



ACTIVITY REPORT FOR THE PERIOD

1st June' 2016 to 31st June' 2016



BHARATI VIDYAPEETH DEEMED UNIVERSITY INSTITUTE OF MANAGEMENT & RESEARCH, NEW DELHI

'A' GRADE UNIVERSITY STATUS AWARDED BY MHRD, GOVT. OF INDIA
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An ISO 9001:2008 14001:2004 Certified Institute

ACTIVITY REPORT FOR THE PERIOD

1st June' 2016 to 31st June' 2016

HIGHLIGHTS

1. EVENTS / CONFERENCES / WORKSHOPS ORGANIZED:

a) 2nd International Yoga Day Celebration on 21st June, 2016

2. FACULTY ACHIEVEMENTS:

Seminars/ Conferences/Workshops Attended As a Participant	1
Papers presented in Conferences, Seminars, Workshops, Symposia	-

DETAILED REPORT

1. CORPORATE RESOURCE CENTRE (CRC) ACTIVITIES:

BBA III semester students successfully completed their summer internship under the guidance of CRC along with faculty mentorship.

2. EVENTS / CONFERENCES / WORKSHOPS ORGANIZED:

a) 2nd International Yoga Day Celebration on 21st June, 2016

Date: 21st June, 2016

Venue: BVIMR CAMPUS, New Delhi

Coordinator: Dr. L.K. Tyagi



Dr. Vikas Nath , Director - BVIMR felicitating the Renowned Yoga Trainer Ms. Hema Baweja.

Second International Yoga Day 2016 was celebrated in BVIMR, New Delhi on 21 June 2016 as per the instructions of Hon'ble of Vice Chancellor Sir, in which faculty members, non-teaching staff, students from BVIMR, BVCOE, BVICAM participated. The International Yoga Day started at 7.30 am with felicitation of Ms. Hema Baweja, Regional Director, International Institute of Yoga Management, Sonapat, Haryana by Dr. Vikas Nath, Director-BVIMR. Dr. Vikas Nath enlightened the participants about the necessity of yoga for our healthy and happy life by telling that Yoga is a discipline that gives positive strength to our mind, body and soul.

Ms. Hema Baweja is a very renowned Yoga specialist and has expertise in all the Yoga forms. Ms. Hema Baweja briefed about the Yoga-Asanas, and their benefits to human beings. She discussed about the importance of yoga in our day to day life and how we can implement yoga in our daily routine. After a brief discussion on yoga, all the participants were made to do a few of the common Asanas like Pranayam, Alom Vilom and few others. She discussed about each yoga asan having its own mudra and importance of each of the mudras. The participants also practiced some of the Yoga exercises and did meditation under the guidance and supervision of Ms. Hema Baweja.

The Last 30 minutes was spent on doing asanas for peaceful meditation which was relaxing to the body. The yoga specialist shared the importance of meditation and its benefits in the daily life of a person. Yoga helps in uniting the mind, body and breath. "When we are in harmony, the journey through life is calmer, happier and more fulfilling".

"Each day is a new experience, so never think about the day gone by, be in the present."

The participants enjoyed the yoga and meditation. The program ended with vote of thanks by Dr. LK Tyagi, Co-ordinator, International Yoga Day Celebration 2016, BVIMR, New Delhi.

3. FACULTY ACHIEVEMENTS & ACTIVITIES

a) Training Course and Conference/Seminar/ FDP/Workshop/Symposia Attended

Sr.No.	Name of the Faculty	Program Attended	Date	Organized By
1.	Ms. Nancy Goel	FDP on STRUCTURAL EQUATION MODELING & QUALITATIVE RESEARCH	15 th to 21 st June 2016	JRE Group of Institutions, Greater Noida

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