



TECNIA INSTITUTE OF ADVANCED STUDIES

NAAC ACCREDITED GRADE "A" INSTITUTE

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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 Meditation
- Nodal Officer** : Dr. Ruchi Srivastava
- Convener-Incharge** : Mr. Inderpreet Singh
- Student Beneficiary** : 68
- Participation** : BBA, BJMC, BCA, MBA
- Date** : 15/03/2022
- Time** : 12:00 PM onwards
- Resource Person** : Ms. B K Girija



FIT INDIA YOUTH CLUB

Lecture on

"Encouraging people to get together to do Meditation"

Resouces Persons



Dr. Ajay Kumar
Director
TIAS



BK Girija
Motivational Speaker,
In-Charge, Bharam Kumaris
Lodi Road, Delhi



Mr. Inderpreet Singh
Incharge Fit India
TIAS, Delhi



Dr. Ruchi Srivastava
Fit India- Nodal Officer
Asso. Prof., TIAS

Date : 15th March, 2022 , Tuesday

Time : 12:00 PM

Venue : Multi-Purpose Hall



Objectives of the event

1. To generate awareness of our own natural energy, the constant feeling of presence within themselves
2. To assist students in proliferating their physical and mental peace
3. To help students to tune their mind away from the clutter of thoughts that frequently occupies the minds

REPORT

This event was organized by Fit India Youth Club of Tecnia Institute of Advanced Studies, Rohini, Delhi on 15/03/2022. Meditation is a practice where an individual uses a technique – such as mindfulness, or focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state. Meditation may significantly reduce stress, anxiety, depression, and pain and enhance peace, perception self-concept, and well-being. Research is ongoing to better understand the effects of meditation on health (psychological, neurological, and cardiovascular) and other areas.

The idea behind the organization of the event is to inculcate the meditation in the daily lives of participants so that they can relieve the day to day stress and channelize their energy into meaningful content. Having a sharp memory is necessary for high academic performance, and practicing mindfulness can go a long way toward increasing students' ability to remember their course material. Moreover, there are additional benefits for the students to perform meditation such as decreased stress, improved concentration, emotional wellbeing, creativity and better sleep. 25 students participated from all the respective departments of Tecnia Institute of Advanced Studies, Delhi. It was observed that all the participants were keen to engage in this activity as it provides the different opportunities in their interests other than academic routine based activities.

It aims to address the concerns of the students to promote healthy lifestyle and to create awareness or sensitization through workshop or seminars on depression, anxiety and stress management for faculty and students.



Glimpse of the event

Learning Outcome

1. It helped the students to minimize their stress level.
2. It resulted into channelizing their energies into paramount tasks
3. It created awareness and sensitize the students to adopt healthy and peaceful life style.
4. It helped the students to improve attention and reduced intra conflicting behavior

FIT INDIA YOUTH CLUB
ENCOURAGING PEOPLE TO GET TOGETHER TO DO MEDITATION
DATE: 15.03.2022
LIST OF BENEFICIARIES

1	HIMANSHI GOGIA	11917001719	BBA
2	KARAN MALHOTRA	03417002020	BCA
3	PRIYANSHI JAIN	03117002020	BCA
4	VASU JAIN	04417002020	BCA
5	HARSH TANWAR	01917002020	BCA
6	VIPUL GAUTAM	14017001720	BBA
7	SHIVAM JHA	11321301720	BBA
8	TUSHAR THAPLIYAL	03217002019	BCA
9	PRIYANSHI JAIN	03117002020	BCA
10	SHIVAM	36017001718	BBA
11	VIPIN	04517002020	BCA
12	NIKHIL SANDAL	8121301720	BBA
13	KHUSHI MALHOTRA	35517002420	BAJMC
14	DIVYANSHU MISHRA	02321302420	BAJMC
15	PRIYA TIWARI	14017001719	BBA
16	ISHTI JAIN	02317002020	BCA
17	HARSHIT GOYAL	02017002020	BCA
18	SUDIPTO BHUKTA	04117002020	BCA
19	GOVIND VIJAY	01717002020	BCA
20	JANUAL ABDIN	02717002019	BCA
21	KUNAL KUMAR	02517002020	BCA
22	PRATIK SINGH	035617002020	BCA
23	YASH SHARMA	04617002020	BCA
24	AYUSHI PANWAR	01117002020	BCA
25	AYUSHREE SWAMI	03221301720	BBA
26	NAKUL GUPTA	02717002020	BCA
27	HARSH ROHATGI	01821302419	BAJMC
28	TANNU SHARMA	0482132419	BAJMC
29	ANKUR BANSAL	0617002020	BCA
30	SANYA OBEROI	07917002420	BAJMC
31	KARTIK BISHT	08817001719	BBA
32	YASH SAINI	10217002420	BAJMC
33	NANCY SHARMA	05921302420	BAJMC
34	SHIVAM CHOPRA	01321302419	BAJMC
35	ADITYA UNIYAL	00121302420	BAJMC
36	ISHITA GOYAL	03817002420	BAJMC
37	MAHIMA ARORA	07321301720	BBA

38	ABHISHEK MALHOTRA	00117002020	BCA
39	SHIVANI DHILLON	11621301720	BBA
40	RAGHAV KUNDRA	05021302419	BAJMC
41	GEET SHARMA	02621302420	BAJMC
42	SANYAM	3617002020	BCA
43	DIMPLE KHANNA	4621301720	BBA
44	VIPIN	01721302419	BAJMC
45	ABHAYDITA CHANDOK	00821301720	BBA
46	ADITYA PRATAP SINGH	06721302419	BAJMC
47	SHREY GOEL	11821301720	BBA
48	MANISHA CHAUHAN	05021302420	BAJMC
49	ARPAN	02521301720	BBA
50	LAKSHITA PATNEY	04521302420	BAJMC
51	JANVI TIWARI	03821302420	BAJMC
52	KUMAR SHUBHAM	0621302419	BAJMC
53	KHUSHALI SINGHAL	04021302420	BAJMC
54	ABHISHEK KUMAR	06117002419	BAJMC
55	ISHA PRASAD	08317002419	BAJMC
56	ARYAN TANWAR	02621301720	BBA
57	SIMRAN GANDHI	01917003920	MBA
58	KHUSHI PUNDIR	04221302420	BAJMC
59	AARTIK KAPOOR	0521301720	BBA
60	GURASIS SINGH HORA	02721302420	BAJMC
61	SHRISH KASHYAP	03817002020	BCA
62	ABHISHEK SHARMA	0617003920	MBA
63	AKANSHA JAIN	02821302419	BAJMC
64	VANSHIKA CHAWLA	09817002420	BAJMC
65	SONALI KAPOOR	03221302419	BAJMC
66	VIKAS MISHRA	036521301720	BBA
67	PIYUSH GUPTA	08821301720	BBA
68	NAKUL BAJAJ	02617002020	BCA