

LAL BAHADUR SHASTRI P.G. COLLEGE, MUGHALSARAI, CHANDAULI

Class: - B.com 4th Sem.

Subject: - Co-curricular- *Physical Education and Yoga*

Assignment Topic:-

1. Need, Importance and Scope of Physical Education.
2. Define the different Types of Asana.
3. Meaning, Definition and Importance of Fitness and Wellness
4. Obesity: Meaning, Causes and Health Problems due to Obesity.
5. Traditional Games: Types and Benefits of Traditional Games.

(Attempt any one of the following question)

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