

**Nirmala Memorial Foundation College of Commerce and Science**  
**Kandivali(E)**

**Date : 13-03-2025**

**NOTICE**

**F.Y.B.Sc Information Technology (Semester II)**

All F.Y.B.Sc Information Technology (Semester II) students are hereby informed that a **6-days Yoga Awareness and Practice Session** has been organized as a part of the curriculum to promote physical and mental well-being. A **registration fee of ₹100/-** must be paid on **15<sup>th</sup> March 2025** to confirm your participation. This amount will be **refunded** after successful completion of the session. **Students without registration will not be permitted** to attend the session.

**Details of the Session:**

**Date:** 17<sup>th</sup> March 2025 to 22<sup>nd</sup> March 2025  
**Time:** 9:00 AM to 10:00 AM  
**Venue:** Main Auditorium

**Important Instructions:**

1. Attendance for the session is **compulsory**.
2. Students must attend **all 6 days** to receive a **Certificate of Participation**.
3. This certificate is **mandatory** and will be considered as part of the **External Assessment for the Sports Subject**.

Students are advised to attend the session in appropriate attire suitable for yoga practice.



Ms. Vaishali Mishra

Coordinator – B.Sc( Information Technology)



Dr. Swiddle D'Cunha

I/C Principal