

# AMMA GYMS

## Introduction:

The Honourable Chief Minister has announced under Rule 110 in the floor of Tamil Nadu Legislative Assembly on 29.8.2016 that 500 Amma Gyms will be established in rural areas during 2016-2017 at an estimate cost of Rs.50 Crores in order to enhance the physical fitness and mental strength of the rural youth.

It has been decided to create 500 Amma Gyms at the rate of Rs.40 lakh per Gym in rural areas in 2016-17, at an estimate cost of Rs.50 crores.

## **Advantage of Amma Gym**

- It helps the rural youth to do physical exercise and keep their body fit.
- Increases the health consciousness of the rural mass and prevents diseases.
- Enhances the mental strength of the youth.
- Prepares the youth for sports and games.

Amma Gyms will be established in the space available in Amma Parks and will be maintained by village panchayats.

## **Identification of Amma Gym locations**

Amma Gym will be established in the Amma Parks.

## Selection of Village Panchayats

500 Amma Gyms at an estimate cost of Rs. 50 crore at the rate of Rs.10 lakh per unit will be established during this financial year.

## **List of Amma Gym Equipments**

The list of Amma Gym equipments are as follows.

## **OUTDOOR GYM EQUIPMENTS**

1. Leg Press
2. Air walker / Leg & Thigh Exerciser
3. Shoulder Builder
4. Hip Twister
5. Double spin

## **INDOOR GYM EQUIPMENTS**

1. Exercise Cycle
2. Multi Gym
3. Weight lifting road with plates
4. Dumbbell with stand
5. 6 Station Multi Gym
6. Twister (standing and sitting)
7. Orbitrek trainer
8. Abdominal conditioner
9. Butterfly

Allocation for the year 2016-17

Fund for Amma Gym in 2016-17 will be met from the following Grants and Revenues.

1. State Finance Commission Grand : Rs.25 crore
2. Infrastructure Gap Filling Fund : Rs. 25 crore
- Total : Rs. 50 crore

### **Block Wise Allocation Physical & Financial**

<b>Sl. No</b>	<b>Name of the Block</b>	<b>Works Detail</b>	<b>Amount Rs.in lakhs</b>
<b>Nagercoil Sub Division</b>			
1	Rajakkamangalam	3	30.00
2	Kurunthencode	1	10.00

<b>Padmanabapuram Sub Division</b>			
3	Thiruvattar	1	10.00
4	Melpuram	2	20.00
	<b>Total</b>	<b>7</b>	<b>70.00</b>