



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
Tel: 91-11-27555121-24, E-Mail : directortias@tecnia.in, Website: www.tiaspg.tecnia.in




Fit India Youth Club

REPORT

On Fitness Quiz

EVENT	:	Fitness Quiz
THEME	:	Supporting Mental Health
Nodal Officer	:	Dr. Rahul Tripathi
No. of Beneficiary	:	60
Participation	:	BBA, BJMC, BCA, MBA
Date	:	29/03/2021
Time	:	09:00 AM onwards
Platform	:	Online (Google Form)



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Fit India Youth Club

Organizes

Fitness Quiz- Fitness Campaign Activity
(Theme: Supporting Mental Health)

Departments: MBA, BBA, BA(J&MC) & BCA
29.03.2021, Monday
Time: 09 AM Onwards
Platform: Online

In Association With



Continues to work for Guidance
Defeat Corona

Objectives

1. To increase the interest of students in learning about lifestyle diseases
2. To inculcate knowledge for the necessary insights to develop physical health
3. To sensitize the students about physical fitness level
4. To sensitize the students about the management of healthy lifestyle

REPORT

An event of Fitness Quiz was organised on 29.03.2021 in 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. regarding the implementation of "Fit India Campaign" in Higher Educational Institutions. In contrast with supporting mental health 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".

It is imperative for everyone to maintain a healthy lifestyle by having their immune system stronger and eat nutritional diet. Physical exercise and diet are the key ingredients to live a healthy lifestyle. 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 Fit India Youth Club, 60 students participated from all the respective departments of Tecnia Institute of Advanced Studies, Delhi on the online platform through Google forms. . 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.

It aims to address the concerns of the students to promote healthy lifestyle and to create awareness or sensitization through workshop or seminars on depression, anxiety and stress management for faculty and students. Fit India Youth Club of Tecnia Institute of Advanced Studies, Delhi also aims in providing guidance regarding balanced nutritional diets for the students and faculty members.

Learning outcome:

Students have

1. enhance their fitness regime.
2. learnt the culture of sports in our institute.
3. learnt to maintain balanced lifestyle.

FIT INDIA YOUTH CLUB LIST OF BENEFICIARIES FITNESS QUIZ :(SUPPORTING MENTAL HEALTH) LIST OF BENEFICIARIES DATED:29/03/2021			
S.NO	NAME	ENROLLMENT NO	COURSE
1	PIYUSH JAIN	00217024419	MCA
2	Himanshi Chadha	01921302418	BA (JMC)
3	BHAVYA AGGARWAL	04617002019	BCA
4	HRITIK JOSHI	05721302419	BA (JMC)
5	PRERNA SAHNI	05421302419	BA (JMC)
6	SAMIKSHA RANA	41621302418	BA (JMC)
7	VANSH GROVER	02517001719	BBA
8	Tushar Sohal	01217002019	BCA
9	BHAVYA AGGARWAL	04617002019	BCA
10	SHIVAM CHOPRA	01321302419	BA (JMC)
11	Vanshika Malik	06821302418	BA (JMC)
12	VAIBHAV SHARMA	00517024419	MCA
13	SHIVANI	05821302418	BA (JMC)
14	ASHIKA KARIWAL	35217004418	MCA
15	RAHUL MALHOTRA	04421302418	BA (JMC)
16	MANAV GUPTA	00117002019	BCA
17	Shivali gulati	04221301718	BBA
18	ASHIKA KARIWAL	35217004418	MCA
19	Tushar Sohal	01217002019	BCA
20	SONALI	03221302419	BA (JMC)
21	MAHEK BHATIA	35421302418	BA (JMC)
22	GAURI PAHUJA	43017001718	BBA
23	ISHA BATRA	00717002019	BCA
24	Himanshi Rathi	00217004418	MCA

25	PRABHLEEN KAUR	35721302418	BA (JMC)
26	Himanshu dua	00321324419	MCA
27	SHIVAM THAKRAN	01417002019	BCA
28	RIDHIMA SHARMA	40521302418	BA (JMC)
29	RASHMI	80776684330	MCA
30	VANSH BATRA	06817001719	BBA
31	TUSHAR THAKUR	11617001719	BBA
32	RASHMI	35417004418	MCA
33	SUSHMITA	90117004418	MCA
34	GAGAN GOEL	00117001719	BBA
35	SUSHMITA	90117004418	MCA
36	JANUAL ABDIN	02717002019	BCA
37	BHUVAN SINGH BISHT	10617001719	BBA
38	Lakshit Arora	10817001719	BBA
39	ROHAN SHARMA	05221302418	BA (JMC)
40	HIMANSHI ARORA	01821302418	BA (JMC)
41	RITIKA MAGGO	40121302418	BA (JMC)
42	RAGHAV GAUR	11317001719	BBA
43	UPASNA SHARMA	36121302418	BA (JMC)
44	NIKITA SHARMA	03721302418	BA (JMC)
45	RIJO ABRAHAM ROY	40117004418	MCA
46	MALVIKA KUKREJA	02921302418	BA (JMC)
47	AHMED RAZA AMAAN	10217001719	BBA
48	RIA GAMBHIR	04621302418	BA (JMC)
49	ROHAN CHOUDHARY	11117001719	BBA
50	KHYATI KHANNA	10717001719	BBA
51	YASH BISHT	01317002019	BCA
52	SHIVAM THAKUR	05721302418	BA (JMC)
53	KHYATI KHANNA	10717001719	BBA
54	MAHESH JOSHI	07317001719	BBA
55	ISHANI AGGARWAL	02221302418	BA (JMC)
56	TANISHAA WADHWA	06321302418	BA (JMC)
57	SHAILJA MISHRA	35921302418	BA (JMC)
58	KHYATI KHANNA	10717001719	BBA
59	MAHEK BHATIA	35421302418	BA (JMC)
60	INDER VISHNU	09617001719	BBA