



# TECNIA INSTITUTE OF ADVANCED STUDIES

GRADE "A" INSTITUTE

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## Fit India Youth Club/National Sports Organization

### REPORT

Title of the activity: International Yoga Day Celebration

Values : Mindfulness | Self-awareness | Emotional intelligence | Wellness| Peace |

Learning Outcome: .

The participants have learnt:

- About the significance of Yoga & Meditation.
- To strengthen the state and condition of channels and chakras of human body.
- To manage ill thoughts and feelings, regulate self-damaging emotions, and feelings of worthlessness.
- The ways to relieve the stress through Yoga.
- The ways to eradicate bad habits.

Organized by : Fit India Youth Club(FIYC) & National Sports Organization (NSO)

Convener : Mr. Nitin Yadav, FIYC- Nodal Officer

Date : 21st June, 2023

Day : Wednesday

Time : 09:30 AM-11:00 AM

Venue : Orleans School Playground

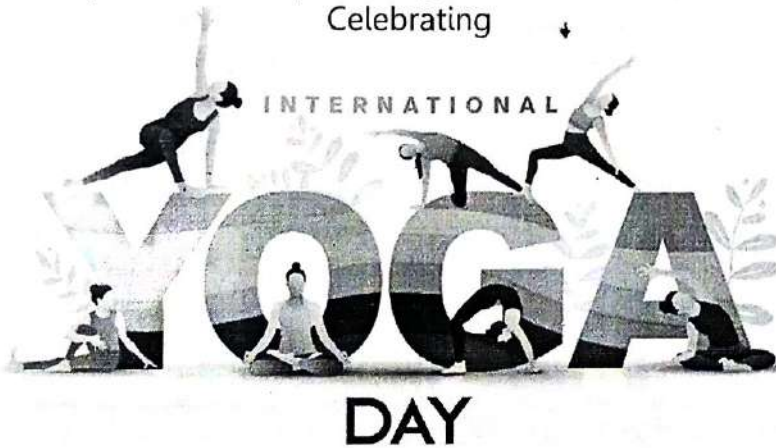
Number of beneficiaries : 73

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, Members of nearby RWAs'



## Fit India Youth Club

in collaboration with  
**National Sports Organization (NSO)**  
Celebrating



**Wednesday 21<sup>st</sup> June 2023 | 09:30 - 11:00 AM**



Venue: **Orleans The School**

F-19/14, Pradeep Bhatia Marg, Pocket 19, Sector 8,  
Rohini, New Delhi, Delhi, 110085

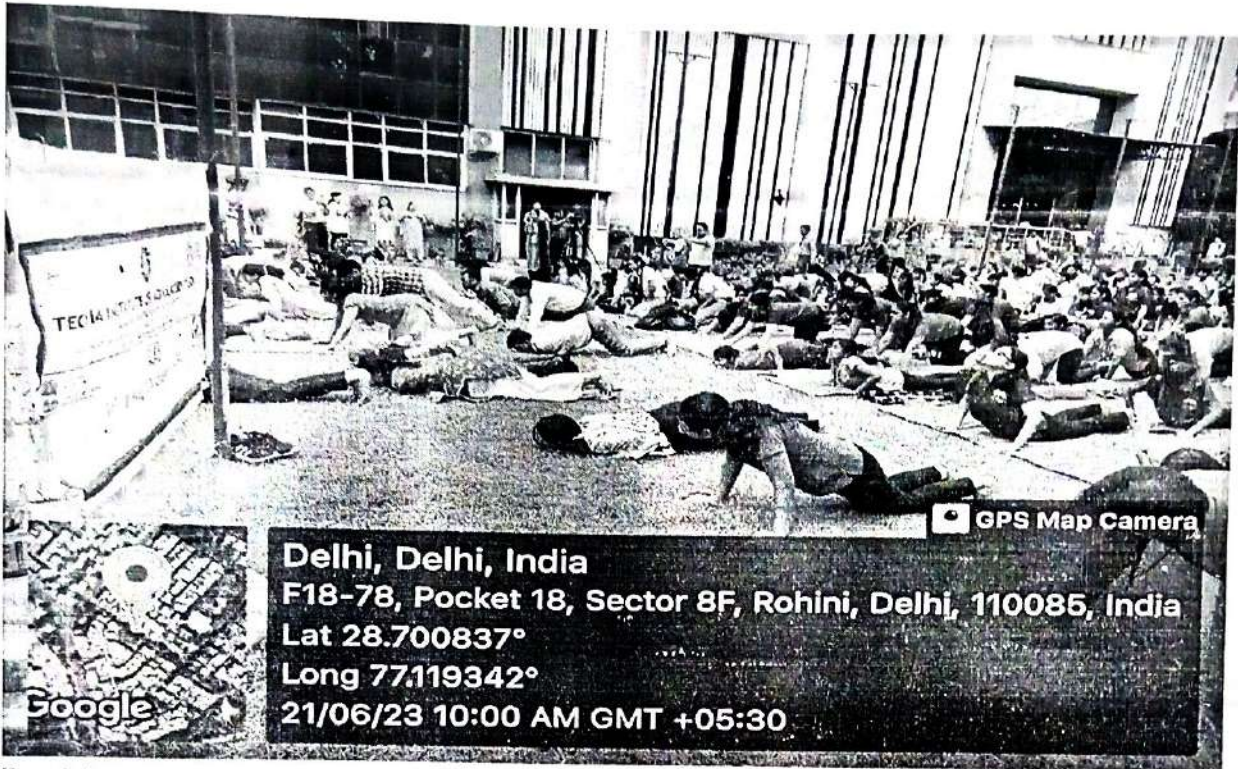
Nodal officer: **Nitin Yadav**

Student coordinator : **Kunal Chaturvedi**

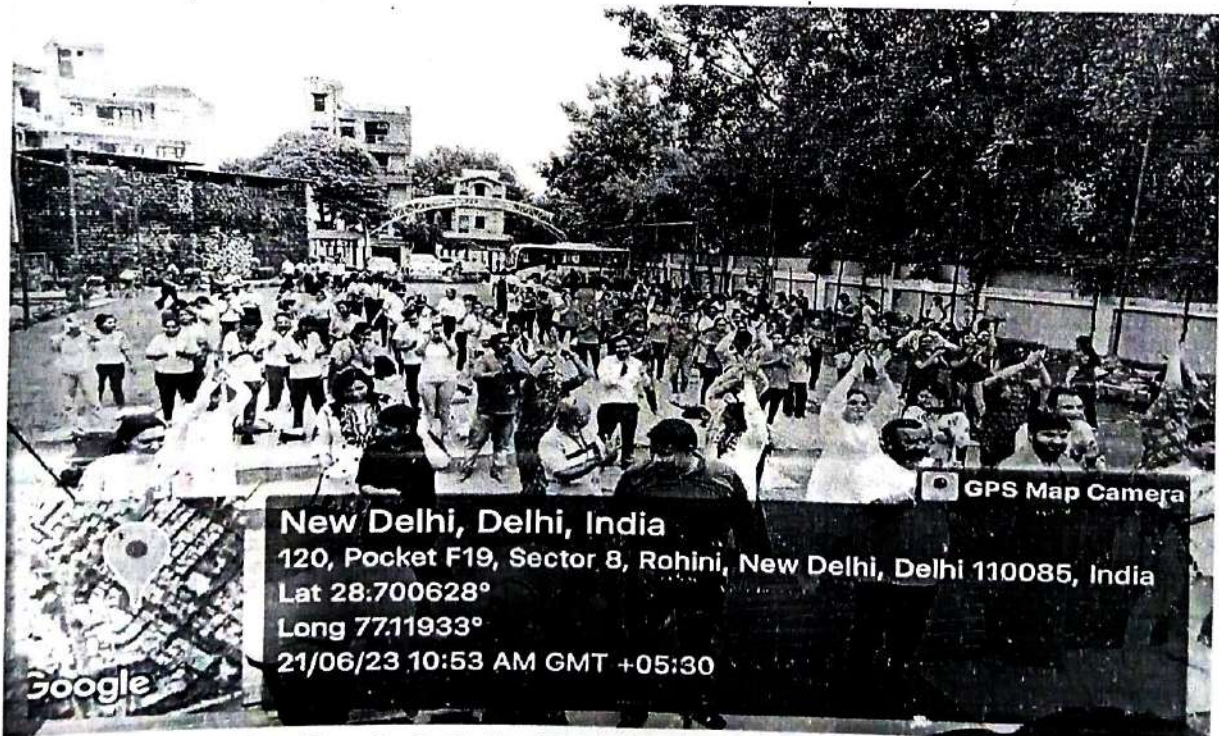
Mob.: 7827377223

**[www.tiaspg.tecniain.in](http://www.tiaspg.tecniain.in)**

Flyer/Poster of the event



Participants performing Yoga Asanas by imitating Dr. Abhishek Bansal, Senior Yoga Practitioner.



Participants doing Yoga by imitating Dr. Abhishek Bansal, Senior Yoga Practitioner.



Student volunteers of Fit India Youth Club & NSO after successfully organizing the event



Students & Faculties after participating in the event.

## Report

The session started with an inaugural speech by Dr. Abhishek Bansal, Yoga Practitioner. He highlighted how meditation helps you to control your mind. He added if you can't control your mind, you will be ruled by your nervous system and your environment. He further said that focus leads to composure and self-empowerment. He discussed the following points with the participants:

- How to discover the inner subtle self and bring self-realization to the masses through meditation.
- How to Experience emotional well-being and self-improvement.
- How to get to know yourself through self-realization.
- How to transform human awareness through techniques that promote a more moral, united, integrated, and balanced self.

The vote of thanks was given by Mr. Nitin Yadav, convener of the event. Expressing his gratitude he thanked Director Dr. Ajay Kumar, Dean Dr M N Jha, Faculties & students for their support and timely presence. The session concluded with a note on the promise from both the sides that these kind of camps will be continued in the times to come.