



TECNIA INSTITUTE OF ADVANCED STUDIES

NAAC ACCREDITED GRADE "A" INSTITUTE

Approved by AICTE, Ministry of HRD, Govt. of India, Affiliated to GGSIP University
Recognized Under Sec. 2(f) of UGC Act 1956

INSTITUTIONAL AREA MADHUBAN CHOWK, ROHINI, DELHI 110085

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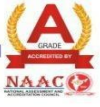

Fit India Youth Club

REPORT

On

Fitness Quiz

EVENT	: Fitness Quiz
THEME	: The Perils of Smoking, Drugs & Alcohol
Nodal Officer	: Dr. Ruchi Srivastava
Convener-Incharge	: Mr. Inderpreet Singh
Student Beneficiary	: 64
Participation	: BBA, BJMC, BCA, MBA
Date	: 28/05/2022
Time	: 10:00 AM onwards
Platform	: Online (Google Docs)



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INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085

Fit India Youth Club

Organizes




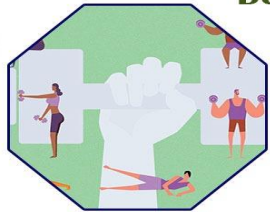



FITNESS QUIZ

The Perils of Smoking, Drugs and Alcohol

Departments: MBA, BBA, BA(J&MC) & BCA

28.05.2022, Saturday
Time: 10 AM Onwards
Join: Online Form

In Association With



Dr. Ruchi Srivastava
Nodal Officer

Mr. Inderpreet Singh
Incharge - Fitness Club

Objectives of the event

Quiz questions test your knowledge of:

1. To distinguish Students' knowledge and understanding state in reference to perils of smoking, drugs and alcohol.
2. To sensitize the students to understanding the consequences of smoking, drugs and alcohol.
3. To motivate the students to strengthen their mind and spirit while nurturing physical self via leadership, cooperation, and teamwork.
4. To promote the importance of Healthy lifestyle among students.

REPORT

This event 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. In contrast with a Quiz Activity, based on the theme "The Perils of Smoking, Drugs and Alcohol" which is related to the diseases occurred due to unhealthy life and inappropriate eating habits. 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". The Quiz contained the Questions related to understand the consequences and effects of smoking, drugs and alcohol, which was an attempt to comprehend Students' State of Awareness about Healthy Lifestyle and Healthy Diet.

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 and address students to understand the health side effects of smoking, drugs and alcohol. Fit India Youth Club of Tecnia Institute of Advanced Studies, Delhi also aims in providing guidance regarding balanced nutritional diets and removal of these harmful chemicals from their life for the students and faculty members.

Learning outcome:

Students have learnt about

1. consequences of smoking, drugs and alcohol.
2. Importance of healthy and peaceful life style.
3. The ways to adopt the mental healthy and peaceful life style

FIT INDIA YOUTH CLUB FITNESS QUIZ: THE PERILS OF SMOKING, DRUGS & ALCOHOL DATE: 28.05.2022 LIST OF BENEFICIARIES			
S. NO	NAME	ENROLLMENT NO	COURSE
1	GAGAN ADWANI	35421301720	BBA
2	HARSHIT GARG	35521301720	BBA
3	KHUSHI ASOPA	35721301720	BBA
4	KANISH SIDHAR - -	35717001719	BBA
5	RIYA PASRICHA	10617001720	BBA
6	NAMAN WASSON	08517001720	BBA
7	NIPUN BHAREJA	35921301720	BBA
8	RAMANDEEP SINGH	36021301720	BBA
9	RITHIK BANSAL BANSAL	35817001719	BBA
10	RITIK MALHOTRA	36221301720	BBA
11	SIDDHARTH JAIN	11717001720	BBA
12	BHAVYA SINGH	01821302420	BAJMC
13	RAHUL ALEX R DASS	06617002420	BAJMC
14	DEEPANSHU SHARMA	01921302420	BAJMC
15	RISHABH DIWAN	06917002420	BAJMC
16	SAKSHI BHAYANA	07517002420	BAJMC
17	DHRITI PASRICHA	02021302420	BAJMC
18	SARTHAK KOTHARI	08117002420	BAJMC
19	DHRUV MATHUR	02121302420	BAJMC
20	DIPANSH BHATIA	02221302420	BAJMC
21	SHRUTI JAIN	08617002420	BAJMC
22	DIVYANSHU MISHRA	02321302420	BAJMC
23	VAIBHAV MUDGAL	09317002420	BAJMC
24	DIYA JAIN	02421302420	BAJMC
25	FREYA UPPAL	02521302420	BAJMC
26	GEET SHARMA	02621302420	BAJMC
27	ARCHIT CHAWLA	00917002020	BCA
28	DEEPANSHI BANSAL	01317002020	BCA

29	HARSH TANWAR	01917002020	BCA
30	ISHIKA GULATI	02217002020	BCA
31	ISHTI JAIN	02317002020	BCA
32	PRIYANSHI JAIN	03117002020	BCA
33	RIYA GUPTA	03417002020	BCA
34	SHRISH KASHYAP	03817002020	BCA
35	SUDIPTO BHUKTA	04117002020	BCA
36	UJJWAL	04317002020	BCA
37	VASU JAIN	04417002020	BCA
38	ABHINAV JAIN	35117002020	BCA
39	VEDANT KUMAR	00317002021	BCA
40	MAYANK CHAUDHARY	01017002021	BCA
41	DEV NALWA	01317002021	BCA
42	PUNEET KUMAR	01517002021	BCA
43	KANIKA JAIN	50517001720	BBA
44	NAMRATA RANA	07921301720	BBA
45	ABHAYDITA CHANDOK	0821301720	BBA
46	YASH KAPOOR	04921301719	BBA
47	SHRUTI DWIVEDI	12021301720	BBA
48	MANSI SINGH	04021301719	BBA
49	ANUJ UPPAL	36017001719	BBA
50	NISHANT NARANG	08421301720	BBA
51	SACHIN KUMAR SOLANKI	07521302420	BJMC
52	RATTAN SAGAR	09821301720	BBA
53	MAYANK MALHOTRA	04317001719	BBA
54	PURUSHARTH	09421301720	BBA
55	GOVIND VIJAY	01717002020	BCA
56	SIDHARTH MAHESHWARI	00321301719	BBA
57	AMIT KUMAR	00721302420	BJMC
58	SUDIPTO BHUKTA	04117002020	BCA
59	ANANYA KARAN SRIVASTAVA	00921302420	BJMC
60	ABHISHEK MALHOTRA	0117002020	BCA
61	SHREY ARYA	11721301720	BBA
62	TUSHAR THAPLIYAL	03217002019	BCA
63	SHREY GOEL	011821301720	BBA
64	HARSHIT GOYAL	02017002020	BCA