



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	Workshop “Way to improve health through happiness”
Date	11th November, 2020
Venue	Seminar Hall, MIMT
Organized by	Incharge, Fitness Club
No. of Beneficiaries	62
Resource Person	Mr. Rajkumar, Life Skill Expert, Iskon
Activity -Convener	Dr. Priyanka Srivastav, Faculty, MIMT
Objective	<ul style="list-style-type: none">● To aware the students about strongly positive relation between happiness and health● To improve the health of the students through yoga and meditation.● To provide knowledge about benefits of happiness and peace of mind
Report	<p>In present time, stress level of people and pollution are increasing day by day. Due to all these, health of people is decreasing day by day. To improve health in relation to happiness, Mangalmay Institute of Management & Technology, Greater Noida has conducted a workshop “Way to improve health through happiness” on 11th November, 2020 at 12:30 p.m. The expert for the workshop was Mr. Rajkumar, Life Skill Expert, Iskon.</p> <p>Mr. Rajkumar explained that due to many reasons like polluted environment, personal problems and work pressure, our health is affecting. It became essential to focus on mental health along with physical health. To improve health, happiness plays an important role. Mr. Rajkumar encourages the students for meditation and yoga. Both these will help to deal with day-to-day stress and will provide peace of mind. It will result in a stress-free mind and disease-free body.</p> <p>Now a day it become essential to improve the art of living through strong relationship between health and happiness. This workshop suggested many tools and strategies to live a healthy and happy life.</p>



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<p>Outcome of Activity</p>	<p>This activity provided a deep understanding of relationship between health and happiness. After this workshop, students were motivated for regular meditation yoga, and other techniques to happy and healthy.</p>
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