



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 : Supporting Mental Health

Nodal Officer : Dr. Ruchi Srivastava

Convener-Incharge: Mr. Inderpreet Singh

Faculty Beneficiary: 17/5

Participation : BBA, BJMC, BCA, MBA

Date : 30/04/2022

Time : 12:00 PM – 01:00 PM

Platform : OFFLINE

Objectives

1. To discuss the improvements and wellness of Fit India Youth Club
2. To take the key activities to be undertaken to spread awareness of supporting of mental health in the Fit India Youth Club
3. 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 30/04/2022 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. 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 30 April, 2022, 12:00 - 1:00 PM

Agenda: Increase awareness of the students regarding organizing 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 enhancements of activities in Fit India Youth Club.</p> <p>C. Discussion made regarding the circulation of Fit India Youth Club Activities</p>	Dr. Ruchi Srivastava	Nodal Officer, TIAS, New Delhi & Convener Fit India Youth Club	12:05 PM
3	He provided suggestion that groups shall be made to generate awareness regarding the key issues of mental health	Dr. Sandeep Kumar	Prof, TIAS, New Delhi	12:20 PM
4	He gave the assurance to generate awareness among students along with the suggestions that are required to enhance the promotion of Fit India Youth Club Events	Deshik Chawla	Student Coordinator, TIAS, New Delhi	12:30 PM
5	He provided various alternative such as organizing different groups and making teams of different sports such as cricket, football	Vishesh Bhatia	Fit India Youth Club , Organising Head, TIAS, New Delhi	12:40 PM
6	Thanking note	Dr. Ruchi Srivastava	Nodal Officer, 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: 30/04/2022		
S.NO	NAME	STUDENT/FACULTY
1	UTKARSH RUSTAGI	STUDENTS
2	VISHES BHATIA	STUDENTS
3	VARUN MENDIRRATA	STUDENTS
4	ANANT GAUTAM	STUDENTS
5	DEEPAK SARIN	STUDENTS
6	DESHIK CHAWLA	STUDENTS
7	SAKSHAM SETHI	STUDENTS
8	DEVEN RAWAT	STUDENTS
9	PRAKHAR MAHESHWARI	STUDENTS
10	ANSH GUPTA	STUDENTS
11	SURAJ VERMA	STUDENTS
12	SARTHAK JAIN	STUDENTS
13	PRIYANSHU SINGHAL	STUDENTS
14	MOHD ZAID	STUDENTS
15	KUNAL CHATURVEDI	STUDENTS
16	YASH PRIYE	STUDENTS
17	KAPIL	STUDENTS
18	DR. ASHUTOSH BAJPAYEE	FACULTY
19	DR. NAMITA MISHRA	FACULTY
20	DR. RUCHI SRIVASTAVA	FACULTY
21	MR. INDERPREET SINGH	FACULTY
22	DR. SANDEEP KUMAR	FACULTY