

Progressive Education Society's
Modern College of Arts, Science and Commerce
(Autonomous),
Shivajinagar, Pune 5.
Department of Physical Education & Sports

NOTICE

Health and Wellness Project Submission (Backlog) (23CpCopU4001)

This is to inform to all Backlog students that, Health & Wellness (CC) course is compulsory. **The submission will be conducted on 14/11/2025 at 11:00 am.** This course is for 2 credit and 50 marks.

CIE: The project should be prepared on the basis of following points: **20 marks.**

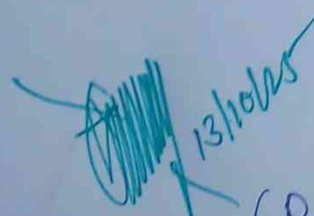
Steps to carry out for Field work (Project):

- Introduction
- Explain about Health
- Explain about Wellness
- Explain about Balance Diet and Nutrient Balance
- Daily Energy Requirements
- Eating habits
- Dimension of Wellness
- Importance of Wellness in your daily life.
- References

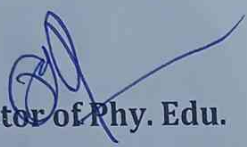
ESE: Multiple choice question paper for: 30 marks (Central Objective Test Refer Hall Ticket for exam Date)

Instructions:

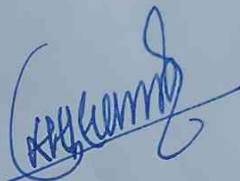
1. At the time of project submission viva will be conducted on your project.

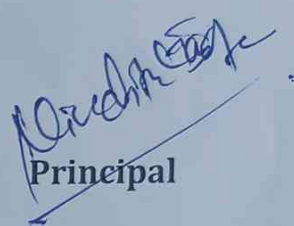

13/10/25
(Page 1)

2. Students must satisfactorily complete the **Handwritten project** on full scape paper. Written Project should be minimum of 25 pages.
3. Students have to secure minimum 8 marks out of 20 for passing the project work.
4. Students must paste relevant documents, images etc. in the journal as per the requirement.
5. Copying and other malpractices shall be dealt with seriously.


Director of Phy. Edu.


COE


Vice-Principal


Principal

(Page 2)