



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:** Supporting Mental Health
- Nodal Officer:** Dr. Ruchi Srivastava
- Incharge:** Mr. Inderpreet Singh
- Beneficiary:** 65
- Participation:** BBA, BJMC, BCA, MBA
- Date:** 02/07/2022
- Time:** 10:00 AM onwards
- Platform:** Online (Google Form)



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Fit India Youth Club

Organizes
Fitness Quiz

(Theme: Physical activity: Key ingredients of Fitness)

Departments: MBA, BBA, BA(J&MC) & BCA
02-07-2022 , Saturday
Time: 10 AM Onwards
Platform: Online TIAS

In Association With



Dr. Ruchi Srivastava
Nodal Officer

Mr. Inderpreet Singh
Incharge - Fitness Club

Objectives

Quiz questions test your knowledge of:

1. To increase the interest of students in learning about lifestyle diseases
2. To inculcate knowledge for the necessary insights to develop physical health
3. To sensitize the students about physical fitness level
4. To sensitize the students about the management of healthy lifestyle

REPORT

This activity has been organized by the Fit India Youth Club of Tecnia Institute of Advanced Studies on 02.07.2022 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 supporting mental health 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".

It is imperative for everyone to healthy lifestyle by incorporating the physical activities in their day to day life like exercise, jogging etc. In the event Fitness quiz conducted by Fit India Youth Club, 65 students participated from all the respective departments of Tecnia Institute of Advanced Studies, Delhi on the online platform through Google forms. . It was observed that all the participants were keen to engage in the activities like Fitness Quiz as it provides the different opportunities in their interests other than academic routine based activities.

It aims to address the concerns of the students to promote healthy lifestyle and to create awareness or sensitization by incorporating the physical activities which are helpful to improve the lifestyle for faculty and students. Fit India Youth Club of Tecnia Institute of Advanced Studies, Delhi also aims in providing guidance regarding balanced nutritional diets for the students and faculty members.

Learning outcome:

Students have

1. enhance their fitness regime.
2. have learnt the things related to physical health from the quiz.
3. have learnt to maintain balanced lifestyle.

**FIT INDIA YOUTH CLUB
FITNESS QUIZ
DATE: 02.07.2022
LIST OF BENEFICIARIES**

1	AARTIK KAPOOR	00521301720	BBA
2	ABHAYDITA CHANDOK	00821301720	BBA
3	ABHIJEET SINGH BALI	00317001720	BBA
4	ABHISHEK MALHOTRA	00117002020	BCA
5	ABHISHEK ROY	00217002020	BCA
6	ADITYA UNIYAL	00121302420	BAJMC
7	AFZAL KHAN	00617001720	BBA
8	ALAKSA ASSIS	00621302420	BAJMC
9	ALANKRIT GUPTA	11717001721	BBA
10	AMIT KUMAR	00721302420	BJMC
11	ANANYA KARAN SRIVASTAVA	00921302420	BJMC
12	ANKUR BANSAL	00617002020	BCA
13	AYUSHI PANWAR	01117002020	BCA
14	AYUSHREE SWAMI	03221301720	BBA
15	BHAVY SHARMA	35317002020	BCA
16	DESHIK CHAWLA	02617001720	BBA
17	GOVIND VIJAY	01717002020	BCA
18	HARSH GUPTA	01217001721	BBA
19	HARSHIT GOYAL	02017002020	BCA
20	ISHIKA SHARMA	05017001720	BBA

21	JAI KHATRI	05317001720	BBA
22	JANVI BERY	03621302420	BAJMC
23	JANVI TIWARI	03821302420	BAJMC
24	KANIKA JAIN	50517001720	BBA
25	KHUSHALI SINGHAL	04021302420	BAJMC
26	KUNAL KUMAR	02517002020	BCA
27	LAKSHITA PATNEY	04521302420	BAJMC
28	MAHIMA ARORA	07321301720	BBA
29	MANEESHA	07917001721	BBA
30	MAYANK SIKKA	08717001721	BBA
31	NAKUL BAJAJ	02617002020	BCA
32	NAKUL GUPTA	02717002020	BCA
33	NAMRATA RANA	07921301720	BBA
34	NANCY SHARMA	05921302420	BAJMC
35	NISHANT NARANG	08421301720	BBA
36	PIYUSH	08921301720	BBA
37	PIYUSH GUPTA	08821301720	BBA
38	PRATEEK BANSAL	03017002020	BCA
39	PRATIK SINGH	035617002020	BCA
40	PRIYANKA SINGH	09321301720	BBA
41	PRIYANSHI JAIN	03117002020	BCA
42	PURUSHARTH	09421301720	BBA
43	RATTAN SAGAR	09821301720	BBA
44	RICHA SINGH	10021301720	BBA

45	RIYA GUPTA	03417002020	BCA
46	SACHIN KUMAR SOLANKI	07521302420	BJMC
47	SAGAR RATHOR	10821301720	BBA
48	SANSKAR BANSAL	11121301720	BBA
49	SANYA OBEROI	07917002420	BAJMC
50	SHIVANI	03717002020	BCA
51	SHIVANI DHILLON	11621301720	BBA
52	SHREY ARYA	11721301720	BBA
53	SHREY GOEL	11821301720	BBA
54	SHREY GOEL	011821301720	BBA
55	SHRUTI	12021301720	BBA
56	SHRUTI DWIVEDI	12021301720	BBA
57	SHRUTI JAIN	08617002420	BAJMC
58	SUDIPTO BHUKTA	04117002020	BCA
59	SWAYAM GUPTA	09917001721	BBA
60	VANSHIKA VERMA	01917001721	BBA
61	VASU JAIN	04417002020	BCA
62	VIKAS MISHRA	036521301720	BBA
63	YASH PRIYE	14617001720	BBA
64	YASH SAINI	10217002420	BAJMC
65	YASH SHARMA	04617002020	BCA