

18/10/2025

Progressive Education Society's
Modern College of Arts, Science and Commerce
(Autonomous),
Shivajinagar, Pune 5.
Department of Physical Education & Sports

NOTICE

Yoga (CC) Project Submission (Regular) (24CpCopU3001)

This is to inform to all Regular students of S.Y(U.G) that, Yoga (CC) course is compulsory. The submission will be conducted between 24/11/2025 to 29/11/2025. This course is for 2 credit and 50 marks. Time -table of the practical exam will be displayed shortly.

CIE (20 MARKS): Under this the student has to submit the Project work report.

Steps to carry out for Field work (Project):

CIE: The project should be prepared on the basis of following points: 20 marks.

- a) History & Introduction of the Yoga.
- b) Define 5 Standing Asanas and its benefits.
- c) Define 5 Sitting Asanas and its benefits.
- d) Define 5 Prone Asanas and Supine Asanas and its benefits.
- e) Explain importance of Yogasanas in your daily life
- f) Explain Suryanamaskar Steps and its benefits.
- g) Explain different types of pranayamas and explain its benefits.
- h) References

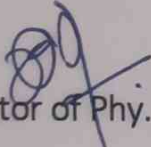
ESE: The Student have to perform demonstration on the ground on the basis of following asanas and pranayam: 30 marks

- a) Suryanamaskar (Steps)
- b) Asanas Steps and Benefits
- c) Pranayam

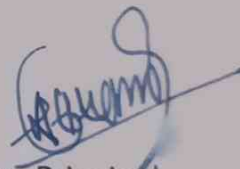
INSTRUCTIONS:

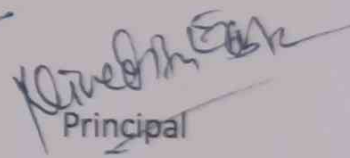
- 1) Students must satisfactorily complete the handwritten project on full scape paper. Written Project should be minimum of 25 pages.
- 2) Students who do not complete the project work in time will be regarded 'fail' in the project.
- 3) The students should watch and study the videos uploaded on their Vriddhi-ERP login.
- 4) Students have to secure minimum 8 marks out of 20 for passing the project work.
- 5) Students must attach relevant documents, images etc. in the project report as per the requirement.
- 6) Copying and other malpractices shall be dealt with seriously.
- 7) The student should prepare asanas from the video available on their vriddhi login.

**Journals Will Be Available At Gymkhana Department From
1 November 2025 Between 10.30 am to 1.30 pm.**


Director of Phy. Edu.


COE


Vice-Principal


Principal