



Rizvi Education Society's
RIZVI COLLEGE
OF ARTS, SCIENCE & COMMERCE



RIZVI EDUCATIONAL COMPLEX, OFF. CARTER ROAD, BANDRA (W), MUMBAI - 400 050
email : principal.asc@rizvicollege.edu.in • Website : www.rizvicollege.edu.in
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Date: 4th January, 2022

Instructions to Students appearing for HSC Board- Exam 2021-22

Subject: Health and Physical Education

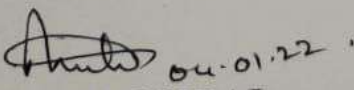
1. Students have to prepare **Handwritten Project for Health and Physical Education** in any project book available at book store of **minimum 10 pages on any of following Two topics given below** (Xerox and typing format will not be accepted).

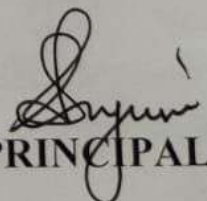
2. Topics for Project/Assignment

- a. Physical Fitness
 - Importance of physical fitness
 - Personal fitness programme
 - Principal of fitness
 - Progressive overload
- b. Development of physical fitness
- c. Exercise : Scientific approach
 - Importance of warm-up
 - Importance of cooling down
 - Importance of regular exercise
 - Effect of exercise of training on various body system
- d. Yoga (Eight limbs of Astanga yoga)

• Those students who fail to submit Health and Physical education project will be declared **FAIL** in the HSC exam.

- Date of submission as per schedule
Arts/Science/HSVC – 8th January, 2022
Commerce – 10th & 11th January, 2022


VICE-PRINCIPAL


PRINCIPAL I/C



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Date : 5th January 2022

Instructions to Students appearing for HSC Board- Exam 2021-22

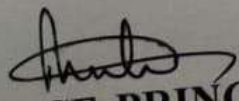
Subject: Environment Education and Water Security

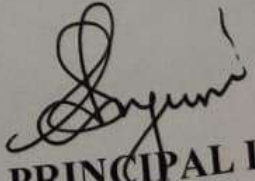
1. Every student must complete one project and five assignments in same EVS project book. Project & Assignments should be **HANDWRITTEN** and **NOT** typed or xeroxed
2. Project topic can be selected from EVS text book or any topic relevant to Environment
3. There are five chapters in EVS text book. One assignment should be written from each chapter (Total five assignments)
4. Project work – 10 to 12 pages
5. Assignments – Each assignment minimum 1 page, maximum 2 pages
6. Project should be written strictly according to the given points.

i) Introduction	ii) Selection of topic	iii) Objectives
iv) Methodology	v) Observation	vi) Analysis
vii) Conclusion	viii) Bibliography	
7. EVS project is **COMPULSORY**. Students failing to submit will be declared **FAIL** in HSC BOARD EXAM.

Students have to write project and assignments in project book prescribed by HSC BOARD (Bal bharati publication) which is available at book stall.

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