

## NOTICE FY CC- Yoga Course

The students of **FYBA/ BSc/ BACM/ BVoc** are required to note that they have to complete a Course in **Yoga Studies** for successful completion of their **CC (Co- curricular) Credits** of 30 Hrs.- 50 Marks- 2 credits in the First Year Semester II.

The College is commencing the sessions in Yoga Studies **from Monday 18th November 2024**. Every student has to attend one session per week in the designated slot of the week from **7:15 am to 8:15 am**. The course is compulsory for every FY student. The time- table is given below.

Sr. No.	Day of the Week	Group of Students	Venue
1	Monday	All FYBA students with Language (as Subject 1)	College Quadrangle
		All FYBSc students of Chemistry- Zoology, Chemistry- Physics & FYBACM Marathi	Podar Volleyball Ground, Near Tarabai Modak School, Hindu Colony, L Nappu Road, Dadar (East)
2	Tuesday	All FYBACM English & FYTTM students	College Quadrangle
		All FYBA students with Economics (as Subject 1) & FYBSc Biotechnology	Podar Volleyball Ground
3	Wednesday	All FYBA students with Political Science (as Subject 1)	College Quadrangle
		All FYBSc students of Chemistry- Botany, Chemistry- Microbiology & Mathematics- Statistics	Podar Volleyball Ground
4	Thursday	All FYBA students with History (as Subject 1)	College Quadrangle
		All FYBSc students of Chemistry- Life Science, Botany- Zoology	Podar Volleyball Ground
5	Friday	All FYBA students with Philosophy, Psychology (as Subject 1)	College Quadrangle

		All FYBSc students of Computer Science, Bioanalytical Science	Podar Volleyball Ground
6	Saturday	All FYBSc students of Biochemistry, Physics	College Quadrangle

The course coordinators are Dr. Durga Patkar and Dr. Jyoti Waghmare.

**Important Instructions:**

1. Every student has to report at the designated venue on the day allotted to him/ her on time every time.
2. Please wear your I- card.
3. Please carry a yoga mat, water bottle and napkin with you.
4. Please wear comfortable track pants or salwar as the bottom- wear.
5. Shoes are not worn during the exercise.
6. DO NOT WEAR spike shoes on the day of the yoga session.
7. Please maintain a disciplined atmosphere and cooperate with the yoga instructors.
8. Every student should either be nil-by-mouth before exercise (but have an energy drink or light breakfast after the exercise) or have light breakfast one hour before the exercise.
9. All yoga asanas are not applicable to everybody. So, feel free to talk to your yoga instructors about your specific health issues and they will advise a suitable asana for you.
10. Please make sure to sign the attendance sheet while you are leaving the ground.