

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 "Kensri Trust Sports"

COACHING STAFF

Yoga Faculty

Ms Kalaiwani (Ph d)

Master in Yogic Sciences (Yoga Therapy)

BEST PERFORMERS

Under 12

Lyora Lipjo

V Sahana

Kavitha

Lithi

Under 14

Hamsitha

Sahana

Sana

Kiranna

Lyra

Under 16

Saanvi J

Ishika Roy

Jiya Nair

Shriya

Rules

- Student should be in sports attire for their respective sports.
- Student should be 5 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, jewelleryes 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.

#1348/444A, Mariya Street, Mariyannapalya,
Bengaluru - 560 024.
Ph : 080-2202 6000, 6560 4705.
website : www.3dinnovate.com

KENSRI YOGA

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



KENSRI SCHOOL & COLLEGE
KENSRI Excellence Development System



KENYOGA

Mission: Kensports 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.

KENSRI 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 soccer, we are training children to improve quality in fitness constantly. Wonders never cease at KENSRI School and the fun never stops here.

- KENSRI has an infrastructure that allow you to practice individuals
- Every sport has club.
- 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 poses

Advance asanas

Therapy practices for anxiety and depression
Obesity
Hypertension
Diabetic
DRT (Deep Relaxation Technique)
Cyclic mediation
MSRT (Mind Sound Resonance Technique)
FUTURE
Good performer
PET (Pranic Energization Technique)
Pranic Healing (Basic, Advance, Psychotherapy)
Chakra Balancing (Beejmantra and music therapy)

		Adult program			Children program				Batch		
		Week days		Weekend	Evening		Morning		Week end		
		3 Days	5 Days	Saturday	Futures		Weekend	Weekend	Batch	Week end	
		15000/-	20000/-	15000/-	10000/- per team		Saturday	800/-	1000/-	Evening - 3.00 pm to 4.30 pm	8.30 a.m to 10.00 a.m
		2000/-	2500/-	15000/-	5 Days	2000/-	2500/-	2000/-	2500/-		
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