



TECNIA INSTITUTE OF ADVANCED STUDIES
NAAC ACCREDITED GRADE "A" INSTITUTE
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Fit India Youth Club

REPORT

EVENT: Meeting of Fit India Youth Club

THEME: Life Style Diseases

Nodal Officer: Mr. Rahul Tripathi

Convener-Incharge: Mr. Inderpreet Singh

Student/Faculty Beneficiary: 25/5

Participation: BBA, BJMC, BCA, MBA

Date: 24/09/2021

Time: 12:00 PM – 01:00 PM

Platform: - Online (MS TEAM)

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 perils of smoking, drugs and alcohol in the Fit India Youth Club
3. To make students understand of events in the Fit India Youth Club

Introduction

This meeting was organized by Fit India Youth Club of Tecnia Institute of Advanced Studies, Rohini, Delhi on 24/09/2021 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 24 September, 2021, 12:00 - 1:00 PM

Agenda: Increase awareness of the students regarding lifestyle disease and commencement of 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 & Convener Fitness Club	12:00 PM
2	<p>A. Explained points related to welfare of fitness club and encourage participation of students in the fitness club</p> <p>B. Informed Hod, Class Incharges and Students coordinators about the events to be organized in fitness club such as Fit India Freedom Run 2.0 from 13 August, 2021</p> <p>C. Requested suggestions from Hod, Class Incharges and Students coordinators for the enhancement of fitness club</p>	Mr. Inderpreet Singh	Assistant Prof, TIAS, New Delhi & Convener Fitness Club	12:05 PM
3	He expressed his views for the improvements to be made in the fitness club by coordinating the activities through the single window	Dr. Ashutosh bajpai	Hod, MBA, TIAS, New Delhi	12:20 PM
4	She provided suggestions for the activities to be coordinated by the class incharges to the coordinators and ensure participation	Dr. Sonam Arora	Assistant Prof, TIAS, New Delhi	12:30 PM
5	He had suggested to organize intra events such as e-sport games online to encourage students participation	Naman Viz	Fitness Club Coordinator, TIAS, New Delhi	12:40 PM
6	She provided suggestion about include indoor and outdoor games which can be participative by girls	Sanya Verma	Fitness Club Coordinator, TIAS, New Delhi	12:50 PM
7	Thanking note	Mr. Inderpreet Singh	Assistant Prof, TIAS, New Delhi &	1:00 PM

Learning Outcome

1. Students will acquire understanding of the lifestyle diseases activities undertaken in the Fit India Youth Club
2. It will create awareness and sensitize the students to increase participation of the students

List of Beneficiaries		
S. No	Name	Designation
1	SAMRIDDHISHARMA	Students fitness coordinator
2	SANYA VERMA	Students fitness coordinator
3	GOVIND VIJAY	Students fitness coordinator
4	Varaang Kansal	Students fitness coordinator
5	NAMANVIJ	Students fitness coordinator
6	AYUSHI PANWAR	Students fitness coordinator
7	BHAVY SHARMA	Students fitness coordinator
8	ANKUR BANSAL	Students fitness coordinator
9	ISHANT KUMAR	Students fitness coordinator
10	NIKHIL SANDAL	Students fitness coordinator
11	SHIVANI MALHOTRA	Students fitness coordinator
12	NAKUL GUPTA	Students fitness coordinator
13	Inderpreet Singh	Faculty
14	Dr Sonam Arora	Faculty
15	Dr Deepak Sonkar(Faculty,BCA)	Faculty
16	Dr. Ashutosh Bajpai(HOD-MBA)	Faculty
17	Dr Sheenu Arora(CI,BBA II EB)	Faculty
18	Sania Kukkar(Faculty-BCA)	Faculty
19	Megha Mohan(CI-BBA Div-A)	Faculty
20	Megha Sharma	Faculty
21	Sonia Batra (CI-BA(JMC-Div-B)	Faculty
22	Karan Singh	Faculty
23	Dr. Sheel Nidhi Tripathi (HOD BAJ&MC)	Faculty
24	Hardeep Singh(CI-BA(JMC)-Div-B)	Faculty
25	Rinku Sethi (Faculty ,BA(JMC)	Faculty
26	Dr Ruchi Srivastava	Faculty
27	Dr. Amit Kumar (Guest)	Faculty
28	Dr. Vipul Partap (HOD-BA(JMC) 2nd Shift	Faculty
29	Dr Namita Mishra(HOD-BBA-E)	Faculty

30	Rahul Tripathi	Faculty
31	Shaheen Bano	Faculty
32	Mr. Mayank Arora	Faculty
33	Dr.Rajnish Pandey(CI-BA(JMC)-5 E/A)	Faculty
34	Mr. Dewesh Pandey(CI-BA(JMC)-Div-A)	Faculty
35	Bal Krishna Mishra (CI-BAJMC-2nd Year)-M/A	Faculty
36	Ajay Kumar Singh	Faculty
37	Dr. Kirti Jainani	Faculty
38	Dr.Garima Singh	Faculty
39	Dr. Kirti Miglani (CI-BBA Div-A 3rd-E)	Faculty