



Report

Name of Activity	Workshop on “Health and Happiness”
Date	28 th February, 2018
Venue	Seminar Hall, A-Block, MIMT
Organized by	Fitness Club, MIMT
No. of Beneficiaries	83
Resource Person	Mr. Rajkumar, Life Skill Expert, Iskon
Program Coordinator	Mr. Sushil Maurya, Faculty of MIMT
Objective	<ul style="list-style-type: none">• To explain the relationship between health and happiness• To reduce the stress level of students• To disclose the methods of being happy and healthy
Report	<p>Mangalmay Institute of Management and Technology, Greater Noida organized a workshop on “Health and Happiness” for the students of MBA-1st year on 28th February, 2018 at 11:00 AM. Session is delivered by Mr. Rajkumar, Life Skill Expert, Iskon in this workshop.</p> <p>Mr. Rajkumar started the session with a brief explanation of health and happiness. She provided knowledge about various way to be happy in life that will be directly affect our health. Mr. Rajkumar further explained that polluted environment, personal problems and work pressure take a toll on our body and mind. Mr. Rajkumar also explained the art of living which provide unique tools and techniques which help combat stress accumulated in our daily, modern life. This Health and Happiness workshop provided the beneficiaries the best tools and strategies to live a healthy and happy life. Mr. Rajkumar explained the benefits of regular practice of yoga and meditation to have stress-free mind and disease-free body. This workshop took the students towards peace of mind and stress-free life.</p> <p>83 students were presented in this workshop. All students of MBA were excited about this workshop.</p>
Outcome of Activity	After this workshop, Students become more able to understand the relationship of good health and happiness. Students learnt about different techniques to release stress for peace of mind.