

# **Nirmala Memorial Foundation College of Commerce & Science**

15/06/2023

## **Notice**

Our college will be celebrating **Yog Diwas** on **Wednesday, 21<sup>st</sup> June 2023** at **11.30 a.m.** in **Nirmala Hall (Ground Floor)**. Yog Diwas, also known as International Yoga Day, is celebrated worldwide to promote the importance of yoga in maintaining physical and mental well-being.

A yoga session will be conducted by yoga experts in the college auditorium. Hence, we encourage all students to actively participate in this session and embrace the path to a healthier and happier life through yoga. Please come dressed comfortably in appropriate attire for yoga.



---

(I/C Principal)