



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

Encouraging people to get together to do Cardio Workout

EVENT	: Encouraging people to get together to do Cardio Workout
Nodal Officer	: Dr. Ruchi Srivastava
Convener-Incharge	: Mr. Inderpreet Singh
Student Beneficiary	: 42
Participation	: BBA, BJMC, BCA, MBA
Date	: 09/07/2022
Time	: 10:00 PM onwards



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INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085



Organizes
Encourage people to get together to cardio workout on regular basis
Theme : physical health: Key ingredients of fitness
Departments: MBA, BBA, BA(J&MC) & BCA
09.07.2022, Saturday
10:00 AM Onwards
Venue: Tias, Offline



In Association With



Dr. Ruchi Srivastava
Nodal Officer

Mr. Inderpreet Singh
Incharge - Fitness Club



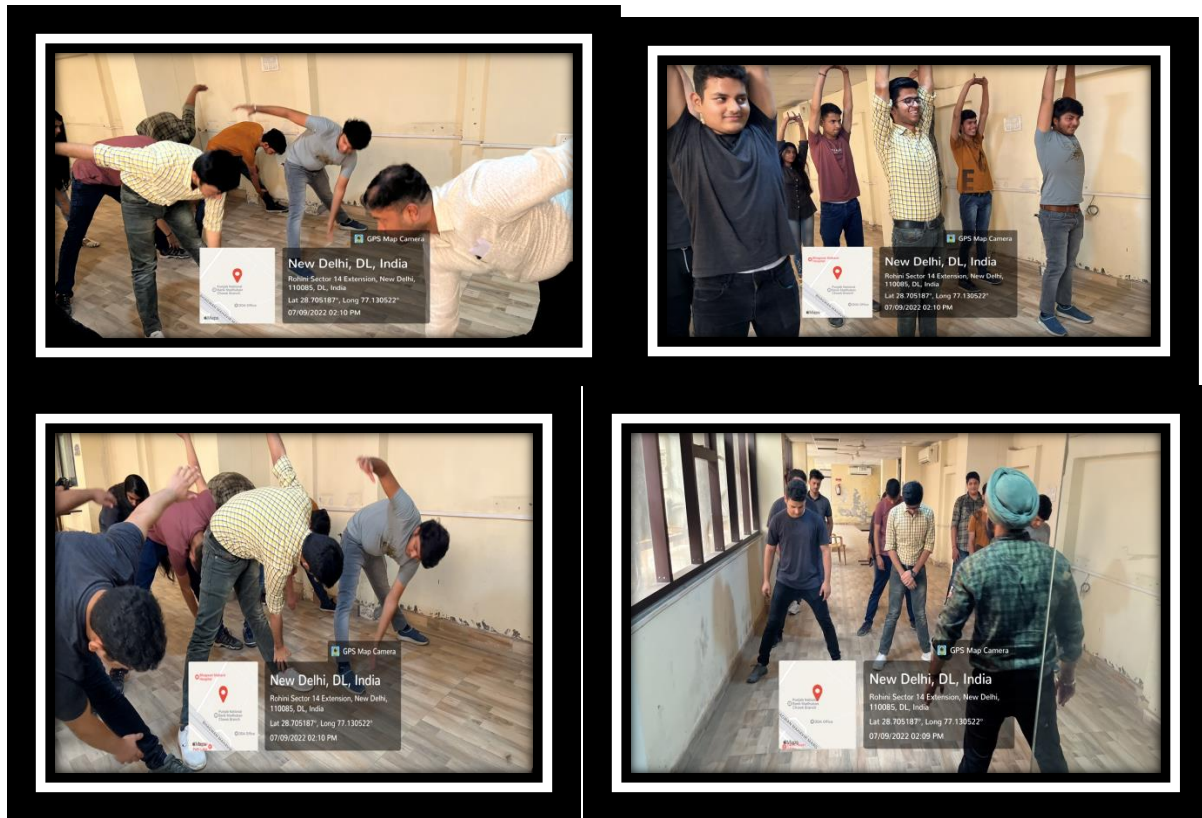
Objectives of the event

1. To generate awareness among the students towards the importance of cardio workout
2. To assist students in proliferating their physical and mental peace and calm
3. To help students to inculcate the exercise in their daily regime

REPORT

This event was organized by Fit India Youth Club of Tecnia Institute of Advanced Studies, Rohini, Delhi on 09/07/2022 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. Cardio workout is a practice where an individual uses a technique – to make themselves ready for the heavy exercises and reduce mental stress by doing warm exercises such as stretching, jumping etc. Cardio workout may significantly reduce stress, anxiety.

The idea behind the organization of the event is to inculcate the cardio exercises in the daily lives of participants so that they can relieve the fit citizen of the nation and work stress free. Students participated from all the respective departments of Tecnia Institute of Advanced Studies, Delhi. 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. It aims to address the concerns of the students to promote healthy lifestyle and to create awareness or sensitization through cardio workout for faculty and students.



Glimpse of the event

Learning Outcome

Students have

1. learnt to minimize their stress level.
2. understood to channelize their energies into paramount tasks
3. learnt to implement cardio workout into their daily routine.

**FIT INDIA YOUTH CLUB
ENCOURAGING PEOPLE TO GET TOGETHER
TO DO CARDIO WORKOUT
DATE: 09.07.2022
LIST OF BENEFICIARIES**

S. NO	NAME	ENROLLMENT NO	COURSE
1	YUGAM GROVER	03721302021	BCA
2	VISHAL VERMA	03621302021	BCA
3	NISHITA GUPTA	35521302021	BCA
4	VISHAL SHARMA	35321302021	BCA
5	ARYAN THAKUR	04921302021	BCA
6	KAUSTAV CHAMOLA	03221302021	BCA
7	SHUBHAM	05021302021	BCA
8	AMAN	02221302021	BCA
9	SHIVANSH RAWAT	04421302021	BCA
10	ANSHPREET SINGH	11021301721	BBA
11	ARPITA KHURANA	10621301721	BBA
12	CHHAVI SETHI	07717001721	BBA
13	DAKSH DUTT	10721301721	BBA
14	DEV NALWA	01317002021	BCA
15	DHRUV VERMA	00117002021	BCA
16	KAMAR ALAM	01117002021	BCA
17	KANISHKA	07517001721	BBA
18	MAHESH PATHAK	11121301721	BBA
19	MANEESHA	07917001721	BBA
20	MAYANK CHAUDHARY	01017002021	BCA
21	PARTH MALIK	10821301721	BBA
22	PIYUSH GOYAL	10521301721	BBA
23	PUNEET KUMAR	01517002021	BCA
24	RAHUL MITTAL	00917002021	BCA
25	RISHIKA ARORA	00417002021	BCA
26	SANIDHYA SINGH	00617002021	BCA

27	SATVIK	00817002021	BCA
28	SHORYA SADH	11221301721	BBA
29	SHRUTI JAIN	08117001721	BBA
30	SNEHA SRIVASTAVA	07417001721	BBA
31	TANISHQ	07817001721	BBA
32	UJJWAL JUNEJA	00217002021	BCA
33	VANSHIKA BANSAL	07617001721	BBA
34	VEDANT KUMAR	00317002021	BCA
35	ALANKRIT GUPTA	11717001721	BBA
36	VEDANT KUMAR	00317002021	BCA
37	MAYANK CHAUDHARY	01017002021	BCA
38	DEV NALWA	01317002021	BCA
39	PUNEET KUMAR	01517002021	BCA
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