



TECNIA INSTITUTE OF ADVANCED STUDIES

NAAC ACCREDITED GRADE "A" INSTITUTE

Approved by AICTE, Ministry of HRD, Govt. of India Affiliated To GGSIP University
Recognized under Sec 2(f) of UGC ACT 1956

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FIT INDIA YOUTH CLUB

REPORT

Event: Encouraging people to get together to do Aerobics

Nodal Officer: Dr. Ruchi Srivastava

Convener-Incharge: Mr. Inderpreet Singh

Student Beneficiary: 42

Participation: BBA, BJMC, BCA, MBA

Date: 13/11/2021

Time: 10:00 AM onwards

TECNIA
INSTITUTE OF ADVANCED STUDIES
NAAC ACCREDITED GRADE "A" INSTITUTE
DELHI, INDIA

FIT INDIA YOUTH CLUB
Organizing

– Encouraging people
to get together to
do Aerobics

Hygiene & Cleanliness
Date: 13/11/21
Hour: 10:00 AM Onwards

/Tecniaofficial
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Objectives

1. To assist students in proliferating their physical and mental peace and calm
2. To help students to tune their mind away from the clutter of thoughts that frequently occupies the mind
3. To make students aware about the risks which can be prevented by doing aerobics.

Report

This event was organized by Fit India Youth Club of Tecnia Institute of Advanced Studies, Rohini, Delhi on 13/11/2021. Aerobic exercise -- sometimes called cardiovascular exercise or cardio -- is exercise that elevates the heart rate and, rather than targeting a single muscle or group of muscles, works several groups of muscles at once. Examples of aerobic exercise include cycling, running, walking, jumping rope and swimming. Aerobic routines are almost always a part of sports conditioning because this form of exercise can ensure that the body is healthy and the muscles work well together.



Students Performing Sessions

Learning Outcome

1. Demonstrate an understanding of health-related fitness components: muscular strength, muscular endurance, and stress management
2. It helps students to improve their personal fitness through participation in aerobics, muscular strength, muscular endurance, and flexibility activities.
3. It results into identification and application of injury prevention principles related to aerobic activities

LIST OF BENEFICIARIES		
1	ISHIKA SHARMA	BBA
2	MANAV GUPTA	BCA
3	SHIVANI	BCA
4	VASU JAIN	BCA
5	RACHITA BUDHIRAJA	BBA
6	DEEPANSHI BANSAL	BCA
7	NAKUL GUPTA	BCA
8	ANKUR BANSAL	BCA
9	ANANDITA	BCA
10	BHAVY SHARMA	BCA
11	SHIVAM JHA	BBA
12	UJJWAL	BCA
13	JANUAL ABDIN	BCA
14	YASH THAKUR	BCA
15	DEEPANSHI BANSAL	BCA
16	DEEPANSHU TOMAR	BCA
17	RITIK SHARMA	BBA
18	PRIYANSHI BHATT	BBA
19	VARUN KUMAR GOLA	BBA
20	VIKAS MISHRA	BBA
21	SHUBHANKAR PATHAK	BBA
22	DEEPANSHI	BBA
23	SHRISH KASHYAP	BCA

24	UTTAM MISHRA	BBA
25	UTTAM MISHRA	BBA
26	TANMAY GUPTA	BBA
27	SHIVAM THAKRAN	BCA
28	KESHAV	BBA
29	RAGHAV SHARMA	BBA
30	AYUSH GOYAL	BBA
31	KHUSHI MALHOTRA	BJMC
32	SACHIN SINGH	BJMC
33	GAURAV ARORA	BBA
34	ADITI RAJAWAT	BBA
35	ANUSHKA	BBA
36	CHIRAG BANSAL	BBA
37	NIKHIL SANDAL	BBA
38	SANYA VERMA	BCA
39	PREETAM GOLA	BBA
40	NAKUL	BCA
41	ARUNDHATI NAUTIYAL	BJMC
42	DEEPANSHU	BCA