

F. No. 13-03/2021-22/GA
NATIONAL INSTITUTE OF EDUCATIONAL PLANNING AND ADMINISTRATION
(Deemed to be University u/s 3 of the UGC Act, 1956)
17-B, Sri Aurobindo Marg, New Delhi-110016

February 17, 2025

NOTIFICATION

This is for information of all that a Gym Manager at NIEPA Gym (hostel) has been appointed. The NIEPA Gym is opened for NIEPA employees and guests staying in hostel and not for outsiders. The rules and regulations for NIEPA gym are the following:

1. Proper Attire:

- a. All gym users must wear appropriate workout attire, including standard workout clothes and running or cross training shoes, while in the exercise area.
- b. Jeans, skirts and appropriate footwear are not allowed.
- c. Outside footwear is strictly prohibited on the treadmill or any other machines. Please ensure you bring proper gym shoes for your workout.

2. Gym Training:

- a. Morning: 6:00 AM to 08:30 AM
- b. Evening: 05:30 PM to 09:00 PM
- * ***Gym Trainer will be available from 06:00pm.***

3. Personal Towel Use:

- a. Gym users must use a personal Towel at all times during their workouts. Sharing towel is not permitted. Please bring your own towel.

4. Hydration:

- a. It is recommended to keep your water bottle with you during workouts.

5. Age Recommendation:

- a. The ideal age for joining a gym is 17 to 18 years, as individuals at this age are mature enough to perform weightlifting, powerlifting, bodylifting, and high- resistance training.

6. Respect the Equipments:

- a. Treat all gym machines and equipment with care.

7. Personal Space :

- a. Be mindful of others and respect their personal space during work.

8. Mobile usage:

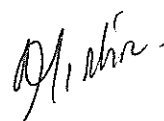
- a. Avoid making phone calls in the gym. If using your mobile, please use headphones.

9. Dumbbells and Free weights;

- a. Do not slam, drop, or throw dumbbells or free weights on the floor when finished.

10. Safety and Weights:

- a. Always secure weights properly to prevent them from failing off barbells.



11. Mirror safety:

- a. Stand at least three feet away from the mirror when using dumbbells or free weights.

12. Equipment Return:

- a. Return all gym equipments including barbells, dumbbells and free weights to their designated places after use.

13. Prohibitions:

- a. Food and drinks (except plain water) are not allowed in the workout area.
- b. Smoking and alcohol are strictly prohibited on the gym premises.

This is issued with the approval of the Competent Authority.


Registrar

To

Students/Faculty Members/Staff/Project Staff

CC:

1. Sr. PS to VC - for information of Hon'ble VC.
2. PA to Registrar for information of Registrar
3. Administrative Officer
4. Systems Analyst - with the request to upload the circular on NIEPA Website - Staff Corner
5. Mr. Sumit Das, Gym Manager