

B.Ed. Department

Course 11(1.4.11) Optional

Semester 4

Health and Physical Education.

Engagement with field/ practicum.

[5 assignment topic for five group ,each group five students only]

- 1) surfing to know the disease in India and write a report to any 5 diseases in West Bengal.
- 2) yoga.
- 3) Make an Inventory of energy rich food and nutritious food locally available indicating its health value
- 4) Home remedies as health care
- 5) Medicinal plants and child health .

Instruction for the assignment :-

- Use only A4 size page.
- Cover page front and back (front cover page format will be given)
- Tape bindings only.
- Index.
- Introduction. (History, concept).
- Definition.
- Aims and objectives.
- Discussion.
- Classification.
- Procedure step by step with diagrams and suitable picture . Pictures should be your own.
- Merits and demerits.
- Educational implementation.
- Conclusion.
- Reference or bibliography.