



## ST ALOYSIUS COLLEGE (AUTONOMOUS) MANGALURU

20-01-2022

### NOTICE TO ALL SEMESTER I STUDENTS (I DEGREE)

#### REGARDING END SEMESTER EXAMINATION IN YOGA / HEALTH & WELLNESS

It is hereby notified that the End Semester Examination in Yoga/ Health & Wellness courses will be held on **Monday, 31 January, 2022 at 3.00pm ONLINE**. All students of semester I are expected to prepare themselves to answer the examinations. Attendance to the examination is mandatory.

Students are expected to make a serious note of the following:

1. The examination will be conducted and supervised by the respective Presidents of Associations of which the students are a part.
2. TWO separate Google Forms for Yoga as well as Health & Wellness papers will be prepared by the In-Charge staff members of the courses.
3. There will be **20 MCQs** on the content of Yoga and **20 MCQs** on the content of Health & Wellness.
4. Link to the Google Forms will be sent to students 5 minutes before the commencement of the Examination.
5. The Google form on Yoga will be sent first and students will submit the answers in exactly **25 minutes**.
6. After submission of the Google Form on Yoga, The Google form on Health & Wellness will be sent to students and they will submit the answers in the next **25 minutes**.
7. The total marks secured by each student will be scaled down to **10 marks** and entered in the final marks list.
8. The final marks allotted to these courses are as follows:

| Course            | Internal (Attendance & Assignment Marks) | Practical Marks | End Semester Marks | Final Total Marks |
|-------------------|--|-----------------|--------------------|-------------------|
| YOGA              | 05                                       | 10              | 10                 | 25                |
| HEALTH & WELLNESS | 05                                       | 10              | 10                 | 25                |

**Students are expected to strictly follow instructions given by their respective Presidents of Association/Staff in-charges of the courses carefully before commencement of the examination writing**

**REGISTRAR**