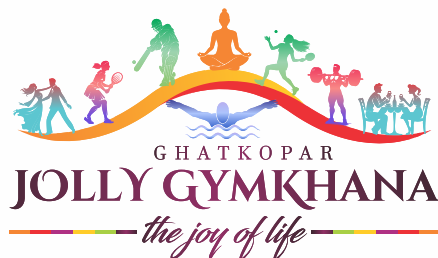


ENTRY FORM

SURYA NAMASKAR



SURYA NAMASKAR FRIENDLY CHALLENGE
on Sunday 12TH JANUARY, 2025 at 6.15 am

REG No.

NAME:

(FIRST NAME)

(MIDDLE NAME)

(SURNAME)

AGE: **SEX:** MALE FEMALE

PARTICIPATE IN: 60 108 Chair Suryanamaskar (PlsTick)

ARE YOU PARTICIPATING FOR 10 PUSH-UPS : YES NO

ADDRESS:

E-MAIL ID:

CONTACT NO:

JOLLY MEMBER: YES NO

IF YES: LM/AM NO:

REGISTRATION FEES:

NAME OF THE YOGA INSTITUTE/ OTHERS:

HEALTH PROBLEMS IF ANY:

SIGNATURE

RECEIPT



REG No.

NAME

DATE

NAME OF THE INSTITUTE / GROUP / SOCIETY:

SELF DECLARATION

Name :

Address :

I 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 12/01/2025 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 31/12/2024. Entry is on First cum First Serve Basis
- 2) Systematic step by step performance of "SURYA NAMASKAR" is must.
- 3) Participants must report on 12/01/2025 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) A participation certificate will be given to all participants on email for successfully completing 60/108 Surya Namaskar. Providing Email Id is mandatory
- 7) Event will be followed by breakfast.
- 8) The decision of the Jolly Management will be final and binding for all participants.