

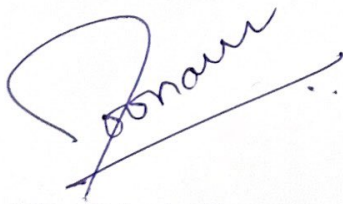
Nirmala Memorial Foundation College of Commerce and Science

3rd October, 2023

NMFC/COM - 50/ OCT2023

NOTICE

The Internal Quality Assurance Cell (IQAC) of the college is pleased to announce a **Seminar on "Meditation and Willpower Techniques"** titled as **"Willpower: Enhancing Self-Control through Meditation"** for the students. The seminar is scheduled on **Thursday, 5th October 2023 at 11:00 a.m.** in **Block no.706**. The Guest Speaker is **Dr. Harish Pokale**, an Occupational Therapist and founder of Aayushmaan Social Wellness Foundation. This seminar aims to provide emotional and psychological wellbeing for students.



(Vice-Principal)



(Principal)