

### SAMPLE PROPOSAL – GYM AND YOGA CENTRE

As a member of the Resident Welfare Association of your housing society, you have been given the responsibility of setting up a gym and yoga centre. Write a proposal in about 150 words stating the steps you would take to successfully establish this particular centre.

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#### Proposal to set up a gym and yoga centre in the housing society

Introduction – A healthy body is as important as a healthy mind. A Gym and Yoga Centre is a space dedicated to the improvement of physical health and stamina. Gym and yoga combine the best aspects of Western and Indian cultures to bring about a holistic development in the health of people. As a member of the Resident Welfare Association, I have been given the responsibility of setting up a Gym and Yoga centre in the society.

#### Objectives –

1. It will encourage the interested residents to devote time to physical activities and keep their immunity strong and active.
2. It will help the residents to learn and practice meditation in order to maintain both physical and mental stability.

#### List of Measures –

1. The community hall may be used as the venue. The centre will be open on Mondays, Wednesdays and Saturdays from 6.00am to 9.00am and from 7.00pm to 10.00pm.
2. A committee of six members must be formed. Mr. T. Rout, the General Secretary of the society, will head the club.
3. Two professional gym and yoga instructors, one male and one female, need to be appointed.
4. Basic gym equipments like two treadmills, one cross trainer, two exercise bikes need to be arranged.
5. A list of members of the club needs to be prepared. The membership fee for the club has been fixed at rupees six hundred on a quarterly payment basis.
6. Health-based workshops, blood donation camps, exhibitions to showcase the talent and practice of the residents will be organized on a yearly basis.

We hope that all our efforts would make the Gym and Yoga Centre a success.