



# GHATKOPAR JOLLY GYMKHANA

## ENTRY FORM

### “SURYA NAMASKAR”

SURYA NAMASKAR FRIENDLY CHALLENGE  
on Sunday 10th December 2023 at 6.15 am

REG No. \_\_\_\_\_

NAME: \_\_\_\_\_  
(FIRST NAME) (MIDDLE NAME) (SURNAME)

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

PARTICIPATE IN: 60 / 108 / Chair Suryanamaskar (PlsTick)

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

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

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

REGISTRATION FEES: \_\_\_\_\_

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

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

\_\_\_\_\_  
SIGNATURE

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RECEIPT

REG No. \_\_\_\_\_

NAME \_\_\_\_\_ DATE \_\_\_\_\_

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

(P.T.O.)

## SELF DECLARATION

I \_\_\_\_\_ of \_\_\_\_\_

Name : \_\_\_\_\_

Address : \_\_\_\_\_

\_\_\_\_\_

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 10/12/2023 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 26/11/2023. Entry is on First cum First Serve Basis
- 2) Systematic step by step performance of "SURYA NAMASKAR" is must.
- 3) Participants must report on 10/12/2023 at 6.15 am
- 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) Event will be followed by breakfast.
- 7) The decision of the Jolly Management will be final and binding for all participants.