

**Nirmala Memorial Foundation College of Commerce and Science**

NMFC/COM-135/April 2024

15<sup>th</sup> April, 2024

**Notice**

The Internal Quality Assurance Cell in association with The Art of Living organises a yoga training program for non-teaching staff on Friday, 19<sup>th</sup> April, 2024, at 8.00 a.m. in Block No. 211. The primary objective of this program is to promote physical well-being.

The program aims to reduce stress through techniques such as breathing exercise and meditation. These practices are designed to foster a more balanced and peaceful state of mind, which can be beneficial amid the demands of daily work life. The resource person is Ms. Jignasa Pandya, the Art of Living Meditation Coach.

All non-teaching staff members are encouraged to take advantage of this opportunity to improve their physical and mental well-being.



**(I/C Principal)**

**Ms. Swiddle D'Cunha**



**(Vice Principal)**

**Dr. Poonam Kakkad**