

NMFC/DEP- 313 /JAN 2026

Date: 4th January 2026

Department of Computer Science

Notice

S.Y.B.Sc. Computer Science – Semester IV (AY 2025-26)

Yoga Session under Yoga and Wellness II Curriculum

Students of S.Y. B.Sc. (Computer Science) are hereby informed that the Department of B.Sc. (Computer Science) is organizing a Yoga Session as part of the Yoga and Wellness II curriculum in the Main Auditorium.

Session Details:

Date	Time
12 th January and 13 th January 2026	8:45 am to 9:45 am

Objectives:

- The session carries 15 marks as an external assessment component.
- Students are required to submit the participation certificate along with two geo-tagged photographs.
- To promote physical fitness and mental well-being among students.
- To encourage the regular practice of Yoga for stress management and improved concentration.
- To create awareness about the importance of Yoga in maintaining a healthy lifestyle.

NOTE:

- Attendance is mandatory.
- Students are required to report on time and wear proper, comfortable attire suitable for Yoga practice.



Dr. Bhakti Chaudhari
(Co-ordinator)



Dr. Poonam Kakkad
(Vice-Principal)



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