

YOGA, MEDITATION SESSION

Jalandhar: The NSS Club of Apeejay Institute of Management and Engineering, Technical Campus, organised a session on yoga and meditation for students of MBA, BBA, BTech and BCom. The resource persons for the session were Dr Vinod Paul and Dr Anudeep from Yog Path Sansthan. More than 60 students participated in the session. The objective of the session was to teach students the techniques to reduce stress and anxiety. Students were taught breathing techniques (Pranayam) so as to ensure a healthy lifestyle. This was followed by various stretching exercises. The resource persons interacted with students and faculty members and told them the benefits of yoga and meditation in their daily life. Dr Paul also motivated the audience to start practicing Yoga and meditation on daily basis to reduce stress, muscle stiffness and improve posture.

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