



Date: - 01/04/2024

Backlog Physical Education Semester I Assignment

April 2024 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 16th April 2024. Each Student has to write their Name, Exam Seat Number and Signature on each page of the assignment.

The assignment has to be emailed to sports@symbiosiscollege.edu.in

A handwritten signature in blue ink, appearing to read 'Anirudha'.

Mr. Anirudha Sharma
Director of Physical Education
and Sports

A handwritten signature in blue ink, appearing to read 'Yogini Chiplunkar'.

Dr. Yogini Chiplunkar
Controller of Examination