

Dear Sir,

With reference to your email dated 27.04.24 it is to inform you that point wise required information regarding gymnasium as per your email is given below:

1. Description of equipments/machines in Chandra Shekhar Azad Vyayamshala
(Gymnasium)

- 1.1** Treadmill
- 1.2** Cross Trainer
- 1.3** Spin Bike
- 1.4** Recumbent Bike
- 1.5** Chest Press
- 1.6** Lat Pull Down/Rowing
- 1.7** Leg Extension/Curl
- 1.8** Biceps and Triceps Station
- 1.9** Press Arm Station
- 1.10** Smith Machine
- 1.11** Cross Cable Machine
- 1.12** Olympic Bar
- 1.13** Flat Bench
- 1.14** Decline Bench Press
- 1.15** Incline Bench Press
- 1.16** Dumbbells & Weights
- 1.17** Rack for Dumbbells
- 1.18** Barbells
- 1.19** Ab Crunch Machine
- 1.20** Vibro Machine



1.1 Treadmill for Cardiovascular Exercises



1.2 Cross Trainer for Cardiovascular Exercises



1.3 Spin Bike for Cardiovascular Exercises



1.4 Recumbent Bike for Cardiovascular Exercises



1.5 Chest Press



1.6 Lat Pull Down/Rowing Machine for Strength Training Exercises



1.7 Leg Extension/Curl Machine for Strength Training Exercises



1.8 Biceps and Triceps Station for Strength Training Exercises of Upper Arm



1.9 Press Arm Station for Strength Training Exercises of Upper Body



1.10 **Smith Machine for Strength Training Exercises**



1.11 Cross Cable Machine for Strength Training Exercises



1.12 Olympic Bar for Strength Training Exercises



1.13 **Flat Bench**



1.14 Incline Bench Press for Strength Training Exercises of Upper Chest



1.15 Decline Bench Press for Strength Training Exercises of Chest



1.16 Dumbbells and Weights



1.17 Rack for Dumbbells



1.18 Barbells



1.19 Ab Crunch Machine for Abdominal Muscles



1.20 Vibro Machine for Relaxation



Cardiovascular Exercises Section



Strength Training Exercises Section

2. Facility Overview: Indoor Badminton Court, Table Tennis, Carom, Chess and Changing Room. Washrooms for Boys and Girls.



Badminton facility for girls in Gymnasium



Badminton facility for boys in Gymnasium



Table Tennis facility for boys in Gymnasium



Table Tennis facility for girls in Gymnasium



Chess Facility in Gymnasium

3. Operating Hours: Opening Time: 10:00 am, Closing Time: 05:00 pm, Sunday and Holidays: Closed
4. Fitness Programs and Classes: Aerobics Training Programs, Strength Training Program, Martial Art Training (Especially for females) Yogasana Practice Sessions and Classes offered at Gymnasium throughout the year/session by Mohammad Sharique, Subject In-charge: Department of Physical Education and Dr. Hasan Mehdi, Assistant Professor (Temporarily) Department of Physical Education, KMC Language University, Lucknow.
Registration Procedure: Through the notification by the department of physical education.



Aerobics Training Program



Strength Training Program



Strength Training Program



Strength Training Program



Martial Art Training Program



Yogasana Practice Sessions and Classes



Yogasana Practice Sessions and Classes

5. Safety Measures: Fire Fighting measures, First Aid Box, Demonstration and Guidelines regarding exercise, physical activities and equipments maintenance given by the instructors. Equipments and Machines are serviced from time to time.
Sanitation Procedures: Wiping down the equipments/Machines before and after use. Equipments/Machines are consistently disinfested. Students are instructed to sanitize their hands before the commencement of workout.
Staff Availability: Mohammad Sharique, Assistant Professor: D/o Physical Education
Dr. Hasan Mehdi: Assistant Professor (Temporarily): D/o Physical Education
Mr. Lala Kumar Yadav: Attendant
6. Hygiene Facilities: Daily cleaning tasks including wiping down gym equipments, cleaning washrooms, changing rooms, vacuuming and mopping floors, and emptying trash bins. Students and university staff are instructed to wear sports uniform along with towel.
7. Accessibility: NA