




Report on Fit for Life Expo

Title of Event	Fit for Life Expo
Activity	Discussion on the role of balanced diets and sustainable fitness habits
Values	Harmony, Dedication
Learning Outcomes	<ul style="list-style-type: none"> • Recognize the importance of regular exercise in maintaining physical and mental health. • Understand the principles of a balanced diet and its role in supporting sustainable lifestyles. • Identify simple, actionable strategies to include fitness and nutritious meals in their daily routines without significant time or financial burdens. • Develop a sense of personal responsibility and motivation to adopt health-promoting behaviors. • Connect individual health practices to global sustainability objectives, specifically United Nations Sustainable Development Goals (UNSDGs) 3 and 12.
Objectives	<ul style="list-style-type: none"> • Educate Participants on the significance of maintaining a balanced diet to promote good health and reduce the risk of chronic diseases. • Promote Sustainable Fitness Habits that individuals can realistically integrate into their daily lives to enhance overall well-being. • Raise Awareness about the connection between personal health practices and broader sustainable consumption patterns. • Encourage Action by providing practical tools and strategies to foster regular physical activity and mindful nutrition choices.

Organized by	Happiness Club
Program Theme	Balanced Diets, Sustainable Fitness Habits,
External Expert / Internal Expert	NA
Date	08.02.2025
Time	11:00 AM Onwards
Venue	Bhalswa Dairy
Poster/Flyer/Notice*	
Social media link (<i>promoting in any one Facebook/Instagram/Twitter is mandatory</i>)	NA
No. of Students* (<i>only no. to be written, list in excel or word should be maintain at department level as proof for any further requirement</i>)	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)	NA
No. of External Participants (students + faculty) [write NA if not applicable]	



Report: Description in (min 250 to max 800 words)*	<p>The Fit for Life Expo, held on 08 February 2025, was an engaging and impactful event designed to promote awareness and practical strategies around balanced diets, sustainable fitness habits, and responsible consumption. The Expo aimed to educate participants on the essential role that nutrition and regular physical activity play in maintaining overall health and preventing lifestyle-related diseases. One of the central objectives was to empower individuals with the knowledge and motivation needed to incorporate healthy practices into their daily routines. By offering evidence-based information and hands-on experiences, the event encouraged attendees to recognize that achieving good health does not require drastic changes but rather small, consistent efforts sustained over time.</p> <p>Throughout the day, experts facilitated discussions on how a balanced diet supports bodily functions, enhances energy levels, and contributes to mental well-being. Participants learned how to prepare simple, nutrient-rich meals that are both affordable and environmentally</p>
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	<p>sustainable, emphasizing the value of mindful eating. In addition to nutrition education, the Expo highlighted the importance of regular physical activity and presented accessible fitness strategies adaptable to various lifestyles. Demonstrations showcased how short, manageable exercise routines can significantly improve cardiovascular health, reduce stress, and boost overall resilience. This holistic approach underlined that personal health and sustainable living are interconnected themes, aligning with UNSDG 3: Good Health and Well-Being and UNSDG 12: Responsible Consumption and Production.</p> <p>The event’s atmosphere was shaped by the themes of Harmony and Dedication, reminding participants that personal well-being thrives when it exists in balance with environmental responsibility. Attendees were encouraged to reflect on how their choices as consumers directly impact the planet and their own health, fostering a sense of purpose and accountability. The Expo also offered interactive workshops and resource booths that provided practical tools, such as meal-planning guides, exercise schedules, and tips on sourcing local produce to reduce carbon footprints.</p> <p>By the end of the Expo, participants left with a deeper understanding of the value of regular fitness activities, sustainable dietary habits, and conscious consumption. They were better prepared to take concrete steps toward healthier lifestyles that contribute positively to their communities and the environment. The Fit for Life Expo successfully demonstrated that with dedication and awareness, achieving a balanced, fulfilling, and sustainable life is within reach for everyone.</p>
Resource Person	Dr. Rubeena Bano – Club In-charge
Attendance Sheet*	<i>Attached at the end of Report</i>
Feedback	This event was well received by society.
Report Submitted by Convener	Dr. Rubeena Bano
<i>For Office Use</i>	

Signature of Event Coordinator

Kuber
Happiness Sangenis Happiness Club
Technic Institute of Advanced Studies
Madhuban Chowk, Roanini, Delhi-85

List of Participants

S. No.	Enrolment No	Name	Department
1	14417001722	ADITI MITTAL	BBA
2	`07117001722	PARLEEN KAUR	BBA
3	`07217001722	KUMAR KRISH GOEL	BBA
4	`07317001722	RIDHI JAIN	BBA
5	`07417001722	RISHABH NAGPAL	BBA
6	14117001722	GAGAN	BBA
7	14217001722	ANSH KUMAR	BBA
8	14317001722	DEVESH SHARMA	BBA
9	`07017001722	SAKSHAM GUPTA	BBA
10	14517001722	KRISHNAM	BBA
11	10421301722	VIVEK KUMAR LUNAWAT	BBA
12	10521301722	NANCY GARG	BBA
13	35321301722	AKANKSHA	BBA
14	35421301722	PARI GUPTA	BBA
15	`08017001722	PRACHI GARG	BBA
16	`08117001722	VAIBHAV GANDHI	BBA
17	`08217001722	SHREY GOEL	BBA
18	36517001722	VRINDA SACHDEVA	BBA
19	36617001722	CHIRAG PULASTYA	BBA
20	36717001722	NAMAN ANEJA	BBA
21	36817001722	HRITIK AGGARWAK	BBA
22	70117001722	VANSHIKA SINGHAL	BBA
23	`07317001722	RIDHI JAIN	BBA
24	`07417001722	RISHABH NAGPAL	BBA
25	`07517001722	ISHIKA KOHLI	BBA