



**Bal Bharati**  
PUBLIC SCHOOL  
RGPPL RATNAGIRI



**BAL SABHA/ INTER HOUSE  
ACTIVITY (2023-24)  
Class 7 & 8**

**“SUN GREETING”**

**“YOGA IS THE JOURNEY OF THE SELF, THROUGH THE SELF, TO THE SELF.”**

**Date : 17.06. 2023**

**Event : “Surya Namaskar” The student has to perform Two rounds of Surya Namaskar with the explanation of 2 benefits)**

**Nature : Individual**

**Time : 1-2 Minutes for performing the Activity. (Excluding the introduction part.)**

**Judgment Criteria:** (1) Flexibility - 5 Marks  
(2) Perfection - 5 Marks  
(3) Benefits of Surya Namaskar - 5Marks  
(4) Overall Presentation - 5 Marks

**Rules & Regulations :**

1. Introduce yourself ( Name, Class & School House)
2. Wear house T-shirts and lower / legging / Short to perform the activity (If available)
3. Participant has to perform two rounds of Surya Namaskar with the explanation of 2 benefits)
4. Participant should perform Surya Namaskar continually.
5. Separate events will be held for Boys & Girls category.
6. Please adhere to the rules & regulation.

**Judge 1 : Mr Manoj - 9860310951**

**Judge 2 : Ms Malabika - 9699224546**

Note: \* Participation in Sports activity is compulsory. Non participant will be marked as absent.

\*For any further information please contact Mr. Navinder Lakhanpal (Physical Education Tr. BBPS RGPPL). Mob. No. (what's app Number) 9420910620 and 9421140517