



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






Fit India Youth Club

REPORT

ON

ENCOURAGING PEOPLE TO GET TOGETHER TO DO CROSSFIT WORKOUT

EVENT : Encouraging people to get together to do Crossfit Workout
Nodal Officer : Dr. Ruchi Srivastava
Convener-Incharge : Mr. Inderpreet Singh
Student Beneficiary : 60
Participation : BBA, BJMC, BCA, MBA
Date : 23/04/2022
Time : 10:00 AM onwards
Platform : Offline TIAS



TECNIA INSTITUTE OF ADVANCED STUDIES
Approved by AICTE, Ministry of HRD, Govt. of India, Affiliated to G.G.S.I.P. University & Recognized Under Sec. 2(f) of UGC Act 1956.
INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085





Fit India Youth Club
INDIA

Organizes

Event: Encourage people to get together to CrossFit workout on regular basis.

Departments: MBA, BBA, BA(J&MC) & BCA
23-Apr-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

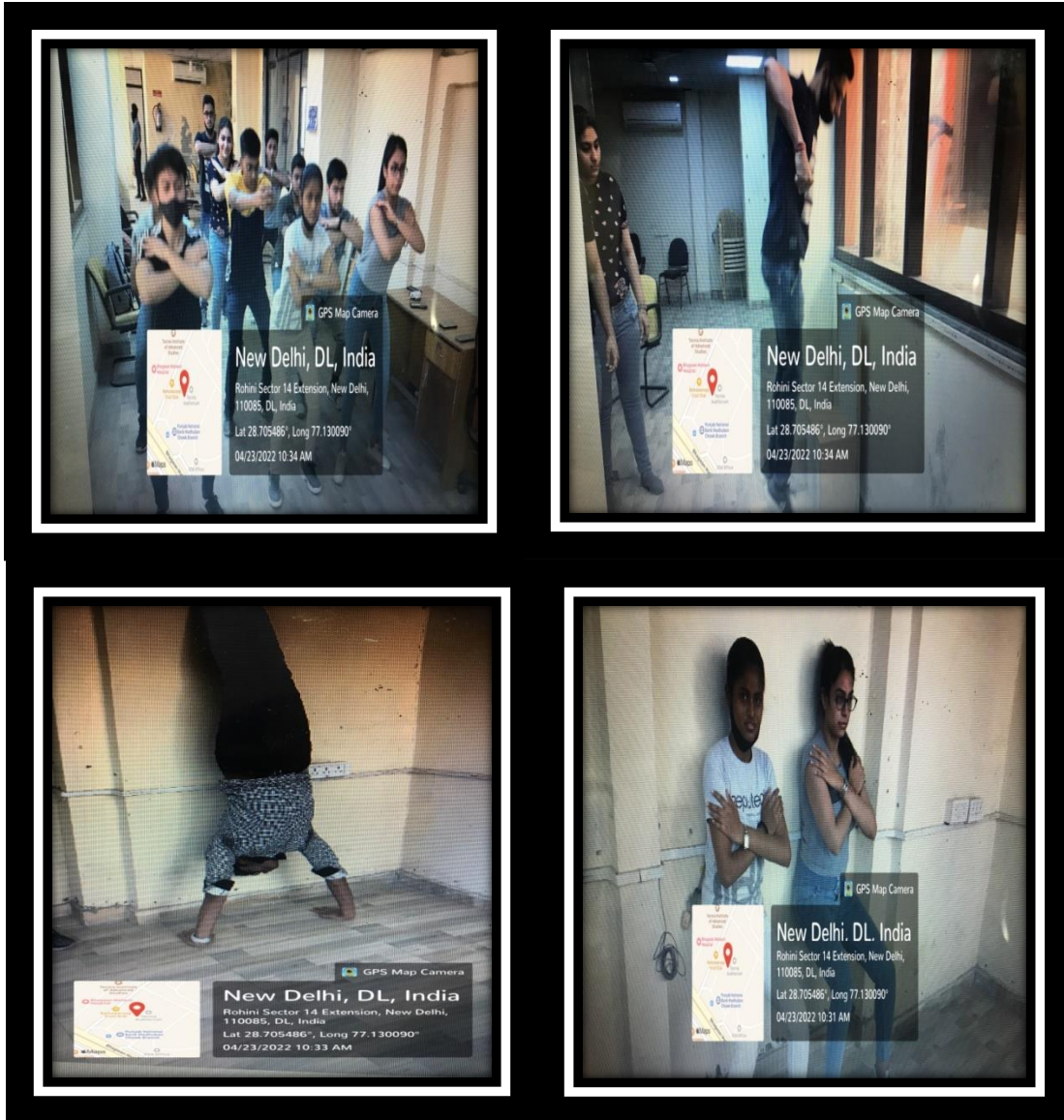
1. To improve the fitness level of the students
2. To assist students in proliferating their physical strength by generating awareness of cross fit exercises
3. To help students to tune their mind away from the clutter of thoughts that frequently occupies the minds

REPORT

This event was organized by Fit India Youth Club of Tecnia Institute of Advanced Studies, Rohini, Delhi on 23/04/2022 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.. Cross fit is the exercise which is different from regular workout with number of benefits such as accelerate weight less, protect the joints, functional movement exercises which is performed at the high intensity level. Cross Training is a sport based on strength and structured metabolic conditioning, which incorporates exercises from a range of different sports disciplines into a single session

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. 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. The students of TIAS had participated in the different crossfit exercises organized in the college.

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

Students have

1. learnt the exercises to minimize their stress level.
2. improved their agility, balance, and flexibility

FIT INDIA YOUTH CLUB
ENCOURAGE PEOPLE TO GET TOGETHER TO DO CROSSFIT
DATE: 23.04.2022
LIST OF BENEFICIARIES

1	SHAMBHU	13517001719	BBA
2	MUSKAN	12217001719	BBA
3	MAYANK SIKKA	08717001721	BBA
4	MANEESHA	07917001721	BBA
5	ALANKRIT GUPTA	11717001721	BBA
6	SWAYAM GUPTA	09917001721	BBA
7	HARSH GUPTA	01217001721	BBA
8	VANSHIKA VERMA	01917001721	BBA
9	CHAHT ARORA	14817001719	BBA
10	SHIVAM KANSAL	14117001719	BBA
11	ANUJ P SINGH	08517001719	BBA
12	SHIVAM GOEL	36017001718	BBA
13	JATIN KUMAR	00517001719	BBA
14	RITIKA MADHUKAR	08721301719	BBA
15	JAI KHATRI	05317001720	BBA
16	PRATEEK BANSAL	03017002020	BCA
17	SANSKAR BANSAL	11121301720	BBA
18	SHRUTI	12021301720	BBA
19	PRIYANSHI JAIN	03117002020	BCA
20	PRIYANKA SINGH	09321301720	BBA
21	ABHISHEK ROY	0217002020	BCA
22	SHIVANI DHILLON	11621301720	BBA
23	RIYA GUPTA	03417002020	BCA
24	KESHAV GULATI	02517002019	BCA
25	ABHIJEET SINGH BALI	00317001720	BBA
26	PIYUSH	08921301720	BBA
27	PRATIK SINGH	35617002020	BCA
28	AARTIK KAPOOR	00521301720	BBA
29	MAHIMA ARORA	07321301720	BBA
30	KUNIKA MAINDOLA	02817002019	BCA
31	BHAVYA AGGARWAL	04617002019	BCA
32	DESHIK CHAWLA	02617001720	BBA
33	SAGAR RATHOR	10821301720	BBA
34	ISHIKA SHARMA	05017001720	BBA
35	MANAV GUPTA	00117002019	BCA
36	SHIVANI	03717002020	BCA
37	VASU JAIN	04417002020	BCA

38	RACHITA BUDHIRAJA	013021301719	BBA
39	PURUSHARTH	09421301720	BBA
40	GOVIND VIJAY	01717002020	BCA
41	SIDHARTH MAHESHWARI	00321301719	BBA
42	AMIT KUMAR	00721302420	BJMC
43	SUDIPTO BHUKTA	04117002020	BCA
44	ANANYA KARAN SRIVASTAVA	00921302420	BJMC
45	ABHISHEK MALHOTRA	00117002020	BCA
46	SHREY ARYA	11721301720	BBA
47	TUSHAR THAPLIYAL	03217002019	BCA
48	SHREY GOEL	11821301720	BBA
49	HARSHIT GOYAL	02017002020	BCA
50	SUDIPTO BHUKTA	04117002020	BCA
51	GOVIND VIJAY	01717002020	BCA
52	JANUAL ABDIN	02717002019	BCA
53	KUNAL KUMAR	02517002020	BCA
54	PRATIK SINGH	035617002020	BCA
55	YASH SHARMA	04617002020	BCA
56	AYUSHI PANWAR	01117002020	BCA
57	SONALI KAPOOR	03221302419	BAJMC
58	VIKAS MISHRA	036521301720	BBA
59	PIYUSH GUPTA	08821301720	BBA
60	NAKUL BAJAJ	02617002020	BCA