



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	:	Fitness Campaign Activity (Theme: Physical Activity)
Convener	:	Mr. Inderpreet Singh
Beneficiary	:	68
Participation	:	BBA, BJMC, BCA, MBA, MCA
Date	:	17/07/2021
Time	:	10:00 AM onwards
Platform	:	Google Form



TECNIA INSTITUTE OF ADVANCED STUDIES
Approved by AICTE, Ministry of HRD, Govt. of India, Affiliated to G.G.S.I.P. University & Recognized Under Sec. 2(f) of UGC Act 1956.
INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085



Fitness Club

Organizes

Organization of Fitness Quiz-Fitness Campaign Activity
(Theme: Physical Activity: Key Ingredients of Fitness)

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

17-July-2021, Saturday
Platform: Online- Google Form



In Association With



Objectives of the event

1. To increase the interest of students in physical learning
2. To inculcate excitement and knowledge gainer of the necessary insights to develop physical health
3. To sensitize the students about physical fitness level
4. To sensitize the students about the awareness in their physical health

REPORT

An event Fitness Quiz was organized on 17.07.2021 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. 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.

Number 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, 67 students participated from all the respective departments of TIAS 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 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

1. enhanced their mental fitness.
2. inculcating the culture of sports in our institute.
3. provided a platform for the students healthcare wellness centre.

FIT INDIA YOUTH CLUB			
Fitness Quiz :(Physical Activity: Key Ingredient of Fitness)			
LIST OF BENEFICIARIES			
DATED:17/07/2021			
S. No	NAME	ENROLLMENT NO	COURSE
1	HRITIK SYAL	06121301719	BBA
2	ISHIKA KANSAL	04717001719	BBA
3	JAGRIT MUNIAPPAN	10321301719	BBA
4	JATIN KATARIA	03517001719	BA(J&MC)
5	JOYSHREE KARMAKAR	01921301718	BBA
6	KABIR CHHABRA	02021301718	BBA
7	KAJAL KAPOOR	02121301718	MBA
8	KALASH JAIN	04817001719	BBA
9	KANAN SAPRA	41617001718	BBA
10	KARAN PREET SINGH	02221301718	BBA
11	KASHISH JAIN	02421301718	BA(J&MC)
12	LAKSHYA DHINGRA	02521301718	BBA
13	LOVISH ARORA	12721301719	BBA
14	MANAN BHUTANI	06321301719	MBA
15	MANAV JAWA	03717001719	BBA
16	MANISH SINGH NEGI	03317001719	BBA
17	MANSI	02621301718	BBA
18	MAYANK JINDAL	03017001719	BA(J&MC)
19	MAYANK MALHOTRA	04317001719	BBA
20	MEHAK	44821301718	BBA
21	MENARK SINGH	06521301719	MBA

22	MUSKAAN MAHESHWARI	41417001718	BBA
23	MUSKAN GUPTA	03917001718	BBA
24	MUSKAN LOHIA	40217001718	BBA
25	MUSKAN SHARMA	43317001718	BA(J&MC)
26	NAKUL BADAL	05317001719	BBA
27	NIMISHA GUPTA	42021301718	BBA
28	NIPUN	04017001718	MBA
29	NIPUN DIWAN	08421301719	BBA
30	PALAK KOCHAR	04117001718	BBA
31	RITWIK RAJ	40121301718	BBA
32	MEDHA JOSHI	06417002419	BA (JMC)
33	PRAKHAR TRIPATHI	04917001719	BBA
34	SHUBHI SUNDRIYAL	35417002419	BA (JMC)
35	MAYANK MALHOTRA	04317001719	BBA
36	JATIN KUMAR	00517001719	BBA
37	SAHIL GARG	03821301718	BBA
38	Himanshu Bansal	05917001719	BBA
39	RIYA CHADHA	03817001718	BBA
40	VISHAL BADHWAR	46721301718	BBA
41	VANSHIKA GOEL	08700793031	BBA
42	VANSHIKA GOEL	46521301718	BBA
43	Devesh Khandelwal	04417001719	BBA
44	MANISH SINGH NEGI	03317001719	BBA
45	MANISH SINGH NEGI	03317001719	BBA
46	UJWAL SHARMA	04421301719	BBA
47	UJWAL SHARMA	04421301719	BBA
48	Bhavay Sehgal	03117001719	BBA
49	CHIRAG SHARMA	10121301719	BBA
50	PANSY KHAJURIA	02017001719	BBA
51	ROHAN MITTAL	01717001719	BBA
52	ROHAN AGGARWAL	00817001719	BBA
53	JATIN KATARIA	03517001719	BBA
54	CHIRAG SHARMA	10121301719	BBA
55	GAGAN GOEL	00117001719	BBA
56	SAMARTH CHUGH	02717001719	BBA
57	UTKARSH GAUR	02217001719	BBA
58	CHAINIKA	01917001719	BBA
59	RAGHAV SHARMA	07221301719	BBA
60	YASHITA KANSAL	01517001719	BBA

61	ADITI	02917001719	BBA
62	ROHAN AGGARWAL	00817001719	BBA
63	KAJAL KAPOOR	02121301718	BBA
64	JAHNVI NAYYAR	12717001719	BBA
65	TARINI AGGARWAL	00317001719	BBA
66	CHIRAG SURI	09821301719	BBA
67	TARINI AGGARWAL	00317001719	BBA
68	MEHUL BHALLA	14417001719	BBA