



Report

Name of Activity	Surya Namaskar (Physical Fitness Activity)
Date	05thAugust, 2017
Venue	Playground, MIMT
Organized by	Fitness Club, MIMT
No. of Beneficiaries	76
Resource Person	Mr. Rajkumar, Life Skill Expert, Iskon
Program Incharge	Mr.Nishant Kumar, Faculty, MIMT
Objective	<ul style="list-style-type: none">• To promote the habit of “Surya Namaskar” among students.• To taught the adequate way of doing Surya Namaskar regularly• To improve the overall health of students through physical fitness activity
Report	<p>Surya Namaskar is a physical fitness activity that involves everybody part with stretching. It is a combination of 12 back-to-back Yoga Poses. It is also called Sun Salutation.Surya Namaskarput a favorable impact on our overall health.</p> <p>Mangalmay Institute of Management and Technology, Greater Noida organized a physical fitness activity on Surya Namaskar for the students of MBA on 05th August, 2017 at 10:30 am.</p> <p>Mr. Rajkumar, Life Skill Expert, Iskon, the Surya Namaskar to the students. she described the importance and benefits of Surya Namaskar. Mr. Rajkumar presented the different 12 poses of Surya Namaskar by doing herself in front of the students. Students were following her by performing each and every pose of Surya Namaskar. 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 student in doing Surya Namaskar in proper & adequate way.</p> <p>There were 76 students presented in this activity. All students participated in this activity with great zeal. They were supposing such type activity in future also.</p>
Outcome of Activity	Through this activity, beneficiaries are able to understand the benefits and adequate ways of performing Surya Namaskar. Beneficiaries will be able to maintain good health after following Surya Namaskar on regular Basis.