

Gymnasium Facilities



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About

In a dedicated effort to prioritize the holistic well-being of our university, an advanced multi-gymnasium spanning 3500 square feet was established within the university premises as part of the XIth Plan sanctioned by the University Grants Commission (UGC). This expansive and state-of-the-art fitness hub has been fully operational and has become an integral component of our university's commitment to promoting health and fitness. Notably, Quantum University boasts three gymnasium facilities located in Boys Hostel 1, Boys Hostel 2, and the Girls Hostel.

The multi-gymnasium, covering a total area of 3500 square feet, is equipped with a comprehensive array of imported, modern gym equipment, catering to diverse fitness preferences and requirements. From cardiovascular machines to strength training apparatus, the facility is designed to accommodate various workout routines and cater to the fitness goals of our diverse university population.

Since its inception, the multi-gymnasium has gained significant popularity among students, faculty, and staff alike. Its widespread appeal can be attributed not only to the cutting-edge equipment it houses but also to the welcoming environment that encourages individuals of all fitness levels to engage in regular exercise.

We take pride in fostering a culture of health and fitness within our university, recognizing the positive impact it can have on both academic and personal well-being. The establishment and ongoing success of our multi-gymnasium underscore our commitment to providing a conducive environment for physical fitness and promoting a healthier lifestyle among our university community. Catering to various fitness preferences, the gymnasium also features specialized machines like the Chin-up Machine, Butterfly Machine, and Lat Pull Down (Solder) Machine. With multiple benches, rod options, and a variety of plates for weight training, users can customize their workouts. This facility, covering a substantial total area of 3500 square feet and operated by a skilled Physical Instructor, promotes a safe and inclusive environment for users of all fitness levels, emphasizing our commitment to fostering a culture of health and fitness within our university community.



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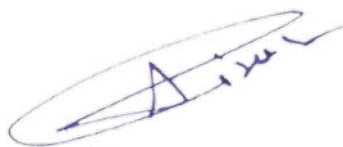
Boys Hostel-1 Gym

The Boys Hostel-1 Gym, occupying a space of 660 square feet, stands as a dedicated fitness haven for our university students. Within this well-designed facility, a diverse range of fitness equipment has been thoughtfully curated to cater to the varied workout preferences of our residents. Among the equipment available are sets of dumbbells ranging from 5 kg to 12.5 kg, providing ample choices for strength training. The gym is further equipped with essential machines such as the Chin-up Machine, Butterfly Machine, and Lat Pull Down (Solder) Machine, allowing for a comprehensive and balanced workout routine. Additionally, specialized benches like the Incline Bench Press and Decline Bench Press contribute to a versatile exercise environment. The availability of weight stands, rods stands, and an assortment of plates ranging from 2 kg to 20 kg adds to the flexibility of workout options. With a thoughtful selection of equipment, Boys Hostel-1 Gym aims to provide a holistic fitness experience, promoting the well-being of our university community.

List of Equipments

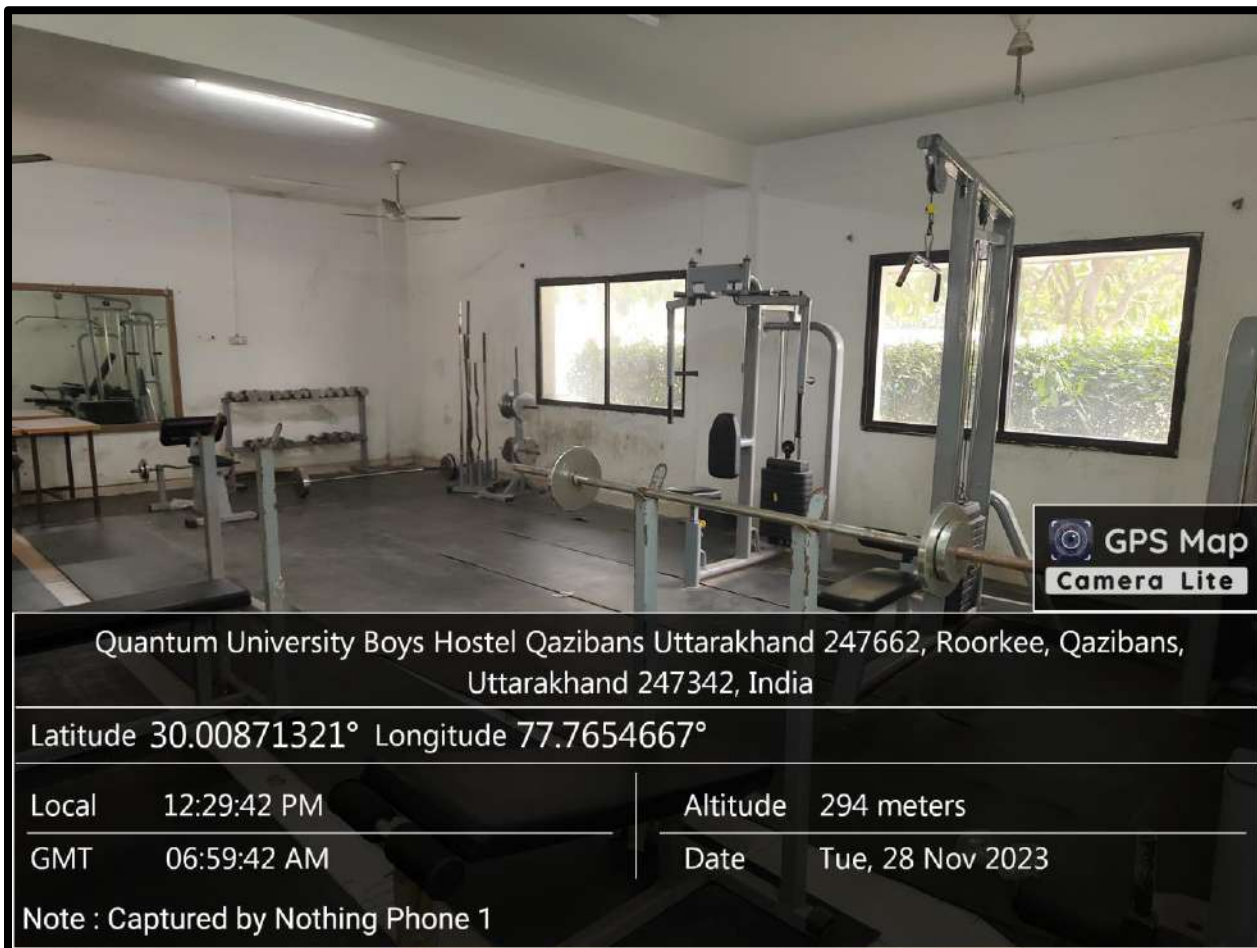
Particulars of Equipment's	Quantity	Weight
Dumbbells	06 Pcs.	05 kg
Dumbbells	06 Pcs	7.5 kg
Dumbbells	06 Pcs.	10 kg
Dumbbells	04 Pcs.	12.5 kg
Chin-up Machine (Wall)	01 Pcs.	NA
Butterfly Machine	01 Pcs.	NA
Lat Pull Down (Solder) Machine	01 Pcs	NA
Incline Bench Press	01 Pcs	NA
Decline Bench Press	01 Pcs.	NA
Weight Stand	01 Pcs.	NA

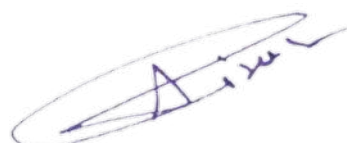
Rods Stand	01 Pcs.	NA
Abdominal (sit-up) Bench	01 Pcs	NA
Flat Bench	01 Pcs	NA
Plates (Weight for GYM)	06 Pcs.	05 kg
Plates (Weight for GYM)	06 Pcs	02 kg
Plates (Weight for GYM)	02 Pcs	20 kg
Plates (Weight for GYM)	04 Pcs	15 kg
Plates (Weight for GYM)	04 Pcs	10 kg
Rod (Fly up Curl)	01 Pcs	03 Feet
Rod (Fly up Curl)	02 Pcs	04 Feet
Rod (Straight)	02 Pcs	05 Feet
Rod (Straight)	03 Pcs	06 Feet
Rods (Straight)	01 Pcs	07 Feet
Preacher curl Bench	01 Pcs.	NA
Leg Extension Machine	01 Pcs.	NA
Let Pull Down Bar	01 Pcs.	NA



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Presenting Image of Gym of Hostel 01




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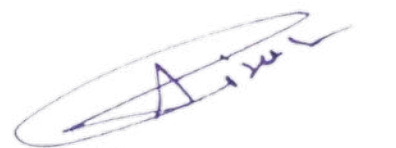
Boys Hostel-2 Gym

The Boys Hostel-2 Gym, occupying a generous space of 660 square feet, is a dedicated fitness haven tailored to meet the diverse needs of our university students. The facility boasts an extensive range of contemporary fitness equipment, including a Chin-up Machine, Butterfly Machine, Multi Station Exercise Machine, Lat Pull Down (Solder) Machine, and Treadmill, offering a comprehensive workout experience. Accompanied by specialized benches, such as the Incline Bench Press and Decline Bench Press, and multiple weight stands and rods stands, the gym caters to a variety of exercise routines. Dumbbells of varying weights, both rubber and iron, further enhance the versatility of the workout options. The presence of a Preacher Curl Bench and Triceps and Back Rods adds to the facility's comprehensive offerings. With a thoughtful selection of equipment, Boys Hostel-2 Gym is committed to promoting the well-being and fitness goals of our university community.

List of Equipment

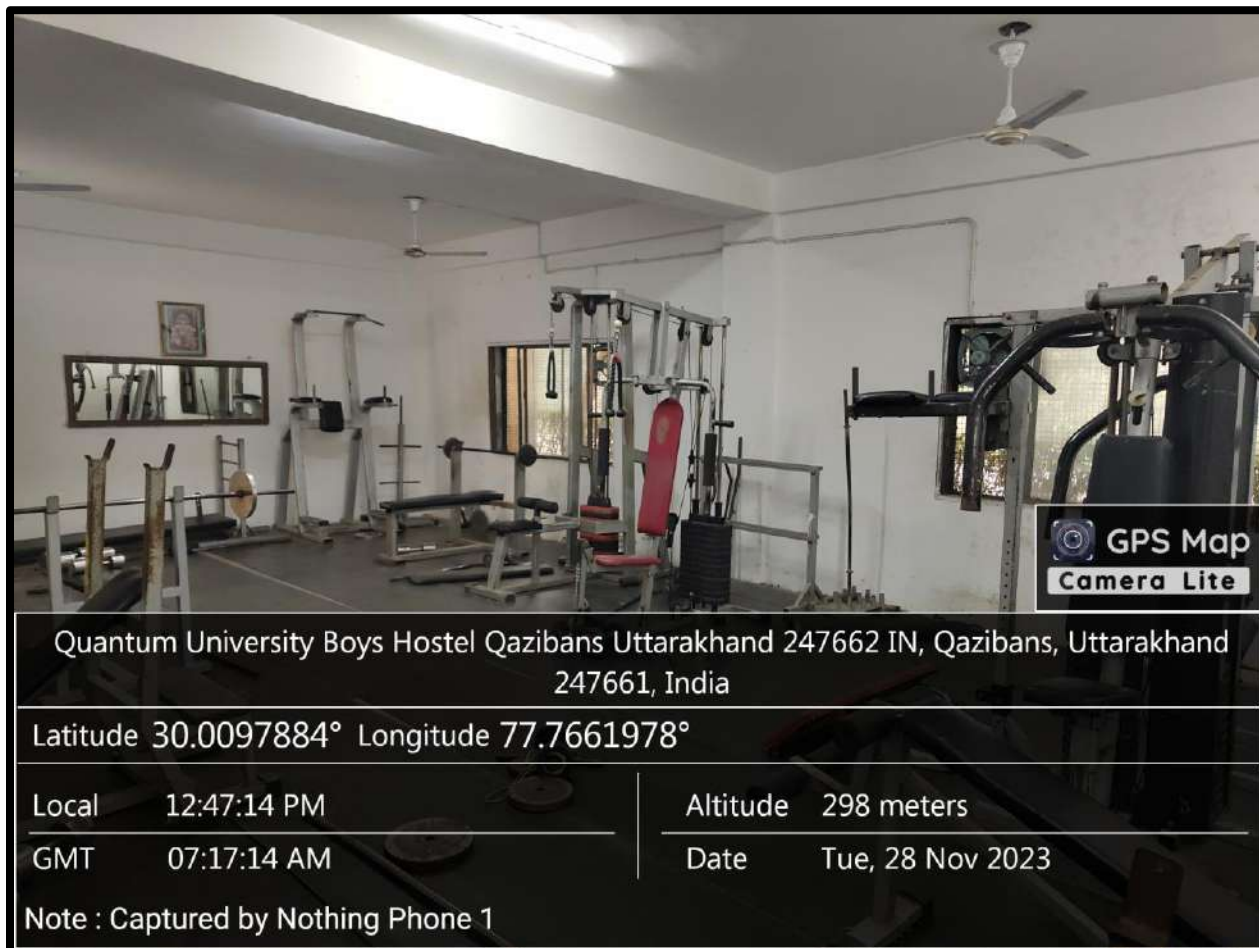
Particulars of Equipment	Quantity	Weight
Chin-up Machine	01 Pcs.	NA
Butterfly Machine	01 Pcs.	NA
Multi station Exercise Machine	01 Pcs	NA
Lat Pull Down (Solder) Machine	01 Pcs	NA
Treadmill	01 Pcs.	NA
Incline Bench Press	01 Pcs	NA
Decline Bench Press	01 Pcs.	NA
Weight Stand	03 Pcs.	NA
Rods Stand	01 Pcs.	NA
Abdominal (sit-up) Bench	01 Pcs	NA
Flat Bench	03 Pcs	NA

Dumbbells (Rubber)	12 Pcs.	7.5 kg
Dumbbells (Rubber)	04 Pcs.	10 kg
Dumbbells (Iron)	01 Pcs.	15 kg
Dumbbells (Rubber)	02 Pcs.	05 kg
Dumbbells (Iron)	04 Pcs.	05 kg
Dumbbells (Iron)	04 Pcs	7.5 kg
Dumbbells (Iron)	04 Pcs.	10 kg
Dumbbells (Iron)	02 Pcs.	12.5 kg
Dumbbells (Iron)	02 Pcs.	15 kg
Dumbbells (Rubber)	02 Pcs.	12.5kg
Plates (Weight for GYM)	02 Pcs	15 kg
Plates (Weight for GYM)	04 Pcs	2.5 kg
Plates (Weight for GYM)	04 Pcs	05 kg
Plates (Weight for GYM)	07 Pcs	10 kg
Plates (Weight for GYM)	02 Pcs	20 kg
Rods	11 Pcs.	Fly up Curl & Straight Rods
Triceps and Back Rod	04 Pcs.	NA
Preacher curl Bench	01 Pcs.	NA



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Presenting Image of Gym of Hostel 02




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Girls Hostel- Gym

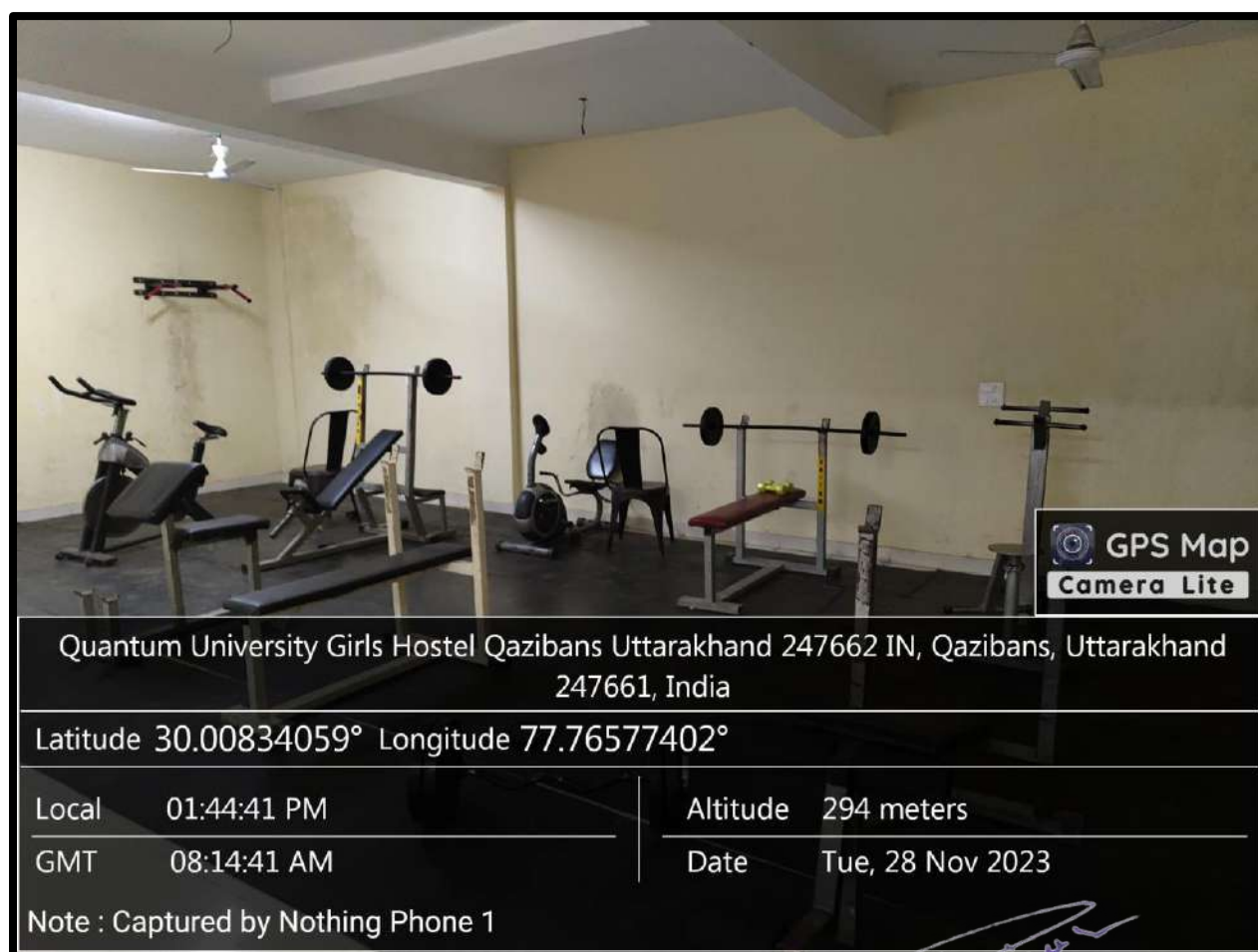
The Girls Hostel Gym, occupying a generous space of 1750 square feet, serves as a dedicated fitness haven meticulously tailored to meet the diverse wellness needs of our university's female students. This well-appointed facility is equipped with a variety of modern fitness equipment, including Flat Bench Press, Treadmill, Decline Bench Press, Dumbbells ranging from 1 kg to 7.5 kg, Rods, and specialized features such as a Twister (Rotator) and Gym Exercise Cycle. The inclusion of essential equipment like the Preacher Curl Bench, Incline Bench Press, Dumbbells Stand, and Chin-up Bar provides versatility for comprehensive workout routines. With a commitment to fostering a healthy lifestyle, the Girls Hostel Gym offers a welcoming and empowering environment for our university community, encouraging and supporting the fitness goals of our female students.

List of Equipment

Particulars of Equipment	Quantity	Weight
Flat Bench Press	02 Pcs	NA
Treadmill	01 Pcs.	NA
Decline Bench Press	01 Pcs.	NA
Dumbbells	04 Pcs.	05 kg
Dumbbells	02 Pcs.	7.5 kg
Dumbbells	04 Pcs.	02 kg
Dumbbells	04 Pcs.	01 kg
Rod	02 Pcs.	4 Feet (Length)
Plates (Weight for GYM)	04 Pcs.	05 kg
Plates (Weight for GYM)	04 Pcs.	7.5 kg
Plates (Weight for GYM)	02 Pcs.	02 kg
Twister (Rotator)	01 Pcs.	NA
Gym Exercise Cycle	02 Pcs.	NA

Preacher curl Bench	01 Pcs.	NA
Incline Bench Press	01 Pcs.	NA
Dumbbells Stand	01 Pcs.	NA
Chin up Bar	01 Pcs.	NA
Fly up Curl Rod	01 Pcs.	NA

Presenting Image of Girls hostel Gym



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