



**TECNIA INSTITUTE OF ADVANCED STUDIES**  
**NAAC ACCREDITED GRADE "A" INSTITUTE**  
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# Fit India Youth Club

## REPORT

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

**THEME:** Supporting Mental Health

**Nodal Officer:** Dr. Ruchi Srivastava

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

**Student/Faculty Beneficiary:** 15/5

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

**Date:** 26/02/2022

**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 supporting of mental health 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 26/02/2022 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 26 February, 2022, 12:00 - 1:00 PM

**Agenda:** Increase awareness of the students regarding awareness of mental health 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 support of mental health activities 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> <p>D. She proposed the session to be organized workshop on stress management for students by calling the experts from renowned institutions</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 mental health	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	Aarushi	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	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 supporting mental health programs to be organized by the institutions
3. It will create awareness and sensitize the students regarding stress management techniques

LIST OF BENEFICIARIES		
S.NO	NAME	STUDENT/FACULTY
1	AARUSHI SAXENA	STUDENTS
2	SNEHA TOMAR	STUDENTS
3	PARISHAR TRIPATHI	STUDENTS
4	JATIN KUMAR	STUDENTS
5	SOMYA	STUDENTS
6	SIDDHARTH JAIN	STUDENTS
7	DIYA	STUDENTS
8	PRACHI	STUDENTS
9	NAMAN VIJ	STUDENTS
10	ISHANT	STUDENTS
11	POOJA	STUDENTS
12	VARAANG KANSAL	STUDENTS
13	ADITI	STUDENTS
14	YAKSHIT	STUDENTS
15	DAKSH	STUDENTS
16	MS. MEGHA MOHAN	FACULTY
17	DR. NAMITA MISHRA	FACULTY
18	DR. RUCHI SRIVASTAVA	FACULTY
19	MR. INDERPREET SINGH	FACULTY
20	DR. SANDEEP KUMAR	FACULTY