



Established in 1983

# **RBANM's FIRST GRADE COLLEGE**

#12 Annaswamy Mudaliar Road, Opposite Ulsoor Lake, Bangalore-560042

Permanently Affiliated to Bengaluru City University, Reaccredited by NAAC

Recognised by Government of Karnataka and

Recognized under Section 2 (f) & 12 (B) of the UGC Act, 1956

## **7.2.1: BEST PRACTICES-02**

## YOGA AND FITNESS CENTRE ACTIVITY DOCUMENTS

### Circular for students










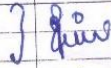




Dear All,

It's happy to bring to your kind notice to all students that the Department of Physical Education is conducting Basic Yoga classes for men and women from the coming Monday onwards at the Yoga and Recreation Center 2<sup>nd</sup>-floor RBANMs FGC. Hence in this regard, we are conducting the class on Tuesday and Wednesday for men and Thursday and Friday for women in the morning from 8:30 am to 9:15 am.

Students are requested to carry the basic needs of the event/yoga attire.

  
Physical Education Director

  
Principal

S.L.NO	CLASS	SIGNATURE
1.	1 <sup>st</sup> Year B.A	
2.	2 <sup>nd</sup> Year B.A	
3.	3 <sup>rd</sup> Year B.A	
4.	1 <sup>st</sup> Year B.Com	
5.	2 <sup>nd</sup> Year B.Com	
6.	3 <sup>rd</sup> Year B.Com	
7.	1 <sup>st</sup> Year B.B.A	
8.	2 <sup>nd</sup> Year B.B.A	
9.	3 <sup>rd</sup> Year B.B.A	
10.	1 <sup>st</sup> Year B.C.A	
11.	2 <sup>nd</sup> Year B.C.A	
12.	3 <sup>rd</sup> Year B.C.A	
13.	1 <sup>st</sup> Year M.Com	
14.	2 <sup>nd</sup> Year M.Com	

**Circular for students**

Dear All,

It's happy to bring to your kind notice to all students that the Department of Physical Education is conducting Basic Yoga classes for men and women in the upcoming week at the Yoga and Recreation Center 2<sup>nd</sup>-floor RBANMs FGC.

Hence in this regard, interested students are requested to register their names with the Department of Physical Education.

Thanking you,

  
Physical Education Director

  
Principal



Established in 1983

# RBANM's FIRST GRADE COLLEGE

#12 Annaswamy Mudaliar Road, Opposite Ulsoor Lake, Bangalore-560042

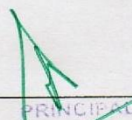
Permanently Affiliated to Bengaluru City University, Reaccredited by NAAC

Recognised by Government of Karnataka and

Recognized under Section 2 (f) & 12 (B) of the UGC Act, 1956

## YOGA AND FITNESS ACTIIVITY



  
PRINCIPAL

R.B.A.N.M.'s First Grade College  
No: 12, Annaswamy Mudaliar Road,  
BANGALORE - 560 042.  
Mob : 8048533572





PRINCIPAL  
R.B.A.N.M'S First Grade College  
No. 12, Annaswamy Mudaliar Road,  
BANGALORE - 560 042.  
Mob : 8048533572



PRINCIPAL

R.B.A.N.M'S First Grade College  
No 12, Annaswamy Mudaliar Road,  
BANGALORE - 560 042.  
Mob : 8048533572



PRINCIPAL  
R.B.A.N.M'S First Grade College  
No. 12, Annaswamy Mudaliar Road,  
BANGALORE - 560 042.  
Mob : 8048530072