



**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**

Tel:91-11-27555121-24, E-Mail : directortias@tecnia.in, Website: www.tiaspg.tecnia.in



## REPORT

On

### International Day of Yoga (IDV) 2021

<b>Event</b>	International Yoga Day
<b>Date</b>	21st June' 2021
<b>Time</b>	8:00 AM to 8:45 AM
<b>Venue</b>	Microsoft Team (Online)
<b>Convener</b>	Dr. Sonam Arora
<b>Incharge-Fitness Club</b>	Mr. Inderpreet Singh
<b>Resource Person</b>	Ms. Pooja Gupta Yoga and Natural Food Expert Dr. Abhishek Bansal Naturopath and Yoga Expert
<b>Student /Faculty Beneficiary</b>	65 + 12

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**Fitness Club**  
Organizes

**International Yoga Day**  
Be with Yoga, Be at Home

in association with

21<sup>st</sup> June 2021 (Monday) 8:00 AM to 8:45 AM

Join Online Platform Microsoft Teams <https://bit.ly/2TNDRL2>

**Yog Guru's**

**Dr. Abhishek Bansal**  
Naturopath and Yoga Expert

**Pooja Gupta**  
Yoga and Natural Food Expert

Tecnia Group of Institution

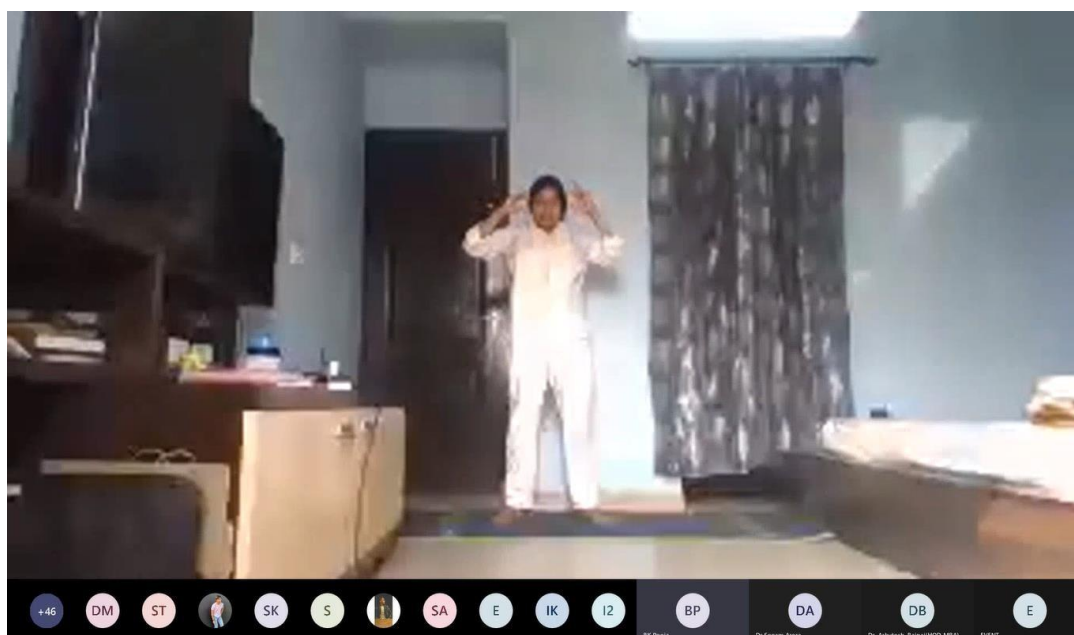
## OBJECTIVES

1. To make the participants understand about the health benefits associated with Yoga
2. To enhance the knowledge and encourage the youngsters about pursuits of Yoga.

## Reprot

This webinar was intended to enhance the knowledge of the participants about benefits of Yoga physically, mentally and spiritually. The key focal point of the webinar was to make sure each individual gets awareness about way to perform Yoga.

The participants have learned about the different ways and postures to follow while doing the Yoga and related benefits on health and body. Reference to email received from ACITE on 14.06.2021 PM on the subject of International Day of Yoga (IDV) 2021 with enclosure copy of letter no.: D.O. No. M-16011/212021-YN-Part(I) dated 2nd March,2021 on the subject mentioned above received from Secretary, Ministry of Ayurveda, Yoga & Naturopathy, Unani, Siddha" Sowa-Rigpa and Homoeopathy(AYUSH), New Delhi and requested to take appropriate action in respect of proposed collaborative activities between Ministry of AYUSH and Ministry of Education for IDV-2021 as suggested by the Ministry of AYUSH. In compliance of the same, TIAS, Fitness Club convened International Yoga Day for the benefit of students and staff with the theme "Be withYoga, Be at Home"



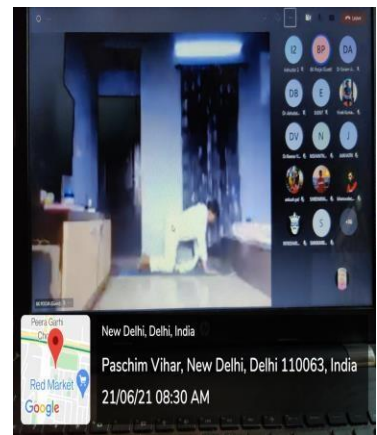
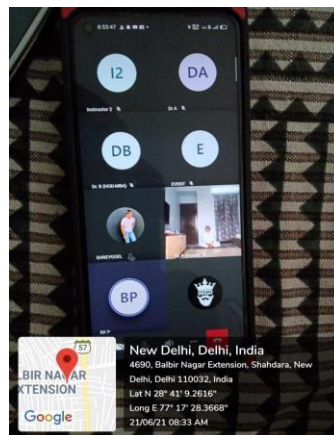
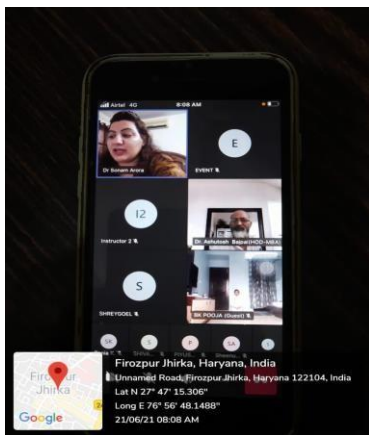
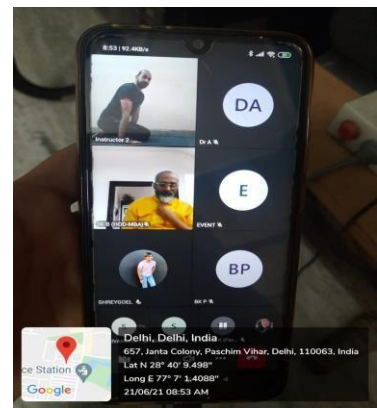
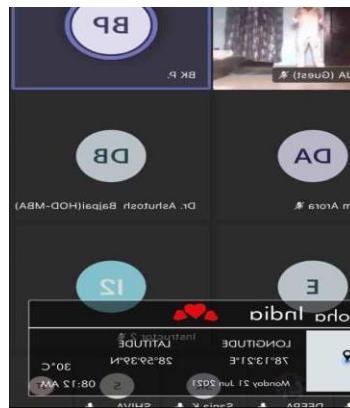
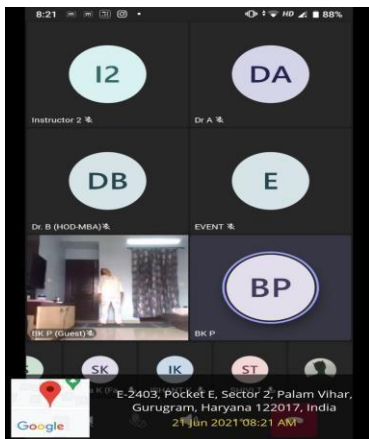
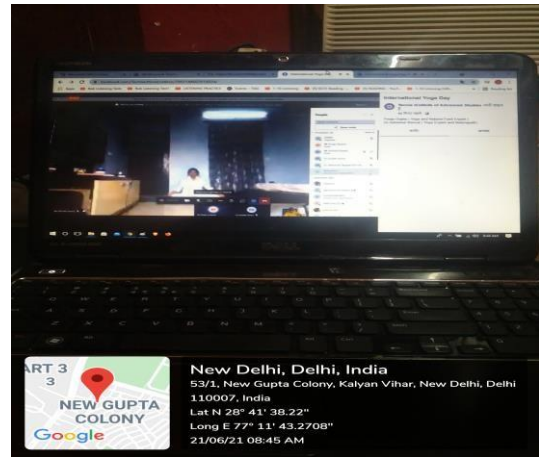
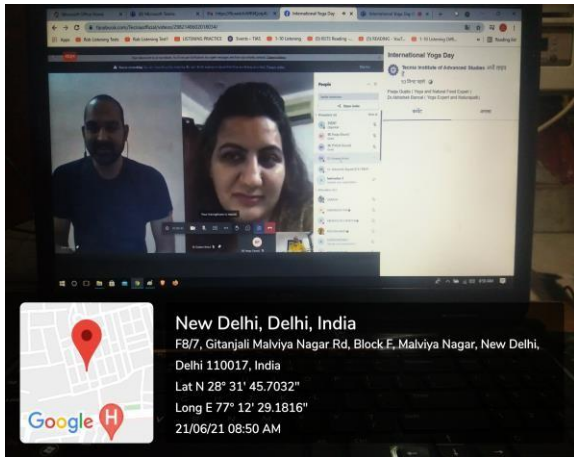
***Guest performing yoga***



**Faculty performing yoga with instructors**

## **Learning outcome**

1. Students have learnt more about the Various Yoga Asanas.
2. Students have learnt understand gainful insights about the benefits of the Yoga in future.
3. Students have learnt acquired practical exposure of Yoga Asanas.



**Participants in Yoga Day**

**FIT INDIA YOUTH CLUB  
LIST OF BENEFICIARIES**

**INTERNATIONAL YOGA DAY  
Date: 21/06 /2021**

<b>S. NO</b>	<b>NAME</b>	<b>COURSE</b>
1	AAKASH	BBA
2	ABHAYDITACHANDOK	BBA
3	ADITIRAJAWAT	BBA
4	AJAYBHARDWAJ	BBA
5	AMISHAGOEL	BBA
6	ANKUSH PAL	BBA
7	ANUSHKA	BBA
8	ARIKASAXENA	BBA
9	ARPIT KUMAR THAKUR	BBA
10	ARSHPREET KAUR	BBA
11	AYUSHI PANWAR	BBA
12	AYUSHIBADONI	BBA
13	CHIRAG SHARMA	BBA
14	DARSH VERMA	BBA
15	DHRITIKHANNA	BBA
16	DIMPLEKHANNA	BBA
17	DIVYANSHUMISHRA	BBA
18	DIVYANSHUSHARMA	BBA
19	HARSHITAMAHESHWARI	BBA
20	HIMANSHI JAIN	BBA
21	ISHANT KUMAR	BBA
22	ISHIKASHARMA	BBA
23	ISHITA	BBA
24	JAHANVIGARG	BBA
25	JAIKHATRI	BBA
26	JETHIN THOMAS	BBA
27	KAJAL GOYAL	BBA
28	KANIKA JAIN	BBA
29	KAVYA SWAROOP	BBA
30	KUNAL KUMAR	BBA
31	NAKUL GUPTA	BBA
32	NAMANVIJ	BBA

33	NANDINISHARMA	BBA
34	NISHANTNARANG	BBA
35	PIYUSHGUPTA	BBA
36	PRIYANKASINGH	BBA
37	PURUSHARTHPHOGAT	BBA
38	RADHIKA JANGID	BBA
39	RICHASINGH	BBA
40	RITIKSHARMA	BBA
41	SAGARRATHOR	BBA
42	SAMRIDDHISHARMA	BBA
43	SANSKARBANSAL	BBA
44	SANYA OBEROI	BBA
45	SHIVAMJHA	BBA
46	SHIVI TYAGI	BBA
47	SHREYARYA	BBA
48	SHREYGOEL	BBA
49	SHRUTIDWIVEDI	BBA
50	SHUBHAM KUMAR	BBA
51	SNEHA TOMAR	BBA
52	SWETA	BBA
53	VASUNARANG	BBA
54	VIDHISHARMA	BBA
55	VIDISHAMISHRA	BBA
56	VIKASKUMARJHA	BBA
57	VIVEK KUMAR SINGH	BBA
58	YASHGUPTA	BBA
59	ANANDITA	BCA
60	YASH THAKUR	BCA
61	SUDIPTO	BCA
62	AYUSHI	BCA
63	DEEPANSHI	BCA
64	BHARAT MATHUR	MBA
65	MANVI MAHIPAL	MBA
66	DR NAMITA MISHRA(HOD-BBA-E)	FACULTY

67	DR SONAM ARORA	FACULTY
68	DR. AMIT KUMAR(CI-BBA DIV-C)	FACULTY
69	DR. ASHUTOSH BAJPAI(HOD-MBA)	FACULTY
70	DR. KIRTI MIGLANI (CI-BBA DIV-A 3RD-E)	FACULTY
71	DR. VANDANA RAGHAVA(CI-BBA)DIV-B	FACULTY
72	DR.GARIMA SINGH	FACULTY
73	DR.NEERAV VERMA(HOD-BBA-M)	FACULTY
74	MR. RAHUL TRIPATHI (CI),MBA(M)	FACULTY
75	MS. SANIA KUKKAR(FACULTY-BCA)	FACULTY
76	MR. INDERPREET SINGH(CI-BBA-M-C)	FACULTY
77	DR.SHEENU ARORA	FACULTY