



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

REPORT

ON

WALK INDIA- THE NEED FOR HEALTHY MIND AND BODY

EVENT : Walk India- The Need for Healthy Mind and Body

Nodal Officer : Dr. Ruchi Srivastava

Convener-Incharge : Mr. Inderpreet Singh

Student Beneficiary : 62

Participation : BBA, BJMC, BCA, MBA

Date : 14/05/2022

Time : 10:30 AM onwards

Platform : District Park, Rohini



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Fit India Youth Club

Organizes

Walk India - The need for Healthy Mind and Body

Theme: Encouraging people for physical and mental Health

Note : Participants will report at 10 Am at TIAS Campus

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

14-May-2022, Saturday

Time: 10:30 AM Onwards

Platform: District Park , Rohini

In Association With



Dr. Ruchi Srivastava
Nodal Officer

Mr. Inderpreet Singh
Incharge - Fitness Club



Objectives of the event

1. To encourage students to inculcate the habit of walking in their day to day life
2. To generate awareness regarding the culture of walking among the students
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 14/05/2022 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.

The idea behind the organization of the event is to inculcate the walk in the daily lives of participants so that they can relieve the day to day stress and channelize their energy into meaningful content. Moreover, there are additional benefits for the students to perform walk i.e maintain a healthy weight and lose body fat, prevent or manage various conditions, including heart disease, stroke, high blood pressure, cancer and type 2 diabetes. Improve cardiovascular fitness. 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 walk organized by 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 benefit of walking in their day to day life.
2. improved their agility, balance, and flexibility

FIT INDIA YOUTH CLUB			
Walk India- The Need for Healthy Mind And Body			
DATE: 14.05.2022			
LIST OF BENEFICIARIES			
1	MAYANK SIKKA	08717001721	BBA
2	MANEESHA	07917001721	BBA
3	ALANKRIT GUPTA	11717001721	BBA
4	SWAYAM GUPTA	09917001721	BBA
5	HARSH GUPTA	01217001721	BBA
6	VANSHIKA VERMA	01917001721	BBA
7	TISHA CHWLA	13117001721	BBA
8	ABHISHEK KUMAR	07921301721	BBA
9	DIVYA PARMAR	13217001721	BBA
10	AANCHAL MAHESHWARI	06621301721	BBA
11	DHEERAJ SOLANKI	13317001721	BBA
12	PRANAV JAIN	08421301721	BBA
13	SARTHAK JAIN	13417001721	BBA
14	AYUSH GARG	09521301721	BBA
15	KHUSHI GAUR	13517001721	BBA
16	AARAV ARORA	10221301721	BBA
17	KUSUM YADAV	13617001721	BBA
18	RONIT JASPAL	50321301721	BBA
19	MADHUR AGGARWAL	13717001721	BBA
20	SHIVANI DHILLON	11621301720	BBA
21	RIYA GUPTA	03417002020	BCA
22	ABHIJEET SINGH BALI	00317001720	BBA
23	PIYUSH	08921301720	BBA
24	PRATIK SINGH	35617002020	BCA
25	AARTIK KAPOOR	00521301720	BBA
26	MAHIMA ARORA	07321301720	BBA
27	DESHIK CHAWLA	02617001720	BBA

28	SAGAR RATHOR	10821301720	BBA
29	ISHIKA SHARMA	05017001720	BBA
30	SHIVANI	03717002020	BCA
31	VASU JAIN	04417002020	BCA
32	PURUSHARTH	09421301720	BBA
33	GOVIND VIJAY	01717002020	BCA
34	AMIT KUMAR	00721302420	BJMC
35	SUDIPTO BHUKTA	04117002020	BCA
36	ANANYA KARAN SRIVASTAVA	00921302420	BJMC
37	ABHISHEK MALHOTRA	00117002020	BCA
38	SHREY ARYA	11721301720	BBA
39	SHREY GOEL	11821301720	BBA
40	HARSHIT GOYAL	02017002020	BCA
41	SUDIPTO BHUKTA	04117002020	BCA
42	GOVIND VIJAY	01717002020	BCA
43	KUNAL KUMAR	02517002020	BCA
44	PRATIK SINGH	35617002020	BCA
45	YASH SHARMA	04617002020	BCA
46	AYUSHI PANWAR	01117002020	BCA
47	SONALI KAPOOR	03221302420	BAJMC
48	VIKAS MISHRA	36521301720	BBA
49	PIYUSH GUPTA	08821301720	BBA
50	NAKUL BAJAJ	02617002020	BCA
51	VAIBHAV BHATIA	02921302021	BCA
52	VISHAL VERMA	03621302021	BCA
53	SHIVANSH RAWAT	04421302021	BCA
54	SIDDHANT GULATI	03421302021	BCA
55	RISHABH SINGH SOLANKI	03121302021	BCA
56	AMIT KUMAR	00721302420	BAJMC
57	DHRITI PASRICHA	02021302420	BAJMC
58	HARSH TEJANIYA	03021302420	BAJMC
59	SUNIDHI PANDEY	08917002420	BAJMC
60	VANSH CHUGH	09517002420	BAJMC
61	PUNEET JAIN	06417002420	BAJMC
62	KHUSHBOO SABHARWAL	35317002420	BAJMC