

Linkage with Om Yoga Pranayam Centre

PCER, Panvel and Om Yoga Pranayam Centre have joined hands to prioritize student well-being through yoga sessions. PCER acknowledges the holistic benefits of yoga and its impact on mental and physical health, thus partnering with Om Yoga Pranayam Centre, a renowned institution specializing in traditional yoga techniques and meditation practices.

Yoga sessions are conducted by certified instructors from Om Yoga Pranayam Centre. These sessions cater to specific student needs, including stress management, concentration enhancement, and overall wellness. Furthermore, collaborative workshops and seminars are organized to educate students on the scientific basis and practical relevance of yoga in contemporary life. This partnership extends to collaborative research projects aimed at exploring the efficacy of yoga and meditation in enhancing academic performance, reducing stress levels, and promoting overall health among students.




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