



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
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Fit India Youth Club

REPORT


On

Fitness Quiz

EVENT: Fitness Quiz
THEME: Supporting Mental Health
Nodal Officer: Dr. Ruchi Srivastava
Incharge: Mr. Inderpreet Singh
Beneficiary: 67
Participation: BBA, BJMC, BCA, MBA
Date: 02/04/2022
Time: 10:00 AM onwards
Platform: Online (Google Form)



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Fit India Youth Club
Organizes

Fitness Quiz
(Theme: Supporting Mental Health)

Departments: MBA, BBA, BA(J&MC) & BCA
02.04.2022, Saturday
Time: 10 PM Onwards
Platform: Online(Google Form)

In Association With



Dr. Ruchi Srivastava
Nodal Officer

Mr. Inderpreet Singh
Incharge - Fitness Club

Objectives

Quiz questions test your knowledge of:

1. To increase the interest of students in learning about lifestyle diseases
2. To inculcate knowledge for the necessary insights to develop physical health
3. To sensitize the students about physical fitness level
4. To sensitize the students about the management of healthy lifestyle

REPORT

This activity has been organized by the Fit India Youth Club of Tecnia Institute of Advanced Studies on 02.04.2022 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. In contrast with supporting mental health 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".

It is imperative for everyone to maintain a healthy lifestyle by having their immune system stronger and eat nutritional diet. 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 the concerns of the students to promote healthy lifestyle and to create awareness or sensitization through workshop or seminars on depression, anxiety and stress management for faculty and students. 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

1. enhance their fitness regime.
2. have learnt the things related to mental health from the quiz.
3. have learnt to maintain balanced lifestyle.

**FIT INDIA YOUTH CLUB
FITNESS QUIZ :(SUPPORTING MENTAL HEALTH)
LIST OF BENEFICIARIES
DATED:02/04/2022**

S. NO	NAME	ENROLLMENT NO	COURSE
1	VISHAL CHHALANI	14617001719	BBA
2	SANYA VERMA	03517002020	BCA
3	ANUSHKA GOEL	01617001720	BBA
4	VIDHI SHARMA	13817001720	BBA
5	RAJAT MEHLLA	36217001720	BBA
6	VASU NARANG	13617001720	BBA
7	KARTIK GARG	06917001719	BBA
8	TUSHAR BINDAL	12417001720	BBA
9	VASU NARANG	13617001720	BBA
10	HIMANSHI GOGIA	11917001719	BBA
11	KARAN MALHOTRA	03417002020	BCA
12	PRIYANSHI JAIN	03117002020	BCA
13	VASU JAIN	04417002020	BCA
14	HARSH TANWAR	01917002020	BCA
15	VIPUL GAUTAM	14017001720	BBA
16	SHIVAM JHA	11321301720	BBA
17	TUSHAR THAPLIYAL	03217002019	BCA
18	PRIYANSHI JAIN	03117002020	BCA
19	SHIVAM	36017001718	BBA
20	VIPIN	04517002020	BCA
21	NIKHIL SANDAL	8121301720	BBA
22	KHUSHI MALHOTRA	35517002420	BAJMC
23	DIVYANSHU MISHRA	02321302420	BAJMC
24	PRIYA TIWARI	14017001719	BBA
25	ISHTI JAIN	02317002020	BCA
26	HARSHIT GOYAL	02017002020	BCA
27	SUDIPTO BHUKTA	04117002020	BCA
28	GOVIND VIJAY	01717002020	BCA
29	JANUAL ABDIN	02717002019	BCA
30	KUNAL KUMAR	02517002020	BCA
31	PRATIK SINGH	035617002020	BCA
32	YASH SHARMA	04617002020	BCA
33	AYUSHI PANWAR	01117002020	BCA
34	AYUSHREE SWAMI	03221301720	BBA

35	NAKUL GUPTA	02717002020	BCA
36	HARSH ROHATGI	01821302419	BAJMC
37	TANNU SHARMA	0482132419	BAJMC
38	ANKUR BANSAL	0617002020	BCA
39	AMIT KUMAR	0721302420	BAJMC
40	BHAVY SHARMA	35317002020	BCA
41	SHIVANI	03717002020	BCA
42	AYUSHREE SWAMI	03221301720	BBA
43	AVI SEHRAWAT	2121302419	BAJMC
44	JANVI BERY	03621302420	BAJMC
45	AYUSHREE SWAMI	03221301720	BBA
46	SELINA	03721302419	BAJMC
47	SANYA OBEROI	07917002420	BAJMC
48	YUVRAJ SINGH	09317001719	BBA
49	SHRUTI JAIN	08617002420	BAJMC
50	YASH PRIYE	14617001720	BBA
51	ALAKSA ASSIS	00621302420	BAJMC
52	SANYA OBEROI	07917002420	BAJMC
53	KARTIK BISHT	08817001719	BBA
54	YASH SAINI	10217002420	BAJMC
55	NANCY SHARMA	05921302420	BAJMC
56	SHIVAM CHOPRA	01321302419	BAJMC
57	ADITYA UNIYAL	00121302420	BAJMC
58	ISHITA GOYAL	03817002420	BAJMC
59	MAHIMA ARORA	07321301720	BBA
60	ABHISHEK MALHOTRA	00117002020	BCA
61	SHIVANI DHILLON	11621301720	BBA
62	RAGHAV KUNDRA	05021302419	BAJMC
63	GEET SHARMA	02621302420	BAJMC
64	SANYAM	3617002020	BCA
65	DIMPLE KHANNA	4621301720	BBA
66	VIPIN	01721302419	BAJMC
67	ABHAYDITA CHANDOK	00821301720	BBA