



**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**

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**Fit India Youth Club**



Ministry of Environment, Forest and Climate Change  
Government of India

## REPORT ON WALKATHON AND CYCLOTHON-FIT INDIA MOVEMENT

**Event** : Walkathon and Cyclothon- Fit India Movement

**Day & Date** : 17<sup>th</sup> January 2020

**Timing** : 10 AM – 11 AM

**Students** : BBA, BA(J&MC), BCA, MBA

**Faculty convener** : Dr. Kirti Miglani -Program Officer-NSS

Dr. Rohtash Kumar –Sports Incharge

Dr. Sheetal Badesra—Student Welfare




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**Fit India Youth Club**

Organizes

**Walkathon and Cyclothon- Fit India Movement**

**Departments: MBA, BBA, BA(J&MC) & BCA**

**17-Jan-2020**

**Time: 10 AM Onwards**

In Association With









Dr Rohtash Kumar  
Nodal Officer



## OBJECTIVES

1. To encourage Indians to include fitness activities and sports in their daily lives to pave way for a healthy and fit lifestyle.
2. To increase the awareness among the masses and also to encourage people to start/increase physical activity and sports in their everyday lives.
3. To motivate and urge citizens to do exercise on daily basis.

## REPORT

Walkathon on Fit India Movement was organized by National Service Scheme Department of **TECNIA INSTITUTE OF ADVANCED STUDIES** on 17<sup>th</sup> January, 2020 50 students of BBA, BCA attended the session.

PM Modi has addressed the gathering on this occasion and urged citizens to do exercise on daily basis. Some fitness experts have termed this Fit India Movement a new era of fitness revolution. There were some prominent sports person from the field of sports and Film Industry present on this occasion.

-Success is related to fitness, success stories of all of our icons from any field of life have a common thread- most of them are fit, have a focus on fitness and are fond of fitness||,

**Director urged all the individuals to;**

- a. Use stairs instead of escalators.
- b. To walk daily instead of taking rickshaw or bike for short distance.
- c. To do exercise on daily basis
- d. To involve the all family members in the exercise and physical activities on daily basis.



**Students witnessing the session on Fit India Movement**

A rally was organized on Fit India Movement to create awareness who are future of our country to be physically and mentally fit. Students gave slogans like a) Healthy Body, Healthy Mind.



**PM Modi giving speech at the launch of FIT India Movement**

The event witnessed the presence of students and staff members from Tecnia Institute of Advanced Studies and Ashtavakra who were attentive throughout the program. The Students and Staff members also took the fitness pledge.



This event was a huge success and the Institute expects that this event will have a positive effect on the students about physical fitness.



### **Students and faculty members of TIAS**

#### **Learning Outcomes-**

- Students were encouraged to adopt healthy habits and lifestyles.
- Students were made aware about the physical activity and sports in their everyday lives.
- Students got motivated with the address and wonderful opportunity given.

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<b>WALKATHON AND CYCLOTHON- FIT INDIA MOVEMENT</b>			
<b>DATED:17.01.2020</b>			
<b>LIST OF BENEFICIARIES</b>			
<b>SR.NO.</b>	<b>ENROLLMENT NO</b>	<b>NAME</b>	<b>DEPT.</b>
1	11117001719	ROHAN CHOUDHARY	BBA
2	00617001719	RUDRANSH SHARMA	BBA
3	11721301719	SHREY AGGARWAL	BBA
4	10617001719	BHUVAN SINGH BISHT	BBA
5	01917001719	CHAINIKA GAMBHIR	BBA
6	12621301719	DEEPANSHU GOEL	BBA
7	11921301719	DEEPANSHU MITTAL	BBA
8	35821301719	DHRUV GOYAL	BBA
9	14217001719	DISHA BANSAL	BBA
10	00117001719	GAGAN GOEL	BBA
11	06117001719	HARDIK SHARMA	BBA
12	00217001719	HARDIK SUNEJA	BBA
13	04017001719	HARSHIT ASIJA	BBA
14	11917001719	HIMANSHI GOGIA	BBA
15	12717001719	JAHNVI NAYYAR	BBA
16	00517001719	JATIN KUMAR	BBA
17	12017001719	KANISHKA KALRA	BBA
18	10717001719	KHYATI KHANNA	BBA
19	05417001719	TWINKLE DHINGRA	BBA
20	02317001719	UMAR FAROOQ	BBA
21	13217001719	YASH RAJ	BBA
22	03617001719	YASHIKA TANWAR	BBA
23	03717001719	MANAV JAWA	BBA
24	13017001719	MANSI BHARDWAJ	BBA
25	14417001719	MEHUL BHALLA	BBA
26	35921301719	NAMAN JINDAL	BBA
27	11621301719	NANCY SALHOTRA	BBA
28	02017001719	PANSY KHAJURIA	BBA
29	11017001719	PAWAN SAINI	BBA
30	14017001719	PRIYA TIWARI	BBA
31	02117001719	RAHUL KHANNA	BBA
32	12021301719	RAKSHIT RANA	BBA
33	03817001719	RIYA CHADHA	BBA
34	10917001719	RIYAZ MONGA	BBA
35	12921301719	AAYUSH	BBA
36	03621301719	SAKSHAM AGGARWAL	BBA

37	04921301719	YASH KAPOOR	BBA
38	04917001719	PRAKHAR TRIPATHI	BBA
39	00917001719	AKSHAT GARG	BBA
40	05617001719	TUSHAR SHARMA	BBA
41	12721301719	LOVISH ARORA	BBA
42	14317001719	MAHAK MALHOTRA	BBA
43	03717001719	MANAV JAWA	BBA
44	13017001719	MANSI BHARDWAJ	BBA
45	14417001719	MEHUL BHALLA	BBA
46	06521301719	MENARK SINGH	BBA
47	06821301719	MIHIR MUTREJA	BBA
48	35921301719	NAMAN JINDAL	BBA
49	11621301719	NANCY SALHOTRA	BBA
50	08421301719	NIPUN DIWAN	BBA
51	02017001719	PANSY KHAJURIA	BBA
52	11017001719	PAWAN SAINI	BBA
53	35117002019	SARTHAK SAXENA	BCA
54	40321302418	RIYA SAINI	BA (JMC)
55	00421324419	PRATEEK ARORA	BCA
56	05421302418	SAJAL SHARMA	BA (JMC)
57	06921302418	VANSHIKA SHARMA	BA (JMC)
58	05121302418	RIYA SHARMA	BA (JMC)
59	07221302418	YATIN MAKKAR	BA (JMC)
60	01521302419	SHIVAM	BA (JMC)
61	04817002019	KARTIK KAPOOR	BCA
62	06721302418	VANSHIKA GUPTA	BA (JMC)