



## Report

Name of Activity	<b>“Yoga Day Celebration”</b>
Date	21 June 2019
Venue	Ground, MIMT
Organized by	Fitness Club, MIMT
No. of Beneficiaries	60
Resource Person	Mr. Rajkumar, Life Skill Expert, Iskon
Program Incharge	Ms. Monika Makhija, Faculty of MIMT
Objective	<ul style="list-style-type: none"><li>• To promote international yoga day.</li><li>• To encourage the students for regular yoga exercise.</li><li>• To provide knowledge about benefits and different types of yoga.</li></ul>
Report	<p>Yoga is the one of the best way to keep ourselves healthy and fit. The international yoga day is celebrated annually on 21 June since 2015. The date was assigned for the occasion as it is the longest day when the sun is out at its most compared to every other day of the year.</p> <p>To support “International yoga day”, this activity was conducted in MIMT college campus. This activity is organized in college campus to fulfill the aim of keeping healthy and fit all the students by motivating them for regular yoga. Mr. Rajkumar, Life Skill Expert, Iskoon took yoga session of MIMT students. Yoga day celebration aimed to develop the habit of regular exercise and yoga practice to enjoy good health and more peace of mind along with self-awareness, which is essential for a stress-free existence.</p> <p>He started the session with a brief self-introduction. Then he presented the different types of yoga to the students along with their distribution. He also explained basis rules and regulation need to be follow for yoga practice.</p>
Outcome of Activity	After this activity, students understood the importance of YOGA in their life. Students became more familiars with “different type of yoga”. Students learnt the way to be healthy and happy.