

# ENTRY FORM

# SURYA NAMASKAR



**SURYA NAMASKAR FRIENDLY CHALLENGE**  
on Sunday 4<sup>TH</sup> JANUARY, 2026 at 6.15 am

REG No.

**NAME:**

(FIRST NAME)

(MIDDLE NAME)

(SURNAME)

**AGE:**                      **SEX:**  MALE  FEMALE

**PARTICIPATE IN:**  36  60  108  Chair Suryanamaskar (Pls Tick)

**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 04/01/2026 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 25/12/2025. Entry is on First cum First Serve Basis
- 2) Systematic step by step performance of "SURYA NAMASKAR" is must.
- 3) Participants must report on 04/01/2026 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 36/60/108 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.