

BARRACKPORE RASTRAGURU SURENDRANATH COLLEGE

DEPARTMENT OF PHYSICAL EDUCATION

NOTICE

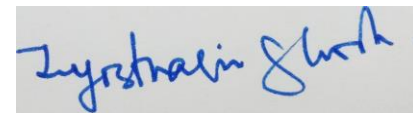
DATE- 27.01.25

This is to inform to all the students of SEM – III(MAJOR) who have opted Physical Education as Skill Enhancement Course (SEC) that they have to prepare a Project Assignment on the following topics and have to submit the assignment within 07.02.25.

- First Aid Box- Prepare a First Aid box with the basic required things mentioned below:
 - a) Bandage(roller & Triangular)
 - b) Banded
 - c) Gauze
 - d) Tweezers
 - e) Scissors
 - f) Burn ointment
 - g) Volini(or any other brand) gel.
 - h) Adhesive Tape
 - i) Cotton
 - j) Crepe Bandage
 - k) Anti-septic lotion
- Management of Injuries: Soft tissue Injuries: (Abrasion, Contusion, Laceration, Incision, Blisters, Sprain and Strain) Bone and Joint Injuries: (Dislocation of joints) Fractures: Stress, Greenstick, Commutated, Transverse, Oblique and Impacted) Management of Drowning: Management of Burning: Management of Snake Bite. (Explain all of the topics with proper diagram)

Instructions:-

- Within 40 pages of Practical sheets.
- The front page of the Project should be like this –
Barackpore Rastraguru Surendrath College
Department of Physical Education
Semester – III
Name of Student:
Student ID:
Paper Name & code:
Name of Topic for project:



Dr. Jyostnasis Ghosh
HoD (Physical Education)