

Facilities in Gymnasium

Sr. No	Particulars	Wt	Qty
1	Pec Fly With Rear Delt	80	1
2	Lat Pull Down	80	1
3	Preacher Curl Machine	60	1
4	Smith Machine	-	1
5	45 Degree Hack With Leg Press	-	1
6	Leg Curl & Leg Extension	75	
7	Adjustable Bench	-	2
8	Hyper Extension	-	1
9	Decline Bench	-	1
10	Bent Over Rower "T" Bar	-	1
11	Barbell 4"ft	-	1
12	Spine Bike-Commercial	-	2
13	Rubberized Dumbbell	Wt in Kg	430
	15 Kg	30	1
	30 Kg	60	1
	35 Kg	70	1
	40 Kg	80	1
	45 Kg	90	1
	50 Kg	100	1
14	Rubberized Dumbbell	Wt in Kg	140
	5 Kg	20	2
	10 Kg	40	2
	20 Kg	80	2
15	Cardio Cycle	-	1
16	Dumbbell Rack	-	1
17	Plate Stand	-	1
18	Gym Mat 1*1	-	25
19	Gym Belt	-	1



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OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS)
Ghatkopar (W), Mumbai-400 086, Maharashtra, INDIA

2019: Star College Status by DBT

2008: Best College by University of Mumbai **2010: IMC RBNQ Award 'Performance Excellence' for the year 2009**

2011: 'Best Teacher Award' by Government of Maharashtra **2013: DST-FIST** **2014: DBT STAR College**

2013 & 2014: 'Jagat Jaanivancha Award' by Govt. of Maharashtra **2016: ISO 14001:2015** **2016: ISO 9001:2015** **2017: ISO 27001:2013**

2018: Autonomous Status by University Grants Commission (No. F. 22-1/2018(AC) - 28.05.2018) & by University of Mumbai (No.Aff./ICD/18-19/440 - 08.06.2018)