



**TECNIA INSTITUTE OF ADVANCED STUDIES**

NAAC ACCREDITED GRADE "A" INSTITUTE

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



## **FIT INDIA YOUTH CLUB**

### **REPORT**

**EVENT:** Fitness Quiz

**THEME:** Fitness Quiz on Healthy Diet Healthy Life

**Nodal Officer:** Dr. Ruchi Srivastava

**Convener-Incharge:** Mr. Inderpreet Singh

**Student Beneficiary:** 94

**Participation:** BBA, BJMC, BCA, MBA

**Date:** 01/10/2021

**Time:** 10:00 AM onwards

**Platform:** - Online (Google Docs)

The poster features the TECNIA logo at the top left, followed by the text 'TECNIA INSTITUTE OF ADVANCED STUDIES NAAC ACCREDITED GRADE "A" INSTITUTE DELHI INDIA'. Below this is the 'FIT INDIA' logo and the 'A' NAAC logo. The main title 'FIT INDIA YOUTH CLUB' is prominently displayed, with 'SELF-FINANCE UNIT-1' and 'MINISTRY OF YOUTH AFFAIRS AND SPORTS, GOVT. OF INDIA' underneath. The central focus is 'Fitness Quiz' in large green letters, with the tagline 'Healthy Diet For Healthy Life' in a green box below it. The event details are listed: 'Platform: Online (Google Docs)', 'Date: 1 -Oct-2021, Friday', and 'Time: 10:00 AM Onwards'. At the bottom, the names and roles of the Nodal Officer (Dr. Ruchi Srivastava) and Incharge (Mr. Inderpreet Singh) are provided. The background is light green and decorated with illustrations of various vegetables like carrots, radishes, tomatoes, and leafy greens.

## **Objectives of the event**

Quiz questions test your knowledge of:

1. To distinguish Students' knowledge and understanding state in reference to Fitness, Healthy diet and Healthy Lifestyle.
2. To sensitize the students to live a healthy and balanced lifestyle.
3. To motivate the students to strengthen their mind and spirit while nurturing physical self via leadership, cooperation, and teamwork.
4. To promote the importance of Healthy lifestyle among students.

## **REPORT**

This event was organized by Fit India Youth Club of Tecnia Institute of Advanced Studies, Rohini, Delhi on 01/10/2021. In contrast with a Quiz Activity, based on the theme "Healthy Diet for Healthy Life" which is related to the diseases occurred due to unhealthy life and inappropriate eating habits. 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". The Quiz contained the Questions related to Healthy Lifestyle and Healthy Diet, which was an attempt to comprehend Students' State of Awareness about Healthy Lifestyle and Healthy Diet.

It is imperative for everyone to maintain a healthy lifestyle by having their immune system stronger and eat nutritional diet. Physical exercise and diet are the key ingredients to live a healthy lifestyle. 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 Fit India Youth Club, 94 students participated from all the respective departments of Tecnia Institute of Advanced Studies, Delhi on the online platform through Google forms. . 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.

It aims to address the concerns of the students to promote healthy lifestyle and to create awareness or sensitization through workshop or seminars on depression, anxiety and stress management for faculty and students. Fit India Youth Club of

Tecnia Institute of Advanced Studies, Delhi also aims in providing guidance regarding balanced nutritional diets for the students and faculty members.

**Learning outcome:**

1. It will help the students to enhance their fitness regime.
2. It will help the students to develop their state of awareness about Healthy Diet and Healthy Life.
3. It will provide a platform for the students to maintain balanced lifestyle.
4. It will create awareness and sensitize the students to adopt healthy and peaceful life style.
5. It will lead to support their mental health and understand the fitness routine in their day to day life.

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LIST OF BENEFICIARIES			
S. NO	NAME	COURSE	FULL ENROLLMENT NUMBER
1	Vishal Chhalani	BBA	14617001719
2	Sanya Verma	BCA	3517002020
3	ANUSHKA GOEL	BBA	1617001720
4	Vidhi Sharma	BBA	13817001720
5	Rajat Mehlla	BBA	36217001720
6	Vasu Narang	BBA	13617001720
7	Kartik Garg	BBA	6917001719
8	Tushar Bindal	BBA	12417001720
9	VASU NARANG	BBA	13617001720
10	Himanshi gogia	BBA	11917001719
11	Deepanshi Bansal +91	BCA	1317002020
12	Karan Malhotra	BCA	3417002020

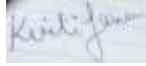
13	Priyanshi Jain	BCA	3117002020
14	Vasu Jain	BCA	4417002020
15	Harsh Tanwar	BCA	1917002020
16	Vipul Gautam	BBA	14017001720
17	Shivam Jha	BBA	11321301720
18	Tushar Thapliyal	BCA	3217002019
19	Priyanshi Jain	BCA	3117002020
20	Shivam	BBA	36017001718
21	vipin	BCA	4517002020
22	Nikhil Sandal	BBA	8121301720
23	Khushi Malhotra	Bajmc	35517002420
24	DIVYANSHU MISHRA	Bajmc	2321302420
25	Priya Tiwari	BBA	14017001719
26	Ishti Jain	BCA	2317002020
27	Harshit Goyal	BCA	2017002020
28	Sudipto Bhukta	BCA	4117002020
29	GOVIND VIJAY	BCA	1717002020
30	JANUAL ABDIN	BCA	2717002019
31	Kunal Kumar	BCA	2517002020
32	Pratik Singh	BCA	35617002020
33	Pratik Singh	BCA	35617002020
34	Yash Sharma	BCA	4617002020
35	Ayushi Panwar	BCA	1117002020
36	AYUSHREE SWAMI	BBA	3221301720
37	Nakul Gupta	BCA	2717002020
38	Harsh Rohatgi	Bajmc	1821302419
39	Tannu Sharma	Bajmc	482132419

40	Ankur Bansal	BCA	617002020
41	Amit kumar	Bajmc	721302420
42	BHAVY SHARMA	BCA	35317002020
43	SHIVANI	BCA	3717002020
44	AYUSHREE SWAMI	BBA	3221301720
45	Avi Sehwat	Bajmc	2121302419
46	Janvi bery	Bajmc	3621302420
47	AYUSHREE SWAMI	BBA	3221301720
48	Selina	Bajmc	3721302419
49	Sanya Oberoi	Bajmc	7917002420
50	Yuvraj Singh	BBA	9317001719
51	Yakshit bhatia	BBA	13921301720
52	Shruti jain	Bajmc	8617002420
53	YASH PRIYE	BBA	14617001720
54	Alaksa Assis	Bajmc	621302420
55	Sanya Oberoi	Bajmc	7917002420
56	Kartik Bisht	BBA	8817001719
57	Yash saini	Bajmc	10217002420
58	Nancy sharma	Bajmc	5921302420
59	Shivam Chopra	Bajmc	1321302419
60	Aditya uniyal	Bajmc	121302420
61	Ishita Goyal	Bajmc	3817002420
62	Mahima Arora	BBA	7321301720
63	Abhishek Malhotra	BCA	117002020
64	Kanhaiya lal	Bajmc	12345678
65	Shivani Dhillon	BBA	11621301720
66	Raghav kundra	Bajmc	5021302419

67	Geet Sharma	Bajmc	2621302420
68	Sanyam	BCA	3617002020
69	Dimple khanna	BBA	4621301720
70	Vipin	Bajmc	1721302419
71	Abhaydita Chandok	BBA	821301720
72	Aditya Pratap Singh	Bajmc	6721302419
73	Shrey Goel	BBA	11821301720
74	Manisha Chauhan	Bajmc	5021302420
75	Arpan	BBA	2521301720
76	Lakshita Patney	Bajmc	4521302420
77	Janvi Tiwari	Bajmc	3821302420
78	Kumar Shubham	Bajmc	621302419
79	Khushali singhal	Bajmc	4021302420
80	Abhishek Kumar	Bajmc	6117002419
81	Isha prasad	Bajmc	8317002419
82	Aryan Tanwar	BBA	2621301720
83	Simran Gandhi	MBA	1917003920
84	Khushi pundir	Bajmc	4221302420
85	Karran dubey	BBA	578899
86	Aartik Kapoor	BBA	521301720
87	Gurasis Singh Hora	Bajmc	2721302420
88	Shrish Kashyap	BCA	3817002020
89	Abhishek Sharma	MBA	617003920
90	Akansha Jain	Bajmc	2821302419
91	Vanshika Chawla	Bajmc	9817002420
92	Sonali kapoor	Bajmc	3221302419
93	Vikas Mishra	BBA	36521301720



**Inderpreet Singh**  
Convener- Incharge  
- Fitness Club, TIAS



**Dr. Kirti Jainani**  
Student Welfare Incharge. TIAS