



शिक्षण प्रसारक मंडळी, पुणे
R. A. Podar College of Commerce & Economics

AUTONOMOUS

Matunga, Mumbai - 400 019

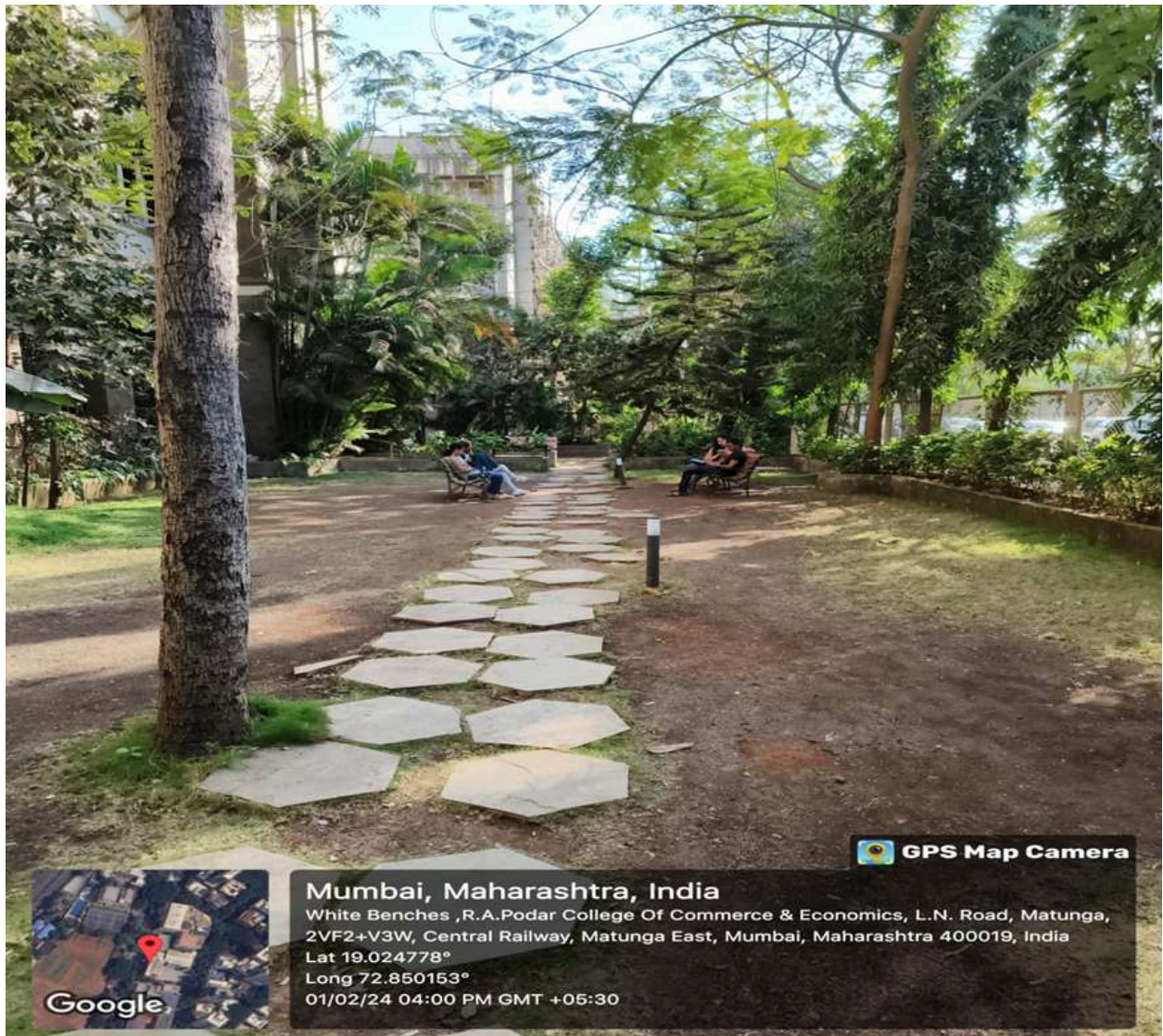
An 'A+' Institution as Accredited by NAAC
Certified as 'Best College' by University of Mumbai

Tel.: 2414 3178 • Fax: 2414 1964 • E-mail: info@rapodar.ac.in

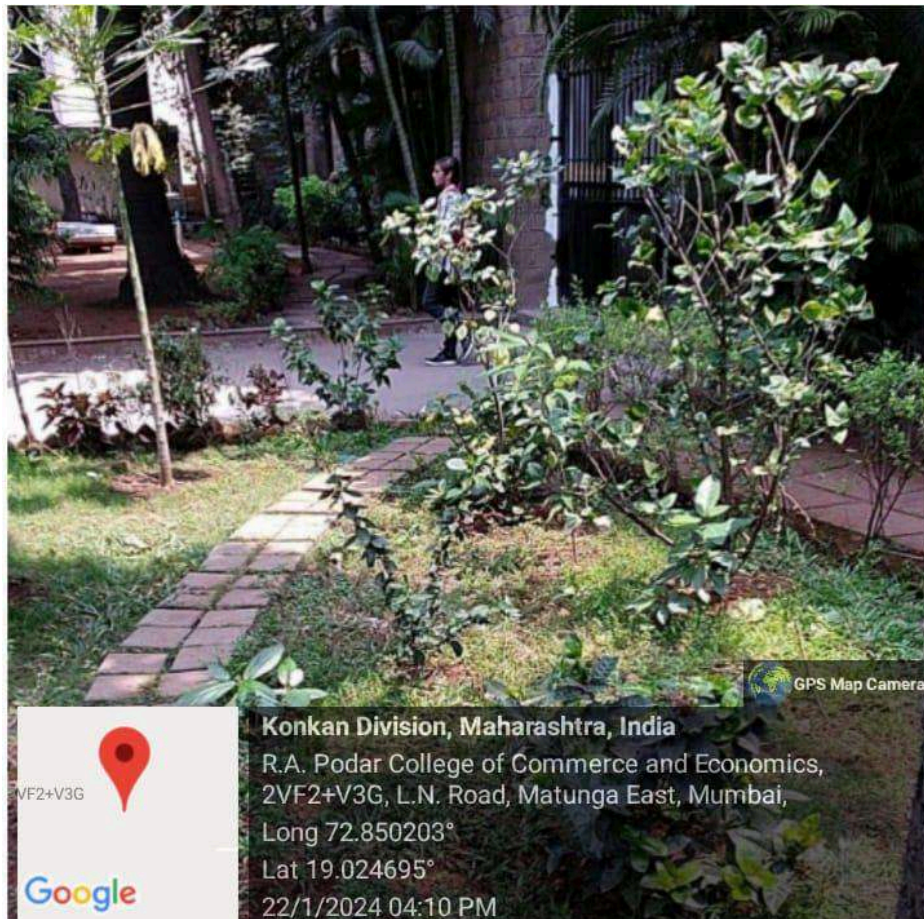
Website : www.rapodar.ac.in

7.1.5- Green campus- Geotagged photos with captions of the facilities

Landscaping with trees and plants




Podar : Nurturing Intellect, Creating Personalities.



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Huge canopy plantations surrounding the premises add to low heat island effects of the campus



 GPS Map Camera



Mumbai, Maharashtra, India

White Benches ,R.A.Podar College Of Commerce & Economics, L.N. Road, Matunga,
2VF2+R26, Central Railway, Matunga East, Mumbai, Maharashtra 400019, India

Lat 19.024683°

Long 72.850238°

29/12/23 04:36 PM GMT +05:30

Podar : Nurturing Intellect, Creating Personalities.

Green Gym in outdoor areas in the college campus



Podar : Nurturing Intellect, Creating Personalities.



GREEN GYM

1 - Skywaker



Functions: Improving the flexibility of lower limbs and hip joint, developing the movement ability and harmonies of up and lower limbs.

Approach: Holding the handles with both hands and Standing on the pedals, then walk back and forth.

2 - Chest presser



Functions: Developing the strength of upper limbs, chest and muscle groups of shoulder and back, improving the flexibility and stability of shoulder joints and elbows. Good for healing the bending and stretching hindrances of Shoulder joints and elbows, muscular atrophy, frozen shoulder, tennis elbows, etc.

Directions for use: Sit down with your back against the equipment and take hold of the handgrips with both hands and push forward with effort till your arms extend straight. Revert slowly.



Functions : By swinging both legs together from side to side the Surfing Board strengthens and develops the lower abdomen hips and thighs, improves balance and co-ordination through "core" activation

Directions for use : Stand on the pedals and grasp the handles with both hands, swing from left to right.



Functions : Developing the strength and flexibility of lumbar and abdominal muscles consuming the fat in waist and abdomen, good for figure shaping and bodybuilding.

Directions for use : Hang up the round Post with feet, crossing the hands behind head, making body backward to the trainer, recover.

5 - Air Walker



Functions: The Air Walker improves both cardiovascular fitness and flexibility. Exercise levels can be of 5 to 15 minutes duration. Experiment with various speeds and different levels of stretch.

Directions for use : The Air Walker provides two side-by-side exercise positions which deliver cardiovascular benefits by simulating the running motion, although with straighter legs and no impact.

6 - Standing and seating Twister



Functions : Developing strengthens of the waist and hip, improving the flexibility and agility of waist and shaping figure.

Directions for use : Stand on the round board with balance, hold the handle with both hands, turn waist from left to right.

7 - Shoulder Builder



Functions : Building up the muscles of upper limbs, enhancing the flexibility and agility of shoulder joint.

Directions for use : Hold the handgrips of rotating wheel with both hands and body should roll simultaneously clockwise or counter-clockwise following the wheel.

GPS Map Camera



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Lat 19.024762°

Long 72.850098°

29/12/23 05:01 PM GMT +05:30

Google

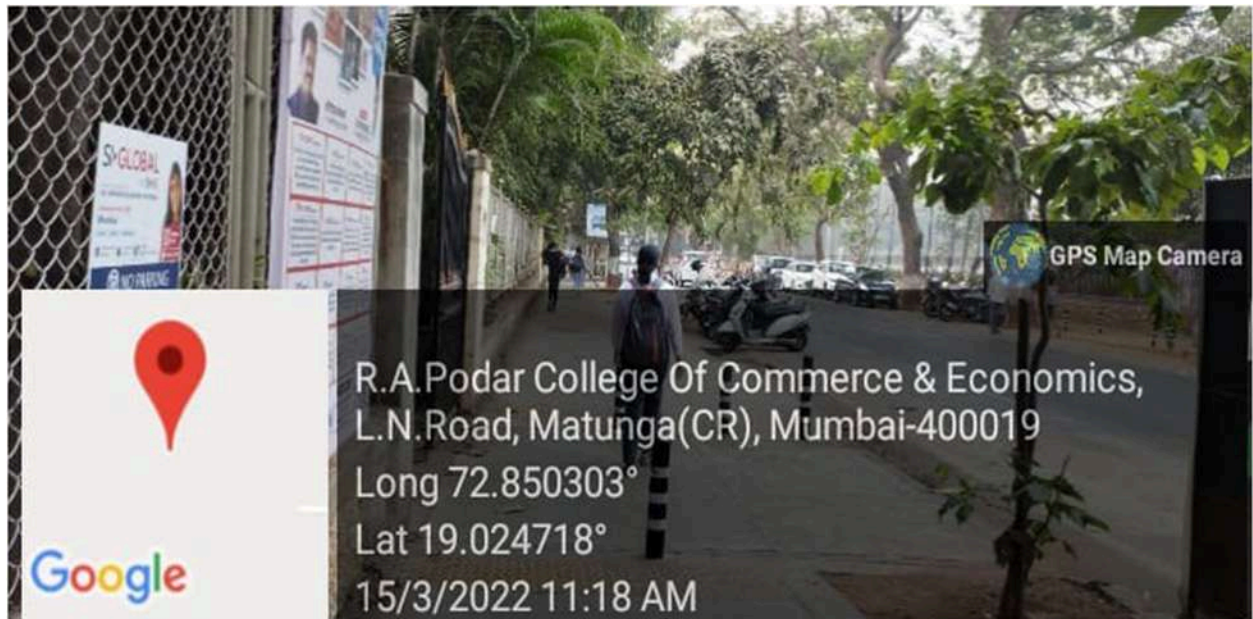
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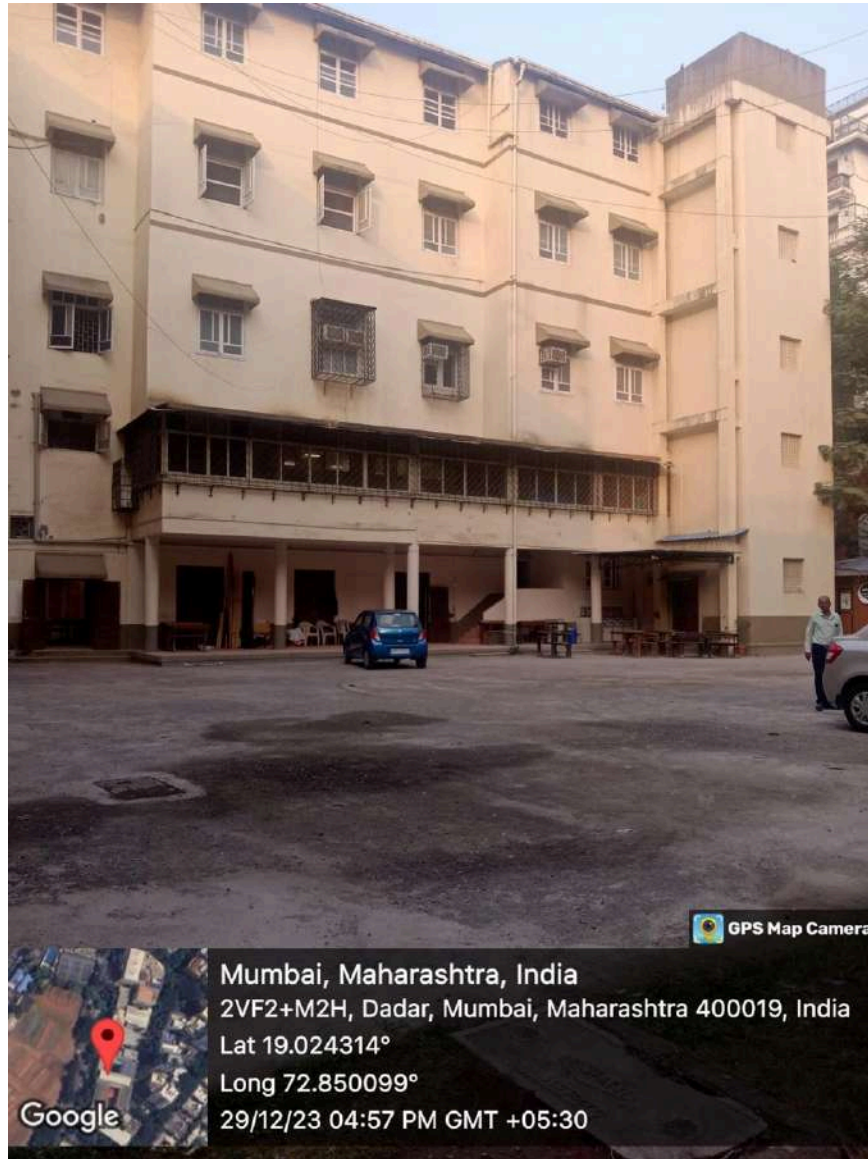
Pedestrian friendly pathways

Clean and safe pathways available in front of college



Podar : Nurturing Intellect, Creating Personalities.

Restricted entry of automobiles in the campus



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