



MANGALMAY INSTITUTE OF MANAGEMENT & TECHNOLOGY

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

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

Report

Name of Activity	“Pranayama - A way to be healthy”
Date	25 th February, 2021
Venue	Ground, MIMT
Organized by	Incharge, Fitness Club
No. of Beneficiaries	152
Resource Person	Mr. Rajkumar, Life Skill Expert, ISCON
Activity -Convener	Dr. Anju Bala, Faculty, MIMT
Objective	<ul style="list-style-type: none">• To improve the overall health of the students• To increase the intake of oxygen to the different organs of the body such as brain, lungs, stomach etc.• To improve the concentrate and mental ability of the students
Report	<p>Incharge, Fitness Club, Mangalmay Institute of Management and Technology, Greater Noida has conducted an activity “Pranayama - A way to be healthy” for the MBA students on 25th February, 2021 at 10:00 a.m. The resource person for this activity was Mr. Rajkumar, Life Skill Expert, Iskon .</p> <p>Mr. Rajkumar said that Pranayama is the method by which a person connect himself with universe’s force. Pranayama deals with breath, respiration, life, vitality, energy, and strength. Mr. Rajkumar explained the role and importance of pranayama in today’s era.</p> <p>Mr. Rajkumar represented the different types of pranayama like Kapalabhati Pranayama, Anuloma Viloma Pranayama, Ujjayi Pranayama, Brahmari Pranayama, Sheetkari Pranayama, Bhastrika etc. Mr. Rajkumar also suggested the adequate way, position and posture of performing pranayama.</p> <p>Mr. Rajkumar said that there should be regular practice of pranayama in day-to-day life. It will improve the mental and physical health of the persons. Students were very happy and excited about this activity.</p>



MANGALMAY INSTITUTE OF MANAGEMENT & TECHNOLOGY

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

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

Outcome of Activity

After this activity, students learnt adequate way to perform pranayama. Students absorbed more energy by performing pranayama. students were motivated for pranayama practice on daily basis.