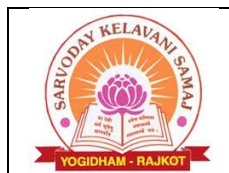


**4.1.2** The institution has adequate facilities for cultural activities, yoga, games and sports. (Indoor & outdoor); (gymnasium, yoga center, auditorium, etc.)

### Sports Outdoor & Indoor Facilities

#### 5 acre multi propose playground

<b>Outdoor Facilities</b>		
<b>Game/Sports</b>	<b>Resources</b>	
FOOT BALL	Goal post with 45x90 meters completes Ground.	06 ball
VOLLEYBALL	One volley ball court with pole and net, and fiber antenna	10 ball
HOCKEY	One Hockey court with goal post and 12sticks.	12 sticks and 06 ball
HAND BALL	One Hand ball ground with goal post and net.	10 ball
KABADDI.	One complete Kabaddi court	-
KHO-KHO	One complete Kho-kho court with Pole	-
CRICKET	2 Cement pitch for net practice	Bat ball stumps season kit
ATHLETICS. 200m	<b>Running :-</b> 1) 10 electronic stop watch 2) Six aluminum baton, 3) 40 Hurdles and clapper	-
	<b>Throwing :-</b> 1) Javelin- man -woman 10 aluminum javelin 2) Shot put- man- woman 3) Disc – man -woman 2 4) Hammer – man - woman	-
	<b>Jumping:-</b> 1) H.J. & pole vault stand with cross bar. 2) Two takeoff board, one toe board.	-
	<b>Track Dimension:</b> 200m	-
	<b>Swimming: Int. standard</b> Close proximity to the campus MDS Swimming Pool managed by RMC & also at parent Saurashtra University. <b>Lane:</b> 8 <b>Size:</b> Length: 50m & Width: 25m	Available on demand



**Shri Manibhai Virani and Smt. Navalben Virani Science College**  
An Autonomous college affiliated to Saurashtra University, Rajkot

NAAC - Cycle-3

Criterion- IV

Metric - 4.1.2

<b>In door Facilities</b>	<b>JUDO &amp; wrestling</b> :- 15 complete mats <b>CAROM:</b> - 05 standard tournament carom board.	-
	<b>CHESS:</b> 18 chess board	-
	<b>BADMINTON</b> :- 2 badminton court 06 per rackets and shuttle cocks	-
	<b>TABLE TENNIS:-</b> 01 complete T.T. table with nets	-
<b>Gymnastics</b>	<b>Pommel horse, balance beam, double bar, spring board,</b>	
<b>Yoga</b>	<b>Hall &amp; Mattings Room</b>	50 Yoga Mat
	<b>Note :-</b> <ul style="list-style-type: none"><li>✓ We have one qualified PTI ( Ph.D. &amp; UGC NET)( Dr. Gaurav Makwana)</li><li>✓ Qualified coach for basketball NIS coach.</li><li>✓ We have host various Inter college competitions and National level coaching camps.</li><li>✓ Host 17 times Saurashtra University swimming inter college competition.</li></ul>	

**Details of Atmiya Wellness Centre: (GYM, Zumba & Yoga)**

**Instructor:** 1. Dr. Mulrajsinh Zala –Physiotherapist (Certified Fitness Trainer)

2. Mr. Kuldeep Rathod (Qualified Trainer)

3. Ms. Druvisha Jadeja (Qualified Trainer)

**Timings:** 10am to 1pm (Monday to Saturday)

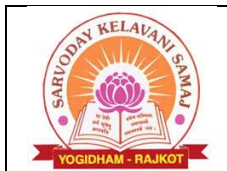
3pm to 7pm (Monday to Saturday)

**Sections:**

1. Cardio,

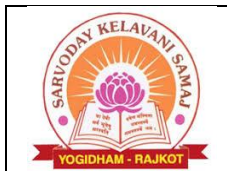
2. 2. Strength- Abdominal & Core, Flexibility

3. 3. Female Floor-Yoga/ Zumba



**GYM Machine Details:**

SN	GYM MACHINE
1	TREADMILL MACHINE - 02
2	CROSS TRAINER MACHINE
3	SPIN BIKE MACHINE - 04
4	CHEST PRESS MACHINE
5	SHOULDER PRESS MACHINE
6	PEC FLY & REAR DELT MACHINE
7	LAT PULL / ROW MACHINE
8	BIECPS / TRICEPS MACHINE
9	LEG CURL / EXTENSION MACHINE
10	LEG PRESS MACHINE
11	DUAL ADJUSTABLE PULLEY MACHINE
12	MULTI POWER MACHINE
13	STRETCHING BENCH
14	ABDOMINAL BENCH
15	MULTI POSITION BENCH
16	DUMBELLS - 150KGS
17	OLYMPIC PLATES - 550KGS
18	BARBELL - 04
19	YOGA MAT - 15
20	PHYSIO BALL 75CM - 10 BALLS



## **Cultural Facilities**

Shree M. & N. Virani Science College (Autonomous), Affiliated to Saurashtra University has always encouraged the students to explore their interests and talent. The institution has always provided the platform to students to show case the talent. Multiple competitions under Saptadhara have always been organized by the college to cater the need of talented youth in the society. The aim of all these activities is to prepare the students for the competitive world and to make them aware about their own strength, apart from the studies.

- **Central Step Auditorium:** A spacious well furnished, ICT enabled air conditioned auditorium (800-1000 capacity) on “12 hr. ready to use mode” is available.
- A multipurpose activity hall 2200 sq ft & 206.0 sq mt attached to step auditorium, where practice, performance, changing, yoga exhibition, trainings, workshops, poster presentation etc. are arranged.
- **Chair Auditorium:** Two auditoriums (well furnished, ICT enabled, interiorly decorated, built in 350 cushioned seats system) on “12 hrs. ready to use” are made available.
- For Special events & festivals, dome of 3000+ capacities can be erected on the open sports grounds.
- To facilitate the cultural activities of the students the college has an outdoor hall and activity hall as a common facility for practice & for performance.
- The Multipurpose hall & 11395.0 sq ft & 1059.0 sq mt serves an important purpose as a venue for various cultural activities, providing a huge place to host multiple groups simultaneously.
- In our facility, cultural events come to life in both the activity hall and the prayer hall, offering diverse opportunities for artistic expression and celebration.
- The square plaza of the college premises resembles standing open theatre and is fully utilised for the academic, co-curricular, extra-curricular & indoor Sports activities.
- **Cultural Properties List:**
  - Classical Instruments – Harmonium, Tabla, Dhol, Manjira, Zanz
  - Modern Instruments – Keyboard, Synthesizer, Mike, Speaker

## **Resource Persons**

1. Dr. V M Kanabar – Bharat Natyam Visharad – Librarian
2. Dr. Kinjal Parmar – Professional Playback Singer – Sister Institute
4. Mr. Hiren Ranpara – Musician- Sister Institute
3. Mr. Jay Dabhi – Choreographer – Permanent Visiting