

**Sarat Centenary College**  
**Department of Physical Education**  
**Assignment for internal assessments for Sem-I, 2021**  
**General course**

<b>Paper</b>	<b>Assignments (Attempt any one) 10X1=10</b>	<b>WhatsApp number (To be submitted)</b>
<b>Course Code- CC1A</b> Foundation and History of Physical Education	1. Modern concept of Physical Education. <b>Or</b> 2. Astanga Yoga.	<b>9088262518</b>

❖ **The assignment must carry the following details of the student:**

1. Name of the Student:
2. College Roll number:
3. University Registration number: (\* must mention it)
4. Paper Details: (including paper Type, Number and Title)
5. Mobile Number and/or e-Mail Address:

❖ **Date of submission 27/03/2021, Time: 10AM to 5PM.**

\* Please see college notice dated 16/03/2021 for registration number

Head of the Department of Physical  
Education  
Sarat Centenary College  
Dated: 18 March, 2021