



SADHU VASWANI MISSION'S
St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Reaccredited by NAAC- A Grade, cycle 3
[ARTS, COMMERCE, SCIENCE ,BSc(Computer Science), BBA, BBA(CA)]
6,Koregaon Road,Pune-411001. [INDIA]
Ph./Fax: 26124846; Email: info@stmiracollegepune.edu.in
NAAC 3rd Cycle – A Grade

PU/PN/AC/015/(1962)
College Code:- 013

4.1 Physical Facilities

4.1.1

The Institution has adequate infrastructure and other facilities for

Facilities for Cultural and sports activities, yoga centre, games (indoor and outdoor), Gymnasium, auditorium etc

Sports Facilities report

2022-23

Ekta Jadhav

Ekta Jadhav





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Outdoor Facilities-

- Basketball - We have 50 x 40 meters of ground which includes a movable basketball cemented half court of size 22x 19 meters which was established in the year 2015-16
- Volley Ball Court of size 18 x 9 meters,
- Kabaddi Ground of Size 13 x 8 meters
- Athletics 50 x 5 meters straight track
- Long Jump pit of 9 x 3 meters.
- Throwing events (Shotput, Discuss, Hammer Throw)- We have 3 cemented rings of diameter 2.25 meter.
- Tennis Court/ Badminton Open Court- We have 2 cemented rings of size 13 x 6 meters. (we also play Handball or Football or Kho-Kho in this available area by using small goal post).

Indoor Facilities-

- GYM -We have a very well-equipped GYM of Size 12 x 6 meters on ground (which includes 2 cardio machines, a rowing machine, 6 station multi-gym, Cross Over machine, medicine balls, dumbbells, Swiss ball, weight plates, leg press machines, Bench press Stand, squats stand, exercise box, cones, mats, cattle bell, skipping ropes, weight Belts, harness belt, chess board.

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- Table Tennis Table -We have a moveable Table Tennis Table of size 2.74 x 1.52.5 meter which is kept in the common room (Foyer Hall) of Size 12 x 5 mts.
- Yoga training and practice a part of our curriculum is conducted in the Sanctuary Hall which is of 19 x 18 Meters in size.
- Participation at the intercollegiate, district, zonal, State and National levels- Our students participate in various Games/ Sports such as Athletics, Cross Country, Basketball, Boxing, Handball, Badminton, Football, Cricket, Kho-Kho, Kabaddi, Volleyball, Judo, Yoga, Power Lifting, Chess, Archery, Table tennis and rifle shooting.
- We have regular practice of Athletics, Football, Basketball, Yoga, Table tennis in the college as well as Physical Education Lectures for all first-year students at the grounds on campus.

List of the Sports Equipments

Sr. No	Particulars	No Of Items
1	Double Bar	1
2	Leg Press machine (Thighs)	1
3	Leg raise machine with mattress (Calf)	1
4	Sit ups Stand	1
5	Iron Bar	5
6.	Olympic Bar- 5'-15kg 6'- 20kg	1 bar 1 bar
7.	Locks for Olympic Bar	5 Pair
6	Weight Training Stand (Wooden)	1
7	Barbell	

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	a. 10 kg bar	1
	b. 7 kg bar	2
	c. 5 kg bar	3
	d. 2.5 kg bar	2
8	Barbell Weight Plates	
	a. 2 1/2 kg bar bell	2 pairs
	b. 5 kg bar bell	2 pairs
	c. 10 kg bar bell	1 pair
9	Steel Weight Plates	
	a. 20 kg steel plates	2 pairs
	b. 2 kg steel plates	1 pair
	c. 1 kg steel plates	1 pair
10	LBS Weight plates	
	a. 20 lbs	2 plates
	b. 15 lbs	1 pair
	c. 10 lbs	1 plate
	d. 7 1/2 lbs	1 pair
	e. 5 lbs	1 pair
11	Rubber Weight Plates	
	a. 10 kg	2 pair
	b. 6 kg	1 pair
	c. 2 kg	1 pair
	d. 7.5 Kg	1 pair
	e. 5 Kg	1 Dumbbell
	f. 2.5 Kg	2 pair
12	Steel Dumbbells	
	a. 10 kg	1 pair
	b. 5 kg	1 pair
13	Rubber Dumbbells	

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	a. 2 ½ kg	-
	b. 3.5 kg	-
14	Iron dumbbells	
	a. 10 lbs	1 dumbbell
	1. 7.5 lbs	1 pair
15.	ated Dumbbells	
	a. 7.5 Kg	1 pair
	b. 5 Kg	1 Dumbell
	c. 3 Kg	1 pair
	d. 2.5 Kg	2 pair
15	Medicine Ball	
	a. 5 kg	2
	b. 4 kg	4
	c. 3 kg	4
	d. 2 kg	2
	e. 1 kg	1
16	Bench press with stand	1
17	Static Cycle	1
18	Elliptical (Cross) trainer	1
19	Cross over machine	1
20	Inclined bench	1
21	Weight plate stand	1
22	Multi GYM three station machine	1
23	Multi GYM Six station machine	1
24	Twister	1
25	Badminton	
	a. Net	3
	b. Racket	9

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26	Basket ball	
	a. Movable Stand	1 pair
	b. Basket balls	8
	c. Net	5 pair
27	Volley ball	
	Balls	6
28	Throw ball	
	Balls	6
29	Hand ball	
	a. Net	1 pair
	b. Balls	12
	c. Goal post (Movables)	1 pair
30	Foot ball	6
31	Discus	
	a. Wooden 1.5 kg	1
	b. Wooden 1 kg	3
	c. Rubber 1 kg	7
	d. Rubber 1.5 kg	1
	e. Steel 1.5 kg	1
	f. Nelco discus	1
32	Shot put	
	a. 4 kg	4
	b. 5 kg	-
33	Javelin	
	a. Javelin wooden	Nil
	b. Javelin metal	5
34	Hammer	
	a. 3 kg	2
	b. 4 kg	9

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	c. 5.45 kg	1
	d. Hammer Gloves	1
	e. Hammer belt	4
	f. Hammer handle	9
	g. Hammer wire	6
35	Measuring Tape	
	50 mt tape	2
	30 mt tape	-
36	Stop watch	
	Electronic new	1
	Electronic old	-
37	Thick Rope (Tug of war)	1
38	Skipping Rope	16
39	Chest Spring (GYM)	1
40	Weight Machine	1
41	National Flag	1
42	Chess Set	2
43	Relay Baton	7
44	High Jump Stand (Nelco)	1 pair
45	High Jump Bar (height measurement stand)	2
46	Nylon Rope	2
47	Ring Tennis Pole	1 pair
48	Badminton pole	1 pair
49	Taekwondo – Kick pad Twin	-
50	Air Pump	Nil
51	Fencing	
	Sword : Electronic	0
	Plain	
	Helmet	2

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	Gloves	
52	Lathi Kathi	10
53	Thera band - Blue	-
	Yellow	1
	Green	1
54	Ankle Weight Belts 2 kg	3 pair
	1.5 kg	6 pair
	1 kg	5 pair
55	Hurdle (Folding / Adjustable)	2
56	Hurdles (Competition)	5
57	Small Hurdles	10
58	Jumping Box (Explosive Strength) all sizes	4
59	Yoga mat	12
60	Spikes Size 4	1
	Size 5	2
	Size 6	2
	Size 7	1
61	High Jump spikes Size 6	1
	Size 7	1
62	Cones 16"	8
	12"	12
	9"	7
	6"	8
63	Soccer Cones	24
64	Cricket – Bat	2
	Leather ball	24
	Cricket Tennis Ball	24
	Gloves	1
	Pad	1 Pair

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	Full Kit	2 set
65	Kettlebell 6 Kg 8 Kg	2 pair 1 pair
66	Table tennis	
	a. Table	1
	b. TT Rackets	8
	c. Net	2
	d. TT ball	2 dozen
67	Carom Board	2
68	Starting Block	6
69	Ladder (4 mt)	4
70	Knee cap	13
71	Ankle cap	12
72	Massage Roller	6
73	Ring Tennis	5
74	Swiss Ball	2
75	Throw ball pole	1 pair
76	Iron stand for dips	1 pair
77	Ground Equipment	
	a. Khurpa	1
	b. Phavada	1
	c. Ghamela	1
	d. Pole Vault Pole	
	e. Dari	0
	f. Cub board Steel- Big	3
	g. Cub board Wooden	2
	h. Roller	1
	i. Torch	1
78	Lagori set	3

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79	Take off Board	1
80	Mattress (high jump/gymnastic)	10
81	Harness Belt	5
82	Yonex Shuttle cock- Feather Plastic	1 box 3 box
83	Theraband tubing with handle Green (Easy) Blue (Medium) Black (Heavy)	1 2 1
84	Thera Band	4
85	Weight Lifting Strap	2

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