



# POINSUR GYMKHANA

Regd. No. E/18180/MUMBAI dated 21.6.99

Netaji Subhashchandra Bose Kridangan, Poinsur Gymkhana Marg, Poinsur, Kandivali (W), Mumbai - 67.  
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## Yoga / Aerobics with Yoga

Photo

Life Membership No. : \_\_\_\_\_

Name : \_\_\_\_\_ Age : \_\_\_\_\_ Sex : \_\_\_\_\_

Address : \_\_\_\_\_ Occupation : \_\_\_\_\_

\_\_\_\_\_ Tel. (R) : \_\_\_\_\_ Cell : \_\_\_\_\_

\_\_\_\_\_ Email : \_\_\_\_\_

Batch No. : 1  2  3

Date of Joining \_\_\_\_\_

### 1) What is your Routine on :

A Working Day Wake up time \_\_\_\_\_ Eating Time : \_\_\_\_\_

Working Hour \_\_\_\_\_ B : \_\_\_\_\_

Time for Exercise \_\_\_\_\_ L : \_\_\_\_\_

Entertainment Time \_\_\_\_\_ D : \_\_\_\_\_

A Holiday : Wake up time \_\_\_\_\_ Eating Time : B : \_\_\_\_\_

Work Hours \_\_\_\_\_ L : \_\_\_\_\_

Time for Exercise \_\_\_\_\_ D : \_\_\_\_\_

Hobbies \_\_\_\_\_

Addiction (if any) \_\_\_\_\_

How do you ACT WHEN ANXIOUS, Frightened, Worried, Angry (please make circle on correct response)  
Show / Keep Quiet & Bear / Keep Quiet & Don't Feel anything / Get Angry Internally / Start Doing Very  
Active Thing / Sleepless / Cry / withdraw: Other (Specify) Smoke / Drink Over Eat

	About You !	Y	N
1.	Do you have High / Low Blood Pressure ?		
2.	Are you Overweight / Obese ?		
3.	Are you Smoking /Alcoholic ?		
4.	Are you having High Cholesterol ?		
5.	Are you having Sedentary life style ?		
6.	Are you always Stressed Busy Executive ?		
7.	Are you having Diabetes ?		
8.	Are you having spondalities ?		
9.	Are you suffering from Asthma ?		
10.	Are You Suffering from Back Pain ?		
11.	Are you suffering from Depression ?		
12.	Any other specify		

P.T.O.

# RULES & REGULATIONS

1. The participants should properly fill the prescribed form in capital letters.
2. The participants must furnish correct information in the prescribed form.
3. The participants are requested to bring additional 1 stamp size photograph for Identity Card. Without Identity Card no participation will be allowed.
4. If, there are less than 10 participants before starting of Regular Coaching Camp, Poinsur Gymkhana reserves the right to cancel the particular Game.
5. The participant's participation is at their own risk. Poinsur Gymkhana/ Coaches shall not be liable for any injury/damage/loss/death.
6. Management reserves the right to accept/reject any application without assigning any reason.
7. Fees once paid, will not be refunded under any circumstances.
8. The participants will have to adhere to the batches and timings for the Regular Coaching Camp strictly. Request for interchange of batches will not be entertained.
9. The enrolment will be on first come first served basis & the management reserves the right to close admission early in case sufficient numbers of Enrolments are received.
10. The Organizing Committee has right to add/delete/amend any of the above rules without giving prior notice to the participants.
11. Participants are requested to pay the monthly Fees of Regular Coaching Classes before 10<sup>th</sup> of every month.
12. I, parent of Mst./Ms. \_\_\_\_\_  
hereby declared that I will not hold the Gymkhana's Management/  
Coaches responsible for any unforeseen accident to my ward during the  
tenure of coaching in the above mentioned activities.

Signature : \_\_\_\_\_

Parent's / Guardian's Name: \_\_\_\_\_

Mobile No. : \_\_\_\_\_