



**TECNIA INSTITUTE OF ADVANCED STUDIES**

**NAAC ACCREDITED GRADE "A" INSTITUTE**

Approved by AICTE, Ministry of HRD, Govt. of India, Affiliated to G.G.S.I.P. University & Recognized Under Sec. 2(f) of UGC Act 1956.

INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085

**TIAS NATIONAL SERVICE SCHEME (NSS) CELL**

SELF-FINANCING UNIT - I



Donate Blood  
Save Life



Beti Bachao  
Beti Padhao



Health  
Camps



Tree  
Plantation

Ref:.....

Date:.....

## REPORT

### Fit India Movement

**Event-** Walkathon and Cyclothon- Fit India Movement

**Day & Date-** 17<sup>th</sup> January 2020

**Timing-** 10 AM – 11 AM

**Students-** BBA, BA(J&MC), BCA, MBA

**Faculty convener-** Dr. Kirti Miglani -Program Officer-NSS

Dr. Rohtash Kumar –Sports Incharge

Dr. Sheetal Badesra—Student Welfare



**Director, Faculty Members and Students initiated event on Fit India 2020**

### Objectives

1. To encourage Indians to include fitness activities and sports in their daily lives to pave way for a healthy and fit lifestyle.

2. To increase the awareness among the masses and also to encourage people to start/increase physical activity and sports in their everyday lives.
3. To motivate and urge citizens to do exercise on daily basis.

## **REPORT**

Walkathon on Fit India Movement was organized by National Service Scheme Department of **TECNIA INSTITUTE OF ADVANCED STUDIES** on 17<sup>th</sup> January, 2020 50 students of BBA, BCA attended the session.

PM Modi has addressed the gathering on this occasion and urged citizens to do exercise on daily basis. Some fitness experts have termed this Fit India Movement a new era of fitness revolution. There were some prominent sports person from the field of sports and Film Industry present on this occasion.

“Success is related to fitness, success stories of all of our icons from any field of life have a common thread- most of them are fit, have a focus on fitness and are fond of fitness”,

### **Director urged all the individuals to;**

- a. Use stairs instead of escalators.
- b. To walk daily instead of taking rickshaw or bike for short distance.
- c. To do exercise on daily basis
- d. To involve the all family members in the exercise and physical activities on daily basis.



**Students witnessing the session on Fit India Movement**

A rally was organized on Fit India Movement to create awareness who are future of our country to be physically and mentally fit. Students gave slogans like a) Healthy Body, Healthy Mind.



### PM Modi giving speech at the launch of FIT India Movement

The event witnessed the presence of students and staff members from Tecnia Institute of Advanced Studies and Ashtavakra who were attentive throughout the program. The Students and Staff members also took the fitness pledge.

This event was a huge success and the Institute expects that this event will have a positive effect on the students about physical fitness .



### Students and faculty members of TIAS

## **Learning Outcomes-**

- Students were encouraged to adopt healthy habits and lifestyles.
- Students were made aware about the physical activity and sports in their everyday lives.
- Students got motivated with the address and wonderful opportunity given.

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