20th June, 2022

REPORT ON INTERNATIONAL YOGA DAY 2022

Theme	YOGA FOR HUMANITY	
Date	21st June, 2022	
Venue	Seminar Room	
Organized by	Management Department	
Participated by	Management students of UG courses	
Resource Persons	Mr. Amar Singh & Ms. Garima Chauhan	
Activity Conveners	Lt. Dr. Seema Singh & Mr. Vibhanshu	
Objective	 To encourage the students to have good health. To guide students in living their best potential life through yoga and spirituality. 	
	 To promote self-discipline and self-control, leading to immense amount of awareness, concentration and higher level of consciousness. To develop a discriminative mind capable of knowing the real from the unreal and to face the dualities of life with equanimity. 	
Overview	Management department of Mangalmay Institute of Management & Technology organized one day Yoga activity on 21 st June, 2022 on the occasion of International Yoga Day for all the management students of UG courses including faculties of the Institute as well. The activity started with the felicitation of all resource persons invited on the occasion of yoga day. Both the resource persons i.e., Mr. Amar Singh and Ms. Garima chauhan is a yoga instructor and serving under Yoga Gurukul Foundation Society (Govt. Registered Organization). The resource persons of Mangalmay Institute welcomed the guests and commenced the activity after giving opening speech. All the students and faculties of institute actively participated in the yoga. The guests of the activity also delivered an important speech regarding the importance of yoga in our daily life. Several asanas, pranayama and physical exercises were being held during the activity. At the end, the instructor told the importance of doing meditation after doing all the physical activites. By doing this, the mind relaxed and become peaceful. After completion of yoga both the instructors were honoured with the token of appreciation and	



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MINTE	Greater Noida (U.P.)		
	vote of thanks were given by the respected Director of MIMT Dr. Geeti Sharma. In this way, the activity closed with the celebration of 8 th International Yoga Day this year.		
Outcome of Activity	 All the participants understood the importance of doing yoga daily. The physical strength enhanced after doing physical exercises. Slow movements and deep breathing helped in normalizing the blood flow. Flexibility increased after doing several asanas. Meditation helped a lot in maintaining the peace and 		

calmness of mind.

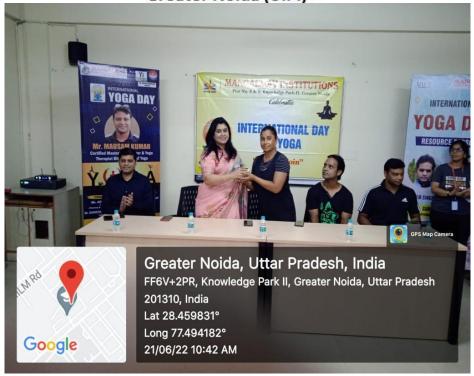
GLIMPSES OF INTERNATIONAL YOGA DAY



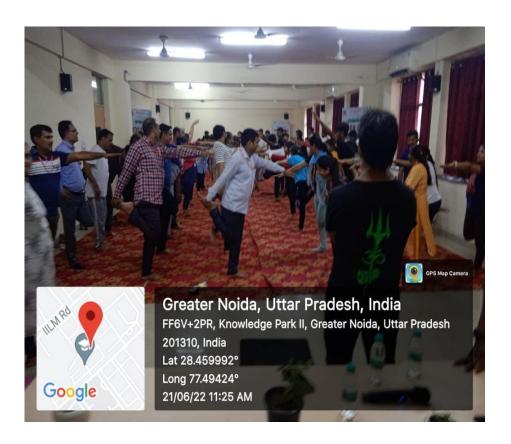


Mangalmay Institute of Management Technology Greater Noida (U.P.)





FELICITATION OF GUESTS BY DR. GEETI (DIRECTOR)





Mangalmay Institute of Management Technology



Greater Noida (U.P.)

All the students and faculties of management department doing different exercises for physical and mental well –being of health.





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



LIST OF PARTICIPANTS

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S.NO.	NAME	SIGNATURE
1	AJAY RATHORE	alas
2	JYOTI CHAUHAN	dyoti
3	KUNAL PANDEY	Rive
4	AKSHIT PURI	Hell
5	MUSKAN GARG	Auskar
6	NIKHIL RAJ	
7	KSHITIZ SINGHAL	P. Su
8	SHIVAM SINGH	an ye
9	TUSHAR SINGH	CO CO CO CO
10	POONAM SHUKLA	Poonan
11	LUCKY	10101
12	LUBHANSHU	Mont
13	VAIBHAV	Journal
14	RITISHA SRIVASATAVA	Willistra
15	DEEWAKAR JHA	Decisala
16	DHIRAJ KUMAR	David.
17	HARSH MOHAN	nautor
18	VANDANA SINGH	000
19	PRINCESS	Frinces
20	RISHU KUMAR	Ash
21	RAHUL CHAUHAN	Kahu
22	TANU	Sam
23	SWATI BHATI	& Wati
24	TUSHAR CHANDILA	gy re
25	PRIYANKA SINGH	yayane
26	PRIYANSHU RAJ	Pilles
27	RISHIKESH KUMAR	Ajgligel
28	NUPUR NEGI	Nupu
29	CHIRAG	dirad
30	GAUTAM KANOJIYA	garan.