

Nirmala Memorial Foundation College of Commerce and Science

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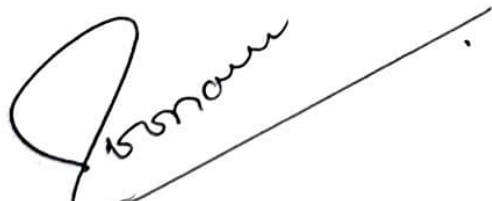
Date: 24th January, 2025

NOTICE

The Internal Quality Assurance Cell (IQAC), under the Memorandum of Understanding (MoU) with The Art of Living (TAOL), is pleased to announce **"Inner Glow: A Transformative Meditation Campaign"** commencing from Monday, 3rd February 2025. This initiative is designed for learners of all programs and aims to promote holistic well-being, cultivate mindfulness, and enhance mental clarity.

The program will include guided meditation sessions and interactive activities conducted by certified instructors from The Art of Living. Participants will benefit from improved focus, reduced stress, emotional resilience, inner peace, and enhanced self-awareness, helping them tackle academic and personal challenges effectively.

Learners are encouraged to join this week-long journey to rejuvenate their mind, body, and soul.



Vice-principal



I/C Principal