

BARRACKPORE RASTRAGURU SURENDRANATH COLLEGE

DEPARTMENT OF PHYSICAL EDUCATION

NOTICE

DATE- 24.01.24

This is to inform to all the students of SEM-I (MAJOR) who have opted Physical Education as Multi Disciplinary Course (MDC) that they have to prepare a Project Assignment on the following topics and have to submit the assignment within 09.02.24.


- Physical Education- Aims & Objectives
- Growth & Development- Meaning & Differences. Different types of Ages.
- Development of Physical Education in India- Pre-Independence & Post-Independence
Olympic Games- Ancient & Modern.

- Yoga- Astanga Yoga, Technique & advantages of 5 asanas
Bhujangasana, Padmasana, Chakrasana, Dhanurasana, Vajrasana

N.B- You have to attach photograph of yourself performing the above mentioned asanas.

Instructions:-

- Within 30 pages of Practical sheets.
- The front page of the Project should be like this –
Barackpore Rastraguru Surendratrath College
Department of Physical Education
Semester –
Name of Student:
Student ID:
Paper Name & code:
Name of Topic for project:
Acknowledgement:
Index:



Dr. Jyostnasis Ghosh
HoD (Physical Education)