

College Gymnasium

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The preparation for the gym site and facility began in the year 2009 when Br. E. V. Miranda was the Principal of the College. It was felt that the college gym will be a vital resource for students, offering numerous benefits that contribute to their overall well-being and academic success. Regular exercise is essential for maintaining good physical health and the college gym will provide a convenient and accessible space for students to engage in various fitness activities.

The Principal entrusted the responsibility of setting up of a Gym to Dr. S. Nagi, Head of the Computer Science Department, who himself is a keen Gym enthusiast! The old library which was above the students and staff erstwhile canteen was selected as the place where the new gym would come up, primarily because of its size (approx 3000 sq. ft. area) and its location. The entire floor area was laid with wall-to-wall carpeting and large size mirrors were fixed on the walls to give an even more spacious look. Initially to start off the gym, the plates and bars were purchased by Dr. Nagi from Vishal Market and a few flat and incline bench were also purchased locally. A few students started working out in the gym before it closed for the Winter Vacation.

When the College reopened in February 2010, a Gym committee was formally constituted along with Dr Nagi, Dr Donbor Thangkhiew, Dr. Eros Kharshiing and Mr. Diones War as its members. It was decided to order a 21-station multi-station gym and after a lot of research, an order was placed with Tara Bodybuilding Equipment Manufacturers in Jalandhar and the multi-station finally arrived in the month of April 2010. To complement the 21-station multi-gym, a number of plates and dumbbells of varying sizes and weights, along with bars, stands, racks and benches were procured from Guwahati. Finally, in the month of June 2010, the Gym was formally inaugurated. The Gym was open only in the afternoons and the facility was open to all students, both boys and girls. A qualified Gym Instructor had been appointed to coach the students.



The first College Bench Press Competition was also held in 2010 during the College week and it was a big hit with the students – they participated in large numbers and were bolstered with the participation of a few teachers also, who tried their hand at bench press! It was then decided to make the Bench Press Competition an annual affair during the College week and with the support of students, this competition has been a popular event to look forward to during the College Week.

However, sometime in 2013-14 the Gym went through a lean phase leading to its closure ultimately. There were talks of reviving it but then came the pandemic and total shutdown. After the College reopened and normalcy slowly returned, the thoughts once again turned towards restarting the gym

facility. The shutdown was a trying time for everyone, affecting the physical and mental health of students and teachers alike. So it was all the more important to restart the gym facility as engaging in regular physical activity would not only help students improve their cardiovascular health but would also enhance muscle strength and endurance and boost overall energy levels. The college gym would offer students a valuable outlet for managing and reducing stress. Exercise releases endorphins, which are natural mood-enhancing chemicals that promote feelings of happiness and well-being. So, by incorporating exercise into their routine, students can experience reduced stress levels and improved mental well-being.

Therefore, in 2022, at the initiative of Mr. Monotosh Chakraborty, Vice-Principal, Dr. Nagi was once again entrusted the responsibility of bringing back the gym activities into the lives of the students. However, the need was now to have a contemporary gym and so a lot of re-construction work along with new equipment was needed. With the full support of Br. S. Coelho, Secretary of the College and Mr. Monotosh Chakraborty, the gym was refurbished and new equipment such as dumbbells of various weights, rubber bumper plates and Olympic barbell sets, squat rack and deadlift platform was installed. A qualified Gym Instructor who specializes in Power-lifting was appointed and finally on 5th November, 2022, the College Gym was formally inaugurated! The Gym stays open on all afternoons, except Sunday.



During the College Week 2023, instead of the customary Bench Press Competition, a Powerlifting competition was held which is a combination of three lifts – Squats, Bench press and Deadlift – or SBD as it is popularly known. The enthusiasm of the students was sight to behold!

The intention of the College Gym seems to have been fulfilled as it plays a crucial role in supporting the students' physical and mental health, fostering social connections and promoting overall well-being. Its availability and accessibility on the College campus provides student with the resources and opportunities to engage in regular exercise, which can positively impact their college experience and contribute to their long-term success.

