

NMFC/DEP-311 /JAN 2026

Date: 3rd 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 th Jan and 13 th Jan 2026	10:00 am to 11:00am
SYIT	12 th Jan and 13 th 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)