



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 run on regular basis

Theme: The Imperils of Smoking, Drugs and Alcohol

Nodal Officer: Dr. Ruchi Srivastava

Convener-Incharge: Mr. Inderpreet Singh

Student Beneficiary: 16

Participation: BBA, BJMC, BCA, MBA

Date: 05/02/2022

Time: 09:00 AM onwards



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Fit India Youth Club
Organizes

Encouraging people to get together to run on regular basis
-Fitness Sporting Activity
(Theme: Supporting Mental Health)

Departments: MBA, BBA, BA(J&MC) & BCA
05-March-2022, Saturday
Time: 09:00 AM Onwards
Platform: Offline TIAS



KEEP RUNNING

In Association With



Dr. Ruchi Srivastava
Nodal Officer

Mr. Inderpreet Singh
Incharge - Fitness Club



OBJECTIVES OF THE EVENT

1. To assist students in proliferating their physical and mental peace and calm
2. To make students aware about the risks which can be prevented by doing aerobics.
3. To encourage students to embark the running lifestyle in their daily routine

Report

This event was organized by Fit India Youth Club of Tecnia Institute of Advanced Studies, Rohini, Delhi on 05/02/2021 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. Running every day may have some health benefits. Studies show that running just 5 to 10 minutes each day at a moderate pace may help reduce your risk of death from heart attacks, strokes, and other common diseases. It can reduce risk of death from heart attack or stroke reduced risk of cardiovascular disease, lower risk of developing cancer and lower risk of developing neurological diseases like Alzheimer's and Parkinson's diseases.

Other benefits of running may include improved sleep and mood. Researchers in one study observed a group of healthy adolescents who ran for 30 minutes at a moderate-intensity pace every morning for three weeks. Their sleep, mood, and concentration ability during the day tested better than a control group of non-runners.

Running every day may increase your risk for an overuse injury. Overuse injuries result from taking on too much physical activity, too fast, and not allowing the body to adjust. Or they can result from technique errors, such as running with poor form and overloading certain muscles.

To avoid an overuse injury:

- Make sure you have appropriate running shoes and change out your shoes often.
- Gradually increase the number of miles you run each week.

- Mix up running days with cross training, such as cycling or swimming.
- Warm up before you run and stretch after.

Learning Outcome

1. It helps students to improve their personal fitness through participation in running.
2. It results into identification and application of injury prevention principles related to running activities
3. It will help the students in incorporating the running activity in their regular regime.

LIST OF BENEFICIARIES		
1	AARUSHI SAXENA	BBA
2	VIBHOR SHARMA	BBA
3	PRIYANSHU SINGHAL	BAJMC
4	KHUSHI MALHOTRA	BAJMC
5	MANYA GROVER	BAJMC
6	SARTHAK JAIN	BAJMC
7	SARTHAK THAKUR	BAJMC
8	MOHD ZAID	BAJMC
9	BHAVYA	BAJMC
10	MANYA GROVER	BAJMC
11	PIYUSH RAJ	BAJMC
12	SURAKSHA MAGGU	BAJMC
13	OJUS PURI	BAJMC
14	PRABHJOT KAUR	BAJMC
15	BHAVY SHARMA	BCA

16	SHIVANI	BCA
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