



## Report

Name of Activity	Importance of Surya Namaskar (Physical Fitness Activity)
Date	<b>15<sup>th</sup> November, 2019</b>
Venue	Play Ground, MIMT
Organized by	<b>Fitness Club</b>
No. of Beneficiaries	133
Resource Person	Mr. Rajkumar, Life Skill Expert, Iskon
Program Incharge	Dr. Jaspreet Kaur
Objective	<ul style="list-style-type: none"><li>• To aware the students about the benefits of “Surya Namaskar</li><li>• To taught the proper and right way of doing Surya Namaskar regularly</li><li>• To improve the health of the beneficiaries by promoting the habit of “Surya Namaskar”</li></ul>
Report	<p>Mangalmay Institute of Management and Technology, Greater Noida organized a physical fitness activity on “Importance of Surya Namaskar” for the students of MBA on 15<sup>th</sup> November, 2019 at 10:00 am.</p> <p>Surya Namaskar is a stretching exercise that requires everyone to participate. It's a sequence of 12 Yoga Poses done back-to-back. Mr. Rajkumar, Life Skill Expert, Iskon introduced the Surya Namaskar to the students. Mr. Rajkumar explained and represented the exact ways of doing different type of Surya namaskar. Mr. Rajkumar also told the importance and benefits of Surya Namaskar. Students were doing Surya Namaskar by following the steps of Mr. Rajkumar. Students were enjoying this activity very much. Mr. Rajkumar also said that Surya Namaskar generates positive energy flow for the body too along with relaxing our mind. Mr. Rajkumar also helped the beneficiaries during performing various Surya Namaskar.</p> <p>Sun Salutation is another name of Surya Namaskar. Surya Namaskar affects the life in a positive way. In this activity 133 students of MBA were presented.</p>
Outcome of Activity	Beneficiaries learnt different pose of Surya Namaskar in adequate form. They also acquired knowledge about the benefits and importance of Surya Namaskar to be healthy. This activity motivated the students to practice the Surya Namaskar regularly.