



Prahladrai Dalmia Lions College of Commerce & Economics
(Government Aided & Affiliated to University of Mumbai & AICTE, New Delhi)
NAAC Re-accredited with 'A' Grade (III Cycle) ISO 21001:2018 Certified
University of Mumbai Recognised Research Centre in Accountancy, Commerce
& Business Economics
A Government Approved Hindi Linguistic Minority Institute
52 Years of Streling Performance in Education

Date: 26th July, 2025

NOTICE

All the Third Year Self Financed Courses students are hereby informed that BMS Programme in association with Health & Counselling Cell is organizing seminar on:- **“The Power of Pause”**.

The session will be conducted by experienced trainers from the Art of Living Organization. The objective of the session is to learn meditation techniques for managing stress and improving well-being.

Interested Students are requested to register via the Google Form:
<https://forms.gle/Wb7C9EPhu6zYo7RP9>

Faculty Incharge: Ms. Poonam Sharma- 9833087219
Student Incharge : Ms. Mitali Shrivastava - 7977217968

Date:- 30th July, 2025, Wednesday
Time:-9.00 am
Venue:- College Auditorium.

Ms. Sailee S. Ms. Mansi B. Ms. Subhashini Naikar Prof. (Dr.) D.N. Ganjewar
BMS Coordinator Covenor Health Cell Vice Principal SFC Principal

DI/N-STD/GEN-00