REPORT ON INTERNATIONAL YOGA DAY 2023

Theme	YOGA FOR PEACE AND HARMONY
Date	21st June, 2023
Venue	Seminar Room- Block A
Organized by	Management Department and School of Education
Participated by	Students of MIMT
Resource Persons	Mr. Rahul Raj, Ms. Simran, Ms. Vaishali Jain, Mrs. Reena Singh, Mr. Sayyed Viqar, Ms. Swati, Mr. Amar Singh & Ms. Garima Chauhan
Activity Conveners	Ms. SonaliChauhan&Ms.NishatAnjum
Objective	 To celebrate the global recognition of yoga for its physical and spiritual benefits. To guide students towards a life of fulfilling their highest potential through yoga and spirituality. To promote awareness about the importance of mental well-being and stress management through yoga practices. To foster a sense of community and unity among students through collective participation in yoga activities.
Overview	Management department & School of Education atMangalmay Institute of Management & Technology organized one day Yoga activity on 21st June, 2023





on the occasion of International Yoga Day for all the students of Management Department & School of Education including faculties of the Institute as well. The activity started with the felicitation of all resource persons invited on the occasion of yoga day. 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 instructorstold the importance of doing meditation after doing all the physical activites. By doing this, the mind relaxed and become peaceful. After completion of yoga all sixresource persons were honoured with the token of appreciation and vote of thanks were given by the convener of the event Ms. SonaliChauhan. In this way, the activity closed with the celebration of 9th International Yoga Day this year.

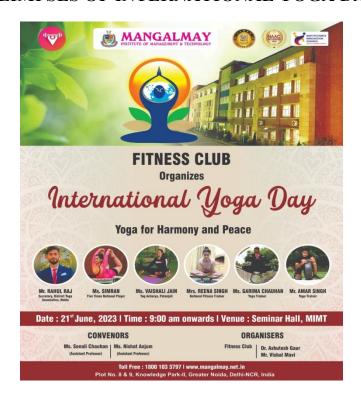
Outcome of Activity

- 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.
- The comprehensive approach encouraged participants to adopt healthier habits and make positive changes in their life.
- This fostered cross cultural understanding and respect among attendees.





GLIMPSES OF INTERNATIONAL YOGA DAY



INVITED GUESTS WITH THE RESOURCE PERSONS OF THE INSTITUTE



FELICITATION OF GUESTS BY Dr. BHAVNA JOSHI









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



