



Evidence(s)

THE-Impact Ranking



HEI: TRIDENT ACADEMY OF TECHNOLOGY

COUNTRY: INDIA

3.3.1 Current collaborations with health institutions

3.3.1 CURRENT COLLABORATIONS WITH HEALTH INSTITUTIONS



Plate 1. Yoga session for the faculty members and students.



Plate 2. A seminar on mental health with the followers of iswariya brahma Kumari.

Plate 1: Trident Academy of Technology promotes the well-being of its faculty and students through regular yoga sessions aimed at improving physical fitness, mental wellness, and stress management. These sessions create a supportive and healthy work environment, motivating staff to adopt yoga as part of their daily routine to enhance overall well-being, focus, and productivity

Plate 2: Trident Academy of Technology organized a seminar on mental health in collaboration with followers of the Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya. The event focused on promoting mental well-being, with discussions on meditation, positive thinking, and stress management. Participants explored holistic approaches to mental health, fostering inner peace and emotional resilience.

Plate 3: TAT has established a partnership with Patanjali Yog Peeth (based in Haridwar), a leading institute in the domains of yoga, naturopathy and Ayurveda. Through this collaboration, TAT seeks to benefit from evidence-based yogic practices (as promoted by Patanjali) to embed regular sessions, health checks related to stress management, flexibility, mental well-being and overall lifestyle improvement.



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Description:

Trident Academy of Technology regularly hosts members of the Patanjali Yog Peeth and PRAJAPITA BRAHMA KUMARIS ISHWARIYA VISHWA VIDYALAYA for Yogas and talks on mental health and the benefits of meditation. These sessions guide students in managing stress and fostering emotional well-being, promoting a balanced approach to personal growth and academic success.