



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

SESSION BY YOGA INSTRUCTOR

EVENT : Session by Yoga Instructor

Nodal Officer : Dr. Ruchi Srivastava

Convener-Incharge : Mr. Inderpreet Singh



Student Beneficiary : 57

Participation : BBA, BJMC, BCA, MBA



Date : 03/06/2022

Time : 10:00 AM onwards


Platform : Offline TIAS



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INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085




Fit India Youth Club








Organizes

Session on Yoga
Yoga and Meditation: Looking Inwards for mental peace
Departments: MBA, BBA, BA(J&MC) & BCA

03.06.2022, Friday
Time: 10 am onwards
Venue: Offline, TIAS



In Association With



Dr. Ruchi Srivastava
Nodal Officer

Mr. Inderpreet Singh
Incharge - Fitness Club

Objectives of the event

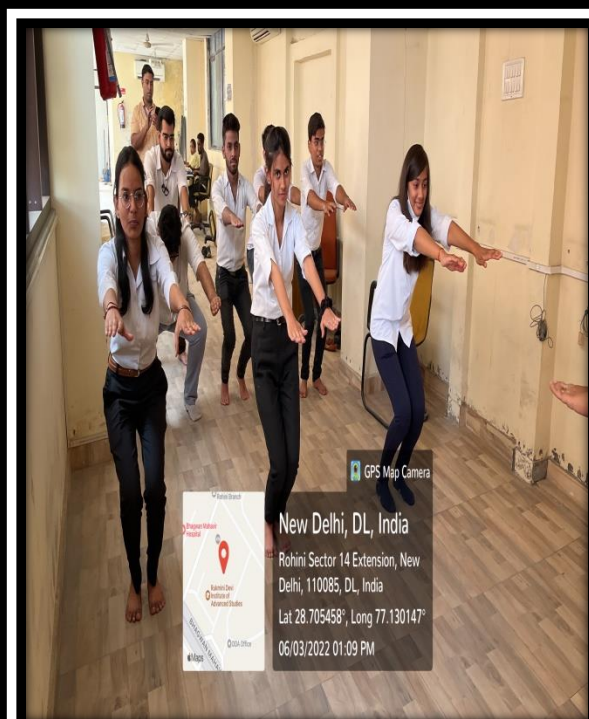
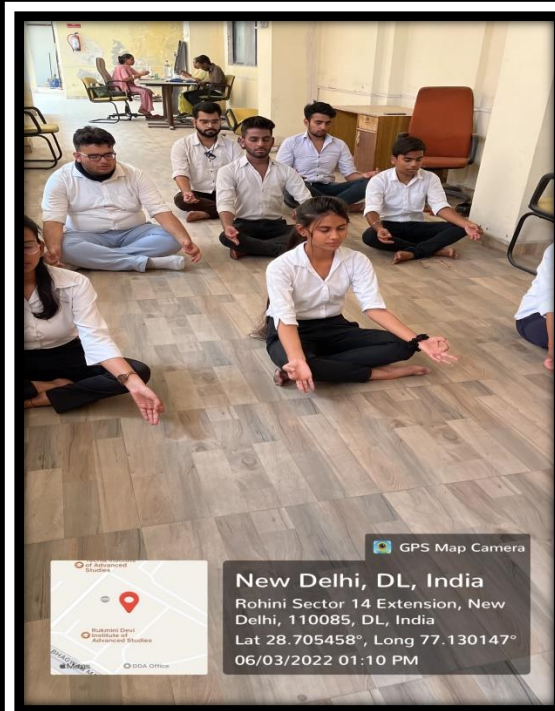
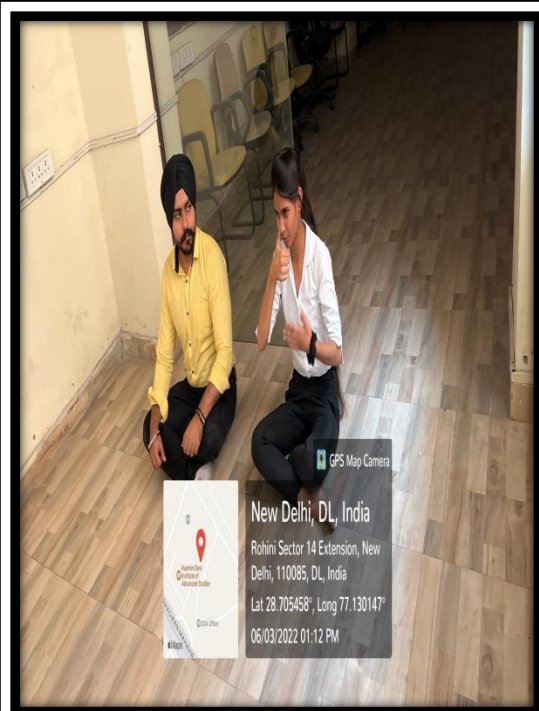
1. To encourage students to inculcate the habit of yoga in their day to day life
2. To generate awareness regarding the different asanas among the students
3. To help students to tune their mind away from the clutter of thoughts that frequently occupies the minds and relieve stress

REPORT

This event was organized by Fit India Youth Club of Tecnia Institute of Advanced Studies, Rohini, Delhi on 03/06/2022 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.

The idea behind the organization of the event is to inculcate the yoga 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 yoga i.e 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 yoga 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 yoga in their day to day life
2. improved their agility, balance, and flexibility
3. learnt different asanas to remove stress from their life

FIT INDIA YOUTH CLUB SESSION ON YOGA 03.06.2022 LIST OF BENEFICIARIES			
S. NO	NAME	ENROLLMENT NO	COURSE
1	SAHIL BANSAL	06617001721	BBA
2	HARSHIT TIWARI	15117001721	BBA
3	SAMBHAV JAIN	06717001721	BBA
4	SAYAN SASMAL	15317001721	BBA
5	YASHWANT	06817001721	BBA
6	YASHIKA RAWAT	15217001721	BBA
7	ANJALI DUDHERIA	06917001721	BBA
8	ARMAN KHAN	15417001721	BBA
9	SAKSHAM SINGH	07017001721	BBA
10	SHREE KAUSHIK	07117001721	BBA
11	SANAT ROOPRAI	15517001721	BBA
12	HARSHIT SHARMA	07217001721	BBA
13	ABHINAV VERMA	50117001721	BBA
14	PREMDEEP SAHA	10421301721	BBA
15	DEV CHAWLA	07317001721	BBA
16	PIYUSH GOYAL	10521301721	BBA
17	SNEHA SRIVASTAVA	07417001721	BBA
18	ARPITA KHURANA	10621301721	BBA
19	KANISHKA	07517001721	BBA
20	DAKSH DUTT	10721301721	BBA
21	VANSHIKA BANSAL	07617001721	BBA
22	PARTH MALIK	10821301721	BBA
23	CHHAVI SETHI	07717001721	BBA
24	TANISHQ	07817001721	BBA
25	ABHINAV	10921301721	BBA
26	MANEESHA	07917001721	BBA

27	ANSHPREET SINGH	11021301721	BBA
28	SHRUTI BHANDARI	08017001721	BBA
29	MAHESH PATHAK	11121301721	BBA
30	SHRUTI JAIN	08117001721	BBA
31	SHORYA SADH	11221301721	BBA
32	NANDITA MISHRA	06121302420	BAJMC
33	NAVYA ARORA	06221302420	BAJMC
34	NIMISHA CHAWLA	06321302420	BAJMC
35	PRACHI CHAUDHARY	06421302420	BAJMC
36	PRAKHAR MAHESHWARI	06521302420	BAJMC
37	RAHUL SHARMA	06621302420	BAJMC
38	RAKSHITA BANSAL	06721302420	BAJMC
39	RISHABH CHANDEL	06821302420	BAJMC
40	RITIKA BARUA	06921302420	BAJMC
41	RIYA BHASKAR	07021302420	BAJMC
42	RIYA SINGH	07121302420	BAJMC
43	ROHAN KHARBANDA	07221302420	BAJMC
44	RONAK BATRA	07321302420	BAJMC
45	SABIYA BASHEER	07421302420	BCA
46	SACHIN KUMAR SOLANKI	07521302420	BCA
47	DHRUV VERMA	00117002021	BCA
48	UJJWAL JUNEJA	00217002021	BCA
49	VEDANT KUMAR	00317002021	BCA
50	RISHIKA ARORA	00417002021	BCA
51	ABHISHEK RANA	00517002021	BCA
52	SANIDHYA SINGH	00617002021	BCA
53	SAMPANN ARORA	00717002021	BCA
54	SATVIK	00817002021	BCA
55	RAHUL MITTAL	00917002021	BCA
56	MAYANK CHAUDHARY	01017002021	BCA
57	KAMAR ALAM	01117002021	BCA