

NMFC/DEP-311 /JAN 2026

Date: 3<sup>rd</sup> Jan 2026

## **Notice**

**FY and SY.B.Sc. IT Students**

**YOGA SESSION**

The Department of B.Sc. I.T (Information Technology) is organizing a Yoga Session for the students of FY and SY. B.Sc. IT as a part of Fitness and Sports curriculum in main auditorium.


### **Session Details:**


Class	Date	Time
FYIT	12 <sup>th</sup> Jan and 13 <sup>th</sup> Jan 2026	10:00 am to 11:00am
SYIT	12 <sup>th</sup> Jan and 13 <sup>th</sup> Jan 2026	8:45 am to 9:45 am


### **Session Objectives:**

- It carries 15 marks as an external component.
- Students have to submit the certificate and 2 geo tag photos.
- To promote physical fitness and mental well-being.
- To encourage students to practice Yoga for stress relief and concentration.
- To create awareness about the importance of Yoga for a healthy lifestyle.

**Attendance is compulsory. Students are requested to be in proper attire for the session.**

  
**Ms. Vaishali Mishra**  
(Co-ordinator B.Sc. I.T)

  
**Dr. Poonam Kakkad**  
(Vice-Principal)

  
**Dr. Swiddle D'cunha**  
(I/C Principal)