A STUDY ON THE IMPACT OF
YOGA PRACTICE ON VARIOUS SKILLS
INVOLVED IN MANAGERIAL PRACTICES

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Practice, Understand,
Attain & Realise

Taking birth as human being is accidental & extremely precious and because human being alone through Meditation can attain self-actualization, everyone should practice Meditation.

Saddguru Pujyashree Shreedharananda Mahaswamy