



**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

<b>EVENT</b>	:	Fitness Quiz
<b>THEME</b>	:	The Perils of Smoking, Drugs & Alcohol
<b>Nodal Officer</b>	:	Dr. Rahul Tripathi
<b>No. of Beneficiary</b>	:	67
<b>Participation</b>	:	BBA, BJMC, BCA, MBA
<b>Date</b>	:	03/05/2021
<b>Time</b>	:	9:00 AM onwards
<b>Platform</b>	:	Online (Google Docs)








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INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085

## Fit India Youth Club

Organizes

**Fitness Quiz-Fitness Campaign Activity**  
**(Theme: The Perils of Smoking, Drugs and Alcohol)**

**Departments: MBA, BBA, BA(J&MC) & BCA**  
**03.05.2021, Monday**  
**Time: 09 AM Onwards**  
**Platform: Online**  
In Association With



## **Objectives of the event**

Quiz questions test your knowledge of:

1. To distinguish Students' knowledge and understanding state in reference to perils of smoking, drugs and alcohol.
2. To sensitize the students to understanding the consequences of smoking, drugs and alcohol.
3. To motivate the students to strengthen their mind and spirit while nurturing physical self via leadership, cooperation, and teamwork.
4. To promote the importance of Healthy lifestyle among students.

## **REPORT**

An event of Fitness Quiz was organized on 03.05.2021 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 a Quiz Activity, based on the theme "The Perils of Smoking, Drugs and Alcohol" which is related to the diseases occurred due to unhealthy life and inappropriate eating habits. 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". The Quiz contained the Questions related to understand the consequences and affects of smoking, drugs and alcohol, which was an attempt to comprehend Students' State of Awareness about Healthy Lifestyle and Healthy Diet.

It is imperative that everyone maintain a healthy lifestyle by boosting immunity and eating a nutritious diet. Exercise and diet are important elements of a healthy lifestyle. All students are required to engage in all forms of physical fitness. In the event Fitness quiz conducted by Fit India Youth Club, 67 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 student concerns, promote a healthy lifestyle, and create awareness and sensitization for teachers and students to deal with depression, anxiety and stress through workshops and seminars. 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 learnt

1. to enhance their fitness regime.
2. to develop their state of awareness about understanding of smoking, drugs and alcohol.
3. to sensitize the students to adopt healthy and peaceful life style.

<b>FIT INDIA YOUTH CLUB FITNESS QUIZ : The Perils of Smoking, Drugs &amp; Alcohol) LIST OF BENEFICIARIES DATED:03/05/2021</b>			
<b>S. NO</b>	<b>NAME</b>	<b>ENROLLMENT NO</b>	<b>COURSE</b>
1	DIVYENDU VATSA	01717001718	BA(J&MC)
2	DUSHYANT MALHOTRA	01817001718	BBA
3	GAGAN GOEL	00117001719	BBA
4	HARDIK SHARMA	01417001719	MBA
5	HARDIK SUNEJA	0217001719	BBA
6	HARSH MALHOTRA	05517001719	BBA
7	HARSHIT ASIJA	04017001719	BBA
8	HARSHITA RAJPAL	08621301719	BA(J&MC)
9	HARSHITA WADHWA	46821301718	BBA
10	HIMANSHU BANSAL	05917001719	BBA
11	HIREN SHARMA	10521301719	MBA

12	HRITIK SYAL	06121301719	BBA
13	ISHIKA KANSAL	04717001719	BBA
14	JAGRIT MUNIAPPAN	10321301719	BBA
15	JATIN KATARIA	03517001719	BA(J&MC)
16	JOYSHREE KARMAKAR	01921301718	BBA
17	KABIR CHHABRA	02021301718	BBA
18	KAJAL KAPOOR	02121301718	MBA
19	KALASH JAIN	04817001719	BBA
20	KANAN SAPRA	41617001718	BBA
21	KARAN PREET SINGH	02221301718	BBA
22	KASHISH JAIN	02421301718	BA(J&MC)
23	LAKSHYA DHINGRA	02521301718	BBA
24	LOVISH ARORA	12721301719	BBA
25	MANAN BHUTANI	06321301719	MBA
26	MANAV JAWA	03717001719	BBA
27	MANISH SINGH NEGI	03317001719	BBA
28	PREETI	43417001718	BBA
29	DOLLY GARG	04121302419	BA (JMC)
30	SHREY ARYA	00921302419	BA (JMC)
31	RUDRANSH SHARMA	00617001719	BBA
32	VAISHALI SHARMA	06521302418	BA (JMC)
33	PRATHAM CHAUHAN	03021301718	BBA
34	Himanshi Chadha	01921302418	BA (JMC)
35	BHAVYA AGGARWAL	04617002019	BCA
36	HRITIK JOSHI	05721302419	BA (JMC)
37	PRERNA SAHNI	05421302419	BA (JMC)
38	SAMIKSHA RANA	41621302418	BA (JMC)
39	VANSH GROVER	02517001719	BBA
40	Tushar Sohal	01217002019	BCA
41	BHAVYA AGGARWAL	04617002019	BCA
42	SHIVAM CHOPRA	01321302419	BA (JMC)
43	Vanshika Malik	06821302418	BA (JMC)
44	Himanshi Chadha	01921302418	BA (JMC)
45	SHIVANI	05821302418	BA (JMC)
46	SHIVAM THAKRAN	01417002019	BCA
47	RAHUL MALHOTRA	04421302418	BA (JMC)
48	MANAV GUPTA	00117002019	BCA
49	Shivali gulati	04221301718	BBA
50	SHIVANI TOMAR	40921302418	BA (JMC)
51	Tushar Sohal	01217002019	BCA
52	SONALI	03221302419	BA (JMC)

53	MAHEK BHATIA	35421302418	BA (JMC)
54	GAURI PAHUJA	43017001718	BBA
55	ISHA BATRA	00717002019	BCA
56	PREETI	43417001718	BBA
57	PRABHLEEN KAUR	35721302418	BA (JMC)
58	Umar Farooq	02317001719	BBA
59	SHIVAM THAKRAN	01417002019	BCA
60	RIDHIMA SHARMA	40521302418	BA (JMC)
61	KARANPREET SINGH	02221301718	BBA
62	VANSH BATRA	06817001719	BBA
63	JANUAL ABDIN	02717002019	BCA
64	BHUVAN SINGH BISHT	10617001719	BBA
65	Lakshit Arora	10817001719	BBA
66	ROHAN SHARMA	05221302418	BA (JMC)
67	HIMANSHI ARORA	01821302418	BA (JMC)