

**TECNIA INSTITUTE OF ADVANCED STUDIES**  
**NAAC Accredited Grade 'A' Institute**  
**Student's Welfare**

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Ref. No. TIAS/SW/2021-22/01

Dated:01-08-2021

**NOTIFICATION**

*The TECNIA FIT INDIA YOUTH CLUB, Govt. of NCT of Delhi notify EVENT CALENDAR for FIT INDIA YOUTH CLUB ACTIVITIES extracted from notice received from UGC ref.no D.O.No.F.1-54/2019, subject: Action Plan and Schematic Plan for "Fit India Campaign" for compliance for the Academic Session August 2021 – July 2022 for all programmes MBA, BBA, BA(JMC) & BCA is enclosed herewith for information and necessary action for all concerned*

*These issues with the approval of competent authority.*

In-Charge  
Student Welfare

Copy for information to:

1. Nodal Officer, FIT INDIA YOUTH CLUB
2. All HoDs of MBA, BBA, BA(JMC) & BCA
3. Coordinator-IQAC
4. Incharge-IT- For uploading on Institute Official Website
5. Director, TIAS for information please

**TECNIA INSTITUTE OF ADVANCED STUDIES NAAC**

**Accredited Grade 'A' Institute**

**TECNIA FIT INDIA YOUTH – CLUB**

**FIT INDIA YOUTH CLUB ACTIVITIES**

<b>Fit India Youth Club Academic Calender 2021- 2022</b>				
<b>S. No</b>	<b>Category of Activity</b>	<b>Activity</b>	<b>Theme</b>	<b>Execution Date</b>
1	Fitness Run	Fit India Freedom Run 2.0	Freedom Run	13/8/2021 - 02/10/2021
2	Fitness Run	Fit India Freedom Run 2.0		13/8/2021 - 02/10/2021
3	Fitness Run	Fit India Freedom Run 2.0		13/8/2021 - 02/10/2021
4	Fitness Run	Fit India Freedom Run 2.0		13/8/2021 - 02/10/2021
5	Fitness Campaign Activity	Fitness Quiz	Life Style Disease	4/9/2021
6	Fitness Run	Fit India Freedom Run 2.0		13/8/2021 - 02/10/2021
7	Meeting of fitness Club	Every month		24/9/2021
8	Fitness Campaign Activity	Fitness Quiz	Healthy Diet For Healthy Life	1/10/2021
9	Fitness Run	Fit India Freedom Run 2.0		13/8/2021 - 02/10/2021
10	Fitness regular activity	Encouraging people to get together to do Meditation		9/10/2021
11	Fitness Sporting Activity:	Intra Institute Sports Competition: Indoor Game (Chess, Carom)		16/10/2021
12	Meeting of fitness Club	Every month		23/10/2021
13	Fitness Campaign Activity	Talk by specialist	Hygiene and Cleanliness	11/11/2021
14	Fitness regular activity	Encouraging people to get together to do Aerobics		13/11/2021
15	Meeting of fitness Club	Every month		27/11/2021
16	Fitness Sporting Activity:	Intra Institute Sports Competition: Indoor Game (Chess, Carom)		30/11/2021
17	Fitness Campaign Activity	Encouraging people to get together to do exercise	The Perils of Smoking, Drugs and Alcohol	6/12/2021
18	Fitness regular activity	Fitness Quiz		14/12/2021
19	Fitness Sporting Activity:	Intra Institute Sports Competition: Indoor Game (Chess, Carom)		18/12/2021
20	Meeting of fitness Club	Every month		24/12/2021
21	Fitness Campaign Activity	Fitness Quiz	Physical Activity: Key Ingredient of Fitness	1/1/2022
22	Fitness regular activity	Encouraging people to get together to do yoga		8/1/2022
23	Fitness Sporting Activity:	Intra Institute Sports Competition: Indoor Game (Chess, Carom)		15/1/2022
24	Meeting of fitness Club	Every month		22/1/2022
25	Fitness Campaign Activity	Talk by Mental Health Specialist	Supporting Mental Health	29/1/2022
26	Fitness regular activity	Encouraging people to get together to run on regular basis		5/2/2022

27		Patriotic Run 2022		5/2/2022
28	Fitness Sporting Activity:	Intra Institute Sports Competition: Indoor Game (Chess, Arm Wrestling)		19/2/2022
29	Meeting of fitness Club	Every month		26/2/2022
30		How to Handle the Stress		5/3/2022
31	Fitness Campaign Activity	Fitness Quiz	Sleep Well to Stay Fit	12/3/2022
32	Fitness regular activity	Encouraging people to get together to Meditation on regular basis		15/3/2022
33	Fitness Sporting Activity:	Intra Institute Sports Competition: Indoor Game (Chess, Arm Wrestling, Table Tennis)		26/3/2022
34	Meeting of fitness Club	Every month		26/3/2022
35	Health Check up	Regular Health check up		28/3/2022
36	Fitness Campaign Activity	Fitness Quiz	Supporting Mental Health	2/4/2022
37	Fitness regular activity	Encouraging people to get together to crossfit workout on regular basis		23/4/2022
38	Fitness Sporting Activity:	Intra Institute Sports Competition: (Outdoor Event)- Cricket		12/4/2022
39	Meeting of fitness Club	Every month		30/4/2022
40	Fitness regular activity	Intra Institute Sports Competition: Indoor Game (Chess, Carom)		30/4/2022
41	Fitness regular activity	Walk India- The Need for Healthy Mind And Body	The Perils of Smoking, Drugs and Alcohol	14/5/2022
42	Fitness Sporting Activity:	Intra Institute Sports Competition: Indoor Game (Table Tennis, Arm Wrestling)		21/5/2022
43	Meeting of fitness Club	Every month		28/5/2022
44	Fitness Campaign Activity	Fitness Quiz		28/5/2022
45	Fitness Campaign Activity	Session by Yoga Instructor	Yoga and Meditation: Looking Inwards for Mental Peace	3/6/2022
46	Fitness regular activity	General Awareness Session for physical and mental health		11/6/2022
47	Meeting of fitness Club	Every Month		18/6/2022
48	Fitness Sporting Activity:	Intra Institute Sports Competition: Indoor Game (Chess, Carom)		25/6/2022
49	Fitness Campaign Activity	Fitness Quiz	Physical Activity: Key Ingredient of Fitness	2/7/2022
50	Fitness regular activity	Encouraging people to get together to cardio workout on regular basis		9/7/2022
51	Fitness Sporting Activity:	Intra Institute Sports Competition: Indoor Game (Badminton, Table Tennis)		15/7/2022
52	Meeting of fitness Club	Every month		23/7/2022