

**UPLOAD SHEET OF HOLY FLOWER SR. SEC. SCHOOL, TEOK**

**NAME OF TEACHER:** SATYAJIT NATH

**SUBJECT:** PHYSICAL EDUCATION

**SHEET FOR CLASS:** XII

**EMAIL-ID FOR ASSIGNMENT UPLOADING:** satyajitmoina6157@gmail.com

**VALIDITY OF THE SHEET**

<b>FROM</b>	<b>TO</b>
Date: 24/01/2022	30/01/2022
Time: 9:00 am	07:00 pm

**BRIEF DETAILS OF TOPIC OF DISCUSSION:** own body exercises

**CHAPTER NO.** : 0

**LINK FOR THE TUTORIAL VIDEO :** <https://youtu.be/rv2PBdsEsj0>

**LENGTH OF THE VIDEO** : 09.26 mins

**ADDITIONAL LINKS** : N/A

**ASSIGNMENTS** : N/A

**OTE TO THE STUDENTS:**

1. In the comments section of the video link, students have to provide their Name and Roll No. to mark their attendance within the validity of the sheet. Those who will attend after the validity of the sheet will be marked as absent.
2. Students will be able to clear doubts briefly regarding the topic in the video in the comments section.
3. No comments other than attendance and doubts can be posted by the students. Strict action will be taken against students who violate this and posts unwanted comments in the video. It might also attract cybercriminal legal proceedings against users who violate this.
4. Students can upload assignments by writing them in sheets of paper and then clicking a photograph and sending through the email id mentioned or can write in Ms Word or any other software and send it through e-mail.

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