

SELF DECLARATION BY THE PARTICIPANT TO TAKE PART IN BSF HALF MARATHON.

1.	Were You examined for any ailment or hospitalized during last one year	
2.	Are You a Patient of :	
	a Hypertension(High blood Pressure).	
	b Ischemic heart disease	
	c Diabetes Mellitus	
	d Chronic cough/Br. Asthma/COPD?	
	e pilepsy	
	f Persistent head ache	
	g Mental instability	
3.	Have you suffered from giddiness at any time	
4.	Have you suffered from chest pain/palpitation	
5.	Did you ever suffer from Tuberculosis	
6.	Your (a) Appetite	
	(b) Sleep	
7.	Smoking habit (if yes number of cigarettes per day)	
8.	Alcohol intake (if yes, average quantity per day)	
9.	Any accident/injury/major surgery undergone so far	

It is further certified that the above facts stated by me are true to the best of my knowledge and belief. I have not suppressed any fact concerning my health condition.

Place :.....

Date theOct' 2017

Name

S/O Shri.....

Village.....

Post.....

Distt.....

Pin

Phone No.



IN MEMORY OF THE MARTYRS

Organised by:
Inspector General & All Staff, STC BSF Udhampur
Jointly With: State Bank of India Udhampur

Photo
Please

Chest No

(10 KM)

Please accept my entry for the:-22 October BSF Half Marathon in the memory of martyrs.

1. I hereby agree that the organizers shall not be liable for any accident, injury. Death, loss or damages as a Consequence of my participation in the MARATHON.
2. I Also Hereby Declare That I am Medically Fit to Run the Marathon Race and self-declaration medical fitness form is enclosed.

Name: _____ Gender (M/F) _____

Address: _____

Mobile no: _____ Blood group _____

Name of Next of Kin _____ Mobile no of NOK _____

T-shirt Size: Small / Medium / Large Email: _____

Signature of the Participant _____

RECIEPT

T-shirt Size: Small / Medium / Large

Chest No

BSF HALF MARATHON IN MEMORY OF THE MARTYRS

Start point: _____

Distance (kms): 10 kms

Finish point: _____

Age group: above 18 years

Received with thanks from Mr/Mrs

Rs 100/- (One Hundred) only towards entry fee for BSF Half Marthon in memory of the martyrs.

Please note:-

1.For Entry Confirmation ,Timings & Other Instructions,You will Be Informed 02 Days before The Run For Martyrs.

2.Time Limit is 1 Hr 30 Mins

for mailing the entry forms :email us on stc_udhampur@bsf.nic.in

For Organizing Committee
BSF Half Marathon
STC BSF UDHAMPUR