



**TECNIA INSTITUTE OF ADVANCED STUDIES**  
**GRADE "A" INSTITUTE**  
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 Recognized Under Sec. 2(f) of UGC Act 1956.  
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## CULTURAL CLUB

Organized by: Cultural Club, TIAS

### Report on World Health Day

<b>Title of Activity*</b>	Dance with Yoga – A Celebration of Movement and Mindfulness
<b>OBE Values</b>	<ul style="list-style-type: none"> <li>• Physical and Mental Well-being</li> <li>• Holistic Development</li> <li>• Discipline and Mindfulness</li> <li>• Social Responsibility</li> <li>• Team Collaboration and Leadership</li> </ul>
<b>Event – Awareness/Outreach</b>	Awareness
<b>Program Theme*</b>	“My Health, My Right” – Celebrating Health through Movement and Mindfulness
<b>In association with (Dept./ Centre/ Cells/Clubs/ Committees Name)</b>	Fit India Youth Club, NSS Club
<b>Objectives</b>	<ul style="list-style-type: none"> <li>• To promote the importance of physical and mental health through dance and yoga.</li> <li>• To observe World Health Day by encouraging an active lifestyle among students and faculty.</li> <li>• To integrate the joy of dance with the discipline of yoga for holistic well-being.</li> <li>• To create awareness about self-care and mindfulness practices.</li> </ul>
<b>The context</b>	World Health Day, celebrated annually on April 7th, aims to draw global attention to critical health issues. In alignment with the 2025 WHO theme “ <i>My Health, My Right</i> ,” <i>The Cultural Club</i> , in collaboration with the <i>NSS Club</i> and <i>Fit India Youth Club</i> , organized a unique and vibrant event – “ <i>Dance with Yoga</i> ”. This initiative combined rhythmic dance with traditional yoga techniques to promote both physical fitness and mental serenity among students and staff.
<b>Learning Outcomes</b>	<ul style="list-style-type: none"> <li>• Students learned to use movement and breathwork for managing stress and increasing focus.</li> <li>• Participants developed awareness of the importance of preventive health care.</li> <li>• The event fostered a spirit of unity and wellness through group activity.</li> <li>• Participants gained experience in synchronizing body, mind, and rhythm in a structured environment.</li> </ul>

<b>External Expert</b>	-
<b>Internal Expert</b>	Dr. Upasana Khurana, In-charge, Cultural Club
<b>List of Volunteers</b>	Ms. Chhavi Ms. Meghna Thakur
<b>Resources</b>	<ul style="list-style-type: none"> <li>• Yoga mats and sound system</li> <li>• LED display for guiding poses</li> <li>• Refreshments and hydration booths</li> <li>• First-aid kit and medical support on standby</li> </ul>
<b>Evidence of Success</b>	The event witnessed the enthusiastic participation of over 30 students and 05 faculty members. The session was divided into two segments: a 45-minute energizing dance workout followed by a 45-minute calming yoga session. Students reported feeling refreshed, focused, and more aware of their health. The event successfully instilled the message that health is not just the absence of illness but a dynamic expression of life. Post-event feedback reflected high satisfaction and requests for similar future activities
<b>Challenges</b>	<ul style="list-style-type: none"> <li>• Ensuring participation from students unfamiliar with yoga or dance initially required extra motivation.</li> <li>• Weather fluctuations in the outdoor setting required arrangement of shade and hydration points.</li> <li>• Managing coordination between two different activity formats (dance and yoga) posed minor scheduling adjustments.</li> </ul>
<b>Date*</b>	7 <sup>th</sup> April, 2025
<b>Time*</b>	10:00 AM to 12:00 Noon
<b>Venue</b>	TIAS Campus

**Poster/Flyer/Notice\***



**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)

30

**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)

01

**No. of External Participants (students + faculty)** [write NA if not applicable]

NA

**Photograph\***



“Celebrating World Health Day with serenity and strength – Students embrace yoga and mindfulness for a healthier, balanced life.”



"Unity in wellness – Faculty and staff come together on World Health Day to promote physical fitness and mental harmony through yoga."

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

On the occasion of World Health Day 2025, Tecnia Institute of Advanced Studies hosted an innovative event titled "Dance with Yoga" on 7th April from 10:00 AM to 12:00 PM. The event was organized jointly by Cultural Club, under the guidance of Dr. Upasana Khurana, with the aim of promoting health awareness through engaging physical activities.

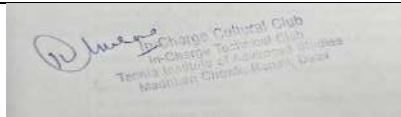
The program began with a short introduction on the significance of World Health Day and this year's theme, "My Health, My Right." The concept behind the event was to create a joyful, accessible way to celebrate movement, reduce stress, and promote healthy habits. The first half of the session included a group dance routine led by student performers and a fitness instructor. The dance was high-energy, inclusive, and targeted cardiovascular health, mobility, and coordination.

The second half of the event transitioned into a tranquil yoga session, focusing on breathing techniques, stretching, and mental calmness. The yoga instructor guided participants through a series of asanas and relaxation exercises, aimed at fostering inner balance and body awareness.

The dual-format event drew overwhelming participation from both students and faculty. The open space of the campus was filled with laughter, music, and a shared energy of wellness. Posters and banners on health awareness were displayed around the venue. Refreshments such as lemon water and fruits were provided to participants to encourage healthy post-activity habits.

Students expressed that this combination of dance and yoga was both invigorating and calming, helping them release stress and reconnect with their physical selves. It was a novel experience for many, especially those who were new to yoga or group exercise. Volunteers managed the logistics efficiently, ensuring smooth transitions between sessions and active engagement from the audience.

It was a successful initiative that celebrated the essence of World Health Day through meaningful movement. It not only created awareness about physical and mental wellness but also left the participants energized and motivated to prioritize their health in daily life. The event was a fine example of how educational institutions can contribute to creating a health-conscious community.

<b>Resource Person Profile</b>	NA
<b>Attendance Sheet*</b>	<i>Attached at the end of Report</i>
<b>Report Submitted by Nodal Officer/Event Coordinator (write faculty coordinator name)</b>	Dr. Upasana Khurana
<b>For Office Use: Notification No. TIAS/CC/2024-25/21</b>	
<b>Signature of Event Coordinator</b>	

<b>CULTURAL CLUB</b>			
<b>World Health Day</b>			
<b>List of Participants</b>			
			<b>Date: 7<sup>th</sup> April, 2025</b>
<b>S. No.</b>	<b>Enrollment</b>	<b>Name</b>	<b>Course</b>
1.	01017004424	Anshul Negi	MCA
2.	22117004424	Meenakshi Bisht	MCA
3.	22517004424	Nitika	MCA
4.	25117004424	Arti	MCA
5.	352170004424	Akshit Nayyar	MCA
6.	35117004423	Manisha Sinha	MCA
7.	00417001723	Aditya Kaushik	BBA
8.	00617001723	Sukalyan Bhattacharya	BBA
9.	01017001723	Harshit Mangla	BBA
10.	01517001723	Daksh	BBA
11.	01817001723	Parul Rastogi	BBA
12.	00521301724	Jeet Pilani	BBA
13.	02021301724	Kritika Gupta	BBA
14.	02921301724	Shourya Garg	BBA
15.	00117002424	Poornima Jain	BA(JMC)
16.	00317002424	Aanchal Bora	BA(JMC)
17.	00617002424	Chhavi	BA(JMC)
18.	00321302424	Navneet Kaur	BA(JMC)
19.	00521302423	Heenakshi Wadhwa	BA(JMC)
20.	00921302423	Rumesa Khan	BA(JMC)
21.	02217002422	Meghna Thakur	BA(JMC)
22.	00317002024	Riya Sharma	BCA
23.	00817002024	Aditya Pandey	BCA
24.	01717002024	Kriti Sethi	BCA
25.	02217002024	Nitya Sachdeva	BCA
26.	00617002023	Kanchan Maurya	BCA
27.	01317002023	Daksh Malhotra	BCA

<b>28.</b>	00417088824	Tanya Gupta	B.Com
<b>29.</b>	00817088824	Vineet Dubey	B.Com
<b>30.</b>	35217088824	Rudra Puri	B.Com

