



# ST. JOSEPH'S COLLEGE (AUTONOMOUS)

BENGALURU - 560027

Recognised as 'College of Excellence' by UGC  
Re-accredited with A++ Grade and 3.79/4.00 CGPA by NAAC  
Awarded DBT Star Status & DST - FIST grant  
by The Ministry of Science and Technology, GoI



## Department of Physical Education Gym Admission Form

Name	
Register Number	
Class	
Mobile Number	
Alternate Number	
Date of Birth	
Blood Group	
Validity	
Present Address	
Permanent Address	

Health History	
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Signature

Student : \_\_\_\_\_

Parent / Guardian : \_\_\_\_\_

Class Mentor : \_\_\_\_\_

Office Use Only \_\_\_\_\_

Gym Fees : 300/- (Three Hundred per month)

Amount Paid: (Yes / NO)

Admitted / Rejected

Signature of Staff: \_\_\_\_\_



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## Department of Physical Education

**Gym Time:** Monday - Friday (Boys) 09:00 a.m -9:45 a.m /11.00 a.m - 11.45 a.m /  
12.00 p.m - 12.45 p.m  
(Girls) 10:00 a.m -10:45 a.m / 1.00 p.m - 1.45 p.m

Proper attire, decorum and consideration of the rights and comforts of others must be observed at all times.

Appropriate gym attire must be worn inclusive of T-shirt, shorts or Track pants, and appropriate shoes.

For safety reasons, personal items, gym bags, back packs and other items should not be on the gym center floor.

No food should be brought into the gym center at any time.

Beverages consumed during workout must be in a non-glass container with a lid.

Spills must be cleaned immediately.

Equipment must be wiped down after use.

No bare foot allowed in the gym center.

Portable stereos and electronic devices may be used with headphones only.

Use of the "buddy system" is recommended when using barbells or heavy lifting weights.

Return all equipment to their respective places after use.

Always remove any removable plates from barbells after use.

Equipment must be handled with care; any abuse will result in loss of gym center privileges.

Equipment malfunctions must be reported to Department of Physical Education.

Proper use of equipment is expected at all times.

Windows should be closed by the last person before leaving the gym center.

**I have read and will abide by the rules and regulations.**

Student Name with signature

Date

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