



Notice No: AJU/R/659

Date: 05th April, 2024

NOTICE

This is to inform all the students and staff of the University that a dedicated Gym is now functional in Room No. 333, Baudhyana (Block C).

The Gym has been equipped with the latest equipment and necessary instruments so that the visitors can utilize this facility well.

The applicable operational hours are from 09 AM to 06 PM, Monday to Saturday.

A Gym Instructor has been appointed and is available during the operational hours for the convenience of the visitors to the Gym.

Annexure "ARKA JAIN University Gym – Rules & Regulations to be observed" has been attached herewith so as to ensure that the visitors are aware of the applicable rules and regulations while using the facility.

It is expected that the student community and staff members would utilize this facility and be benefitted.

Annexure 1: ARKA JAIN University Gym – Rules & Regulations to be Observed

Copy to:

1. PS to Vice Chancellor
2. PS to Director
3. Director Campus /DSW
4. Finance Office
5. Deans/HODs/PCs of various Schools/Departments
6. All Officers
7. Concerned Personnel

By the order of the Vice Chancellor



ANNEXURE - 1

ARKA JAIN University Gym

Rules & Regulations to be Observed

Operating Hours: The gym is open from 9 AM to 6 PM, Monday to Saturday. Please adhere to these timings for a smooth and organized workout experience.

Proper Attire: All gym-goers must wear appropriate workout attire, including athletic shoes. This is essential for your safety and the cleanliness of the gym equipment.

Towel Requirement: Bring and use a towel during your workout. It is mandatory to wipe down equipment after use to maintain a hygienic environment for everyone.

No Outside Equipment: Personal fitness equipment is not allowed in the gym. Please use the provided facilities and equipment responsibly.

Respectful Behavior: Maintain a respectful and considerate conduct towards fellow gym members and staff. Harassment or disruptive behavior will not be tolerated.

Limit Usage Time: To accommodate all members, please limit your workout sessions to a reasonable duration, especially during peak hours.

Noise Control: Keep noise levels to a minimum. Use headphones when listening to music, and avoid dropping weights excessively to ensure a focused and comfortable atmosphere.

Safety First: Prioritize your safety and the safety of others. Follow proper lifting techniques, use spotters when necessary, and report any damaged equipment immediately to the gym staff.

Cleanliness: Dispose-off trash in designated bins and return all equipment to their proper place after use. Help us maintain a clean and organized gym environment for everyone's benefit.

**"SCULPTING SUCCESS, ONE REP AT A TIME: UNLEASH YOUR POTENTIAL
AT ARKA JAIN UNIVERSITY'S DYNAMIC GYM!"**