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भारत सरकार /GOVERNMENT OF INDIA

वित्त मंत्रालय /MINISTRY OF FINANCE, राजस्व विभाग /DEPARTMENT OF REVENUE

केन्द्रीय उत्पाद शुल्क ,सीमा शुल्क एवं सेवा कर आयुक्त का कार्यालय

OFFICE OF THE COMMISSIONER OF CENTRAL EXCISE, CUSTOMS & SERVICE TAX

केन्द्रीय राजस्व भवन:आई.एस.प्रेस.रोड:कोचिन -682018

CENTRAL REVENUE BUILDING: I.S.PRESS ROAD: COCHIN-682 018

सी सं/C.No.II/39/16/2013 SPORTS

दिनांक/Date:08.05.2014

PHYSICAL FITNESS IS NOT ONLY ONE OF THE MOST IMPORTANT KEYS TO A HEALTHY BODY, IT IS THE BASIS OF DYNAMIC AND CREATIVE INTELLECTUAL ACTIVITY.

As you are aware THE FITNESS CENTRE at the Hqrs Office was inaugurated on 06.05.2014 by Dr.K.N.Raghavan, I.R.S. Commissioner of Central Excise, Customs & Service Tax. A trainer will be available to guide the officers using the equipments in the Fitness Centre. As per the guidelines of the DGHRD the fitness centre has to be run on a self sustained basis. For this purpose it has been decided to charge a registration fee of Rs.150/- and monthly subscription of Rs.100/- or life membership fee of Rs.5000/-(including registration fee) from the patrons. The form for membership to the Fitness Centre is available in the website of Cochin Central Excise Commissionerate. Officers interested in utilizing the facilities of the Fitness Centre are hereby requested to fill in the registration form and hand it over along with the prescribed fee to Sports Officer /Assistant Sports Officer of Central Excise.

ALL OFFICERS ARE REQUESTED TO UTILISE THIS OPPORTUNITY TO STAY HEALTHY.

SPORTS OFFICER
CENTRAL EXCISE, COCHIN

Cochin - 18
08.05.2014

OFFICE OF THE COMMISSIONER OF CENTRAL EXCISE
C.R.BUILDING, I.S. PRESS ROAD, COCHIN 682018

Fitness Centre Rules and Conditions

Conditions:

- Fitness Centre Registration fees of Rs. 150 / - applies
- Registration fees is to be paid at the time of admission
- No refunds will be given on registration fees
- Members must sign-in and sign-out when utilising the fitness centre, in the sign book provided.

Rules:

- Closed in footwear must be worn
- Neat and clean clothing must be worn.
- A towel must be used on all benches
- Gym equipment must only be used for its intended purpose
- Weights must be returned to place of origin after use
- Do not drop weights – place them down carefully
- No chewing gum in the gym
- No use of equipment under the influence of alcohol
- Offensive behaviour and swearing will not be tolerated

OFFICE OF THE COMMISSIONER OF CENTRAL EXCISE
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APPLICATION FOR FITNESS CENTRE MEMBERSHIP

Name of the Member	
Communication Address	
Contact phone number	
Email address	
Age of the applicant	
Sex of the applicant	Male ( ) Female ( )
Have you used a gym at any time before	Yes ( ) No ( )
Name of the person to contact in an emergency	
Contact number of person to contact in emergency	
If having health issues please specify	
Fee payment details :	
Registration fees : Rs._____	
Monthly fees : Rs._____	Quarterly fees : Rs._____
Annual fees : Rs._____	Life Membership : Rs._____
Declaration by applicant	
I _____, hereby agree to all the terms and conditions laid down by the management of the fitness centre	
Signature of the applicant :	
FOR OFFICE USE ONLY	
Membership Number allotted :	
Date of registration :	
Fitness centre staff initials :	