

GURUCHARAN UNIVERSITY, SILCHAR**গুরুচরণ বিশ্ববিদ্যালয়, শিলচর**

*A State University established by upgrading Gurucharan College under
Assam Act No. LVII of 2023*

Ref No.

Date :11-09-2025

NOTICE

The following schedule has been fixed for the use of the University Gymnasium

Girls: 6:45 AM – 8:45 AM

Instruction for Use of Gymnasium & Recreation Centre:

1. Users must wear proper sportswear/ gym suits/any other comfortable dress.
2. Personal belongings should be kept in designated areas; the University will not be responsible for any loss.
3. Equipment must be used carefully and returned to its proper place after use.
4. Misbehaviour, indiscipline, or misuse of equipment will lead to cancellation of gym privileges.
5. Users must strictly follow the schedule allotted for their category.
6. Entry without enrollment and a valid ID card is prohibited.
7. Video recording/ live streaming/any other form of broadcasting inside the gym room is strictly prohibited.



(Rimpi Sonowal)

Coordinator,Gymnasium (Female)
Gurucharan University, Silchar

Copy to :

1. PS to the VC for kind information of the Vice Chancellor, Gurucharan University, Silchar.
2. Registrar, Gurucharan University, Silchar.
3. Academic Registrar, Gurucharan University, Silchar.
4. All Convenors and Members of the Sub-Committees.
5. Guard File.



Coordinator,Gymnasium (Female)
Gurucharan University, Silchar

Date:

Serial Number:

GURUCHARAN UNIVERSITY GYMNASIUM CENTRE

ADMISSION FORM

GIRLS ONLY		Session: 2025-26	
1.Student’s Name (Block Letters):			
2. Father’s Name (Block Letters):			
3. Date of Birth :		4. Category :	
5. Gender: Female		6. Religion :	
7. Nationality :		8. Blood Group :	
9. PRESENT ADDRESS			
Village/Town :		District:	
State :		PIN Code :	
10. PERMANENT ADDRESS			
Village/Town :		District:	
State :		PIN Code :	
11. Height :		12. Weight :	
13. Student’s Whatsapp No.		14.Guardian’s No. :	
15. Have you ever had a membership at a gym before : Yes/No. If yes where?			
16. Do you have any medical conditions we should be aware of ? Yes/No. If yes specify :			

N.B. Yoga mat & Skipping rope must be brought by the students.

FITNESS CERTIFICATE

I hereby certify that I have examined (Full name of applicant) and have found that he /she is physically fit to participate in a fitness program at the gym. Based on my examination, I do not find any medical condition that would prevent him/her from safely participating in physical exercise.

Full name of the physician :

Signature :

Date :

Seal:

Signature of the applicant :

Date :

Verified by :

Approved by :

Coordinator/Member,

Gymnasium, Gurucharan University, Silchar

SELF-DECLARATION FOR GYM

Paste your recent coloured passport size photograph (3.5x4.5 cm.)

I,..... (Full Name of Applicant), Daughter of of Class..... Roll No: Stream....., hereby declare that I am physically fit to participate in a fitness program at the Gurucharan University Gymnasium Centre (Boys / Girls). I am aware that there are risks associated with physical exercise and I accept full responsibility for any injury or harm that may occur to me during my practice session in the gymnasium.

I acknowledge that the Trainer/University authority is not responsible for any injury or harm that may occur to me during my practice session. I hereby absolve the Trainer/University authority from any liability for injury or harm that may occur to me during my practice session.

By signing below, I acknowledge that I have read and understood this self-declaration, and I voluntarily take upon myself incidents/accidents associated with my practice in the Gurucharan University Gymnasium Centre (Boys/Girls).

Countersigned by

Applicant’s signature

Date :-

(Parent/Guardian)

Date :-

Place :-