



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: Encouraging people to get together to do yoga on regular basis

Theme: Physical Activity: Key Ingredient of Fitness

Nodal Officer: Dr. Ruchi Srivastava

Convener-Incharge: Mr. Inderpreet Singh



Student Beneficiary: 25

Participation: BBA, BJMC, BCA, MBA


Date: 08/01/2022

Time: 10:00 AM onwards

Venue: Offline, TIAS



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Fit India Youth Club
INDIA

Organizes

Encourage people to get together to do yoga
(Theme: Physical activity: Key ingredients of fitness)

Departments: MBA, BBA, BA(J&MC) & BCA
08-Jan-2022, Saturday
Time: 10 AM Onwards
Platform: Offline TIAS

In Association With



Dr. Ruchi Srivastava
Nodal Officer

Mr. Inderpreet Singh
Incharge - Fitness Club

OBJECTIVES OF THE EVENT

1. To accommodate students to initiate the yoga in their daily life routine
2. To improve the fitness level of students
3. To remove their mental stress and anxiety by performing the different asans of yoga

Report

This event was organized by Fit India Youth Club of Tecnia Institute of Advanced Studies, Rohini, Delhi on 08/01/2022 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. 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 to start their day with yoga, 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 yoga help with concentration but also with heal the mental health.



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 by doing several asans of yoga
3. It will create awareness and sensitize the students to adopt healthy and peaceful life style and perform yoga in their day to day life.
4. It will result into channelizing their energies into paramount tasks

LIST OF BENEFICIERIES		
S. No	Name	Course
1	TANISHQ	BAJMC
2	HARDIKA	BBA
3	KASHISH	BBA
4	MANAV	BBA
5	MILAN	BBA
6	BHAVYA	BAJMC
7	SANTOSH KUMAR	BBA
8	SAMBHAV	BBA
9	VEDANT	BCA
10	SARTHAK ARORA	BCA
11	BHAVYA	BAJMC
12	AMAN	BAJMC
13	AKSHIT	BAJMC
14	JAYUSH	BCA
15	PRABHJOT KAUR	BCA
16	RIYA KAPOOR	BAJMC
17	PURUSHARTH SHARMA	BBA
18	GURPREET	BBA
19	ANSHIKA	BBA
20	SUHAIL	BBA
21	SAKSHI	BAJMC
22	VARNIKA	BAJMC
23	MANPREET KAUR	BAJMC
24	SACHIN	BAJMC
25	RISHABH	BCA