



**Bal Bharati**  
**PUBLIC SCHOOL**  
**RGPPL RATNAGIRI**



**Bal Sabha Sports Activity**  
**(2023-24 )**  
**Class 9&10**

**“Yoga Asana”**

<b>Date</b>	:	<b>26.10.2023</b>
<b>Theme</b>	:	Yoga Asana.
<b>Nature</b>	:	Individual (Student has to perform 2 asanas with Two benefits of each)
<b>Time</b>	:	2-3 Minutes for performing the Activity. (Excluding introduction part.)
<b>Venue</b>	:	Multipurpose Hall
<b>Judgement Criteria:</b>	:	(1) Selection of Asanas ( 5 Marks) (2) Perfect Posture & Flexibility (5 Marks) (3) Benefits of each Asana (5Marks) (4) Overall Presentation (5 Marks)

**Judge 1** : **Ms. Suman : 9405923548**

**Judge 2** : **Ms Rani C : 8007276328**

**Rules & Regulations** :

1. Introduce yourself ( Name, Class & School House)
2. Wear house T-shirts and lower/leggings / Shorts to perform the activity.
3. Asanas should be correct.
4. Hold each pose/posture for 10 seconds.
5. Use a mat, or clean cotton bed sheet for performing Yoga Asana activity.
6. Separate events will be held for the Boys & Girls category.
7. Please adhere to the rules & regulations.

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