



TECNIA INSTITUTE OF ADVANCED STUDIES

NAAC ACCREDITED GRADE "A" INSTITUTE

Approved by AICTE, Ministry of HRD, Govt. of India, Affiliated to GGSIP University

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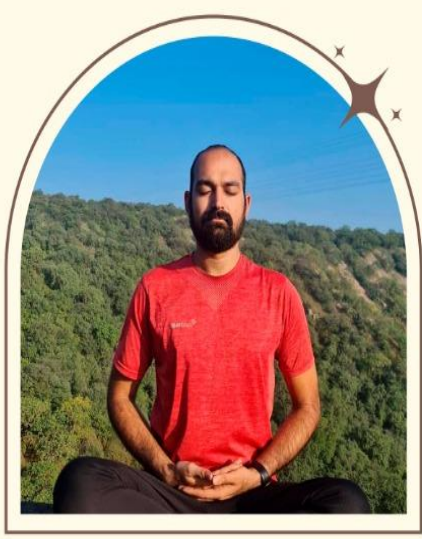
Fit India Youth Club

Event	International Yoga Day
Date	21st June' 2022
Time	10 AM Onwards
Venue	Ravi Shankar Hall, TIAS
Nodal Officer	Dr. Ruchi Srivastava
Incharge	Mr. Inderpreet Singh
Resource Person	Dr. Abhishek Bansal Naturopath and Yoga Expert
List of Beneficiaries	90

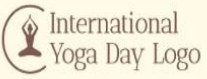



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DELHI INDIA



Dr. Abhishek Bansal
Naturopath and Yoga Expert









Yoga for Harmony & Peace

Celebrate the International Yoga Day

JUNE 21st, 2022
Timing 10:00 AM

www.tiaspg.tecnia.in

Nodal Officer: Mr. Inderpreet Singh & Dr. Ruchi

REPORT

Reference to email received from AICTE on 24.03.2022 on the subject of Observing International Day of Yoga (IDY) 2022 with enclosure copy of letter no.: File No.-STDC/Yoga Day Celebration/ 635/ 2021-2022.

In compliance of the same, TIAS, Fit India Youth Club convened International Yoga Day for the benefit of students and staff with the theme “Yoga for Humanity”

OBJECTIVES

1. To make people aware of the health advantages linked with Yoga.
2. To increase information and inspire young people to pursue Yoga.
3. To help the participants comprehend the importance of being aware of the current situation, it is necessary to urge each individual to accept Yoga not only as a practice but as a daily ritual that must be followed diligently.

Introduction

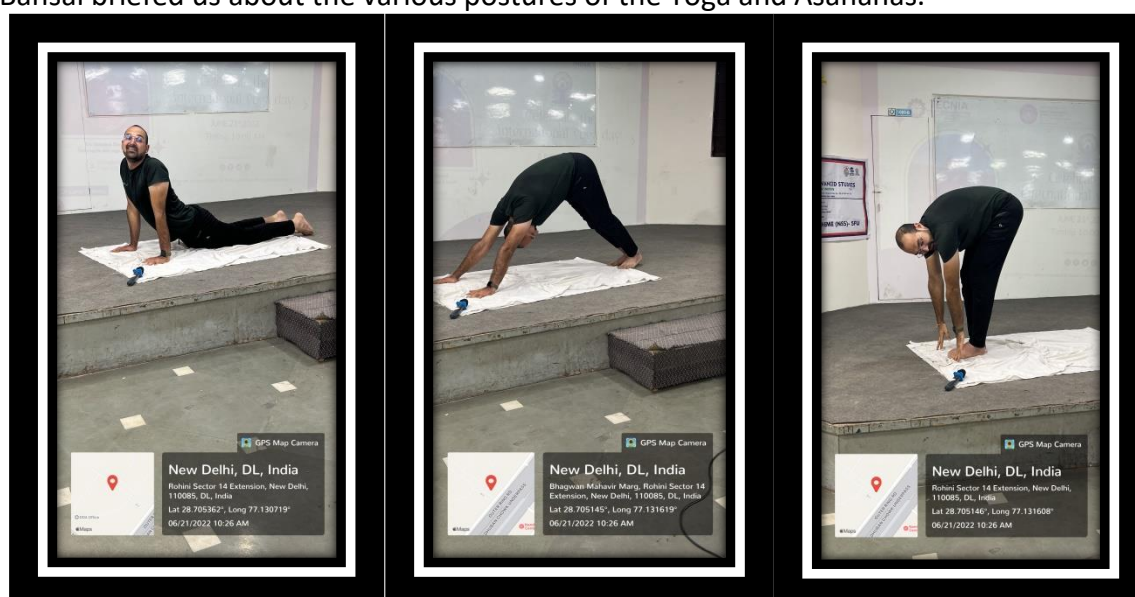
This celebration was intended to increase the knowledge of the students, faculties about benefits of Yoga physically, mentally and spiritually. The key focal point of the program was to make sure each individual gets awareness about way to perform Yoga.

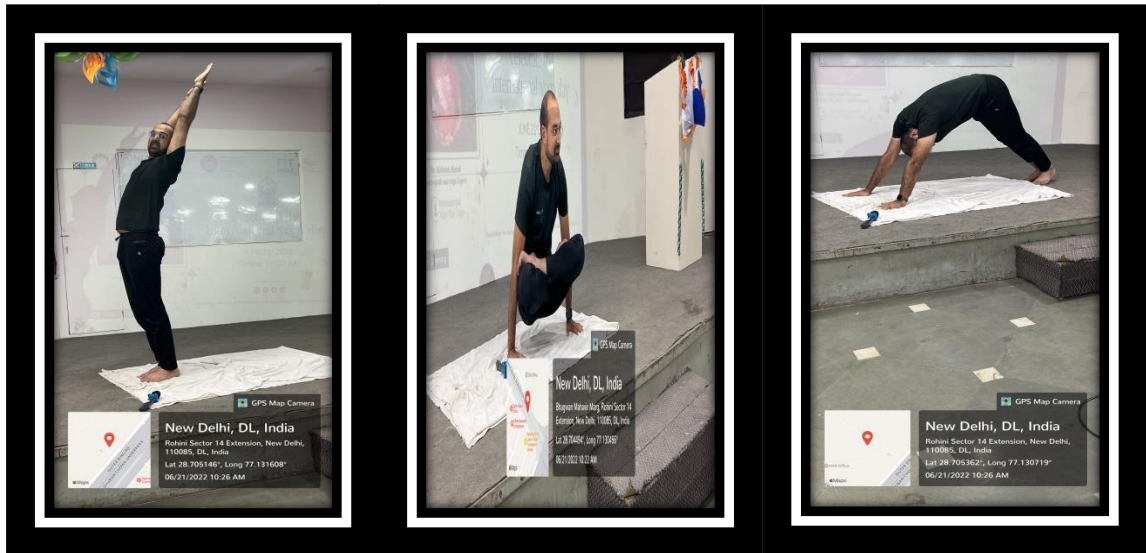
The participants have learned about the different ways and postures to follow while doing the Yoga and related benefits on health and body.

Dr. ABHISHEK BANSAL

Naturopathy and Yoga

Dr Bansal briefed us about the various postures of the Yoga and Asanas.





Guest performing yoga asana



Students performing yoga



Student and Guest yoga pose

Bound Ankle Pose

Sitting on the floor, bend knees and open them out to the side like a book. Join the soles of your feet together while sitting upright.

Place fingertips on the floor directly behind you and lengthen up through the spine. You can also hold onto your ankles and hinge forward at the hips.

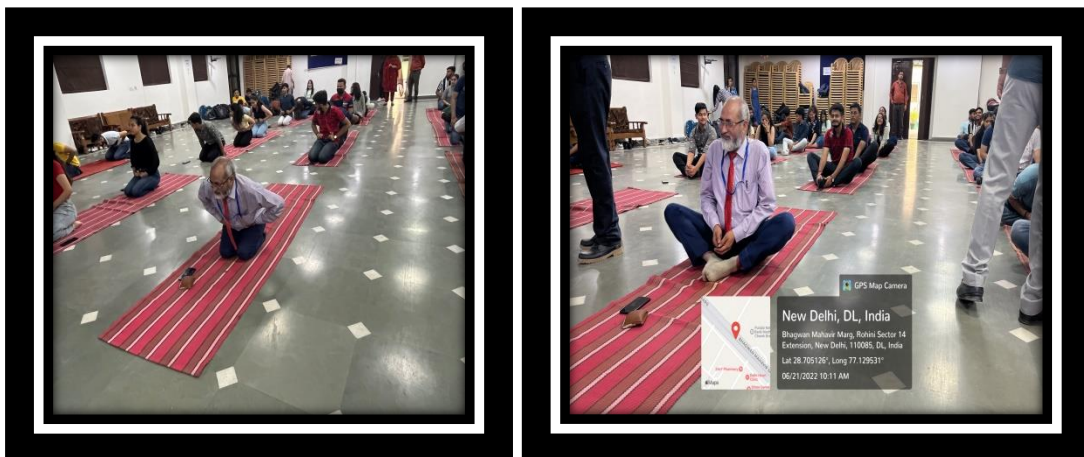
Sukhasana Or Easy Pose

Amazing one for beginners as it gives one the desired comfort. The *asana* is beyond the horizons of the physical dimension and gives a spiritual bliss. *Sukhasana* is best to reduce anxiety and stress and mental tiredness. It corrects the body posture and stretches the chest and spine.

Dr. Ashutosh Bajpai

Head IQAC, Associate Professor Tecnia Institute of Advanced Studies, New Delhi

He gave a vote of Thanks and expressed his gratitude towards Instructors by addressing them. He also performed the yoga with the instructors. He informed about the benefits and his inclination in practicing the art. He also addressed the students and motivated all of us to grow and learn Yoga and enhance their concentration.



Faculty performing yoga with instructors

Learning outcome

1. Participants have gained a better understanding of the various yoga asanas.
2. Participants have acquired valuable insights on the future advantages of Yoga.
3. Participants have attained hands-on experience with Yoga Asanas.

**FIT INDIA YOUTH CLUB
INTERNATIONAL YOGA DAY
DATE: 21.06.2022
LIST OF BENEFICIARIES**

S. No	Name	Enrollment No	Course
1	Muskaan Dhamija	09417001721	BBA
2	ABDUL SAMAR KHAN	10417001721	BBA
3	Syed Hussain Haider	10517001721	BBA
4	SRISHTI GUPTA	10617001721	BBA
5	Avi passi	10717001721	BBA
6	ITISH AGGARWAL	10817001721	BBA
7	Mansi gupta	10917001721	BBA
8	JAGRITI SINDHI	11017001721	BBA
9	Milan Mittal	11117001721	BBA
10	Abu Talim Abu	11217001721	BBA
11	Jaskirat Singh	11317001721	BBA
12	ABHISHEK KUMAR	11417001721	BBA
13	RIYA PRABHAKAR	11517001721	BBA
14	HARSHIT MALIK	11617001721	BBA
15	ALANKRIT GUPTA	11717001721	BBA
16	TANISHA SARRAF	01317001721	BBA
17	Swayam gupta	09917001721	BBA
18	Anshul behal	01417001721	BBA
19	JATIN PATHAK	01517001721	BBA
20	Ujjwal advani	01617001721	BBA
21	Harshit Garg	01717001721	BBA
22	Yash Ahuja	01817001721	BBA
23	Vanshika Verma	01917001721	BBA
24	Harshit Garg	02017001721	BBA
25	GAUTAM SAXENA	02117001721	BBA
26	Kohima Sharma	02217001721	BBA
27	ISHIKA BHANDARI	02317001721	BBA
28	Nischay Nanda	02417001721	BBA
29	Mehak Parnami	02517001721	BBA
30	Kushal Garg	12317001721	BBA
31	Abhay Bhandari	12417001721	BBA
32	Saransh Gumber	12517001721	BBA
33	Kartik Jain	12617001721	BBA
34	AYUSHI GOEL	12717001721	BBA
35	YASH TYAGI	12817001721	BBA
36	Harsh Khandelwal	12917001721	BBA
37	Yugdeep kapoor	13017001721	BBA
38	TISHA CHWLA	13117001721	BBA
39	DIVYA PARMAR	13217001721	BBA

40	DHEERAJ SOLANKI	13317001721	BBA
41	SARTHAK JAIN	13417001721	BBA
42	DHRUV VERMA	00117002021	BCA
43	R KARTIKEYAN	04517002021	BCA
44	UJJWAL JUNEJA	00217002021	BCA
45	MANEESH VIJAYRAN	03817002021	BCA
46	GAGAN BAGHEL	04017002021	BCA
47	VEDANT KUMAR	00317002021	BCA
48	JAYESH LAKRA	03917002021	BCA
49	VIVEK CHAUHAN	04617002021	BCA
50	RISHIKA ARORA	00417002021	BCA
51	SHIVEK GOSAIN	04117002021	BCA
52	ABHISHEK RANA	00517002021	BCA
53	SARTHAK JAIN	04217002021	BCA
54	SANIDHYA SINGH	00617002021	BCA
55	HIMESH MAANDI	04317002021	BCA
56	SAMPANN ARORA	00717002021	BCA
57	VIPUL SARASWAT	04417002021	BCA
58	SATVIK	00817002021	BCA
59	DEV NALWA	01317002021	BCA
60	TARUN AGGARWAL	01217002021	BCA
61	KAMAR ALAM	01117002021	BCA
62	MAYANK CHAUDHARY	01017002021	BCA
63	RAHUL MITTAL	00917002021	BCA
64	AASTHA GAUR	01617002421	BAJMC
65	SAURYA VARDHAN	04017002421	BAJMC
66	KRISHNA KHETARPAL	02917002421	BAJMC
67	MAMTA	01717002421	BAJMC
68	TANISHQA PATIL	01817002421	BAJMC
69	SANSKRITI SINGH	02717002421	BAJMC
70	ROHIT GUPTA	03617002421	BAJMC
71	ARYAN BHARDWAJ	03917002421	BAJMC
72	KHUSHI PRUTHI	02117002421	BAJMC
73	GARVIT SONI	03717002421	BAJMC
74	RIYA JAIN	02617002421	BAJMC
75	SARTHAK THAKUR	03217002421	BAJMC
76	KAVITA KUMARI	02317002421	BAJMC
77	PREYANSHU BHARDWAJ	03517002421	BAJMC
78	SAMARTH GULATI	03117002421	BAJMC
79	STUTI JAIN	03417002421	BAJMC
80	GARIMA SHARMA	03317002421	BAJMC
81	MR. INDERPREET SINGH	FACULTY	
82	DR. ASHUTOSH BAJPAYEE	FACULTY	
83	DR. RUCHI SRIVASTAVA	FACULTY	
84	MS. VAISHALI PRASAD	FACULTY	
85	MR. RAHUL TRIPATHI	FACULTY	
86	DR. SHEENU ARORA	FACULTY	
87	DR. ARCHANA DIXIT	FACULTY	

88	MS. AMBOOJ	FACULTY	
89	MS. SANIA	FACULTY	
90	DR. MEGHA SHARMA	FACULTY	