

Assumption:

In Entity TRAIN, after applying 1-norm the attribute weekdays_available will be converted to key days.

As per the definition of 1st normalization form, a relation should only have single-valued attribute

Train_no	Train_name	Day
1	Train 1	Fri
1	Train 1	Sat
1	Train 1	Sun
2	Train 2	Sun
3	Train 3	Mon