

Nirmala Memorial Foundation College of Commerce and Science

NMFC /COM - 53 / October, 2023

3rd October, 2023

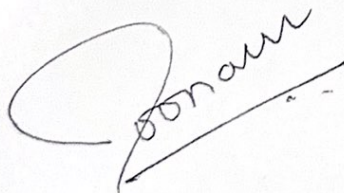
Notice

The Internal Quality Assurance Cell (IQAC) of the college is pleased to announce a **Workshop on "Stress Management"** titled as **"Navigating Stress: Tools for a Balanced Life"** for the staff members. The workshop is scheduled on **Wednesday, 11th October, 2023** from **11:30 a.m.** in **block no.706.**

The Guest Speaker is Dr. Harish Shetty, a distinguished Psychiatrist with extensive experience in the field of mental health, Dr. Shetty will provide invaluable insights and practical strategies.

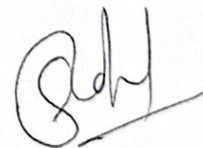
The primary objective of this workshop is to foster a more positive and balanced work environment, ensuring the well-being and productivity of our staff members.

We encourage all staff members to participate actively in this enriching session. Your presence will contribute to the success of this event.



(Vice Principal)

Dr. Poonam Kakkad



(Principal)

Ms. Swiddle D'Cunha