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ST JOSEPH'S UNIVERSITY

Ref No: SJU/PE/N-02/2026

Date: July 7, 2026

GUIDELINES AND SCHEDULE FOR USING CAMPUS SPORTS FACILITIES

St Joseph's University is pleased to provide opportunities for students to utilize the campus sports facilities to foster physical fitness and sportsmanship. To ensure optimal and fair utilization, students are required to strictly adhere to their assigned slots and the guidelines detailed below.

Days: **Monday to Friday**

First day of access: **July 8, 2026**

Venue	Shift	Time
Field, Basketball court	I, II & III	12:00 PM to 04:00 PM
Field, Basketball court	III	06:30 PM to 07:00 PM
Field, Basketball	Hostel Students	05:00 PM to 06:15 PM

Please Note:

Important Rules & Regulations

- Equipment & ID Cards:** To borrow any sports equipment, students must deposit their official University ID card at the sports desk. The ID card will be returned only after the equipment is handed back in its original condition.
- Damages & Liability:** Students are responsible for the gear they borrow. Any damage caused to the equipment while in use must be financially compensated for by the student responsible.
- Badminton Court Restriction:** The badminton court is strictly reserved for the University Sports Teams and SJU Staff members. It is not available for general student recreation.
- Designated Play Areas:** Students are strictly prohibited from playing games outside the designated sports fields or specified athletic areas.
- Non-Availability:** Sports equipment will not be issued on Saturdays or on days when major college sports events are scheduled (e.g., *Pegasus*, *Annual Sports Day*, *Sportstakes*).

We look forward to your active participation and cooperation in maintaining the decorum and condition of our university sports infrastructure.



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CAMPUS FITNESS CENTER (GYM) SCHEDULE, FEE STRUCTURE, AND GUIDELINES

The Department of Physical Education is pleased to announce the opening of the Campus Fitness Centre (Gym) for the academic year 2026–2027. To ensure equitable access and maintain a disciplined training environment, all members are requested to strictly adhere to the schedule and regulations outlined below.

Categories	Time Slots
University Team Players	07:00 AM – 09:00 AM
Regular Male Students	09:00 AM – 11:00 AM
	02:00 PM – 03:00 PM
Regular Female Students	11:00 AM – 01:00 PM
Hostel students (Hostel Girls)	03:15 PM – 04:00 PM
Hostel students (Hostel Boys)	04:00 PM – 04:45 PM
Staff and Research Scholars)	05:00 PM – 07:00 PM

First day of access: 8 July, 2026

Registration and Membership Fees

- **Membership Fee:** ₹300 per month for SJU students.
- **Admission Process:** To register, students must collect and submit the **Gym Application Form** from the Department of Physical Education. Please review the **Gym Admission Form** for a complete fee breakdown and policy details.
- **Parental Consent:** Students must submit their completed admission form along with a formal **consent letter** signed by a parent, guardian, or hostel warden.
- **Monthly Renewal:** To renew gym access for consecutive months, members must present a physical renewal fee receipt stamped by the Finance Department.



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Code of Conduct & Gym Etiquette

- **Mandatory Attire:** Proper workout gear (T-shirts, shorts or track pants, and closed-toe athletic/sports shoes) is strictly required. Members wearing open-toed footwear, sandals, or training bare feet will not be permitted entry.
- **Hygiene & Etiquette:** Out of respect for fellow gym members, everyone must wipe down machines/benches after use and return all weights, dumbbells, and bars to their respective racks.
- **Food & Beverages:** Food items are strictly prohibited inside the facility. Beverages are permitted only in secure, covered, non-glass containers (e.g., shaker bottles).

Your cooperation is vital to maintaining a safe, hygienic, and highly productive fitness environment.

Dr Santhosh Adam

Director of Physical Education

Fr Arun P.D'Souza

Sports Convener

HEAD OF THE DEPARTMENT
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