



Date: - 15/10/2024

## **Backlog Physical Education Semester I Assignment**

### **October 2024 Notice**

Dear Students,

Submit a hand written assignment on the below topic

- **Write in detail about the Active Lifestyle and write about Need of Diet & Nutrition.**

All students please note that a hand written assignment in PDF format has to be submitted through email before 25<sup>th</sup> October 2024. Each student has to write their Name, Exam Seat Number and Signature on each page of the assignment.

Email for submission – [sports@symbiosiscollege.edu.in](mailto:sports@symbiosiscollege.edu.in)

Please find below the list of eligible students.

Sr. No.	Seat No.
1	1201
2	1219
3	1281
4	1546

**Mr. Anirudha Sharma**

**Director of Physical Education and Sports**