



## Report

Name of Activity	<b>Guest Lecture on “Impact of Happiness on Health”</b>
Date	09 <sup>th</sup> November, 2018
Venue	Seminar Hall, MIMT
Organized by	<b>Fitness Club, MIMT</b>
No. of Beneficiaries	121
Resource Person	Mr. Rajkumar, Life Skill Expert, Iskon
Activity -Convener	MsPooja Kapoor, Faculty, MIMT
Objective	<ul style="list-style-type: none"><li>● To improve the wellness of students by reducing the stress level</li><li>● To provide knowledge about benefits of happiness and peace of mind on health</li><li>● To encourage the students for Meditation and yoga.</li></ul>
Report	<p><b>Fitness Club</b>, Mangalmay Institute of Management and Technology, Greater Noida has conducted two hours “Guest Lecture on <b>Impact of Happiness on Health</b> for the MBA students on 09<sup>th</sup> November, 2018 at 11:00 a.m. The resource person for the guest lecture was Mr. Rajkumar, Life Skill Expert, Iskon.</p> <p>The polluted environment, personal problems and work pressure take a toll on our body and mind. The Art of Living has come up with a holistic and integrated relationship between Health and Happiness which provide unique tools and techniques to reduce stress accumulated in our daily, modern life. This guest lecture provided the best tools and strategies to live a healthy and happy life. Mr. Rajkumar suggested that regular practice of meditation will result in a stress-free mind and disease-free body. This workshop will take the students towards peace of mind and stress-free life. Mr. Rajkumar also suggested different way to be happy that will automatically improve the health. This guest lecture was attended by 121 students. all students were feeling positive after this guest lecture.</p>



## **MANGALMAY INSTITUTE OF MANAGEMENT & TECHNOLOGY**

(Approved by AICTE, New Delhi & Affiliated to AKTU, Lucknow)

Knowledge Park-II, Greater Noida (U.P.)

<p>Outcome of Activity</p>	<p>Students become more able to understand the relationship of good health and happiness. Students learnt about different techniques to release stress for peace of mind. After this lecture, students were able to understand the benefits of yoga and meditation.</p>
----------------------------	---