



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

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FIT INDIA YOUTH CLUB

REPORT

Event: Report on Talk by Specialist

Theme: Hygiene & Cleanliness

Nodal Officer: Dr. Ruchi Srivastava

Convener-Incharge: Mr. Inderpreet Singh

Student/Faculty Beneficiary: 30/5

Participation: BBA, BJMC, BCA, MBA

Date: 11/11/2021

Time: 1:00 PM – 2:00 PM

Platform: Online (MS Teams)


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



SAU
SHRI ANAND UNIVERSITY
SPORTS AUTHORITY OF INDIA

FIT INDIA YOUTH CLUB

EVENT: REPORT TALK BY SPECIALIST
THEME: HYGIENE AND CLEANLINESS
DATE AND TIME: 11.11.2021 & 1PM TO 2PM

SPEAKER


DR. RUBY KUMARI (CMO)
ARUNA ASAF ALI HOSPITAL, NEW DELHI



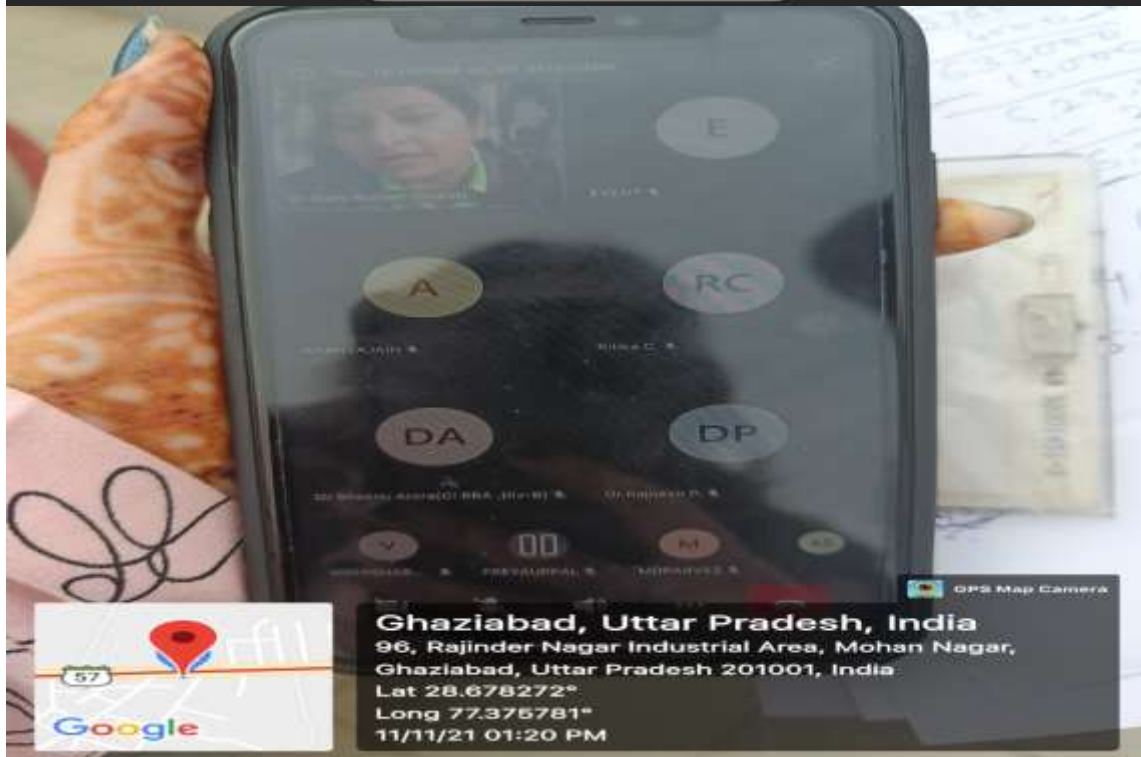
Objectives

1. To aware students about the diseases occurring in the environment
2. To generate awareness about the relevance of health & hygiene in our surroundings
3. To provide specialist advice to the students and teachers on the dealing of the widely spread diseases such as Covid

Report

This event was organized by Fitness india Youth Club of Tecnia Institute of Advanced Studies, Rohini, Delhi on 28/11 /2020. Based on the theme “Hygiene and Cleanliness” which is related to the movements that students perform, the talk on specialist that helps the students to understand about the diseases that are harmful and have deadly effect on the body. 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.

Resource person of the event was Dr. Ruby Kumari (CMO Aruna Asaf Ali Hospital, New Delhi). She emphasized on the community spread of COVID-19 disease and made the students aware about how to protect themselves from the deadly virus. She quoted that” Corona Virus is very fatal to the lives of people, so we need to take precautions for ourselves and our family too”. She also provided her valuable guidance on the doubts raised by the students to improve their physical fitness.





Speech given by the speaker

Learning Outcome

1. All Students, Faculty and Staff members were provided the directions to protect themselves from the diseases such as Corona Virus
2. All Students, Faculty and Staff members provided knowledge about the diagnosis and treatments of various dangerous diseases which are present in society.

LIST OF BENEFICIERIES		
1	FREYA UPPAL	BCA
2	ANANYA JAIN	BCA
3	JATIN GOYAL	BBA
4	SHRUTI JAIN	BCA
5	MDPARVEZ	BBA
6	NITIKA	BAJMC
7	SIDDHARTH JAIN	BBA
8	KUNAL KUMAR	BCA
9	GAURAV ARORA	BBA
10	NAVYA CHAKRAVARTI	BBA
11	KHUSHI MALHOTRA	BAJMC
12	SHIVAM YADAV	BBA
13	VIDHI SHARMA	BBA
14	AADESH KUMAR	BBA
15	RAGHAV GUPTA	BBA
16	SHWETA DASS	BAJMC
17	UTTAM MISHRA	BBA
18	OM GUSAIN	BBA
19	SHRUTI DWIVEDI	BBA
20	AKSHEETGOYAL	BBA
21	VARAANG KANSAL	BBA
22	SANSKARBANSAL	BBA
23	SIDDHARTH BHUTORIA	BBA
24	BHAVY SHARMA	BBA
25	AARUSHI SAXENA	BBA
26	CHAHAT ARORA	BBA
27	VINAYAK GODRA	BBA
28	SHUBHAM KUMAR	BBA
29	DEEPANSHI BANSAL	BBA
30	HIMANSHI JAIN	BBA
31	RITIKA CHAUDHARY(CI,BA(JMC) IV SEM)	FACULTY
32	DR SHEENU ARORA(CI BBA ,DIV-B)	FACULTY
33	DR.RAJNESH PANDEY(CI-BA(JMC)-5 E/A)	FACULTY
34	MS. MEGHA MOHAN(CI ,BBA(M) A1ST)	FACULTY
35	MR. INDERPREET SINGH	FACULTY