

PROJECT SUMMARY

Title of Project	Proposed Project For Developing SAFI Centre For Fitness.
Location	Social Advancement Foundation of India (SAFI), East Vazhayoor P.O., Via Ramanattukara, Malappuram Dist., Kerala, South India
Objective	The Project Aims At Developing SAFI Centre For Bringing Out All round Fitness in Society.
Duration	One and a half years.
Executing Agency	Social Advancement Foundation of India (SAFI) Razia Nagar, Vazhayoor East P.O Ramanattukara Via Malappuram-673 633 Kerala, S. India
Project Cost	PHASE I – INR.50,00,000.(Fifty Lakh Rupees) PHASEII – INR.10,00,000.(Ten Lakh Rupees)

**Dr. P. Mohamed Ali (Galfar)
Chairman**

**Mr.T.P. Imbichammad
Secretary**

**Rasiya Nagar
09.02.08**

A Brief Outline Of The Proposed Project For Developing SAFI Centre For Fitness

1. INTRODUCTION

The Social Advancement Foundation of India (SAFI) is a non-profit Charitable Trust established for removing the backward status of the community particularly in higher education and research. The SAFI Institute of Advanced Study (SIAS) our first venture has been organized to achieve this by establishing a world-class educational centre in Science and Technology, and humanities for advanced study and research.

We are endeavoring to provide state of the art facilities in Biotechnology, Bioinformatics, Microbiology, Biochemistry, Mass Communication, Islamic Studies and other disciplines. In today's global scenario, where the tentacles of every industry are spreading far and wide, there are countless windows of opportunity open to individuals and organizations that are equipped with the necessary expertise.

2. OBJECTIVE



SAFI Centre For Fitness will be a premier centre in health and fitness development aiming to revolutionize the way students make health decisions and develop their physical wellbeing. We will provide them with information and knowledge about the various choices before them, and will assist them in making a knowledgeable decision. We provide guidance to help increase the all-round development of individuals.

Our Objectives are:

- To enhance positive thinking and confidence.
- To alleviate pain and illness through physical training.
- To provide employment through competitive physical activities.
- To encourage young people to substitute addictive habits with healing & constructive physical activities.
- To promote awareness of substance abuse.

Taking various factors into consideration, SAFI has acquired a large area of land consisting of lush green landscapes with sufficient water resources in the form of springs or fresh water lake. The SAFI Centre for Fitness will be established against the backdrop of this peaceful and salubrious atmosphere.

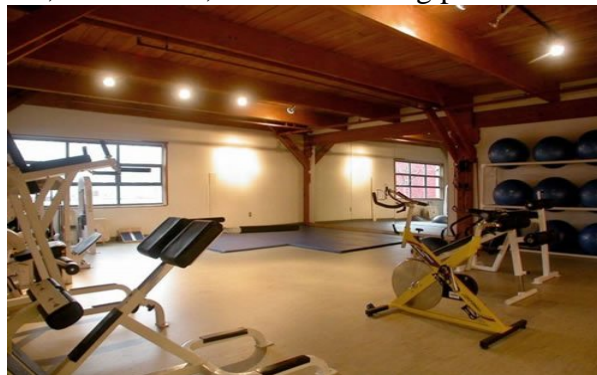
5. THE FITNESS ZONE

The development of social skills and healthy workouts will be especially encouraged through SAFI Centre For Fitness -with its orientated learning and project groups. Learning beyond specially defined programs as well as physical fitness further enhances a person's development. Our wide variety of programs will improve a person's flexibility, strengthening a person's core, enhancing a person's bodily awareness, and finding a person's health and fitness balance.



5.1 Gymnasium

The Gymnasium shall consist of a large room used for various indoor sports, equipped with gymnastic apparatus. It shall have a building containing space and equipment for various indoor sports activities and usually including spectator accommodations, locker and shower rooms, offices, classrooms, and a swimming pool.



Get a workout routine designed specifically to match a person's goals, ability, experience, age, gender, equipment and schedule that includes Bench press, Yoga Instruction, Pool and Sauna etc to name a few.

5.2 Facilities

We will offer first rate cardio equipment including elliptical machines, steppers, treadmills, rowing machines, and stationary bikes, heavy lifting, free weights, wobble boards, or exercise balls. Nutritionist will also be giving proper guidance to the members about balanced diet, weight loss diets or high protein rich diets. All classes at the Gymnasium are included in the initial membership fee.

5.3 Spinning

This will be a fantastic cardio workout performed on stationary bikes simulating real life terrain. The instructor leads the class through hills, sprints, and jumps using spiritually motivating music.



Spinning

5.4 **Strength Training**

Improves a person's energy level and boosts a person's confidence. Strength & Sweat classes provide a complete strength-training workout incorporating the use of light free weights, dumbbells, fitness, and medicine balls, targeting each major muscle group for toning and strengthening.



5.5 **Boxing**

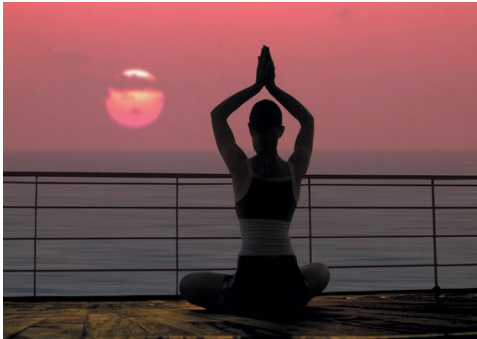
Kickboxing: Not only will be kickboxing a great way to release stress, but it will be also a great fat burning, and muscle toning class, simulating a variety of boxing and martial arts movement combinations.

Boxing

Tae Boxing : Another great fat burning, heart pumping, full body workout, simulating boxing and core work.

5.6 Yoga

Yoga classes focus on breathing and relaxation, using gentle motions and posture to lubricate the joints, and lengthen the muscles. This leads to a feeling of well-being and bodily awareness that makes the classes appropriate for any level, from beginner to more experienced.



5.7 Step Aerobics

This provides a brain teasing, heart pumping, jumping good time. The Step Aerobics class, no matter whether for Beginners, Intermediate or Advanced - it shall prove to be the right class for a person. It shall consist of 45 minute choreographed classes and facilitates much fun.



5.8 Membership

The gymnasium will offer a variety of membership plans to suit a person's needs. The gymnasium will be contracted with the local comfort inn for the use of their pool and sauna for all gymnasium members. Personal training will be available to members and non-members with a variety of session packages to choose from. Orientations for the equipment will be offered periodically and are free to members.

5.9 Manpower Requirements

Men, Machine and Materials are of equal importance in any organization for the smooth functioning and progress of the system.

Therefore proper attention will be to be paid to the staffing of SAFI Centre For Fitness both qualitatively and quantitatively because the proper functioning and attainment of goals would very largely depend on the staff.

6. FINANCE ESTIMATION

When it takes immense effort, energy and courage even to dream, one can only imagine how colossal a task it would be to realize a momentous dream like SAFI.

Budget allocation for this involves a considerable amount of planning, analysing and coordination in order to fulfill mandates and goals. The capital expenditure for the SAFI Centre For Fitness includes the sourcing of infrastructure and the requirements of the base, which are detailed below.

PHASE I: BASIC INFRASTRUCTURE REQUIREMENTS

Sl.No	Item Description	Approx.No.s
1	Reception-Outer & Inner	2
2	Administrative Office	1
3	Lecture Halls	3
4	Mini Assembly Hall	1
5	Library	1
6	Gymnasium (Men & Women)	2 each
7	Sauna, Swimming Pool	1
8	Work out Halls	3
9	Aerobics Centre	1
10	Boxing Centre	1
11	Yoga Centre	1
12	Sfurthi Club for Kalari	1
13	Locker Rooms for Men & Women	2 each
14	Toilets & Shower Rooms for men & women	6 each
13	Cafeteria	1

6.1 Capital Expenditure Anticipated

PHASE I

Sl. no	Item Description	Approx.Co st in Lakhs
1	SAFI Centre For Fitness-Construction of building and finishing works.	50
Total	- Rupees 50, 00,000. (Fifty Lakhs Rupees Only)	

PHASE II

<u>Sl.no</u>	Item Description	Approximate Cost
1	Gymnasium(Men &Women)	9,40,000
2	Aerobics Centre	50,000
3	Boxing Centre	5,000
4	Yoga Centre	5,000
Total	Rs.10,00,000.00 (Rupees Ten Lakh Rupees Only)	

Capital Expenditure: Rs.60, 00,000.00 (Rupees Sixty Lakhs only)

6.2 Project Implementation

The project will be to be implemented and completed with in one and a half years. SAFI Centre For Fitness will be dedicated in the name of the donor or his nominee.

7. CONCLUSION

The SAFI Centre For Fitness's quintessence & zeal will be to create an impact in changing lives and ensuring people to live in perfect health, peace and harmony. This will transform into one of the most popular places to be, a place where the communion of body, intellect and spirit helps the individuals to conceive the truth of his / her happiness.

We are only at the initial steps of it, and we need to go a long way before we see it flourish, branch out and bear worthy fruits. Thanks to the Almighty that we have visionaries who are capable of dreaming great dreams, but to realize it, no doubt, we need the support and copious generosity of great hearts too.

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Note: - The Project profile has been prepared by Mrs. Aysha Swapna department of English.