

**Nirmala Memorial Foundation College of Commerce and Science**  
**(Autonomous)**

NMFC/DEP-441/JAN 2026

23<sup>rd</sup> Jan 2026

**Notice**

**[SY.B.Sc.IT –Semester IV Students Only]**

**Learners who have not participated in Marathon:**

3. Learners are hereby informed that they are required to prepare and submit *report of 15 pages* based on the theme **“Yoga Practices for Improving Concentration and Academic Performances”** as part of the External Examination Assessment for the course Yoga and Wellness-II.
4. Report with two (2) geo-tagged photographs and Yoga Certificate to be attached.

**Learners who have participated in Marathon:**

3. Two (2) geo-tagged photographs, and Marathon Certificate to be attached.
4. Report with two (2) geo-tagged photographs, and Yoga Certificate to be attached.

The report submission will be on Thursday, 5th February 2026, during the respective lectures.

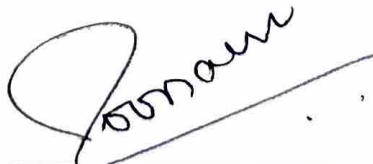
All learners must ensure timely submission to avoid any discrepancies in assessment.

**Note:**

- Color certificate page should be attached as the cover page.
- Submission is mandatory for External Examination assessment.
- Late or non-submission will be **treated as absent for the activity**.



**Ms. Vaishali Mishra**  
Co-ordinator-B.Sc.IT



**Dr. Poonam Kakkad**  
Vice Principal



**Dr. Swiddle D'Cunha**  
I/C Principal