



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	Yoga Day Celebration
Date	21th June, 2018
Venue	Seminar Hall, A-Block, MIMT
Organized by	Fitness Club, MIMT
No. of Beneficiaries	48
Resource Person	Mr. Rajkumar, Life Skill Expert, Iskon
Program Coordinator	Ms. Rashmi Jain, Faculty of MIMT.
Objective	<ul style="list-style-type: none">• To make students aware about international yoga day• To encourage the students for regular yoga exercise.• To provide adequate methods of different types of yoga.
Report	<p>The international yoga day is celebrated annually on 21 June of every year. In support of “International yoga day”, this activity was conducted in MIMT college campus on the occasion of international yoga day on 21th June, 2018at 9:30 a.m. at the playground. This activity was organized to motivate the student towards yoga and healthy life.</p> <p>Yoga day celebration aimed to develop the habit of meditation among all students of MIMT so that they can enjoy more peace of mind and self-awareness, which is essential for a stress-free existence. Yoga instructor, Mr. Rajkumar took yoga session of MIMT students on international yoga day to aware the students about yogaMr. Rajkumar described many benefits of yoga to the students. Mr. Rajkumar also introduced different types of yoga to the students. she said “Yoga helps to maintain healthy life”.</p> <p>All participative students put their effort to perform different types of yoga with the instructions of resource person. Students were excited for this activity.</p>
Outcome of Activity	Students become more familiars with “different type of yoga”.Students learnt the way to do different types of yoga and practice them. They are motivated for Yoga regular in routine life.