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Details of Sports and Fitness Facilities

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Registrar
Atmiya University

Atmiya University, Rajkot-Gujarat-India



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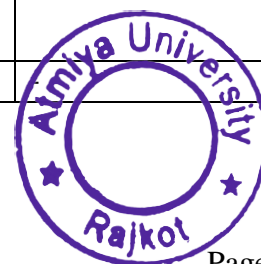
Sports Facilities

These facility designed to promote health and fitness for its employees and students. Situated within the university campus, is equipped with a wide range of modern fitness equipment, ensuring that users can maintain their physical well-being effectively. Managed by the university administration, it operates daily from 9:00 AM to 11:00 PM, catering to over 60 regular gym enthusiasts.

Atmiya University also boasts a sprawling 5-acre multipurpose playground. This space supports a variety of indoor and outdoor sports facilities, encouraging students and staff to engage in recreational and competitive sports, further promoting a holistic approach to wellness.

Sports - Outdoor Facilities

Game/Sports	Resources	
Football	Goal post with 45x90 meters completes Ground.	06 ball
Volleyball	One volley ball court with pole and net, and fiber antenna	10 ball
Basketball	One Basketball court	10 ball
Tennis	One Tennis court	Tennis racquets and balls
Hockey	One Hockey court with goal post and 12 sticks.	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	Running :- 1) 10 Electronic stop watch 2) 06 Aluminum baton, 3) 40 Hurdles and clapper	-
	Throwing :- 1) Javelin- man -woman 10 aluminum javelin 2) Shot put- man- woman 3) Disc – man -woman 2 4) Hammer – man - woman	-
	Jumping:- 1) H.J. & pole vault stand with cross bar. 2) Two takeoff board, one toe board.	-
	Track Dimension: 200m	



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Sports - Indoor Facilities

Game/Sports	Resources	
In door Facilities	Judo & Wrestling :- 15 complete mats Carom : - 05 standard tournament carom board.	-
	Chess : 18 chess board	-
	Badminton :- 2 badminton court 06 per rackets and shuttle cocks	-
	Table Tennis :- 01 complete T.T. Table with nets	-



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Gymnasium

The Atmiya Wellness Centre is a well-equipped gymnasium offering top-notch facilities to cater to the diverse fitness needs of the university community.

- **Timings:**
 - 10:00 AM to 1:00 PM (Monday to Saturday)
 - 3:00 PM to 7:00 PM (Monday to Saturday)
- **Instructors:**
 - Dr. Mulrajsinh Zala – Physiotherapist and Certified Fitness Trainer.
 - Mr. Kuldeep Rathod – Qualified Trainer.
 - Ms. Druvisha Jadeja – Qualified Trainer.
- **Facilities and Equipment:**
 - Specialized gymnastics equipment, including pommel horse, balance beam, double bar, and springboard.
 - Dedicated zones for cardio, strength training, and functional exercises.
 - Personalized fitness plans and guidance provided by expert trainers.
- **Participation:**
Over 60 regular gym enthusiasts practice daily, benefiting from these professional services and facilities.

Zumba Centre

The Zumba program at Atmiya University is a lively and energetic addition to its wellness initiatives.

- **Exclusivity:** Designed for female employees and students, fostering a comfortable and motivating atmosphere.
- **Sessions:** Conducted by qualified instructors, Zumba combines fitness with fun through dance-based workout routines.
- **Benefits:** Enhances cardiovascular health, stress relief, and physical endurance in an enjoyable group setting.

Yoga Centre

The Yoga Centre focuses on enhancing flexibility, mindfulness, and inner peace while promoting physical health.

- **Facilities:**



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- A well-furnished Hall & Matting Room with 50 yoga mats available for participants.
- **Special Features:**
 - Morning and evening sessions cater to a variety of schedules.
 - Stress-relief workshops and meditation classes led by experienced yoga trainers.
- **Instructor:**
 - Dr. Gaurav Makwana, a qualified Physical Training Instructor with a Ph.D. and UGC NET certification.



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Gymnasium Machine Details

Sr. No.	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	Biceps / 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	Dumbbells - 150kgs
17	Olympic Plates - 550kgs
18	Barbell - 04
19	Yoga Mat - 15
20	Physio Ball 75cm - 10 Balls





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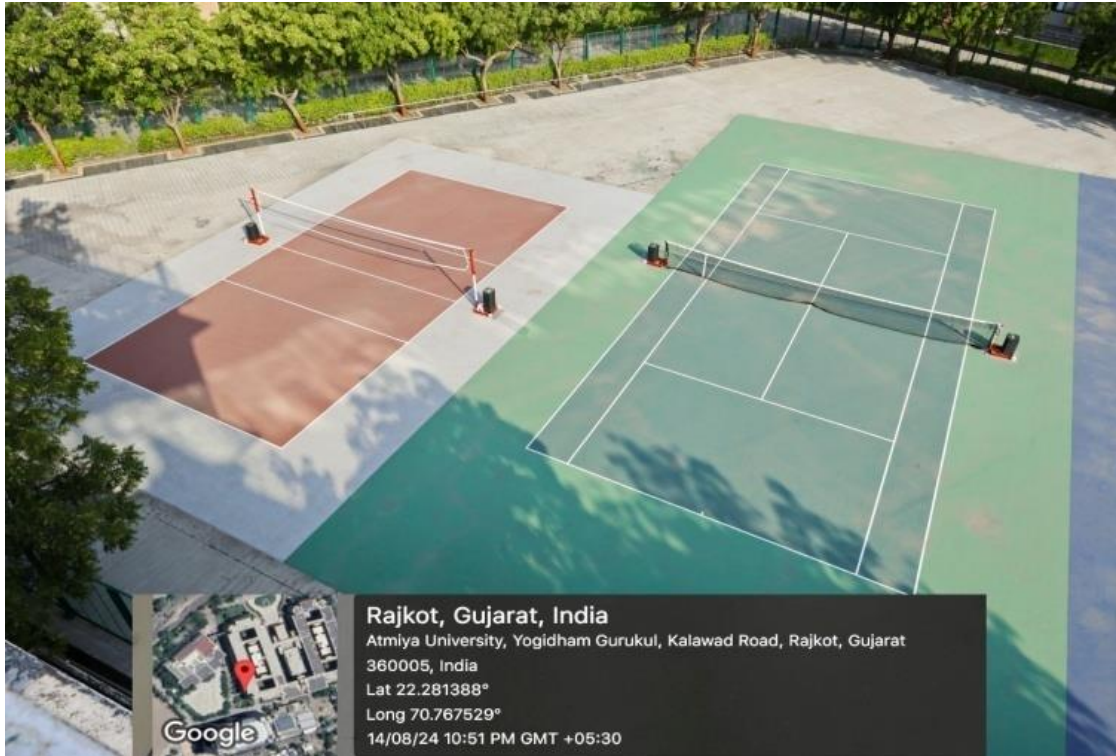
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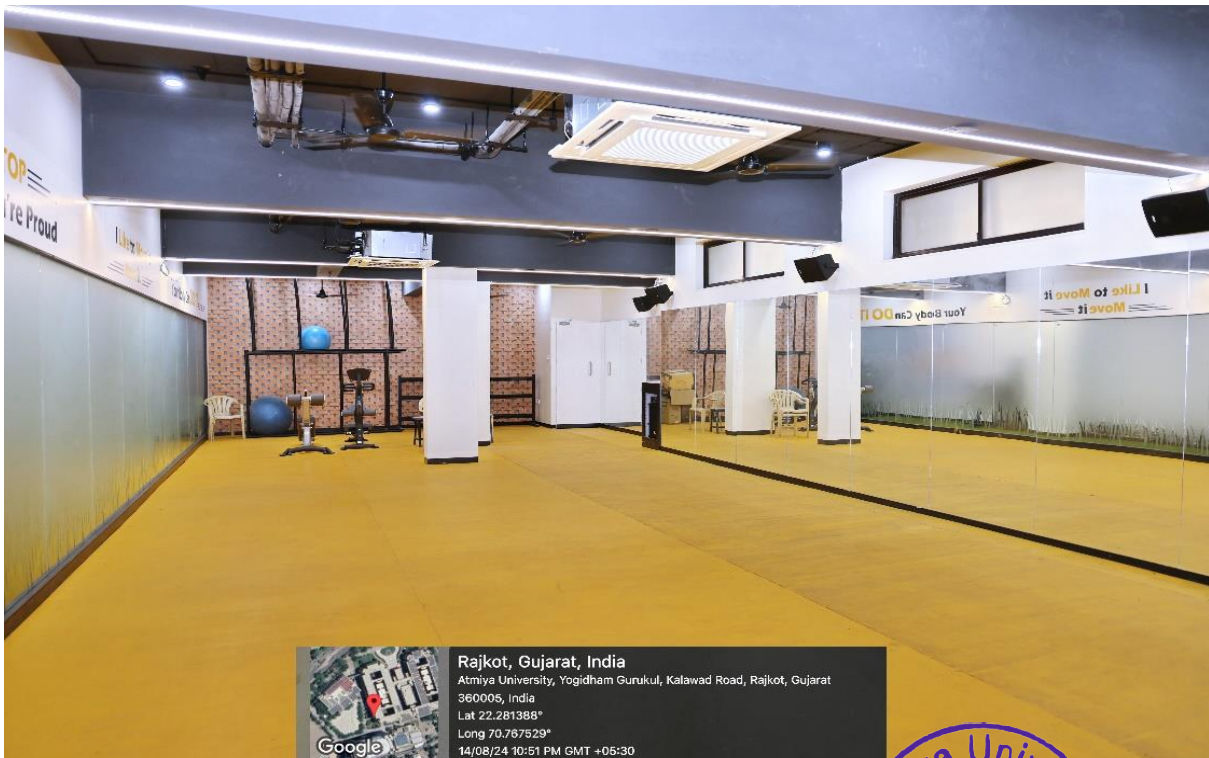
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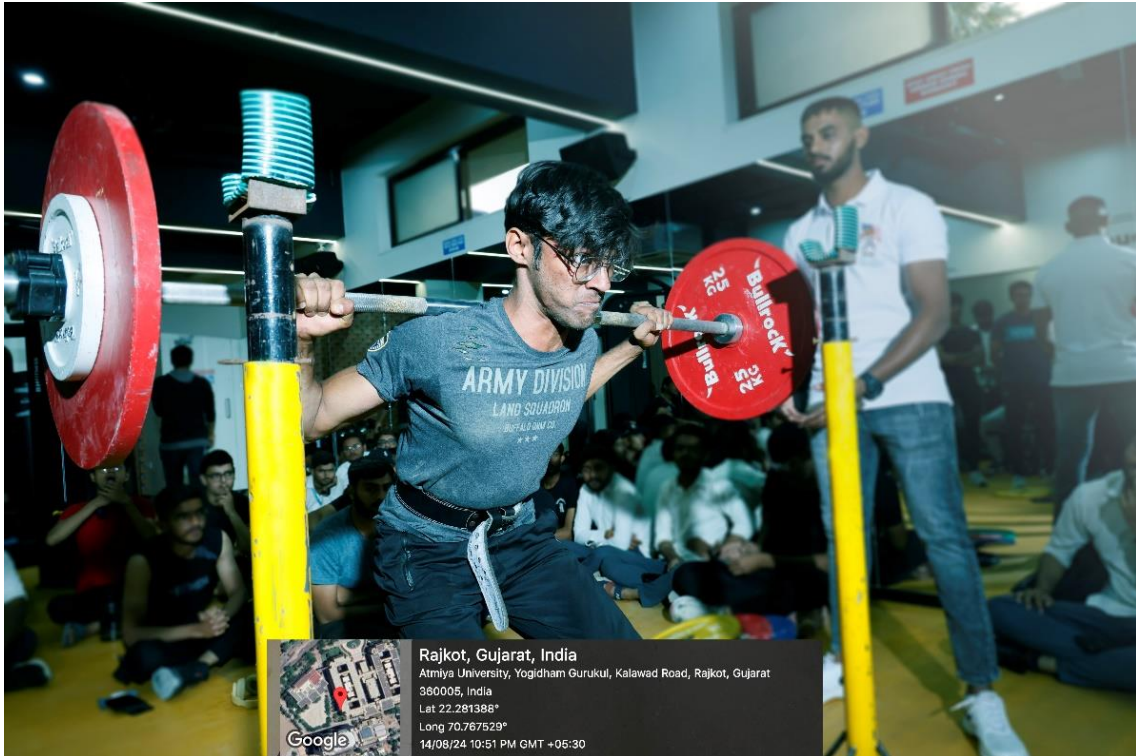
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