

NOTICE

To be put up on 20/01/2020

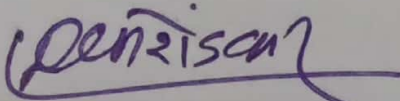
To be removed on 21/02/2020

Class

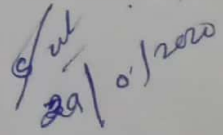
All FY Students

All FY Students are hereby informed to attend the Fitness Week activities that will be conducted on college Basketball court at 7.30 to 9.15 am as per schedule given below. It is **compulsory activity to attained** as per **Physical Education Compulsory Credit** recommended by SPPU.

Sr. No.	Activity	Day and Date
1	Surya Namaskar and Yoga	Saturday, 1st February 2020
2	Diet for Fitness	Monday, 3rd February 2020
3	Self Defence	Tuesday, 4th February 2020
4	Aerobics	Wednesday, 5th February 2020
5	Rappelling	Thursday, 6th February 2020
6	Zumba	Friday, 7th February 2020


(Dr. Deepak Shendkar)




(Dr. Sanjay Kharat)

Principal
Modern College of Arts, Science & Commerce, Ganeshkhind, Pune