



**TECNIA INSTITUTE OF ADVANCED STUDIES**

**NAAC ACCREDITED GRADE "A" INSTITUTE**

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& Recognized Under Sec. 2(f) of UGC Act 1956.



## **FIT INDIA YOUTH CLUB**

### **REPORT**

**EVENT:** Fit India Freedom Run 2.0

**THEME:** Fit India Freedom Run 2.0- "Azadi ka Amrit Mahotsav"

**NODAL OFFICER:** Dr. Rahul Tripathi

**CONVENER-INCHARGE:** Mr. Inderpreet Singh

**STUDENT BENEFICIARY: 11**

**PARTICIPATION:** BBA, BJMC, BCA, MBA

**DATE:** 13/08/2021



## **OBJECTIVES OF THE EVENT**

1. To encourage people to take up fitness activities such as running and sports in their daily lives.
2. To popularize fitness as a way of life to get freedom from obesity, laziness, stress, anxiety, diseases, etc.
3. To organize the events of fitness run and encourages the students to take part in the fitness run as being practiced by runners / walkers across India.
4. To sensitize the students about the management of healthy lifestyle by running towards the heritage sites in their respective city.

## **REPORT**

This event was organized by Fit India Youth Club of Tecnia Institute of Advanced Studies, Rohini, Delhi from 13/08/2021. In contrast with physical activity, based on the theme Fit India Freedom Run 2.0- Azadi ka Amrit Mahotsav. Every student had been intimated to run in their hometown around some historical sites and parks. Being physically fit has been defined as "the ability to carry out daily tasks with vigor and alertness, without undue fatigue and with ample energy to enjoy leisure-time pursuits and to meet unforeseen emergencies".

Fit India Movement is a movement to take the nation on a path of fitness and wellness. It provides a unique and exciting opportunity to work towards a healthier India. As part of the movement, individuals and organisations can undertake various efforts for their own health and well-being as well as for the health and well-being of fellow Indians.

Fit India Movement is conducting Fit India Freedom Run 13.08.2021 to encourage fitness and help us all to get freedom from obesity, laziness, stress, anxiety, diseases etc. The concept behind this run is that "It can be run and promote fitness!" You can-

1. Run/ Visit around historical and iconic places and other important locations of significance.
2. Run your own race at your pace.
3. Track your kms manually or by using any tracking app or GPS watch.

4. Share their photos and videos to be uploaded on fitindia.gov.in



*Students Participation Certificated generated from Fitindia.gov.in*



*Students Participation in the Fit India Freedom Run 2.0*



***Promotion of Fit India Freedom Run 2.0 event on Tecnia Institute of Advanced Studies official Social Media Platforms***

In the event Fit India Freedom Run 2.0 conducted by Fit India Youth Club, 28 students participated from all the respective departments of Tecnia Institute of Advanced Studies. It was observed that all the participants were keen to engage in the activities like Fit India Freedom Run 2.0 “Azadi ka Amrit Mahotsav” as it provides the different opportunities in their interests other than academic routine based activities.

## LEARNING OUTCOME:

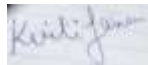
1. It will help the students to enhance their fitness regime.
2. It Increases Longevity: It is a known fact that regular physical activity can increase life expectancy and reduce the risk of premature death. Healthy people tend to live longer. This is because the fit one is, the less risk of diseases one has.
3. It boosts physical health as a way of life to get freedom from obesity, laziness, stress, anxiety, diseases, etc
4. It will create awareness and sensitize the students to adopt healthy and peaceful life style.

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| LIST OF BENEFICIERIES |                    |               |         |          |
|-----------------------|--------------------|---------------|---------|----------|
| S. No                 | NAME               | ENROLLMENT NO | COURSE  | KM RUN   |
| 1                     | ARUNDHATI NAUTIYAL | 01521302420   | BA(JMC) | 5        |
| 2                     | AARUSHI SAXENA     | 12117001719   | BBA     | 3.5 km   |
| 3                     | KHUSHBOO JOSHI     | 35321302420   | BAJMC   | 1.5 Km   |
| 4                     | DESHIK CHAWLA      | 02617001720   | BBA     | 3.33 kms |
| 5                     | GOVIND VIJAY       | 01717002020   | BCA     | 3.5 Km   |
| 6                     | NANDINI SHARMA     | 06021302420   | BAJMC   | 4km      |
| 7                     | PRATEEK BANSAL     | 03017002020   | BCA     | 1 km     |
| 8                     | BHAVY SHARMA       | 35317002020   | BCA     | 5.4      |
| 9                     | SHIVANI            | 03717002020   | BCA     | 3km      |
| 10                    | ANKUR BANSAL       | 0617002020    | BCA     | 2.09     |
| 11                    | RISHABH JAIN       | 03317002020   | BCA     | 10 KM    |



Inderpreet Singh  
Convener- Incharge  
- Fit India Youth Club, TIAS



Dr. Kirti Jainani  
Student Welfare Incharge. TIAS