



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- Theme: The Perils of Smoking, Drugs & Alcohol

Nodal Officer: Dr. Ruchi Srivastava

Convener-Incharge: Mr. Inderpreet Singh

Student Beneficiary: 91

Participation: BBA, BJMC, BCA, MBA

Date: 14/12/2021

Time: 10:00 AM onwards

Platform: - Online (Google Docs)

TECNIA
INSTITUTE OF ADVANCED STUDIES
NAAC ACCREDITED GRADE "A" INSTITUTE
DEPT. HRD

**FIT INDIA
YOUTH CLUB
FITNESS QUIZ**

*The Perils of Smoking,
Drugs & Alcohol*

**LIFE IS TOO
PRECIOUS TO
BE WASTED**

**SAY NO
TO DRUGS**

**FIT
INDIA**

Date:14-Dec-2021 **Timing :10:00 A.M.**

Forms:- <https://bit.ly/30rTZWe>

Nodal Officer **Incharge**
Dr.Ruchi Srivastava **Mr.Inderpreet Singh**

युवा मामलों के लिए सेवा मंत्रालय
MINISTRY OF
YOUTH AFFAIRS AND SPORTS

Objectives of the event

Quiz questions test your knowledge of:

1. To distinguish Students' knowledge and understanding state in reference to perils of smoking, drugs and alcohol.
2. To sensitize the students to understanding the consequences of smoking, drugs and alcohol.
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 "The Perils of Smoking, Drugs and Alcohol" 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 understand the consequences and affects of smoking, drugs and alcohol, 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, 91 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 understanding of smoking, drugs and alcohol.
3. It will create awareness and sensitize the students to adopt healthy and peaceful life style.
4. It will lead to support their mental health and understand the fitness routine in their day to day life.

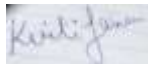
LIST OF BENEFICIARIES			
S. NO	NAME	ENROLLMENT NO	COURSE
1	VISHAL CHHALANI	14617001719	BBA
2	SANYA VERMA	03517002020	BCA
3	ANUSHKA GOEL	01617001720	BBA
4	VIDHI SHARMA	13817001720	BBA
5	RAJAT MEHLLA	36217001720	BBA
6	VASU NARANG	13617001720	BBA
7	KARTIK GARG	06917001719	BBA
8	TUSHAR BINDAL	12417001720	BBA
9	VASU NARANG	13617001720	BBA
10	HIMANSHI GOGIA	11917001719	BBA
11	KARAN MALHOTRA	3417002020	BCA
12	PRIYANSHI JAIN	03117002020	BCA
13	VASU JAIN	04417002020	BCA
14	HARSH TANWAR	01917002020	BCA
15	VIPUL GAUTAM	14017001720	BBA
16	SHIVAM JHA	11321301720	BBA
17	TUSHAR THAPLIYAL	03217002019	BCA
18	PRIYANSHI JAIN	03117002020	BCA
19	SHIVAM	36017001718	BBA

20	VIPIN	04517002020	BCA
21	NIKHIL SANDAL	08121301720	BBA
22	KHUSHI MALHOTRA	35517002420	BAJMC
23	DIVYANSHU MISHRA	02321302420	BAJMC
24	PRIYA TIWARI	14017001719	BBA
25	ISHTI JAIN	02317002020	BCA
26	HARSHIT GOYAL	02017002020	BCA
27	SUDIPTO BHUKTA	04117002020	BCA
28	GOVIND VIJAY	01717002020	BCA
29	JANUAL ABDIN	02717002019	BCA
30	KUNAL KUMAR	02517002020	BCA
31	PRATIK SINGH	35617002020	BCA
32	YASH SHARMA	04617002020	BCA
33	AYUSHI PANWAR	01117002020	BCA
34	AYUSHREE SWAMI	03221301720	BBA
35	NAKUL GUPTA	02717002020	BCA
36	HARSH ROHATGI	01821302419	BAJMC
37	TANNU SHARMA	0482132419	BAJMC
38	ANKUR BANSAL	00617002020	BCA
39	AMIT KUMAR	00721302420	BAJMC
40	BHAVY SHARMA	35317002020	BCA
41	SHIVANI	03717002020	BCA
42	AYUSHREE SWAMI	03221301720	BBA
43	AVI SEHRAWAT	02121302419	BAJMC
44	JANVI BERY	03621302420	BAJMC
45	AYUSHREE SWAMI	03221301720	BBA
46	SELINA	03721302419	BAJMC
47	SANYA OBEROI	07917002420	BAJMC
48	YUVRAJ SINGH	09317001719	BBA
49	SHRUTI JAIN	08617002420	BAJMC
50	YASH PRIYE	14617001720	BBA
51	ALAKSA ASSIS	00621302420	BAJMC
52	SANYA OBEROI	07917002420	BAJMC
53	KARTIK BISHT	08817001719	BBA
54	YASH SAINI	10217002420	BAJMC
55	NANCY SHARMA	05921302420	BAJMC
56	SHIVAM CHOPRA	01321302419	BAJMC
57	ADITYA UNIYAL	00121302420	BAJMC
58	ISHITA GOYAL	03817002420	BAJMC
59	ISHITA GOYAL	03817002420	BAJMC
60	MAHIMA ARORA	07321301720	BBA
61	ABHISHEK MALHOTRA	00117002020	BCA
62	SHIVANI DHILLON	11621301720	BBA
63	RAGHAV KUNDRA	05021302419	BAJMC
64	GEET SHARMA	02621302420	BAJMC
65	SANYAM	03617002020	BCA
66	DIMPLE KHANNA	04621301720	BBA
67	VIPIN	01721302419	BAJMC

68	ABHAYDITA CHANDOK	00821301720	BBA
69	ADITYA PRATAP SINGH	06721302419	BAJMC
70	SHREY GOEL	11821301720	BBA
71	MANISHA CHAUHAN	05021302420	BAJMC
72	ARPAN	02521301720	BBA
73	LAKSHITA PATNEY	04521302420	BAJMC
74	JANVI TIWARI	03821302420	BAJMC
75	KUMAR SHUBHAM	00621302419	BAJMC
76	KHUSHALI SINGHAL	04021302420	BAJMC
77	ABHISHEK KUMAR	06117002419	BAJMC
78	ISHA PRASAD	08317002419	BAJMC
79	ARYAN TANWAR	02621301720	BBA
80	SIMRAN GANDHI	01917003920	MBA
81	KHUSHI PUNDIR	04221302420	BAJMC
82	AARTIK KAPOOR	00521301720	BBA
83	GURASIS SINGH HORA	02721302420	BAJMC
84	SHRISH KASHYAP	03817002020	BCA
85	ABHISHEK SHARMA	00617003920	MBA
86	AKANSHA JAIN	02821302419	BAJMC
87	VANSHIKA CHAWLA	09817002420	BAJMC
88	SONALI KAPOOR	03221302419	BAJMC
89	VIKAS MISHRA	36521301720	BBA
90	PIYUSH GUPTA	08821301720	BBA
91	NAKUL BAJAJ	02617002020	BCA



Inderpreet Singh
Convener- Incharge
- Fitness Club, TIAS



Dr. Kirti Jainani
Student Welfare Incharge. TIAS