



Report

Name of Activity	“Physical Fitness Activity - Pranayama”
Date	30 th August, 2018
Venue	Playground, MIMT
Organized by	Fitness Club, MIMT
No. of Beneficiaries	114
Resource Person	Mr. Rajkumar, Life Skill Expert, Iskon
Activity -Convener	Ms.Monika Makhija, Faculty, MIMT
Objective	<ul style="list-style-type: none">• To develop the ability to concentrate & bring about mental tranquillity & inner equilibrium.• To ensure the health of particular organ such as brain, lungs, stomach etc.• To increase the intake of oxygen in the body.
Report	<p>The word Pranayama is made up of two words: Pran and Ayaman which means breath, respiration, life, vitality, energy, and strength. Pranayama is the method by which a yogi aspires to realise the entire cosmic existence within his small body, as well as to achieve perfection by obtaining all of the universe's forces.</p> <p>Fitness Club, Mangalmay Institute of Management and Technology, Greater Noida has conducted a “Physical Fitness Activity - Pranayama” for the MBA students on 30th August, 2018 at 11:00 a.m. The resource person for this activity was Mr. Rajkumar, Life Skill Expert, Iskon. Mr. Rajkumar started the session with introduction of pranayama. The resource person explained the role and importance of pranayama in today's era. Mr. Rajkumar also emphasised on regular practice of Pranayama in day-to-day life. It will improve the mental and physical health of the persons. He represents the different types of pranayama like</p> <ul style="list-style-type: none">• Dirga Pranayama• Kapalabhati Pranayama• Anuloma Viloma Pranayama• Sheetal Pranayama



MANGALMAY INSTITUTE OF MANAGEMENT & TECHNOLOGY

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

	<ul style="list-style-type: none">• Ujjayi Pranayama• Brahamari Pranayama• Sheetkari Pranayama• Bhastrika <p>The session ended with a vote of thanks.</p>
Outcome of Activity	<p>By means of controlled, deep & rhythmic breathing during pranayama, more big energy is absorbed & stored in the body of students. After this activity students were motivated for Pranayama Practice daily.</p>