



NOTICE

Subject: Gym/Health Club Timings

All students, faculty members, officers, and non-teaching employees of the University who have registered to avail gym facility are hereby informed that the Gym/Health Club shall remain open from 6:00 AM to 8:30 PM on all working days. The schedule for Male and Female shall be as follows:

Gym/Health Club Schedule

S. No.	Gender	Timing	Session	Category
1	Female	6:00 AM – 7:00 AM	Morning	Hostel Boarders
2	Female	7:00 AM – 8:00 AM	Morning	Hostel Boarders
3	Female	9:30 AM – 10:30 AM	Day	Students/Employees
4	Female	10:30 AM – 11:30 AM	Day	Students/Employees
5	Male	11:30 AM – 12:30 PM	Day	Students/Employees
6	Male	12:30 PM – 1:00 PM	Day	Students/Employees
-	-	1:00 PM – 2:00 PM	Break	Gym Cleaning / Transition Time
7	Female	2:00 PM – 3:00 PM	Day	Students/Employees
8	Male	3:00 PM – 4:00 PM	Day	Students/Employees
9	Male	4:00 PM – 4:30 PM	Day	Students/Employees
10	Female	5:15 PM – 6:40 PM	Evening	Hostel Boarders
11	Male	6:40 PM – 7:30 PM	Evening	Hostel Boarders
12	Male	7:30 PM – 8:30 PM	Evening	Hostel Boarders

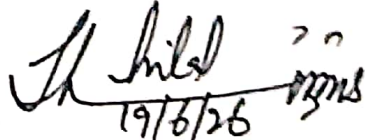
Note: All users are requested to strictly adhere to the allotted timings and maintain discipline within the Gym/Health Club premises. No hostel boarder shall be allowed to use the gymnasium facility during the day shift. The day shift shall remain reserved exclusively for non-boarder students, faculty members and non-teaching staff of the University.

Sd/-

(Dr. S. Iqbal Quraishi)
Officer Incharge
DPE&S

Copy to:

- All Officers of the University.
- All Directors/Heads of respective Centres/Departments for kind information & necessary action.
- Dean of Students for kind information & necessary action.
- Special Secretary to Vice Chancellor for kind information of the Hon'ble Vice Chancellor.
- Senior Proctor for kind information & necessary action.
- Provosts Boys & Girls Hostels for information and necessary action.
- P.A. to registrar for kind information of the Registrar.
- File.


19/6/26
(Dr. Hilal Ahmad Rather)
Assistant Director
DPE&S