

**University Sports Council
CSJM University
Kanpur – 208024**

The membership fees to avail the facilities at Gym Centre are as under:-

- 1. Students/Research Scholar Rs.100/- (One Hundred Only) per month.**
- 2. For Teacher Rs.300/- (Three Hundred Only) per month Rs.3000/- (Three Thousand only) per annum.**
- 3. For Non-Teacher Rs.200/- (Two Hundred Only) per month Rs.2000/- (Two Thousand only) per annum.**

Time Table for Gym

In Evening 04.00 PM to 05.00 PM and 05.00 PM to 06.00 PM.

Please Note:

- The Fees will be deposited in office of University Sports Council, CSJM University, Kanpur – 208 024, between 02.00 pm. to 04.00 pm. on all working days**
- Entry is only for 1 hour in all cases.**

Rules & Regulations

1. Persons interested in Gym membership will submit registration form along with two photographs (Passport Size).
2. Entry should be marked in In/Out register every time before using the Gym facility.
3. The Gym management reserves the right of Admission.
4. Rs. 50/- will be charged for issuing of duplicate I-Card.
5. No Fee Refund in any Circumstances.
6. Classes missed on account of any reason will not be adjusted.
7. The membership of the Gym is personal to a member and cannot be assigned, transferred or otherwise disposed off.
8. The management shall reserve the right to choose part or all the facilities of the Centre due to repair, maintenance, expansions of facilities or special events, without advance notice and to readjust the operating hours of Gym Centre accordingly.
9. Members are advised to undergo a medical examination prior to joining and using the Gym.
10. Any person entering the Gym using its facilities does so at its own risk. The Gym Centre cannot accept responsibility or liability for any injury or lose, including fatality or damage, whatsoever to any person or his/her property. Any person who suffers and accident or injury in the Gym Centre premises must report the accident or injury and the circumstances under which it occurred, to the in-charge immediately.
11. The management does not accept the responsibility for any damage caused to items, valuables or personal belongings brought into the Gym Centre.

12. Members should not undertake any physical activity for which they may not be fit and are responsible for monitoring their condition during exercise. The Gym Centre will not be in any way responsible for any harm to a member as a result of his or her undertaking physical activity within the Centre.
13. Each member is responsible for monitoring his or her own physical condition and physical activity undertaken at the Gym Centre. Should any unusual symptoms occur, the member must immediately stop the activity and inform the instructor or any other member of the staff at the Gym Centre.
14. Member shall refrain from using the Gym Centre facilities and exercises immediately after consuming a heavy meal.
15. Member shall refrain from using the Gym Centre, if suffering from cold, infections, diseases or open lesions.
16. Receive instructions for the use of Gym Centre equipment's prior to working out for the first time.
17. No pets are allowed into the Gym Centre.
18. To ensure the safety of all members, those with diabetes, heart problems, high-low blood pressure or who are on strong prescriptions or have any form or indications of medical conditions should consult their doctors before enrolling themselves in any particular program at the Gym Centre.
19. Member must show consideration to each other in and around the Gym Centre, in particular, profane or abusive language and the threat or use of violence will not be tolerated.
20. Members must obey the notices and signs on display in the Gym Centre. It is a member's responsibility to read any information on the Gym.
21. Members are requested to wear appropriate attire and footwear when using the facilities.
22. Members are not permitted to bring personal food and beverage items into the Gym Centre from outside. Only water & energy drinks allow.
23. Personal sound system will not be permitted into the Gym.
24. Gym facility can be used only in the allotted time slot.
25. Heavy electrical gadgets like A.C, Treadmill, etc. will not be operational in case of power failure.
26. Members are requested to use their own towels while using the Gym Centre facility.
27. Apart from the above rules, the instructions issued by the University Sports Council must be strictly followed.
28. Members must enter into the Gym Centre only by the route indicated. Those found loitering in other areas, or creating thoroughfares will have their right of entry cancelled on the spot, without any refund of their fees.
29. Members should bring their membership card: No entry will be allowed without their card.
30. Users should bring their drinking water bottle, towel and kit.
31. Students who are found irregular i.e. absent for four consecutive days, their membership will be automatically cancelled.
32. Any medical problem should be disclosed at the time of applying for membership.
33. Use the equipment only under the instructor's supervision.
34. University Sports Council is not responsible for loss of personal belongings.
35. The University Sports Council has the right to refuse admission in case of lack of discipline.
36. Members should keep the equipment and Gym Centre clean.
37. No studs/Spike shoes are allowed in the Gym Centre.
38. Admission or Enrollment on first come first serve basis.
39. Entry allowed only with clean shoes changed at the door step of Gym Centre.

Please note: The kit should include following equipment's:

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|----------|---------------|----------|-----------------|
| a. Towel | b. Track Suit | c. Shoes | d. Water Bottle |
|----------|---------------|----------|-----------------|

Handwritten signature

Enrolment Procedure for Sports Facilities

1. Forms for various Sports activities to be made available at the office of Secretary Sports Board.
2. Members need to fill the form in duplicate and should be medically certified.
3. This form then needs to get counter signed by the Head of the Institution.
4. The fee will be deposited by cash only.
5. For renewal the same procedure will be followed. In place of the form, there will be a renewal slip.

Secretary

**University Sports Council
CSJM University
Kanpur – 208024**

Form No.....
Name.....
Father's Name.....
Date of Birth

Address.....
.....
.....

Contact No.....
Institution/Department.....
Profession: Teaching Non-Teaching Research Scholar Students
Any Other.....
Facilities availed Single Multiple

I Certify that..

- a. I have gone through the rules & regulations of the gym of those given overleaf and agree to abide by the rules & regulations.
- b) The information given above is correct to the best of my knowledge and if found wrong, my membership may be cancelled and fee paid by me may be forfeited.
- c) I will be participation in gym classes at my own risk. I hereby indemnifies gym management in this regard.
- d) I shall use gym equipment & dress as per the rules and advice of coach/instructor.
- e) I declare and certify that I have a normal healthy condition and do not suffer from any medical / psychological programs or any other allergy. I am fit to undergo the exercise under the program in which I have enrolled myself. I have also satisfied myself that the gadgets/services and products under by the center are safe.
- f) I accept and agree that no money will be refundable by University Sports Council, CSJM University, Kanpur.
- g) I shall be governed by the disciplinary requirements of gym.

Signature of Applicant

**Signature and Seal of Head
of Institution**

For Office Use Only

Amount Deposited Rs. Receipt No. Dated

No. of Identity card issued Dated

Timing Membership from to

Authorized Signatory

मद संख्या :: 25

विश्वविद्यालय के स्वीमिंग पूल कॉम्प्लेक्स में फिटनेस सेण्टर/जिम्नेजियम के प्रयोग हेतु शिक्षकों/कर्मचारियों/छात्रों के लिये सदस्यता शुल्क निर्धारित किये जाने का प्रस्ताव।

उपरोक्त प्रस्ताव पर निम्नानुसार शुल्क निर्धारित किये जाने हेतु वित्त समिति द्वारा सहमति प्रदान की गई।

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| 1. छात्रों/शोध छात्रों हेतु | ₹ 100.00 प्रतिमाह |
| 2. शिक्षकों हेतु | ₹ 300.00 प्रतिमाह/रु० 3000.00 प्रति वर्ष |
| 3. शिक्षणोत्तर कर्मचारियों हेतु | ₹ 200.00 प्रतिमाह/रु० 2000.00 प्रति वर्ष |

मद संख्या::26

समिति द्वारा विश्वविद्यालय में पाँच (05) वर्षीय नवीन विधि पाठ्यक्रम के लिए परीक्षा शुल्क निर्धारित किये जाने पर विचार।

उपरोक्त प्रस्ताव पर विश्वविद्यालय में पाँच (05) वर्षीय नवीन विधि पाठ्यक्रम के लिए परीक्षा शुल्क ₹ 3000/- प्रति शिक्षण सत्र (दो सेमेस्टर) ₹ 1500/- प्रति सेमेस्टर के प्रस्ताव पर समिति द्वारा सहमति प्रदान की गई।

अन्त में अध्यक्ष जी द्वारा धन्यवाद ज्ञापित करते हुए बैठक समाप्ति की घोषणा की गई।

(सन्ध्या मोहन)
वित्त अधिकारी/सचिव

(प्रो. जे०वी० वैशम्पायन)
कुलपति/अध्यक्ष