



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

General Awareness Session for Physical and Mental Health

- EVENT** : General Awareness Session for Physical and Mental Health
- Theme** : Yoga and Meditation: Looking Inwards for Mental Peace
- Nodal Officer** : Dr. Ruchi Srivastava
- Convener-Incharge** : Mr. Inderpreet Singh
- Student Beneficiary** : 63
- Participation** : BBA, BJMC, BCA, MBA
- Date** : 11/06/2022
- Time** : 10:00 AM Onwards
- Platform** : Room No 1308, PG Building TIAS

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INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085

75
Azadi Ka Amrit Mahotsav

Fit India Youth Club
Organizes

General Awareness Session for Physical and Mental Health

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

11.06.2022, Saturday
10:00 AM Onwards

Speaker: Lt.Dt. Suhail Ahtesham
Venue: Room No. 1308 PG Building TIAS

In Association With

Dr. Ruchi Srivastava
Nodal Officer

Mr. Inderpreet Singh
Incharge - Fitness Club

OBJECTIVES

1. To offer students the opportunity to understand about the insights of physical & mental health.
2. To increase awareness regarding mental health problems
3. To encourage students to change their routine and live a healthy life

REPORT

This activity has been organized by the Fit India Youth Club of Tecnia Institute of Advanced Studies on 11.06.2022 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. In this event, indoor expert gave a session to the students at the campus to understand the physical and mental health problems prevailing the society. All the participants enjoyed this event and were glad that these types of events in which they understand the flaws and try to recover by taking a corrective action. Awareness session helps an individual much more than in the physical aspects alone.



Students Participation in the event

LEARNING OUTCOME

Participants have

1. understood the relevant of event
2. got a better insights about the physical and mental problems prevailing
3. understood to live a better life to remove stress from mind and body

| FIT INDIA YOUTH CLUB GENERAL AWARENESS SESSION FOR PHYSICAL AND MENTAL HEALTH) DATE: 11.06.2022 LIST OF BENEFICIARIES | | | |
|--|----------------------|--------------------------|---------------|
| S. NO | NAME | ENROLLMENT NO | COURSE |
| 1 | YASH KAPOOR | 04921301719 | BBA |
| 2 | VEDANT KUMAR | 00317002021 | BCA |
| 3 | VASU JAIN | 04417002020 | BCA |
| 4 | VANSHIKA BANSAL | 07617001721 | BBA |
| 5 | VAIBHAV MUDGAL | 09317002420 | BAJMC |
| 6 | UJJWAL JUNEJA | 00217002021 | BCA |
| 7 | UJJWAL | 04317002020 | BCA |
| 8 | TANISHQ | 07817001721 | BBA |
| 9 | SUDIPTO BHUKTA | 04117002020 | BCA |
| 10 | SNEHA SRIVASTAVA | 07417001721 | BBA |
| 11 | SHRUTI JAIN | 08117001721 | BBA |
| 12 | SHRUTI JAIN | 08617002420 | BAJMC |
| 13 | SHRUTI DWIVEDI | 12021301720 | BBA |
| 14 | SHRUTI BHANDARI | 08017001721 | BBA |
| 15 | SHRISH KASHYAP | 03817002020 | BCA |
| 16 | SHORYA SADH | 11221301721 | BBA |
| 17 | SATVIK | 00817002021 | BCA |
| 18 | SANIDHYA SINGH | 00617002021 | BCA |
| 19 | SAMPANN ARORA | 00717002021 | BCA |
| 20 | SACHIN KUMAR SOLANKI | 07521302420 | BCA |
| 21 | SABIYA BASHEER | 07421302420 | BCA |
| 22 | MAYANK SIKKA | 08717001721 | BBA |
| 23 | MAYANK MALHOTRA | 04317001719 | BBA |
| 24 | MANSI SINGH | 04021301719 | BBA |
| 25 | MANEESHA | 07917001721 | BBA |
| 26 | MANAV GUPTA | 00117002019 | BCA |
| 27 | MAHIMA ARORA | 07321301720 | BBA |

| | | | |
|----|-------------------------|-------------|-------|
| 28 | LAKSHITA PATNEY | 04521302420 | BAJMC |
| 29 | KUNIKA MAINDOLA | 02817002019 | BCA |
| 30 | KUNAL KUMAR | 02517002020 | BCA |
| 31 | KUMAR SHUBHAM | 00621302419 | BAJMC |
| 32 | KHUSHALI SINGHAL | 04021302420 | BAJMC |
| 33 | KESHAV GULATI | 02517002019 | BCA |
| 34 | KARTIK BISHT | 08817001719 | BBA |
| 35 | KANIKA JAIN | 50517001720 | BBA |
| 36 | JATIN KUMAR | 00517001719 | BBA |
| 37 | JANVI TIWARI | 03821302420 | BAJMC |
| 38 | JANVI BERY | 03621302420 | BAJMC |
| 39 | JANUAL ABDIN | 02717002019 | BCA |
| 40 | JAI KHATRI | 05317001720 | BBA |
| 41 | ISHIKA SHARMA | 05017001720 | BBA |
| 42 | HARSHIT GOYAL | 02017002020 | BCA |
| 43 | HARSH ROHATGI | 01821302419 | BAJMC |
| 44 | HARSH GUPTA | 01217001721 | BBA |
| 45 | GOVIND VIJAY | 01717002020 | BCA |
| 46 | DESHIK CHAWLA | 02617001720 | BBA |
| 47 | CHAHT ARORA | 14817001719 | BBA |
| 48 | BHAVYA AGGARWAL | 04617002019 | BCA |
| 49 | BHAVY SHARMA | 35317002020 | BCA |
| 50 | AYUSHREE SWAMI | 03221301720 | BBA |
| 51 | AYUSHI PANWAR | 01117002020 | BCA |
| 52 | AVI SEHRAWAT | 2121302419 | BAJMC |
| 53 | ANUJ UPPAL | 36017001719 | BBA |
| 54 | ANUJ P SINGH | 08517001719 | BBA |
| 55 | ANKUR BANSAL | 00617002020 | BCA |
| 56 | ANANYA KARAN SRIVASTAVA | 00921302420 | BJMC |
| 57 | ANANYA KARAN SRIVASTAVA | 00921302420 | BJMC |
| 58 | AMIT KUMAR | 00721302420 | BJMC |
| 59 | ALANKRIT GUPTA | 11717001721 | BBA |
| 60 | ALAKSA ASSIS | 00621302420 | BAJMC |
| 61 | AFZAL KHAN | 00617001720 | BBA |
| 62 | ADITYA UNIYAL | 00121302420 | BAJMC |
| 63 | ABHISHEK ROY | 00217002020 | BCA |