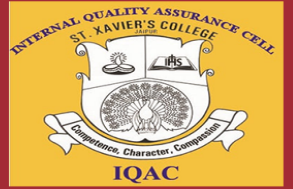




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4.1 PHYSICAL FACILITIES

4.1.1

Facilities for Cultural and Sports activities, Yoga centre, Games, Gymnasium, Auditorium etc.

- **Cultural Facilities** – Fr. Stan Swamy Auditorium with a seating capacity of 500, Dr. B R Ambedkar Conference Room with a capacity of 75, MDP Board Room, Amphitheatre, Students' Lounge, Students' Council Room, Decoration Room, and open spaces are used for organizing cultural events and activities.
- **Sports Facilities** – Indoor Sports (783 sq. ft.) – Chess, Carrom, Table Tennis, Badminton; Outdoor Sports (1,00,000 sq. ft) – Football, Cricket, Badminton, Lawn Tennis, Volleyball, Basketball, Athletics, Kabaddi, Kho-Kho, and gymnasium promoting physical fitness and sports
- **Yoga Facilities** – Yoga Udhyan and Open Gym promoting holistic well-being

Principal

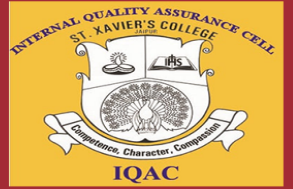
St. Xavier's College, Jaipur
Nevta-Mahapura Road, Jaipur





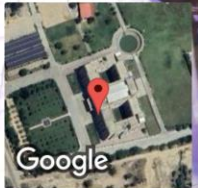
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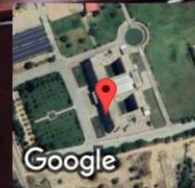


CULTURAL FACILITIES

FR. STAN SWAMY AUDITORIUM



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RM4G+2R, Bhankrota, Neota, Rajasthan 302029, India
Lat 26.805014°
Long 75.676983°
16/02/24 10:24 AM GMT +05:30



Bhankrota, Rajasthan, India
RM4G+2R, Bhankrota, Neota, Rajasthan 302029, India
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Long 75.677019°
16/02/24 10:27 AM GMT +05:30



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DR. B R AMBEDKAR CONFERENCE ROOM



GPS Map Camera

Bhankrota, Rajasthan, India
RM4G+2R Xavier's Quadrangle - South, Bhankrota, Neota, Rajasthan 302029, India
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GPS Map Camera

Bhankrota, Rajasthan, India
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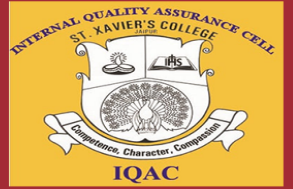
AMPHITHEATRE



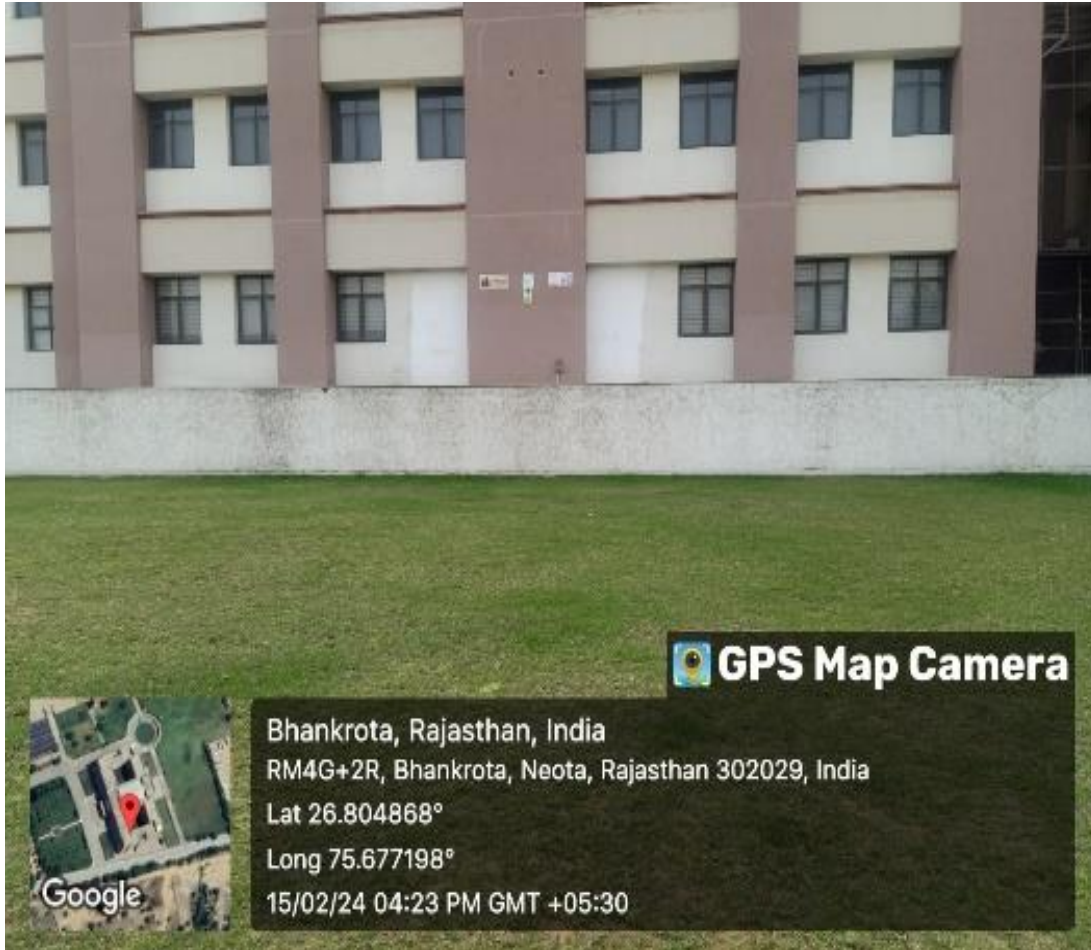


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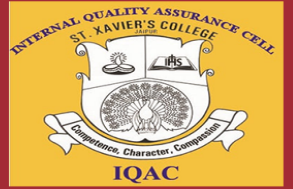
AMPHITHEATRE





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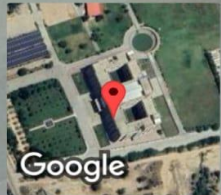


AMENITIES

GIRLS' LOUNGE



GPS Map Camera



Bhankrota, Rajasthan, India
RM4G+2R, Bhankrota, Neota, Rajasthan 302029, India
Lat 26.804979°
Long 75.677047°
22/02/24 11:10 AM GMT +05:30

BOYS' LOUNGE



GPS Map Camera



Bhankrota, Rajasthan, India
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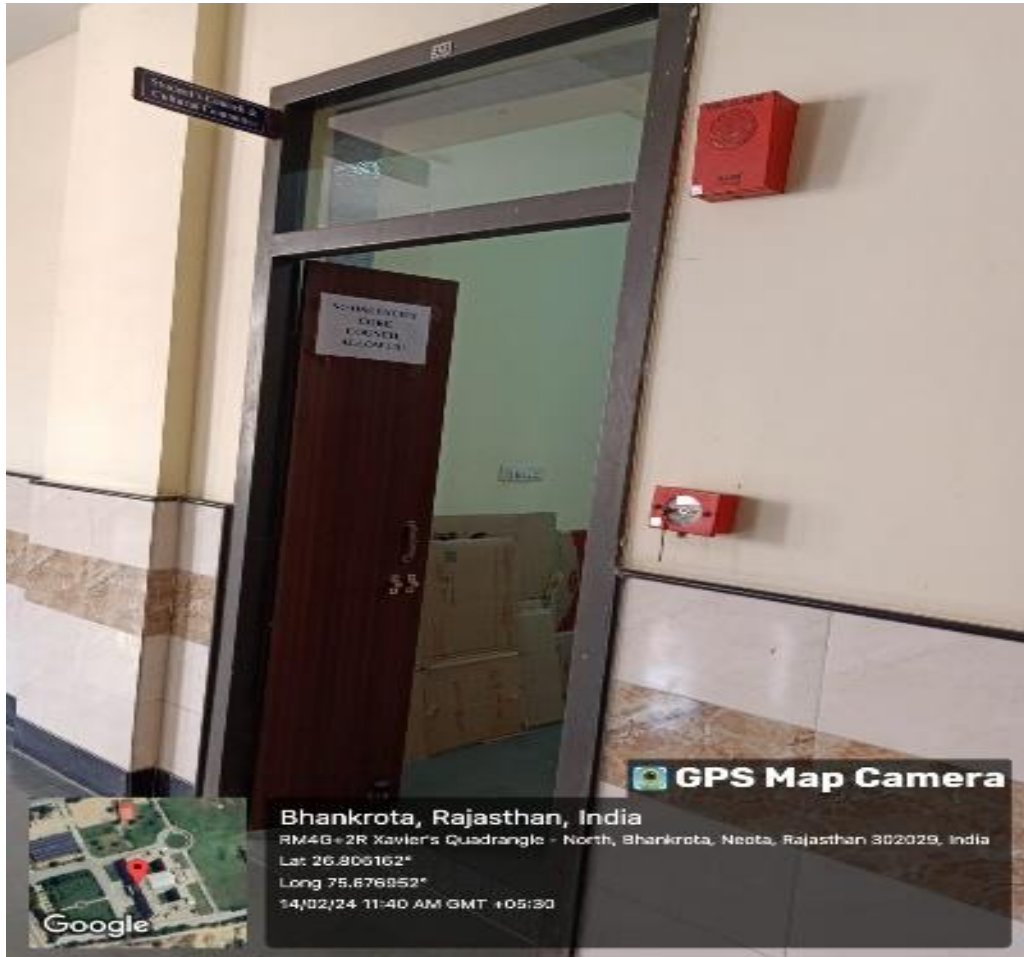


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STUDENTS' COUNCIL ROOM

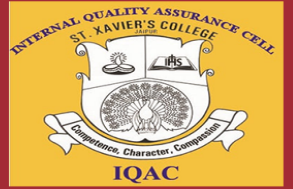


Janigal



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NORTH QUADRANGLE



SOUTH QUADRANGLE





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NORTH QUADRANGLE



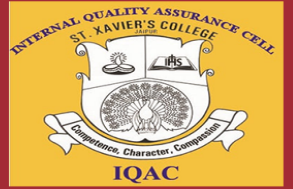
Janey L.





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SOUTH QUADRANGLE





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FRONT PORTICO

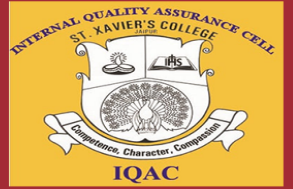


Jaipur



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SPORTS FACILITIES

CHESS




RM4G+2R Xavier's Quadrangle - North, Bhankrota, Neota, Rajasthan 302029, India

Bhankrota
Rajasthan
India

28°C
82°F

2023-09-09(Sat) 10:15

TABLE TENNIS



GPS Map Camera

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RM4G+2R, Bhankrota, Neota, Rajasthan 302029, India
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Long 75.677031°
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FOOTBALL



RM4G+2R, Bhankrota, Neota, Rajasthan 302029, India

Bhankrota
Rajasthan
India

28°C
82°F

2023-09-09(Sat) 09:57

BADMINTON



RM4G+2R Xavier's Quadrangle - South, Bhankrota, Neota, Rajasthan 302029, India

Bhankrota
Rajasthan
India

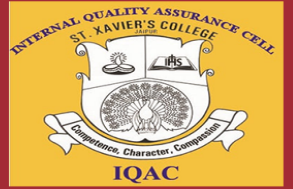
29°C
84°F

2023-09-09(Sat) 10:36



St. Xavier's College Jaipur

Affiliated to the University of Rajasthan Approved under Section 2(f) and 12(B) of UGC Act, 1956
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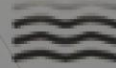
BASKETBALL



RM4H+F9Q, Jaisinghpura, Neota, Bhankrota, Rajasthan 302029, India

Neota
Rajasthan
India

2023-09-16(Sat) 10:32



29°C
84°F

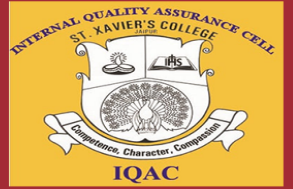
VOLLEYBALL





St. Xavier's College Jaipur

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CRICKET





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ATHLETICS



KABADDI





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SPORTS ROOM



OPEN GYM

ST. XAVIER'S COLLEGE JAIPUR

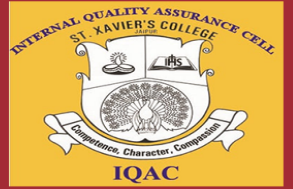
XAVIER'S OPEN GYM / जेवियर्स ओपन जिम

	<p>TRIPLE TWISTER</p> <p>Triple Twister is designed to develop the muscles of the upper body, slim the waist, and strengthen core muscles. Improves flexibility, coordination and balance.</p> <p>INSTRUCTIONS TO USE:</p> <p>Step onto the platform and hold the handlebars with both hands to gently turn your hips from side to side without moving your shoulders.</p>		<p>DECLINE BENCH</p> <p>Decline bench is a versatile open gym equipment, primarily used for effective abdominal workouts like decline sit-ups or crunches, engaging the core, it also plays a crucial role in chest and shoulder exercises, enhancing upper body strength.</p> <p>INSTRUCTIONS TO USE:</p> <p>Hook your feet under the bar, lie back, and pull yourself up, or adopt a reverse position, holding the bar and raising your legs or knees.</p>
	<p>STATIONARY CYCLE</p> <p>Stationary Cycle is designed for cardiovascular workouts to enhance endurance and stamina while effectively burning calories and boosting metabolism. It is particularly beneficial for strengthening various leg muscles, including the quadriceps, hamstrings, calves, and glutes.</p> <p>INSTRUCTIONS TO USE:</p> <p>Sitting on the saddle, put your hands on the handles and pedal with your feet on the pedals. The user can cycle at their own pace, making it suitable for all abilities.</p>		<p>TREADMILL</p> <p>Treadmill is used to enhance cardiovascular health and facilitate weight loss. Users can engage in a variety of workouts, including walking, jogging, running, and interval training, thereby contributing to overall fitness improvement.</p> <p>INSTRUCTIONS TO USE:</p> <p>Stand on the treadmill, hold the handles, and start walking or running at your own pace.</p>
	<p>AIR WALKER</p> <p>Air Walker or Air Gliders provide an effective cardiovascular workout, engaging multiple muscle groups for a full-body exercise that targets the legs, arms, and core. It strengthens heart and lung functions, improves coordination and stability of the legs, and strengthens the muscles of the legs and buttocks.</p> <p>INSTRUCTIONS TO USE:</p> <p>Stand on the platform with your feet on the pedals and grab the bar with your hands, moving your legs back and forth, simulating walking.</p>		<p>DIP BAR</p> <p>Dip Bars are great for triceps dips, strengthening the back of the arms. They also engage the core for abdominal muscle development. These bars target the back, shoulders, arms, and core, promoting overall upper-body strength.</p> <p>INSTRUCTIONS TO USE:</p> <p>Stand between the bars and lift yourself up with both hands - ideal for pull-ups or hand walking.</p>
	<p>SHOULDER PRESS</p> <p>Shoulder Press is a tool for a focused exercise that strengthens the deltoid muscles, enhancing shoulder strength and stability. It also targets the triceps and upper chest, contributing to overall upper-body development.</p> <p>INSTRUCTIONS TO USE:</p> <p>Sitting on the chair, hold the handles with your hands and pull them downwards, lifting your feet off the ground and then slowly raise the handles upwards.</p>		<p>PULL UP BARS</p> <p>Pull-Up Bars, also known as Horizontal Bars, are essential for targeting upper-body muscles, including the back, shoulders, arms, and core. Key exercises like pull-ups and chin-ups actively engage these muscle groups, promoting overall strength and development.</p> <p>INSTRUCTIONS TO USE:</p> <p>Hold onto the bar, and use the arms to pull up until the chin is level with or above the bar. Lower again and repeat according to your capability.</p>



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YOGA UDHYAN

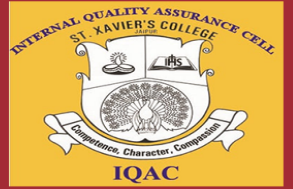


Janie 52

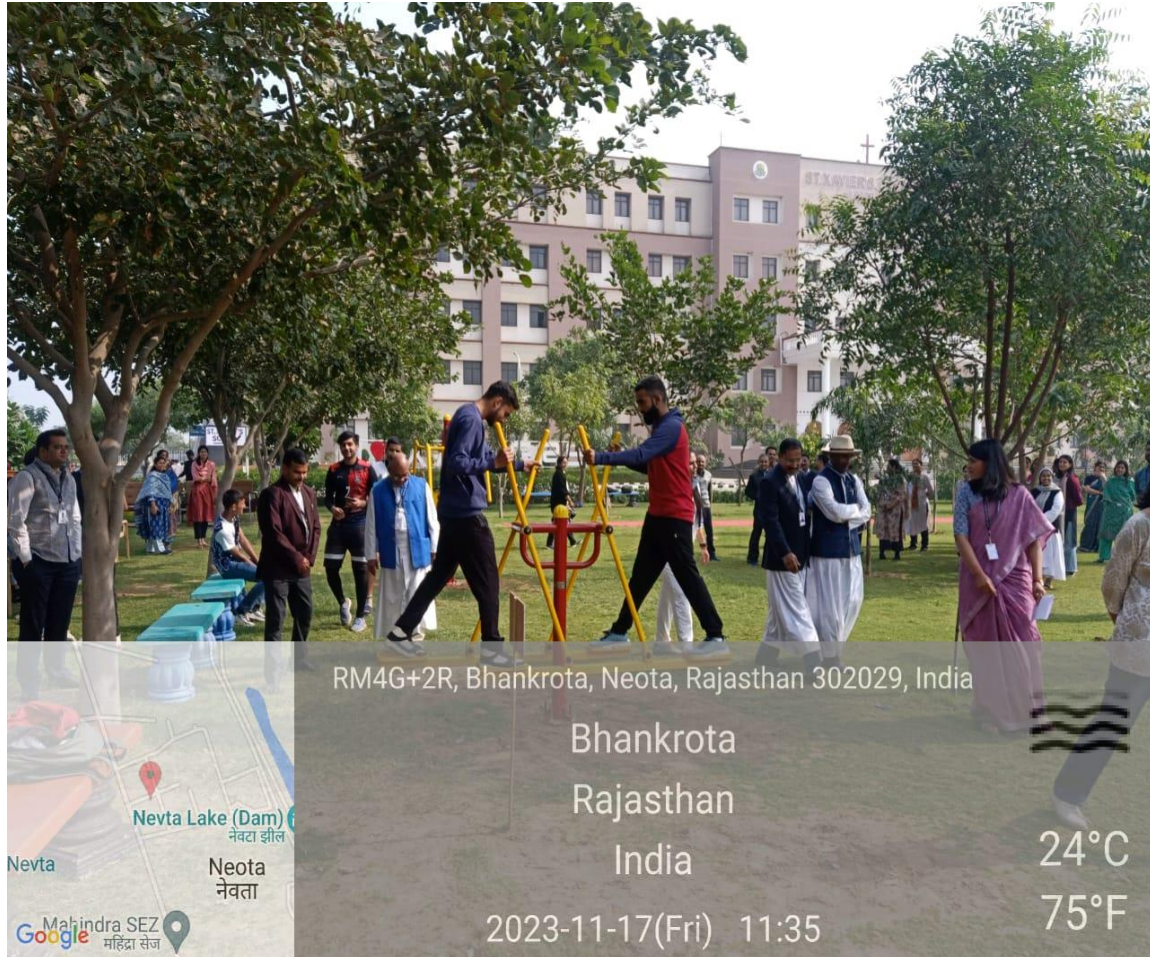


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OPEN GYM



RM4G+2R, Bhankrota, Neota, Rajasthan 302029, India

Bhankrota
Rajasthan
India

24°C
75°F

2023-11-17(Fri) 11:35



INDOOR GYM



GPS Map Camera



Bhankrota, Rajasthan, India
RM4G+2R Xavier's Quadrangle - North, Bhankrota, Neota, Rajasthan 302029, India
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Long 75.676881°
22/02/24 12:14 PM GMT +05:30