



# Barrackpore Rastraguru Surendranath College

(With Autonomous Post Graduate Courses)

85, Middle Road and 6, Riverside Road, Barrackpore, North 24 Parganas, Kolkata, West Bengal, Pin - 700120

NAAC Re-accredited (5th Cycle), DST-FIST Funded, DBT BOOST and Colleges with Potential for Excellence (CPE) awarded College

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## DEPARTMENT OF PHYSICAL EDUCATION

### NOTICE

Date-03/01/2026

This is to inform to all the students of SEM-I, III (MAJOR) and SEM-V (3 yrs. course) 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 on **20.01.2026(from 12 noon to 2 pm)**

- Meaning and definition of Physical Education, Aim and objectives of Physical Education
- Olympic Movement- Ancient Olympic Games and Modern Olympic Games.
- Meaning and definition of Anatomy, Physiology and Exercise Physiology, Importance of Anatomy, Physiology and Exercise Physiology in Physical Education
- Method of Preparation of 400 Mtr. Standard Track with all proper markings.
- Yoga- Astanga Yoga, Technique & advantages of 5 asanas  
Bhujangasana, Padmasana, Chakrasana, Dhanurasana, Vajrasana

Instructions: -

- Within 40 pages of Practical sheets.
- The front page of the Project should be like this –

**Barrackpore Rastraguru Surendranath College**

**Department of Physical Education**

**Semester – SEM I/SEM III/ SEM V (whichever is applicable)**

**Name of Student:**

**Student ID:**

**Paper code: PEDHMD101M (for SEM-I) PEDHMD301M (for SEM-III) PEDGMD501M (for SEM-V)**

**Name of Topic for project: MDC Project in Physical Education**

**Acknowledgement:**

**Index:**

For further queries contact the faculties of the department.

**Dr. Jyostnasis Ghosh**

**HoD (Physical Education)**