

Shri Ramdeobaba College of Engineering & Management, Nagpur

Department of Management Technology

Dated: 15/11/2019

REPORT ON “Yoga and Meditation Programme” ORGANISED AT DEPARTMENT OF MANAGEMENT TECHNOLOGY (DMT), RCOEM

To improve the overall wellbeing of the students, Yoga and Meditation Programme was organized by the Department of Management Technology, Shri Ramdeobaba College of Engineering and Management on 15th November, 2019. The aim was to make the students aware about the benefits of Yogic exercises and meditation for strengthening their personality and to develop a symbiotic relationship with the inner self through meaningful self-introspection. The Programme was organized in collaboration with Yog Abhayasi Mandal, Nagpur and was coordinated by Dr. Rajesh Vaidya faculty in charge Training and Placement. 120 students participated in the Programme which was conducted in two batches.



Students meditating in guided meditation in the class room.

