



20th June, 2022

REPORT ON INTERNATIONAL YOGA DAY 2022

Theme	YOGA FOR HUMANITY
Date	21 st 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	<ul style="list-style-type: none">• 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	<p>Management department of Mangalmai Institute of Management & Technology organized one day Yoga activity on 21st 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 Mangalmai Institute welcomed the guests and commenced the activity after giving opening speech.</p> <p>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 activities. By doing this, the mind relaxed and become peaceful. After completion of yoga both the instructors were honoured with the token of appreciation and</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	<ul style="list-style-type: none"> • 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

INTERNATIONAL YOGA DAY

RESOURCE PERSONS

Mr. AMAR SINGH **Ms. GARIMA CHAUHAN**

THE YOGA GURUKUL FOUNDATION SOCIETY
A GOVERNMENT REGISTERED ORGANIZATION

CONVENERS
Mr. ARUN RANA (Director)
Dr. MEENAKSHI SHARMA (Associate Dean)

ORGANIZERS
Dr. RAJ KUMAR (Associate Professor)
Mr. BHARAT GAHLOT (Associate Professor)

COORDINATORS
Lt. Dr. SEEMA SINGH (Associate Professor)
Mr. VIBHANSHU (Assistant Professor)

DATE : 21TH JUNE 2022 | TIME 10:00 AM
VENUE: Plot No. 8 & 9 Knowledge Park-II, Greater Noida
www.mangalmay.net.in



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.





LIST OF PARTICIPANTS

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S.NO.	NAME	SIGNATURE
1	AJAY RATHORE	Ajay
2	JYOTI CHAUHAN	Jyoti
3	KUNAL PANDEY	Kunal
4	AKSHIT PURI	Aksh
5	MUSKAN GARG	Muskan
6	NIKHIL RAJ	Nikhil
7	KSHITIZ SINGHAL	Kshitiz
8	SHIVAM SINGH	Shivam
9	TUSHAR SINGH	Tushar
10	POONAM SHUKLA	Poonam
11	LUCKY	Lucky
12	LUBHANSHU	Lubhan
13	VAIBHAV	Vaibhav
14	RITISHA SRIVASATAVA	Ritisha
15	DEEWAKAR JHA	Deewakar
16	DHIRAJ KUMAR	Dhiraj
17	HARSH MOHAN	Harsh
18	VANDANA SINGH	Vandana
19	PRINCESS	Princess
20	RISHU KUMAR	Rishu
21	RAHUL CHAUHAN	Rahul
22	TANU	Tanu
23	SWATI BHATI	Swati
24	TUSHAR CHANDILA	Tushar
25	PRIYANKA SINGH	Priyanka
26	PRIYANSHU RAJ	Priyanshu
27	RISHIKESH KUMAR	Rishikesh
28	NUPUR NEGI	Nupur
29	CHIRAG	Chirag
30	GAUTAM KANOJIYA	Gautam