



**Bal Bharati**  
PUBLIC SCHOOL  
RGPPL RATNAGIRI



**BAL SABHA/ INTER HOUSE  
ACTIVITY (2024-2025)  
Class 9 & 10**

**“SUNRISE STRETCH”**

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

**Date** : 17 August 2024

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

**Nature** : Individual

**Time** : 2-3 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 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. Kena ( 8087556526)

**Judge 2** : Ms. Salamma PS ( 9422483282)

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