



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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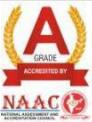
Fit India Youth Club

REPORT

ON

Fit India Plog Run

EVENT	: Fit India Plog Run
Nodal Officer	: Dr. Rohtash Kumar Garg
Student Beneficiary	: 109
Participation	: BBA, BJMC, BCA, MBA
Date	: 02/10/2019
Time	: 09:00 AM onwards
Venue	: Tias Offline

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INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085





Fit India Youth Club
Organizes



Fit India Plog Run
Departments: MBA, BBA, BA(J&MC) & BCA

02/10/2019, Wednesday
09:00 AM onwards
Venue: Tias Offline



In Association With





Dr. Rohtash Kumar Garg
Nodal Officer



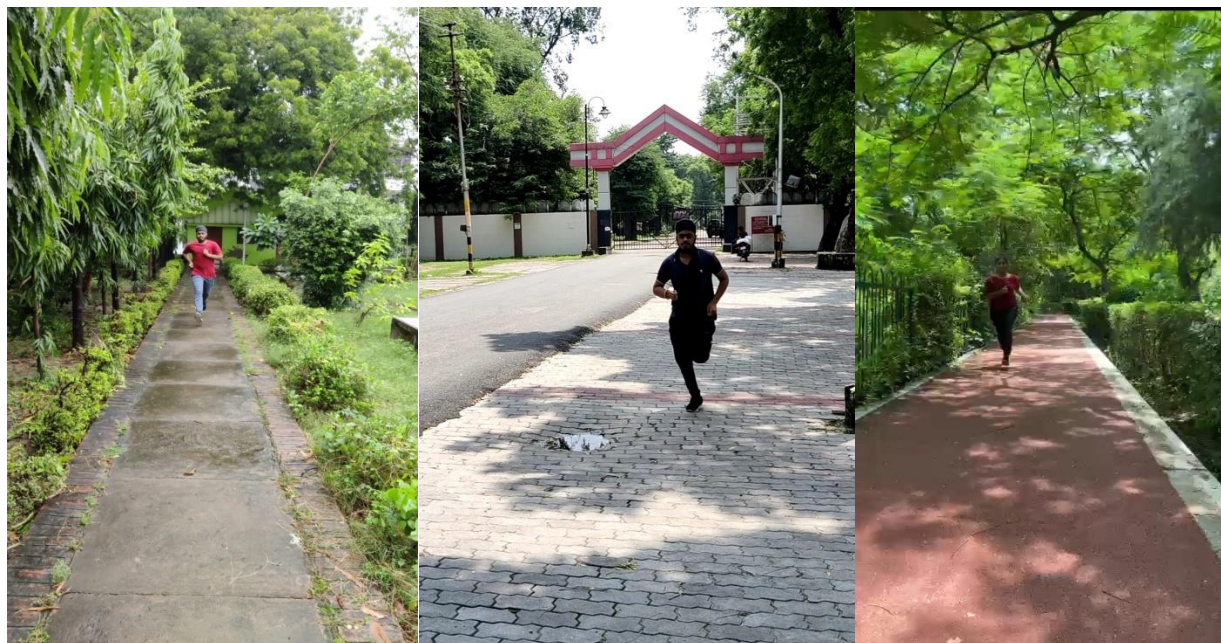

Objectives of the Event

1. To popularize the concept of fitness and cleanliness among students
2. To make people adopt healthy lifestyle
3. To make students aware about the plog run

Report

This event was organized by Fit India Youth Club of Tecnia Institute of Advanced Studies, Rohini, Delhi on 02/10/2019 in continuation of Government of India, Ministry of Youth, no F.No.P.32.1/NSS/DTE/2019 dated 01 October, 2019 regarding the celebration of “Fit India Plog Run” on 02/10/2019 to mark 150th Birth Anniversary of Mahatma Gandhi because this is the part of Prime Minister Narendra Modi Ji’s vision of the Fit India Movement. Plogging brings together fitness and cleanliness because as per the vision in the plog run participants will pick up plastic and other waste from the road while jogging. The students spent an hour plogging on the college grounds with the concept of fitness and cleanliness in mind; that is, while jogging, they had to pick up rubbish to effect a larger change in the environment.

Students of Tecnia Institute of Advanced Studies had enjoyed participating in such events and provide their participation in such activities because these activities provide relief to stress and help people to incorporate the fitness lifestyle.



Students Participating in the Plog Run

Learning Outcome

Students have learnt about the

1. concept of fitness and cleanliness
2. the importance of healthy lifestyle
3. the inculcation of plog run

FIT INDIA PLOG RUN DATE: 02/10/2019 FIT INDIA PLOG RUN LIST OF BENEFICIARIES			
S. No	Name	Enrollment No	Course
1	ABHISHEK MEHRA	00117002418	BAJMC
2	DIVYANSH SHINGHAL	40717002418	BAJMC
3	SARVATRA RAWAT	41017002418	BAJMC
4	ADITYA SHARMA	00217002418	BAJMC
5	YUKTA WADHWA	40617002418	BAJMC
6	SIMRAN DUA	41217002418	BAJMC
7	AGRIMA SHARMA	00317002418	BAJMC
8	SAQUIB YOUSUF BHAT	40917002418	BAJMC
9	TANISHA	07717002419	BAJMC
10	AJITPAL SINGH SURI	00417002418	BAJMC
11	ANSHUL PANTHRI	07917002419	BAJMC
12	RUSHALI KAUL	07817002419	BAJMC
13	AKANKSHA SRIVASTAVA	00517002418	BAJMC
14	ISHA PRASAD	08317002419	BAJMC
15	JASJEET KAUR	03517002418	BAJMC
16	AKRITI -- MALHOTRA	00617002418	BAJMC
17	TRIPTI PIPIL	08017002419	BAJMC
18	NITYAM CHHABRA	08117002419	BAJMC
19	AKSHAT JAKHAR	00717002418	BAJMC
20	AAKASH GULATI	08217002419	BAJMC
21	SHRISTI	08517002419	BAJMC
22	AKSHIT KATHURIA	00817002418	BAJMC

23	RASHISH PANDEY	08617002419	BAJMC
24	GEETIKA BISHT	08717002419	BAJMC
25	AKSHITA RANA	00917002418	BAJMC
26	KANISHK	08817002419	BAJMC
27	SHOAIB RAHMAN	09017002419	BAJMC
28	AMANDEEP SINGH	01017002418	BAJMC
29	ROHAN JHA	09117002419	BAJMC
30	PRAYANK DHAWAN	09217002419	BAJMC
31	ANKIT KUMAR	01117002418	BAJMC
32	PRAYANK DHAWAN	09217002419	BAJMC
33	MAITRAIYA DURGAPAL	09317002419	BAJMC
34	ARJUN SHARMA	01217002418	BAJMC
35	SHIYA RANA	09417002419	BAJMC
36	AVNEET BHATIA	01317002418	BAJMC
37	AVNEET SINGH	01417002418	BAJMC
38	DAKSH SHARMA	08917002419	BAJMC
39	AYUSHI BISHT	01517002418	BAJMC
40	ABHISHEK BABBAR	00217001718	BBA
41	AKSHIT CHHATWAL	00417001718	BBA
42	AMAN GUPTA	00517001718	BBA
43	ANSHUL BANSAL	00617001718	BBA
44	AVANI GUPTA	00817001718	BBA
45	BHARAT SHARMA	00917001718	BBA
46	SHUBHAM BANSAL	45121301718	BBA
47	BHAVIK JAIN	01017001718	BBA
48	BHAVIK PRAKASH	01117001718	BBA
49	MANSI ARORA	03217001718	BBA
50	AYUSH GOEL	35521301718	BBA
51	RITIK YADAV	35921301718	BBA
52	MAHESH KUMAR	03317001718	BBA
53	TANISHKA ARORA	36221301718	BBA
54	PRATEEK JAIN	41521301718	BBA
55	MAYANK AGRAWAL	03517001718	BBA
56	VIDUSHI SONI	41621301718	BBA
57	MEHUL BISWAS	03617001718	BBA
58	BHAVYA JAIN	41721301718	BBA
59	SIMRAN SIDDHIKA	41821301718	BBA
60	MOHIT KUMAR	03717001718	BBA
61	RAHUL SACHDEVA	41921301718	BBA
62	NIMISHA GUPTA	42021301718	BBA
63	MUSKAN ANAND	03817001718	BBA

64	SHIVI TYAGI	42121301718	BBA
65	DHRUV BAGRAWAT	42421301718	BBA
66	MUSKAN GUPTA	03917001718	BBA
67	HARDIK MADAN	42721301718	BBA
68	JAYANT CHAURASIA	42921301718	BBA
69	NIPUN	04017001718	BBA
70	ANMOL GAMBHIR	43021301718	BBA
71	SUYASH BANSAL	44021301718	BBA
72	PALAK KOCHAR	04117001718	BBA
73	ABHINAV CHOPRA	45221301718	BBA
74	ASTHA MITAL	45321301718	BBA
75	PALLAVI MALIK	04217001718	BBA
76	TUSHAR GUPTA	43321301718	BBA
77	JATIN TAYAL	43721301718	BBA
78	PAVITRA KAUSHIK	04317001718	BBA
79	IKSHIT NAGPAL	43821301718	BBA
80	SOMYA VERMA	44221301718	BBA
81	PIYUSH MALHOTRA	04417001718	BBA
82	RISHIKA GULATI	44121301718	BBA
83	AMAN SHARMA	44321301718	BBA
84	PRERNA JAWA	04517001718	BBA
85	SABIH ZAIDI	44421301718	BBA
86	RITANJAY AMAR	44521301718	BBA
87	PRITHVI SINGH DHUNNA	04617001718	BBA
88	PUSHPDANT SHARMA	04717001718	BBA
89	RAGHAV BANSAL	04817001718	BBA
90	RAJAT GOEL	04917001718	BBA
91	RASHI JAIN	05017001718	BBA
92	ROBIN BHARDWAJ	05217001718	BBA
93	SACHIN SAKLANI	05317001718	BBA
94	SAKAR MALHOTRA	05417001718	BBA
95	SANCHIT ARORA	05517001718	BBA
96	PRATEEK ARORA	44721301718	BBA
97	SHUBHAM RATHORE	44921301718	BBA
98	SARTHAK GUPTA	05617001718	BBA
99	SARTHAK GUPTA	05717001718	BBA
100	MEHAK MEHTA	44821301718	BBA
101	RAHUL NANDAL	45021301718	BBA
102	SATYA DEEP SINGH	05817001718	BBA
103	BHAVYA AGGARWAL	04617002019	BCA
104	DEEPANSHU TOMAR	04717002019	BCA

105	KARTIK KAPOOR	04817002019	BCA
106	GEETANSHI ARORA	04917002019	BCA
107	SARTHAK SAXENA	35117002019	BCA
108	PRACHI GARG	35217002019	BCA
109	DIVISH MANUJA	35317002019	BCA