



राष्ट्रीय प्रौद्योगिकी संस्थान आंध्र प्रदेश

**NATIONAL INSTITUTE OF TECHNOLOGY ANDHRA PRADESH**

**DEPARTMENT OF PHYSICAL EDUCATION**

Tadepalligudem – 534101, West Godavari Dist., Andhra Pradesh, India.

**RULES AND REGULATIONS FOR ATTENDING YOGA & GYMNASIUM  
SESSIONS**

**A. Yoga:**

1. Carry your Institute Identity Card at all times.
2. Leave your cell phone outside the Yoga Hall before entering.
3. Bring water bottle, towel, and your own yoga mat.
4. Avoid perfume or scented lotion.
5. Wear appropriate clothing for the yoga sessions.
6. Please clean your feet before entering the yoga hall.
7. Do not keep water bottles, bags, mobiles, or other personal items inside the yoga hall. Leave them in the reception room or the lockers located outside the hall.
8. Any vandalism, fighting, unsafe conduct, or other inappropriate behavior in the sports complex will not be tolerated and will be dealt accordance with the Institute's discipline action committee.
9. Leave your footwear before entering the yoga hall.
10. Do not drink or eat food inside the yoga hall.
11. Do not make noise in the yoga hall.
12. Change your clothes in the changing room and do not change in the reception area, the communal areas.

**B. Gymnasium:**

1. Carry your Institute Identity Card at all times.
2. Should wear sports Attire (Only T-shirts and lower/shorts are allowed. Shirts, jeans, pants, boxers etc. will not be allowed)
3. Athletic shoes are compulsory. No slippers, sandals, sneakers leather shoes will be allowed.
4. Put your signature on the register and entry to a gym without a signature is not allowed.
5. Do not bring your gym bag or other personal belongings into the fitness hall, keep your items in outside racks.
6. Do not sit on machines.
7. Do not move/displace any equipment.
8. Re-rack weights and return all other equipment and accessories to their proper locations when you are finished using them.
9. Place dumbbells/weight equipment lightly on the floor after each use.
10. Before any workout check the condition of the machines. Broken or damaged machines are not permitted to be used. You must report them to the Fitness Trainer immediately.



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11. Misusing the equipment can result in injury and/or damage to the equipment; follow directions and instructions by the institute SAS staff.
12. Do not disturb others. Focus on your workout and allow others to do the same
13. Refrain from using mobile while in the Gym
14. The Institute/Department will not be responsible for any loss or theft of personal items left in the Gym or any other place inside the Institute
15. Do not damage any equipment. The Gym is under continued CCTV surveillance. Heavy penalties will be levied for damages.
16. Individuals not adhering to the above-stated rules will be asked to leave the facility by the Gym Trainer/any member of Sports Staff.

<b>Timings of GYM</b>			
<b>5:30 AM-8:30 AM</b>		<b>4:30 PM-8:00 PM</b>	
<b>Morning</b>		<b>Evening</b>	
5:30 AM-6:30 AM	Girls -Students and Women -Staff& Faculty.	4:30 PM -6:00 PM	Girls -Students and Women -Staff& Faculty.
		6:00 PM-7:00 PM	Men Staff & Faculty
6:30 AM-8.30 AM	All Students Boys	7:00 PM-8:00 PM	All Students Boys
<b>Gym is closed for Sunday and other public holidays.</b>			

Sd/-

**Department of Student Activity and Sports**