

**Nirmala Memorial Foundation College of Commerce and Science
(Autonomous)**

NMFC / Com 126 / August, 2025

12th August, 2025

NOTICE

(For Teaching and Non Teaching Staff)

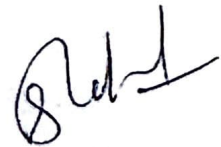
The Internal Quality Assurance Cell (IQAC) is delighted to organize refreshing session titled **“Harmony at Work: Enhancing Well-being through Yoga and Meditation”** exclusively for the staff members. The session is scheduled on Saturday, 23rd August, 2025 at 12:00 noon in the college auditorium.

This initiative aims to reduce stress, improve focus, and promote well-being among staff through simple, effective yoga and meditation practices.

Staff members are warmly invited to participate and make the most of this energizing break from routine.



Dr. Poonam Kakkad
(Vice Principal)



Dr. Swiddle D'Cunha
(I/C Principal)