



**Department of Physical Education  
Gym Admission Form**

Name	
Register Number	
Class	
Mobile Number	
Alternate Number	
Date of Birth	
Blood Group	
Validity	
Present Address	
Permanent Address	

Health History	
----------------	--

Signature

Student : \_\_\_\_\_

Parent / Guardian : \_\_\_\_\_

Class Mentor : \_\_\_\_\_

\_\_\_\_\_ Office Use Only \_\_\_\_\_

Gym Fees : 300/- (Three Hundred per month)

Amount Paid: (Yes / NO)

Admitted / Rejected

Signature of Staff: \_\_\_\_\_

Date: \_\_\_\_\_



## **Department of Physical Education**

- **Gym Time:** Monday - Friday

(Boys) 9.00 a.m - 10.00 a.m / 10.00 a.m - 11.00 a.m / 2.00 p.m - 3.00 p.m

(Girls) 11.00 a.m - 12.00 p.m / 12.00 p.m - 1.00 p.m

(Hostel Students) 3.00 p.m - 4.00 p.m

- Proper attire, decorum and consideration of the rights and comforts of others must be observed at all times.
- Appropriate gym attire must be worn inclusive of T-shirt, shorts or Track pants, and appropriate shoes.
- For safety reasons, personal items, gym bags, back packs and other items should not be on the gym center floor.
- No food should be brought into the gym center at any time.
- Beverages consumed during workout must be in a non-glass container with a lid.
- Spills must be cleaned immediately.
- Equipment must be wiped down after use.
- No bare foot allowed in the gym center.
- Portable stereos and electronic devices may be used with headphones only.
- Use of the "buddy system" is recommended when using barbells or heavy lifting weights.
- Return all equipment to their respective places after use.
- Always remove any removable plates from barbells after use.
- Equipment must be handled with care; any abuse will result in loss of gym center privileges.
- Equipment malfunctions must be reported to Department of Physical Education.
- Proper use of equipment is expected at all times.
- Windows should be closed by the last person before leaving the gym center.

**I have read and will abide by the rules and regulations.**

---

# NOTICE

TIMINGS	SLOTS ALLOTTED
7.00 a.m - 9.00 a.m	University Team Players
9.00 a.m - 10.00 a.m 10.00 a.m - 11.00 a.m 2.00 p.m - 3.00 p.m	Regular Students (boys)
11.00 a.m - 12.00 p.m 12.00 p.m - 1.00 p.m	Regular Students (girls)
3.00 p.m - 4.00 p.m	Hostel Boys
4.00 p.m - 5.00 p.m	Staff
4.00 p.m - 6.00 p.m	University Team Players