



**Bal Bharati**  
PUBLIC SCHOOL  
RGPPL RATNAGIRI



**BAL SABHA/ INTER HOUSE  
ACTIVITY (2023-24)  
Class 3&4**

**“SUN GREETING”**

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

**Date** : 25.08.2023

**Event** : “Surya Namaskar” The student has to perform One round 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 :	5 Marks
(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 one round 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** : Ms Janhavi - 94205 26926

**Judge 2** : Mr Rahul - 95520 20328

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