

Column1	Column2	Column3
	Kumaraguru institution	
	Core description	
Sl.NO	Description	units
1	Lay down Crisscross of your leg	10 times
2	lay down with bended knee and extended your arm(Push through)	10 times
3	lay down with bended knee and raise your back(crunch)	10 times
4	lay down with bended knee and touch side(heel touch)	10 times
5	lay down and bnnq your knee to the chest touch (knee tuck)	10 times
6	lay down and bend your knee and raise your back (Knees up crunch)	10 times
7	lay down and rice legs up to back (Legs lower)	10 times
8	lay down and place your leg to the bandod knee and raise your back(cross over crunch)	10 times
9	lay down with supported hands and raise your alternate legs(reverse plank kicks)	10 times

[illegible]

Kumaraguru Institutions																																		
Individual attendance(court)2020																																		
Sl no	Month	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Remarks	
1	January					S							S							S							S							
2	February		S							S						S								S										
3	March	S							S							S							S								S			
4	April					S							S							S							S							
5	May			S							S							S							S								S	
6	June							S							S							S								S				
7	July					S							S							S							S					S		
8	August		S							S						S								S										
9	September						S							S							S							S						
10	October				S							S							S							S								
11	November								S							S								S							S			
12	December						S							S							S							S						

[illegible]

[illegible]



[illegible]