

# Ramnarain Ruia Autonomous College

Estd. 1937

Empowered Autonomous Status awarded by University of Mumbai

NAAC Reaccreditation A+ grade (5TH CYCLE, 2025)

## FY CC- Yoga Course Examination

The students of **FYBA/ BSc/ BACM/ BVoc** are required to note that their **Practical examination** (worth 30 marks) for **Yoga Studies**, is scheduled to be held starting from **Monday 17th March, 2025 starting every day at 7:30 am.** . This is one part of assessment for successful completion of their **CC (Co- curricular) Credits** of 30 Hrs.- 50 Marks- 2 credits in the First Year Semester II. The **theory examination** will be held online on Sunday **23rd March 2025 at 10:00 am** for thirty minutes.

Every student has already been allotted a session time per week in the designated slot of the week from **7:30 am to 8:30 am**. The time- table is given below.

Sr. No.	Day of the Week	Group of Students	Venue
1	Monday, 17th March 2025	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, 18th March 2025	All FYBACM English & FYTTM students	College Quadrangle
		All FYBA students with Economics (as Subject 1) & FYBSc Biotechnology	Podar Volleyball Ground
3	Wednesday, 19th March 2025	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, 20th March 2025	All FYBA students with History (as Subject 1)	College Quadrangle
		All FYBSc students of Chemistry- Life Science, Botany- Zoology	Podar Volleyball Ground

5	Friday, 21st March 2025	All FYBA students with Philosophy, Psychology (as Subject 1)	College Quadrangle
		All FYBSc students of Computer Science	Podar Volleyball Ground
6	Saturday, 22nd March 2025	All FYBSc students of Biochemistry, Physics	College Quadrangle

**Important Instructions:**

1. Every student has to report 15 minutes prior to the examination 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 examination.
7. Please maintain a disciplined atmosphere and cooperate with the yoga instructors.
8. Every student should either be nil-by-mouth before examination (but have an energy drink or light breakfast after the exercise) or have light breakfast one hour before the examination.
9. Please make sure to sign the attendance sheet while you are leaving the ground. This is mandatory to note your attendance for the examination.
10. The question paper will be available for theory examination in the following drive <https://drive.google.com/drive/folders/1kYv5MiqWqbCgDgFdIsuKvZ76P80GVXv5?usp=sharing> at the specific time only.
11. Please use the following link as study material which has already been shared by the instructors. <https://docs.google.com/document/d/1GMA7udeB-2q-UxixliG0fnCrFH2cgo3tGkqz8CBI8IQ/edit?usp=sharing>
12. Please find the syllabus here. <https://docs.google.com/document/d/1nRzoEcFzHI2z1Dg855ihrCUPcwICKZhs/edit?usp=sharing&oid=115766949890638703286&rtpof=true&sd=true>  
And <https://drive.google.com/file/d/1b2j6cbF7Ydv7Uc6y6uUVwabZXCyIByNx/view?usp=sharing>

Examination Coordinator