

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

NOTICE

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

This is to inform all **regular students of S.Y. (U.G.)** that the **Yoga (CC) course is compulsory**. This course is for **2 credit** and **50 marks**. The practical exam (30 Marks) and project submission (20 Marks) time-table as per given below.

Project submission & Practical Exam Time-table 2026-27

Date	Class	Div	Time
26/11/2026	S.Y. B.Sc.	All subject	8:00 am
	S.Y. B.Sc.	Blended	
	S.Y. B.C.A.	Science	
27/11/2026	S.Y. B.Sc. Comp. Sci.	All Batches	8:00 am
	S.Y. B.Sc.	Biotech	
	S.Y. B.Sc.	Data Science	
28/11/2026	S.Y. B.Sc.	Micro.	8:00 am
	S.Y. B. Voc.	Fashion Technology	
	S.Y. B.Sc.	Animation	
	S.Y. B. Voc.	Animator	
30/11/2026	S.Y. B. Com	Accounting	8.00 am
	S.Y. B. Com	Banking & Finance	
01/12/2026	S.Y.B.A.	Mar. Med. (All Sub.)	8.00 am
	S.Y.B.A.	Eng. Med. (All Sub.)	
02/12/2026	S.Y. B.B.A. (BA Campus)	All Div (Finance, Marketing, HRM)	8.00 am
	S.Y. B.B.A. CA (BA Campus)	Div A	
	S.Y. B.B.A. IB (BA Campus)	Div A	
03/12/2026	S.Y. B. Com (BA Campus)	All Div (E, F, G, H)	8.00 am
04/12/2026	S.Y. B. Com	Marketing Management	8.00 am
	S.Y. B. Com	Costing & Business Stat.	

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 the following points: **20 marks.**

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

ESE (30 Marks): The student has to perform a demonstration on the ground on the basis of the following asanas and pranayama: **30 marks.**

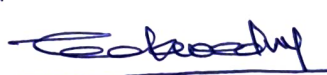
- a) Suryanamaskar (Steps)
- b) Asanas: Steps and Benefits
- c) Pranayama

Important Instructions

- Students must satisfactorily complete the handwritten project on Yoga in the Project Book and submit the project work as per their class timetable.
- The written project should be a minimum of 25 pages.


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Director of Phy. Edu.
Mod. College of ASC (Autonomous),
Nagar, Pune-5.


COE


Vice-Principal


Principal