



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
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Fit India Youth Club

REPORT

On

Meeting of Fit India Youth Club

EVENT: Meeting of Fit India Youth Club
THEME: Supporting Mental Health
Nodal Officer: Dr. Rahul Tripathi
Convener-Incharge: Mr. Inderpreet Singh
Faculty Beneficiary: 15/5
Participation: BBA, BJMC, BCA, MBA
Date: 25/04/2021
Time: 12:00 PM – 01:00 PM
Platform: ONLINE



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INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085

Fit India Youth Club
INDIA

Organizes

Meeting of Fit India Youth Club
(Theme: Supporting Mental Health)

Departments: MBA, BBA, BA(J&MC) & BCA
25/04/2021, Sunday
Time: 12:00 PM – 01:00 PM onwards
Platform: Online
In Association With



Dr. Rahul Tripathi
Nodal Officer

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

Report

This meeting was organized by Fit India Youth Club of Tecnia Institute of Advanced Studies, Rohini, Delhi on 25/04/2021 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 India Youth Club Meeting on 25 April, 2021, 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, 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. Rahul Tripathi | Assi 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 | Shivang | 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 |
| 6 | Thanking note | Dr. Rahul Tripathi | Asso. Prof, TIAS, New Delhi & Convener Fit India Youth Club | 1:00 PM |

Learning Outcome

1. Students have acquired understanding of the physical activities undertaken in the Fit India Youth Club
2. Students have improved the knowledge of the students regarding supporting mental health programs to be organized by the institutions
3. Students have aware and sensitize the students regarding stress management techniques

**FIT INDIA CLUB
LIST OF BENEFICIARIES**

Date: 25/04/2021

| 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 | SHIVANG | 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. Rahul Tripathi | FACULTY |
| 19 | MR. INDERPREET SINGH | FACULTY |
| 20 | DR. SANDEEP KUMAR | FACULTY |