

Mission

GĀYO FITNESS ACADEMY believes that the health and fitness of our communities and nation can be meaningfully enhanced by our students' success as –

- fitness (health & lifestyle),
- sports, and
- nutrition professionals.

GĀYO endeavours to inspire our students to positively influence the quality of life of each individual with whom they interact and guide.

GĀYO is unconditionally committed to providing the highest quality education and training programs available in order to –

- offer world class career opportunities in Fitness, Sports and Nutrition in the context of not only today's but tomorrow's world
- enable our students to be in a commanding position as and when Fitness is formally recognized as an industry by the Government of India
- contribute to the health of all communities and countries where our students work

Strategy

GĀYO endeavours to be seen and respected as a national leader and one of the world's top 10 in Fitness Education and Training through –

- delivery of quality fitness education and personal training certification to those desirous of pursuing these vocations
- development of knowledge and skills sets courses and their delivery through development of world class Faculty as well as teaching and learning resources
- creation of opportunities for development of skills necessary to construct and pursue vocational careers in Fitness, Sports and Nutrition
- provision of free post-enrolment guidance, mentoring and support student and alumni services and support provision of consulting and management services to commercial, corporate and other fitness centres

Quality Assurance

For the purpose of implementation of the Strategy, GĀYO is committed to observe, in spirit and in letter, the GUIDELINES FOR THE CREATION OF THE INTERNAL QUALITY ASSURANCE CELL (IQAC) as laid down in the National Action Plan of the **National Assessment and Accreditation Council (NAAC)**, Bangalore, for performance evaluation, assessment and accreditation and quality upgradation of institutions of higher education, for reasons stated below:

- 1) The NAAC is an autonomous body under the University Grants Commission (UGC), Government of India, established for the purpose of monitoring, assessing and assuring the quality of higher and vocational education and knowledge delivery standards of education institutions including universities, affiliated colleges in the country.
- 2) GĀYO is a private academy affiliated to and working in partnership with the BPCA's College of Physical Education (BPCACPE), located in Mumbai, which is permanently affiliated to the University of Mumbai and accredited in Grade "A" by NAAC.

- 3) As part of the accreditation process, the education delivery provided by GĀYO is integral to NAAC's audit which led to BPCACPE's accreditation in Grade "A". GĀYO is, therefore, committed to observe and implement all quality assurance standards by NAAC.

GĀYO, therefore, has established an Internal Quality Assurance Cell (IQAC). Since quality improvement is a continuous process, the IQAC is part of GĀYO's institutional system and works towards effecting the goals of quality enhancement and sustenance.

The primary objective of the IQAC is to:

- a) Develop a system for deliberate, consistent and result-oriented improvement in the performance of GĀYO
- b) Make a significant and meaningful contribution in the post-accreditation phase of BPCACPE and GĀYO through the mechanism of regular monitoring, feedback and ensuring that academic excellence is pursued at all levels.

The work of the IQAC is the first step towards the internalization and institutionalization of quality enhancement across GĀYO. Its success depends upon the sense of belongingness and participation it can inculcate in all the constituents of the institution. It will not be yet another hierarchical structure or recordkeeping exercise in the institution; it will be a facilitative and participative voluntary "conscience keeper" of the institution. The IQAC will be vehicle for ushering in quality by working out intervention strategies to remove deficiencies and enhance quality.

Mechanisms & Procedures

IQAC shall evolve mechanisms and procedures for:

- a) Ensuring timely, efficient and progressive performance of academic, administrative and financial tasks
- b) The relevance and quality of academic and research programmes
- c) Equitable access to and affordability of academic programmes for various sections of society
- d) Optimization and integration of modern methods of teaching and learning
- e) The credibility of evaluation procedures
- f) Ensuring the adequacy, maintenance and functioning of the support structure and services
- g) Research sharing and networking with other institutions in India and abroad.

Functions

Some of the functions expected of the IQAC are:

- a) Development and application of quality benchmarks/parameters for the various academic and administrative activities of the institution
- b) Dissemination of information on the various quality parameters of higher education
- c) Organization of workshops, seminars on quality related themes and promotion of quality circles
- d) Documentation of the various programmes / activities leading to quality improvement
- e) Acting as a nodal agency of the institution for quality-related activities

Benefits

IQAC will facilitate / contribute:

- a) To a heightened level of clarity and focus in institutional functioning towards quality enhancement and facilitate internalization of the quality culture

- b) To the enhancement and integration among the various activities of the institution and institutionalize many good practices
- c) To provide a sound basis for decision making to improve institutional functioning
- d) To act as a change agent in the institution
- e) To better internal communication.

Composition of the IQAC – NAAC guidelines

The IQAC will be constituted under the chairmanship of head of the institution with heads of important academic and administrative units and a few teachers and a few distinguished educationists/representatives of local committee.

The composition of the IQAC may be as follows:

1. Chairperson: Head of the Institution
2. A few senior administrative officers
3. Three to eight teachers
4. One or two members from the Management
5. One/two nominees from local society
6. One of the teachers as the coordinator of the IQAC.
7. The composition of the IQAC will depend on the size and complexity of the institution.
8. While selecting these members several precautions need to be taken. A few of them are listed below:
 - a. It is advisable to choose from various backgrounds who have earned respect for integrity and excellence in their teaching and research. Moreover, they should be aware of the ground realities of the institutional environment. They should be known for their commitment to improving the quality of teaching and learning.
 - b. It would be appropriate to choose as (senior administrators) in charge of institutional services such as library, computer center, estate, student welfare, administration, academic tasks, examination, planning and development.
 - c. The management representatives should be persons who are aware of the institution's objectives, limitations and strengths and are committed to improvement. The local society representatives should be of high standing and should have made significant contributions to society, and, in particular, to education.
9. The Role of Coordinator: The role of the coordinator of the IQAC is crucial in ensuring the effective functioning of all the members. The coordinator of the IQAC may be a senior person with expertise in quality aspects. She/he may be a full-time functionary or, to start with, she/he may be a senior academic /administrator entrusted with the IQAC as an additional responsibility. Secretarial assistance may be facilitated by the administration.
10. Operational Features of the IQAC: Quality assurance is a by-product of ongoing efforts to define the objectives of an institution, to have a work plan to achieve them and to specify the checks and balances to evaluate the degree to which each of the tasks is fulfilled. Hence devotion and commitment to improvement rather than mere institutional control is the basis for devising procedures and instruments for assuring quality. The right balance between the health and growth of an institution needs to be struck. The IQAC has to ensure that whatever is done in the institution for "education" is done efficiently and effectively with high standards. In order to do this, the IQAC will have to first establish procedures and modalities to collect data and information on various aspects of institutional functioning.

Therefore, in keeping with the NAAC guidelines, and with a view to pursue and accomplish the Mission through appropriate Strategies, GĀYO has the following mechanism in place:

GĀYO FITNESS ACADEMY INTERNAL QUALITY ASSURANCE CELL – GIQAC.

- A. The GIQAC will be composed of –
- a. Chairman: Member: Mr. Dilip Heblé – CEO & Founder GĀYO Fitness Academy. Located in Mumbai.
 - b. Secretary - Member: Mr. Ratnadeep Tagdé – National Academics Manager, Senior Faculty. Located in Mumbai.
 - c. Member: Prof. Ms. Anupama Gopal – Director of Training, Pilates and Group Exercise, Senior Faculty. Located in Chennai.
 - d. Member: Prof. Ms. Vinita Menon – Head of Faculty, Nutrition Sciences. Located in Mumbai.
 - e. Member: Mr. Akshat Pandey – Head of Faculty, Exercise Physiology & Biomechanics. Located in Lucknow.
 - f. Member: Dr. R. R. Dhakne, Vice Principal, BPCA’s College of Physical Education, Mumbai.
 - g. Member - external: Mr. Basheer V. M – All India Bodybuilding Federation and Indian Railways bodybuilding coach, former Mr. Universe semi-finalist, academy student. Located in Thrissur, Kerala. He is honorary member.
 - h. Member – external: Ms. Shweta Varpé, senior Yogacharya. Located in Mumbai.
- B. The above GIQAC will meet once in three months of every calendar year provided that at least two meetings will be conducted in every academic year as designated, each year, by the University of Mumbai.
- C. The meetings shall be held with 30 days’ notice in advance.
- a. The quorum for the meeting will be at least four members
 - b. At least two members must attend in person and the others may attend via video-conferencing.
- D. The Secretary will –
- a. prepare the agenda for the meeting and circulate it amongst members along with the advance notice.
 - b. Record the minutes of the meeting
- E. The resolutions will be passed and decisions taken will be approved by a vote of simple majority.
- F. The minutes will be signed by the Chairman or Secretary.
- a. A copy of the records will be submitted to the BPCA’s College of Physical Education.
 - b. A copy of the minutes will be circulated to all Faculty members with remarks regarding implementation, timelines, if any.
- G. The Chairman and Secretary will ensure that the decisions recorded in the minutes are implemented within the timelines; delay in implementation or non-implementation will be analysed and reported in the next meeting to be held.

GĀYO FITNESS ACADEMY
Professional Education. Consulting. Management.