



Fitness Registration Form

SPRING/FALL 20-2

Attach
picture here

Locker No: _____

Serial No: _____

Name: _____ Father's Name: _____

Registration No: _____

Faculty/Department: _____

Semester: _____

Postal Address:

Phone No: _____ Cell No: _____

Email Address:

Time Allotted: _____ to _____ (30 min)

Day scholar/ Hostelites: _____ Hostel Info (Block & Room): _____

Signature of Applicant: _____ Date: _____

Head of Department/ Provost Signature & Stamp

*NOTE: You must provide all your information correctly.

*NOTE: Attach a copy of University Card/Hostel Card and NIC Card.

*NOTE: Attach Passport copy for overseas.

*NOTE: Attach photocopy of **fully vaccination certificate**

The logo features the word "GYM" in a large, bold, black font with a yellow outline. A yellow silhouette of a person with arms raised is positioned between the 'Y' and 'M'. To the right of "GYM", the word "MANNERS" is written in a smaller, bold, black font. A horizontal line is drawn below the entire logo.

GYM MANNERS

- *Do not embark on a fitness program without **doctor's advice**.*
- *Do not come to gym when under medication.*
- *Stop work-up immediately if you feel chest pain or any symptoms of illness.*
- ***80% attendance** is mandatory; otherwise your registration would be cancelled automatically.*
- *Hard sole, belt buckles & ornamentals are **not allowed**.*
- *Always wear **appropriate gym attire/joggers** and **soft sole shoes**.*
- *Warm-ups are important to your safety.*
- *Always **ask for the instructor** while using machines.*
- *Machines will not tell you about any damage you have to be careful yourself.*
- *Always wait for your turn. **Do not rush**.*
- *Adjust your eating and drinking habit.*
- *Photography is **not allowed** inside the Fitness Gym*
- ***No valuable items and food to be brought to gym.***
- *No destruction or vandalism will be tolerated. In such case student will have to pay for damage.*
- ***Respect the Gym staff** and do not misbehave with them.*
- *Throw the garbage into the dustbin.*
- *Avoid fights and arguments in Gym and show sportsmen spirit.*
- *Every semester registration will be renewed.*
- *First come, first served basis.*

Signature of Applicant