



**GHATKOPAR JOLLY GYMKHANA**  
**ENTRY FORM**  
**"SURYA NAMASKAR"**  
**OFFICE REC NO. \_\_\_\_\_**

**SURYA NAMASKAR FRIENDLY CHALLENGE ON SUNDAY 16<sup>TH</sup> DECEMBER 2018 AT 6.30AM**

**NAME:** \_\_\_\_\_

(FIRST NAME)

(MIDDLE NAME)

(SURNAME)

AGE: \_\_\_\_\_ SEX: MALE / FEMALE \_\_\_\_\_

PARTICIPATE IN: 60  108  PLS TICK

ADDRESS: \_\_\_\_\_

E-MAIL ID: \_\_\_\_\_ PHONE NO: \_\_\_\_\_

JOLLY MEMBER: YES / NO \_\_\_\_\_ IF YES: LM/AM NO: \_\_\_\_\_

REGISTRATION FEES: \_\_\_\_\_ (RS.100/- FOR JOLLY MEMBER &  
RS.200/- FOR NON MEMBERS)

NAME OF THE YOGA INSTITUTE / OTHERS: \_\_\_\_\_

HEALTH PROBLEMS IF ANY: \_\_\_\_\_

SIGNATURE

PERFORATED RECEIPT

OFF. REC.NO \_\_\_\_\_

DATE \_\_\_\_\_

NAME \_\_\_\_\_

NAME OF THE INSTITUTE / GROUP / SOCIETY: \_\_\_\_\_

(P.T.O.)

## SELF DECLARATION

I \_\_\_\_\_  
(Full Name)

hereby declare that all the details in the entry form are correct and true to the best of my knowledge and belief.

I further declare that I am capable and fit physically to participate in the SURYA NAMASKAR friendly challenge to be held on 16/12/2018 and will be solely responsible for my decision to participate in it. In case of any health problem arising during the challenge I shall not hold Ghatkopar Jolly Gymkhana liable and responsible.

Declared at: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

**(Application by minor need to be counter signed by a Parent/Guardian)**

### **RULES AND REGULATIONS:**

- 1) **Entry forms must be filled up with all requisite details and submitted at the reception on or before 02/12/2018.**
- 2) **Systematic step by step performance of "SURYA NAMASKAR" is must.**
- 3) **Participants must report on 16/12/2018 at 6.30am**
- 4) **Dress Code: White T Shirt and Full black track pants or white kameez and black salwar for ladies.**
- 5) **Bring your own Yoga Mat, Napkins and Water Bottle.**
- 6) **A participation certificate will be given to all participants for successfully completing 60/108 Surya Namaskar.**
- 7) **Event will be followed by breakfast.**
- 8) **The decision of the Jolly Management will be final and binding for all participants.**