



TECNIA INSTITUTE OF ADVANCED STUDIES
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Fit India Youth Club

REPORT

EVENT: Meeting of Fit India Youth Club

THEME: Physical Activity: Key Ingredient of Fitness

Nodal Officer: Dr. Ruchi Srivastava

Convener-Incharge: Mr. Inderpreet Singh

Student/Faculty Beneficiary: 25/5

Participation: BBA, BJMC, BCA, MBA

Date: 22/01/2022

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 22/01/2022 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. 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 22 January, 2022, 12:00 - 1:00 PM

Agenda: Increase awareness of the students regarding Physical Activity: Key Ingredient of Fitness 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 physical fitness activities such as aerobics, yoga, exercise 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 of events to be conducted in an organized way to generate awareness regarding the physical activities	Dr. Sandeep Kumar	Prof, TIAS, New Delhi	12:20 PM
4	He gave the assurance to generate awareness among students	Saksham Sethi	Assistant Prof, Student Welfare, TIAS, New Delhi	12:30 PM
5	He had suggested to organize webinars from the renowned personalities for students	Sanket Gulyani	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 physical activities
3. It will create awareness and sensitize the students to increase participation of the students

LIST OF BENEFICIARIES		
S.NO	NAME	STUDENT/FACULTY
1	SAKSHAM SETHI	STUDENTS
2	VARUN MENDIRATTA	STUDENTS
3	KUNAL CHATURVEDI	STUDENTS
4	AFZAL KHAN	STUDENTS
5	SANYA OBEROI	STUDENTS
6	SARTHAK ARORA	STUDENTS
7	SARTHAK BAJAJ	STUDENTS
8	SARTHAK JAIN	STUDENTS
9	SARTHAK ARORA	STUDENTS
10	SANKET GULYANI	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

