



TECNIA INSTITUTE OF ADVANCED STUDIES
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Fit India Youth Club

REPORT

EVENT: Meeting of Fit India Youth Club

THEME: Healthy diet for healthy life

Nodal Officer: Dr. Ruchi Srivastava

Convener-Incharge: Mr. Inderpreet Singh

Student/Faculty Beneficiary: 10/5

Participation: BBA, BJMC, BCA, MBA

Date: 23/10/2021

Time: 12:00 PM – 01:00 PM

Platform: - Online

Objectives

1. To discuss the improvements and wellness of Fit India Youth Club
2. To take the key activities to be undertaken to spread awareness healthy diet and lifestyle activities in the Fit India Youth Club
3. To make students understand of events in the Fit India Youth Club

Introduction

This meeting was organized by Fit India Youth Club of Tecnia Institute of Advanced Studies, Rohini, Delhi on 23/10/2021 in continuation of UGC's letter no 1-54/2019 (Website/Fit India) dated 13th December, 2019 regarding the implementation of "Fit India Campaign" in Higher Educational Institutions. The meeting was organized to address the coordinators about the improvement

activities. Moreover, discussions happened with the students in the improvements of their lifestyle.

Minutes to Minutes Schedule

Subject: Fit Indis Youth Club Meeting on 23 October, 2021, 12:00 - 1:00 PM

Agenda: Increase awareness of the students regarding healthy diet and healthy lifestyle campaigns activities to be undertaken in Fit India Youth Club activities

S. No	Sequence	Keynote Speaker	Profile	Timings
1	Welcome Speech	Mr. Inderpreet Singh	Assistant Prof, TIAS, New Delhi & Incharge Fit India Youth Club	12:00 PM
2	<p>A. Explained points related to welfare of Fit India Youth Club and encourage participation of students in the Fit India Youth Club</p> <p>B. Informed Hod, Class Incharges and Students coordinators to create awareness regarding healthy life and healthy lifestyle to be organized in Fit India Youth Club.</p> <p>C. Requested suggestions from Hod, Class Incharges and Students coordinators for the enhancement of Fit India Youth Club</p>	Dr. Ruchi Srivastava	Asso Prof, TIAS, New Delhi & Convener Fit India Youth Club	12:05 PM
3	He provided suggestions to provide the student programs in educating them from the experts to inculcate the healthy lifestyle	Dr. Sandeep Kumar	Prof, TIAS, New Delhi	12:20 PM
4	He gave the assurance to generate awareness among students	Bhavya Jain	Student, TIAS, New Delhi	12:30 PM
5	She had suggested to organize webinars from the renowned personalities for students	Khushi Malhotra	Fit India Youth Club Coordinator, TIAS, New Delhi	12:40 PM
7	Thanking note	Dr. Ruchi Srivastava	Asso. Prof, TIAS, New Delhi & Convener Fit India Youth Club	1:00 PM

Learning Outcome

1. Students will acquire understanding of the healthy lifestyle activities undertaken in the Fit India Youth Club
2. It will improve the knowledge of the students regarding improvement of activities in this theme to spread word of mouth.
3. It will create awareness and sensitize the students to understand the relevance of healthy lifestyle in their day to day life

LIST OF BENEFICIARIES		
S.NO	NAME	STUDENT/FACULTY
1	SAKSHAM KAPOOR	STUDENTS
2	SALONI BARANWAL	STUDENTS
3	SANIDHYA SINGH	STUDENTS
4	SANKET GULYANI	STUDENTS
5	SAURYA VARDHAN	STUDENTS
6	VARAANG KANSAL	STUDENTS
7	KHUSHI MALHOTRA	STUDENTS
8	BHAVYA JAIN	STUDENTS
9	DHRUVMUDGAL	STUDENTS
10	DIPANSHU PAHUJA	STUDENTS
11	MS. MEGHA MOHAN	FACULTY
12	DR. NAMITA MISHRA	FACULTY
13	DR. RUCHI SRIVASTAVA	FACULTY
14	MR. INDERPREET SINGH	FACULTY
15	DR. SANDEEP KUMAR	FACULTY