



TECNIA INSTITUTE OF ADVANCED STUDIES
GRADE "A" INSTITUTE

Approved by AICTE, Ministry of Education, Govt. of India, Affiliated to G.G.S.I.P. University
 Recognized Under Sec. 2(f) of UGC Act 1956.

INSTITUTIONAL AREA MADHUBAN CHOWK, ROHINI, DELHI 110085


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CULTURAL CLUB


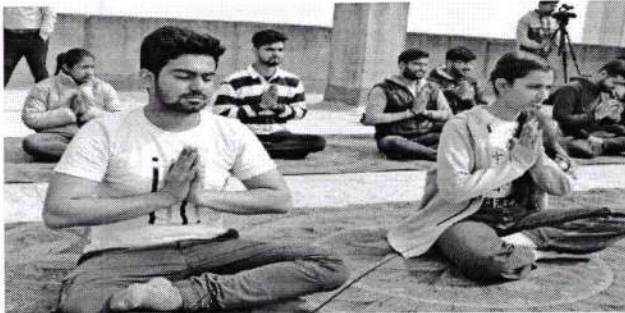
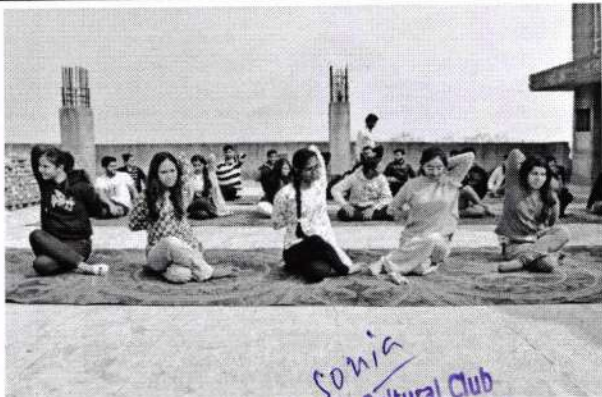




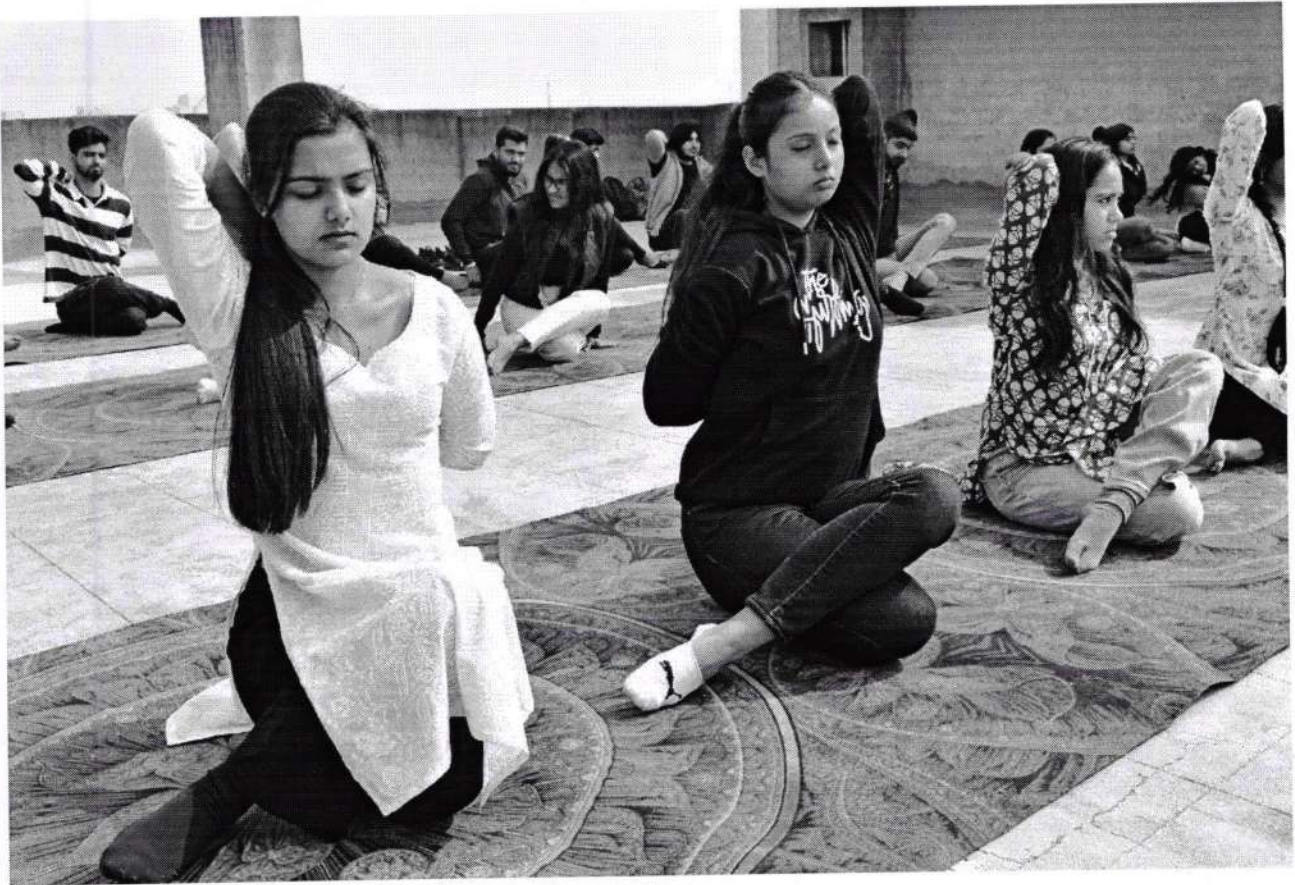
CULTURAL CLUB

 <p>TECNIA INSTITUTE OF ADVANCED STUDIES GRADE "A" INSTITUTE DELHI INDIA</p>	
Report on Outreach Activity on "Inner Peace: Yoga for Emotional Balance"	
Title of Activity*	Yoga and Meditation Session
Values	Health and well-being, mindfulness
Learning Outcomes	<input type="checkbox"/> Promoting mental and physical well-being through yoga. <input type="checkbox"/> Learning techniques to manage stress and enhance focus.
Organized by (Dept./ Centre/ Cells/Clubs/ Committees Name)*	Cultural Club, Tecnia Institute of Advanced Studies
Program Theme*	Mind-Body Connection through Yoga
External Expert / Internal Expert	-

Coordinator
 Internal Quality Assessment Cell (IQAC)
 Tecnia Institute of Advanced Studies
 New Delhi-110085

Sonia
 In-Charge Cultural Club
 In-Charge Technical Club
 Tecnia Institute of Advanced Studies
 Madhuban Chowk, Rohini, Delhi

Date*	21 st June, 2022
Time*	7:00 AM - 9:00 AM
Venue	Open Field, Khampur Village
Poster/Flyer/Notice*	
Social media link (promoting in any one Facebook/Instagram/Twitter is mandatory)	www.tiaspg.tecnia.in
No. of Students* (only no. to be written, list in excel or word should be maintain at department level as proof for any further requirement)	25
No. of Faculty* (only no. to be written, list in excel or word should be maintain at department level as proof for any further requirement)	1
No. of External Participants (students + faculty) [write NA if not applicable]	NA
(Geotag) Photograph*	
	
<p style="text-align: center;">  Coordinator </p>	<p style="text-align: center;"> Students doing meditation while connecting with soul  In-Charge Cultural Club In-Charge Technical Club Tecnia Institute of Advanced Studies New Delhi-110085 </p>



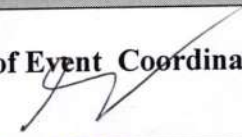
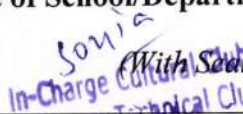
People Performing Asan instructed by Trainers

Report: Description in (min 250 to max 800 words)*

On 21st June, 2022, the Cultural Club of Tecnia Institute of Advanced Studies organized a session on "Inner Peace: Yoga for Emotional Balance" to mark International Yoga Day. The highlight of the event was a comprehensive session led by renowned yoga instructor. With years of experience in yoga and mindfulness practices, guided participants through a series of asanas (postures), pranayama (breathing exercises), and meditation techniques designed to enhance emotional stability and reduce stress.


Participants began with gentle warm-up exercises, gradually moving into a series of yoga poses that focused on relaxation and mindfulness. The instructor emphasized the importance of aligning breath with movement, encouraging participants to cultivate awareness of their bodies and minds. The session was held at the village community center, where a large group of villagers, including men, women, and children, gathered to participate. The Session had a profound impact on the participants, most of whom were introduced to these practices for the first time. The key

[Handwritten Signature]
Coordinator

	<p>outcomes were:</p> <ul style="list-style-type: none"> • Physical Benefits: Many participants reported feeling more flexible and energized after practicing the yoga postures. The elderly participants, in particular, appreciated the gentle stretching exercises that helped alleviate stiffness and joint pain. • Mental Clarity: The breathing exercises and meditation techniques taught during the session helped participants feel calmer and more focused. Many expressed that they would incorporate these practices into their daily lives to manage stress and improve mental clarity. • Health Awareness: The session increased awareness among the villagers about the importance of maintaining both physical and mental health, especially during challenging times like the pandemic. Participants left the session with a better understanding of how yoga and meditation could enhance their overall well-being. <p>The Session on Inner Peace: Yoga for Emotional Balance in Khampur Village was a successful initiative that not only provided immediate health benefits but also encouraged long-term wellness practices within the community. The Cultural Club remains committed to promoting physical and mental well-being through such outreach activities.</p>
Resource Person Profile	NA
Attendance Sheet*	<i>Attached at the end of Report</i>
Feedback	<i>Sample feedback Attached at the end of Report</i>
Report Submitted by Convener (write faculty coordinator name)	Ms. Sonia Batra
For Office Use	
Signature of Event Coordinator 	Signature of School/Department Head  Sonia Batra In-Charge Cultural Club In-Charge Technical Club Tecnia Institute of Advanced Studies Maitani Enclave, Rohini, Delhi

List of Beneficiary**Attached**

S. No.	Enrollment No.	Name of the Students
1	00117002420	Aadhya Juneja
2	00217002420	Aadvik Singh
3	00317002420	Aakash Kumar
4	00417002420	Aastha Singhal
5	00517002420	Abhijeet Puri
6	00617002420	Abhishek Sajwan
7	00717002420	Aditi Bhardwaj
8	00817002420	Aditi Shukla
9	00917002420	Aditya Chaudhary
10	01017002420	Anamika Pandey
11	06117001720	Keshav Sharma
12	06217001720	Khushi Sharma
13	06317001720	Kohinoor
14	06417001720	Komal Gupta
15	06517001720	Krish Kathuria
16	00127002020	Abhishek Singh
17	00117002020	Abhishek Malhotra
18	00417002020	Akshit Bhatia
19	00217002020	Abhishek Roy
20	02117002420	Ankur Bansal
21	00417002020	Ayush Kansal
22	02217002420	Ayush Mehrotra
23	02317002420	Ayushi Garg
24	02417002420	Chaitanya Sehgal
25	02517002420	Chirag Chauhan


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senior
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In-Charge Technical Club
Tecnia Institute of Advanced Studies
Rohini, Delhi