

Nirmala Memorial Foundation College of Commerce and Science
(Autonomous)

NMFC / COM 13 / August, 2025

18th August, 2025

REVISED NOTICE

(For Teaching and Non Teaching Staff)

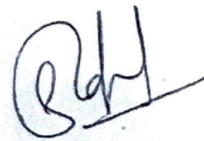
The Internal Quality Assurance Cell (IQAC) in association with The Art of Living under the MoU is delighted to organize a refreshing session titled "Harmony at Work: Enhancing Well-being through Yoga and Meditation" exclusively for the staff members. The session is re-scheduled on Monday, 25th August, 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)