



Report

Name of Activity	Online Yoga Day Celebration
Date	21th June, 2021
Organized by	Fitness Club, MIMT
No. of Beneficiaries	139
Resource Person	Mr. Rajkumar, Life Skill Expert, Iskon
Activity Incharge	Ms. Shruti Shrivastava, Faculty, MIMT
Objective	<ul style="list-style-type: none">• To promote international yoga day.• To make students aware about benefits of regular yoga.• To encourage the students for regular yoga exercise
Report	<p>Mangalmay Institute of Management and Technology organised an event “Online Yoga Day Celebration” on 21st June, 2021 at 10:00 a.m. Mr. Rajkumar, Life Skill Expert, Iskon was the resource person of the event.</p> <p>International Day of Yoga has been celebrated annually on 21 June since 2015, following its inception in the United Nations General Assembly in 2014. The resource person began the event by introducing himself to the students. He said “Yoga is the one of the best ways to keep ourselves healthy and fit. Yoga is a physical, mental and spiritual practice which originated in India. The Indian Prime Minister, Narendra Modi, in his UN address suggested the date of 21 June, as it is the longest day of the year in the Northern Hemisphere and shares a special significance in many parts of the world. Mr. Rajkumar took yoga session of MIMT students. Yoga day celebration aimed to develop the habit of yoga among all students of MIMT so that they can enjoy good physical and mental health. Mr. Rajkumar represented the many useful yoga. Students were following his steps to do yoga. Mr. Rajkumar also helped the students to complete yoga.</p> <p>Mr. Rajkumar also discussed about the basic rules & guidelines regarding yoga. Student were very excited and happy during this event.</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>After this activity, students are able to understand the significance & importance of yoga in life. Students become more familiar with “different type of yoga”. Students are motivated for following yoga daily in life.</p>
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