



TECNIA INSTITUTE OF ADVANCED STUDIES
NAAC ACCREDITED GRADE "A" INSTITUTE
 Approved by AICTE, Ministry of HRD, Govt. of India, Affiliated to GGSIP University
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Fit India Youth Club



Ministry of Environment, Forest and Climate Change
 Government of India

Ref. No.: TIAS/2020-21/FIT INDIA YOUTH-CLUB/FEB-01

DATED: 15.02.2020

Notice

Subject: Action Plan Implementation of Fit India Youth Club 2020-2021

As per the mail received from All India Council for Technical Education F. No- 1-104/AICTE/MHRD/FIT/2020 Dated 15.02.2020 in regard of the Fit India Movement in Higher Educational Institutions (HEIs)- reg. Fit India Youth Club of Tecnia Institute of Advanced Studies, GGSIPU, Delhi has incorporated the physical fitness, mental fitness, along with social, emotional and intellectual well-being and to inculcate the habit amongst students and staff of Tecnia Institute of Advanced Studies to lead a healthy life by adopting a healthy lifestyle. A copy of action plan as suggested by Fit India Campaign Committee in Consultation with the Department of Sports for implementation by the Higher Educational Institutions (HEIs) has been attached below.

S.NO	EVENT NAME	DATE	MONTH
1	INTRA INSTITUTE SPORTS COMPETITION (PHYSICAL ACTIVITY: KEY INGREDIENT OF FITNESS)	10.08.2021	AUGUST
2	MEETING OF FIT INDIA YOUTH CLUB	25.08.2020	
3	FITNESS QUIZ- "LIFE STYLE DISEASE"	01.09.2020	
4	INTRA INSTITUTE SPORTS COMPETITION: INDOOR GAME (CHESS, LUDO -FITNESS SPORTING ACTIVITY)- "LIFE STYLE DISEASES"	12.09.2020	SEPTEMBER
5	FLT LNDIA FREEDOM RUN UNDER THE AEGIS OF FIT INDIA MOVEMENT	26.09.2020 - 29.09.2020	
6	INTRA INSTITUTE SPORTS COMPETITION: INDOOR GAME (CHESS, CAROM) -FITNESS SPORTING ACTIVITY- "HEALTHY DIET FOR HEALTHY LIFE"	10.10.2020	
7	FITNESS QUIZ- "THEME: HEALTHY DIET FOR HEALTHY LIFE"	24.10.2020	OCTOBER
8	INTRA INSTITUTE SPORTS COMPETITION: INDOOR GAME (CHESS, CAROM) -FITNESS SPORTING ACTIVITY - " HYGIENE AND CLEANLINESS"	28.11.2020	NOVEMBER
9	REPORT ON TALK BY SPECIALIST	28.11.2020	

10	FITNESS QUIZ- “THE PERILS OF SMOKING ,DRUGS AND ALCOHOL”	27.01.2021	JANUARY
11	FITNESS QUIZ: KEY INGREDIENT OF FITNESS	06.02.2021	
12	INDOOR GAME (CHESS, CAROM) -FITNESS SPORTING ACTIVITY- KEY INGREDIENT OF FITNESS	09.02.2021	
13	INDOOR GAME (CHESS, CAROM) -FITNESS SPORTING ACTIVITY- SUPPORTING MENTAL HEALTH	13.02.2021	FEBRUARY
14	INTRA INSTITUTE SPORTS COMPETITION: INDOOR GAME (CHESS, CAROM) - FITNESS SPORTING ACTIVITY (THEME: SLEEP WELL TO STAY FIT	08.03.2021	MARCH
15	FITNESS QUIZ- FITNESS CAMPAIGN ACTIVITY (THEME: SUPPORTING MENTAL HEALTH)	29.03.2021	
16	INTRA INSTITUTE SPORTS COMPETITION: INDOOR GAME (CHESS, CAROM)-FITNESS SPORTING ACTIVITY (THEME: SUPPORTING MENTAL HEALTH)	17.04.2021	
17	MEETING OF FITNESS CLUB	25.04.2021	APRIL
18	FITNESS QUIZ-FITNESS CAMPAIGN ACTIVITY (THEME: THE PERILS OF SMOKING, DRUGS AND ALCOHOL) - 08/05/2021	03.05.2021	MAY
19	INTRA INSTITUTE SPORTS COMPETITION: INDOOR GAME (CHESS, CAROM) - FITNESS SPORTING ACTIVITY (THEME: THE PERILS OF SMOKING, DRUGS AND ALCOHOL	15.05.2021	
20	MEETING OF FITNESS 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)	02.06.2021	JUNE
22	INTERNATIONAL YOGA DAY	21.06.2021	
23	QUIZ PARTICIPATION OF TOKYO OLYMPICS	07.07.2021	JULY
24	FITNESS QUIZ- KEY INGREDIENT OF FITNESS	17.07.2021	
25	INTRA INSTITUTE SPORTS COMPETITION- : KEY INGREDIENT OF FITNESS	27.07.2021	

ACTION PLAN UNDER THE PURVIEW OF AICTE

Dr. Rohtash Kumar

Nodal Officer. Fit India Youth Club, TIAS