



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


On Fitness Quiz

EVENT	:	Fitness Quiz
THEME	:	"The Perils of Smoking, Drugs and Alcohol"
Convener	:	DR. ROHTASH KUMAR
Participation	:	BBA, BJMC, BCA, MBA, MCA
Date	:	27/01/2021
Time	:	10:00 AM onwards
No of Beneficiary:		297
Platform	:	Google Form

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INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085





Fit India Youth Club

Organizes

Fitness Quiz

(Theme: "The Perils of Smoking ,Drugs and Alcohol")




Departments: MBA, BBA, BA(J&MC) & BCA




27/01/2021, Wednesday

Time: 10:00 AM onwards

Platform: Online

In Association With

DR. ROHTASH KUMAR
Incharge - Fitness Club

OBJECTIVES OF THE EVENT:

- To increase the interest of students in physical learning
- To inculcate excitement and knowledge gainer of the necessary insights to develop physical health
- To sensitize the students about Smoking ,Drugs and Alcohol
- To sensitize the students about the awareness in their physical health

REPORT

An event of Fitness Quiz was organised on 27.01.2021 Fit India Youth Club of Tecnia Institute of Advanced Studies with reference to UGC's letter no 1-54/2019 (Website/Fit India) dated 13th December, 2019 for the implementation of "Fit India Campaign" in Higher Educational Institutions. In contrast with physical activity, Based on the theme "The Perils of Smoking ,Drugs and Alcohol" which is related to the movements that students perform, physical fitness is a set of attributes that students have or achieve. 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"*. Both physical activity and physical fitness vary among students. No student has no activity just as no person has no fitness-all are active or fit to greater or lesser degrees. 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 fitness club, 297 students participated from all the respective departments of TIAS on the online platform through Google forms. All the students who participated in the above mentioned event have been distributed E Certificate through their Emails. 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.

Fitness Club of TIAS aims at providing a platform for physical activities for fitness and well being among students, teachers and staff in the institute .All students are encouraged to devote minimum 55 minutes per day on fitness activity such as exercise, yoga, meditation, walking, cycling, aerobics, dance etc. It also aims to address the emotional concerns of the students to promote mental health and to create awareness or sensitization through workshop or seminars on depression, anxiety and stress management for faculty and students. Fitness club of TIAS also aims in providing guidance regarding balanced nutritional diets for the students and faculty members.

Learning outcome:

Students have learnt

- to develop their mental fitness and their well-being.
- the culture of games and sports in our institute.
- the healthcare wellness centre.

FIT INDIA YOUTH CLUB
LIST OF BENEFICIARIES
Fitness Quiz : (The Perils of Smoking ,Drugs and Alcohol)

DATED:27/01/2021

SR. NO.	Name	Enrollment No.	Department
1	ANKIT GULATI	02617001719	BBA
2	SHIVI MITTAL	41517001718	BBA
3	PRITI CHAUDHARY	03417001719	BBA
4	HARSHITA RAJPAL	08621301719	BBA
5	HARDIK SHARMA	01417001719	BBA
6	Umar Farooq	02317001719	BBA
7	UMANG GUPTA	13617001719	BBA
8	KHUSHI KOHLI	35521301719	BBA
9	DEVANSH BORA	03917001719	BBA
10	Pravar Gupta	03221301718	BBA
11	SAURABH GARG	44617001718	BBA
12	Gautam Sharma	42417001718	BBA
13	AYUSHI GOEL	12421301719	BBA
14	AYUSHI GOEL	12421301719	BBA
15	KARANPREET SINGH	02221301718	BBA
16	ARUSHI KAUSHIK	07517002419	BA (JMC)
17	GEETIKA BISHT	08717002419	BA (JMC)
18	JIGYASA SHARMA	06317002419	BA (JMC)
19	ISHA PRASAD	08317002419	BA (JMC)
20	ARUSHI KAUSHIK	07517002419	BA (JMC)
21	Sumit Singh	41321301718	BBA
22	SHOBHIT AGARWAL	14717001719	BBA
23	PARVEEN PUROHIT	43617001718	BBA
24	ARUN CHAUHAN	01017001719	BBA
25	PREETI	43417001718	BBA
26	MUSKAN SHARMA	43317001718	BBA
27	SHREY AGGARWAL	01172301719	BBA
28	ASHWIN ATRISH	00421301718	BBA
29	VANSHIKA GOEL	46521301718	BBA
30	PRATHAM CHAUHAN	03021301718	BBA
31	MANVI JAIN	03021302418	BA (JMC)
32	MAHESH SEHGAL	02821302418	BA (JMC)
33	Mukul gupta	00117024419	MCA
34	HARMAN VERMA	01721302418	BA (JMC)
35	Deepak Gahlot	01121302418	BA (JMC)
36	DHANYA MULPANA	40821302418	BA (JMC)

37	KAREENA GABA	03117002019	BCA
38	RIYA KATHAYAT	41021302418	BA (JMC)
39	RACHITA BUDHIRAJA	13021301719	BBA
40	Mridul Arora	00417024419	MCA
41	AASHIMA NANDA	43521302418	BA (JMC)
42	RUSHALI MEHROTRA	42121302418	BA (JMC)
43	KUSH	03521304218	BA (JMC)
44	SHIVANI TOMAR	40921302418	BA (JMC)
45	Love Manchanda	41421302418	BA (JMC)
46	ABHISHEK KUMAR	00117004418	MCA
47	MUSKAAN ABROL	03221302418	BA (JMC)
48	SIMRAN GUPTA	43221302418	BA (JMC)
49	MUSKAN GUPTA	12321302418	BA (JMC)
50	HIMANSHI RAGHAV	02021302418	BA (JMC)
51	SARTHAK SAXENA	35117002019	BCA
52	RIYA SAINI	40321302418	BA (JMC)
53	PRATEEK ARORA	00421324419	MCA
54	Sajal sharma	05421302418	BA (JMC)
55	VANSHIKA SHARMA	06921302418	BA (JMC)
56	RIYA SHARMA	05121302418	BA (JMC)
57	Yatin Makkar	07221302418	BA (JMC)
58	SHIVAM	01521302419	BA (JMC)
59	KARTIK KAPOOR	04817002019	BCA
60	VANSHIKA GUPTA	06721302418	BA (JMC)
61	ABHIJEETH SP	00221302418	BA (JMC)
62	AASTHA JAIN	00221302419	BA (JMC)
63	NIHARIKA MAGGO	03621302418	BA (JMC)
64	PAURUSH GROVER	03821302419	BA (JMC)
65	AMISHA SACHDEVA	00421302418	BA (JMC)
66	DEEPANSHU TOMAR	04717002019	BCA
67	RISHABH AGRAWAL	02021302419	BA (JMC)
68	NIHARIKA MAGGO	03621302418	BA (JMC)
69	SOUMYA KUKRETI	06021302418	BA (JMC)
70	RACHITA BUDHIRAJA	13021301719	BBA
71	GRISHIKA JAGGI	01621302418	BA (JMC)
72	PAMELA GUPTA	04021302418	BA (JMC)
73	ROHIT MANGWANA	05921302419	BA (JMC)
74	shailja Chaurasia	36217002419	BA (JMC)
75	RIYA RANA	05021302418	BA (JMC)
76	SANTOSH VERMA	01817002019	BCA
77	ANKITA BAJPAI	35117004418	MCA
78	Tushar Thapliyal	03217002019	BCA
79	KUNAL BANSAL	04117001719	BBA
80	Harshit Srivastava	04421302419	BA (JMC)
81	AKANKSHA SUYAL	00321302418	BA (JMC)

82	Aryan Atreya	01117001719	BBA
83	KRITIKA CHAUBEY	00221324419	MCA
84	SHUBHAM CHAUDHARY	01117002019	BCA
85	VIPIN	01721302419	BA (JMC)
86	Darpan Chhabra	01021302418	BA (JMC)
87	GAGAN	01421302418	BA (JMC)
88	ISHA VASHISHT	02121302418	BA (JMC)
89	KRITIKA GARG	42721302418	BA (JMC)
90	GAURAV SETHI	04417002019	BCA
91	TANYA KUMARI	04221302419	BA (JMC)
92	GEETANSHI ARORA	04917002019	BCA
93	Riya jain	04921302418	BA (JMC)
94	SAHIL GHAI	41221302418	BA (JMC)
95	PRABAL SETHI	00417004418	MCA
96	SHUBHANGI GUPTA	42421302418	BA (JMC)
97	ADITYA GOYAL	01617002019	BCA
98	AKANKSHA	07017002419	BA (JMC)
99	TANNU SHARMA	04821302419	BA (JMC)
100	Avi Arora	00721302418	BA (JMC)
101	JATIN VERMA	02921302419	BA (JMC)
102	VINAYAK AGGARWAL	36221302418	BA (JMC)
103	AAKRITI	40621302418	BA (JMC)
104	SIMRAN SHARMA	03921302419	BA (JMC)
105	ANJALI JAIN	01917002019	BCA
106	VANSHIKAA SHARMA	00317024419	MCA
107	DOLLY GARG	04121302419	BA (JMC)
108	SHREY ARYA	00921302419	BA (JMC)
109	RUDRANSH SHARMA	00617001719	BBA
110	VAISHALI SHARMA	06521302418	BA (JMC)
111	PIYUSH JAIN	00217024419	MCA
112	Himanshi Chadha	01921302418	BA (JMC)
113	BHAVYA AGGARWAL	04617002019	BCA
114	HRITIK JOSHI	05721302419	BA (JMC)
115	PRERNA SAHNI	05421302419	BA (JMC)
116	SAMIKSHA RANA	41621302418	BA (JMC)
117	VANSH GROVER	02517001719	BBA
118	Tushar Sohal	01217002019	BCA
119	BHAVYA AGGARWAL	04617002019	BCA
120	SHIVAM CHOPRA	01321302419	BA (JMC)
121	Vanshika Malik	06821302418	BA (JMC)
122	VAIBHAV SHARMA	00517024419	MCA
123	SHIVANI	05821302418	BA (JMC)
124	ASHIKA KARIWAL	35217004418	MCA
125	RAHUL MALHOTRA	04421302418	BA (JMC)
126	MANAV GUPTA	00117002019	BCA

127	Shivali gulati	04221301718	BBA
128	ASHIKA KARIWAL	35217004418	MCA
129	Tushar Sohal	01217002019	BCA
130	SONALI	03221302419	BA (JMC)
131	MAHEK BHATIA	35421302418	BA (JMC)
132	GAURI PAHUJA	43017001718	BBA
133	ISHA BATRA	00717002019	BCA
134	Himanshi Rathi	00217004418	MCA
135	PRABHLEEN KAUR	35721302418	BA (JMC)
136	Himanshu dua	00321324419	MCA
137	SHIVAM THAKRAN	01417002019	BCA
138	RIDHIMA SHARMA	40521302418	BA (JMC)
139	RASHMI	80776684330	MCA
140	VANSH BATRA	06817001719	BBA
141	TUSHAR THAKUR	11617001719	BBA
142	RASHMI	35417004418	MCA
143	SUSHMITA	90117004418	MCA
144	GAGAN GOEL	00117001719	BBA
145	SUSHMITA	90117004418	MCA
146	JANUAL ABDIN	02717002019	BCA
147	BHUVAN SINGH BISHT	10617001719	BBA
148	Lakshit Arora	10817001719	BBA
149	ROHAN SHARMA	05221302418	BA (JMC)
150	HIMANSHI ARORA	01821302418	BA (JMC)
151	RITIKA MAGGO	40121302418	BA (JMC)
152	RAGHAV GAUR	11317001719	BBA
153	UPASNA SHARMA	36121302418	BA (JMC)
154	NIKITA SHARMA	03721302418	BA (JMC)
155	RIJO ABRAHAM ROY	40117004418	MCA
156	MALVIKA KUKREJA	02921302418	BA (JMC)
157	AHMED RAZA AMAAN	10217001719	BBA
158	RIA GAMBHIR	04621302418	BA (JMC)
159	ROHAN CHOUDHARY	11117001719	BBA
160	KHYATI KHANNA	10717001719	BBA
161	YASH BISHT	01317002019	BCA
162	SHIVAM THAKUR	05721302418	BA (JMC)
163	KHYATI KHANNA	10717001719	BBA
164	MAHESH JOSHI	07317001719	BBA
165	ISHANI AGGARWAL	02221302418	BA (JMC)
166	TANISHAA WADHWA	06321302418	BA (JMC)
167	SHAILJA MISHRA	35921302418	BA (JMC)
168	KHYATI KHANNA	10717001719	BBA
169	MAHEK BHATIA	35421302418	BA (JMC)
170	INDER VISHNU	09617001719	BBA
171	KHYATI KHANNA	10717001719	BBA

172	NEVEDITA SINGH	03521302418	BA (JMC)
173	SUHASHINI RAWAT	06221302418	BA (JMC)
174	Sachin Pal	08017001719	BBA
175	PRACHI SINGH	04221302418	BA (JMC)
176	ANKITA SACHDEVA	00521302418	BA (JMC)
177	ISHITA BAJAJ	02421302418	BA (JMC)
178	KUSHAGRA DHINGRA	15117001719	BBA
179	DEEPANSHU	03417002019	BCA
180	PRAGATI SINGH	04321302418	BA (JMC)
181	CHAHAT	03717002019	BCA
182	KASHISH ARORA	02621302418	BA (JMC)
183	MEHNDI BUDHIRAJA	35621302418	BA (JMC)
184	Dont know	35521302418	BA (JMC)
185	MIHIR VERMA	03121301218	BA (JMC)
186	RITIK DHASMANA	04721302418	BA (JMC)
187	Avi Sehrawat	02121302419	BA (JMC)
188	Yash Thakur	04117002019	MCA
189	YASH THAKUR	04117002019	BCA
190	VAIBHAV SETHI	04017002019	BCA
191	SOUMYA SHARMA	06121302418	BA (JMC)
192	Tanisha	07717002419	BA (JMC)
193	SRISHTI VERMA	36021302418	BA (JMC)
194	Love Manchanda	41421302418	BA (JMC)
195	YUVRAJ SINGH	09317001719	BBA
196	YUVRAJ SINGH	09317001719	BBA
197	ABHA BANSAL	11717001719	BBA
198	YUVRAJ SINGH	09317001719	BBA
199	MANAV JAWA	03717001719	BBA
200	ABHA BANSAL	11717001719	BBA
201	GORANG KAUSHIK	35221302418	BA (JMC)
202	CHAINIKA	01917001719	BBA
203	RIYA JAIN	04821302418	BA (JMC)
204	Akansha Sharma	07217001719	BBA
205	Renu	35821302418	BA (JMC)
206	Kanishk	08817002419	BA (JMC)
207	Umar Farooq	02317001719	BBA
208	TUSHAR ARORA	05217001719	BBA
209	Twinkle	06421302418	BA (JMC)
210	Mahima Nagpal	42621302418	BA (JMC)
211	SHIVAM THAKUR	05721302418	BA (JMC)
212	TANISH BANSAL	00221301719	BBA
213	AARUSHI SAXENA	12117001719	BBA
214	AARUSHI BANSAL	35121302418	BA (JMC)
215	ANANDITA	00317002019	BCA
216	ASHWIN ATRISH	00421301718	BBA

217	MAHESH JOSHI	07317001719	BBA
218	ASHWIN ATRISH	00421301718	BBA
219	ADITYA PRATAP SINGH	06921302419	BA (JMC)
220	MANAV JAWA	03717001719	BBA
221	AKANKSHA SUYAL	00321302418	BA (JMC)
222	HARDIK MANCHANDA	36621301719	BBA
223	YASHITA KANSAL	01517001719	BBA
224	ASHWIN ATRISH	00421301718	BBA
225	RIYA CHADHA	03817001719	BCA
226	VIDHI THUKRAL	08321301719	BBA
227	SHIVANSH JAIN	08880301719	BBA
228	YASHITA KANSAL	01517001719	BBA
229	ASHWIN ATRISH	00421301718	BBA
230	YASH ARYAN JHAWAR	42917001718	BBA
231	GAGAN GOEL	00117001719	BBA
232	SHOBHIT GROVER	013121301719	BBA
233	SHREY AGGARWAL	011721301719	BBA
234	SHUBHAM BANSAL	045121301718	BBA
235	SHUBHAM RAJOURH	41817001718	BBA
236	ABHIT BUDHIRAJA	00121301718	BA(J&MC)
237	ADITI	02917001719	BBA
238	ADITYA BHANDARI	00221301718	BBA
239	AKHIL GUPTA	035121301718	MBA
240	ANKIT GULATI	02617001719	BBA
241	ANKUR JAIN	35321301718	BBA
242	ANMOL ANAND	41121301718	BBA
243	ANSHUMAN GOGIA	00321301718	BA(J&MC)
244	ANSJITA AGGARWAL	05117001719	BBA
245	ARPIT JAIN	35421301718	BBA
246	ASHI SACHDEVA	02817001719	MBA
247	ASHWIN ATRISH	00421301718	BBA
248	AVANI GUPTA	00817001718	BBA
249	AYUSH ANAND	11821301719	BBA
250	AYUSH GOEL	35521301718	BA(J&MC)
251	BHAGYA SETHI	00521301718	BBA
252	BHARAT SHARMA	00917001718	BBA
253	BHAVAY SEHGAL	03117001719	MBA
254	BHAVIK JAIN	01017001718	BBA
255	BHAVIK PRAKASH	01117001718	BBA
256	TANYA CHHABRA	04421301718	BBA
257	TIKSHITA MANCHANDA	04521301718	BA(J&MC)
258	TUSHAR GUPTA	04621301718	BBA
259	CHANIKA GAMBIR	01917001719	BBA
260	CHIRAG ARORA	01317001718	MBA
261	DALJEET SINGH	00621301718	BBA

262	DEEPAKSHI KANSAL	00721301718	BBA
263	DEEPAM GARBYAL	01417001718	BBA
264	DEEPANSHU GOEL	012621301719	BA(J&MC)
265	DEEPANSHU JAIN	01517001718	BBA
266	DEEPANSHU MITTAL	011921301719	BBA
267	DEVANSHI KANSAL	00821301718	MBA
268	DHRUV GARG	04617001719	BBA
269	DIKSHIT JAIN	01617001718	BBA
270	DIVYA SHARMA	05717001719	BBA
271	DIVYENDU VATSA	01717001718	BA(J&MC)
272	DUSHYANT MALHOTRA	01817001718	BBA
273	GAGAN GOEL	00117001719	BBA
274	HARDIK SHARMA	01417001719	MBA
275	HARDIK SUNEJA	0217001719	BBA
276	HARSH MALHOTRA	05517001719	BBA
277	HARSHIT ASIJA	04017001719	BBA
278	HARSHITA RAJPAL	08621301719	BA(J&MC)
279	HARSHITA WADHWA	46821301718	BBA
280	HIMANSHU BANSAL	05917001719	BBA
281	HIREN SHARMA	10521301719	MBA
282	HRITIK SYAL	06121301719	BBA
283	ISHIKA KANSAL	04717001719	BBA
284	JAGRIT MUNIAPPAN	10321301719	BBA
285	JATIN KATARIA	03517001719	BA(J&MC)
286	JOYSHREE KARMAKAR	01921301718	BBA
287	KABIR CHHABRA	02021301718	BBA
288	KAJAL KAPOOR	02121301718	MBA
289	KALASH JAIN	04817001719	BBA
290	KANAN SAPRA	41617001718	BBA
291	KARAN PREET SINGH	02221301718	BBA
292	KASHISH JAIN	02421301718	BA(J&MC)
293	LAKSHYA DHINGRA	02521301718	BBA
294	LOVISH ARORA	12721301719	BBA
295	MANAN BHUTANI	06321301719	MBA
296	MANAV JAWA	03717001719	BBA
297	MANISH SINGH NEGI	03317001719	BBA

