


FITNESS CENTRE

YOGA CENTRE

GPS Map Camera

Thrissur, Kerala, India 

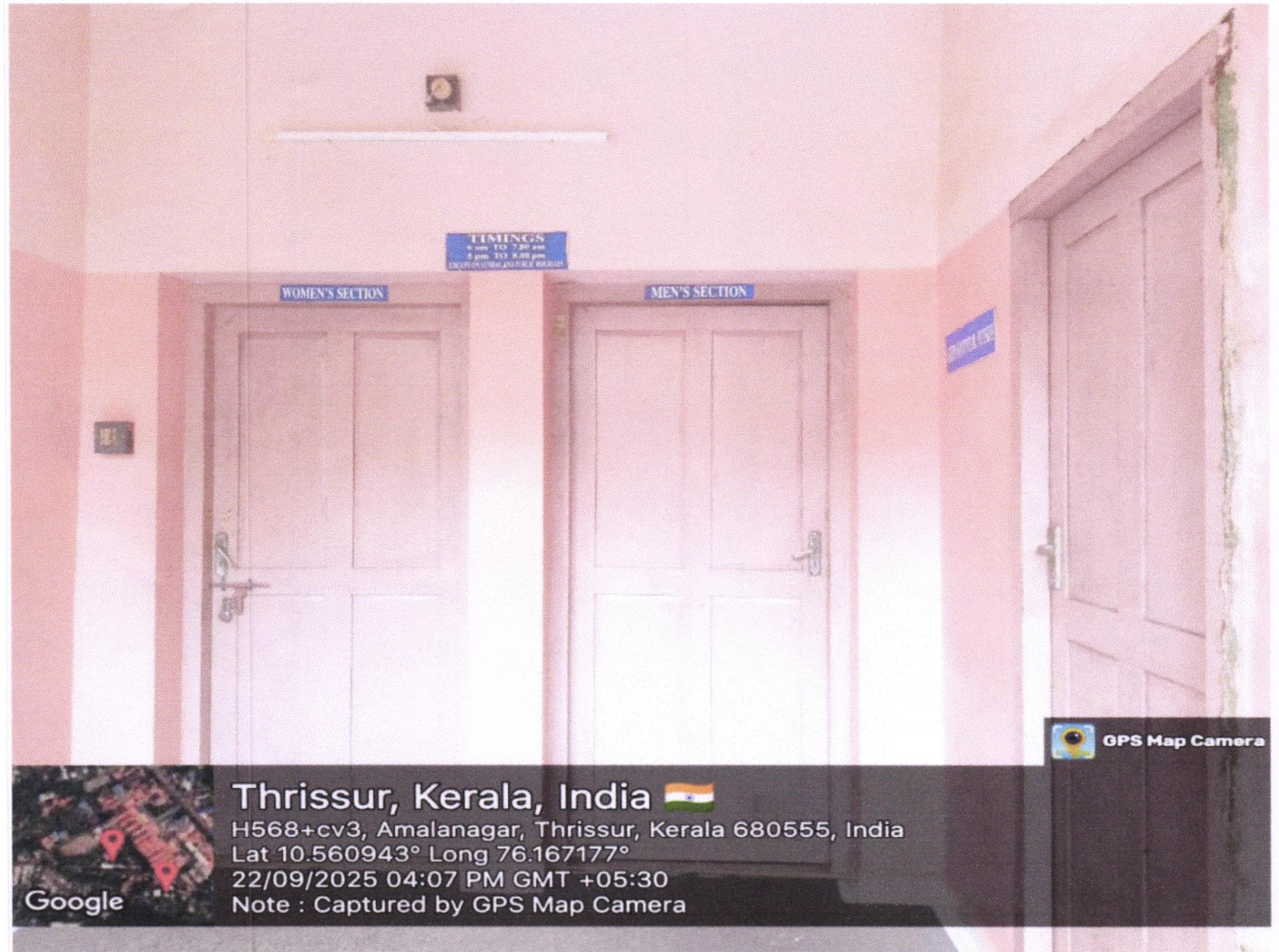
H568+cv3, Amalanagar, Thrissur, Kerala 680555, India

Lat 10.560937° Long 76.167183°

22/09/2025 04:06 PM GMT +05:30

Note : Captured by GPS Map Camera







TIMINGS
8 am - 10:30 am
4 pm - 8:30 pm
EMERGENCY AND FIRST AID

WOMEN'S SECTION

MEN'S SECTION

EMERGENCY

 **GPS Map Camera**

Thrissur, Kerala, India 

H568+cv3, Amalanagar, Thrissur, Kerala 680555, India

Lat 10.560943° Long 76.167177°

22/09/2025 04:07 PM GMT +05:30

Note : Captured by GPS Map Camera

Google



AMALA INSTITUTE OF MEDICAL SCIENCES, TRICHUR -680 555

GYM

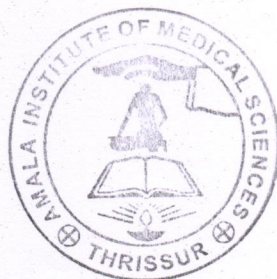
Timings : 6am to 7:30am } Except on Sundays and
5pm to 8:00pm } Public Holidays

GUIDE LINES

1. Before using the gym facility, kindly remit the **user's fee** in the medical college accounts office and show the receipt to gym instructor (Mr. Anoop).
2. Kindly use the equipments with utmost care.
3. After use, kindly replace the barbells, dumb-bells, etc in their respective places.
4. Your suggestions/complaints may be preferred either to

1. Dr. Joe Thomas (Staff-in-charge)
2. Mr. Vinod (")
3. Dr. Anoop K. (Gym Instructor)

or to the undersigned.

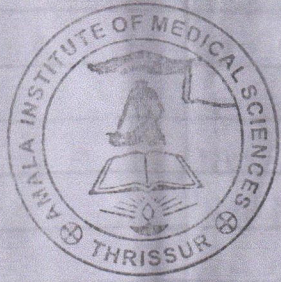



Fr. Francis Kurisseri CMI
Joint Director

Gymnasium



OCTOBER 2024



2025

SL No	Name of Faculty/Student	Department	Age & sex	Phone Number	Amount	paid Date	classing Date	Signature
21/7/25	Or. Calyuni	OBG	22M	912948225			4.25 PM	
21/7/25	Nina	MBBS	22	912948225			4.00	
22/7/25	Santana	MBBS	22	912948225			4.00	
22/7/25	Araxi	MBBS	22	912948225			4.20	
22/7/25	Angathurak	MBBS	19	912948225			4.30	
22/7/25	Avin	BSC	18	912948225			4.30	
22/7/25	Anto	BSC	19	912948225			4.45	
22/7/25	Suzan	BSC	19	912948225			5.40	
22/7/25	Aliriyam e.g	BSC(N)	20	912948225				
22/7/25	Nalvin	MBBS	M	912948225			5.00	
22/7/25	Nian	MBBS	22M	912948225			7.25	
22/7/25	Sherwin	MBBS	21	912948225				
23/7/25	Blessine	BSC(N)	20	912948225				
25/7/25	Nian	MBBS	21M	912948225				
24/7/25	Jisia	MBBS	22	912948225			4.18	
24/7/25	Sreeraj	DRRT	21	912948225			4.25	
24/7/25	Ashah	DRRT	21	912948225			4.25	
24/7/25	Ashah	BSC	18	912948225			4.25	
24/7/25	Shaham	BSC	18	912948225			4.25	
24/7/25	Nian	MBBS	22	912948225			4.25	
24/7/25	Pooja Suresh	BSC	19	912948225			4.45	
24/7/25	Jain Johnson	BSC	19	912948225			4.45	
24/7/25	Sreeni	BSC	19	912948225			4.45	
24/7/25	Ani	BSC	19	912948225			5.00	
24/7/25	Arisham e.g	BSC	20	912948225			5.00	
24/7/25	Blessine	BSC(N)	20	912948225			5.00	
24/7/25	Nelson Christian Jiji	MBBS	20M	912948225			5.40	
25/7/25	Anga Suresh	BSC	19	912948225			5.40	
25/7/25	Gayathri R	BSC	19	912948225			5.40	



Sl No	Name Faculty / Student	Department	Age & Sex	Phone Number	Amount	Paid Date	Closing Date	Signature
32	Dr Tony T Veropony				100	07/11/2024	07/12/2024	
33	Nelvin Cheryan (S)				600	07/11/2024	07/05/2025	
34	Donal TD (S)				100	07/11/2024	07/12/2024	
35	Jesbin Baiju (S)				100	07/11/2024	07/12/2024	
36	Vishnu Mang (S)				100	08/11/2024	08/12/2024	
37	Abin Kavit Arand (S)				100	09/11/2024	09/12/2024	
38	Evaan Mathew (S)	BSc Nursing	Male 18	9778049133	100	11/11/2024	11/12/2024	
39	Arjun Prasad (S)				100	11/11/2024	11/12/2024	
40	Adithyan RG (S)	BSc Nursing	Male 19	8281800200	100	11/11/2024	11/12/2024	
41	Blessine E John (S)	BSc Nursing	Male 20	83174714	100	12/11/2024	12/12/2024	
42	Ashmiya Bijal (F)				100	12/11/2024	12/12/2024	
43	Avin Raju				100	18/11/2024	18/12/2024	
44	Siddharth Mahesh Menon				100	13/11/2024	13/12/2024	
45	Sanyu Moh				100	13/11/2024	13/12/2024	
46	Angel Binoy				150	13/11/2024	13/12/2024	
47	Ashmiya Bijal				100	15/11/2024	15/12/2024	
48	Arav Jayan				150	2/12/24	2/1/2025	
49	Arav Jayan	Admission (operations)	Female 39	9683687359	150	4/02/25		
50	Arav Jayan				150			
51	Tessie Manya Paul	HR	Female 26		150			
52	Manu Johnson	Radio	Female 35	9685671714	150	4/02/2025	3/3/25	
53	Manu Johnson	HR	Female 40		100	5/03/25		
54	Manu Manya	BSc N	F 22		"	"		
55	Arav Arav	"	F 21		"	"		
56	Arav Arav	"	F 21		"	"		
57	Fahimda Preveen	DRPT	F 21	8590069396	150	02/05/2025	03/06/2025	
58	Arshad N				100	05/05/2025	05/06/2025	
59	Fahimda Preveen				150	05/05/2025	05/06/2025	
60	Vinod Kumar P				100	05/05/2025	04/06/2025	
61	Archana P							

