

Nalanda Dance Research Centre's,
Nalanda Nritya Kala Mahavidyalaya,
Plot No. 7/1, N. S. Road No. 10,
J.V.P.D. Scheme, Vile Parle (West),
Mumbai-400 049

List of Equipments in Svasti-Health, Fitness and Nutrition Studio.

Sr.no	Particulars	Number
1	Power Cage	1
2	Dumbbells	20 pairs
3	Plates	12 pairs
4	Kettlebells	5
5	Barbells	6
6	Aerobic Stepper	1
7	Swiss Ball	1
8	Resistance Bands	4
9	Foam Rollers	2
10	Yoga Mats	2
11	Leg Extension Machine	1
12	Seated Calf Raise Machine	1
13	Leg Press Machine	1
14	Seated Leg Curl Machine	1
15	Super Bench	1
16	Decline Bench	1
17	Lat Pull Down and Seated Row Machine	1
18	Multi Functional Trainer	1
19	Air Bike	1
20	Hyper Extension Bench	1
21	Cross Fit Boxes	3
22	Parallel Bar Dip	1
23	Pec Deck Machine	1



U.R. Rele

Dr. (Smt.) Uma Rele
Principal
Nalanda Nritya Kala Mahavidyalaya