



**SYMBIOSIS COLLEGE OF ARTS AND COMMERCE**  
**(An Autonomous College affiliated to Savitribai Phule Pune University)**

Senapati Bapat Road, Pune 411004

Date: - 31/3/2023

**Backlog Physical Education Semester I Assignment**  
**April 2023 Notice**

Dear Students,

Submit a hand written assignment on the below topic

- **Write in detail about the Health Related Physical Fitness Factors and Exercises (Workout Plan) to improve them. (Mention separate exercises for each factor)**

All students please note that a hand written assignment in PDF format has to be submitted through google form before 10<sup>th</sup> April 2023. Each Student has to write their Name, Exam Seat Number and Signature on each page of the assignment.

Link for submission - <https://forms.gle/BpzmfWZv8hBD9Y1m9>

Please find below the list of eligible students.

Sr. No.	Seat No.	Name
1	127	RISHABH ANIL
2	2001	THAKUR SIMRAN VISHNU
3	3005	BHIRUD ANSHUL SUHAS
4	3008	BORADE ATHARVA YOGESH
5	3010	CHANDALIYA VINEK KANHAYALAL
6	3012	DESHMANE MEGHA KISHOR
7	3018	HOUMAN ZANGOUEI BOUSHEHRI
8	3024	MESHARAM TANMAY DIPAK
9	3030	SAKOLKAR SHIVYOGI BABURAO
10	3033	SUBHAM VIKAS BORSE
11	3039	ABEL JOSEPH MATHEW



**SYMBIOSIS COLLEGE OF ARTS AND COMMERCE**  
**(An Autonomous College affiliated to Savitribai Phule Pune University)**

Senapati Bapat Road, Pune 411004

12	3057	GAURAV GAUTAM MALI
13	3062	KANAN AGRAWAL
14	3077	RAJDEEP GUPTA
15	3168	VIDYA SINGH
16	3183	DERYCK JACOB MALIEKAL
17	3188	GAIKWAD ADITI NITIN
18	3192	HRISHIKESH B PHASALE
19	4004	ABHIKARAN SINGH TOMAR
20	4006	ABHISHEK SANJAY UMBARE
21	4009	ACHSAH MARY JOSEPH
22	4011	ADIMULAM DHEERAJ GOPAL
23	4012	ADITYA ANANT
24	4016	AGRAWAL VEDANT VISHNU
25	4019	AKSHAY BASAVRAJ PATIL
26	4023	AMIT UDAY PARANJAPE
27	4024	AMITESH BARUA
28	4027	ANGAD THARANI
29	4032	ANISH AJAY PATIL
30	4033	ANSH GOSWAMI
31	4035	ANURADHA GUPTA
32	4043	ASHUTOSH AGRAWAL
33	4045	ATHARVA SANTOSH NIGADE
34	4050	BHANDURGE VEDANT DINESH
35	4060	DAIVADNYA BHAKTI MANOHAR
36	4066	DIKSHA SANJAY SHAH
37	4072	GANDHI PALAK RAJESH
38	4074	GECHAND SAHIL SOMNATH
39	4082	HARSH MURLIDHAR NANNAWARE
40	4083	HARSHIT ATUL SOMANI
41	4086	HARSHWARDHAN VIRENDRA UPRADE
42	4094	JAMILA SAIFY
43	4096	JAWALE PRATIK DHIRAJ
44	4101	KADAMBARI SOPAN MADANE
45	4111	KHUNEKARI DHRUVA VIJAY
46	4114	KOTASTHANE SARTHAK SAGAR



**SYMBIOSIS COLLEGE OF ARTS AND COMMERCE**  
**(An Autonomous College affiliated to Savitribai Phule Pune University)**

Senapati Bapat Road, Pune 411004

47	4116	KRISHNA LANJEWAR
48	4117	KRRISH BAHETI
49	4118	KUMBHAR NIKITA DHANANJAY
50	4129	MALI VAISHNAVI KANTALING
51	4137	MOHD FAISHAL SIDDIQUI
52	4140	MOKSH AGRAWAL
53	4151	NAMISHA MANISH AHUJA
54	4154	NARAYAN TOSNIWAL
55	4157	NEERAJ PRANAV
56	4183	RAHUL RAJESH JANBANDHU
57	4193	RIYA UTTAM TARIHALKAR
58	4202	SAHIL ANSARI
59	4208	SAMRUDDHI ARJUN MADANE
60	4228	SHRADHA SABOO
61	4229	SHREYA RAHUL JAIN
62	4231	SHREYES AGARWAAL
63	4237	SONIYA NAMBIAR
64	4241	SUHANI DHAWAN
65	4246	SWETA SINGH
66	4267	VANSHIKA MISHRA
67	4270	VISHAL MOHITE

**Mr. Anirudha Sharma**  
**Director of Physical Education and Sports**