



**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

<b>EVENT</b>	: Meeting of Fit India Youth Club
<b>THEME</b>	: Yoga and Meditation: Looking Inwards for Mental Peace
<b>Nodal Officer</b>	: Dr. Ruchi Srivastava
<b>Convener-Incharge:</b>	Mr. Inderpreet Singh
<b>Faculty Beneficiary:</b>	18/5
<b>Participation</b>	: BBA, BJMC, BCA, MBA
<b>Date</b>	: 18/06/2022
<b>Time</b>	: 12:00 PM – 01:00 PM
<b>Platform</b>	: 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 regarding the activities to be organized in yoga in the Fit India Youth Club
3. To make students understand relevance of yoga

## **Report**

This meeting was organized by Fit India Youth Club of Tecnia Institute of Advanced Studies, Rohini, Delhi on 18/06/2022 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 of yoga activities to be organized such as International Yoga Day. Moreover, discussions happened with the students in the organization of the yoga activities in the campus.

## Minutes to Minutes Schedule

**Subject:** Fit India Youth Club Meeting on 18 June, 2022, 12:00 - 1:00 PM

**Agenda:** Increase awareness of the students regarding awareness of activities in yoga to be undertaken under Fit India Youth Club

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><b>A.</b> Explained points related to welfare of Fit India Youth Club and encourage participation of students in the Fit India Youth Club</p> <p><b>B.</b> Informed about the activities of awareness in the form of events such as International Yoga Day 2022 under the Fit India Youth Club.</p> <p><b>C.</b> 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	Megha Mohan	Assi. 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	Aryan Sharma	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	Gaurav	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 activities to be organized under yoga month

<b>FIT INDIA CLUB LIST OF BENEFICIARIES MEETING OF FIT INDIA YOUTH CLUB DATE: 18/06/2022</b>		
<b>S.NO</b>	<b>NAME</b>	<b>STUDENT/FACULTY</b>
1	ARYAN SHARMA	STUDENTS
2	VISHES BHATIA	STUDENTS
3	GAURAV	STUDENTS
4	ANAND BHARDWAJ	STUDENTS
5	CHAHAT	STUDENTS
6	MEGHA	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	MS. MEGHA MOHAN	FACULTY
20	DR. NAMITA MISHRA	FACULTY
21	DR. RUCHI SRIVASTAVA	FACULTY
22	MR. INDERPREET SINGH	FACULTY
23	MS. VAISHALI	FACULTY

