



REPORT ON INTERNATIONAL YOGA DAY 2023

Theme	YOGA FOR PEACE AND HARMONY
Date	21 st 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. Sonali Chauhan & Ms. Nishat Anjum
Objective	<ul style="list-style-type: none">• 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 at Mangalmai Institute of Management & Technology organized one day Yoga activity on 21 st June, 2023



	<p>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 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 all six resource persons were honoured with the token of appreciation and vote of thanks were given by the convener of the event Ms. Sonali Chauhan. In this way, the activity closed with the celebration of 9th International Yoga Day this year.</p>
<p>Outcome of Activity</p>	<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.• 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.



Mangalmai Institute of Management & Technology



GLIMPSES OF INTERNATIONAL YOGA DAY

MANGALMAI
INSTITUTE OF MANAGEMENT & TECHNOLOGY

FITNESS CLUB
Organizes
International Yoga Day
Yoga for Harmony and Peace

Mr. RAHUL RAJ
Secretary, National Yoga Association, Bada

Ms. SIMRAN
Five Times National Player

Ms. VAISHALI JAIN
Yog Acharya, Patanjali

Mrs. REENA SINGH
National Fitness Trainer

Ms. GARIMA CHAUHAN
Yoga Trainer

Mr. AMAR SINGH
Yoga Trainer

Date : 21st June, 2023 | Time : 9:00 am onwards | Venue : Seminar Hall, MIMT

CONVENORS
Ms. Sonali Chauhan (Assistant Professor) | Ms. Nishat Anjum (Assistant Professor)

ORGANISERS
Fitness Club | Dr. Ashutosh Gaur | Mr. Vishal Mavi

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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.

