

TECNIA INSTITUTE OF ADVANCED STUDIES
NAAC Accredited Grade 'A' Institute
Student's Welfare

Ref. No. TIAS/SW/2020-21/01

Dated:20-08-2020

NOTIFICATION

The TECNIA FIT INDIA YOUTH CLUB, Govt. of NCT of Delhi notify EVENT CALENDAR for FIT INDIA YOUTH CLUB ACTIVITIES extracted from notice received from UGC ref.no D.O.No.F.1-54/2019, subject: Action Plan and Schematic Plan for "Fit India Campaign" for compliance for the Academic Session August 2020 – July 2021 for all programmes MBA, BBA, BA(JMC) & BCA is enclosed herewith for information and necessary action for all concerned

These issues with the approval of competent authority.

In-Charge
Student Welfare

Copy for information to:

1. Nodal Officer, FIT INDIA YOUTH CLUB
2. All HoDs of MBA, BBA, BA(JMC) & BCA
3. Coordinator-IQAC
4. Incharge-IT- For uploading on Institute Official Website
5. Director, TIAS for information please

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TECNIA FIT INDIA YOUTH – CLUB

FIT INDIA YOUTH CLUB ACTIVITIES

Fit India Youth Club Academic Calendar 2020- 2021			
S.No	Name of the activity	Organizing Unit	Date
1	Intra Institute Sports Competition: Indoor Game (Chess, Carom) - Fitness Sporting Activity (Theme: Physical Activity: Key Ingredient of Fitness	Fit India Youth Club	10.08.2020
2	Meeting of fitness Club-	Fit India Youth Club	25/8/2020
3	Fitness Quiz- "Life Style Disease"	Fit India Youth Club	01.09.2020
4	Intra Institute Sports Competition: Indoor Game (Chess, Ludo -Fitness Sporting Activity)- "Life Style Diseases"	Fit India Youth Club	12.09.2020
5	FIT India Freedom Run under the aegis of FIT India Movement	Fit India Youth Club	26.09.2020 - 29.09.2020
6	Intra Institute Sports Competition: Indoor Game (Chess, Carom) -Fitness Sporting Activity- "Healthy Diet For Healthy Life"	Fit India Youth Club	10.10.2020
7	Fitness Quiz- "Theme: Healthy Diet For Healthy Life"	Fit India Youth Club	24.10.2020
8	Intra Institute Sports Competition: Indoor Game (Chess, Carom) -Fitness Sporting Activity - " Hygiene and Cleanliness"	Fit India Youth Club	28.11.2020
9	Report on Talk by Specialist	Fit India Youth Club	28.11.2020
10	Fitness Quiz- "The Perils of Smoking ,Drugs and Alcohol"	Fit India Youth Club	27.01.2021
11	Fitness Quiz: Key Ingredient of Fitness	Fit India Youth Club	06.02.2021
12	Indoor Game (Chess, Carom) -Fitness Sporting Activity- Key Ingredient of Fitness	Fit India Youth Club	09.02.2021
13	Indoor Game (Chess, Carom) -Fitness Sporting Activity- Supporting Mental Health	Fit India Youth Club	13.02.2021
14	Intra Institute Sports Competition: Indoor Game (Chess, Carom) - Fitness Sporting Activity (Theme: Sleep Well to Stay Fit	Fit India Youth Club	08.03.2021
15	Fitness Quiz- Fitness Campaign Activity (Theme: Supporting Mental Health)	Fit India Youth Club	29.03.2021

16	Intra Institute Sports Competition: Indoor Game (Chess, Carom)-Fitness Sporting Activity (Theme: Supporting Mental Health)	Fit India Youth Club	17.04.2021
17	Meeting of fitness Club	Fit India Youth Club	25.04.2021
18	Fitness Quiz-Fitness Campaign Activity (Theme: The Perils of Smoking, Drugs and Alcohol) - 08/05/2021	Fit India Youth Club	03.05.2021
19	Intra Institute Sports Competition: Indoor Game (Chess, Carom) - Fitness Sporting Activity (Theme: The Perils of Smoking, Drugs and Alcohol)	Fit India Youth Club	15.05.2021
20	Meeting of fitness Club-	Fit India Youth Club	22.05.2021
21	Intra Institute Sports Competition: Indoor Game (Chess, Carom) -Fitness Sporting Activity (Theme: Yoga and Meditation: Looking Inwards for Mental Peace)	Fit India Youth Club	02.06.2021
22	International Yoga Day	AICTE	21.06.2021
23	Quiz Participation of Tokyo Olympics	fitindia.gov.in and quiz.my.gov.in	07.07.2021
24	Fitness Quiz- Key Ingredient of Fitness	Fit India Youth Club	17.07.2021
25	INTRA INSTITUTE SPORTS COMPETITION- : KEY INGREDIENT OF FITNESS	Fit India Youth Club	24.07.2021