



# Evidence(s)

## THE-Impact Ranking



HEI: **TRIDENT ACADEMY OF TECHNOLOGY**

COUNTRY: INDIA

WEBSITE: <https://tat.ac.in/activities/>

### 3.3.5 Mental Health Support provides students and Staff with access to mental health support

#### 3.3.5 MENTAL HEALTH SUPPORT PROVIDES STUDENTS AND STAFF WITH ACCESS TO MENTAL HEALTH SUPPORT



Plate 1- Yogacharya Dr. Devendra Rath guiding participants



Plate2-24 hrs Open Air Yoga Centre at Trident

**Plate 1-** Trident Academy of Technology, in collaboration with the Kartavya Club, organized International Yoga Day to promote physical fitness, mental well-being, and holistic health among students and staff. The session began with a brief introduction to the significance of yoga, followed by guided practice of various asanas and breathing exercises. The event encouraged participants to adopt yoga as a daily habit for a balanced lifestyle, fostering harmony between body and mind.

**Plate 2-** Trident Academy of Technology provides an open yoga gym and a fully equipped fitness center that remains accessible 24 hours a day for both students and faculty members. These facilities promote a healthy and active lifestyle on campus, offering a space for relaxation, meditation, and physical workouts. The open yoga gym encourages mindfulness and flexibility, while the dedicated gym supports strength and endurance training, ensuring the overall well-being of the campus community.

#### Description

Trident Academy of Technology, in collaboration with the Kartavya Club, celebrated International Yoga Day to promote physical fitness, mental well-being, and holistic health among students and staff. The event featured guided yoga and breathing sessions, inspiring participants to embrace yoga for a balanced lifestyle. Additionally, the institution offers an open yoga gym and a 24-hour fitness center for students and faculty, supporting regular exercise, relaxation, and meditation. These facilities foster mindfulness, flexibility, and



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strength, reflecting Trident's commitment to promoting health, wellness, and overall well-being within the campus community..