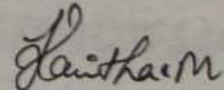


### GYM RULES AND REGULATIONS

1. Carry your Institute Identity Card at all times.
2. Should wear the sports Attire ( Dress Code: Only T-shirts and lower/shorts are allowed. Shirts, jeans,pants, boxers, etc. will not be allowed)
3. Athletic Non-Marking shoes are compulsory. No slippers, sandals, sneakers leather shoes will be allowed.
4. Registering your entry and exit in the Log Book is mandatory.
5. Gym Bag or personal belongings of the users must be kept outside in the rack kept for this purpose. Please avoid bringing any costly items.
6. Do not sit on the machines when you are at rest.
7. Moving / displacing the stationed items are prohibited. Re-rack the weights and return the accessories in its original position after usage.
8. Place dumbbells / weight equipment lightly on the floor after each use.
9. If you find any damage before / while using the machines, it must reported to the Fitness Trainer immediately.
10. Please follow all the usage instructions and safety precautions issued by Physical Education Department to avoid injury to the users and/or damage to the equipment.
11. Do not disturb others. Focus on your workout and allow others to do the same.
12. Usage of Mobile Phone is strictly prohibited inside te Gym.
13. The students are advised to keep their belongings in their own custody. Institution / Department will not be responsible for any loss / damage.
14. The Gym is under continuous CCTV surveillance.Heavy penalties will be levied on the defaulters in case of damages.
15. The SAS Staff.(including Gym Trainer and Sports Staff) members reserves the right to deny the entry to the defaulters who refuses to comply with the rules and regulations.
16. In the event of damage to Gym equipment, a fine equivalent to the repair or replacement cost of the item will be imposed on the responsible students.
17. The following timings will be observed till further notice:

<b>GYM TIMINGS</b>			
<b>6:00 AM-8:00 AM</b>		<b>4:30 PM-7:00 PM</b>	
<b>Morning</b>		<b>Evening</b>	
5:45 am to 8:15am	Girls -Students and Women -Staff & Faculty.	5:00 pm to 8:00 Pm	Girls - Students and Women -Staff& Faculty.
5:45 am to 8:15am	All Students Boys	5:00 pm to 8:00 Pm	Men Staff & Faculty
		5:00 pm to 8:00 Pm	All Students Boys

**The gym is closed on public holidays.**

  
**Dr. Kavitha Mutyala**  
 Department of Physical Education