



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

INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI- 110085

Tel: 91-11-27555121-24, E-Mail: director@tecniainst.com; Website: www.tiaapg.tecniainst.com



FIT INDIA YOUTH CLUB

REPORT

EVENT: Encouraging people to get together to do Meditation

Nodal Officer: Dr. Ruchi Srivastava

Convener-Incharge: Mr. Inderpreet Singh

Student Beneficiary: 25

Participation: BBA, BJMC, BCA, MBA

Date: 09/10/2021

Time: 10:00 AM onwards

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

NAAC
ACCREDITED
GRADE "A"

FIT INDIA

FIT INDIA YOUTH CLUB
SELF-FINANCE UNIT-1
MINISTRY OF YOUTH AFFAIRS AND SPORTS, GOVT. OF INDIA

Healthy Diet to Healthy Life
Encouraging people to get together to do Meditation

Date: 09-10-2021 Time:10 AM Onwards
Join Us: <https://bit.ly/3DI4YP2>

Objectives of the event

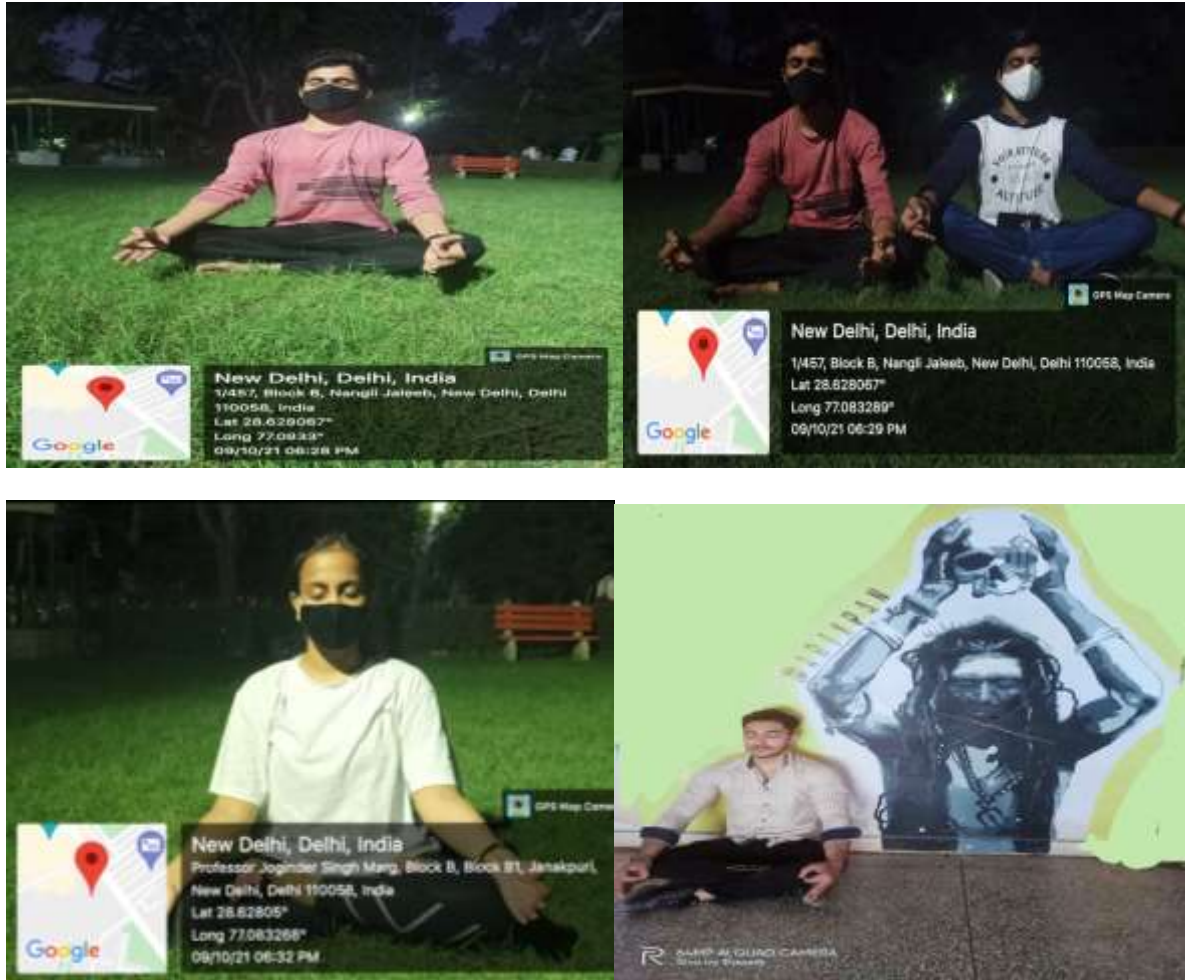
1. To generate awareness of their own natural energy, the constant feeling of presence within themselves
2. To assist students in proliferating their physical and mental peace and calm
3. To help students to tune their mind away from the clutter of thoughts that frequently occupies the mind

REPORT

This event was organized by Fit India Youth Club of Tecnia Institute of Advanced Studies, Rohini, Delhi on 09/10/2021. Meditation is a practice where an individual uses a technique – such as mindfulness, or focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state. Meditation may significantly reduce stress, anxiety, depression, and pain and enhance peace, perception self-concept, and well-being. Research is ongoing to better understand the effects of meditation on health (psychological, neurological, and cardiovascular) and other areas.

The idea behind the organization of the event is to inculcate the meditation in the daily lives of participants so that they can relieve the day to day stress and channelize their energy into meaningful content. Having a sharp memory is necessary for high academic performance, and practicing mindfulness can go a long way toward increasing students' ability to remember their course material. Moreover, there are additional benefits for the students to perform meditation such as decreased stress, improved concentration, emotional wellbeing, creativity and better sleep. 25 students participated from all the respective departments of Tecnia Institute of Advanced Studies, Delhi. It was observed that all the participants were keen to engage in this activity as it provides the different opportunities in their interests other than academic routine based activities.

It aims to address the concerns of the students to promote healthy lifestyle and to create awareness or sensitization through workshop or seminars on depression, anxiety and stress management for faculty and students.



Students Performing Meditation

Learning Outcome

1. It will help the students to minimize their stress level.
2. It will result into channelizing their energies into paramount tasks
3. It will create awareness and sensitize the students to adopt healthy and peaceful life style.
4. It will help the students to improve attention and reduced intra conflicting behavior

LIST OF BENEFICIERIES

S. No	Name	Enrollment no	Course
1	VIPIN	4517002020	BCA
2	VARAANG KANSAL	36417001719	BBA
3	AASHIRWAD JAIN	13717001719	BBA
4	HARSHIT BANA	1142130719	BBA
5	GAUTAM CHAUHAN	35417001719	BBA
6	KHUSHI MALHOTRA	35517002420	BAJMC
7	ANKUR BANSAL	617002020	BCA
8	BHAVY SHARMA	35317002020	BCA
9	SHIVANI	3717002020	BCA
10	NAMAN JAIN	3517002019	BCA
11	SANYA VERMA	3517002020	BCA
12	ANUSHKA GOEL	1617001720	BBA
13	VIDHI SHARMA	13817001720	BBA
14	RAJAT MEHLLA	36217001720	BBA
15	VASU NARANG	13617001720	BBA
16	KARTIK GARG	6917001719	BBA
17	TUSHAR BINDAL	12417001720	BBA
18	VASU NARANG	13617001720	BBA

19	HIMANSHI GOGIA	11917001719	BBA
20	DEEPANSHI BANSAL	1317002020	BCA
21	KARAN MALHOTRA	3417002020	BCA
22	PRIYANSHI JAIN	3117002020	BCA
23	VASU JAIN	4417002020	BCA
24	HARSH TANWAR	1917002020	BCA
25	VIPUL GAUTAM	14017001720	BBA



Inderpreet Singh
Convener- Incharge
- Fitness Club, TIAS



Dr. Kirti Jainani
Student Welfare Incharge. TIAS