



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 : Physical Activity: Key Ingredient of Fitness
Convener : DR.ROHTASH KUMAR
Participation : BBA, BJMC,BCA, MBA, MCA
Date : 06/02/2021
Time : 10:00AMonwards
No. of Beneficiary: 68
Platform : Google Form



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INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085






Fit India Youth Club
INDIA

Organizes

Fitness Quiz
(Theme: Physical Activity: Key Ingredient of Fitness)

Departments: MBA, BBA, BA(J&MC) & BCA
06/02/2021, Saturday
Time: 10:00 AM onwards
Platform: Online

In Association With



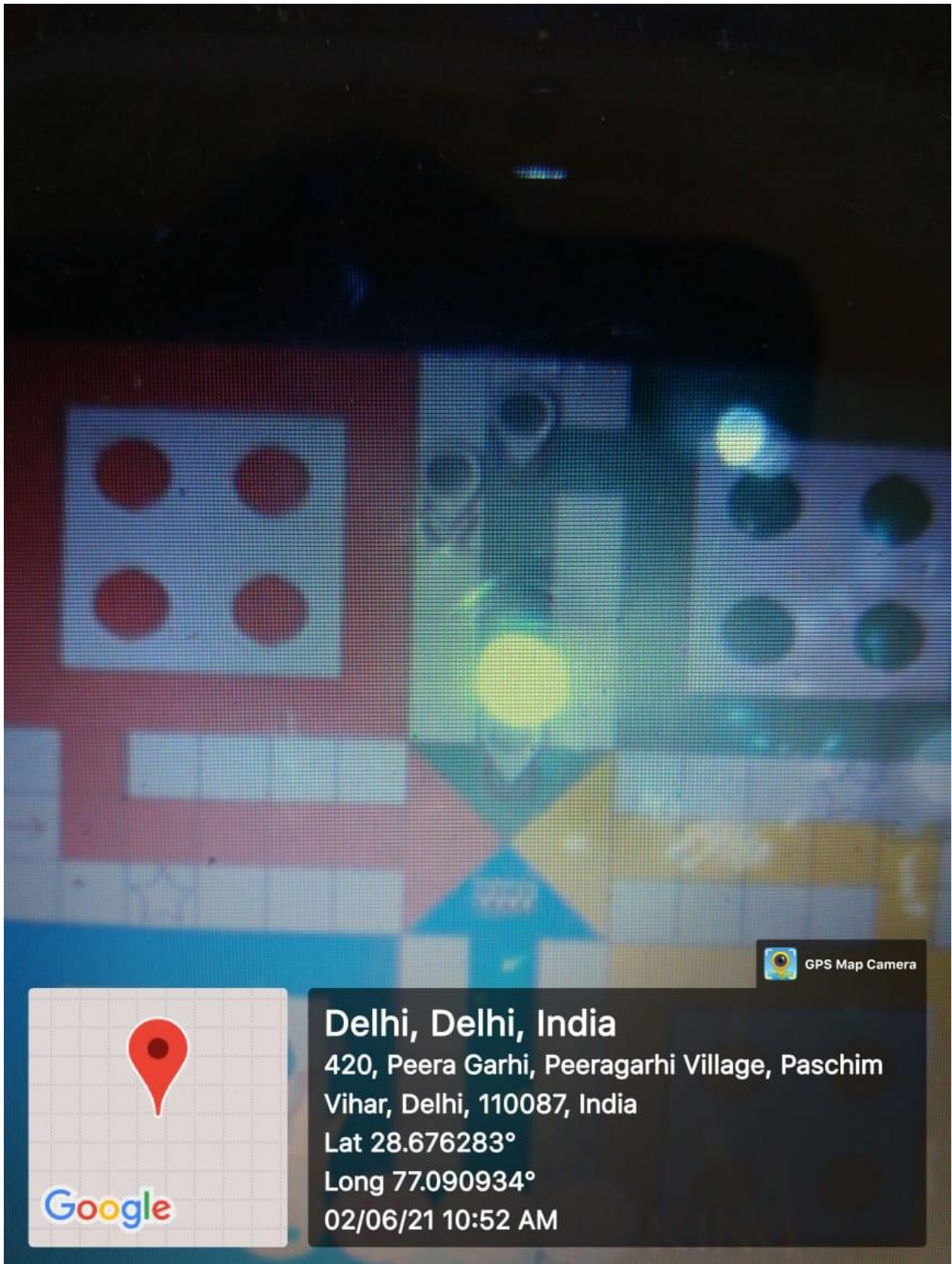
DR. ROHTASH KUMAR
Incharge - Fitness Club

OBJECTIVES OF THE EVENT

1. To increase the interest of students in physical learning
2. To sensitize the students about physical fitness level
3. To sensitize the students about the awareness in their physical health

REPORT

An event Fitness Quiz was organized on 06/02/2021 of 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 "Physical Activity: Key Ingredient of Fitness" 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.



Students Participation in the online event

Learning outcome

Students have learnt

1. to develop their mental fitness and their well-being.
2. the culture of games and sports in our institute.
3. to health care wellness Centre.

FIT INDIA YOUTH CLUB
LIST OF BENEFICIARIES
Physical Activity :Key Ingredient of Fitness
DATE :- 06/02/2021

S.No	ENROLLMENT NO.	NAME	DEPARTMENT
1	35721301719	ADITYA RAJPUT	BBA
2	35821301719	DHRUV GOYAL	BBA
3	35921301719	NAMAN JINDAL	BBA
4	00117001719	GAGAN GOEL	BBA
5	00217001719	HARDIK SUNEJA	BBA
6	00317001719	TARINI AGGARWAL	BBA
7	00517001719	JATIN KUMAR	BBA
8	00617001719	RUDRANSH SHARMA	BBA
9	01917001719	CHAINIKA GAMBHIR	BBA
10	02017001719	PANSY KHAJURIA	BBA
11	02117001719	RAHUL KHANNA	BBA
12	02317001719	UMAR FAROOQ	BBA
13	03617001719	YASHIKA TANWAR	BBA
14	03717001719	MANAV JAWA	BBA
15	03817001719	RIYA CHADHA	BBA
16	03917001719	DEVANSH BORA	BBA
17	04017001719	HARSHIT ASIJA	BBA
18	04117001719	KUNAL BANSAL	BBA
19	04217001719	TUSHAR BHATIA	BBA
20	05417001719	TWINKLE DHINGRA	BBA
21	06117001719	HARDIK SHARMA	BBA
22	06217001719	SANYAM AHUJA	BBA
23	06317001719	SAKSHI SHARMA	BBA
24	06417001719	SAKSHAM KHANNA	BBA
25	06421301719	RITIK	BBA
26	06521301719	MENARK SINGH	BBA
27	06621301719	ABHAY CHAUHAN	BBA
28	06721301719	RAHUL	BBA
29	06821301719	MIHIR MUTREJA	BBA
30	06921301719	HARSH MEHTA	BBA
31	08221301719	SAURABH UPADHYAY	BBA
32	08421301719	NIPUN DIWAN	BBA
33	08521301719	SAHIL SHARMA	BBA
34	08621301719	HARSHITA RAJPAL	BBA
35	08721301719	RITIKA MADHUKAR	BBA
36	10517001719	ANUBHAV SHARMA	BBA
37	10617001719	BHUVAN SINGH BISHT	BBA
38	10717001719	KHYATI KHANNA	BBA
39	10817001719	LAKSHIT ARORA	BBA
40	10917001719	RIYAZ MONGA	BBA
41	11017001719	PAWAN SAINI	BBA
42	11117001719	ROHAN CHOUDHARY	BBA
43	11521301719	AYUSH JALAM	BBA
44	11621301719	NANCY SALHOTRA	BBA

45	11721301719	SHREY AGGARWAL	BBA
46	11817001719	ADITYA BHARDWAJ	BBA
47	11821301719	AYUSH ANAND	BBA
48	11917001719	HIMANSHI GOGIA	BBA
49	11921301719	DEEPANSHU MITTAL	BBA
50	12017001719	KANISHKA KALRA	BBA
51	12021301719	RAKSHIT RANA	BBA
52	12617001719	AYUSH GUPTA	BBA
53	12621301719	DEEPANSHU GOEL	BBA
54	12717001719	JAHNVI NAYYAR	BBA
55	12721301719	LOVISH ARORA	BBA
56	12817001719	TANYA AILAWADI	BBA
57	12821301719	RAGHAV GOYAL	BBA
58	12917001719	LAVYA SALUJA	BBA
59	12921301719	AAYUSH	BBA
60	13017001719	MANSI BHARDWAJ	BBA
61	13117001719	KRITI NAGI	BBA
62	13217001719	YASH RAJ	BBA
63	13221301719	PULKIT JAIN	BBA
64	14017001719	PRIYA TIWARI	BBA
65	14117001719	SHIVAM KANSAL	BBA
66	14217001719	DISHA BANSAL	BBA
67	14317001719	MAHAK MALHOTRA	BBA
68	14417001719	MEHUL BHALLA	BBA

