

**DETAILS OF GYMNASIUM FACILITIES**



# T.J.S ENGINEERING COLLEGE



Approved by AICTE, New Delhi & Affiliated to Anna University, Chennai.

TJS Nagar, Peruvoyal, Near Kavaraipettai, Gummidipoondi Taluk, Thiruvallur District -601206

Date: 19.04.2021

## CIRCULAR

This is to inform to the boy's hostel students of T.J.S Engineering College that we have well equipped gymnasium, which paves the way for a healthy life style for students. Physical trainer will take care of the students. Students are advised to utilize facilities provided.

### Working hours:

S.NO	WEEK DAYS	MORNING	EVENING
1.	MONDAY TO SATURDAY	5.00 AM TO 6.30 AM	4.30 PM TO 7.00PM
2.	SUNDAY	5.00 AM TO 8.30 AM	4.00 PM TO 8.00PM

PRINCIPAL

T.J.S. ENGINEERING COLLEGE  
Peruvoyal, Kavaraipettai,  
Gummidipoondi Taluk,  
Thiruvallur Dist - 601 206.

### COPY TO:

1. THE CHAIRMAN
2. THE DIRECTOR
3. THE PRINCIPAL
4. THE ADMINISTRATIVE OFFICER
5. TO HOD- EEE, ECE, MECH AND CSE BRANCHES
6. TO NOTICE BOARD - EEE, ECE, MECH, CSE, S&H



# T.J.S. ENGINEERING COLLEGE

TJS Nagar, Kavaraipettai, Chennai 601206



## Gymnasium Equipments

### Gymnasium Equipments

S. NO	Equipments	QTY
1	Dumbbells 5kg set	2
2	Dumbbells 7.5 kg set	2
3	Dumbbells 10kg set	2
4	Dumbbells 12.5 kg set	2
5	Dumbbells 15kg set	2
6	Pull up bar	2
7	8 in 1 Bench with Rod	2
8	wall mount chin up bar	2
9	weight lifting set – up to 30kg	2
10	weight lifting set – up to 50kg	2
11	weight lifting set – up to 70kg	2
12	weight lifting set – up to 100kg	2
13	Resistance Band	2
14	Pushup Board	2
15	shot put 5kg	2
16	shot put 7.26 kg	2
17	Double spring Tummy Trimmer	3
18	Foot pedal pull rope	3
19	Grid foam roller	3
20	Ab roller wheel	3
21	Punching bag with kit	2
22	Barbell set	2

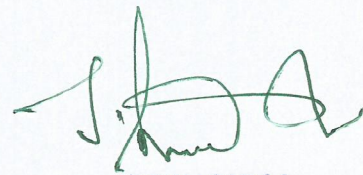


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**Fitness equipments - Price Quote**

S. NO	ITEM DETAILS	COST	Q TY	PRICE
1	Dumbbells 5kg set	1200	2	2400
2	Dumbbells 7.5 kg set	1350	2	2700
3	Dumbbells 10kg set	1400	2	2800
4	Dumbbells 12.5 kg set	1500	2	3000
5	Dumbbells 15kg set	1600	2	3200
6	Pull up bar	2900	2	5800
7	8 in 1 Bench with Rod	6500	2	13000
8	wall mount chin up bar	2100	2	4200
9	weight lifting set - upto 30kg	1400	2	2800
10	weight lifting set - upto 50kg	1600	2	3200
11	weight lifting set - upto 70kg	1700	2	3400
12	weight lifting set - upto 100kg	1800	2	3600
13	Resistance Band	550	2	1100
14	Pushup Board	575	2	1150
15	shot put 5kg	900	2	1800
16	shot put 7.26 kg	1350	2	2700
17	Double spring Tummy Trimmer	525	3	1575
18	Foot pedal pull rope	325	3	975
19	Grid foam roller	700	3	2100
20	Ab roller wheel	600	3	1800
21	Punching bag with kit	3500	2	7000
22	Barbell set	2350	2	4700
	<b>TOTAL AMOUNT</b>			<b>75000</b>



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Gummidipoondi Taluk,

Thiruvallur Dist - 601 206.

# T.J. SIVANANDA MUDALIAR EDUCATIONAL TRUST

(Regd. No.2608/07)

No. 175, T.J.S. Building, G.N.T. Road, Kavaraipettai,  
Gummidipoondi Taluk, Thiruvallur Dist.,  
Tamilnadu – 601 206.

Phone : 044-2792 5245, 2792 5544, Fax: 044 – 2792 5040

E-mail: tjsivanandam@ymail.com

23.01.2021

TJSEC/AL- 19/2021

## APPOINTMENT LETTER

Sub: Establishment – T.J.S. Engineering College – Peruvoyal, Near Kavaraipettai,  
Gummidipoondi Taluk , Thiruvallur District – 601 206 – Appointment of  
**Mr. SUMAN** as Gym Master – Orders issued.

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**Mr. SUMAN** is provisionally appointed as Gym Master at T.J.S. Engineering  
College.

Your First year at the College will be your probationary period and you will  
be eligible for increment every year.

Your association with the institution may be terminated giving you a notice  
to that effect before one month of the proposed date of termination.

In case of your intention to discontinue from the services, you are required  
to give 3 months notice in advance. **(as on 1<sup>st</sup> February)**

You should produce all the Original Certificates at the time of joining duty.

**Condition: Minimum One Year you should serve the College.**

To

**Mr. Suman,  
Natham Village,  
Panjetty Post,  
Ponneri Taluk,  
Thiruvallur Dist – 601204.**

CHAIRMAN  
T.J.S. ENGINEERING COLLEGE  
PERUVOYAL, GUMMIDIPOONDI TALUK  
(NEAR KAVARAIPETTAI)  
THIRUVALLUR DIST. - 601 206

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**T.J.S. ENGINEERING COLLEGE**

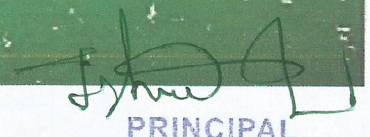
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**PHYSICAL FITNESS- GYMANASIUM**

**PHYSICAL FITNESS- GYMANASIUM**



  
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