

Modern College of Arts, Science and Commerce
(Autonomous),
Shivajinagar, Pune 5.

Department of Physical Education & Sports

NOTICE

Health and Wellness Project Submission
Sem-IV (Regular) (24CpCopU4001)

This is to inform to all S.Y.(U.G.) students that, Health & Wellness (CC) course is compulsory. **The CIE project work submission (20 Marks) will be conducted between 23/02/2026 to 28/02/2026 as per timetable given below.**

Project submission Exam Time-table 2025-26 (Regular)

Date	Class	Div	Time
23/02/2026	S.Y. B.Sc.	All subject	8:00 am
	S.Y. B.Sc.	Blended	
	S.Y. B.C.A.	Science	
24/02/2026	S.Y. B.Sc. Comp. Sci.	All Batches	8:00 am
	S.Y. B.Sc.	Biotech	
25/02/2026	S.Y. B.Sc.	Micro.	8:00 am
	S.Y. B. Voc.	Fashion Technology	
	S.Y. B.Sc.	Animation	
	S.Y. B. Voc.	Animator	
26/02/2026	S.Y. B. Com	Accounting	8.00 am
	S.Y. B. Com	Banking & Finance	9.00 am
	S.Y. B. Com	Marketing Management	
	S.Y. B. Com	Costing & Business Stat.	
27/02/2026	S.Y.B.A.	Mar. Med. (All Sub.)	8.00 am
28/02/2026	S.Y.B.A.	Eng. Med. (All Sub.)	8.00 am

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

Steps to carry out for Field work (Project):

- Introduction
- Explain about Health
- Explain about Wellness
- Explain about Balance Diet and Nutrient Balance



- Daily Energy Requirements
- Eating habits
- Dimension of Wellness
- Importance of Wellness in your daily life.
- References

ESE: Multiple choice question paper for: 30 marks (Central Objective Test Refer Hall Ticket for exam Date)

Instructions:

1. At the time of project submission viva will be conducted on your project.
2. Students must satisfactorily complete the **Handwritten project** on Project Journal. Written Project should be minimum of 25 pages.
3. Students have to secure minimum 8 marks out of 20 for passing the project work.
4. Students must paste relevant documents, images etc. in the journal as per the requirement.
5. Copying and other malpractices shall be dealt with seriously.

Journals Will Be Available at Gymkhana Department From 9 to 18 February 2026 Between 11:00 am to 2:00 pm.

Director of Phy. Edu.

COE

Vice-Principal

Principal