



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: AICTE FIT INDIA CHALLENGE

THEME: "Hum Fit to India Fit"

Nodal Officer: Dr. Ruchi Srivastava

Convener-Incharge: Mr. Inderpreet Singh

Student: 2

Participation: BBA, BJMC, BCA, MBA

Date: 25/11/2021

Fitter, Healthier, Happier - Together
AICTE CHALLENGE
HUM FIT TOH INDIA FIT

“Fit India Movement
 सड़कें हैं Hit
 India Movement
 भी हैं।”

“Investment on fitness is zero but the returns are infinite. You will soon be able to yield its fruits once you are fit.”

Category- 1
 (Individual Award,
 No. of awards-100)
Prof. Anil D. Sahasrabudhe
 Chairman, AICTE

CHALLENGE
 Shikhalana (Compulsory of 60 seconds) + any 3 items of 90 seconds (Ardha Navasana, Ushtrasana, Paschimottasana, Navasana, Bhujangasana)

ELIGIBILITY
 Chairman/President/Senior office bearer of the trust/ society of the institution, Director/Principal of the institution, Professor of the institution and anyone who will be for AICTE member (Advisor II), CEO, COOs & Director & Equivalent Posts in AICTE (including spouse)

Category-2
 (Individual Award,
 No. of awards-100)
Prof. M. S. Poonia
 Vice Chairman, AICTE

CHALLENGE
 Bhujangasana 1 set of 20 reps + Push-ups 1 set of 20 reps + Free Squats 1 set of 40 reps + Crunches/Leg raises 1 set of 40 reps + Plank 1 set (120 seconds) + any 2 items out of Halasana, Dhanurasana, Hastapadasana/ Uttarasana (Total duration- 4.5 minutes)

ELIGIBILITY
 All students of the institutions, teachers and staff who are less than 35 years of age (including spouse). For AICTE - All employees below AG level (including spouse)

Category- 3
 (Institution Award,
 No. of awards-100)
Prof. Rajive Kumar
 Member Secretary, AICTE

CHALLENGE
 Continuous 1 min Kapalbhati + Bhujangasana + Bhujangasana + 1 min Andolan Vajrasana + 1 min Ardha Navasana + 1 min Vajrasana (Pranayama) 1 min Bhujangasana + 1 min Pranam (Total less than 1000 in duration) Performing pranayam.

ELIGIBILITY
 All employees/All teaching and non teaching staff/ students of the institution / Anyone from out of the institution. For AICTE - By Director/Assistant Director, AG, AO & equivalent posts in AICTE. (Including spouse/individually)

Motive: To spread awareness among all age group for physical exercise, yoga and pranayam to balance our mind and soul.
 Date of opening the portal: 15th August, 2021 | Closing date of the portal: 5th December, 2021 | For further details, check the website: <https://drive.aicte-india.org/yoga/>

Objectives of the Event

1. Promoting healthy and sustainable policies and planning throughout the Higher Educational Institutions
2. Providing healthy working environments
3. Offering healthy and supportive social environments
4. Establishing and improving primary health care
5. Facilitating personal and social development
6. Ensuring a healthy and sustainable physical environment
7. Encouraging wider academic interest and developments in health promotion
8. Developing links with the community

Report

This event was organized by Fit India Youth Club of Tecnia Institute of Advanced Studies, Rohini, Delhi on 25/11/2021 in continuation of AICTE has announced AICTE FIT India Challenge on the occasion of Independence Day i.e. 15th August,2021. Hon'ble Chairman and Vice Chairman, AICTE have decided to recognize and honour such faculty and students of AICTE approved institutions as well as AICTE officials. The Prime Minister Shri Narendra Modi launched the "Fit India Movement" at a ceremony in New Delhi on 29th August 2019 on the occasion of National Sports Day. The Prime Minister urged the people of the country to make fitness their life style. Launching the people's movement on the birth anniversary of Major Dhyanchand, Prime Minister Narendra Modi paid tributes to Major Dhyanchand, India's sports icon who enthralled the world with his game and techniques. He also congratulated the young sportspersons of the country who are keeping the tricolor afloat on the world stage through their efforts. AICTE's FIT India Challenge is one of the initiative supporting Government FIT India Movement. A maximum of two nominations per college/ institute can participate. Our students were eligible for the Category-II where they have to perform different asanas like Burpees 1 set of 20 reps + Push ups 1 set of 20 reps + Free Squats 1 set of 40 reps + Crunches/Leg raises 1 set of 40 reps + Plank 1 set (120 seconds) + any 2 asana out of Halasana, Dhanurasana, Hastapadasana/Uttanasana.



Students performing the challenge given by AICTE

Learning Outcome

1. Students understood the relevance of yoga in their day to day life.
2. It will lead to support their mental health and understand the fitness routine in their day to day life.
3. It will help the students to deal with day to day stress.

LIST OF BENEFICIARIES		
S. NO	NAME	COURSE
1	KHUSHI MALHOTRA	BAJMC
2	PRIYANSHU SINGHAL	BAJMC