



## Report

Name of Activity	<b>International Yoga Day</b>
Date	21 <sup>st</sup> June, 2022
Venue	Seminar Room- Block A
Organized by	<b>Fitness Club, MIMT</b>
No. of Beneficiaries	30
Resource Person	Mr. Mausam Kumar, Certified Master Yoga Trainer & Yoga Therapist Bihar School of Yoga
Activity Incharge	Dr. Nishant Kumar Singh & Dr. Pooja Goel
Objectives	<ul style="list-style-type: none"><li>• To encourage the students to have good health.</li><li>• To guide students in living their best potential life through yoga and spirituality.</li><li>• To promote self-discipline and self-control, leading to immense amount of awareness, concentration and higher level of consciousness.</li></ul> To develop a discriminative mind capable of knowing the real from the unreal and to face the dualities of life with equanimity.
Content	<p><b>Fitness Club</b> of Mangalmay Institute of Management &amp; Technology organized one day Yoga activity on 21<sup>st</sup> June, 2022 on the occasion of International Yoga Day for all the management students of PG course including faculties of the Institute as well. The activity started with the felicitation of resource person invited on the occasion of yoga day. The resource persons i.e., Mr. Mausam Kumar is a certified yoga instructor &amp; therapist and serving in Bihar School of Yoga. The resource persons of Mangalmay Institute was welcomed and commenced the activity after giving opening speech.</p> <p>All the students and faculties of institute actively participated in the yoga. The guests of the activity also delivered an important speech regarding the importance of yoga in our daily life. Several asanas, pranayama and physical exercises were being held during the activity. At the end, the instructor told the importance of doing meditation after doing all the physical activities. By doing this, the mind relaxed and become peaceful. After completion of yoga the instructor were honored with the token of appreciation and vote of thanks were given by the respected Director of MIMT Dr. Geeti Sharma. In this way, the activity closed with the celebration of 8<sup>th</sup> International Yoga Day this year.</p>



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

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

Outcome of Activity

- All the participants understood the importance of doing yoga daily.
  - The physical strength enhanced after doing physical exercises.
  - Slow movements and deep breathing helped in normalizing the blood flow.
  - Flexibility increased after doing several asanas.
- Meditation helped a lot in maintaining the peace and calmness of mind.

### Glimpses of International Yoga Day

**MANGALMAY**  
INSTITUTE OF MANAGEMENT & TECHNOLOGY  
GREATER NOIDA

**YI**  
Young Indians  
WE CAN WE WILL  
IN ASSOCIATION

**BIHAR YOGA**

International Day of Yoga  
21 June

# INTERNATIONAL YOGA DAY

**Mr. MAUSAM KUMAR**  
Certified Master Yoga Trainer & Yoga  
Therapist Bihar School of Yoga

**CONVENERS**  
**Mr. ARUN RANA**  
Director  
(Planning & Corporate Affairs)  
**Dr. SHWETA KULSHRESTHA**  
(HOD-MBA)

**COORDINATOR**  
**Dr. NISHANT KUMAR SINGH**  
(Associate Professor)  
**Dr. POOJA GOEL**  
(Associate Professor)

**DATE : 21<sup>st</sup> JUNE 2022 | TIME 9:30 AM**  
**VENUE: Plot No. 8 & 9 Knowledge Park-II, Greater Noida**  
**www.mangalmay.org**



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*Felicitation of the Resource Person*



**Students and faculties of management department doing different exercises for physical and mental well-being of health.**





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