

BARRACKPORERASTRAGURUSURENDRANATHCOLLEGE

Department of Physical Education

Notice

Date-23.05.2026

This is to inform to all the students of SEM- IV & SEM-VI(PEDGMD401M/PEDGMD601M) who have opted Physical Education as Multi Disciplinary Course/Inter Disciplinary Course (MDC/IDC) that they have to prepare a Project Assignment on the following topics and have to submit the assignment on 01.06.2026(12.00 to 2.00 pm).

- Physical Education-Aims & Objectives
- 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-Students have to attach photographs of the asanas properly.

Instructions:-

- Within 40 pages of Practical sheets.
- The front page of the Project should be like this-
Barrackpore Rastraguru Surendrath College
Department of Physical Education
Semester- IV/VI (as per applicable)
Name of Student:
Student ID:
Name of Topic for project:
Acknowledgement:
Index:

Jyostnasis Ghosh

Dr. Jyostnasis Ghosh

HoD,

Physical Education

Barrackpore Rastraguru Surendranath College

