



RBANM'S FIRST GRADE COLLEGE

PERMANENTLY AFFILIATED TO BENGALURU CITY UNIVERSITY

AIDED BY GOVERNMENT OF KARNATAKA

RE-ACCREDITED BY NAAC WITH A GRADE (3RD CYCLE)

#12, ANNASWAMY MUDLIAR ROAD, BANGALORE-560042

7.2.1: BEST PRACTICES-02

YOGA AND FITNESS CENTRE ACTIVITY DOCUMENTS

RBANM'S FIRST GRADE COLLEGE
#12,ANNASWAMY MUDALIAR ROAD ,ULSOOR,BENGALURU-42

Date: 17/02/2020

To
Principal,
RBANMs FGC
Annaswamy mudaliar road
Bengaluru - 42

Sub: Request permission to utilisation of Yoga room and Gym room for all the students.

With reference to the above cited subject, students of our college are interested to do yoga regularly in the college to be fit and fine.

Hence, in this regard from the department of physical education requesting permission to start a yoga classes for the students.

Hope you will consider the same.

Thanking you


Physical Education Director
R.B.A.N.M's First Grade College
No. 12, Annaswamy Mudaliar Road
Bangalore-560 042.


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

RBANM'S FIRST GRADE COLLEGE
#12,ANNASWAMY MUDALIAR ROAD ,ULSOOR,BENGALURU-42

Date: 18/02/2020

Circular For all students

Dear all,

It's hereby happy to inform you all the students that, from tomorrow onwards 19/02/2020 you can utilise the yoga hall from morning 8:30am to 9:15am and in the evening 3:00pm to 4:30pm.

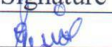
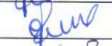
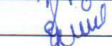
Norms to follow during the Yoga practice session:-

- Carry your ID card
- Sports /yoga attire is compulsory
- Carry your personal needs during session (water bottle, mat, towel..etc)
- Maintain discipline
- You are responsible for your belongings.

PRINCIPAL

PRINCIPAL

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

Sl.No	Class	Signature	Sl.No	Class	Signature
1	I BCom		8	II BCA	
2	II BCom		9	III BCA	
3	III BCom		10	I BA	
4	I BBA		11	II BA	
5	II BBA		12	III BA	
6	III BBA		13	I MCom	
7	I BCA		14	II MCom	