



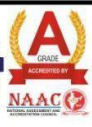

TECNIA INSTITUTE OF ADVANCED STUDIES
NAAC ACCREDITED GRADE "A" INSTITUTE
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Recognized Under Sec. 2(f) of UGC Act 1956
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Fit India Youth Club

REPORT ON FITNESS QUIZ: SLEEP WELL TO STAY FIT

EVENT : Fitness Quiz
THEME : Sleep Well to Stay Fit
Nodal Officer : Dr. Ruchi Srivastava
Convener-Incharge : Mr. Inderpreet Singh
Student Beneficiary : 60
Participation : BBA, BJMC, BCA, MBA
Date : 12/03/2022
Time : 10:00 AM onwards
Platform : Online (Google Form)



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INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085







Fit India Youth Club

Organizes
Fitness Quiz
(Theme: Physical activity: Sleep Well to Stay Fit)

Departments: MBA, BBA, BA(J&MC) & BCA
12-March-2022, Saturday
Time: 10 AM Onwards
Platform: Google Form (Online)

In Association With



Dr. Ruchi Srivastava
Nodal Officer

Mr. Inderpreet Singh
Incharge - Fitness Club

OBJECTIVES OF THE EVENT

- To increase the interest of students in learning about lifestyle to stay fit
- To inculcate knowledge for the necessary insights to develop physical health
- To sensitize the students about sleep well to stay fit
- 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 12.03.2022 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. The theme of this event was "Sleep well to stay fit" which is related to the activities which is helpful in day to day life. 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".

It is imperative for everyone to maintain a healthy lifestyle by sleep well on time and take proper sleep to have the good lifestyle and active. 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 Fit India Youth Club, 60 students participated from all the respective departments of Tecnia Institute of Advanced Studies, Delhi on the online platform through Google forms.

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:

1. It helped the students to enhance their fitness regime.
2. It resulted in inculcating the habit of sleep well in their day to day life.
3. It provided a platform for the students to maintain balanced lifestyle.
4. It created awareness and sensitize the students to adopt healthy and peaceful life style.

FIT INDIA YOUTH CLUB FITNESS QUIZ: SLEEP WELL TO STAY FIT 12.03.2022 LIST OF BENEFICIARIES			
1	AFZAL KHAN	00617001720	BBA
2	RICHA SINGH	10021301720	BBA
3	UMANG GUPTA	13617001719	BBA
4	KANIKA JAIN	50517001720	BBA
5	NAMRATA RANA	07921301720	BBA
6	ABHAYDITA CHANDOK	0821301720	BBA
7	YASH KAPOOR	04921301719	BBA
8	SHRUTI DWIVEDI	12021301720	BBA
9	MANSI SINGH	04021301719	BBA
10	ANUJ UPPAL	36017001719	BBA
11	NISHANT NARANG	08421301720	BBA
12	SACHIN KUMAR SOLANKI	07521302420	BJMC
13	RATTAN SAGAR	09821301720	BBA
14	MAYANK MALHOTRA	04317001719	BBA
15	PURUSHARTH	09421301720	BBA
16	GOVIND VIJAY	01717002020	BCA
17	SIDHARTH MAHESHWARI	00321301719	BBA
18	AMIT KUMAR	00721302420	BJMC
19	SUDIPTO BHUKTA	04117002020	BCA
20	ANANYA KARAN SRIVASTAVA	00921302420	BJMC
21	ABHISHEK MALHOTRA	0117002020	BCA
22	SHREY ARYA	11721301720	BBA
23	TUSHAR THAPLIYAL	03217002019	BCA
24	SHREY GOEL	011821301720	BBA
25	HARSHIT GOYAL	02017002020	BCA
26	SUDIPTO BHUKTA	04117002020	BCA
27	GOVIND VIJAY	01717002020	BCA

28	JANUAL ABDIN	02717002019	BCA
29	KUNAL KUMAR	02517002020	BCA
30	PRATIK SINGH	035617002020	BCA
31	YASH SHARMA	04617002020	BCA
32	AYUSHI PANWAR	01117002020	BCA
33	AYUSHREE SWAMI	03221301720	BBA
34	NAKUL GUPTA	02717002020	BCA
35	HARSH ROHATGI	01821302419	BAJMC
36	TANNU SHARMA	0482132419	BAJMC
37	ANKUR BANSAL	0617002020	BCA
38	AMIT KUMAR	0721302420	BAJMC
39	BHAVY SHARMA	35317002020	BCA
40	SHIVANI	03717002020	BCA
41	AYUSHREE SWAMI	03221301720	BBA
42	AVI SEHRAWAT	2121302419	BAJMC
43	JANVI BERY	03621302420	BAJMC
44	AYUSHREE SWAMI	03221301720	BBA
45	SELINA	03721302419	BAJMC
46	SANYA OBEROI	07917002420	BAJMC
47	YUVRAJ SINGH	09317001719	BBA
48	SHRUTI JAIN	08617002420	BAJMC
49	YASH PRIYE	14617001720	BBA
50	ALAKSA ASSIS	00621302420	BAJMC
51	SANYA OBEROI	07917002420	BAJMC
52	KARTIK BISHT	08817001719	BBA
53	YASH SAINI	10217002420	BAJMC
54	NANCY SHARMA	05921302420	BAJMC
55	SHIVAM CHOPRA	01321302419	BAJMC
56	ADITYA UNIYAL	00121302420	BAJMC
57	LAKSHITA PATNEY	04521302420	BAJMC
58	JANVI TIWARI	03821302420	BAJMC
59	KUMAR SHUBHAM	0621302419	BAJMC
60	KHUSHALI SINGHAL	04021302420	BAJMC