



TECNIA INSTITUTE OF ADVANCED STUDIES

GRADE "A" INSTITUTE

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REPORT

Event Category : Fit India Youth Club & National Sports Organization (NSO)

Event : Yoga & Meditation Session

Convener : Mr. Nitin Yadav

Date : 21st 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.


Nodal Officer, Fit India Youth Club
Tecnica Institute of Advanced Studies
Madhuban Chowk, Rohini, Delhi -85



Fit India Youth Club

in Collaboration with

National Sports Organization (NSO)

Organizing

Yoga & Meditation Session

 Friday 21st 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

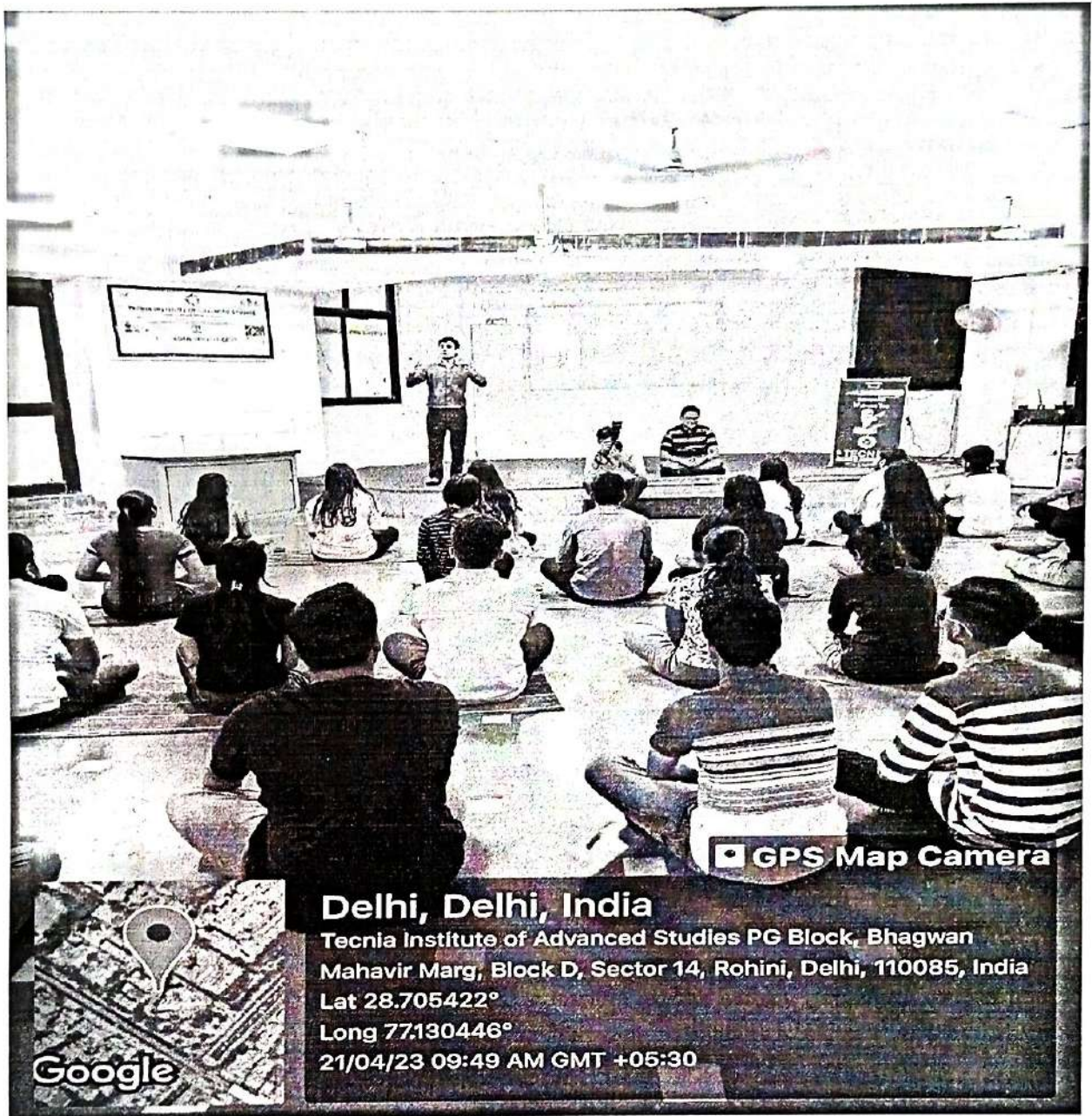


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The Objectives of the Extension Activity

- 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.

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Delhi, Delhi, India

Tecnia Institute of Advanced Studies PG Block, Bhagwan Mahavir Marg, Block D, Sector 14, Rohini, Delhi, 110085, India
Lat 28.705422°
Long 77.130446°
21/04/23 09:49 AM GMT +05:30

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

Dr. Gopal Thakur
Nodal Officer, Fit India Youth Club
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helps build self-esteem in relationships and accomplishments, repairs any negative feelings, and brings peace and contentment.

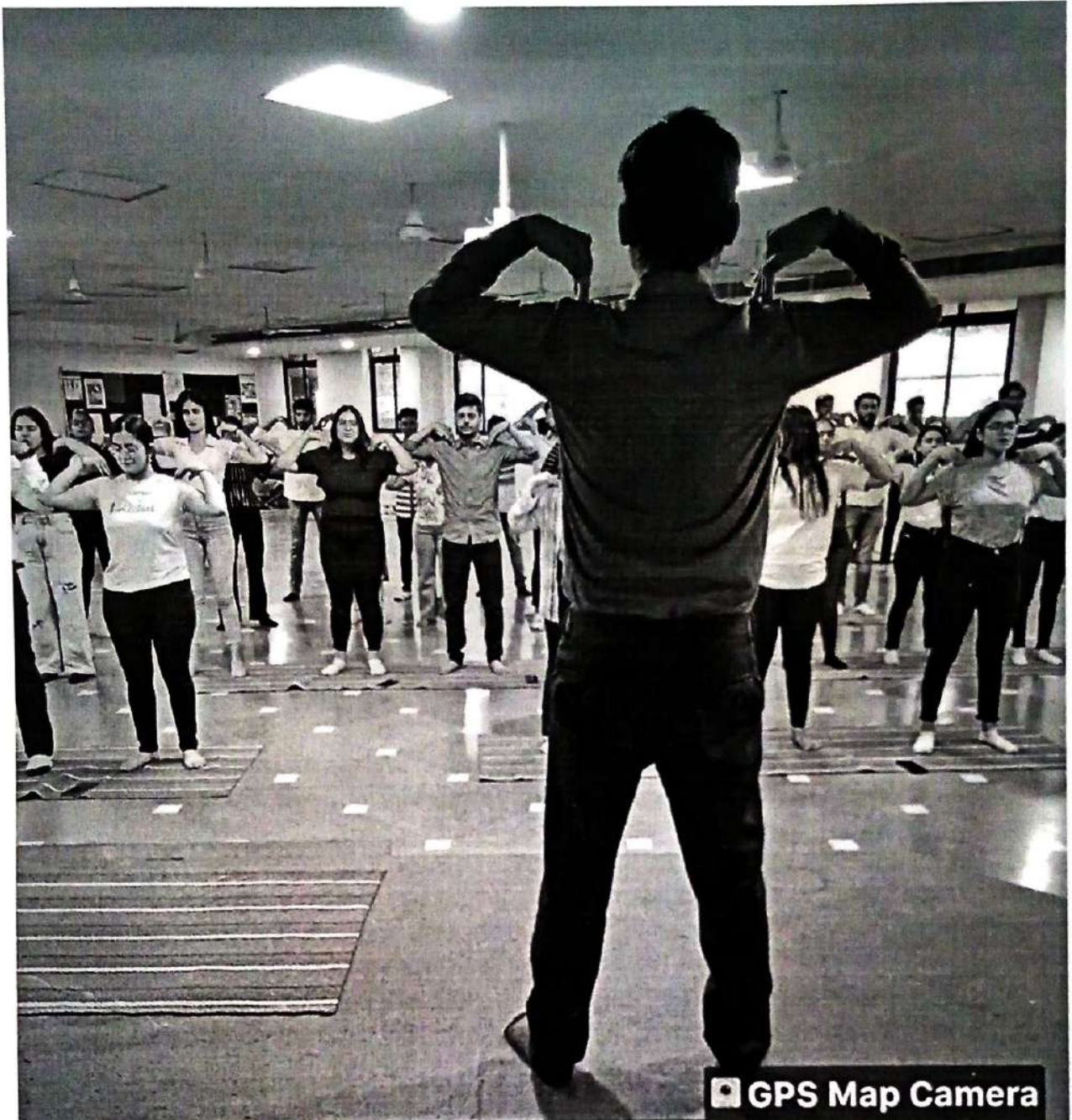
- Yoga helps you to self-regulate your attention and concentration on the present. It enhances your openness and curiosity.
- You will quickly realize how you take time to make good decisions by analyzing your thoughts, feelings, and sensations as they occur resulting in increased self-awareness.
- Communication 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.



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GPS Map Camera



Delhi, Delhi, India

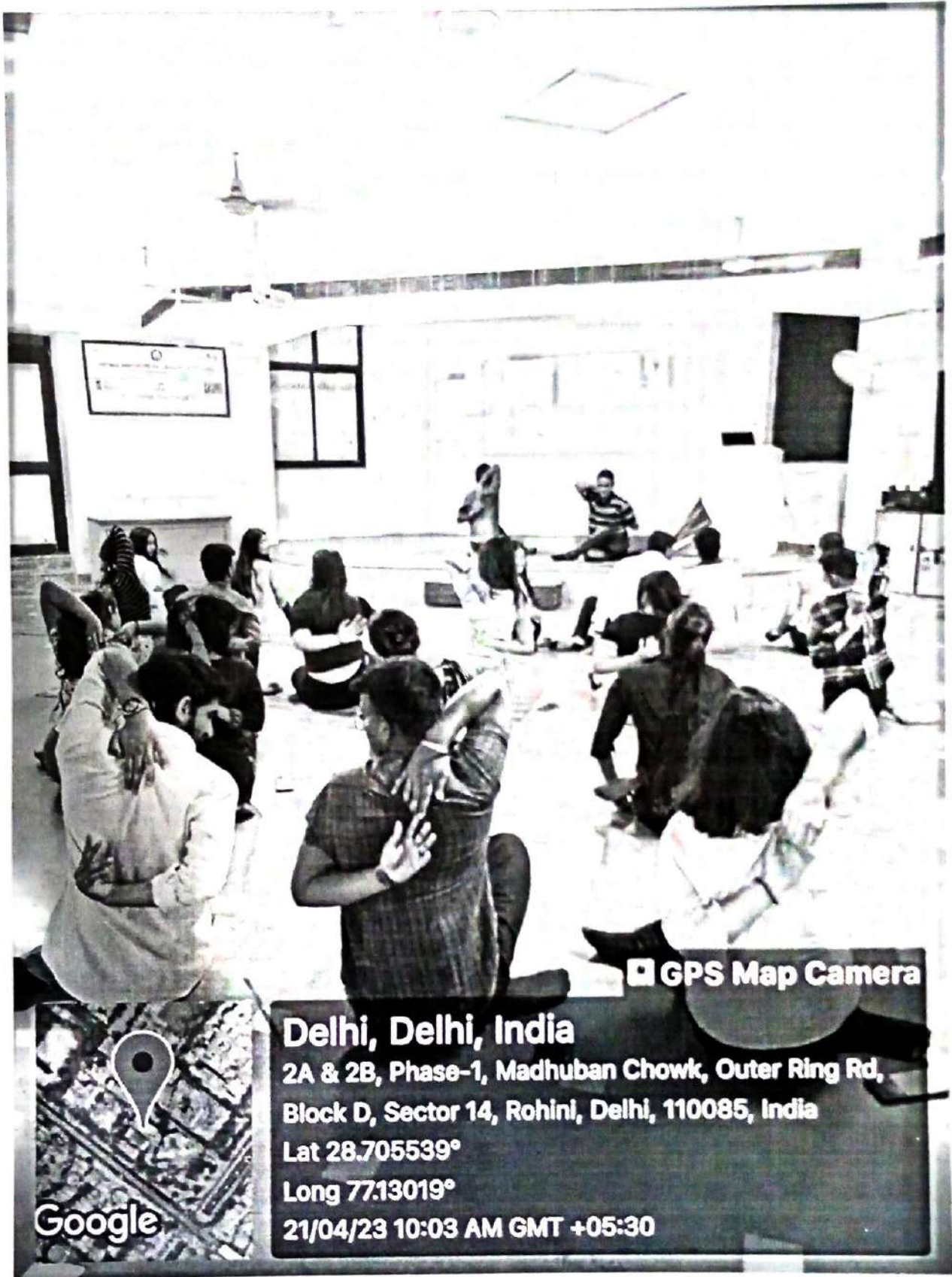
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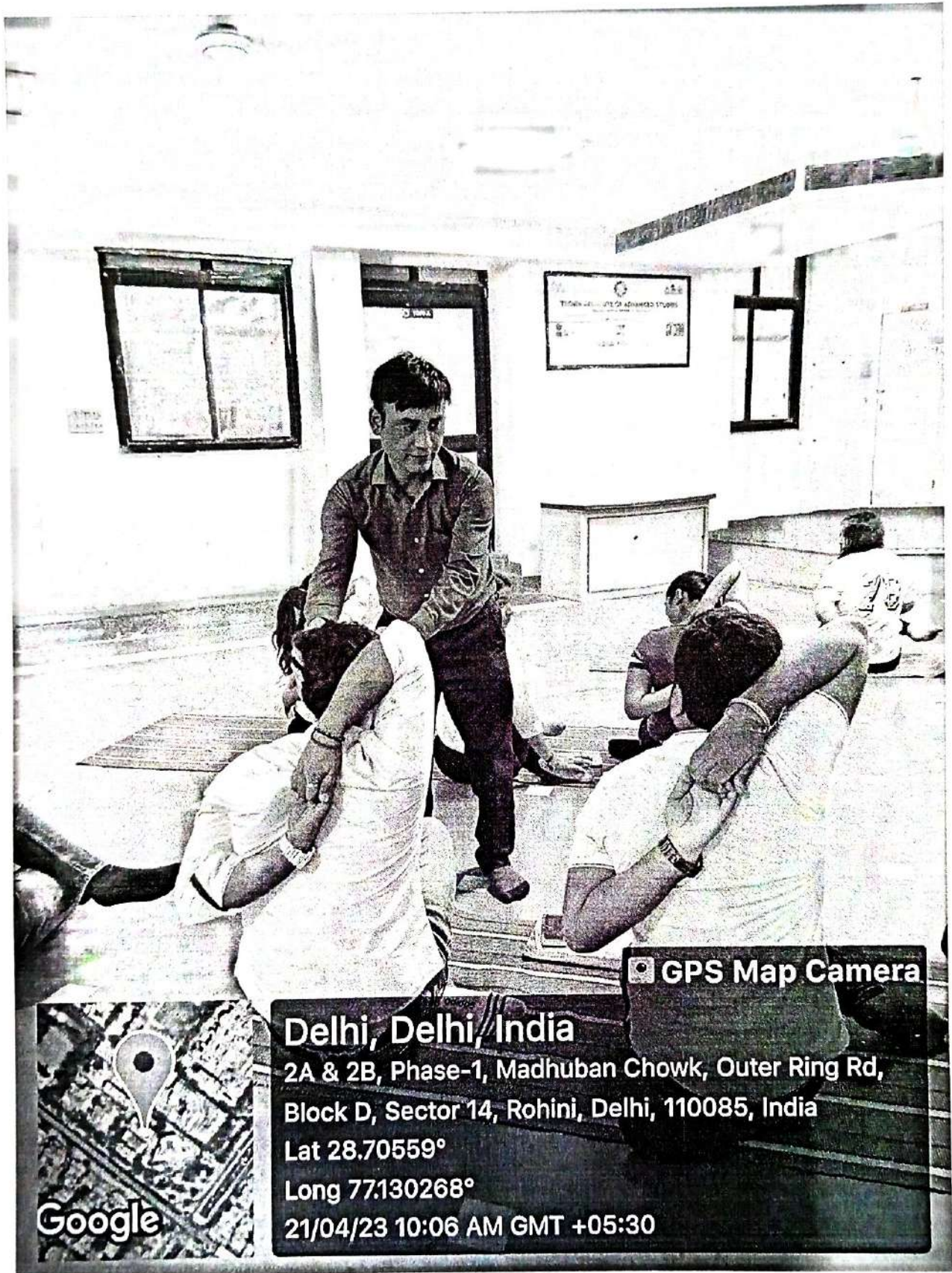


GPS Map Camera



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Ajay Kumar
Nodal Officer, Fit India Youth Club
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Delhi, Delhi, India

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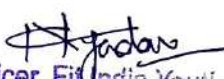


Ajaydas
Nodal Officer, Fit India Youth Club
Technia Institute of Advanced Studies
Madhuban Chowk, Rohini, Delhi -85

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.


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LIST OF PARTICIPANTS



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Date: 21/04/2023 Department: F.I.Y.C. Time: 9 AM Venue: MPH, IAS
 Committee: Fit India A.N.S.O. Chair: Mr. Nitin Yadav Subject: YOGA & MEDITATION SESSION

Agenda Points: 1. To enable participants to explore 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.	Signature
1	PRAVI	9394041319	09017001722	[Signature]
2	Utsav Yadav	8172417265	04017001722	[Signature]
3	Namit Mehta	7827057120	10617001722	[Signature]
4	Vansh Tyagi	8287978229	00317001722	[Signature]
5	Abhinav Chakra	9888648259	02817001722	[Signature]
6	Kunal Chaturvedi	7817322222	06217001722	[Signature]
7	Prati Sharma	8130233439	09517001722	[Signature]
8	Riya Pasricha	7777450597	10612001720	[Signature]
9	Kaushi Sharma	7777752677	02117001720	[Signature]
10	SHUBHAM GUPTA	77770975879	35512001722	[Signature]
11	Harsh Bansal	9650524430	04017001720	[Signature]
12	Lakshay Bhaidwarji	8750002424	06917001720	[Signature]
13	Shashank Sanyal	8588811618	11117001720	[Signature]
14	Cheshta Garg	9899131969	13917001722	[Signature]
15	Prabhat Kumar	9310180991	10417002421	[Signature]
16	Pooleen Kaur	9315744284	07117001722	[Signature]
17	Laanya Anuja	8743004863	11717001722	[Signature]
18	Sanyal Laksh	8607700021	12017001722	[Signature]
19	Aditya Jain	8268010192	07917001722	[Signature]
20	Yashveer Jain	8800974849	08317001722	[Signature]
21	Rishi Jain	7212682146	07317001722	[Signature]
22	Rishabh Agarwal	8512863816	10017001722	[Signature]
23	Ayushi	9871342712	05017002422	[Signature]
24	Anakaula Sharma	9311820781	08117002422	[Signature]
25	Charvi Mehta	9873733606	09217001722	[Signature]
26	Amogh	9711781106	02517002422	[Signature]
27	Simeon	7428653862	06417002422	[Signature]
28	Anushka Arora	9205404806	06117001722	[Signature]
29	Diksha Negi	9354521897	10817001722	[Signature]

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