



TECNIA INSTITUTE OF ADVANCED STUDIES
NAAC ACCREDITED GRADE "A" INSTITUTE
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Recognized Under Sec. 2(f) of UGC Act 1956
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Fit India Youth Club

REPORT

EVENT: Expert Talk on Mental Health Awareness

THEME: Supporting Mental Health

Nodal Officer: Dr. Ruchi Srivastava

Convener-Incharge: Mr. Inderpreet Singh

Student/Faculty Beneficiary: 130/4

Participation: BBA, BJMC, BCA, MBA

Date: 29/01/2022

Time: 01:00 PM – 02:00 PM

Platform: - Online (MS Team)

The banner features the FIT INDIA logo on the left, the TECNIA INSTITUTE OF ADVANCED STUDIES logo in the center, and the Azadi Ka Amrit Mahotsav logo on the right. The main text reads "Fit India Youth Club Organizing EXPERT TALK ON MENTAL HEALTH AWARENESS Key Speakers". Below this, five speakers are listed with their photos and titles: Dr. Ajay Kumar (Director, TIAS, Delhi), Shivam Priadarshi (Scientist-E, DRDO, Ministry of Defence, New Delhi), Dr. M.N. Jha (Dean, TIAS, Delhi), Dr. Ruchi Srivastava (Assoc. Professor & HOD, TIAS, Delhi), and Mr. Inderpreet Singh (Asst. Professor & I/C Fit India, TIAS, Delhi). At the bottom, it says "Join Us: <https://bit.ly/3ADXOW4>" and "Date 29.01.2022(Saturday), Time 01.00 P.M. Onwards". Social media icons for Facebook, Instagram, Twitter, and YouTube are also present.

Objectives of the Event

1. To aware students about the diseases that lead to mental stress.
2. To sensitize the students to understanding the importance of physical activities
3. To motivate the students to strengthen their mind and spirit while nurturing physical self via leadership, cooperation, and teamwork

Report

This event was organized by Fit India Youth Club of Tecnia Institute of Advanced Studies, Rohini, Delhi on 29/01/2022 in continuation of UGC's letter no 1-54/2019 (Website/Fit India) dated 13th December, 2019 regarding the implementation of "Fit India Campaign" in Higher Educational Institutions. The event was organized to generate awareness about the stress, mental anxiety that people face during their life. The ingredients that can help to remove these anxieties from our life. The resource person Mr. Shivam Priadarshi, E- Scientist, DRDO, Ministry of Defence, New Delhi addressed the students by telling the challenges that people face during their life time which led to increase the pressure in their mind and finally result in negative outcome. He also addressed the students to overcome the mental fear by doing yoga and pre-planned the things in advance. Students need to fix their target and calm their mind in order to remove the mental pressure from their life. There are various challenges that the students can face in their life which can lead to stressful situations. He also addressed the severe consequences of stress on our body, mind and soul such as fatigue, low morale, irritability, which needs to be taken care in the early stage otherwise it can lead to harmful condition of our body. To remove these hurdles, one has to remain calm in all the situations



Event Participation Photographs

Learning Outcome

1. Participants understand about the mental health awareness

2. It will create awareness and sensitize the students to adopt healthy and peaceful life style.
3. It will lead to support their mental health and understand the fitness routine in their day to day life.



LIST OF BENEFICIERIES		
1	AARUSHI SAXENA	STUDENTS
2	AKANKSHARAI	STUDENTS
3	AKASHGIROTRA	STUDENTS
4	AKSHIT PRABHAKAR	STUDENTS
5	AMAN SHARMA	STUDENTS
6	AMANVASHISTH	STUDENTS
7	ANAMIKA	STUDENTS
8	ANANYA	STUDENTS
9	ANISHAYADAV	STUDENTS
10	ANKUSH YADAV	STUDENTS
11	ANSHITA GUPTA	STUDENTS
12	ANUJ	STUDENTS
13	ANUSHKA AGARWAL	STUDENTS
14	ARUSHI	STUDENTS
15	ASHUTOSH SHARMA	STUDENTS
16	ASHWIN SINGH RAWAT	STUDENTS
17	AVNIJAIN	STUDENTS
18	AYUSHSINGH	STUDENTS
19	BHAVY SHARMA	STUDENTS
20	BHAVYA	STUDENTS
21	BHAWNA	STUDENTS
22	CHAHALSOLANKY	STUDENTS
23	CHARU BATRA	STUDENTS
24	DEEPAK KUMAR	STUDENTS
25	DEEPANSHU SEHWAG	STUDENTS

26	DHRUV GUPTA	STUDENTS
27	DHRUV SINGH RATHORE	STUDENTS
28	DHRUVMUDGAL	STUDENTS
29	DIPANSHU PAHUJA	STUDENTS
30	FALGUNI SHARMA	STUDENTS
31	GAGAN BAGHEL	STUDENTS
32	GAGAN TYAGI	STUDENTS
33	GARIMA KOTHARI	STUDENTS
34	GAURAVKUMARSARKAR	STUDENTS
35	HARDEEP SINGH	STUDENTS
36	HARSHBISHT	STUDENTS
37	HARSHIT SANAN	STUDENTS
38	IMRANA NAZ	STUDENTS
39	IRA SHARMA	STUDENTS
40	ISHIKA KAPOOR	STUDENTS
41	ISHIKA TAYAL (GUEST)	STUDENTS
42	JASNOOR SINGH	STUDENTS
43	JAYESH LAKRA	STUDENTS
44	JAYESH NARAINI	STUDENTS
45	JIGYASA CHOPRA	STUDENTS
46	KAJALTIWARI	STUDENTS
47	KAMAR ALAM	STUDENTS
48	KASHISH (GUEST)	STUDENTS
49	KAVITA KUMARI	STUDENTS
50	KESHAV GARG	STUDENTS
51	KESHAVAGGARWAL	STUDENTS
52	KHUSHBOO DLAKHA	STUDENTS
53	KHUSHI MAHAJAN	STUDENTS
54	KHUSHI MALHOTRA	STUDENTS
55	KRISHAN	STUDENTS
56	MAHEKSANCHETI	STUDENTS
57	MAMTA	STUDENTS
58	MANAV MALHOTRA	STUDENTS
59	MEHAK GOEL	STUDENTS
60	MOHIT	STUDENTS
61	MOHIT SAINI	STUDENTS
62	MOHITRAJ	STUDENTS
63	MUSKAN	STUDENTS
64	NAMAN CHAWLA	STUDENTS
65	NAMANVIJ	STUDENTS
66	NAVNEET KUMAR	STUDENTS

67	NEERJAROHATGI	STUDENTS
68	NIDHISHUKLA	STUDENTS
69	NISTHA KAPOOR	STUDENTS
70	NIWANSHU SHARMA	STUDENTS
71	OJUS PURI	STUDENTS
72	PARTH BHATNAGAR	STUDENTS
73	PARTH KAMRA	STUDENTS
74	PIYUSH MAKHIJA	STUDENTS
75	PRABHJOT KAUR	STUDENTS
76	PRASHANT KUMAR CHOUDHURY	STUDENTS
77	PRIYANSHU DUBEY	STUDENTS
78	RADHIKA KATARIA	STUDENTS
79	RAHUL MITTAL	STUDENTS
80	RASHMI (GUEST)	STUDENTS
81	RIA KISHNANI	STUDENTS
82	RIDDHI MALHOTRA	STUDENTS
83	RISHIKA ARORA	STUDENTS
84	RIYA GUPTA	STUDENTS
85	RIYA SHARMA	STUDENTS
86	RIYA SHARMA	STUDENTS
87	ROHAN KARAYAT	STUDENTS
88	ROHIT GUPTA	STUDENTS
89	ROHIT KUMAR	STUDENTS
90	RUNALI	STUDENTS
91	SAHANAZ KHATUN	STUDENTS
92	SAHIL MOURYA	STUDENTS
93	SAKSHAM KAPOOR	STUDENTS
94	SALONI BARANWAL	STUDENTS
95	SANIDHYA SINGH	STUDENTS
96	SANKET GULYANI	STUDENTS
97	SANYA OBEROI (GUEST)	STUDENTS
98	SARTHAK ARORA	STUDENTS
99	SARTHAK BAJAJ	STUDENTS
100	SARTHAK JAIN	STUDENTS
101	SATVIK	STUDENTS
102	SAURAV SHARMA	STUDENTS
103	SAURYA VARDHAN	STUDENTS
104	SHEHBAZ	STUDENTS
105	SHIVAM PRIADARSHI (GUEST)	STUDENTS
106	SHOURYA SINGH	STUDENTS
107	SHREYA SHANDILYA	STUDENTS

108	SHRUTI CHAUDHARY	STUDENTS
109	SHRUTI JAIN (GUEST)	STUDENTS
110	SHUBHANKARPATHAK	STUDENTS
111	SIDDHARTHBHUTORIA	STUDENTS
112	SUMIT KUMAR GUPTA	STUDENTS
113	TANISHA GUPTA	STUDENTS
114	TANYA	STUDENTS
115	TARUN AGGARWAL	STUDENTS
116	TISHA MEHTA	STUDENTS
117	VANSH ARORA	STUDENTS
118	VANSH BHATIA	STUDENTS
119	VANSH KALRA (GUEST)	STUDENTS
120	VANSHAJ SHARMA	STUDENTS
121	VANSHIKA LAKHANI	STUDENTS
122	VANSHIKA NEGI	STUDENTS
123	VANSHIKA SHARMA	STUDENTS
124	VARUN VARMA	STUDENTS
125	VARUNKUMAR	STUDENTS
126	VEDANT KUMAR	STUDENTS
127	VIKAS MISHRA	STUDENTS
128	VIVEK CHAUHAN	STUDENTS
129	YASH UPADHYAY	STUDENTS
130	YUVRAJ SINGH	STUDENTS
131	DR RUCHI SRIVASTAVA	FACULTY
132	DR NIVEDITA MISHRA(T&NP HEAD)	FACULTY
133	DR. SUHAIL AHTESHAM	FACULTY
134	INDERPREET SINGH(CI-BBA DIV-C)	FACULTY