



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

EVENT: Fitness Quiz

THEME: Physical Activity: Key Ingredients of Fitness

Nodal Officer: Dr. Ruchi Srivastava

Convener-Incharge: Mr. Inderpreet Singh



Student Beneficiary: 57

Participation: BBA, BJMC, BCA, MBA


Date: 01/01/2022

Time: 10:00 AM onwards

Platform: - Google Form



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Fit India Youth Club
INDIA

Organizes
Fitness Quiz
(Theme: Physical activity: Key ingredients of Fitness)

Departments: MBA, BBA, BA(J&MC) & BCA
01-Jan-2022, Saturday
Time: 10 AM Onwards
Platform: Online TIAS

In Association With



Dr. Ruchi Srivastava
Nodal Officer

Mr. Inderpreet Singh
Incharge - Fitness Club

Objectives of the event

Quiz questions test your knowledge of:

1. To increase the interest of students in learning about lifestyle diseases
2. To inculcate knowledge for the necessary insights to develop physical health
3. To sensitize the students about physical fitness level
4. To sensitize the students about the management of healthy lifestyle

REPORT

This activity has been organized by the Fit India Youth Club of Tecnia Institute of Advanced Studies on 01.01.2022 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. In contrast with physical activity, based on the theme "Physical Activity: Key Ingredients of Fitness" which is related to the activities which is helpful in day to day life. 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".

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, 95 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 result in inculcating the culture of sports in our institute.
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 about the injuries that will embark the fitness routine in their day to day life.

LIST OF BENEFICIARIES			
S. NO	NAME	COURSE	FULL ENROLLMENT NUMBER
1	JATIN MALHOTRA	BBA	05417001720
2	AMAN GOYAL	BBA	35217001719
3	DIVYANSHU MISHRA	BJMC	02321302420
4	SAURABH UPADHYAY	BBA	08221301719
5	SEJAL SHRIVASTAV	BBA	36121301718
6	ARYAN	BBA	02621301720
7	AFZAL KHAN	BBA	00617001720
8	RICHA SINGH	BBA	10021301720
9	UMANG GUPTA	BBA	13617001719
10	KANIKA JAIN	BBA	50517001720
11	NAMRATA RANA	BBA	07921301720
12	ABHAYDITA CHANDOK	BBA	00821301720
13	YASH KAPOOR	BBA	04921301719
14	SHRUTI DWIVEDI	BBA	12021301720
15	MANSI SINGH	BBA	04021301719
16	ANUJ UPPAL	BBA	36017001719
17	NISHANT NARANG	BBA	08421301720
18	SACHIN KUMAR SOLANKI	BJMC	07521302420
19	RATTAN SAGAR	BBA	09821301720
20	MAYANK MALHOTRA	BBA	04317001719
21	PURUSHARTH	BBA	09421301720
22	GOVIND VIJAY	BCA	01717002020
23	SIDHARTH MAHESHWARI	BBA	00321301719
24	AMIT KUMAR	BJMC	00721302420
25	SUDIPTO BHUKTA	BCA	04117002020
26	ANANYA KARAN SRIVASTAVA	BJMC	00921302420
27	ABHISHEK MALHOTRA	BCA	00117002020
28	SHREY ARYA	BBA	11721301720
29	TUSHAR THAPLIYAL	BCA	03217002019

30	SHREY GOEL	BBA	11821301720
31	VIPIN	BCA	04517002020
32	JATIN KUMAR	BBA	00517001719
33	RITIKA MADHUKAR	BBA	08721301719
34	JAI KHATRI	BBA	05317001720
35	PRATEEK BANSAL	BCA	03017002020
36	SANSKAR BANSAL	BBA	11121301720
37	SHRUTI	BBA	12021301720
38	PRIYANSHI JAIN	BCA	03117002020
39	PRIYANKA SINGH	BBA	09321301720
40	ABHISHEK ROY	BCA	00217002020
41	SHIVANI DHILLON	BBA	11621301720
42	RIYA GUPTA	BCA	03417002020
43	KESHAV GULATI	BCA	02517002019
44	ABHIJEET SINGH BALI	BBA	00317001720
45	PIYUSH	BBA	08921301720
46	PRATIK SINGH	BCA	35617002020
47	AARTIK KAPOOR	BBA	00521301720
48	MAHIMA ARORA	BBA	07321301720
49	KUNIKA MAINDOLA	BCA	02817002019
50	BHAVYA AGGARWAL	BCA	04617002019
51	DESHIK CHAWLA	BBA	02617001720
52	SAGAR RATHOR	BBA	10821301720
53	ISHIKA SHARMA	BBA	05017001720
54	MANAV GUPTA	BCA	00117002019
55	SHIVANI	BCA	03717002020
56	VASU JAIN	BCA	04417002020
57	RACHITA BUDHIRAJA	BBA	13021301719