



VIGHNAHARATA TRUST

SHIVAJIRAO S. JONDHLE COLLEGE OF PHARMACY, ASANGAON.

TAL. - SHAHAPUR, DIST.- THANE (M.S.) -421 601

Approved by AICTE, New Delhi, Recog. by Govt. of Maharashtra & PCI - New Delhi

Affiliated to MSBTE & University of Mumbai

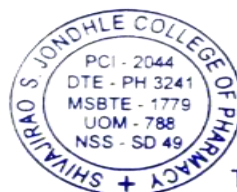
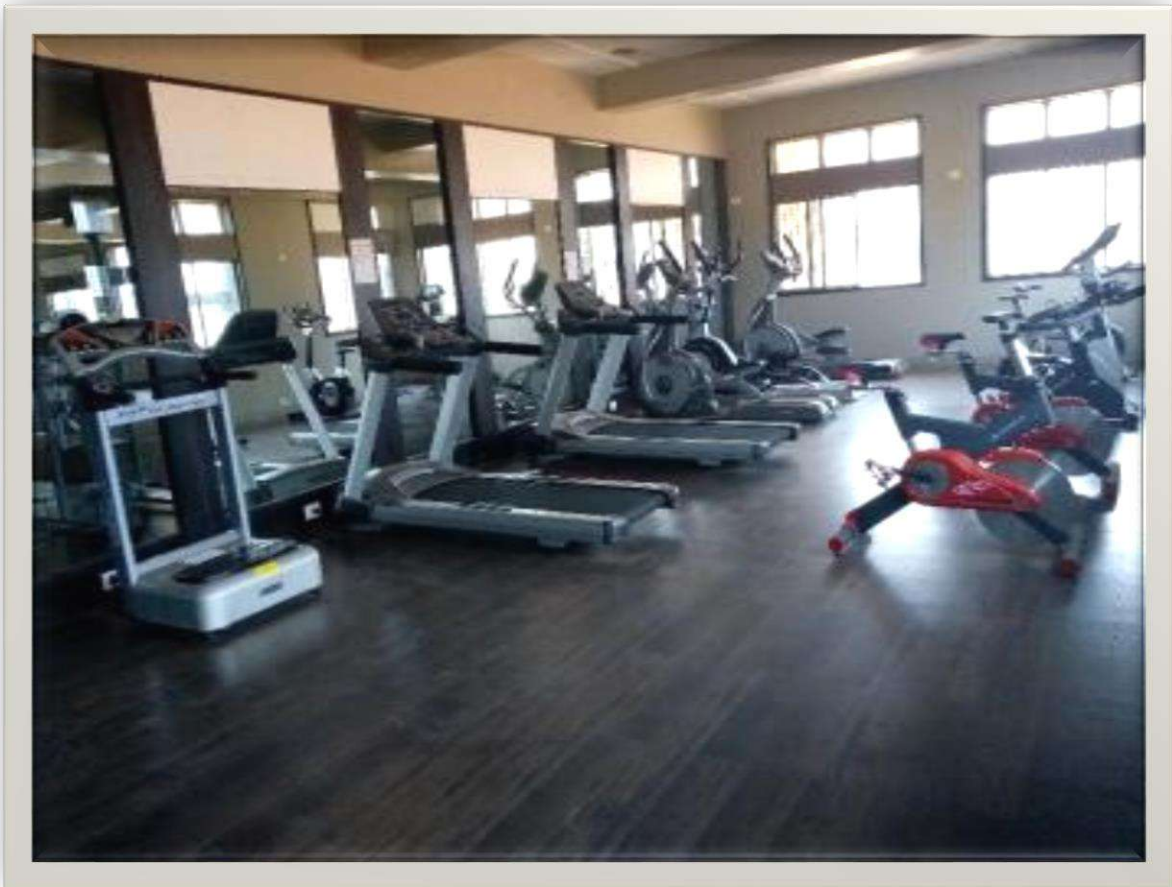
02527-272399 | Mob: 9594962018 | ssjcop3241@gmail.com

Gym

Objectives

A gymnasium and recreation center in a college campus are multifunctional facilities designed to promote physical fitness, wellness, and recreational activities among students, faculty, and sometimes the broader community.

Regular physical activity can help children and adolescents improve cardiorespiratory fitness, build strong bones and muscles, control weight, reduce symptoms of anxiety and depression, and reduce the risk of developing health conditions such as: Heart disease.





PRINCIPAL
SSJOP, Asangaon
Thane (M.S.) 421601



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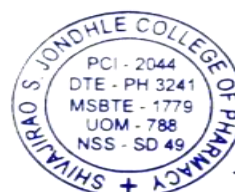
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