



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

- EVENT** : Fitness Quiz
- THEME** : "Theme: Healthy Diet For Healthy Life"
- Convener** : DR. ROHTASH KUMAR
- Participation** : BBA, BJMC, BCA, MCA
- Date** : 24/10 /2020
- Time** : 10:00 AM onwards
- No of Beneficiary** : 341
- Platform: -** : Google Form



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INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085








Fit India Youth Club

Organizes

Fitness Quiz
(Theme: "Healthy Diet For Healthy Life")

Departments: MBA, BBA, BA(J&MC) & BCA
24/10/2020, Saturday
Time: 10:00 AM onwards
Platform: Online

In Association With



DR. ROHTASH KUMAR
Incharge - Fitness Club

OBJECTIVES OF THE EVENT

- To sensitize the students about physical fitness level
- To sensitize the students about the awareness in their physical health

REPORT

An event of 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 on 24/10 /2020. In contrast with physical activity, Based on the theme "Healthy Diet For Healthy Life" which is related to the movements that students perform, physical fitness is a set of attributes that students have or achieve. 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. No 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.

Learning outcome

Students have learnt

- to develop their mental fitness and their well being.
- culture of games and sports in our institute.
- healthcare wellness centre.

FIT INDIA YOUTH CLUB LIST OF BENEFICIARIES			
Fitness Quiz			
"Theme: Healthy Diet For Healthy Life"			
Date: 24/10 /2020			
SR. NO.	Name	Enrollment Number	Department

1	Priya	113456588	BA (JMC)
2	TWINKLE DHINGRA	5417001719	BBA
3	TANMAY GUPTA	2417001719	BBA
4	TANISH BANSAL	221301719	BBA
5	SHREYASH THAPAR	9821302419	BA (JMC)
6	KESHAV SHARMA	5621301729	BBA
7	Himanshu singh	8021302419	BA (JMC)
8	Rushali kaul	7817002419	BA (JMC)
9	AADITI TOKISH	4121301719	BBA
10	TANYA CHHABRA	4421301718	BBA
11	PRACHI	6321302419	BA (JMC)
12	TANYA CHHABRA	4421301718	BBA
13	AKANSHA SHARMA	35221302419	BA (JMC)
14	ISHA CHAUBEY	2317001718	BBA
15	AKANSHA SHARMA	35221302419	BA (JMC)
16	ABHIT BUDHIRAJA	121301718	BBA
17	RADHIKA JANGID	8621302419	BA (JMC)
18	ANKUSH PAL	35421302419	BA (JMC)
19	PIYUSH MEHTA	41221301718	BBA
20	DEEPANSHI JAIN	9121302419	BA (JMC)
21	DHAIRYA BATRA	8221302419	BA (JMC)
22	SIMRAN GROVER	6517001718	BBA
23	ANSH DUA	41321302418	BA (JMC)
24	PIYUSH THAKUR	4621301719	BBA
25	SWAYAM KASHYAP	2721301719	BBA
26	SWAYAM KASHYAP	2721301719	BBA
27	JOYSHREE KARMAKAR	1921301718	BBA
28	Disha Jain	35317002418	BA (JMC)
29	VIPUL YADAV	4821301718	BBA
30	MANSI	2621301718	BBA
31	VIJAY SINGH BISHT	4721301718	BBA
32	VIPUL YADAV	4821301718	BBA
33	Muskan Garg	35521302419	BA (JMC)
34	TARINI KHOSLA	10517002419	BA (JMC)
35	SHRISTI	8517002419	BA (JMC)
36	VARDA GAR	8417002419	BA (JMC)
37	KASHISH JAIN	2421301718	BBA
38	HARISH SINGH	8321302419	BA (JMC)
39	PRIYA	9917002419	BA (JMC)
40	AMISHA KOHLI	36117002419	BA (JMC)
41	RITWIK RAJ	36117002419	BBA
42	MEDHA JOSHI	6417002419	BA (JMC)
43	PRAKHAR TRIPATHI	4917001719	BBA
44	SHUBHI SUNDRIYAL	35417002419	BA (JMC)
45	MAYANK MALHOTRA	4317001719	BBA

46	JATIN KUMAR	517001719	BBA
47	SAHIL GARG	3821301718	BBA
48	Himanshu Bansal	5917001719	BBA
49	RIYA CHADHA	3817001718	BBA
50	VISHAL BADHWAR	46721301718	BBA
51	VANSHIKA GOEL	8700793031	BBA
52	VANSHIKA GOEL	46521301718	BBA
53	Devesh Khandelwal	4417001719	BBA
54	MANISH SINGH NEGI	3317001719	BBA
55	MANISH SINGH NEGI	3317001719	BBA
56	UJWAL SHARMA	4421301719	BBA
57	UJWAL SHARMA	4421301719	BBA
58	Bhavay Sehgal	3117001719	BBA
59	CHIRAG SHARMA	10121301719	BBA
60	PANSY KHAJURIA	2017001719	BBA
61	ROHAN MITTAL	1717001719	BBA
62	ROHAN AGGARWAL	817001719	BBA
63	JATIN KATARIA	3517001719	BBA
64	CHIRAG SHARMA	10121301719	BBA
65	GAGAN GOEL	117001719	BBA
66	SAMARTH CHUGH	2717001719	BBA
67	UTKARSH GAUR	2217001719	BBA
68	CHAINIKA	1917001719	BBA
69	RAGHAV SHARMA	7221301719	BBA
70	YASHITA KANSAL	1517001719	BBA
71	ADITI	2917001719	BBA
72	ROHAN AGGARWAL	817001719	BBA
73	KAJAL KAPOOR	2121301718	BBA
74	JAHNVI NAYYAR	12717001719	BBA
75	TARINI AGGARWAL	317001719	BBA
76	CHIRAG SURI	9821301719	BBA
77	TARINI AGGARWAL	317001719	BBA
78	MEHUL BHALLA	14417001719	BBA
79	JAGRIT MUNIAPPAN	10321301719	BBA
80	DIVYA SHARMA	5717001719	BBA
81	AKSHAT GARG	917001719	BBA
82	AKSHAT GARG	917001719	BBA
83	RITIK	6421301718	BBA
84	PRIYA MATHUR	5017001719	BBA
85	RAHUL KHANNA	2117001719	BBA
86	TECNIA INSTITUTIONS OF ADVANCE STUDIES	917001718	BBA
87	HARDIK SUNEJA	217001719	BBA
88	YASH ARYAN JHAWAR	42917001718	BBA
89	AASHIRWAD JAIN	13717001719	BBA

90	TANAYA SINGH AHUJA	41421301718	BBA
91	HARDIK SUNEJA	217001719	BBA
92	SOMYA AGARWAL	1817001719	BBA
93	HARDIK SUNEJA	217001719	BBA
94	GAUTAM CHAUHAN	35417001719	BBA
95	DISHA BANSAL	14217001719	BBA
96	Yashika drall	36021301719	BBA
97	SNEHA TOMAR	4517001719	BBA
98	Naman Garg	2721301718	BBA
99	PRATHAM SOMANI	13317001719	BBA
100	VISHNU PANDEY	43117001718	BBA
101	ANKIT GULATI	2617001719	BBA
102	SHIVI MITTAL	41517001718	BBA
103	PRITI CHAUDHARY	3417001719	BBA
104	HARSHITA RAJPAL	8621301719	BBA
105	HARDIK SHARMA	1417001719	BBA
106	Umar Farooq	2317001719	BBA
107	UMANG GUPTA	13617001719	BBA
108	KHUSHI KOHLI	35521301719	BBA
109	DEVANSH BORA	3917001719	BBA
110	Pravar Gupta	3221301718	BBA
111	SAURABH GARG	44617001718	BBA
112	Gautam Sharma	42417001718	BBA
113	AYUSHI GOEL	12421301719	BBA
114	AYUSHI GOEL	12421301719	BBA
115	KARANPREET SINGH	2221301718	BBA
116	ARUSHI KAUSHIK	7517002419	BA (JMC)
117	GEETIKA BISHT	8717002419	BA (JMC)
118	JIGYASA SHARMA	6317002419	BA (JMC)
119	ISHA PRASAD	8317002419	BA (JMC)
120	ARUSHI KAUSHIK	7517002419	BA (JMC)
121	Sumit Singh	41321301718	BBA
122	SHOBHIT AGARWAL	14717001719	BBA
123	PARVEEN PUROHIT	43617001718	BBA
124	ARUN CHAUHAN	1017001719	BBA
125	PREETI	43417001718	BBA
126	MUSKAN SHARMA	43317001718	BBA
127	SHREY AGGARWAL	1172301719	BBA
128	ASHWIN ATRISH	421301718	BBA
129	ASHWIN ATRISH	421301718	BBA
130	PRATHAM CHAUHAN	3021301718	BBA
131	MANVI JAIN	3021302418	BA (JMC)
132	MAHESH SEHGAL	2821302418	BA (JMC)
133	Mukul gupta	117024419	MCA
134	HARMAN VERMA	1721302418	BA (JMC)

135	Deepak Gahlot	1121302418	BA (JMC)
136	DHANYA MULPANA	40821302418	BA (JMC)
137	KAREENA GABA	3117002019	BCA
138	RIYA KATHAYAT	41021302418	BA (JMC)
139	RACHITA BUDHIRAJA	13021301719	BBA
140	Mridul Arora	417024419	MCA
141	AASHIMA NANDA	43521302418	BA (JMC)
142	RUSHALI MEHROTRA	42121302418	BA (JMC)
143	KUSH	3521304218	BA (JMC)
144	SHIVANI TOMAR	40921302418	BA (JMC)
145	Love Manchanda	41421302418	BA (JMC)
146	ABHISHEK KUMAR	117004418	MCA
147	MUSKAAN ABROL	3221302418	BA (JMC)
148	SIMRAN GUPTA	43221302418	BA (JMC)
149	MUSKAN GUPTA	1.0213E+11	BA (JMC)
150	HIMANSHI RAGHAV	2021302418	BA (JMC)
151	SARTHAK SAXENA	35117002019	BCA
152	RIYA SAINI	40321302418	BA (JMC)
153	PRATEEK ARORA	421324419	MCA
154	Sajal sharma	5421302418	BA (JMC)
155	VANSHIKA SHARMA	6921302418	BA (JMC)
156	RIYA SHARMA	5121302418	BA (JMC)
157	Yatin Makkar	7221302418	BA (JMC)
158	SHIVAM	1521302419	BA (JMC)
159	KARTIK KAPOOR	4817002019	BCA
160	VANSHIKA GUPTA	6721302418	BA (JMC)
161	ABHIJEETH SP	221302418	BA (JMC)
162	AASTHA JAIN	221302419	BA (JMC)
163	NIHARIKA MAGGO	3621302418	BA (JMC)
164	PAURUSH GROVER	3821302419	BA (JMC)
165	AMISHA SACHDEVA	421302418	BA (JMC)
166	DEEPANSHU TOMAR	4717002019	BCA
167	RISHABH AGRAWAL	2021302419	BA (JMC)
168	NIHARIKA MAGGO	3621302418	BA (JMC)
169	SOUMYA KUKRETI	6021302418	BA (JMC)
170	RACHITA BUDHIRAJA	13021301719	BBA
171	GRISHIKA JAGGI	1621302418	BA (JMC)
172	PAMELA GUPTA	4021302418	BA (JMC)
173	ROHIT MANGWANA	5921302419	BA (JMC)
174	shailja Chaurasia	36217002419	BA (JMC)
175	RIYA RANA	5021302418	BA (JMC)
176	SANTOSH VERMA	1817002019	BCA
177	ANKITA BAJPAI	35117004418	MCA
178	Tushar Thapliyal	3217002019	BCA
179	KUNAL BANSAL	4117001719	BBA

180	Harshit Srivastava	4421302419	BA (JMC)
181	AKANKSHA SUYAL	321302418	BA (JMC)
182	Aryan Atreya	1117001719	BBA
183	KRITIKA CHAUBEY	221324419	MCA
184	SHUBHAM CHAUDHARY	1117002019	BCA
185	VIPIN	1721302419	BA (JMC)
186	Darpan Chhabra	1021302418	BA (JMC)
187	GAGAN	1421302418	BA (JMC)
188	ISHA VASHISHT	2121302418	BA (JMC)
189	KRITIKA GARG	42721302418	BA (JMC)
190	GAURAV SETHI	4417002019	BCA
191	TANYA KUMARI	4221302419	BA (JMC)
192	GEETANSHI ARORA	4917002019	BCA
193	Riya jain	4921302418	BA (JMC)
194	SAHIL GHAI	41221302418	BA (JMC)
195	PRABAL SETHI	417004418	MCA
196	SHUBHANGI GUPTA	42421302418	BA (JMC)
197	ADITYA GOYAL	1617002019	BCA
198	AKANKSHA	7017002419	BA (JMC)
199	TANNU SHARMA	4821302419	BA (JMC)
200	Avi Arora	721302418	BA (JMC)
201	JATIN VERMA	2921302419	BA (JMC)
202	VINAYAK AGGARWAL	36221302418	BA (JMC)
203	AAKRITI	40621302418	BA (JMC)
204	SIMRAN SHARMA	3921302419	BA (JMC)
205	ANJALI JAIN	1917002019	BCA
206	VANSHIKAA SHARMA	317024419	MCA
207	DOLLY GARG	4121302419	BA (JMC)
208	SHREY ARYA	921302419	BA (JMC)
209	RUDRANSH SHARMA	617001719	BBA
210	VAISHALI SHARMA	6521302418	BA (JMC)
211	PIYUSH JAIN	217024419	MCA
212	Himanshi Chadha	1921302418	BA (JMC)
213	BHAVYA AGGARWAL	4617002019	BCA
214	HRITIK JOSHI	5721302419	BA (JMC)
215	PRERNA SAHNI	5421302419	BA (JMC)
216	SAMIKSHA RANA	41621302418	BA (JMC)
217	VANSH GROVER	2517001719	BBA
218	Tushar Sohal	1217002019	BCA
219	BHAVYA AGGARWAL	4617002019	BCA
220	SHIVAM CHOPRA	1321302419	BA (JMC)
221	Vanshika Malik	6821302418	BA (JMC)
222	VAIBHAV SHARMA	517024419	MCA
223	SHIVANI	5821302418	BA (JMC)
224	ASHIKA KARIWAL	35217004418	MCA

225	RAHUL MALHOTRA	4421302418	BA (JMC)
226	MANAV GUPTA	117002019	BCA
227	Shivali gulati	4221301718	BBA
228	ASHIKA KARIWAL	35217004418	MCA
229	Tushar Sohal	1217002019	BCA
230	SONALI	3221302419	BA (JMC)
231	CHIRAG KHANNA	121302419	BA (JMC)
232	DHRUV GARG	4617001719	BBA
233	ASHI SACHDEVA	2817001719	BBA
234	KUNAL NANDA	42821302418	BA (JMC)
235	Kumar Shubham	621302419	BA (JMC)
236	CHANDRESH VERMA	42517001718	BBA
237	SAKSHI HARSANA	5521302418	BA (JMC)
238	SANDHYA GUPTA	43121302418	BA (JMC)
239	CHANDRESH VERMA	42517001718	BBA
240	KARAN GULATI	41121302418	BA (JMC)
241	MAHEK BHATIA	35421302418	BA (JMC)
242	GAURI PAHUJA	43017001718	BBA
243	ISHA BATRA	717002019	BCA
244	Himanshi Rathi	217004418	MCA
245	PRABHLEEN KAUR	35721302418	BA (JMC)
246	Himanshu dua	321324419	MCA
247	SHIVAM THAKRAN	1417002019	BCA
248	RIDHIMA SHARMA	40521302418	BA (JMC)
249	RASHMI	80776684330	MCA
250	VANSH BATRA	6817001719	BBA
251	TUSHAR THAKUR	11617001719	BBA
252	RASHMI	35417004418	MCA
253	SUSHMITA	90117004418	MCA
254	GAGAN GOEL	117001719	BBA
255	SUSHMITA	90117004418	MCA
256	JANUAL ABDIN	2717002019	BCA
257	BHUVAN SINGH BISHT	10617001719	BBA
258	Lakshit Arora	10817001719	BBA
259	ROHAN SHARMA	5221302418	BA (JMC)
260	HIMANSHI ARORA	1821302418	BA (JMC)
261	RITIKA MAGGO	40121302418	BA (JMC)
262	RAGHAV GAUR	11317001719	BBA
263	UPASNA SHARMA	36121302418	BA (JMC)
264	NIKITA SHARMA	3721302418	BA (JMC)
265	RIJO ABRAHAM ROY	40117004418	MCA
266	MALVIKA KUKREJA	2921302418	BA (JMC)
267	AHMED RAZA AMAAN	10217001719	BBA
268	RIA GAMBHIR	4621302418	BA (JMC)
269	ROHAN CHOUDHARY	11117001719	BBA

270	KHYATI KHANNA	10717001719	BBA
271	YASH BISHT	1317002019	BCA
272	SHIVAM THAKUR	5721302418	BA (JMC)
273	KHYATI KHANNA	10717001719	BBA
274	MAHESH JOSHI	7317001719	BBA
275	ISHANI AGGARWAL	2221302418	BA (JMC)
276	TANISHAA WADHWA	6321302418	BA (JMC)
277	SHAILJA MISHRA	35921302418	BA (JMC)
278	KHYATI KHANNA	10717001719	BBA
279	MAHEK BHATIA	35421302418	BA (JMC)
280	INDER VISHNU	9617001719	BBA
281	KHYATI KHANNA	10717001719	BBA
282	NEVEDITA SINGH	3521302418	BA (JMC)
283	SUHASHINI RAWAT	6221302418	BA (JMC)
284	Sachin Pal	8017001719	BBA
285	PRACHI SINGH	4221302418	BA (JMC)
286	ANKITA SACHDEVA	521302418	BA (JMC)
287	ISHITA BAJAJ	2421302418	BA (JMC)
288	KUSHAGRA DHINGRA	15117001719	BBA
289	DEEPANSHU	3417002019	BCA
290	PRAGATI SINGH	4321302418	BA (JMC)
291	CHAHAT	3717002019	BCA
292	KASHISH ARORA	2621302418	BA (JMC)
293	MEHNDI BUDHIRAJA	35621302418	BA (JMC)
294	Dont know	35521302418	BA (JMC)
295	MIHIR VERMA	3121301218	BA (JMC)
296	RITIK DHASMANA	4721302418	BA (JMC)
297	Avi Sehwat	2121302419	BA (JMC)
298	Yash Thakur	4117002019	MCA
299	YASH THAKUR	4117002019	BCA
300	VAIBHAV SETHI	4017002019	BCA
301	SOUMYA SHARMA	6121302418	BA (JMC)
302	Tanisha	7717002419	BA (JMC)
303	SRISHTI VERMA	36021302418	BA (JMC)
304	Love Manchanda	41421302418	BA (JMC)
305	YUVRAJ SINGH	9317001719	BBA
306	YUVRAJ SINGH	9317001719	BBA
307	ABHA BANSAL	11717001719	BBA
308	YUVRAJ SINGH	9317001719	BBA
309	MANAV JAWA	3717001719	BBA
310	ABHA BANSAL	11717001719	BBA
311	GORANG KAUSHIK	35221302418	BA (JMC)
312	CHAINIKA	1917001719	BBA
313	RIYA JAIN	4821302418	BA (JMC)
314	Akansha Sharma	7217001719	BBA

315	Renu	35821302418	BA (JMC)
316	Kanishk	8817002419	BA (JMC)
317	Umar Farooq	2317001719	BBA
318	TUSHAR ARORA	5217001719	BBA
319	Twinkle	6421302418	BA (JMC)
320	Mahima Nagpal	42621302418	BA (JMC)
321	SHIVAM THAKUR	5721302418	BA (JMC)
322	TANISH BANSAL	221301719	BBA
323	AARUSHI SAXENA	12117001719	BBA
324	AARUSHI BANSAL	35121302418	BA (JMC)
325	ANANDITA	317002019	BCA
326	ASHWIN ATRISH	421301718	BBA
327	MAHESH JOSHI	7317001719	BBA
328	ASHWIN ATRISH	421301718	BBA
329	ADITYA PRATAP SINGH	6921302419	BA (JMC)
330	MANAV JAWA	3717001719	BBA
331	AKANKSHA SUYAL	321302418	BA (JMC)
332	HARDIK MANCHANDA	36621301719	BBA
333	YASHITA KANSAL	1517001719	BBA
334	ASHWIN ATRISH	421301718	BBA
335	ASHWIN ATRISH	421301718	BBA
336	VIDHI THUKRAL	8321301719	BBA
337	SHIVANSH JAIN	8880301719	BBA
338	YASHITA KANSAL	1517001719	BBA
339	ASHWIN ATRISH	421301718	BBA
340	YASH ARYAN JHAWAR	42917001718	BBA
341	GAGAN GOEL	117001719	BBA