



TECNIA INSTITUTE OF ADVANCED STUDIES

NAAC ACCREDITED GRADE "A" INSTITUTE

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

TIAS NATIONAL SERVICE SCHEME (NSS) CELL

SELF-FINANCING UNIT* - I



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Date:

REPORT- Video Conferencing: Fit India Movement

By

Hon'ble PM Shri Narendra Modi

Ref. to email dated- 23/8/19 at 11:09AM on Webcast Video Conference for Fit India on 29/8/19 from Directorate of NSS and Prof. B.V.R Reddy (NSS Program Coordinator), GGSIP University. Through VC ID: 266282 and URL for Webcast <https://webcast.gov.in/myas/>

Event-Video Conferencing: Fit India Movement by Hon'ble PM Shri Narendra Modi

Day & Date- 29th August, 2019, Thursday

Timing- 10 AM – 11 AM

Venue for Video Conferencing- Computer Lab, 2nd Floor, PG Building, TIAS

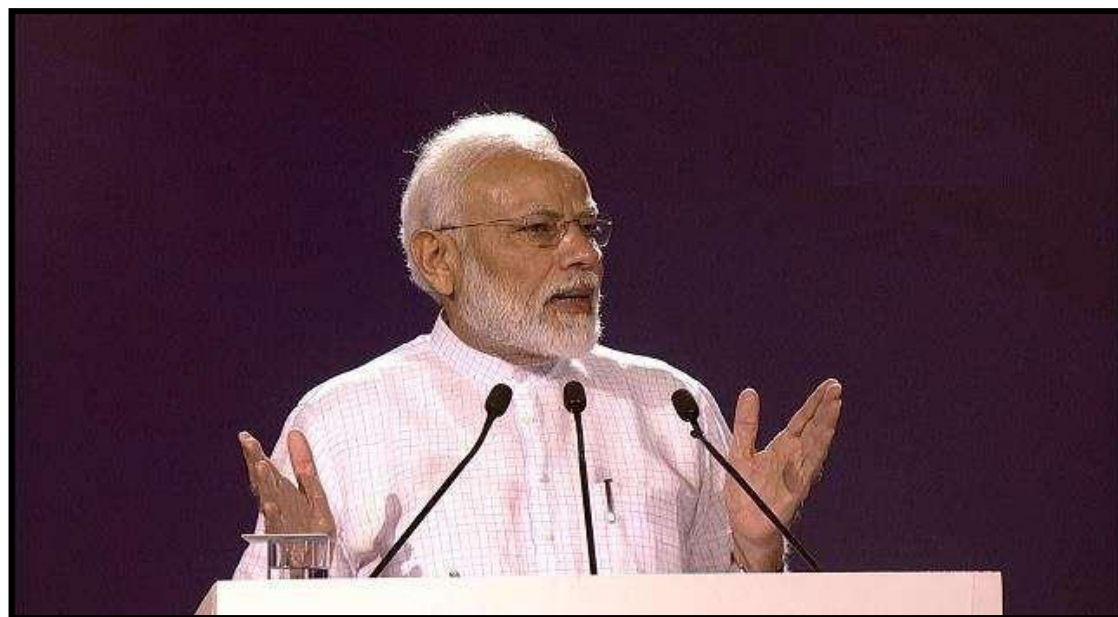
Resource Person- Hon'ble PM Shri Narendra Modi, Sports Minister Kiren Rijiju and comprising government officials, members of Indian Olympic Association (IOA)

Place of Launch: Indira Gandhi Stadium, New Delhi

Students- BBA, BA(J&MC), BCA, MBA

Faculty convener- Dr. Sheetal Badesra – Program Officer (NSS)

List of Beneficiaries - 57



Hon'ble PM Shri Narendra Modi addressing the gathering with his noble words

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

Video Conferencing on Fit India Movement by Hon'ble PM Shri Narendra Modi was organized by National Service Scheme Department of **TECNIA INSTITUTE OF ADVANCED STUDIES** on 29th August, 2019 in Computer Lab, 2nd Floor, PG Building, TIAS. 194 students of BBA, BA(J&MC), BCA, MBA attended the session.

The live session was conducted by Hon'ble PM Shri Narendra Modi.

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.

The Prime Minister during his speech on Fit India said that fitness is not just a word but a way to lead a healthy life. The Prime Minister said that on this a great sportsperson was born, Major Dhyan Chand and he surprised the world with his fitness, stamina, and hockey stick.

“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”, the PM added.

PM Modi 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.

Even the UGC has urged to every citizen of this country to walk at least 10,000 steps and make it a habit of daily life.

So ultimately this session was all about to make the environment of the sports in the country so that the India's position can be upgraded in the medal tally of the Tokyo Olympic, 2020 and in forthcoming Olympic Games also.



Students witnessing the session on Fit India Movement



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



Students and faculty members of TIAS discussing about the session.



Students discussing after the session

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 by the PM Modi.

LIST OF BENEFICIARIES - 29th August, 2019 Video Conferencing: Fit India Movement By Hon'ble PM Shri Narendra Modi			
S. No	Enrollment No	Name	Course
1	07817002419	RUSHALI KAUL	BAJMC
2	35117002019	SARTHAK SAXENA	BCA
3	35617002019	MANAV KHANNA	BCA
4	07917002419	ANSHUL PANTHRI	BAJMC
5	35217002019	PRACHI GARG	BCA
6	35417002019	NAMAN CHOPRA	BCA
7	08017002419	TRIPTI PIPIL	BAJMC
8	35517002019	YAMINI MISHRA	BCA
9	00217001718	ABHISHEK BABBAR	BBA
10	08117002419	NITYAM CHHABRA	BAJMC
11	35317002019	DIVISH MANUJA	BCA
12	00417001718	AKSHIT CHHATWAL	BBA
13	08217002419	AAKASH GULATI	BAJMC
14	00517001718	AMAN GUPTA	BBA
15	00617001718	ANSHUL BANSAL	BBA
16	08317002419	ISHA PRASAD	BAJMC
17	00817001718	AVANI GUPTA	BBA
18	00917001718	BHARAT SHARMA	BBA
19	41821301718	SIMRAN SIDDHIKA	BBA
20	01017001718	BHAVIK JAIN	BBA
21	01117001718	BHAVIK PRAKASH	BBA

22	06617001719	SAMRIDH JULKA	BBA
23	08617002419	RASHISH PANDEY	BAJMC
24	08817002419	KANISHK	BAJMC
25	06717001719	VANSHIKA TANDON	BBA
26	08917002419	DAKSH SHARMA	BAJMC
27	09017002419	SHOAIB RAHMAN	BAJMC
28	06817001719	VANSH BATRA	BBA
29	08717002419	GEETIKA BISHT	BAJMC
30			BAJMC
31	06917001719	KARTIK GARG GARG	BBA
32	09117002419	ROHAN JHA	BAJMC
33	10417002419	ANSHIKA RANA	BAJMC
34	07017001719	VIREN SAHNI	BBA
35	09617002419	KARTIK SHARMA	BAJMC
36	10017002419	YASH DEEPAK	BAJMC
37	07117001719	AMANDEEP SINGH SURI	BBA
38	09317002419	MAITRAIYA DURGAPAL	BAJMC
39	09517002419	KHUSHI AGGARWAL	BAJMC
40	07217001719	AKANSHA SHARMA	BBA
41	09417002419	SHIYA RANA	BAJMC
42	09217002419	PRAYANK DHAWAN	BAJMC
43	07317001719	MAHESH JOSHI	BBA
44	42021301718	NIMISHA GUPTA	BBA
45	40717002418	DIVYANSH SHINGHAL	BAJMC
46			BAJMC
47	42121301718	SHIVI TYAGI	BBA
48	40917002418	SAQUIB YOUSUF BHAT	BAJMC
49	43021301718	ANMOL GAMBHIR	BBA
50	42421301718	DHRUV BAGRAWAT	BBA
51	41017002418	SARVATRA RAWAT	BAJMC
52	43321301718	TUSHAR GUPTA	BBA
53	42721301718	HARDIK MADAN	BBA
54	41217002418	SIMRAN DUA	BAJMC
55	41317002418	AKANKSHA VERMA	BAJMC
56	42921301718	JAYANT CHAURASIA	BBA
57	50117002418	DHAIRYA AGARWAL	BAJMC