



TECNIA INSTITUTE OF ADVANCED STUDIES

NAAC ACCREDITED GRADE "A" INSTITUTE

Approved by AICTE, Ministry of HRD, Govt. of India, Affiliated to G.G.S.I.P. University & Recognized Under Sec. 2(f) of UGC Act 1956.

INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085

TIAS NATIONAL SERVICE SCHEME (NSS) CELL

SELF-FINANCING UNIT* - I



Donate Blood
Save Life



Beti Bachao
Beti Padhao



Health
Camps



Tree
Plantation

Ref.:.....

Date:.....

FITNESS CLUB

Report

EVENT: Fitness Quiz
THEME: “Life Style Diseases”
Convener: DR. ROHTASH KUMAR
Participation: BBA
Date: 01/09 /2020
Time: 10:00 AM onwards
Platform: - Google Form

OBJECTIVES OF THE EVENT:

Quiz questions test your knowledge of:

- To increase the interest of students in physical learning
- To inculcate excitement and knowledge gainer of the necessary insights to develop physical health
- To sensitize the students about physical fitness level
- To sensitize the students about the awareness in their physical health

REPORT

This event was organized by Fitness Club of Tecnia Institute of Advanced Studies, Rohini, Delhi on 01/09 /2020. In contrast with physical activity, Based

on the theme “Life Style Disease” which is related to the movements that students perform, physical fitness is a set of attributes that students have or achieve. 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"*. Both physical activity and physical fitness vary among students. No student has no activity just as no person has no fitness-all are active or fit to greater or lesser degrees. It is mandatory for all the students that they should engage themselves in any kind of physical fitness activity.

In the event Fitness quiz conducted by fitness club, **123 students** participated from all the respective departments of TIAS on the online platform through Google forms. All the students who participated in the above mentioned event have been distributed E Certificate through their Emails. It was observed that all the participants were keen to engage in the activities like Fitness Quiz as it provides the different opportunities in their interests other than academic routine based activities.

Fitness Club of TIAS aims at providing a platform for physical activities for fitness and well being among students ,teachers and staff in the institute .All students are encouraged to devote minimum 45 minutes per day on fitness activity such as exercise,yoga,meditation,walking , cycling ,aerobics ,dance etc. It also aims to address the emotional concerns of the students to promote mental health and to create awareness or sensitization through workshop or seminars on depression, anxiety and stress management for faculty and students. Fitness club of TIAS also aims in providing guidance regarding balanced nutritional diets for the students and faculty members.

Learning outcome:

- It will help the students to develop their mental fitness and their well being.
- It will result in inculcating the culture of games and sports in our institute.
- It will provide a platform for the students healthcare wellness centre.
- It will create awareness and sensitize the students to adopt healthy and peaceful life style.
- It will lead to support their mental health and stress management.



LIST OF STUDENTS (BBA)

SNO	ENROLL NO.	STUDENT NAME
1	13121301719	SHOBHIT GROVER
2	11721301719	SHREY AGGARWAL
3	45121301718	SHUBHAM BANSAL
4	41817001718	SHUBHAM RAJOURH
5	00121301718	ABHIT BUDHIRAJA
6	2917001719	ADITI
7	00221301718	ADITYA BHANDARI
8	35121301718	AKHIL GUPTA
9	2617001719	ANKIT GULATI
10	35321301718	ANKUR JAIN
11	41121301718	ANMOL ANAND
12	00321301718	ANSHUMAN GOGIA
13	5117001719	ANSJITA AGGARWAL
14	35421301718	ARPIT JAIN
15	2817001719	ASHI SACHDEVA
16	00421301718	ASHWIN ATRISH
17	00817001718	AVANI GUPTA
18	11821301719	AYUSH ANAND
19	35521301718	AYUSH GOEL
20	00521301718	BHAGYA SETHI
21	00917001718	BHARAT SHARMA
22	3117001719	BHAVAY SEHGAL
23	01017001718	BHAVIK JAIN
24	01117001718	BHAVIK PRAKASH
25	04421301718	TANYA CHHABRA
26	04521301718	TIKSHITA MANCHANDA
27	04621301718	TUSHAR GUPTA
28	1917001719	CHANIKA GAMBIR
29	01317001718	CHIRAG ARORA
30	00621301718	DALJEET SINGH
31	00721301718	DEEPAKSHI KANSAL
32	01417001718	DEEPAM GARBYAL
33	12621301719	DEEPANSHU GOEL
34	01517001718	DEEPANSHU JAIN
35	11921301719	DEEPANSHU MITTAL
36	00821301718	DEVANSHI KANSAL
37	4617001719	DHRUV GARG
38	01617001718	DIKSHIT JAIN
39	5717001719	DIVYA SHARMA
40	01717001718	DIVYENDU VATSA
41	01817001718	DUSHYANT MALHOTRA
42	117001719	GAGAN GOEL

43	1417001719	HARDIK SHARMA
44	217001719	HARDIK SUNEJA
45	5517001719	HARSH MALHOTRA
46	4017001719	HARSHIT ASIJA
47	08621301719	HARSHITA RAJPAL
48	46821301718	HARSHITA WADHWA
49	5917001719	HIMANSHU BANSAL
50	10521301719	HIREN SHARMA
51	06121301719	HRITIK SYAL
52	4717001719	ISHIKA KANSAL
53	10321301719	JAGRIT MUNIAPPAN
54	3517001719	JATIN KATARIA
55	01921301718	JOYSHREE KARMAKAR
56	02021301718	KABIR CHHABRA
57	02121301718	KAJAL KAPOOR
58	4817001719	KALASH JAIN
59	41617001718	KANAN SAPRA
60	02221301718	KARAN PREET SINGH
61	02421301718	KASHISH JAIN
62	02521301718	LAKSHYA DHINGRA
63	12721301719	LOVISH ARORA
64	06321301719	MANAN BHUTANI
65	3717001719	MANAV JAWA
66	3317001719	MANISH SINGH NEGI
67	02621301718	MANSI
68	3017001719	MAYANK JINDAL
69	4317001719	MAYANK MALHOTRA
70	44821301718	MEHAK
71	06521301719	MENARK SINGH
72	41417001718	MUSKAAN MAHESHWARI
73	03917001718	MUSKAN GUPTA
74	40217001718	MUSKAN LOHIA
75	43317001718	MUSKAN SHARMA
76	5317001719	NAKUL BADAL
77	42021301718	NIMISHA GUPTA
78	04017001718	NIPUN
79	08421301719	NIPUN DIWAN
80	04117001718	PALAK KOCHAR
81	04217001718	PALLAVI MALIK
82	2017001719	PANSY KHARJURIA
83	43617001718	PARVEEN PUROHIT
84	2217001719	UTKARSH GAUR
85	10421301719	VAIBHAV SATIJA
86	41221301718	PIYUSH MEHTA
87	44721301718	PRATEEK ARORA

88	46521301718	VANSHIKA GOEL
89	417001719	VARUN CHOPRA
90	41717001718	VIBHAV BANSAL
91	1617001719	VIBHOR SHARMA
92	08321301719	VIDHI THUKRAL
93	12821301719	RAGHAV GOYAL
94	06721301719	RAHUL
95	5417001719	TWINKLE DHINGRA
96	06717001718	TWINKLE GROVER
97	2317001719	UMAR FAROOQ
98	41921301718	RAHUL SACHDEVA
99	10621301719	RATAN
100	44521301718	RITANJAY AMAR
101	06421301719	RITIK
102	43717001718	RITIKA LAKHOTIA
103	3817001719	RIYA CHADHA
104	5817001719	RIYA GOEL
105	817001719	ROHAN AGGARWAL
106	517001719	RUDRANSH SHARMA
107	44421301718	SABIH ZAIDI
108	05317001718	SACHIN SAKLANI
109	44921301718	SHUBHAM RATHORE
110	41821301718	SIMRAN SIDDHIKA
111	41621301718	VIDUSHI SONI
112	12521301719	VINAY KUMAR
113	06817001718	VIRENDER SOOD
114	46721301718	VISHAL BADHWAR
115	05817001718	SATYA DEEP SINGH
116	06917001718	YOGITA BHATT
117	2417001719	TANMAY GUPTA
118	06017001718	SHIKHAR KUMAR ANAND
119	04221301718	SHIVALI K GULATI
120	10821301719	SHIVAM PANDEY
121	04321301718	SHIVANGI BHARDWAJ
122	41517001718	SHIVI MITTAL
123	42121301718	SHIVI TYAGI