



Mangalmay Institute of Management Technology
Greater Noida (U.P.)



Report	
Name of Activity	“Physical Fitness Session”
Date	21 st January, 2021
Venue	MIMT Ground
Organized by	MIMT
Name of Coordinators	Mr. Sukhdev Singh, Physical Trainer
Participated by	BCA. BBA & B. Com
Activity - Convener	Dr Raj Kumar and Mr Rajnish Mishra
Content	<p>The Physical Fitness Session is planned by MIMT for students on 21st January, 2021 at college ground. The main objective of this activity is to create awareness among students about the importance of physical fitness. The total number students participated in activity is eighty.</p> <p>The key point of this session is:</p> <p>Regular exercise is one of the best things you can do for your health. It has many benefits, including improving your overall health and fitness, and reducing your risk for many chronic diseases. There are many different types of exercise; it is important that students pick the right types for themselves. Fitting regular exercise into daily schedule may seem difficult at first. But it can start slowly, and break the exercise time into chunks. Even doing ten minutes at a time is fine. The students can work their way up to doing the recommended amount of exercise. How much exercise they need it will depend on their age and health.</p>
Objective	Is to inculcate the regular habit of exercise. So they live healthy life.
Outcome of Activity	This activity witnessed an enthusiastic response of students towards knowing the different types of exercise and its benefits. And they became aware about the importance of physical fitness for healthy life.