



**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**  
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## Fit India Youth Club

### REPORT

**Event:** Encouraging people to get together to do exercise on regular basis

**Theme:** The Imperils of Smoking, Drugs and Alcohol

**Nodal Officer:** Dr. Ruchi Srivastava

**Convener-Incharge:** Mr. Inderpreet Singh

**Student Beneficiary:** 43

**Participation:** BBA, BJMC, BCA, MBA

**Date:** 06/12/2021

**Time:** 09:00 AM onwards

**Venue:** Ravi Shankar Hall, Tecnia Institute of Advanced Studies

The poster features the Tecnia Institute of Advanced Studies logo and accreditation details at the top. The main title 'Fit India Youth Club' is prominently displayed in blue. Below it, the text 'Organizes' is written in red. The central message 'Encourage people to get together to do exercise' is in orange, followed by the theme 'Theme: The perils of Smoking, Drugs and Alcohol' also in orange. The participating departments 'MBA, BBA, BA(J&MC) & BCA' are listed in green. The event details '06.12.2021, Monday' and 'Time: 9 AM Onwards' are in black, with the venue 'Venue: Ravi Shankar Hall, TIAS' below. The bottom section includes the Sanskrit motto 'In Association With' and logos of Sanskriti University, the Ministry of Health and Family Welfare, and the Ministry of Education. The names of the Nodal Officer, Dr. Ruchi Srivastava, and the Incharge, Mr. Inderpreet Singh, are listed at the bottom right. An illustration of people exercising is on the left, and a group of people holding a banner is on the right.

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INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085

## Fit India Youth Club

Organizes

**Encourage people to get together to do exercise**  
**Theme: The perils of Smoking, Drugs and Alcohol**

**Departments: MBA, BBA, BA(J&MC) & BCA**  
**06.12.2021, Monday**  
**Time: 9 AM Onwards**  
**Venue: Ravi Shankar Hall, TIAS**

In Association With

Dr. Ruchi Srivastava  
Nodal Officer

Mr. Inderpreet Singh  
Incharge - Fitness Club

## **OBJECTIVES OF THE EVENT**

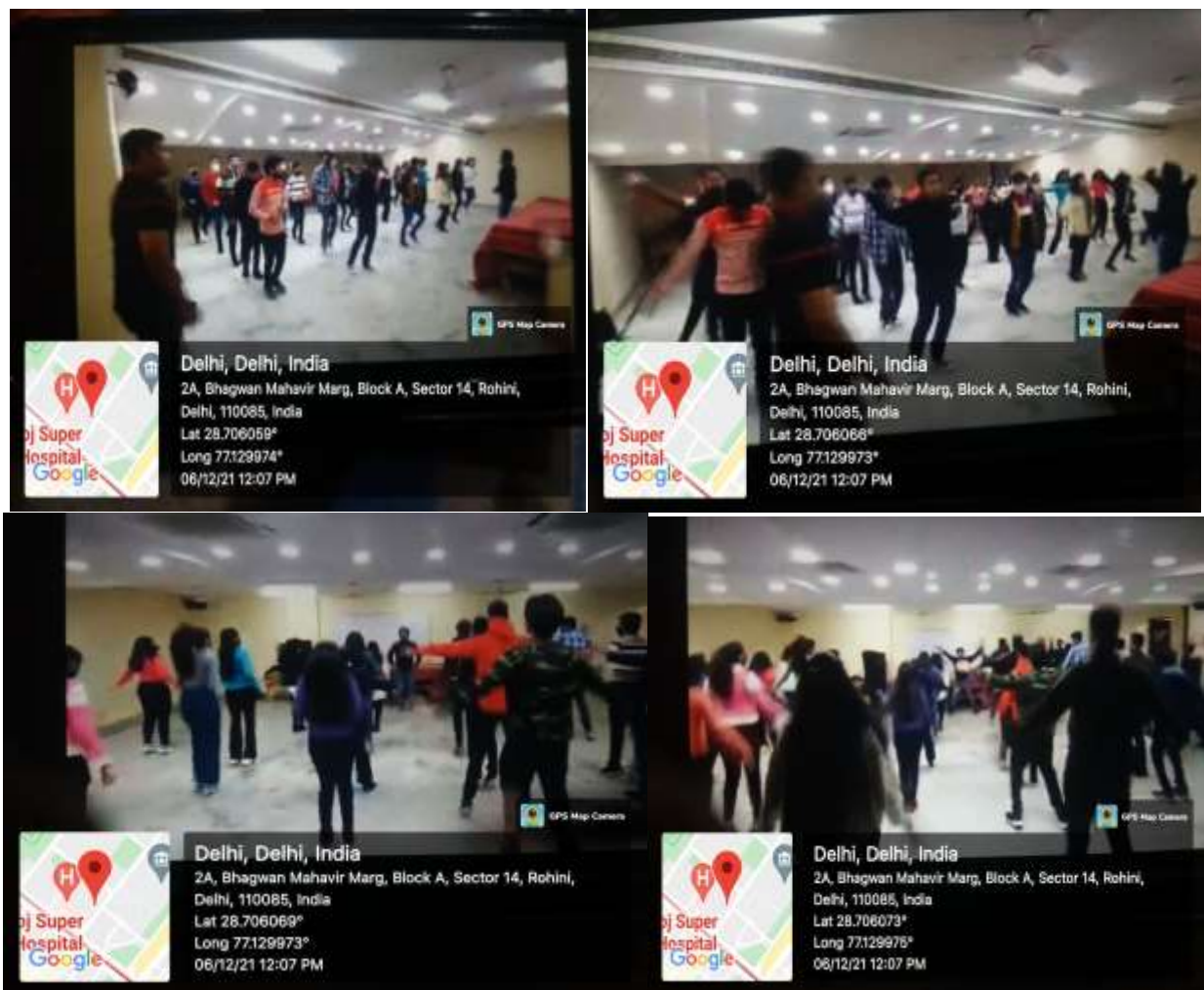
1. To accommodate students to embark the exercise in their daily life routine
2. To improve the fitness level of students
3. To remove their mental stress and anxiety by performing the exercises

### **Report**

This event was organized by Fit India Youth Club of Tecnia Institute of Advanced Studies, Rohini, Delhi on 06/12/2021 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. Regular physical activity 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 3 times a week to go to gym, participate in a fitness class, try a swim session, do some weight lifting, 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 exercise help with concentration and focus but also with mental health. Young people are at highest risk. Some 75% of mental health problems emerge before the age of 25. It's possible that while you are at university you might experience a mental health difficulty.

Exercise helps memory and cognitive function through both direct and indirect means. The benefits of exercise come directly from its ability to reduce insulin resistance, reduce inflammation, and stimulate the release of growth factors—chemicals in the brain that affect the health of brain cells, the growth of new blood vessels in the brain, and even the abundance and survival of new brain cells.





### *Participation of Students in the event*

### **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 to solve mental stress issues of students
3. It will create awareness and sensitize the students to adopt healthy and peaceful life style.
4. It will result into channelizing their energies into paramount tasks

<b>LIST OF BENEFICIERIES</b>		
<b>S. No</b>	<b>Name</b>	<b>Course</b>
1	MANYA GROVER	BAJMC
2	KASHISH SETHI	BAJMC
3	RADHIKA KATARIA	BAJMC
4	KHUSHI MAHAJAN	BAJMC
5	SAURYA	BAJMC
6	MISHAL	BAJMC
7	TANISHQ	BAJMC
8	HARDIKA	BBA
9	KASHISH	BBA
10	MANAV	BBA
11	MILAN	BBA
12	BHAVYA	BAJMC
13	SANTOSH KUMAR	BBA
14	SAMBHAV	BBA
15	VEDANT	BCA
16	SARTHAK ARORA	BCA
17	BHAVYA	BAJMC
18	AMAN	BAJMC
19	AKSHIT	BAJMC
20	RAHUL	BCA
21	DHRUV	BCA
22	SANIDHYA	BCA
23	NAMYA	BCA
24	MOHIT	BCA
25	MUSKAN	BCA
26	JAYUSH	BCA
27	PRABHJOT KAUR	BCA
28	RIYA KAPOOR	BAJMC
29	PURUSHARTH SHARMA	BBA
30	GURPREET	BBA
31	ANSHIKA	BBA
32	SUHAIL	BBA
33	SAKSHI	BAJMC
34	VARNIKA	BAJMC
35	MANPREET KAUR	BAJMC
36	SACHIN	BAJMC
37	RISHABH	BCA
38	DHRUV	BCA
39	ISHIKA	BCA

<b>40</b>	<b>UDIT</b>	<b>BBA</b>
<b>41</b>	<b>SURAJ</b>	<b>BBA</b>
<b>42</b>	<b>TAPESH</b>	<b>BBA</b>
<b>43</b>	<b>YASHWANT</b>	<b>BBA</b>