigad, Navi Mumbai-410206

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.



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**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.



## सेंट विल्फ्रेड्स ग्रुप ऑफ कॉलेजमध्ये योग आणि संगीत दिवस साजरा

पनवेल / प्रतिनिधी

योगाला अनन्यसाधारण महत्त्व असल्याने योगा केल्याने आपले शरीर तंदुरुस्त रहाते.तन आणि मन यांचा एकत्रित व्यायाम म्हणजेच योग. आंतरराष्ट्रीय योग दिनानिमित्त शेडुंग येथील सेंट विल्फ्रेड ग्रुप ऑफ कॉलेज येथे योग दिन आणि संगीत दिन साजरा करण्यात आला.

यावेळी योगगुरू संजय बारसाकर यांनी विद्यार्थ्यांना योगाचे विविध प्रकार करून दाखविले. यावेळी सेंट विल्फ्रेड्स संस्थेचे प्राचार्य फार्मसी डॉ. दीनानाथ झाडे, सेंट विल्फ्रेड कॉलेज ऑफ लॉचे प्राचार्य मृत्युंजय पांडे, धर्मेन्द्र दुबे, छत्रपती शिवाजी महाराज तंत्रज्ञान संस्थेचे प्राचार्य डॉ. सेंट विल्फ्रेड्स कॉलेज ऑफ आर्ट्स कॉमर्स अँड

सायन्सचे प्राचार्य डॉ अनिरुद्ध ऋषी, सेंट विल्फ्रेड्स इन्स्टिट्यूट ऑफ आर्किटेक्चरचे तत्त्व डॉ. साजू चारियन, संगीत विभागाचे एचओडी डिनियल सर, स्नेहल सेंट विल्फ्रेड एज्युकेशन सोसायटीचे सांस्कृतिक प्रमुख महेश जाधव आणि कॉलेजचे प्राध्यापक आणि विद्यार्थी मोठ्या संख्येने उपस्थित होते.



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