



MANTRATM
Lifestyle Health Club

**DEPARTMENT OF SPORTS
MANAGEMENT (PGDSM)
ACADEMIC SESSION : 2025 - 2026
Academic Curriculum - Venue Visit at
Mantra Fitness and Wellness Centre**



On 13th November 2025, the students of PGDSM batch 2025 - 2026 visited the Mantra Fitness and Wellness Centre as part of our academic learning experience. We were taken to the recreation yoga centre where we participated in stretching exercises, yoga, and guided meditation. The session provided a refreshing introduction to the importance of flexibility, mindfulness, and physical wellness in maintaining a healthy lifestyle.





Following the yoga session, we were guided to the VO2 Max testing room where the working and operation of the VO2 Max testing machine was demonstrated. We got an in-depth understanding of this advance technology which helps in instant assessment and prediction of potential health issues. The demonstration also highlighted how artificial intelligence and modern health - testing machines are being developed and utilized not only in sports science but also in hospitals for diagnosis. This provided valuable insight into the growing role of technology in improving both athletic performance and healthcare.





After the demonstration, we were offered a free gym session by the instructor, which allowed us to experience the facilities firsthand. Later, we attended a detailed discussion on how the VO2 Max test reports are interpreted and how real-time data collection assists in identifying a person's health status and performance capabilities.





Before leaving the facility we had a meaningful discussion about the rapid growth of health and wellness centres in India and their increasing contribution to the national economy. The discussion emphasised on how the present generation is becoming more health-conscious and investing time and resources in physical well-being. Such visits to facilities like Mantra perfectly align with IISWBM's pioneering approach to experiential learning in sports management. The visit thus concluded with a group photo session, marking the end of an informative and engaging day.

