



# TECNIA INSTITUTE OF ADVANCED STUDIES

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



## REPORT

- Event Category** : Fit India Youth Club & National Sports Organization (NSO)
- Event** : **Yoga & Meditation Session**
- Convener** : Mr. Nitin Yadav
- Date** : 21<sup>st</sup> April, 2023
- Day** : Friday
- Time** : 09:00 AM-10:00 AM
- Venue** : TIAS Multi-Purpose Hall
- Participants** : Students of Tecnia Institute of Advanced Studies, Rukmini Devi Institute of Advanced Studies, Gitarattan Institute of Advanced Studies & Training, Ashtavakra Institute of Rehabilitation Sciences & Research
- Type of Activity** : Outreach Activity.



## Fit India Youth Club

in Collaboration with

**National Sports Organization (NSO)**

Organizing

# Yoga & Meditation Session



Friday 21<sup>st</sup> April 2023 |



09:00 AM - 10: 00 AM

Venue : **Multipurpose Hall  
PG Building, TIAS**

Nodal Officer :

**Mr. Nitin Yadav** (FIYC, NSO)

Student Coordinator:

**Mr. Kunal**

Mob.: 7827377223



[www.tiaspg.tecna.in](http://www.tiaspg.tecna.in)

### The Objectives of the Extension Activity

- To Discover the inner subtle self and bring self-realization to the masses through meditation. It enables people to experience the reality of their own energy
- To Experience emotional well-being and self-improvement.
- To Learn the Basics of Yoga
- To transform human awareness through techniques that promote a more moral, united, integrated, and balanced self.



### **Inaugural Session:**

The session started with an inaugural speech by Dr. Gopal Thakur, Senior Yoga Practitioner. He highlighted Yoga & Meditation really helps you control your mind. If you can't control your mind, you're purely ruled by your nervous system and your environment, so you're just reacting to things without being able to reflect on them. On the other hand, focus leads to composure, self-empowerment.

**Experience emotional well-being and self-improvement.** The inner calm that is part of the Yoga experience boosts your emotional resilience. This ensures your ability to cope with stress now and in the future. Yoga also helps to restore balance internally and externally in your life. It

helps build self-esteem in relationships and accomplishments, repairs any negative feelings, and brings peace and contentment.

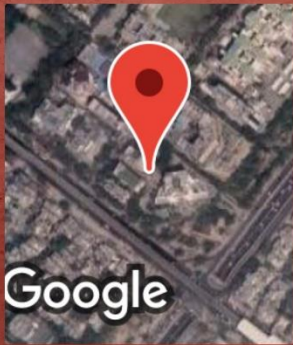
- Yoga helps you to self-regulate your attention and concentration on the present. It enhances your openness and curiosity.
- You will quickly realize how you take time to make good decisions by analyzing your thoughts, feelings, and sensations as they occur resulting in increased self-awareness.
- Communication with others will improve as your levels of compassion and empathy increase for yourself and for others. You become more cognizant of the flow of energy in the environment, in your mind, and through the eyes of others.

**Enjoy the mental health benefits of yoga.** Evidence from several clinical and neurobiological studies demonstrate the impact that meditation has on influencing brain chemical activities that regulate attention, mood, and emotions in positive ways. Studies indicate that yoga increases positive emotions, reduces negative emotions, improves emotional flexibility and coping skills, and overall psychological stability.

- Cognitive improvements were also found in self-esteem, self-awareness, mindfulness, emotional intelligence, and self-realization.
- Yoga also relieves anxiety, improves blood pressure, may help manage asthma, and may relieve depression.



 GPS Map Camera



### Delhi, Delhi, India

2A & 2B, Phase-1, Madhuban Chowk, Outer Ring Rd,  
Block D, Sector 14, Rohini, Delhi, 110085, India

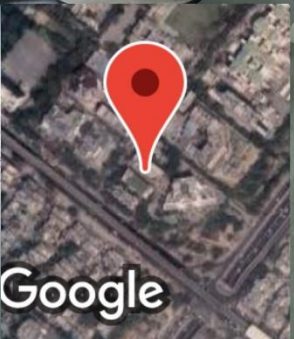
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Long 77.130354°

21/04/23 09:45 AM GMT +05:30



📷 GPS Map Camera



Google

**Delhi, Delhi, India**

2A & 2B, Phase-1, Madhuban Chowk, Outer Ring Rd,  
Block D, Sector 14, Rohini, Delhi, 110085, India

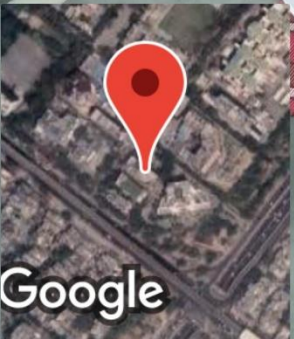
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Long 77.13019°

21/04/23 10:03 AM GMT +05:30



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**Delhi, Delhi, India**

2A & 2B, Phase-1, Madhuban Chowk, Outer Ring Rd,  
Block D, Sector 14, Rohini, Delhi, 110085, India

Lat 28.70559°

Long 77.130268°

21/04/23 10:06 AM GMT +05:30

**Glimpses of the session are:** The vote of thanks was given by Mr.Nitin Yadav convener of the Session. Expressing his gratitude he thanked Mr. Kunal Chaturvedi (Student Coordinator), BBA Student and Dr M N Jha, Dean, TIAS for their support and timely presence. He also thanked Dr. Ajay Kumar, Director, TIAS for his support and confidence in him for giving the move ahead.

**Learning Outcome:**

- Over time, you will develop into a more spiritual, subtler person with heightened awareness of the important virtues of life.
- As you strengthen the state and condition of your channels and chakras, you will simultaneously recognize how your relationships, creativity, focus, productivity and decision-making ability all improve.
- Taking control over your energy sources and the paths they travel through in your body will allow you to manage ill thoughts and feelings, regulate self-damaging emotions, and feelings of worthlessness. You will be better equipped to problem-solve.
- Stress relief is the base-level benefit for Yoga practitioners and some clinical results have confirmed that belief. It is believed that thoughtless awareness significantly improves the ability to cope with difficult events by reducing stress and boosting positive emotions.
- Yoga confronts addiction and substance abuse by rewiring the old pleasure-reward-motivation patterns that the brain has learned over a lifetime. This helps eradicate bad habits.



# LIST OF PARTICIPANTS



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Date: 21/04/2023 Department: F1YC Time: 9 AM Venue: MPH TIAS  
 Committee: Fit India A-NSO Chair: Mr. Nishi Yadav Subject: YOGA & MEDITATION SESSION

Agenda Points: 1. To enable participants to experience the reality of their own energy through Yoga & Meditation  
 2. To enable participants to experience emotional well being & self improvement - and self realization through Yoga & Meditation

S.No.	Name	Phone No.	Enrolment No.	Email Address	Photo
1.	PRACHI	9394041318	09017001722		
2.	Utsav Yadav	8178417365	04017001722		
3.	Namit Mehta	7827057208	10617001722		
4.	Vansh Tyagi	8287978209	00317001722		
5.	Abhinav Thakra	9818648859	009817001722		
6.	Kunal Chaturvedi	7827372223	06217001720		
7.	Preeti Sharma	8130833437	09517001720		
8.	Riya Pasricha	9997450599	10617001720		
9.	Kushi Sharma	7982752699	06217001720		
10.	SHUBHAM GUPTA	<del>3557</del> 099681843	35517001722		
11.	Harsh Bansal	9650529930	04017001720		
12.	Lakshay Bhaldwaj	8750002489	06917001720		
13.	Shashank Sanyal	8588811608	11117001720		
14.	Cheshta Garg	9899131969	13917002422		
15.	Prabhat Kaur	9310180991	10417002421		
16.	Pauleen Kaur	9315744284	07117001722		
17.	Kaanya Anuja	8143004863	11717001722		
18.	Sanyam Laksh	8607700028	12017001722		
19.	Aditya Jain	8268010192	07917001722		
20.	Yashika Jain	8800974849	08317001722		
21.	Rishi Jain	7212682146	07317001722		
22.	Piyush Aggarwal	8512863696	10017001722		
23.	Anjali	9871392712	05017002422		
24.	Aakanksha Sharma	9311820781	08117002422		
25.	Dhanya Mehta	9873733606	09327001722		
26.	Amogh	9711781106	02517002422		
27.	Simran	7428693862	06417002422		
28.	Anushka Arora	9205404808	06117001722		
29.	Diksha Negi	9354521894	10817001722		