



**TECNIA INSTITUTE OF ADVANCED STUDIES**

**GRADE "A" INSTITUTE**

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

**INSTITUTIONAL AREA MADHUBAN CHOWK, ROHINI, DELHI 110085**

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**TIAS - UNIVERSAL HUMAN VALUES (UHV) CELL**

Established under the norms of All India Council for Technical Education (AICTE)

अखिल भारतीय तकनीकी शिक्षा परिषद



Ref:.....

Date:.....

## REPORT

<b>Title of Activity*</b>	“Healthy Diet and Lifestyle”
<b>Activity Type</b>	Workshop
<b>Values</b>	<b>Mental and Physical Health</b>
<b>Objective</b>	The ‘Healthy Food’ workshop aims to aware the students about having a healthy, balanced diet, showing them the insights into the health benefits of healthy food as an important part of a healthy lifestyle.
<b>Learning Outcomes</b>	After attending this workshop, participants will get deeper understanding of : a. Incorporation of healthy habits into daily lives b. Getting to know their body and assessing what works for their body c. Healthy recipes and basic workout tips
<b>Organized by (Dept./ Centre/ Cells/Clubs/ Committees Name)*</b>	UHV CELL

*Prachi*  
Nodal Officer, UHV Cell  
Tecnia Institute of Advanced Studies  
Madhuban Chowk, Rohini, Delhi -85

<b>Program Theme*</b>	Healthy Diet and Lifestyle
<b>Resource Person</b>	Dr. Preeti Jindal, UHV Coordinator, TIAS

<b>Date*</b>	29 <sup>th</sup> April 2024
<b>Time*</b>	1:00 PM-2.00 PM
<b>Venue</b>	TIAS PG Building, 1 <sup>st</sup> Floor, Room No. 1109

**Flyer**

**TECNIA**  
INSTITUTE OF ADVANCED STUDIES  
GRADE "A" INSTITUTE

Universal Human Values Cell (UHV)

*Organizing*

**Workshop on Healthy Diet & Life Style**

29<sup>th</sup> April, 2024  
01:00 PM onwards

Venue - Room no. -1109,  
PG Building, First Floor, TIAS

Resource Person  
**Dr. Preeti Jindal**  
Associate Professor DMS  
9717812810

Student Coordinator  
**Archit Luthra** - 9871017554  
**Ayush Aggarwal** - 9971365495

*Preeti.*  
Nodal Officer, UHV Cell  
Tecnia Institute of Advanced Studies  
Madhuban Chowk, Rohini, Delhi - 85

<b>Social media link</b> ( <i>promoting in any one Facebook/Instagram/Twitter is mandatory</i> )	www.tiaspg.tecna.in
<b>No. of Students*</b> ( <i>only no. to be written, list in excel or word should be maintain at department level as proof for any further requirement</i> )	15
<b>No. of Faculty*</b> ( <i>only no. to be written , list in excel or word should be maintain at department level as proof for any further requirement</i> )	01

<b>No. of External Participants (students + faculty)</b> [ <i>write NA if not applicable</i> ]	N/A
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**(Geotag) Photograph\***



*Pratt*  
 Nodal Officer, UNV Cell  
 Tecna Institute of Advanced Studies  
 Madhuban Chowk, Rohini, Delhi -85



CAPTION: Students attending workshop on healthy diet and lifestyle

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

The UHV cell of Tecnia Institute of Advanced Studies, New Delhi has organized a workshop on 29th April 2024 at room no. 1109 1<sup>st</sup> floor of TIAS PG building. Fifteen Students from BBA program participated in this workshop.

In this workshop Resource person guide participants through the essential steps of developing a healthy eating pattern that matches their health goals, food preferences, and lifestyle demands.

She shared 7 tips for healthy eating:

1. Base your meals on higher fibre starchy carbohydrates.
2. Eat lots of fruit and vegetables
3. Cut down on saturated fat and sugar.
4. Eat less salt: no more than 6g a day for adults.
5. Get active and be a healthy weight.
6. Do not get thirsty.
7. Do not skip breakfast.

Finally, she emphasizes on eating plenty of vegetables and fruit. They are important sources of vitamins, minerals, dietary fibre, plant protein and antioxidants. People with diets rich in vegetables and fruit have a significantly lower risk of obesity, heart disease, stroke, diabetes and certain types of cancer.

PPTs and multimedia tools were used for presentation in the workshop

<b>Attendance Sheet*</b>	<i>Attached at the end of Report</i>
<b>Report Submitted by Convener</b> ( <i>write faculty coordinator name</i> )	Dr. Preeti Jindal, UHV Coordinator
<b>For Office Use</b>	
<b>Signature of Event Coordinator</b>	<b>Signature of School/Department Head</b> ( <i>With Seal</i> )
<b><u>List of Beneficiary</u></b>	<b>15</b>

**List of Beneficiaries:**

S.No	Name	Enrollment Class	
1	Rahul Minocha	06621301722	BBA
2	Vikash Malhotra	07021301722	BBA
3	Bharat Ahuja	08121301722	BBA
4	Devanshi Kapoor	08221301722	BBA
5	Punit Sharma	08621301722	BBA
6	Vivek Lunawat	10421301722	BBA
7	Nancy Garg	10521301722	BBA
8	Divansh Sharma	10721301722	BBA
9	Akanksha	35321301722	BBA
10	Raghav	35821301722	BBA


  
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11	Vishakha	36121301722	BBA
12	Geetanshu Gupta	70121301722	BBA
13	Rubal Narang	70421301722	BBA
14	Sambhav Madaan	10821301722	BBA
15	Pari Gupta	35421301722	BBA

Dr. Preeti Jindal

UHV CELL COORDINATOR

  
Nodal Officer, UHV Cell  
Tectia Institute of Advanced Studies  
Madhuban Chowk, Rohini, Delhi -85

  
Nodal Officer, UHV Cell  
Tectia Institute of Advanced Studies  
Madhuban Chowk, Rohini, Delhi -85