

**NIRMALA MEMORIAL FOUNDATION COLLEGE OF COMMERCE AND SCIENCE
(Autonomous)**

NMFC/COM- 06/JUNE2026

09/06/2026

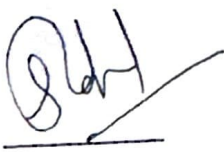
NOTICE

The College is pleased to celebrate **International Yoga Day** on **Saturday, 20th June 2026, at 9:00 a.m.** in **Nirmala Hall (Ground Floor)**.

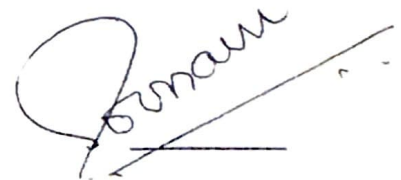
International Yoga Day is observed worldwide to raise awareness about the numerous benefits of yoga for physical fitness, mental well-being, emotional balance, and overall quality of life. To commemorate this occasion, a special yoga session will be organized in collaboration with **The Art of Living** and the **Ministry of AYUSH, Government of India**. The session will be conducted by experienced yoga instructors who will guide participants through various yoga practices and techniques.

All students are encouraged to participate actively and take advantage of this opportunity to experience the positive effects of yoga on their health and well-being. Participants are requested to wear comfortable attire suitable for yoga practice.

We look forward to your enthusiastic participation in making this event a meaningful and enriching experience.



(I/C Principal)



(Vice-Principal)