

Barrackpore Rastraguru Surendranath College

Department of Physical Education

Notice Date: 01.07.2023

This is for information of all students of **Physical Education (General)** who have opted Physical Education as **Skill Enhancement Course (SEC)** for **Semester IV & VI**, 2023 that they have to prepare a project work on the following topics and submit it to the departmental teachers within **July 10, 2023**. The project work should be submitted in hard copy only.

Topic for SEM-IV-

- One gymnastic each from compulsory and Optional category of Unit-1
- One Asana each from the different Yoga positions and any two types of Pranayamas.

Topic for SEM-VI-

- All the details about **Football & Volleyball** along with the rules and interpretation and duties of officials.

Dr. Jyostnasis Ghosh

HOD (Physical Education)

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