**About NIT Graduate School of Management**

**Yoga and Meditation Program :-**

Yoga and Meditation Club conduct Yoga and Meditation Program for MBA students . During this program , Yoga and Meditation Club organizes physical exercise and yoga sessions for students. It helps them to maintain harmony of body and spirit. It also increases attention span, improves memory and sharpens the focus of the students. It is also prolific for stress reduction, and emotional wellness.

It tries to empower students in the four ways like Physical Health Empowerment, Emotional Empowerment, Mental Health Empowerment and Spiritual Empowerment. These can be achieved by yoga practices like Yogasana, Pranayama and Meditation. This helps students to begin again their sense of joy and spirit combination.