



Bal Bharati
PUBLIC SCHOOL
RGPPL RATNAGIRI



**BAL SABHA/ INTER HOUSE
ACTIVITY (2024-2025)
Class 7 & 8**

“SUNRISE STRETCH”

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

Date : 15 June 2024

Event : “Surya Namaskar” (The student has to perform One 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 (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 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 : Ms. Malabika (9699224546)

Judge 2 : Ms. Kena (8087556526)

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