



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

REPORT

On

Meeting of Fit India Youth Club

EVENT	: Meeting of Fit India Youth Club
THEME	: Sleep Well to Stay Fit
Nodal Officer	: Dr. Ruchi Srivastava
Convener-Incharge	: Mr. Inderpreet Singh
Faculty Beneficiary	: 15/5
Participation	: BBA, BJMC, BCA, MBA
Date	: 26/03/2022
Time	: 12:00 PM – 01:00 PM
Platform	: OFFLINE

Objectives

- To discuss the improvements and wellness of Fit India Youth Club
- To take the key activities to be undertaken to spread awareness of supporting of mental health in the Fit India Youth Club
- To make students understand of events in the Fit India Youth Club

Report

This meeting was organized by Fit India Youth Club of Tecnia Institute of Advanced Studies, Rohini, Delhi on 26/03/2022 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 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 26 March, 2022, 12:00 - 1:00 PM

Agenda: Increase awareness of the students regarding organising 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, Fit India Youth Club	12:00 PM
2	<p>A. Explained points related to welfare of Fit India Youth Club and encourage participation of students in the Fit India Youth Club</p> <p>B. Informed about the events to be organized in Fit India Youth Club.</p> <p>C. Requested suggestions from Hod, Class Incharges and Students coordinators for the enhancement of Fit India Youth Club</p>	Dr. Ashutosh Bajpayee	Asso Prof, TIAS, New Delhi & Convener Fit India Youth Club	12:05 PM
3	He provided suggestions of events to be conducted in an organized way to generate awareness regarding the key issues of mental health	Dr. Sandeep Kumar	Prof, TIAS, New Delhi	12:20 PM
4	She gave the assurance to generate awareness among students	Khushi Malhotra	Student, TIAS, New Delhi	12:30 PM
5	She had suggested to organize webinars from the renowned personalities for students	Aarushi	Fit India Youth Club Coordinator, TIAS, New Delhi	12:40 PM
6	Thanking note	Dr. Ruchi Srivastava	Asso. Prof, TIAS, New Delhi & Convener Fit India Youth Club	1:00 PM

Learning Outcome

Students have

1. acquired understanding of the physical activities undertaken in the Fit India Youth Club
2. improved the knowledge of the students regarding supporting mental health programs to be organized by the institutions

FIT INDIA CLUB LIST OF BENEFICIARIES MEETING OF FIT INDIA YOUTH CLUB

Date: 26/03/2022

S.NO	NAME	STUDENT/FACULTY
1	AARUSHI SAXENA	STUDENTS
2	SNEHA TOMAR	STUDENTS
3	PARISHAR TRIPATHI	STUDENTS
4	JATIN KUMAR	STUDENTS
5	SOMYA	STUDENTS
6	SIDDHARTH JAIN	STUDENTS
7	DIYA	STUDENTS
8	PRACHI	STUDENTS
9	SHIVANG	STUDENTS
10	KHUSHI MALHOTRA	STUDENTS
11	POOJA	STUDENTS
12	VARAANG KANSAL	STUDENTS
13	ADITI	STUDENTS
14	YAKSHIT	STUDENTS
15	DAKSH	STUDENTS
16	DR. ASHUTOSH BAJPAYEE	FACULTY
17	DR. NAMITA MISHRA	FACULTY
18	DR. RUCHI SRIVASTAVA	FACULTY
19	MR. INDERPREET SINGH	FACULTY
20	DR. SANDEEP KUMAR	FACULTY