



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	: The Perils of Smoking, Drugs and Alcohol
Nodal Officer	: Dr. Ruchi Srivastava
Convener-Incharge:	Mr. Inderpreet Singh
Faculty Beneficiary:	21/5
Participation	: BBA, BJMC, BCA, MBA
Date	: 28/05/2022
Time	: 12:00 PM – 01:00 PM
Platform	: OFFLINE

Objectives

1. To discuss the wellness and advancements of Fit India Youth Club
2. To take the key activities to be undertaken to spread awareness of harmful effects of smoking, drugs and alcohol in the Fit India Youth Club
3. To make students understand relevance of healthy life

Report

This meeting was organized by Fit India Youth Club of Tecnia Institute of Advanced Studies, Rohini, Delhi on 28/05/2022 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 and provide the awareness regarding the removing of bad habits such as smoking, drugs and alcohol. Moreover, discussions happened with the students in the improvements of their lifestyle.

Minutes to Minutes Schedule

Subject: Fit India Youth Club Meeting on 28 May, 2022, 12:00 - 1:00 PM

Agenda: Increase awareness of the students regarding awareness of activities to be undertaken under perils of smoking, drugs and alcohol

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 activities of awareness in the form of events under perils of smoking, drugs and alcohol in the 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	She provided suggestion that groups shall be made to generate awareness regarding the key issues of mental health	Dr. Namita Mishra	Asso. 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	Pratham Adhikari	Student Coordinator, TIAS, New Delhi	12:30 PM
5	He provided various alternative such as organizing different campaigns to make students aware regarding the harmful effects of drugs, alcohol	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 activities undertaken in the Fit India Youth Club
2. got awareness about the side-effects of smoking, drugs and alcohol to be organized by the institutions

FIT INDIA CLUB LIST OF BENEFICIARIES MEETING OF FIT INDIA YOUTH CLUB DATE: 28/05/2022		
S.NO	NAME	STUDENT/FACULTY
1	PRATHAM ADHIKARI	STUDENTS
2	VISHES BHATIA	STUDENTS
3	MANAN SOGAN	STUDENTS
4	ANAND BHARDWAJ	STUDENTS
5	SWAYAM GUPTA	STUDENTS
6	MADHUR JAIN	STUDENTS
7	CHAHAT BHARTI	STUDENTS
8	VANSHIKA GOYAL	STUDENTS
9	RICHA	STUDENTS
10	TISHA CHWLA	STUDENTS
11	DIVYA PARMAR	STUDENTS
12	DHEERAJ SOLANKI	STUDENTS
13	PRIYANSHU SINGHAL	STUDENTS
14	AMRITA TAAK	STUDENTS
15	OM NAGAR	STUDENTS
16	AAYUSH SHARMA	STUDENTS
17	VASUNDHRA RAJPUT	STUDENTS
18	ANJALI CHOUDHARY	STUDENTS
19	DIWAS SACHDEVA	STUDENTS
20	ABHISHEK KUMAR	STUDENTS
21	MADHAV SHARMA	STUDENTS
22	MS. MEGHA MOHAN	FACULTY

23	DR. NAMITA MISHRA	FACULTY
24	DR. RUCHI SRIVASTAVA	FACULTY
25	MR. INDERPREET SINGH	FACULTY
26	MS. VAISHALI	FACULTY