



**TECNIA INSTITUTE OF ADVANCED STUDIES**  
**NAAC ACCREDITED GRADE "A" INSTITUTE**  
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**INSTITUTIONAL AREA MADHUBAN CHOWK, ROHINI, DELHI 110085**  
Tel: 91-11-27555121-24, E-Mail : [directortias@tecnia.in](mailto:directortias@tecnia.in), Website: [www.tiaspg.tecnia.in](http://www.tiaspg.tecnia.in)



## Fit India Youth Club

### REPORT

**EVENT:** Meeting of Fit India Youth Club

**THEME:** The Perils of Smoking, Drugs and Alcohol

**Nodal Officer:** Dr. Ruchi Srivastava

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

**Student/Faculty Beneficiary:** 25/5

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

**Date:** 24/12/2021

**Time:** 12:00 PM – 01:00 PM

**Platform:** - TIAS OFFLINE

### 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 of perils of smoking, drugs and alcohol 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 24/12/2021 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 24 December, 2021, 12:00 - 1:00 PM

**Agenda:** Increase awareness of the students regarding perils of smoking, drugs and alcohol 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><b>A.</b> Explained points related to welfare of Fit India Youth Club and encourage participation of students in the Fit India Youth Club</p> <p><b>B.</b> Informed Hod, Class Incharges and Students coordinators to create awareness regarding perils of smoking, drugs and activities alcohol to be organized in Fit India Youth Club.</p> <p><b>C.</b> 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 of events to be conducted in an organized way to generate awareness regarding the key issues of drugs and alcohol addiction	Dr. Sandeep Kumar	Prof, TIAS, New Delhi	12:20 PM
4	He gave the assurance to generate awareness among students	Naman Viz	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 physical activities undertaken in the Fit India Youth Club
2. It will improve the knowledge of the students regarding the perils of smoking, drugs and alcohol
3. It will create awareness and sensitize the students to understand the removal of addiction in drugs, alcohol and their side-effects

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	SANYA OBEROI (GUEST)	STUDENTS
6	SARTHAK ARORA	STUDENTS
7	SARTHAK BAJAJ	STUDENTS
8	SARTHAK JAIN	STUDENTS
9	SATVIK	STUDENTS
10	SAURAV SHARMA	STUDENTS
11	SAURYA VARDHAN	STUDENTS
12	VARAANG KANSAL	STUDENTS
13	KHUSHI MALHOTRA	STUDENTS
14	BHAVYA JAIN	STUDENTS
15	NAMAN VIJ	STUDENTS
16	CHARU BATRA	STUDENTS
17	SHOURYA SINGH	STUDENTS
18	SHREYA SHANDILYA	STUDENTS
19	DHRUV GUPTA	STUDENTS
20	DHRUV SINGH RATHORE	STUDENTS
21	DHRUVMUDGAL	STUDENTS
22	DIPANSHU PAHUJA	STUDENTS
23	FALGUNI SHARMA	STUDENTS
24	GAGAN BAGHEL	STUDENTS
25	PRIYANSHU DUBEY	STUDENTS
26	MS. MEGHA MOHAN	FACULTY
27	DR. NAMITA MISHRA	FACULTY
28	DR. RUCHI SRIVASTAVA	FACULTY
29	MR. INDERPREET SINGH	FACULTY

