



**ISLAMIC UNIVERSITY OF SCIENCE & TECHNOLOGY,
AWANTIPORA, KASHMIR**

OFFICE OF

DIRECTORATE OF PHYSICAL EDUCATION & SPORTS

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01933-247955 Ext. 2122

**University Gym
NOTICE**

The Directorate of Physical Education and Sports has upgraded the University Gym / Health Club for the well-being of the university community and has thrown it open to all university students, employees, staff / hostel boarders. In this regard, all the interested students/employees of IUST who are willing to avail the University Gym Membership are hereby informed to register for the same by filling the membership form and submit the same in the Office of the Directorate of Physical Education and Sports. The Gym / Health Club will be open in the morning and evening sessions also.

Sd/-

**(Dr. Hilal Ahmad Rather)
Assistant Director
Physical Education & Sports**

No: IUST/DPE&S/ Gym_Membership/Notice/24/87

Dated: 03-05-2024



GYM/HEALTH CLUB MEMBERSHIP FORM

Title:	Mr.	Mrs.	Miss.	Dr.	Prof.
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Full Name: _____

Parentage: _____

Residential Address: _____

Designation: _____

Contact No: (M): _____ Age: _____ Sex: _____

E-mail: _____

Department: _____

Gym Training Session: Morning Day Evening

Please read all questions carefully and answer them honestly by circling Yes or No (X)

❖ Do you have or ever had any of the following ailments? (Please tick mark):

Cardiac Problem Stroke Diabetes Epilepsy Heart Murmur

Dizziness Fainting Chest Pain High Blood Pressure

❖ Do you or ever had any of the following health issues? (Please mention)

1. On medication _____

2. Hospitalized _____

3. Major or minor surgery _____

4. Are you expecting or in post-delivery period _____?

❖ Do you smoke _____

❖ Do you experience any pain or major injuries in the following areas?

❖ (Please tick mark):

Neck Knees Back Ankles

Seal & Signature of the concerned H.O.D _____

Name: _____ Signature: _____

PHOTO



Membership Terms & Conditions

Please read terms and conditions of membership before you fill up the membership form. If you need any guidance regarding any membership details, please don't hesitate to contact the Directorate.

A person desiring to seek membership in the Health Club/Gym should complete the general membership form to be submitted accompanied by two recent passport size photographs. Right of registration is strictly reserved by the Directorate of Physical Education & Sports.

1. To avail Gym facility each member has to submit one-time registration in the bank account:

Account No:0693040520000051

Account Name: DPE&S

IFSC Code: JAKA0ECIUST

JK Bank IUST Awantipora.

The Registration fee and monthly fee details are given below:

	Registration Fee	Monthly Fee
Employees	Rs. 1000	Rs. 300
Students	Rs. 500	Rs. 150

2. There will be 45 minutes training duration for each member (Student & Staff)
3. Members will use the Gym equipment carefully and keep the same in its proper place after use.
4. Any loss or the damage to the equipment/interiors, if caused, will have to be borne by the concern member.
5. Membership is not transferable.
6. Articles like watches, wallets, mobile phones and other personal belongings to be kept in the Gym are at owner's risk.
7. A member found misbehaving or misusing the facilities will be struck off the rules forth with.
8. Smoking or use of any drug is strictly prohibited in the Gym premises. Violations will incur cancellation of membership.
9. The Directorate of Physical Education and Sports will not be held responsible for injury/death caused during workout/training in the Gym premises.
10. Appropriate dress code and footwear must be worn whilst in Gym.
11. Use of mobile phones, ointments, oil is strictly prohibited.
12. Registration will be deemed cancelled in case of 2 months break. He or She has to re-register again to avail the same facility.

Upon signing the membership form, the member will accept and shall be bound by the above terms & conditions relating to membership. The purpose of terms, conditions and rules are to ensure that the members should use this information as a guideline to the limitations of ability to exercise and to maintain sanctity of the Health Club/Gym.

The hard copy of the Membership Form completed in all respects and duly signed by concerned H.O.D / Controlling Officer shall be submitted in the Office of the Directorate of Physical Education and Sports IUST.

Name_____

Signature_____