

GENERAL INSTRUCTIONS FOR GYM MEMBERS

- Each Member should enter his name, membership number and sign in the register maintained the GYM at the time of entry. Members will deposit their Membership Card with the attendant prior to using the Gym facilities.
- Members must bring their own towel. It is the responsibility of members to keep the equipments clean and dry.
- Only members with proper track suit and sports shoe will be given entry.
- Use of the mobile phone in the Gym is not allowed.
- The Provost/Committee shall not be responsible for any mishap, loss of cash/valuable or any injury incurred within the Gym complex. No claims in this respect will be entertained.
- Members suffering from any contagious or infectious disease shall not be allowed entry.
- Eatable, cold drinks etc. including valuables are not allowed inside the gym.
- Smoking and consuming alcohol is strictly prohibited.
- Children/ personal trainers are not allowed in the Gym.
- Complaints, if any, shall be brought to the notice of Provost/Committee in writing.
- Rules or any modification thereof shall be put on the Notice Board. Members shall be bound by the same.
- Non-compliance of rules/regulations/instructions will attract disciplinary action including cancellation of membership.

Provost

MMA Jauhar Hall
HALL OF BOYS' RESIDENCE
JAMIA MILLIA ISLAMIA

APPLICATION FORM FOR GYM MEMBERSHIP

Affix
Recent Photograph

Student ID :- _____ **Session** _____

Name:- _____ **Father's Name** _____

Class:- _____ **Department/Centre :-** _____

E-mail:- _____ **Telephone/ Mobile No :-** _____

Date of Birth _____ **Hostel** _____ **Room No.** _____

Name & Address of Local Guardian :- _____

_____ **Relationship** _____

I hereby declare that the information given above is correct and that I will abide by the rules & regulations of the Gym notified from time to time.

(Signature of applicant with date)

FOR OFFICE USE ONLY

Membership Amount Rs. _____ **paid vide Cash Receipt No.** _____ **dated** _____

Membership No _____ **Valid from** _____ **up to** _____

Time slot _____

Date: _____

(Signature of Dealing Assistant)

(Warden)
FRK Hostel

AFFIDAVIT cum RULES & REGULATIONS

(To be made on Rs. 10/- non judicial stamp paper duly Notarized)

Membership shall be granted on the sole discretion of the Provost/Committee constituted by the Provost, Hall of Boys' Residence.

1. Only bonafide hostel residents of MMA Jauhar Hall of Boys' Residence are eligible to apply for membership of the GYM.
2. Membership is valid for one academic year only and will not be renewed automatically.
 - a) **Membership fee is Rs. 200/- per month to be paid in advance and is non-refundable.**
 - b) Membership is non-transferable.
 - c) The Provost/Committee shall have absolute discretion as to whether a person shall become or remain a member of the Gym and shall have the right to expel or terminate the membership of any member for any good and sufficient reason(s) or if his/her continuance as a member is not in the interest of the Gym/hostel without affording any explanation.
 - d) In case, a member terminates his/her membership before the duration of membership, he/she will forfeit the rest of the fee.
3. The Provost/Committee reserve the right to revise/modify the fee structure as and when required from time to time.
4. **The timings of the Gym shall be as follows:**

6.00 a.m. to 8.30 a.m. (morning)	All Working Days
5.00 p.m. to 8.30 p.m. (evening)	All Working Days
6:00 a.m. to 10:00 a.m.	Saturday & Sunday

The timings shall be strictly observed. The Provost/Committee, however, reserves the right to change the timings, which shall be notified from time to time.

5. Each Member should register his name, membership number at the time of entry and sign the register maintained at the GYM. Members will deposit their Membership Card with the attendant prior to using the Gym facilities.
6. In case the Membership Card is lost or misplaced, the member should immediately bring it to the notice of Provost/Committee. Duplicate card for the remaining period may be issued on payment of Rs. 200/- in cash.
7. Only members with proper track suit and sports shoe will be given entry.
8. Use of the mobile phone in the Gym is not allowed.
9. Members are required to bring their own towel. It is the responsibility of members to keep the equipments clean and dry.
10. The Provost/Committee shall not be responsible for any mishap, loss of property or any injury incurred within the Gym complex. No claims in this respect will be entertained.
11. Members suffering from any contagious or infectious disease shall not be allowed entry inside the Gym.
12. Members are no permitted to bring any outside eatable, cold drink etc. including valuables into the gym. Smoking and consuming alcohol is strictly prohibited.
13. The Provost/Committee reserves the right to close down the Gym complex for maintenance, upkeep, repairs etc. as and when required without prior notice.
14. Dishonorable/disreputable conduct or inconvenience caused to others shall lead to disciplinary action including cancellation of membership.
15. Personal trainers are not allowed in the Gym.
16. Complaints, if any, shall be brought to the notice of Provost/Committee in writing.
17. Residents are required to take precautions during the Gym Exercises. If any resident gets injured due to mishandling of Gym Equipments then Hostel Administration shall not be held responsible.
18. Rules or any modification thereof shall be put on the notice board. Members shall be bound by the same.

Declaration

I have read the rules and regulations of the Gym, Hall of Boys' Residence and have understood them and would abide by them while using the facilities.

Name _____ Hostel:- _____ Room No _____
Class _____

Mobile No. _____ E-mail _____

Date: _____

(Signature of Applicant)

Fitness Declaration Form

You are advised to use your own discretion and good judgment before engaging in Gym activity. Please also consult your personal physician before enrolling yourself in any action strenuous Gym activity. The result of physical fitness training vary from person to person depending on several factor like lifestyle, diet stress, physical activity, emotional state, hormonal imbalances and others.

I.....declare that I do not suffer from any of the below listed or other adverse medical conditions that may be aggravated due to my engagement in physical fitness at the Gym, MMA Jauhar Hall of Boys Residence. Jamia Millia Islamia, New Delhi.

- | | |
|--------------------------|--------------------------|
| Respiratory disease | Cardio-vascular diseases |
| Infectious skin disease | Cancer |
| Leucoderma | Hypertension . |
| Epilepsy | Low blood pressure |
| Allergies: _____ | |
| Any other disease: _____ | |

I hereby indemnify Provost/Committee/ Jamia from any adverse condition or mishap in the Gym and shall not hold Provost/Committee/ Jamia responsible for any penal or legal action.

Date: _____

(Signature of the Applicant)

Name & Address with mobile & email ID.....
.....
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Signature of witness:

Name & Address: