



Mangalmai Institute of Management & Technology
Greater Noida



MANGALMAI
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	ORGANIZERS	COORDINATORS
Mr. ARUN RANA Director (Planning & Corporate Affairs)	Dr. RAJ KUMAR (Associate Professor)	Lt. Dr. SEEMA SINGH (Associate Professor)
Dr. MEENAKSHI SHARMA (Associate Dean)	Mr. BHARAT GAHLOT (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

Banner of the Event



REPORT ON INTERNATIONAL YOGA DAY 2022

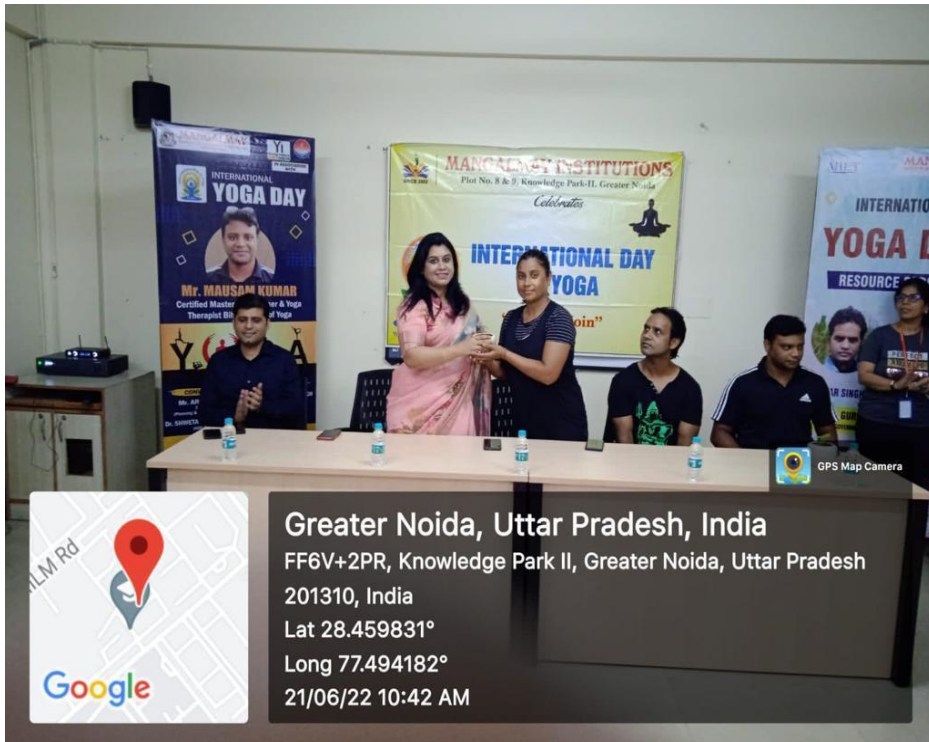
Theme	YOGA FOR HUMANITY
Date	21 st June, 2022
Venue	Seminar Room- Block A
Organized by	Management Department
Participated by	100 students of UG courses
Resource Persons	Mr. Amar Singh & Ms. Garima Chauhan, The yoga gurukul foundation society (A government registered organisation)
Activity Conveners	Lt. Dr. Seema Singh & Mr. Vibhanshu (Assistant Professor, MIMT)
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	Management department of Mangalmay Institute of



	<p>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.Garimachauhan 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 vote of thanks were given by the respected Director of MIMT Dr.Geeti Sharma. In this way, the activity closed with the celebration of 8th International Yoga Day this year.</p>
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



FELICITATION OF GUESTS BY DR. GEETI (DIRECTOR)



Mangalmai Institute of Management & Technology Greater Noida



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

