



The age old adage 'Health is Wealth' is especially true in this current fast paced life. A Healthy mind and body is an essential ingredient for the overall happiness of an individual both personally and professionally. Now a days people hardly get time to exercise, hence, going to a Gymnasium makes them physically and mentally active. Considering this aspect and to improve upon the health status of its staff, the Regional Centre Campus of Cochin houses a Gymnasium in the Main Building on the Ground floor.

The Gymnasium was established in the ground floor of the old block under the guidance and leadership of Dr. V V Reddy, Former Regional Director (who served RC Cochin from 01/08/2011 to 02/11/2012). The staff welfare and cultural club of Cochin Regional Centre manages the utilization and maintenance of the equipment in the Gym. The equipments available here are Treadmill (which is a device used for exercise consisting of a continuous moving belt on which one walks or runs); Orbitrack Exercise bike (which reduces the stress and strain on the legs through an elliptical motion); Dumbbells (which is used for joint-isolation exercises such as biceps curls, chest flyes or shoulder raises.); Barbell (which is the longer version of the dumbbell and is used for free weight training and competitive sports, such as powerlifting); Push up stand(which is used for doing push-ups, the most common form of exercise that makes use of the body weight as resistance to build muscle strength); and Hip twister(which targets to reduce the excess fat around the stomach to help to lose some extra weight).

The staff at RC Cochin makes use of this Gymnasium in their leisure time. The Gymnasium is also an attraction for little children of staff members who come to attend cultural functions and other events at the Regional Centre.