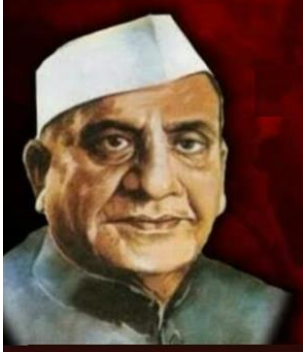


**Gym (Male & Female), sports facilities to  
maintain a healthy and balanced life.**

**Shri Shivaji Education Society Amravati's**  
**Matoshree Vimalabai Deshmukh Mahavidyalay,**  
**Amravati**



.....

- **Multi gym facilities :**

Gym facilities are available for **students and faculty** in the College from 2003, through the grant received from Ministry of Youth affairs and sport, Government of India. The Maintenance of the gym is done by the Morning cricket club and Alumni of college. Our mother institute Shri Shivaji Physical Education college run by our Society, provide the required sports facilities like swimming tank, Judo, Boxing, and athletic facilities.

The department of Physical education and sports has done the MoU with Shri Shivaji Physical Education college on 28/10/2021 for giving the extra facilities to the students.

**Following instruments are available in the College gym:**

- 1) Twelve station multiple gym unit with power coated Nicrome finished gym.
- 2) Four station multiple gym unit with power coated Nicrome finished gym.
- 3) Weight training set 50 kg.
- 4) Weight training set 20 kg.
- 5) Flying machine all in one.

- 6) Power lifting rod
- 7) Power lifting bench
- 8) Dumbbells set (Seven pairs)
- 9) Wooden mudgal
- 10) Big Mirror

- **Gym Memberships:**

For exercise, students and faculty are given admission free of charge for gym memberships.

- **Sports facilities:**

The College is interested in developing sports & Games for benefit of the students and faculty also. Students and faculty are encouraged to take active participation to develop healthy body, with sound mind. Participation in Sports & Games improves the outlook of the individual.

Matoshree Vimalabai Deshmukh College, Amravati has various sports facilities available for students and faculty. Mainly the following facilities of sports Indoor and outdoor Games can be mentioned in these facilities.

- 1) Indoor badminton court facilities are available.
- 2) Table tennis Indore court facilities are available.
- 2) A volleyball court is also available.
- 3) Multigym facility is available.
- 4) Weight/power lifting facility is available.
- 5) Kho-Kho, Kabaddi facility is available.
- 6) Cricket facility is available.
- 7) Apart from this, sports facilities such as chess, athletics(Long jump, high jumping , shot-put throw, Joyelling throw, Disc throw, ) etc. are also available.

- **Sports committee:**

- 1) Chairperson: Principal, Dr. Smita R. Deshmukh
- 2) Convener: Professor Vilas R. Thakare
- 3) Members: Dr. S. R. Kawale, Ku. P. B. Bhamburkar



**Instruments presents in Gym of Matoshree Vimalabai  
Deshmukh Mahavidyalay, Amravati**







**Prof. V. R. Thakare demonstrating about the exercise in  
Gym of Matoshree Vimalabai Deshmukh Mahavidyalay,  
Amravati**

**Coordinator**

**Principal**