

# Nirmala Memorial Foundation College of Commerce and Science

9<sup>th</sup> May, 2023

## Notice (For Non-teaching Staff)

The Internal Quality Assurance Cell with Alumni Association of the college is organizing a Zumba workshop. The workshop aims to provide an opportunity for the non-teaching staff members to engage in a fun and energetic fitness activity while also learning basic Zumba moves from a certified instructor.

The workshop will be held on **Saturday, 13th May, 2023** at **4.00 p.m.** in **Block No. 211**. Ms. Anushka Vishwakarma, an alumna of the college M.Com 2021-22 batch and also a certified Zumba instructor and fitness coach will be the guest speaker.

This workshop will help to promote physical fitness, improve cardiovascular health, and relieve stress. Additionally, staff members can enhance their overall well-being, which will have a positive impact on their work performance and productivity.



(I/C Principal)

Ms. Swiddle D'Cunha