

REGISTRATION FORM

Name: Class/Sec: DOB:
 Blood Group: Gender: M/F Cheque No: No. of days:
 Session: Morning/Evening/Both Parent Name
 Contact No: Address
 Sign.....
 Date of registration: Coach Sign Principal Sign

Note:- Demand Draft may please be favoured on the name " SRI SHANTHINIKETHANA VIDYA MANDIRA "

COACHING STAFF

Yoga Faculty

Yogic Sciences (Yoga Therapy)

BEST PERFORMERS

Under 12

Under 14

Hamsitha
Sahana

Kiran

Under 16

Shriya

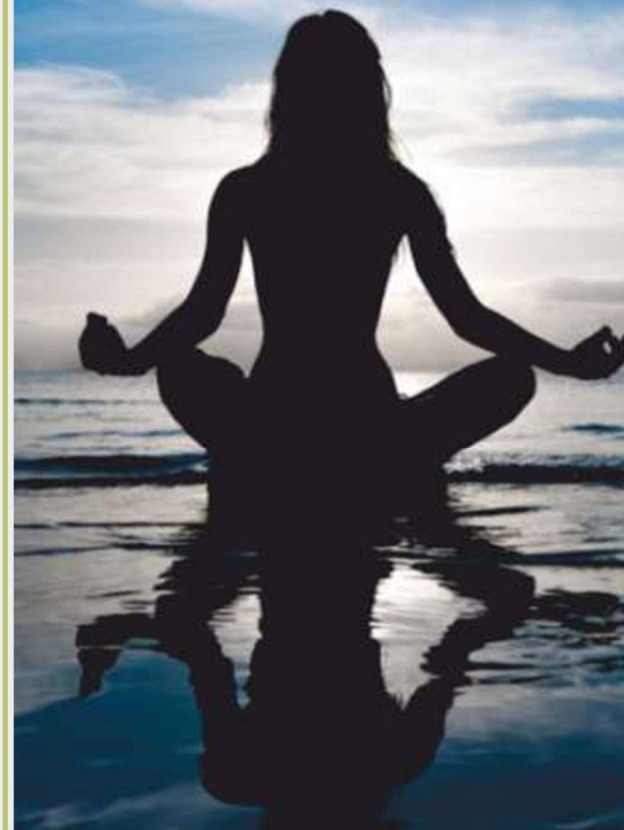
Rules

- Student should be in sports attire for their respective sports.
- Student should be 2 minutes before the class start their warmup.
- Student should maintain discipline during coaching. No uncomplimentary language to be used.
- Student should carry jump rope, water bottle, practice book.
- Student should not carry valuable items, vis mobile phone, watches, jewelleries etc.
- Student should not carry any carbonated drinks.
- Student must bring their fitness and practice book for each class.
- Student must arrange sports equipments to its place after the class.
- Student should not throw any items on the sports field.

ANEKAL – 562106
 Ph :9483746049
 website : www.ssvmanekal.com

YOGA

- Asanas for flexibility.
- Pranayama for mind control.
- Meditation for mindfulness, visualization & concentration.



SHANTHINIKETHANA SCHOOL
 KENSRI Excellence Development System



YOGA

Mission: Shanthinikethana sports system is a holistic approach to child development, the approach is to ensure a sustained, committed and intensive program to fulfil a child's potential.

Shanthinikethana Sports system emphasizes proper behaviour and academic performance. The sports system is structured as an academic subject. The primary purpose of sports is to provide the children with a forum for fun, conditioning/fitness, discipline, character building and to develop competitiveness to reach state, national and international level.

- Improvement of physical fitness
- Acquisition of technical efficiency
- Education and improvement of mental capabilities.

We have a fantastic work place, where commitment & innovation drive us to EXCELLENCE. In addition to coaching in Kho-Kho, we are training children to improve quality in fitness constantly. Wonders never cease at Shanthinikethana School and the fun never stops here.

- Shanthinikethana has an infrastructure that allow you to practice individuals
- Every sport has Team.
- U-10, U-12, U-14 FUTUREs tournament is conducted
- Our effort is to produce state & national level players.

SANKALP PROGRAM

Dance & Yoga - A firm yet comfortable and relaxed sequence of dance movement with asanas. To improve:

- Endurance.
- Flexibility

- Focused
- Balanced.

Beginners:

Basic asanas

Dynamic Suryanamaskar

Pavanmuktaasana kriya

Intermediate:

Forward Bending Asanas

Backward Bending

Twisting Asana/Stretching

Balancing Asanas

Supine poses

Prone posses

		Children program						Adult program			
		Morning		Evening		Weekend	Futures	Weekend	Week days		
Yoga	Shanthini kethana	3 Days	5 Days	3 Days	5 Days	Saturday		Saturday	2 Days	3 Days	5 Days
	students										
Batch	Evening - 3.00 pm to 4.00 pm							Batch	Week end	9.00 a.m to 10.00 a.m	