



MANGALMAY INSTITUTE OF MANAGEMENT & TECHNOLOGY

(Approved by AICTE, New Delhi & Affiliated to AKTU, Lucknow)

Knowledge Park-II, Greater Noida (U.P.)



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Date: 14-06-2024

NOTICE

This is to inform MBA students that the Heritage Club MIMT is celebrating **International Yoga Day** on 21st June 2024. The event is organized for MBA students to inculcate the importance and benefits of Yoga in the students and encourage adaptability of Yoga in daily life. Students will be guided and trained to perform Yoga by Certified **Trainer Ms. Anju Singh, Patanjali Yoga Peeth**. The event will encourage and create awareness towards having a healthy and balanced life for students.

Date: 21-06-2024

Venue: Auditorium, C Block

Time: 9:30 onwards

Activity Convener: Ms. Aditi Srivastava

Dr Ruchika Gupta
Director, MIMT

Copy to:

Director Office

IQAC Director

HOD Office

Faculty members

Notice Board



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BANNER



MANGALMAY
INSTITUTE OF MANAGEMENT & TECHNOLOGY



Heritage Club Celebrates International Day of Yoga



Ms. Anju Singh
Certified Yoga Trainer,
Patanjali Yoga Peeth

Date : 21st June 2024 | Time : 9:30 AM -10:30 AM
Venue : C-Block Seminar Hall Ground Floor

1800 103 3797 | www.mimt.org

Plot No. 8 & 9, Knowledge Park-II, Greater Noida, Delhi-NCR, India



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	REPORT
Name of Activity	International Day of Yoga
Date	21 st June 2024 (09:30am – 10:30pm)
Venue	Seminar Hall , Block C, MIMT
Organized by	Heritage Club, MIMT
Participated by	50 Students
Activity Coordinator	Ms. Aditi Srivastava (Asst. Prof, MIMT)
Objective	The aim of the international Yoga Day was in the contexts of both the physical, mental, and spiritual, to coincide with the existence of physical, psychological and spiritual benefits by practicing yoga is the first step.
Content	<p>On 21st June 2024, from 09:30 AM to 10:30 AM, MIMT's Heritage Club Celebrated the International Day of Yoga at the Seminar Hall in Block C. The event gathered 50 students, facilitated by Ms. Anju Singh, a certified yoga trainer from Patanjali Yoga Pith. The session began with a warm welcome and introduction, highlighting the historical and global significance of International Day of Yoga in promoting physical, mental, and spiritual well-being. Ms. Singh led participants through a transformative yoga session encompassing gentle warm-ups, foundational asanas (postures), pranayama (breathing exercises), and meditation techniques. The event aimed not only to introduce participants to the ancient practice of yoga but also to foster a sense of community and well-being among attendees.</p> <p>Throughout the event, attendees experienced increased physical flexibility, mental clarity, and emotional resilience. The interactive nature of the session allowed for meaningful discussions and shared insights among students enhancing their understanding of yoga's relevance in daily life. By the end of the celebration, participants were inspired to integrate yoga into their regular routines, recognising its profound impact on personal well-being and community cohesion.</p>



Outcome of Activity	Participants gained a deeper understanding of yoga's holistic benefits, enhancing their physical flexibility, mental clarity, and emotional resilience.
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A glimpse of International Day of Yoga Celebration



A glimpse of International Day of Yoga Celebration



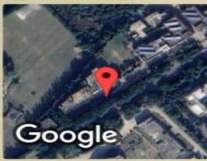
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GPS Map Camera



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Greater Noida, Uttar Pradesh, India

8, Knowledge Park 1 Knowledge Park 2 Rd, Knowledge Park II, Greater Noida, Uttar Pradesh 201310, India

Lat 28.45862°

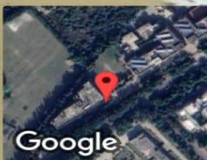
Long 77.493138°

21/06/24 11:00 AM GMT +05:30

A glimpse of International Day of Yoga Celebration



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Lat 28.458743°

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A glimpse of International Day of Yoga Celebration



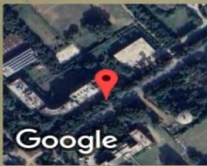
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Girls Hostel, Iilm College Of Engineering & Technology, Knowledge Park II, Greater Noida, Uttar Pradesh 201310, India

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Long 77.490839°

21/06/24 11:16 AM GMT +05:30

A glimpse of International Day of Yoga Celebration



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Long 77.493225°

21/06/24 11:20 AM GMT +05:30




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List of Beneficiaries

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List of Beneficiaries

Date: 21-06-2024

Name of the Activity: International Yoga Day

Activity Incharge/Coordinator: Ms. Aditi Srivastava

S. No.	Name	Class/Sec	Signature
1.	Muskan	MBA-A	Muskan
2.	KOMAL KUMARI	MBA-A	Komal
3.	Kajal Pandit	MBA-A	Kajal Pandit
4.	NIRMITI KAPASDIYA	MBA-B	Nirmiti
5.	Shweta Vishwakarma	MBA-B	Shweta
6.	Katyayan	MBA-B	Katyayan
7.	Abhishek Sharma	MBA-B	Abhishek
8.	Nikhil Yadav	MBA-B	Nikhil
9.	Rupali Mudgil	MBA-B	Rupali
10.	Deepak Singh	MBA-B	Deepak
11.	Shreya Kaur	MBA-B	Shreya
12.	Pranesh Singh	MBA-B	Pranesh
13.	Smit Vishwakarma	MBA-B	Smit
14.	Manoj Chauhan	MBA-A	Manoj
15.	Chauhan Singh	MBA-A	Chauhan
16.	Ankit Talan	MBA-A	Ankit
17.	Vyom Singh	MBA-A	Vyom
18.	Vishal Rathi	MBA-A	Vishal
19.	Naveen Shukla	MBA-B	Naveen



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List of Beneficiaries

Date: 24-06-2024

Name of the Activity: International Yoga Day

Activity Incharge/Coordinator: Ms. Aditi Srivastava

S. No.	Name	Class/Sec	Signature
20	Anurag Singh	MBA/A	
21	Priyanka Kumari	MBA/A	
22	Garvima Shukla	MBA/B	
23	Mema	MBA/B	
24	Anchal Srivastava	MBA/B	
25	Sonal Pandey	MBA/D	
26	Tanisha Singh	MBA/D	
27	Neha Kumari	MBA/B	
28	Nitesh Kumar	MBA-B	
29	Chandni	MBA-B	
30	Annu Kashyap	MBA-B	
31	Lucky	MBA-B	
32	Anubhav Teotia	MBA-B	
33	Adarsh Gupta	MBA-A	
34	Sachin Kumar Verma	M.B.A(B)	
35	Aranish Kumar Pandey	MBA-B	
36	ABHAY SINGH BAGHEL	MBA-A	
37	Digvijay Singh	MBA-A	
38	MD-SHADMAN	MBA-13	

