



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	: Physical Activity: Key Ingredient of Fitness
Nodal Officer	: Dr. Ruchi Srivastava
Convener-Incharge:	Mr. Inderpreet Singh
Faculty Beneficiary:	8/5
Participation	: BBA, BJMC, BCA, MBA
Date	: 23/07/2022
Time	: 12:00 PM – 01:00 PM
Platform	: OFFLINE

Objectives

1. To discuss the planning of events under Fit India Youth Club session 2022-2023
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 enhance students participation in the activities of Fit India Youth Club

Report

This meeting was organized by Fit India Youth Club of Tecnia Institute of Advanced Studies, Rohini, Delhi on 23/07/2022 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. The meeting was organized to address the coordinators about the planning of the events under Fit India Youth Club for the academic year 2022-2023. Moreover, discussions happened with the coordinators to increase the participation of the students in the Fit India Youth Club activities.

Minutes to Minutes Schedule

Subject: Fit India Youth Club Meeting on 23 July, 2022, 12:00 - 1:00 PM

Agenda: Planning of the activities for the Academic Year 2022-2023 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>A. Provided her inputs regarding the planning of Academic Calendar 2022-2023</p> <p>B. Planning regarding spreading awareness of the activities of Fit India Youth club</p> <p>C. Explained points related to welfare of Fit India Youth Club and encourage participation of students in the Fit India Youth Club</p>	Dr. Ruchi Srivastava	Nodal Officer, TIAS, New Delhi & Convener Fit India Youth Club	12:05 PM
3	She provided suggestion that groups and coordinators shall disseminate the information of events on TIAS website and whatsapp groups to the students	Ms. Megha Sharma	Assi. Prof, TIAS, New Delhi	12:20 PM
4	He gave his inputs for the preparation of Academic Calendar 2022-2023 to involve more outdoor sports	Deshik Chawla	Student Coordinator, TIAS, New Delhi	12:30 PM
5	He provided various alternatives such as social media for the promotion of activities under Fit India Youth Club	Harsh Gupta	Student Coordinator, 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 Fit India Youth Club

FIT INDIA CLUB LIST OF BENEFICIARIES MEETING OF FIT INDIA YOUTH CLUB DATE: 23/07/2022		
S.NO	NAME	STUDENT/FACULTY
1	DESHIL CHAWLA	STUDENTS
2	HARSH GUPTA	STUDENTS
3	VEDANT KUMAR	STUDENTS
4	MAYANK CHAUDHARY	STUDENTS
5	DEV NALWA	STUDENTS
6	PUNEET KUMAR	STUDENTS
7	ARPITA KHURANA	STUDENTS
8	CHHAVI SETHI	STUDENTS
9	MS. MEGHA SHARMA	FACULTY
10	MS. MEGHA MOHAN	FACULTY
11	DR. RUCHI SRIVASTAVA	FACULTY
12	MR. INDERPREET SINGH	FACULTY
13	MS. VAISHALI	FACULTY