



MAHARAJA AGRASEN INSTITUTE OF MANAGEMENT STUDIES

(A unit of Maharaja Agrasen Technical Education Society)

Affiliated to GGSIP University

Recognized by Bar Council of India; ISO 9001: 2015 Certified Institution

Maharaja Agrasen Chowk, Sector 22, Rohini, Delhi - 110086, INDIA

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Report on

“Enlighten within Divine Yoga: Yogis Unite”

Workshop on Yoga

Theme: Physical Activity: Key Ingredient of Fitness

Organizing Department: Commerce Department

Head of the department: Prof. Dr. Manju Gupta

Student Beneficiary: 137

Convener- Dr. Sakshi Gupta, Assistant Professor

Date: 13/03/2023-15/03/2023

Time: 9:00 am to 10:00 am

Venue: Offline, 9th Block Basement

Yoga Instructor: Ms. Vinita Goel

OBJECTIVES OF THE WORKSHOP

1. To accommodate students to initiate yoga in their daily life routine.
2. To improve the fitness level of students.
3. To draw attention of students towards the holistic benefits of yoga.
4. To remove their mental stress and anxiety by performing the different asana of yoga.

REPORT

A 3 day’s Workshop on **“Enlighten Within Divine Yoga: Yogis Unite”** for undergraduate students of MAIMS was organized by the Department of Commerce, MAIMS under the aegis of IQAC. The workshop was conducted at 9th Block, Basement and the duration of the same was 13th March, 2023 to 15th March, 2023. Registration for the workshop started from 9th March, 2023. 58 students were registered for the workshop.

This event was organized to ensure regular physical activity which can help students to improve cardiorespiratory fitness, build strong bones and muscles, control weight, reduce symptoms of anxiety and depression, and reduce the risk of developing health conditions such as: heart disease, cancer, High blood pressure, osteoporosis and obesity. Even though students feel they have no spare time for exercise, they should consider taking at least 30 minutes to start their day with yoga, or in any other physical activities they enjoy. Although hours of studying burn mental energy, both your

body and mind need physical exercise to function at their peak! Not only can yoga help with concentration but also with healing mental health. 44 students submitted their feedback form through google form.

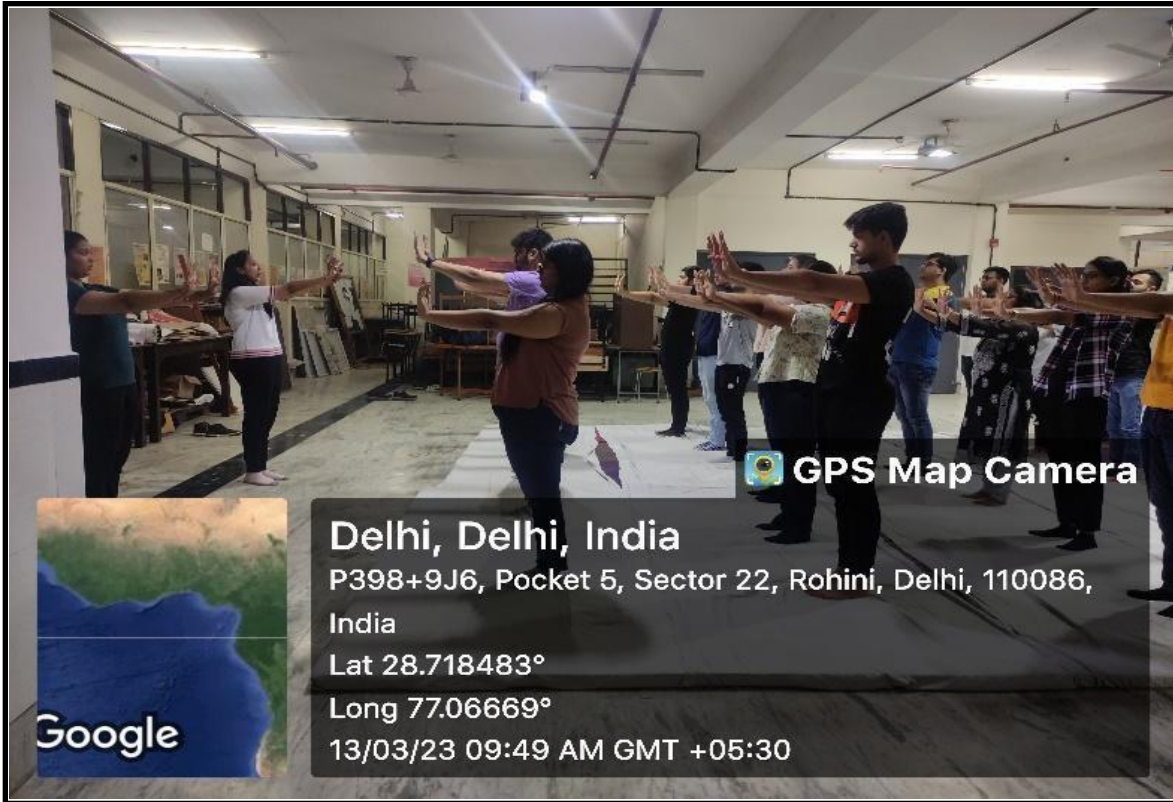
The entire workshop was successfully conducted with student's enthusiastic participation. The course was successfully ended with continuous support, motivation, supervision, and guidance from Prof. (Dr.) Manju Gupta, Head, Department of Commerce.

Learning Outcome

1. It helps students to improve their personal fitness through participation in exercise and incorporating that into their life.
2. It will enable me to solve mental stress issues by doing several types of yoga.
3. It will create awareness and sensitize the students to adopt a healthy and peaceful lifestyle and perform yoga in their day-to-day life.
4. It will result in channelizing their energies into paramount tasks.

Glimpse of the event





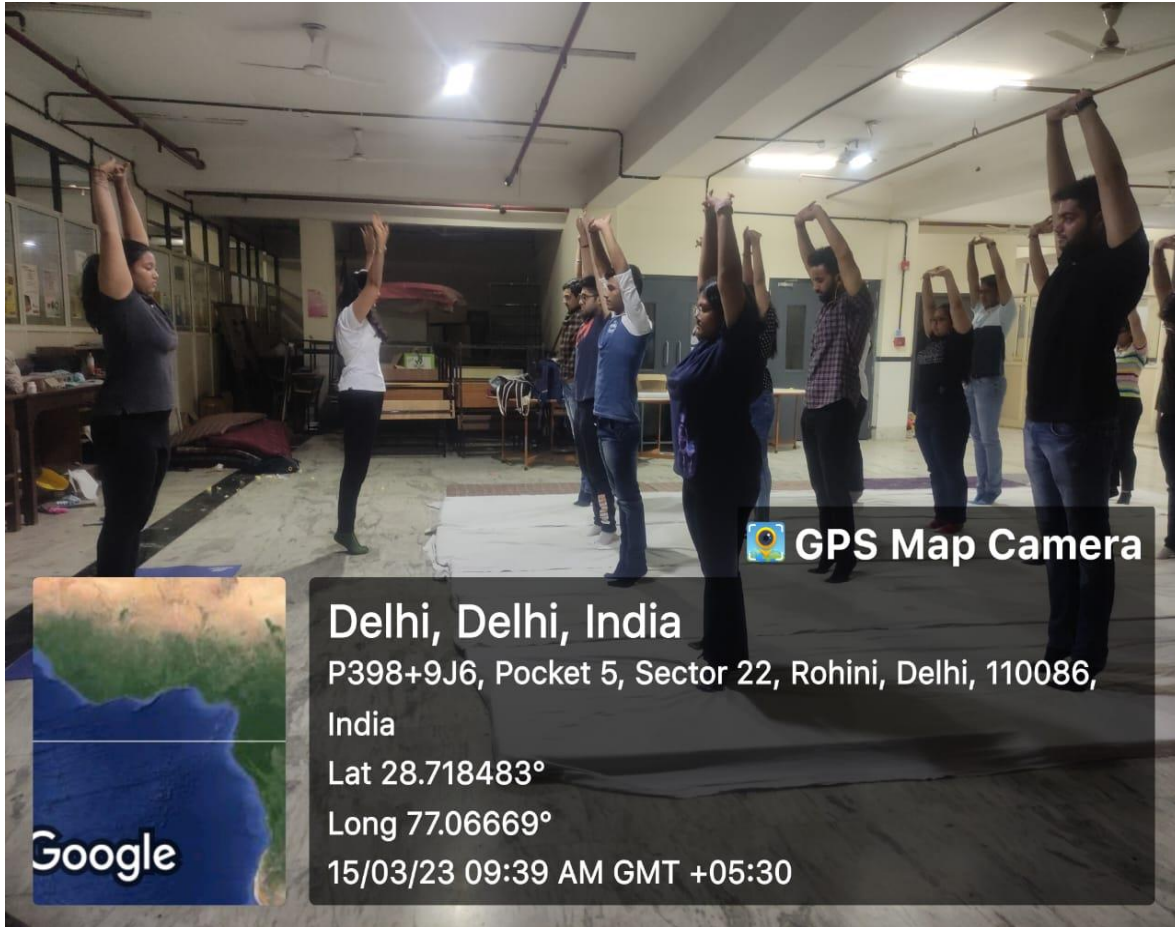
DAY 1: 13/03/2023





DAY 2: 14/03/2023





DAY 3: 15/03/2023

Prof. (Dr.) Manju Gupta
Head (Department of Commerce)

Prof. (Dr.) Rajni MalhotraDhingra
Director, MAIMS