



An Institution of
the Society for the Higher Education
of Women in India

Sophia College for Women
Empowered Autonomous

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Gymnasium Policy

Administrative Policy Number (APN): SCWAPN/21	Functional Area: entails overseeing all aspects of physical training and related services and equipment's in institution.
Brief Description of the Policy:	Purpose: To govern the organization, administration, and promotion of physical training and athletic activities within the educational institute Audience: All stakeholders of the organization.
Policy Applies to:	All academic and co-curricular processes in the Organization.
Effective from the Date:	26 th November, 2018
Approved by:	College Development Committee (CDC)
Responsible Authority	IQAC
Superseding Authority	Principal
Last Reviewed. / Updated:	New Policy
Reason for the policy	To enhance physical well-being, foster teamwork, and instil leadership skills among students.
References for the policy	UGC/ University of Mumbai.

Introduction

Sophia College for Women recognizes the integral role that sports and physical activities play in the holistic development of our students. Therefore, the sports cell of the college formulated a comprehensive sports policy aimed at promoting participation, fostering athletic excellence, and nurturing a culture of sportsmanship within our academic community.

Objectives

1. Encourage widespread participation: Promote inclusivity by providing opportunities for all students to engage in various sports and physical activities, regardless of skill level or background.
2. Enhance athletic excellence: Support the development of talented athletes through specialized training programs, coaching resources, and access to state-of-the-art facilities.
3. Foster a culture of sportsmanship: Instill values of teamwork, discipline, and fair play among participants, promoting respect for opponents, officials, and the rules of the game.
4. Promote physical well-being: Prioritize the health and fitness of students by offering diverse recreational opportunities, fitness programs, and wellness initiatives aimed at enhancing overall well-being.

Policy Details

1. Access and Hours:

The gym will be accessible to registered students, faculty, and staff of college during specified hours of operation.

- Operating hours will be clearly communicated and posted for the convenience of all users.

2. Equipment Use and Maintenance:

- All gym equipment must be used responsibly and in accordance with provided instructions.

- Regular maintenance schedules will be implemented to ensure the safety and functionality of all equipment.

- Users are encouraged to promptly report any malfunctioning equipment to gym staff.

3. Safety and Conduct:

- Safety guidelines must be strictly adhered to at all times.
- Proper attire, including suitable athletic wear, must be worn in designated areas.
- Any behaviour that disrupts other's use of the gym or violates college policies will not be tolerated.

4. Supervision and Assistance:

- Trained staff or monitors will be available during operating hours to provide assistance and ensure compliance with gym policies.
- First aid kits and emergency procedures will be readily accessible and prominently displayed.

5. Cleanliness and Environment:

- Users are responsible for maintaining cleanliness by disposing of trash properly and returning equipment to designated areas after use.
- The gym environment should foster a supportive and inclusive atmosphere for all female users.

This policy framework is designed to create a safe, welcoming, and empowering environment within the gymnasium of college, promoting physical activity and overall wellness among its female community members.

A.P. Paki

IQAC Coordinator

Coordinator
IQAC
Sophia College



Principa

Principal

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