



**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

**INSTITUTIONAL AREA MADHUBAN CHOWK, ROHINI, DELHI 110085**

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## Fit India Youth Club

### Report On Fitness Quiz

<b>EVENT</b>	:	Fitness Quiz
<b>THEME</b>	:	"Life Style Diseases"
<b>Convener</b>	:	DR. ROHTASH KUMAR
<b>Participation</b>	:	BBA, BJMC, BCA, MBA, MCA
<b>No of Beneficiary</b>	:	123
<b>Date</b>	:	01/09 /2020
<b>Time</b>	:	10:00 AM onwards
<b>Platform</b>	:	Google Form



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INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085



## Fit India Youth Club

Organizes

### Fitness Quiz

**(Theme: "Life Style Diseases")**

**Departments: MBA, BBA, BA(J&MC) & BCA**  
**01/09/2020, Tuesday**  
**Time: 10:00 AM onwards**  
**Platform: Online**

In Association With



DR. ROHTASH KUMAR  
Incharge - Fitness Club

## **OBJECTIVES OF THE EVENT:**

- 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

## **REPORT**

An event of Fit India Youth Club of Tecnia Institute of Advanced Studies with reference to UGC's letter no 1-54/2019 (Website/Fit India) dated 13th December, 2019 for the implementation of "Fit India Campaign" in Higher Educational Institutions 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:**

### **Students have learnt about**

- ❖ about their mental fitness and their well being.
- ❖ the culture of games and sports in our institute.
- ❖ the healthcare wellness centre.

**FIT INDIA YOUTH CLUB**  
**Fitness Quiz :(Lifestyle Diseases)**  
**LIST OF BENEFICIARIES**  
**DATED:01/09/2020**

<b>SNO</b>	<b>ENROLL NO.</b>	<b>STUDENT NAME</b>	<b>COURSE</b>
1	013121301719	SHOBHIT GROVER	
2	011721301719	SHREY AGGARWAL	BBA
3	045121301718	SHUBHAM BANSAL	BBA
4	41817001718	SHUBHAM RAJOURH	BBA
5	00121301718	ABHIT BUDHIRAJA	BA(J&MC)
6	02917001719	ADITI	BBA
7	00221301718	ADITYA BHANDARI	BBA
8	035121301718	AKHIL GUPTA	MBA
9	02617001719	ANKIT GULATI	BBA
10	35321301718	ANKUR JAIN	BBA
11	41121301718	ANMOL ANAND	BBA
12	00321301718	ANSHUMAN GOGIA	BA(J&MC)
13	05117001719	ANSJITA AGGARWAL	BBA
14	35421301718	ARPIT JAIN	BBA
15	02817001719	ASHI SACHDEVA	MBA
16	00421301718	ASHWIN ATRISH	BBA
17	00817001718	AVANI GUPTA	BBA
18	11821301719	AYUSH ANAND	BBA
19	35521301718	AYUSH GOEL	BA(J&MC)
20	00521301718	BHAGYA SETHI	BBA
21	00917001718	BHARAT SHARMA	BBA
22	03117001719	BHAVAY SEHGAL	MBA
23	01017001718	BHAVIK JAIN	BBA
24	01117001718	BHAVIK PRAKASH	BBA
25	04421301718	TANYA CHHABRA	BBA
26	04521301718	TIKSHITA MANCHANDA	BA(J&MC)
27	04621301718	TUSHAR GUPTA	BBA
28	01917001719	CHANIKA GAMBIR	BBA
29	01317001718	CHIRAG ARORA	MBA
30	00621301718	DALJEET SINGH	BBA
31	00721301718	DEEPAKSHI KANSAL	BBA
32	01417001718	DEEPAM GARBYAL	BBA
33	012621301719	DEEPANSHU GOEL	BA(J&MC)
34	01517001718	DEEPANSHU JAIN	BBA
35	011921301719	DEEPANSHU MITTAL	BBA
36	00821301718	DEVANSHI KANSAL	MBA
37	04617001719	DHRUV GARG	BBA
38	01617001718	DIKSHIT JAIN	BBA
39	05717001719	DIVYA SHARMA	BBA
40	01717001718	DIVYENDU VATSA	BA(J&MC)
41	01817001718	DUSHYANT MALHOTRA	BBA
42	00117001719	GAGAN GOEL	BBA
43	01417001719	HARDIK SHARMA	MBA
44	0217001719	HARDIK SUNEJA	BBA

45	05517001719	HARSH MALHOTRA	BBA
46	04017001719	HARSHIT ASIJA	BBA
47	08621301719	HARSHITA RAJPAL	BA(J&MC)
48	46821301718	HARSHITA WADHWA	BBA
49	05917001719	HIMANSHU BANSAL	BBA
50	10521301719	HIREN SHARMA	MBA
51	06121301719	HRITIK SYAL	BBA
52	04717001719	ISHIKA KANSAL	BBA
53	10321301719	JAGRIT MUNIAPPAN	BBA
54	03517001719	JATIN KATARIA	BA(J&MC)
55	01921301718	JOYSHREE KARMAKAR	BBA
56	02021301718	KABIR CHHABRA	BBA
57	02121301718	KAJAL KAPOOR	MBA
58	04817001719	KALASH JAIN	BBA
59	41617001718	KANAN SAPRA	BBA
60	02221301718	KARAN PREET SINGH	BBA
61	02421301718	KASHISH JAIN	BA(J&MC)
62	02521301718	LAKSHYA DHINGRA	BBA
63	12721301719	LOVISH ARORA	BBA
64	06321301719	MANAN BHUTANI	MBA
65	03717001719	MANAV JAWA	BBA
66	03317001719	MANISH SINGH NEGI	BBA
67	02621301718	MANSI	BBA
68	03017001719	MAYANK JINDAL	BA(J&MC)
69	04317001719	MAYANK MALHOTRA	BBA
70	44821301718	MEHAK	BBA
71	06521301719	MENARK SINGH	MBA
72	41417001718	MUSKAAN MAHESHWARI	BBA
73	03917001718	MUSKAN GUPTA	BBA
74	40217001718	MUSKAN LOHIA	BBA
75	43317001718	MUSKAN SHARMA	BA(J&MC)
76	05317001719	NAKUL BADAL	BBA
77	42021301718	NIMISHA GUPTA	BBA
78	04017001718	NIPUN	MBA
79	08421301719	NIPUN DIWAN	BBA
80	04117001718	PALAK KOCHAR	BBA
81	04217001718	PALLAVI MALIK	BBA
82	02017001719	PANSY KHARJURIA	BA(J&MC)
83	43617001718	PARVEEN PUROHIT	BBA
84	02217001719	UTKARSH GAUR	BBA
85	10421301719	VAIBHAV SATIJA	MBA
86	41221301718	PIYUSH MEHTA	BBA
87	44721301718	PRATEEK ARORA	BBA
88	46521301718	VANSHIKA GOEL	BBA
89	00417001719	VARUN CHOPRA	BA(J&MC)

90	41717001718	VIBHAV BANSAL	BBA
91	01617001719	VIBHOR SHARMA	BBA
92	08321301719	VIDHI THUKRAL	MBA
93	12821301719	RAGHAV GOYAL	BBA
94	06721301719	RAHUL	BBA
95	05417001719	TWINKLE DHINGRA	BBA
96	06717001718	TWINKLE GROVER	BBA
97	02317001719	UMAR FAROOQ	BBA
98	41921301718	RAHUL SACHDEVA	BCA
99	10621301719	RATAN	BBA
100	44521301718	RITANJAY AMAR	BBA
101	06421301719	RITIK	BBA
102	43717001718	RITIKA LAKHOTIA	BA(J&MC)
103	03817001719	RIYA CHADHA	BCA
104	05817001719	RIYA GOEL	BBA
105	00817001719	ROHAN AGGARWAL	BBA
106	0517001719	RUDRANSH SHARMA	BBA
107	44421301718	SABIH ZAIDI	BA(J&MC)
108	05317001718	SACHIN SAKLANI	BBA
109	44921301718	SHUBHAM RATHORE	BBA
110	41821301718	SIMRAN SIDDHIKA	BBA
111	41621301718	VIDUSHI SONI	BAJ(&MC)
112	12521301719	VINAY KUMAR	BBA
113	06817001718	VIRENDER SOOD	BBA
114	46721301718	VISHAL BADHWAR	MBA
115	05817001718	SATYA DEEP SINGH	BBA
116	06917001718	YOGITA BHATT	BBA
117	02417001719	TANMAY GUPTA	BBA
118	06017001718	SHIKHAR KUMAR ANAND	BBA
119	04221301718	SHIVALI K GULATI	BBA
120	10821301719	SHIVAM PANDEY	BBA
121	04321301718	SHIVANGI BHARDWAJ	BAJ(&MC)
122	41517001718	SHIVI MITTAL	BBA
123	42121301718	SHIVI TYAGI	BBA