



Report	
Name of Activity	“Training Program on Surya Namaskar”
Date	12 th January, 2021
Venue	MIMT Ground
Organized by	MIMT
Participated by	BCA, BBA & B.Com (72)
Activity - Convener	Mr. Aswani Bara
Content	<p>Training Program on Surya Namaskar was conducted by MIMT for students on 12th January, 2021 at college ground. The main objective of this activity is to create awareness among students about benefit of Surya Namaskar. The seventy-two students had participated in this activity.</p> <p>The Surya Namaskar contains a total number of 8 asanas woven into a sequence of 12 steps for each side, right and left. When you begin the Surya Namaskar, you must start with the right side. One complete cycle is done when you cover both the sides, and this is made of 24 counts. Each asana has a specific breath assigned to it, and this must be followed through the 24 steps of the sun salutation.</p> <p>The Surya Namaskar tones the entire body, helps with weight loss, and strengthens muscles and joints. Practice this flow if you want to improve your complexion as it ensures a better functioning digestive system. Improve your sleep as it helps combat insomnia and reduces stress levels. The sun salutation is also useful in treatment of frozen shoulders. It helps in weight loss, improves balance in the nervous system, reduces blood sugar levels and stimulates the manipura chakra.</p> <p>Steps to perform Surya Namaskar:</p> <ul style="list-style-type: none">• Pranam Asana (The Prayer pose)• Hastha Utanasana (Raised arm pose)• Padahasthasana (Standing forward bend)• Ashwa Sanchalanasana (Equestrian pose)• Santholanasana (Plank Pose)• Ashtanga Namaskar Asana (Eight limbed salutation)• Bhujangasana (Cobra pose)• Adho Mukha Svanasana (Downward dog pose)• Ashwa Sanchalanasana (Equestrian pose)• Padahasthasana (Standing forward bend)



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	<ul style="list-style-type: none">• Hastha Uthanasana• Pranam Asana
Objective	The objective of this activity is to create awareness about the benefit of Surya Namaskar among students. So, they will adapt this in their habit for healthy life.
Outcome of Activity	This activity witnessed an enthusiastic of students towards knowing all the steps of Surya Namaskar. And they become aware about the importance of Surya Namasker for healthy life