

NMFC/DEP- 311 /JAN 2026

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

## Notice

### FY.B.Sc. Data Science – Semester II (AY 2025-26)

## **Yoga Session under Fitness and Sports II Curriculum**

The Department of B.Sc (Data Science) is organizing a Yoga Session for the students of FY.BSc.DS as a part of Fitness and Sports II curriculum in main auditorium.

### **Session Details:**

Date	Time
12 <sup>th</sup> January and 13 <sup>th</sup> January 2026	10:00 am to 11:00 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)