

DIRECTORATE OF STUDENTS' WELFARE, PAU, LUDHIANA

PAU WELLNESS GYM (EMPLOYEE/SPOUSE/WARDS MEMBERSHIP FORM)

PERSONAL DETAILS

Employee Name _____ Father's Name _____

User name _____ Relationship with Employee _____

Date of Birth of user: ____/____/____ Gender: Male / Female / Other: _____

Name of College/Department/Branch in which posted _____

Employment status : Regular/Contract basis: _____

Residential Address : _____

Contact No. _____ Emergency Contact Details: _____

FITNESS CERTIFICATE

This is to certify that Mr./Mrs./Ms. _____ S/o / D/o W/o _____

is examined today on _____

After conducting a physical examination and reviewing medical history, the individual is found to be medically fit for **gym training & fitness activities**. This certificate is issued on the request of the student for gym membership and fitness participation purposes.

**Signature of the Medical Officer
With Rubber Stamp**

MEMBERSHIP DETAILS

Membership Type: Monthly / Quarterly/ Half-Yearly / Annual

Date of Joining: ____/____/____ Preferable Time Slot: _____

1. DECLARATION BY EMPLOYEE/USER

- I hereby declare that the information provided above is true to the best of my knowledge.
- I further declare that I am medically fit to participate in gym activities and I shall be responsible for any injury or health issue arising from gym participation/during training hours.
- I hereby declare that I have read and agree to abide by all the terms and conditions (written overleaf) of the PAU Wellness Gym, and will use the facilities with all safety measures responsibly

Date: ____/____/____

Signature of Employee/User

Signature of the DEAN of the College / HEAD of Department with seal

Signature of Gym Coordinator

Deputy Director (PE) Submitted

for approval

Joint Director/Director Students Welfare

OFFICE USE ONLY

1. Membership Approved Yes / No _____

2. Membership ID No.: _____

3. Fee Paid in Rs.: _____

4. Receipt No. & Date _____

5. Membership Valid up to: _____

Signature of Cashier

Signature of dealing hand

.....: **TERMS AND CONDITIONS** :.....

1. Membership & Access

- For securing membership student must submit three recent passports size photographs.
- Gym access is permitted only to registered members with a valid membership ID.
- Usage fees are non-refundable and non-transferable & must be renewed before expiry date.

2. Timings:

- Members must follow the notified gym timing.

3. Dress Code

- Proper gym attire must be worn at all times (sports shoes, track pants, T-shirt).
- Slippers, sandals, or formal shoes are not allowed inside the gym area.

4. Health & Safety

- Members must ensure they are medically fit before participating in any exercise.
- A **fitness certificate** from a registered medical practitioner is mandatory during registration
- Use of equipment must be done cautiously and as per instructions of the gym trainer.

5. Cleanliness & Hygiene

- Members must bring their own towel and water bottle, Equipment must be wiped clean after use & Spitting, littering, or unhygienic conduct inside the gym is prohibited.

6. Equipment Usage

- Misuse of gym equipment or rough handling is strictly prohibited and liable to immediate cancellation of membership.
- Any kind of damages will be charged from the concerned member.

7. Discipline & Conduct

- Members must maintain discipline, decorum, and respectful behavior.
- Mobile phone use (except for emergencies) should be avoided inside the workout area.
- Loud conversations, disturbing others, or unauthorized training of other students is not allowed.
- No member is allowed to bring personal coach/trainer for training.

8. Prohibited Activities

- Smoking, alcohol or performance-enhancing substances are strictly banned.
- Bringing non-members/visitors into the gym is not permitted.

9. Personal Belongings

- Members are responsible for the safety of their belongings.
- The gym management will not be responsible for loss of personal items.

10. Administrative Rights

- The Gym Coordinator/Directorate of Students Welfare reserves the right to:
- Suspend or cancel membership for violation of rules.
- Modify gym rules and timings whenever required without any prior intimation.

11. Liability Waiver

- The university or gym staff shall not be responsible for any accidental injury or health issue arising from gym workouts.
- Members use the gym at their own risk and responsibility.

Timing Slots 01/12/2025 to 31/03/2026	
Morning	Evening
6:00 am to 7:15 am	4:00 Pm to 5:15 Pm
7:30 am to 8:45 am	5:30 Pm to 6:45 Pm
9:00 am to 10:15 am	7:00 Pm to 8:15 Pm
*Gym will remain closed on Saturday/Sunday & all Public Holidays	
*User can select any of the one slots from the above	