

PVG'S College of Engineering & Technology & G. K. Pate(Wani) Institute of Management, Pune
411009

First Year Engineering A.Y. 2020-21 Sem-II

Name of course: Audit Course-2 Physical education

Course Code: 107015

First week Activity-1 Report

Name of the Student: Samarth Vaibhav Pathak Class: FE - COMP.

Roll no: 008

Exam Seat No: F190070316

Duration: 31st May to 5th June 2021

Date of submission: 5th June 2021

	Date & Day	Name of Asana	Start- End time	No. of Surya Namaskar performed
Day-1	1 st June Tuesday	1 Vrukshasan	8 to 8.10 am	10
		2 Bhujangasan	8.10 to 8.20 am	
		3 Tadasan	8.20 to 8.30 am	
		Anulom - Vilom	8.30 to 8.35 am	
		Omkar	8.35 to 8.40 am	
Day-2	2 nd June Wednesday	1 Bhujangasan	8 to 8.10 am	11
		2 Sinhasan	8.10 to 8.20 am	
		3 Pawanmuktasan	8.20 to 8.30 am	
		Anulom - Vilom	8.30 to 8.35 am	
		Omkar	8.35 to 8.40 am	
Day-3	3 rd June Thursday	1 Tadasan	8 to 8.10 am	11
		2 Parvatasan	8.10 to 8.20 am	
		3 Markatasan	8.20 to 8.30 am	
		Anulom - Vilom	8.30 to 8.35 am	
		Omkar	8.35 to 8.40 am	
Day-4	4 th June Friday	1 Vrukshasan	8 to 8.10 am	12
		2 Parvatasan	8.10 to 8.20 am	
		3 Bhujangasan	8.20 to 8.30 am	
		Anulom - Vilom	8.30 to 8.35 am	
		Omkar	8.35 to 8.40 am	
Day-5	5 th June Saturday	1 Tadasan	8 to 8.10 am	12
		2 Markatasan	8.10 to 8.20 am	
		3 Pawanmuktasan	8.20 to 8.30 am	
		Anulom - Vilom	8.30 to 8.35 am	
		Omkar	8.35 to 8.40 am	
<p>Experience: My experience this week was really good. Because of doing all the Asanas & suryanamaskars in the morning, my day went fresh. I also feel more Healthy.</p>				

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