



University of Mumbai

NIRMALA COLLEGE OF COMMERCE

Municipal School Bldg., Rani Sati Marg, Malad (East), Mumbai - 400 097. • Tel.: 2844 1083

5.1.3 C2 Details of Lifeskill enhancement programme

Sr. no	Capacity Building Skill	Title of Activity	Schedule	Course Coordinator	Attendance
1.	Lifeskill Development	A. Yoga in stress management	Mode: Online on 15-08-2023 from 10:00 am to 01:00 pm	Alumni Association and IQAC	FY.B.COM, S.Y.B.COM & T.Y.B.COM
		B. Significance of physical fitness in Academics	Mode: Online on 18-08-2023 from 3:00 pm to 6:00 pm	Alumni Association and IQAC	FY.B.COM, S.Y.B.COM & T.Y.B.COM




I/c Principal
Dr. Umeshchandra Yadav