



SHRI SAI SHIKSHAN SANSTHA'S



NIT GRADUATE SCHOOL OF MANAGEMENT

Approved by AICTE New Delhi, DTE Mumbai & Affiliated to RTM Nagpur

About NIT Graduate School of Management

YOGA AND MEDITATION CLUB

Teachers of developmental education are familiar with students who are balancing innumerate stressors in their lives, in addition to the overwhelming stress of college. Stress relief methods like yoga and meditation are essential life management tools in helping new college students succeed, not only in their education but also in their careers and personal lives. When incorporated into college, yoga and meditation can offer students healthy stress relief in order to successfully pursue their academic goals, in addition to offering lifelong stress management. Recently, mindfulness methods like yoga and meditation have found a place in health care centers, businesses, schools and colleges.

Mostly college students have more difficulties during their academic paths. The biggest challenge to student success is time management, balancing priorities, health conditions, social problems, relationships, sleep difficulties and depression. In fact, yoga means not only doing exercise, but helps to awareness expansion, improves intelligence and natural ability is improved.

For keeping stress at bay and to enable the students to tolerate the potential stress associated with life, NIT Graduate School of Management established Yoga and Meditation Club in 2016. The Club works under the guidance of Yoga and Meditation experts collaborated through MOU.

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,

CAMPUS : Survey No. 13/2, Mahurzari, Katol Road, Nagpur-441 501

CORP. OFF : 2nd Floor, Midas Heights, Central Bazar Road, Ramdaspath, Nagpur-440 010

Phone : 9545571000, 8007722825 | **E-mail** : ao@nitmba.edu.in | **Website** : www.nitmba.edu.in



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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.

Mukesh Patil
Director

NIT Graduate School of Management , Nagpur



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