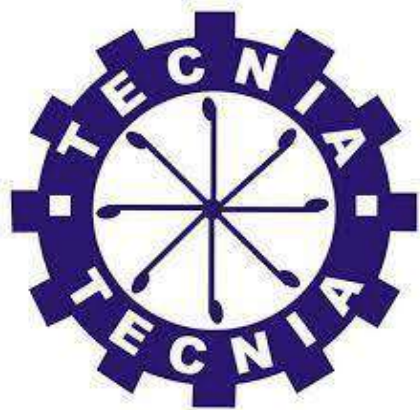


NAAC Criterion-V

Student Support and Progression

Key Indicator – 5.1 Student Support

Sub-Criteria 5.1.3 Capacity Building and Skills Enhancement initiatives taken by the institution



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(Approved By AICTE, Ministry of Education, Govt. of India,
Affiliated to G.G.S.I.P. University & Recognised Under Sec. 2 (f) of UGC 1956)
PSP, Institutional Area Madhuban Chowk, Sector 14, Rohini, New Delhi-110085



Training and Placement Cell Event Report



Event:	Webinar
Topic:	Personality Development: Components of a Persona
Date:	07.01.2022
Time:	12:30PM
Mode:	Microsoft Team
Program:	BCA, MBA and BBA 1 st Year
Faculty Coordinator:	Ms. Ambooj Yadav, Assistant Professor, Department of Computer Application Ms. Shilpa Bhadari Assistant Professor, Department of Management Sciences
Convener:	Dr. Nivedita, Head Training and Placement Cell
Beneficiaries:	96

Resource Persona

Dr. Jaspreet Kaur, Associate Professor Pearl Academy

Objective:

- To enhance the students' understanding about the right gesture for impactful personality.
- To enhance the students' understanding about the right dressing for formal occasion.
- To enhance the students' understanding about the components of the personality that affixes the lasting impression.
- To enhance the students' understanding about the right body language for a perfect persona.
- To enhance the students' understanding about how to start a conversation.

Report:

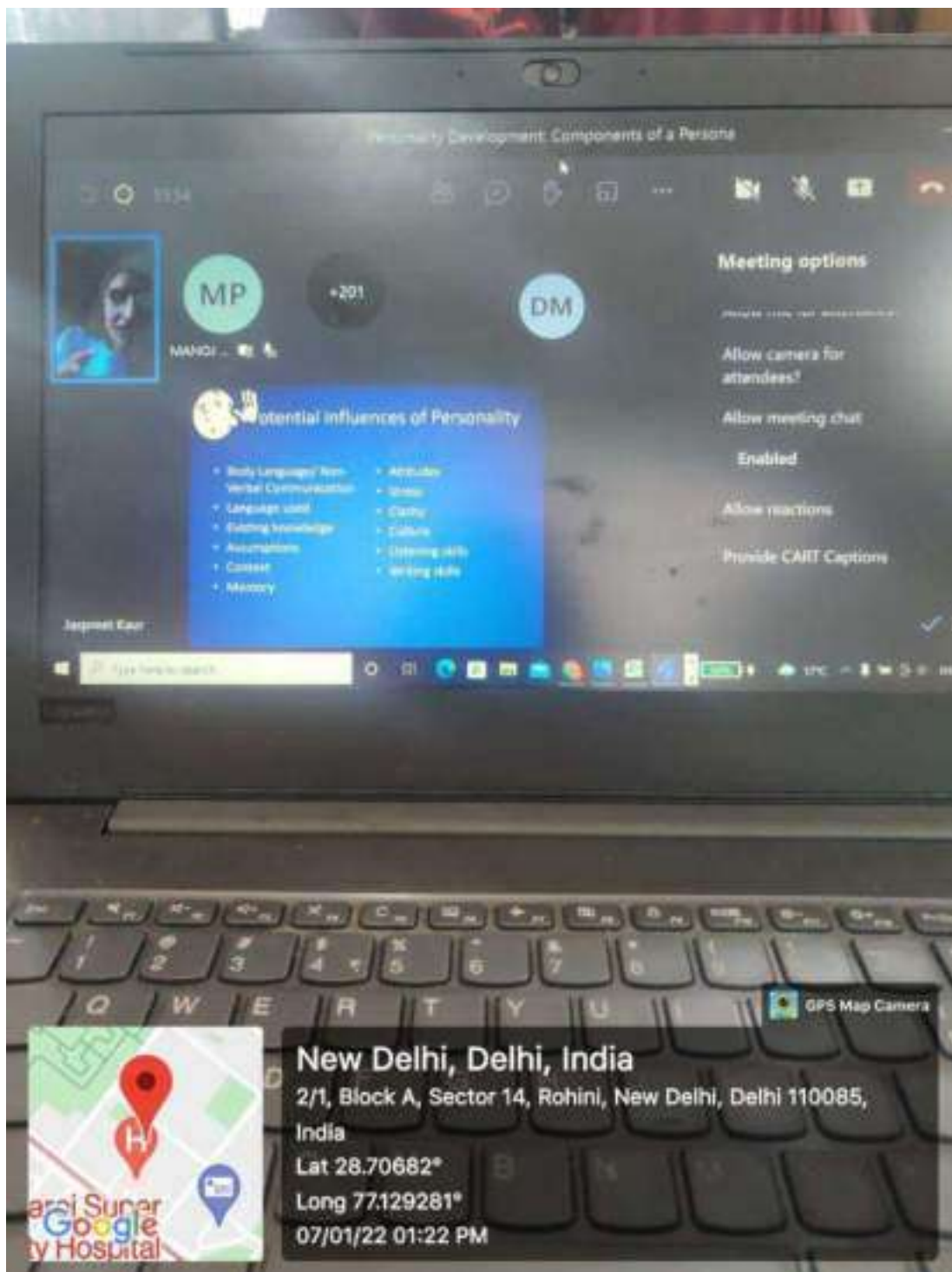
A webinar session on “Personality Development: Components of a Persona” was organized by Training and Placement Cell, TIAS on 07.01.22 under the ambit of Capability Enhancement Scheme. The resource person was Ms. Jaspreet, Associate Professor, Pearl Academy. The objective of this webinar was to develop the students spiritually and build self-confidence, enhance self-esteem and improve overall personality. She discussed the various components of Persona which contributes to an individual personality development. She illustrated that personality development is the development of the organized pattern of behaviors and attitude that makes a person distinctive. She described that personality development incurs by the continuous interaction of temperament, character and environment. Dr. Jaspreet focused at grooming the students through sensitizing them about proper behavior, socially and professionally in both formal and informal way.

Earlier Dr. Nivedita, Head Training and Placement Cell, In Charge IIC, TIAS welcomed the guest and introduced her to the students. She also briefed the students about the objectives of the webinar. The one hour session was well coordinated and well received by the students. The webinar ended with a vote of thanks by Dr. Nivedita and feedback collection.

Learning outcomes:

- The students' understanding about the right gesture for impactful personality was enhanced after the webinar.
- The students' understanding about the right dressing for formal occasion was increased after the seminar
- The students' understanding about the components of the personality that affixes the lasting impression was increased after the webinar
- The students' understanding about the right body language for a perfect persona was increased after the webinar
- The students' understanding about how to start a conversation was increased after the webinar.

Screenshot of the webinar:



Don't be over confident

- Attitude plays a key role in your interview success. There is a fine balance between confidence, professionalism and modesty.
- Even if you're putting on a performance to demonstrate your ability, overconfidence is as bad, if not worse, as being too reserved.



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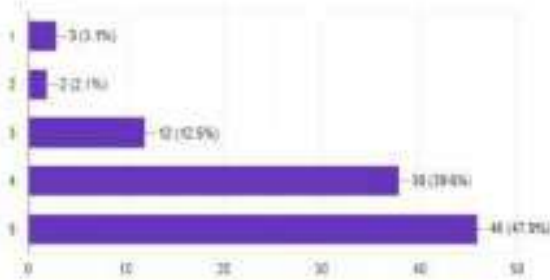
Type here to search

10:14
20-01-2022

Feedback:

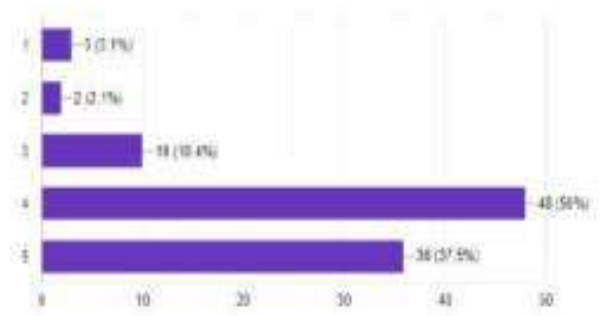
How would you rate the following on a scale of 1 to 5, with 1 being the least important and 5 being the most important?

95 responses



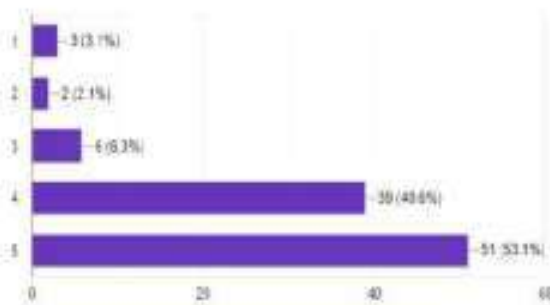
Methodology Of The Workshop

95 responses



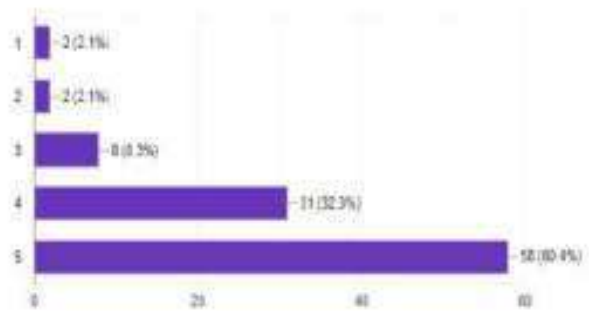
Depth of Content Coverage

95 responses



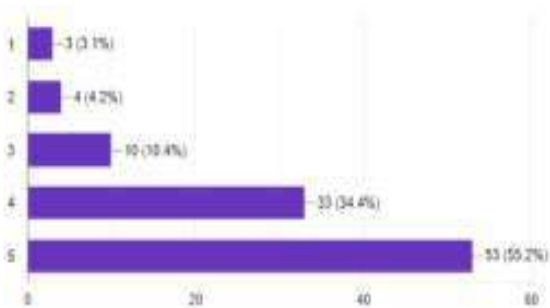
Subject matter Expertise Of The Presenter

95 responses



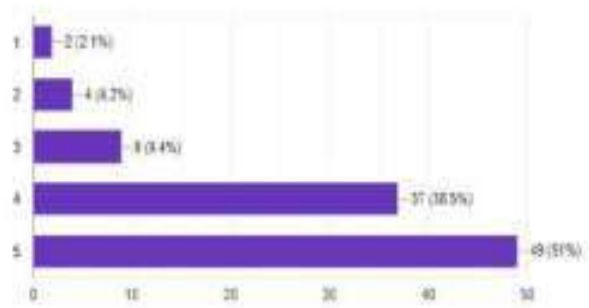
Presentation Style

95 responses



Your overall experience

95 responses



My Understanding about the right gesture for impactful personality has enhanced after the webinar

95 responses



My Understanding about the right dressing for formal occasion is increased after the seminar

95 responses



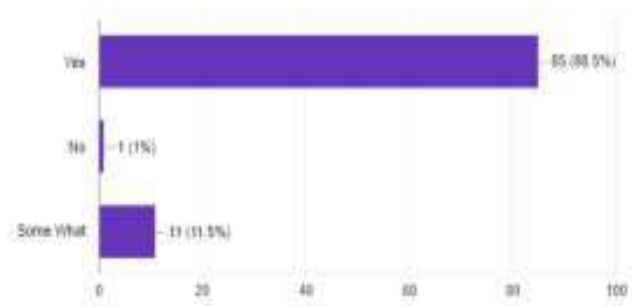
My Understanding about the components of the personality that affix the lasting impression is increased after the webinar

95 responses



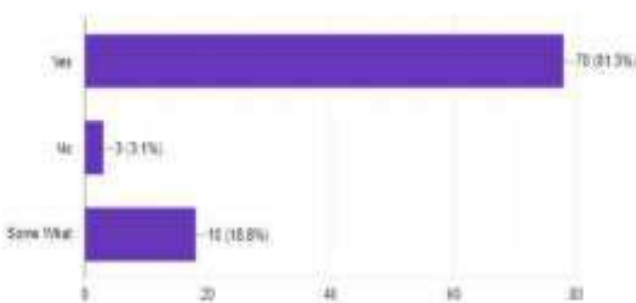
My Understanding about the right body language is increased after the webinar

95 responses



My Understanding about how to start a Conversation is increased after the webinar

95 responses



List of Beneficiaries:

Sl. No	Name	Program	Year	Overall Feedback
1	DEV NALWA	BCA	1st	Satisfactory
2	SARTHAK ARORA	BCA	1st	Excellent
3	SAVIOUR VICTORY	BCA	1st	Good
4	TARUN AGGARWAL	BCA	1st	Excellent
5	RISHIKA ARORA	BCA	1st	Excellent
6	AMIT SHARMA	BCA	1st	Excellent
7	SANIDHYA	BCA	1st	Good
8	AMAN SHARMA	BCA	1st	Excellent
9	MEHAK GOEL	BCA	1st	Good
10	MAHIVA BANSAL	BCA	1st	Excellent
11	KARAN YADAV	BCA	1st	Good
12	SHUBHAM	BCA	1st	Good
13	KHAYATI	BCA	1st	Satisfactory
14	MUSKAN	BCA	1st	Satisfactory
15	JAYESH LAKRA	BCA	1st	Excellent
16	SARTHAK JAIN	BCA	1st	Good

17	VRIDHI BANSAL	MBA	1st	Satisfactory
18	R.KARTIKEYAN	BCA	1st	Excellent, Good
19	KRISHNA SHARMA	BCA	1st	Excellent, Satisfactory
20	HARDEEP SINGH	BCA	1st	Good
21	VANSHIKA NEGI	BCA	1st	Good
22	NIWANSHU SHARMA	BCA	1st	Excellent
23	DHRUV VERMA	BCA	1st	Good
24	GAUTAM GUPTA	BCA	1st	Good
25	UJJWAL JUNEJA	BCA	1st	Good
26	YASH UPADHYAY	BCA	1st	Excellent
27	ANSH GUPTA	BCA	1st	Excellent
28	PRIYANSHU CHOUDHARY	BCA	1st	Good
29	SATVIK	BCA	1st	Good
30	SAHIL MOURYA	BCA	1st	Satisfactory
31	PARAMJEET SINGH	BCA	1st	Good
32	AAYUSH ARYA	BCA	1st	Good
33	NAMYA GANDHI	BCA	1st	Excellent
34	PUNEET KUMAR	BCA	1st	Excellent
35	BHAWYA GARG	BCA	1st	Good
36	ANSHUL SHARMA	MBA	1st	Excellent
37	TANISHA ARORA	BCA	1st	Excellent
38	DHRUV SINGH RATHORE	BCA	1st	Good
39	SNEHA	MBA	1st	Excellent
40	JASNOOR SINGH	BCA	1st	Excellent
41	VEDANT KUMAR	BCA	1st	Excellent
42	SHEHBAZ	BCA	1st	Excellent, Good, Satisfactory
43	MOHAMMAD JAFAR ZAKI	BCA	1st	Excellent
44	MEGHA	MBA	1st	Excellent
45	SHRUTI BHANDARI (BBA)	MBA, BCA	1st	Excellent
46	MANEESHA	MBA	1st	Satisfactory
47	SAVIOUR VICTORY	BCA	1st	Good
48	SWATI CHANDOLA	BCA	1st	Excellent
49	SOURABH	BCA	1st	Good
50	ORAVGOYAL	BCA	1st	Excellent
51	AATIF KHAN	BCA	1st	Excellent
52	VIVEK CHAUHAN	BCA	1st	Satisfactory
53	TUSHAR SHARMA	BCA	1st	Excellent
54	VISHAL VERMA	BCA	1st	Excellent
55	AAYUSHI TYAGI	BCA	1st	Good
56	SIDDHANT GULATI	BCA	1st	Good
57	KAMAR ALAM	BCA	1st	Excellent

58	DEVINA DUGAR	BCA	1st	Good
59	SNEHA JAIN	BCA	1st	Excellent
60	ANSH SINGH	BCA	1st	Excellent
61	SUMIT GUPTA	BCA	1st	Good
62	RISHA	BCA	1st	Excellent
63	KIRTIVARDHAN AJMANI	BCA	1st	Excellent
64	GAGANDEEP SINGH	BCA	1st	Excellent
65	ANKUSH	BCA	1st	Excellent, Good, Satisfactory
66	AKIB ZAVED	BCA	1st	Good
67	YUGAM GROVER	BCA	1st	Excellent
68	HARSHIT GARG	MBA	1st	Excellent, Good
69	DEEPAK CHANDEL	BCA	1st	Excellent
70	AMAN GUPTA	BCA	1st	Excellent
71	ABHISHEK RANA	BCA	1st	Good
72	AYUSH RAI	BCA	1st	Excellent
73	NISHA SINGH	BCA	1st	Excellent
74	SAHIL GUPTA	MBA	1st	Good
75	KESHAV GUPTA	MBA	1st	Satisfactory
76	KAVYA KUKREJA	MBA	1st	Good
77	RAMANDEEP SINGH	MBA	1st	Good
78	AMAN JHA	BCA	1st	Excellent
79	RISHAV RANJAN	MBA	1st	Excellent
80	MUSKAAN DHAMIJA	MBA	1st	Good
81	SALONI KHANDELWAL	MBA	1st	Excellent
82	SYED HUSSAIN HAIDER	MBA	1st	Good
83	VANSHIKA BANSAL	BCA	1st	Good
84	SARTHAK JAIN	BBA	1st	Excellent, Good, Satisfactory
85	SHIVAM KUMAR MISHRA	BBA	1st	Excellent
86	MANSI GUPTA	BBA	1st	Good
87	PARTH BHANDARI	BBA	1st	Excellent
88	MAYANK GUPTA	BBA	1st	Good
89	SHUBHAM CHOUDHARY	BBA	1st	Excellent
90	MILIND GARG	BBA	1st	Excellent
91	NAINA AGGARWAL	BBA	1st	Good
92	NATASHA	BBA	1st	Excellent
93	PRIYANSHU GARG	BBA	1st	Excellent
94	AYUSHI GOEL	MBA	1st	Excellent
95	KANAV GUPTA	BBA	1st	Excellent
96	CHAHAT BHARTI	BBA	1st	Good



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INSTITUTIONAL AREA MADHUBAN CHOWK, ROHINI, DELHI 110085

Tel: 91-11-27555121-24, E-Mail : directortias@tecnia.in, Website: www.tiaspg.tecnia.in



Training and Placement Cell

EVENT REPORT

TECNIA
INSTITUTE OF ADVANCED STUDIES
NAAC ACCREDITED GRADE "A" INSTITUTE
DELHI INDIA

Ms. Heena Lal
Training & Placement Officer,
TIAS

Dr. Sonal Dahiya
Associate Professor,
TIAS

Event on
Group Discussion

Students: BCA(3rd Sem)
Venue: Tecnia PG Building 3rd Floor

11.11.2021(Thursday)
03:00 PM to 03:50 PM

Training and Placement Cell

Event: Group Discussion
Date: 11.11.2021
Time: 3:00 PM- 3:50 PM
Venue: Tecnia PG Building 3RD Floor
Students: BCA (3RD Sem)
Topics: "Indian Culture vs. Western Culture"
 Joint Family vs. Nuclear Family
 Should the practice of Yoga be made compulsory in schools?
 Does dress code really matter at educational Institutions?
Faculty Co-ordinator: Dr Sonal Dahiya, Associate Professor, TIAS
Convener: Heena Lal, Training & Placement Officer
Beneficiaries: 19

OBJECTIVES:

- Generate a pile of ideas on the given topic by discussing different dimensions.
- To evaluate the speaking, thinking, listening abilities and logical approach of students.
- To analyse the body language, communication skills, confidence etc. of the student while speaking.
- To develop students' interpersonal communication skills and enhance their ability to express views in a clear and succinct manner.
- Effective means of changing attitude of students through the influence of other students in the group.

REPORT:

Group Discussion activity was organized on 11th November'21 for BCA 2nd year students by the T&P cell of TIAS. The objective of this activity was to give the students a platform to express their views and opinions on a given topic; helping them enhance their thinking, listening and speaking skills, as these play a critical role during job placements. Evaluators and coordinators for the activity were Heena Lal (TPO) and Dr Sonal Dahiya (Associate Professor). Initially the Do's and Don'ts of a Group Discussion were reiterated to the students, post which the activity evaluation process was explained to the students. This was followed by the group discussion. The students were divided into four groups and separate topics were allotted to each group. The activity was structured in such a way that it promoted an informal exchange of knowledge, ideas, and perceptions among the participants. Contributions were pooled together and examined in terms of their relevance and validity. The session was very interactive and was well received by the 19 students who participated in the group discussion. Post the session, Ms Heena Lal and Dr. Sonal Dahiya guided the students regarding their scope of improvement in respective areas.

LEARNING OUTCOME:

- Interpersonal & Listening skills of the students were improved.
- Confidence level of the students was boosted up.
- The activity increased students' interests and engagement
- Students were made aware about their shortcomings and weakness, so that they could improve.
- The activity enhanced their listening skills.
- It helped them to generate more ideas about the topic

Screenshot



Students taking cues during the session

EVALUATION

S.No	Roll No	Name	Content (5)	Communication (5)	Listening Skills (5)	Confidence (5)	Body Language (5)	Suggestions
1	09121302419	DEEPANSHI JAIN	4	4	3	4	3	Needs to make eye contact with all the participants while speaking and letting others speak
2	04217002020	SUKRITI KALRA	4	4	4	4	4	Overall, the performance was good but still would have covered few more points on the topic.
3	02217002020	ISHIKA GULATI	4	4	4	4	3	She was not sitting in proper posture during the discussion and was not making proper eye contact.
4	01517002020	Dhruv Rawat	3	3	2	2	2	Content was not up to the mark. Needs to work upon his communication skills and body language too.
5	00717002020	ANSHUL RAWAT	3	3	3	3	3	Needs to work on his communication and listening skills both
6	03517002020	SANYA VERMA	4	4	4	4	4	Could have covered few more points on the topic
7	01217002020	CHIRAG AGGARWAL	4	4	3	4	4	Needs to be patient and interrupt the speaker at the right time during discussion.
8	03417002020	RIYA GUPTA	3	3	3	3	3	Needs to work upon her pitch, Body language and communication skills
9	01817002020	Harsh Agarwal	4	4	3	4	4	Needs to be patient and interrupt the speaker at the right time during discussion.
10	00517002020	Anant Raghav	3	2	2	3	3	There is need of improvement in all the parameters
11	01117002020	AYUSHI PANWAR	3	3	3	4	3	Could have covered more content
12	00317002020	Akshit	3	3	3	3	3	Needs to work upon his communication and listening skills both
13	35617002020	Pratik Singh	4	4	4	4	3	Needs to work upon his body language
14	00617002020	Ankur Bansal	3	3	3	3	2	There is need of improvement in all the parameters
15	03017002020	Prateek Bansal	4	4	4	4	4	Was overall good but was letting others to speak.
16	00217002020	Abhishek Roy	2	3	2	2	2	There is need of improvement in all the parameters
17	03817002020	SHRISH KASHYAP	3	2	2	3	2	Was not speaking much, needs to work upon his confidence level a lot
18	02517002020	Kunal Kumar	3	2	2	2	2	There is need of improvement in all the parameters
19	03317002020	Rishabh Jain	3	3	3	3	3	Needs to work his content, Body language and communication skills a little bit.

Recommendations, if any- More and More Group discussion sessions need to be conducted as it is an effective tool in problem solving, decision making and personality assessment of the students. GD skills may also ensure academic success, popularity and job offer.



Training and Placement Cell Event Report



Event:	Seminar
Topic:	Resume Writing
Date:	25.04.2022
Time:	12.00 PM Onwards
Duration:	One Hour
Mode:	MPH, PG Building, TIAS
Program:	BAJMC 1 st Year
Coordinator:	Mr. Mayank Arora, Assistant Professor, Department of Mass Communication
Convener:	Dr. Nivedita, Head Training and Placement Cell
No. of Students:	73

Resource Person:

Mr. Rohit, Trainer T.I.M.E Education Pvt. Ltd.

Objective:

- To make students understand correct way of writing the CV.
- To make students understand how to write order of contents in CV.
- To provide knowledge about Do's & Don'ts in CV writing.
- To make students aware about different types of CV templates.

Report:

A seminar on the topic, Resume Writing was organized on 25th April 2022 by Training and Placement Cell under the ambit of Capability Enhancement Scheme for students of BA(JMC) programme. The resource person for webinar was Mr. Rohit, Trainer T.I.M.E Education Pvt. Ltd. The seminar was attended by 73 students from 1st year of BA(JMC) programme. The purpose of the webinar was to give an idea about the Curriculum Vitae, Resume and formats. Mr. Rohit started the session with simple question of the difference between a resume and curriculum vitae. The answer helped to clarifying the doubts of students that whether as a fresher one has to write a resume or a CV. Trainer gave a general guideline on writing a resume as per following: 1. Name, Address, Mobile No., and Email 2. Objective 3. Education 4. Work experience with Responsibilities 5. Skills-Educational and Managerial 6. Achievements 7. Referrals. Mr. Rohit explained the three formats of career summary statement viz. chronological, functional or a combination of both. Students were given the task to write a cover letter and email to Mr. Rohit. Lastly feedbacks were taken from the students for the session of Resume Writing.

Learning Outcome:

- Student's learned the skills of effective resume writing.
- Students understood the write order of mentioning contents in CV.
- Students understood the importance of cover letter and how to write it.
- Students' knowledge about different types of templates was increased



Geotag Photos



3

Students taking notes during the session



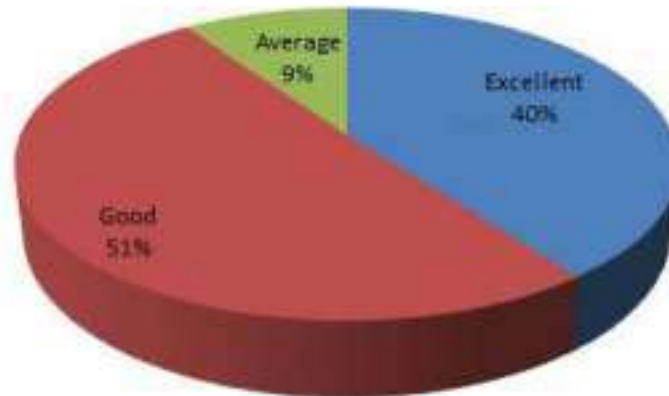
Resource speaker giving tips on resume writing



Students taking notes during the session

Feedback

Total 73 Responses



List Beneficiaries:

Resume writing

Technic Institute of Advanced Studies							
NAAC ACCREDITED GRADE A INSTITUTE							
Training & Placement Cell							
Attendance Sheet - BAUMC 2nd Sem Semesters							
Sl. No.	Name	Roll No.	En. No.	Enrollment No.	Semester	Phone No.	Signature
1	Ananya	II	B	08931302421	2nd	7303645830	Ananya
2	Srinivas Gupta	II	A	00821302421	2nd	9933442891	Srinivas
3	ANSHU YADAV	II	B	08321302421	2nd	8783732983	Anshu
4	Niraja Behalgi	II	A	84421302421	2nd	7835914610	Niraja
5	Arushi	II	A	00721302421	2nd	9650487242	Arushi
6	Ramali	II	A	08521302421	2nd	9359325282	Ramali
7	Kanika Bansal	II	A	08321302421	2nd	8837852000	Kanika
8	Priyanshu Dabray	II	B	09021302421	2nd	8700006542	Priyanshu
9	Akanksha Rani	II	A	01421302421	2nd	9516305000	Akanksha
10	Kushan	II	B	09821302421	2nd	9807155459	Kushan
11	Sourav Sharma	II	B	02121302421	2nd	9310075900	Sourav
12	Priyanshu Mishra	II	B	06921302421	2nd	9900000000	Priyanshu
13	Aditya Kishor	II	B	01121302421	2nd	8101621107	Aditya
14	HARSHIT SANAN	II	B	00121302421	2nd	8853146502	Harshit
15	Shreyas	II	A	02021302421	2nd	9289601684	Shreyas
16	Sandeep Patil	II	A	00121302421	2nd	9203576350	Sandeep
17	Kartik Sharma	II	A	00321302421	2nd	9811672000	Kartik
18	Anshul	II	B	07321302421	2nd	7878340488	Anshul
19	Vaibhav	II	A	01121302421	2nd	8101621107	Vaibhav
20	VARUN	II	A	02121302421	2nd	9289601684	Varun
21	Shreyas Gupta	II	B	06921302421	2nd	9900000000	Shreyas
22	Saksham Kishor	II	A	02121302421	2nd	9667670520	Saksham
23	Manisha Jethi	II	B	25521302421	2nd	8282572401	Manisha
24	Aditya Kishor	II	A	00621302421	2nd	783830922	Aditya
25	Chahat Daryani	I	A	06411302421	2nd	971831247	Chahat
26	OLAF PIRZ	I	A	04911302421	2nd	9211482680	Olaf
27	Shrawan Sharma	I	A	06411302421	2nd	8523571973	Shrawan
28	Kushal Handwada	I	A	07111302421	2nd	989987070	Kushal
29	Ashutosh Kishor	II	A	02221302421	2nd	852708100	Ashutosh
30	Pankaj Kaur	I	B	10411302421	2nd	9510180991	Pankaj
31	Anandika	I	B	10130002421	2nd	9831286098	Anandika
32	Rishika Nandkekar	I	B	05221302421	2nd	820764582	Rishika
33	Ramitesh Tarkar	I	B	06321302421	2nd	8900921706	Ramitesh
34	Gaurav Sharma	I	A	03521302421	2nd	9510098880	Gaurav
35	Kunal Pandey	I	B	06411302421	2nd	9811482680	Kunal
36	Jayesh Nandkekar	I	A	01341302421	2nd	7664679027	Jayesh
37	Jahid Kapoor	I	A	08011302421	2nd	9630365308	Jahid
38	Pranav Kaur	I	B	1167002421	2nd	9667670520	Pranav
39	Naman Chaudhary	I	B	09411302421	2nd	9630365308	Naman
40	Deepanshu Pathak	I	A	1451002421	2nd	9811482680	Deepanshu

Tecnia Institute of Advanced Studies						
NAAC ACCREDITED GRADE A INSTITUTE						
Training & Placement Cell						
Attendance Sheet - BAJMC - 2nd Sem						
22/04/2022						
Name	Shift	Div.	Enrollment No.	Semester	Phone No.	Signature
Shruti Sharma	I	A	0427002421	2nd	969073351	Shruti
Vaishnavi	I	A	05317002421	2nd	7837158482	Vaishnavi
RADNIKA KATARIA	I	B	1247002421	2nd	9811993249	Radnika
Tanviya	I	A	05317002421	2nd	9710854232	Tanviya
TISHA MEHTA	I	B	09017002421	2nd	8800297999	Tisha
Isha Sharma	I	A	06317002421	2nd	9958757163	Isha
Deepika Kumari	I	A	05217002421	2nd	8587953350	Deepika
Riya Sharma	I	A	04217002421	2nd	7985610683	Riya
Ishika Teyal	I	A	08317002421	2nd	9289170804	Ishika
Divya Gupta	I	A	05117002421	2nd	9515482180	Divya
Anshika Babbar	I	B	3617002421	2nd	0582019807	Anshika
Sushant Batani	I	B	08917002421	2nd	9813664444	Sushant
Ankanti Sethi	I	A	01017002421	2nd	8300605010	Ankanti
Tanvi Sharma	I	A	08217002421	2nd	9582465551	Tanvi
Nisha Yadav	I	B	08117002421	2nd	7837176206	Nisha
GRACY GUPTA	I	B	09317002421	2nd	9582958821	Gracy
AANCHAL BUDHIRAJA	I	B	10917002421	2nd	8448101560	Aanchal
Garoo Arora	I	B	10017002421	2nd	9971903029	Garoo
NISTHA KAPOOR	I	B	10617002421	2nd	9999257852	Nistha
CHITRABH GOSWAMI	I	B	15217002421	2nd	8377093462	Chitrabh
Deepika	I	A	04117002421	2nd	8587953350	Deepika
Ashika	I	A	01617002421	2nd	8890074736	Ashika
Sourabh	I	A	03917002421	2nd	8851385502	Sourabh
Anushka	I	A	06917002421	2nd	8077311214	Anushka
Kavita	I	A	02317002421	2nd	7465099659	Kavita
Sahini Barmahal	I	A	06717002421	2nd	6204209360	Sahini
Omisha	I	A	04717002421	2nd	7538039331	Omisha
Anushka Gaurati	I	A	35721302421	2nd	858895789	Anushka
Spandan Kapoor	I	B	36221502421	2nd	848443210	Spandan
Kavita Prasad	II	A	08217002421	2nd	708165832	Kavita
Kavita	II	A	05221302421	2nd	9250233546	Kavita
DIPUSH KAT	II	A	14017002421	2nd	8709431121	Dipush
Navneet K	II	B	12217002421	2nd	9650919710	Navneet



TECNIA INSTITUTE OF ADVANCED STUDIES

NAAC ACCREDITED 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: director@tecnia.in; Website: www.iaspg.tecnia.in



TRAINING AND PLACEMENT CELL EVENT REPORT

Event: Language Lab

Topic: Communication Skills Test

Mode: Online

Date: 29th March 2022

Time: 12:00 Noon - 12:50 PM

Duration: 50 minutes

Program: BBA Final Year

Convener: Ms. Keenika Arora, Assistant Professor- Department of Management Sciences

No. of students: 31

Objectives:

- To make students understand the certain Do's and don'ts of communication.
- To make students understand the process of communication.
- To make students understand the skills of communication.
- To make students understand the professional communication etiquette.

Report:

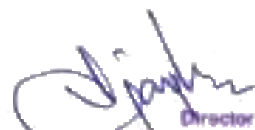
A language lab class for BBA Final year students was organised on 29th March 2022 under Training and Placement Cell. This lab caters to the language needs of the students at various levels. The students attempted various exercises based on communication skills. It helped them to understand the process, art and skills of communication. They were also made aware about their communication style. Total 31 students participated in the language lab class. The lab class was well coordinated by Ms. Keenika Arora.

Learning outcome:

- Students will be able to communicate with confidence and open-mindedness.
- Students will be able to summarize messages effectively and use professional communication etiquette.
- It helped students to understand the different methods of communication and how to make the most of each of them.


Dr. Nivedita
Head

Training and Placement Cell


Director
Tecnia Institute of Advanced Studies
(Affiliated to GGSIP University Delhi)
Madhuban Chowk, Rohini, Delhi-85



Students interacting during the Test

List of Beneficiaries:

S. No	Name of the Students	Enrollment Number
1	Mahesh Joshi	07317001719
2	Rohan Choudhary	11117001719
3	Mayank Selvan	41917001718
4	Shivam Goel	36017001718
5	Muskan Aggarwal	12217001719
6	Shivam Kansal	01417001719
7	Anuj Prasad	08517001719
8	Kush Bansal	08117001719
9	Tushar Jain	09717001719

10	Kushagra Dhingra	15117001719
11	Gautam Chouhan	35417001719
12	Chhavi Gupta	13817001719
13	Aarushi Saxena	12117001719
14	Priya Tiwari	14017001719
15	Astha Gupta	07817001719
16	Khushi Kohli	35521301719
17	Khyati Khanna	10717001719
18	Chahat Arora	14817001719
19	Gurpreet Kaur	36817001719
20	Jayant Goel	15217001719
21	Deepanshu Mittal	36617001719
22	Harshit Grover	10317001719
23	Raghav Gaur	11317001719
24	Vanshika Tandon	06717001719
25	Kartik Garg	06917001719
26	Akansha Sharma	07217001719
27	Jasmeet Kaur	08021301719
28	Prakhsr Tripathi	04917001719
29	Kanish Sidhar	35717001719
30	Tushar Sharma	35917001719
31	Pulkit Jain	13221301719



Dr. Nivedita
Head

Training and Placement Cell





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& Recognized Under Sec. 2(f) of UGC Act 1956.



Event : One Day Workshop/Webinar/Webinar
Topic : Fundamentals of Machine learning, Virtual reality, IOT & Artificial intelligence.
Resource Person : Mr. Pawan Kumar, Ms. Chitra Yadav and Mr. Atmakumar Rai
Schedule: 10:00 am onwards
Date: 25th March 2022
Day: Friday
Venue: Online- Microsoft Teams
Faculty In charge : Ms. Sania Kukkar(Computer Application Department)
No of Students: 100

TECNIA INSTITUTE OF ADVANCED STUDIES
NAAC ACCREDITED GRADE "A" INSTITUTE

Department of Computer Applications

WEBCAST ON

**FUNDAMENTALS OF MACHINE LEARNING, VIRTUAL REALITY,
IOT & ARTIFICIAL INTELLIGENCE**

SPEAKERS

Dr. Ajay Kumar
Director
TIAS, Delhi

Mr. Pawan Kumar
Embedded Engineer
Softcon India Pvt. Ltd., Delhi

Ms. Chitra Yadav
Software Engineer
Softcon India Pvt. Ltd. Delhi

Mr. Atmakumar Rai
Basic Science Training Head
Catpa Infotech Pvt Ltd

Dr. Deepak Sonkar
HOD- BCA
TIAS, Delhi

Date: 25, March 2022. (Friday)
Timing: IST 10:00 AM Onwards

Join Us: <https://bit.ly/37T8sXL>

Ms. Sania Kukkar
Asst. Professor (ICA Dept)
TIAS, Delhi

Dr. Deepak Sonkar
(HOD-ICT Deptt)

Director
Tecnia Institute of Advanced Studies
(Affiliated to GGSIP University Delhi)
Nadhuban Chowk, Rahim, Delhi-85

Objectives:

To learn about:-

- the basics of Machine Learning.
- the working of AI.
- the Importance of Virtual reality
- Applications in IOT

Report of Workshop/Webinar:

Tecnia Institute of Advanced Studies organized a Workshop/Webinar on 25th March, 2022 that was conducted by Mr. Pawan Kumar, Ms. Chitra Yadav and Mr. Atmakumar Rai. Students of BCA 1st, 2nd and 3rd year were a part of this Workshop/Webinar. The Workshop/Webinar was divided into modules and sub modules, that were:

1. Machine learning
2. Virtual reality
3. IOT & Artificial intelligence

The Workshop/Webinar started with a welcome speech by Dr. Ajay Kumar, Director of TIAS. He welcomed the guests of the day and addressed the gathering. The meeting was carried forward by Dr. Deepak Sonker, H.O.D of BCA department. He thanked the guests for being a part of this Workshop/Webinar and also motivated the students and told them to grab this wonderful opportunity and learn new things. In his welcome speech, he asked students to remain focused and to put their constant efforts to achieve excellence, learn innovative things and discussed the significance of Machine learning and AI.

The Workshop/Webinar started an introduction to virtual reality that was given by Ms. Chitra Yadav. She told about the various types of virtual reality and its importance. She also presented some live demos and told the best software used for virtual reality.

The Workshop/Webinar was followed by the introduction speech by Mr. Pawan Kumar on IOT. He further continued by explaining the benefits of IOT in future. He explained the importance and uses of it with the help of a diagram. He shared his experience and discussed the different platforms available for being an IOT expert.



Students Participate in Workshop/Webinar





Students Participate in Webinar



Expert Explained the Concept

Then Workshop/Webinar was carried forward by Mr. Atma Kumar Rai. He told about Machine Learning and its importance in today's world. He also told its categories: Supervised, Unsupervised and Reinforcement Learning. He further told about Artificial Neural Network and its 3 main components: FFNN, CNN, RNN. The Workshop/Webinar became more interesting when he also demonstrated few programs of ML and AI.

In the end of the Workshop/Webinar, there was a question-answer round held where the students clarified their doubts regarding Machine Learning also Mr. Atma Kumar Rai asked few questions related to the topic.

The webinar ended with a thank you speech/note that was given by the event convener Ms. Sania Kukkar.

Learning Outcomes :

Students have learnt about:-

- the basics of Machine Learning.
- the working of AI.
- Facts of Virtual reality
- Applications in IOT

LIST OF STUDENTS (Workshop/Webinar on IOT,ML,AI and VR) (DATE:25-March-2022)				
Sr.No	Enrollment	Name	Course	Event
1	00117002021	DHRUV VERMA	BCA-1 st Year	Workshop/Webinar on IOT,VR,AI,ML
2	00217002021	UJJWAL JUNEJA	BCA-1 st Year	Workshop/Webinar on IOT,VR,AI,ML
3	00317002021	VEDANT KUMAR	BCA-1 st Year	Workshop/Webinar on IOT,VR,AI,ML
4	00417002021	RISHIKA ARORA	BCA-1 st Year	Workshop/Webinar on IOT,VR,AI,ML
5	00517002021	ABHISHEK RANA	BCA-1 st Year	Workshop/Webinar on IOT,VR,AI,ML
6	00617002021	SANIDHYA SINGH	BCA-1 st Year	Workshop/Webinar on IOT,VR,AI,ML
7	00717002021	SAMPANN ARORA	BCA-1 st Year	Workshop/Webinar on IOT,VR,AI,ML
8	00817002021	SATVIK	BCA-1 st Year	Workshop/Webinar on IOT,VR,AI,ML
9	00917002021	RAHUL MITTAL	BCA-1 st Year	Workshop/Webinar on IOT,VR,AI,ML
10	01017002021	MAYANK CHOUDHARY	BCA-1 st Year	Workshop/Webinar on IOT,VR,AI,ML
11	01117002021	KAMAR ALAM	BCA-1 st Year	Workshop/Webinar on IOT,VR,AI,ML
12	01217002021	TARUN AGGARWAL	BCA-1 st	Workshop/Webinar

			Year	on IOT,VR,AI,ML
13	01317002021	DEV NALWA	BCA-1st Year	Workshop/Webinar on IOT,VR,AI,ML
14	01417002021	PRATHAM BABBERWAL	BCA-1st Year	Workshop/Webinar on IOT,VR,AI,ML
15	01517002021	PUNEET KUMAR	BCA-1st Year	Workshop/Webinar on IOT,VR,AI,ML
16	01617002021	MAHIVA BANSAL	BCA-1st Year	Workshop/Webinar on IOT,VR,AI,ML
17	01717002021	AMAN SHARMA	BCA-1st Year	Workshop/Webinar on IOT,VR,AI,ML
18	01817002021	HARDEEP SINGH	BCA-1st Year	Workshop/Webinar on IOT,VR,AI,ML
19	01917002021	SHEHBAZ	BCA-1st Year	Workshop/Webinar on IOT,VR,AI,ML
20	02017002021	DHRUV SINGH RATHORE	BCA-1st Year	Workshop/Webinar on IOT,VR,AI,ML
21	02117002021	PRIYANSHU CHOUDHARY	BCA-1st Year	Workshop/Webinar on IOT,VR,AI,ML
22	02217002021	MOHIT	BCA-1st Year	Workshop/Webinar on IOT,VR,AI,ML
23	02317002021	PRATHAM ARORA	BCA-1st Year	Workshop/Webinar on IOT,VR,AI,ML
24	02417002021	BHAWYA GARG	BCA-1st Year	Workshop/Webinar on IOT,VR,AI,ML
25	02517002021	KARTIKAY SINGH	BCA-1st Year	Workshop/Webinar on IOT,VR,AI,ML
26	02617002021	ANKUSH YADAV	BCA-1st Year	Workshop/Webinar on IOT,VR,AI,ML
27	02717002021	SARTHAK ARORA	BCA-1st Year	Workshop/Webinar on IOT,VR,AI,ML
28	02817002021	PIYUSH SINGH	BCA-1st Year	Workshop/Webinar on IOT,VR,AI,ML
29	02917002021	KARAN YADAV	BCA-1st Year	Workshop/Webinar on IOT,VR,AI,ML
30	03017002021	AMAN SHARMA	BCA-1st Year	Workshop/Webinar on IOT,VR,AI,ML
31	03121302021	RISHABH SINGH SOLANKI	BCA-1st-2nd shift	Workshop/Webinar on IOT,VR,AI,ML
32	03221302021	KAUSTAV CHAMOLA	BCA-1st-2nd shift	Workshop/Webinar on IOT,VR,AI,ML
33	03321302021	YASH KHANNA	BCA-1st-2nd shift	Workshop/Webinar on IOT,VR,AI,ML
34	03421302021	SIDDHANT GULATI	BCA-1st-2nd shift	Workshop/Webinar on IOT,VR,AI,ML
35	03521302021	SAISHA DUA	BCA-1st-2nd	Workshop/Webinar

			shift	on IOT,VR,AI,ML
36	03621302021	VISHAL VERMA	BCA-1 st -2 nd shift	Workshop/Webinar on IOT,VR,AI,ML
37	03721302021	YUGAM GROVER	BCA-1 st -2 nd shift	Workshop/Webinar on IOT,VR,AI,ML
38	03821302021	ANSH SINGH	BCA-1 st -2 nd shift	Workshop/Webinar on IOT,VR,AI,ML
39	03921302021	GAGANDEEP SINGH	BCA-1 st -2 nd shift	Workshop/Webinar on IOT,VR,AI,ML
40	04021302021	MANAS THAKUR	BCA-1 st -2 nd shift	Workshop/Webinar on IOT,VR,AI,ML
41	04121302021	NAMAN BHAGAT	BCA-1 st -2 nd shift	Workshop/Webinar on IOT,VR,AI,ML
42	04221302021	KESHAV	BCA-1 st -2 nd shift	Workshop/Webinar on IOT,VR,AI,ML
43	04321302021	SOURABH DALAL	BCA-1 st -2 nd shift	Workshop/Webinar on IOT,VR,AI,ML
44	04421302021	SHIVANSH RAWAT	BCA-1 st -2 nd shift	Workshop/Webinar on IOT,VR,AI,ML
45	04521302021	ABHISHEK KUMAR SINGH	BCA-1 st -2 nd shift	Workshop/Webinar on IOT,VR,AI,ML
46	04621302021	ARYAN JAIN	BCA-1 st -2 nd shift	Workshop/Webinar on IOT,VR,AI,ML
47	04721302021	AMAN JHA	BCA-1 st -2 nd shift	Workshop/Webinar on IOT,VR,AI,ML
48	04821302021	ROHAN JINDAL	BCA-1 st -2 nd shift	Workshop/Webinar on IOT,VR,AI,ML
49	04921302021	ARYAN THAKUR	BCA-1 st -2 nd shift	Workshop/Webinar on IOT,VR,AI,ML
50	05021302021	SHUBHAM	BCA-1 st -2 nd shift	Workshop/Webinar on IOT,VR,AI,ML
51	05121302021	AKASH GAUR	BCA-1 st -2 nd shift	Workshop/Webinar on IOT,VR,AI,ML
52	05221302021	SUMIT KUMAR GUPTA	BCA-1 st -2 nd shift	Workshop/Webinar on IOT,VR,AI,ML
53	05321302021	SNEHA JAIN	BCA-1 st -2 nd shift	Workshop/Webinar on IOT,VR,AI,ML
54	05421302021	NIKHIL KUMAR	BCA-1 st -2 nd shift	Workshop/Webinar on IOT,VR,AI,ML
55	35121302021	RISHABH JAIN	BCA-1 st -2 nd shift	Workshop/Webinar on IOT,VR,AI,ML
56	35221302021	MOHIT	BCA-1 st -2 nd shift	Workshop/Webinar on IOT,VR,AI,ML
57	35321302021	VISHAL SHARMA	BCA-1 st -2 nd shift	Workshop/Webinar on IOT,VR,AI,ML
58	35421302021	VANIKA MADRA	BCA-1 st -2 nd shift	Workshop/Webinar on IOT,VR,AI,ML

			shift	on IOT,VR,AI,ML
59	35521302021	NISHITA GUPTA	BCA-1 st -2 nd shift	Workshop/Webinar on IOT,VR,AI,ML
60	35621302021	DEEPAK CHANDEL	BCA-1 st -2 nd shift	Workshop/Webinar on IOT,VR,AI,ML
61	00117002019	MANAV GUPTA	BCA-3 rd year	Workshop/Webinar on IOT,VR,AI,ML
62	00217002019	SHIVAM BHANDARI	BCA-3 rd year	Workshop/Webinar on IOT,VR,AI,ML
63	00317002019	ANANDITA	BCA-3 rd year	Workshop/Webinar on IOT,VR,AI,ML
64	00417002019	YASH PARASHAR	BCA-3 rd year	Workshop/Webinar on IOT,VR,AI,ML
65	00517002019	VANSHITA VERMA	BCA-3 rd year	Workshop/Webinar on IOT,VR,AI,ML
66	00617002019	NITIKA BHOLA	BCA-3 rd year	Workshop/Webinar on IOT,VR,AI,ML
67	00717002019	ISHA BATRA	BCA-3 rd year	Workshop/Webinar on IOT,VR,AI,ML
68	00817002019	MEGHA GUPTA	BCA-3 rd year	Workshop/Webinar on IOT,VR,AI,ML
69	00917002019	DARSH VERMA	BCA-3 rd year	Workshop/Webinar on IOT,VR,AI,ML
70	01017002019	AYUSH JAGGA	BCA-3 rd year	Workshop/Webinar on IOT,VR,AI,ML
71	01117002019	SHUBHAM CHAUDHARY	BCA-3 rd year	Workshop/Webinar on IOT,VR,AI,ML
72	01217002019	TUSHAR SOHAL	BCA-3 rd year	Workshop/Webinar on IOT,VR,AI,ML
73	01317002019	YASH BISHT	BCA-3 rd year	Workshop/Webinar on IOT,VR,AI,ML
74	01417002019	SHIVAM THAKRAN	BCA-3 rd year	Workshop/Webinar on IOT,VR,AI,ML
75	01517002019	SARTHAK VIJ	BCA-3 rd year	Workshop/Webinar on IOT,VR,AI,ML
76	01617002019	ADITYA GOYAL	BCA-3 rd year	Workshop/Webinar on IOT,VR,AI,ML
77	01717002019	BHUMIKA GOGNA	BCA-3 rd year	Workshop/Webinar on IOT,VR,AI,ML
78	01817002019	SANTOSH VERMA	BCA-3 rd year	Workshop/Webinar on IOT,VR,AI,ML
79	01917002019	ANJALI JAIN	BCA-3 rd year	Workshop/Webinar on IOT,VR,AI,ML
80	02017002019	ADITYA TIWARI	BCA-3 rd year	Workshop/Webinar on IOT,VR,AI,ML
81	03117002020	PRIYANSHI JAIN	BCA-2 nd	Workshop/Webinar

			year	on IOT,VR,AI,ML
82	03217002020	PRIYANSHU KUMAR	BCA-2nd year	Workshop/Webinar on IOT,VR,AI,ML
83	03317002020	RISHABH JAIN	BCA-2nd year	Workshop/Webinar on IOT,VR,AI,ML
84	03417002020	RIYA GUPTA	BCA-2nd year	Workshop/Webinar on IOT,VR,AI,ML
85	03517002020	SANYA VERMA	BCA-2nd year	Workshop/Webinar on IOT,VR,AI,ML
86	03617002020	SANYAM	BCA-2nd year	Workshop/Webinar on IOT,VR,AI,ML
87	03717002020	SHIVANI	BCA-2nd year	Workshop/Webinar on IOT,VR,AI,ML
88	03817002020	SHRISH KASHYAP	BCA-2nd year	Workshop/Webinar on IOT,VR,AI,ML
89	03917002020	SHUBHAM	BCA-2nd year	Workshop/Webinar on IOT,VR,AI,ML
90	04017002020	SMARTH RAHEJA	BCA-2nd year	Workshop/Webinar on IOT,VR,AI,ML
91	04117002020	SUDIPTO BHUKTA	BCA-2nd year	Workshop/Webinar on IOT,VR,AI,ML
92	04217002020	SUKRITI KALRA	BCA-2nd year	Workshop/Webinar on IOT,VR,AI,ML
93	04317002020	UJJWAL	BCA-2nd year	Workshop/Webinar on IOT,VR,AI,ML
94	04417002020	VASU JAIN	BCA-2nd year	Workshop/Webinar on IOT,VR,AI,ML
95	01517002020	DHRUV RAWAT	BCA-2nd year	Workshop/Webinar on IOT,VR,AI,ML
96	01617002020	DISHANK JAIN	BCA-2nd year	Workshop/Webinar on IOT,VR,AI,ML
97	01717002020	GOVIND VIJAY	BCA-2nd year	Workshop/Webinar on IOT,VR,AI,ML
98	01817002020	HARSH AGGARWAL	BCA-2nd year	Workshop/Webinar on IOT,VR,AI,ML
99	01917002020	HARSH TANWAR	BCA-2nd year	Workshop/Webinar on IOT,VR,AI,ML
100	02017002020	HARSHIT GOYAL	BCA-2nd year	Workshop/Webinar on IOT,VR,AI,ML


 Dr. Deepali Sonkar
 (HOD-ICT Deptt)

FIT INDIA YOUTH CLUB

REPORT

EVENT: Fit India Freedom Run 2.0

THEME: Fit India Freedom Run 2.0- "Azadi ka Amrit Mahotsav"

NODAL OFFICER: Dr. Rahul Tripathi

CONVENER-INCHARGE: Mr. Inderpreet Singh

STUDENT BENEFICIARY: 11

PARTICIPATION: BBA, BJMC, BCA, MBA

DATE: 13/08/2021



OBJECTIVES OF THE EVENT

1. To encourage people to take up fitness activities such as running and sports in their daily lives.
2. To popularize fitness as a way of life to get freedom from obesity, laziness, stress, anxiety, diseases, etc.
3. To organize the events of fitness run and encourages the students to take part in the fitness run as being practiced by runners / walkers across India.
4. To sensitize the students about the management of healthy lifestyle by running towards the heritage sites in their respective city.

REPORT

This event was organized by Fit India Youth Club of Tecnia Institute of Advanced Studies, Rohini, Delhi from 13/08/2021. In contrast with physical activity, based on the theme Fit India Freedom Run 2.0- Azadi ka Amrit Mahotsav. Every student had been intimated to run in their hometown around some historical sites and parks. Being physically fit has been defined as "the ability to carry out daily tasks with vigor and alertness, without undue fatigue and with ample energy to enjoy leisure-time pursuits and to meet unforeseen emergencies".

Fit India Movement is a movement to take the nation on a path of fitness and wellness. It provides a unique and exciting opportunity to work towards a healthier India. As part of the movement, individuals and organisations can undertake various efforts for their own health and well-being as well as for the health and well-being of fellow Indians.

Fit India Movement is conducting Fit India Freedom Run 13.08.2021 to encourage fitness and help us all to get freedom from obesity, laziness, stress, anxiety, diseases etc. The concept behind this run is that "It can be run and promote fitness!" You can-

1. Run/ Visit around historical and iconic places and other important locations of significance.
2. Run your own race at your pace.
3. Track your kms manually or by using any tracking app or GPS watch.

4. Share their photos and videos to be uploaded on fitindia.gov.in



Students Participation Certificated generated from Fitindia.gov.in



Students Participation in the Fit India Freedom Run 2.0



Promotion of Fit India Freedom Run 2.0 event on Tecnia Institute of Advanced Studies official Social Media Platforms

In the event Fit India Freedom Run 2.0 conducted by Fit India Youth Club, 28 students participated from all the respective departments of Tecnia Institute of Advanced Studies. It was observed that all the participants were keen to engage in the activities like Fit India Freedom Run 2.0 “Azadi ka Amrit Mahotsav” as it provides the different opportunities in their interests other than academic routine based activities.

LEARNING OUTCOME:

1. It will help the students to enhance their fitness regime.
2. It Increases Longevity: It is a known fact that regular physical activity can increase life expectancy and reduce the risk of premature death. Healthy people tend to live longer. This is because the fit one is, the less risk of diseases one has.
3. It boosts physical health as a way of life to get freedom from obesity, laziness, stress, anxiety, diseases, etc
4. It will create awareness and sensitize the students to adopt healthy and peaceful life style.

LIST OF BENEFICIERIES				
S. No	NAME	ENROLLMENT NO	COURSE	KM RUN
1	ARUNDHATI NAUTIYAL	01521302420	BA(JMC)	5
2	AARUSHI SAXENA	12117001719	BBA	3.5 km
3	KHUSHBOO JOSHI	35321302420	BAJMC	1.5 Km
4	DESHIK CHAWLA	02617001720	BBA	3.33 kms
5	GOVIND VIJAY	01717002020	BCA	3.5 Km
6	NANDINI SHARMA	06021302420	BAJMC	4km
7	PRATEEK BANSAL	03017002020	BCA	1 km
8	BHAVY SHARMA	35317002020	BCA	5.4
9	SHIVANI	03717002020	BCA	3km
10	ANKUR BANSAL	0617002020	BCA	2.09
11	RISHABH JAIN	03317002020	BCA	10 KM



Inderpreet Singh
Convener- Incharge
- Fit India Youth Club, TIAS



Dr. Kirti Jainani
Student Welfare Incharge. TIAS

FIT INDIA YOUTH CLUB

REPORT

EVENT: Fit India Freedom Run 2.0

THEME: Fit India Freedom Run 2.0- "Azadi ka Amrit Mahotsav"

NODAL OFFICER: Dr. Rahul Tripathi

CONVENER-INCHARGE: Mr. Inderpreet Singh

STUDENT BENEFICIARY: 06

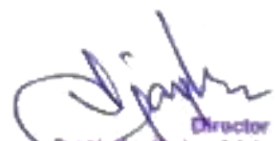
PARTICIPATION: BBA, BJMC, BCA, MBA

DATE: 14/08/2021




Inderpreet Singh
Convener-Incharge
- Fit India Youth Club, TIAS


Dr. Kirti Jainani
Student Welfare Incharge, TIAS


Director
Tecnia Institute of Advanced Studies,
(Affiliated to GGSIP University Delhi)
Madhuban Chowk, Rehini, Delhi-85

OBJECTIVES OF THE EVENT

1. To encourage people to take up fitness activities such as running and sports in their daily lives.
2. To organize the events of fitness run and encourages the students to take part in the fitness run as being practiced by runners / walkers across India.
3. To sensitize the students about the management of healthy lifestyle by running towards the heritage sites in their respective city.

REPORT

This event was organized by Fit India Youth Club of Tecnia Institute of Advanced Studies, Rohini, Delhi on 14/08/2021. In contrast with physical activity, based on the theme Fit India Freedom Run 2.0- Azadi ka Amrit Mahotsav. Every student had been intimated to run in their hometown around some historical sites and parks. Being physically fit has been defined as "the ability to carry out daily tasks with vigor and alertness, without undue fatigue and with ample energy to enjoy leisure-time pursuits and to meet unforeseen emergencies".

Fit India Movement is a movement to take the nation on a path of fitness and wellness. It provides a unique and exciting opportunity to work towards a healthier India. As part of the movement, individuals and organisations can undertake various efforts for their own health and well-being as well as for the health and well-being of fellow Indians.

Fit India Movement is conducting Fit India Freedom Run 13.08.2021 to 02.10.2021 to encourage fitness and help us all to get freedom from obesity, laziness, stress, anxiety, diseases etc. The concept behind this run is that "It can be run and promote fitness!" You can-

1. Run/ Visit around historical and iconic places and other important locations of significance.
2. Run your own race at your pace.
3. Track your kms manually or by using any tracking app or GPS watch.
4. Share their photos and videos to be uploaded on fitindia.gov.in



Students Participation Certificated generated from Fitindia.gov.in



Students Participation in the Fit India Freedom Run 2.0



Promotion of Fit India Freedom Run 2.0 event on Tecnia Institute of Advanced Studies official Social Media Platforms

In the event Fit India Freedom Run 2.0 conducted by Fit India Youth Club, 06 students participated from all the respective departments of Tecnia Institute of Advanced Studies. It was observed that all the participants were keen to engage in the activities like Fit India Freedom Run 2.0 “Azadi ka Amrit Mahotsav” as it provides the different opportunities in their interests other than academic routine based activities.

LEARNING OUTCOME:

1. It Increases Longevity: It is a known fact that regular physical activity can increase life expectancy and reduce the risk of premature death. Healthy people tend to live longer. This is because the fit one is, the less risk of diseases one has.
2. It boosts physical health as a way of life to get freedom from obesity, laziness, stress, anxiety, diseases, etc
3. It will create awareness and sensitize the students to adopt healthy and peaceful life style.

LIST OF BENEFICIERIES				
S. No	NAME	ENROLLMENT NO	COURSE	KM RUN
1	PRIYANSHU SINGHAL	06317002420	BA(JMC)	3km
2	KHUSHI MALHOTRA	35517002420	BA[JMC]	2 km
3	ISHPREET SINGH	35921302420	BA(JMC)	2km
4	SANSKRITI GOYAL	07921302420	BJMC	1/2 Km
5	RIDHI JAIN	35119302420	BAJMC	3
6	PRIYANKA SEHRAWAT	0951502420	BAJMC	2km



Inderpreet Singh
Convener- Incharge
- Fit India Youth Club, TIAS



Dr. Kirti Jainani
Student Welfare Incharge. TIAS