

DAV MPS PATRATU , RAJPUR

(2020-2021)

SUMMER VACATION HOME WORK

CLASS :- 12th

SUBJECT:- P.E.

(All these questions should be done in A4 size page.)

1. Write 5 pitfalls of dieting and 5 dieting myths?
2. How planning should be done for the better execution of any event and what are the special things need to focus very well?
3. Write 5 kinds of deficiency disease and how it can be recovered through?
4. Write the steps to perform "SURYA NAMASKAR" along with its image?
5. Write 2 asana for the recovery from Obesity and Diabetes? Also mention the steps to perform those?
6. Write a short note on "CWSN".
7. Paste a photo of your own, performing any one Asana along with the steps to perform?
