

# **GYMNASIUM REPORT**

**Gymnasium Report for the Academic Year July 1<sup>st</sup> 2024- June 30<sup>th</sup> 2025**

## **1. Introduction**

The gymnasium at Lady Keane College has played a crucial role in promoting physical fitness and supporting athletic development throughout the academic year from 1<sup>st</sup> July 2024 to 30<sup>th</sup> June 2025. With a strong emphasis on general fitness and athletic training, the gym caters primarily to students seeking to improve their physical health and performance in sports.

## **2. Enrollment and Attendance**

A Total of 50 students enrolled in the gymnasium program during the 2024-25 academic year. While the gym caters to students interested in general fitness, it is particularly popular among athletes, who make up the majority of the gym's regular users. The athletes utilize the gym to enhance their strength, endurance, and overall physical performance, crucial for their respective sports.



### **3. Operating Hours and Student Timings**

The gym operates from 9:30 AM to 4:00 PM daily, providing students with ample flexibility to attend at different times based on their schedules. The scheduling flexibility ensures that the gym does not become overcrowded, and students can enjoy their workouts without interruption.

### **4. Gym Equipment and Facilities**

The gym is equipped with a total of 17 pieces of equipment designed to meet the diverse fitness needs of the students. These include strength training machines, free weights, cardio equipment, and other tools to aid in physical condition: Below are the 17 gymnasium equipment available in the college.

1. Manual Treadmill
2. Weight Training Bench
3. Push Up Bar
4. Long Bar
5. Dumbbells Bar
6. Dumbbells
7. Plates
8. Gym Ball
9. Hand Grips
10. Skipping Ropes
11. Recumbent Bike
12. Orbitrek Cycle
13. Station Gym
14. Crazy Fit Massage
15. Yoga Mats
16. Weight Machines
17. Cones

Along, with the above gym equipment, other types of Sports Equipment are also kept in the Gym, such as, footballs, Basketballs, Badminton, etc.

### **5. Role of the Gym Teacher/PE Teacher**

The gym teacher, who also serves as the Physical Education (PE) teacher is actively involved in organizing sports activities at the college. The teacher not only supervises the gym, ensuring that students follow safety protocols and get the most out of their workouts, but also provides guidance on proper exercise techniques and fitness routines.

## **6. Purpose and Use of the Gym**

The gymnasium serves as a multi-purpose fitness space. Most students utilize it primarily for fitness purposes, aiming to improve their overall health and physical condition. However, the gym is most frequented by athletes, who train here to build strength, enhance endurance, and prepare for their respective sports.

## **7. Conclusion**

In summary, the gymnasium at Lady Keane for the academic year 2024-25 has been an essential resource for students' physical development. With more than 50 students enrolled, 17 pieces of well-maintained equipment, and flexible operating hours from 9:30 AM to 4:00 PM, the gym has effectively supported both general fitness and athletic performance. The gym teacher's dual role as a PE teacher and coordinator of sports activities has ensured that the gym remains a hub for physical education and fitness, with personalized guidance for students, particularly athletes. The gym continues to serve as a valuable asset to the college's fitness and sports programs, contributing to the health and well-being of the student body.

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