



Dnyanvardhini Trust's

Sonubhau Baswant College of Arts & Commerce

Naginabhai Vasa Marg, Savroli Road, Shahapur, Dist. Thane-421601 (MS)

(Affiliated to University of Mumbai, Mumbai)

ISO 9001:2015 Certified

Re-Accredited with B+ by NAAC

Email: sbcollege123@yahoo.com

Website: www.sbcsahapur.ac.in

Ref.No.:

4.1.2 - The Institution has adequate facilities for cultural activities, sports, games (indoor, outdoor), gymnasium, yoga centre etc.

Facilities for Cultural Activities, Sports, and Wellness

The college provides a wide range of facilities that cater to the holistic development of students, encompassing cultural, sports, and wellness activities. These facilities support the overall physical, mental, and social growth of students, ensuring a balanced and enriching college experience.

1. Cultural Activities:

The college boasts a well-equipped cultural center that hosts a variety of activities, including music, dance, drama, and art exhibitions. Regular cultural events, inter-college festivals, and talent shows provide students with ample opportunities to showcase their creativity and artistic skills. Additionally, dedicated spaces for practice and rehearsals are available, encouraging students to engage in artistic expression and cultural exchange.

2. Sports and Games (Indoor & Outdoor):

The college is committed to promoting physical fitness and sportsmanship through its comprehensive sports facilities:

- **Outdoor Sports:** The campus features well-maintained outdoor sports facilities, including football fields, cricket grounds, basketball courts, tennis courts, and athletics tracks, providing students with ample space for team sports and individual athletic activities.
- **Indoor Sports:** Indoor sports facilities include badminton courts, table tennis rooms, chess and carom boards, and a multi-purpose indoor gymnasium for sports like volleyball and handball.
- **Inter-College Competitions:** The college regularly organizes intra- and inter-college sports tournaments and events to encourage healthy competition, team spirit, and physical fitness.

3. Gymnasium:

The college has a modern gymnasium equipped with a wide range of fitness equipment, including cardio machines, strength training equipment, free weights, and

resistance machines. The gym is designed to cater to the fitness needs of students and faculty, offering both general fitness programs and specialized training routines.

4. **Yoga and Wellness Centre:**

Recognizing the importance of mental and physical well-being, the college has a dedicated **Yoga Centre**, offering regular yoga sessions and wellness programs. These activities focus on enhancing students' mental health, reducing stress, improving concentration, and promoting a balanced lifestyle. The yoga center is complemented by wellness workshops on topics such as mindfulness, meditation, and stress management.

5. **Recreational Spaces:**

In addition to sports and fitness, the college also provides recreational spaces where students can unwind and relax. These spaces include common lounges, outdoor seating areas, and gardens, fostering a sense of community and social interaction among students.

By providing these extensive facilities, the college encourages students to participate in a wide range of extracurricular activities, fostering both physical fitness and personal development. These opportunities are designed to nurture a well-rounded personality, ensuring students develop skills that go beyond academics.

Following equipment's are available in the gymnasium:

Boys' Gymkhana: -

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|---|----------------------------------|
| 1) Multipurpose Machine | 8) Flat Bench Press |
| Shoulder Press | 9) Incline & Decline Bench Press |
| Leg Extensions | 10) Wrist curl Machine |
| Leg curl | 11) Abdominal Bench |
| Bench Press | 12) Scott stand |
| Twister | 13) Barbells |
| Bench | Zigzag Bar (2.5 feet) – 04 |
| | Straight Bar(2.5 feet)- 02 |
| 2) Multipurpose Machine | Military Curl Bar(5 feet)-02 |
| Peg Deck | Squat Bar & Bench Bar(6 feet)-03 |
| Lats Rowing Machine | Dumbbell Bar(1 foot)-03 |
| Chest machine | 14) Plates |
| Leg Extension | 1 Kg- 18no.s |
| 3) Squat Machine | 2.5 Kg- 14no.s |
| Barbell Machine | 5Kg-16no.s |
| Squat leg Press | 10Kg-16 no.s |
| 4) Chest Press with Multipurpose handle | 20Kg- 6 no.s |
| Arms curl Machine | 15) Dumbbells (38) |
| Lats rowing machine | 06 Dumbbells (2.5kg) |
| 5) Curling Machine | 5Kg- 08 no.s |
| 6) Pull ups stand with abdominal stand | 8Kg- 06 |
| | 10Kg- 08 |
| 7) Dumbbell's Rack-3 piece | 12 Kg-08 |
| | 20Kg-02 |

Girls' Gymkhana

1)01 Digital Cardio Cycle	04 Dumbbell (5Kg)
2) 01 Digital Tread mill	12)Plates
3) 02 Manual Tread mill	08 Plates(1Kg)
4)01 Climber Machine	04 Plates(2Kg)
5) 01 Incline & Decline Bench	04 Plates(2.5Kg)
6) Leg Push Machine	04 Plates(5Kg)
7)Multipurpose Machine	13)Dumbbell Bar
8)Shoulder Machine	02 Dumbbell Bar(1Feet)
9) Cuts Machine	02 Dumbbell Bar(2.5Feet)
10)Press & Pull Machine	02 Dumbbell Bar(5Feet)
11)01 Dumbbell Rack	01 ZigZag Bar(3Feet)
06 Dumbbell(2.5 Kg)	14) Flat Bench Press