



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
Tel: 91-11-27555121-24, E-Mail : directortias@tecnia.in, Website: www.tiaspg.tecnia.in



Fit India Youth Club

NOTICE

Session: 2022-23

Ref. No: TIAS/Fit India Youth Club/2022-23/01

Date: 01/09/2022

This is to notify that following members have been selected as core committee members of Fit India Youth Club by the inputs from IIC Committee and Nodal Officer. This core committee is effective from 01.09.2022

- | | |
|--------------------------------------|-------------------------------------|
| 1. Mr. Inderpreet Singh (Incharge) | 11. Muskan Aggarwal (MBA Student) |
| 2. Ms Megha Sharma (Student Welfare) | 12. Anam Ahmed (MBA Student) |
| 3. Ms. Sania Kakkar (BCA Faculty) | 13. Shehbaz (BCA Student) |
| 4. Ms. Jyoti Gupta (BAJMC Faculty) | 14. Ankush (BCA Student) |
| 5. Ms. Megha Mohan (BBA Faculty) | 15. Vipul (BCA Student) |
| 6. Dr. Sheenu Arora (MBA Faculty) | 16. Risha (BCA Student) |
| 7. Varun Mendiratta (BBA Student) | 17. Krishan (BAJMC Student) |
| 8. Yash Priye (BBA Student) | 18. Radhika Kataria (BAJMC Student) |
| 9. Afsal Khan (BBA Student) | 19. Shivam Gupta (BAJMC Student) |
| 10. Yiesha Sharma (BBA Student) | 20. Vanshika (BAJMC Student) |

Dr. Ruchi Srivastava
Nodal Officer- Fit India Youth Club

CC to:

1. HOD – MBA, BCA , BBA, BJMC, Dean and Head IQAC
2. IT Dept. For uploading on the website.
3. Notice Board



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
Tel: 91-11-27555121-24, E-Mail : directortias@tecnia.in, Website: www.tiaspg.tecnia.in



Fit India Youth Club

NOTICE

Ref. No: TIAS/Fit India Youth Club/2022-23/02

Date: 07/09/2022

The Fit India Youth Club of Tecnia Institute of Advanced Studies is organizing an Annual Fit India Youth Club Meeting on 12 September, 2022 for the session 2022-23 regarding the discussion of various events in the club activities and implementation. All the departmental representatives and student coordinators mentioned below of respective programmes are requested to attend the meeting at the TIAS Campus.

- | | |
|--------------------------------------|-------------------------------------|
| 1. Mr. Inderpreet Singh (Incharge) | 11. Muskan Aggarwal (MBA Student) |
| 2. Ms Megha Sharma (Student Welfare) | 12. Anam Ahmed (MBA Student) |
| 3. Ms. Sania Kakkar (BCA Faculty) | 13. Shehbaz (BCA Student) |
| 4. Ms. Jyoti Gupta (BAJMC Faculty) | 14. Ankush (BCA Student) |
| 5. Ms. Megha Mohan (BBA Faculty) | 15. Vipul (BCA Student) |
| 6. Dr. Sheenu Arora (MBA Faculty) | 16. Risha (BCA Student) |
| 7. Varun Mendiratta (BBA Student) | 17. Krishan (BAJMC Student) |
| 8. Yash Priye (BBA Student) | 18. Radhika Kataria (BAJMC Student) |
| 9. Afsal Khan (BBA Student) | 19. Shivam Gupta (BAJMC Student) |
| 10. Yiesha Sharma (BBA Student) | 20. Vanshika (BAJMC Student) |

The agenda of the meeting is as follows:

1. Discussion of previous meeting held on 29 June 2021
2. Action taken report of the minutes of meetings dated 29 June 2021
3. To finalize the events of Fit India Youth Club as per the manual
4. To discuss about the tentative dates of the events to be undertaken in the Academic Year 2022-2023
5. To discuss about the implementation of the events under Fit India Youth Club for the

Academic Year 2022-2023

6. To discuss the role of student coordinators in the extension activities and other activities to be undertaken in the Fit India Youth Club

Dr. Ruchi Srivastava

Nodal Officer- Fit India Youth Club

CC to:

1. Director, TIAS
2. HOD – MBA,BCA , BBA, BJMC, Dean and Head IQAC
3. IT Dept. For uploading on the website.
4. Notice Board



TECNIA INSTITUTE OF ADVANCED STUDIES

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

Tel:91-11-27555121-24, E-Mail : directortias@tecnia.in, Website: www.tiaspg.tecnia.in



Fit India Youth Club

Annual Fit India Youth Club Meeting

Ref. No: TIAS/Fit India Youth Club/2022-2023/03

Date: 12/09/2022

Minutes of the Meeting

In pursuance of "Annual Fit India Youth Club Meeting" scheduled on 12/09/2022 for the session 2022-23 was held at 11.00 am under the chairmanship of Mr. Inderpreet Singh to discuss and approve the agenda. The meeting started with the welcome of all members by the chair. The following members were present & attended the meeting.

- | | |
|--------------------------------------|-------------------------------------|
| 1. Mr. Inderpreet Singh (Incharge) | 11. Muskan Aggarwal (MBA Student) |
| 2. Ms Megha Sharma (Student Welfare) | 12. Anam Ahmed (MBA Student) |
| 3. Ms. Sania Kakkar (BCA Faculty) | 13. Shehbaz (BCA Student) |
| 4. Ms. Jyoti Gupta (BAJMC Faculty) | 14. Ankush (BCA Student) |
| 5. Ms. Megha Mohan (BBA Faculty) | 15. Vipul (BCA Student) |
| 6. Dr. Sheenu Arora (MBA Faculty) | 16. Risha (BCA Student) |
| 7. Varun Mendiratta (BBA Student) | 17. Krishan (BAJMC Student) |
| 8. Yash Priye (BBA Student) | 18. Radhika Kataria (BAJMC Student) |
| 9. Afsal Khan (BBA Student) | 19. Shivam Gupta (BAJMC Student) |
| 10. Yiesha Sharma (BBA Student) | 20. Vanshika (BAJMC Student) |

Agenda Points:

1. To confirm the minutes of the previous meeting held on 29 June 2021

The minutes of the last meeting held on dated on 29 June 2021 were read by the chair and confirmed. The committee was informed that the last minutes were circulated to all the members no comments were received.

2. Action Taken Report (ATR) of the minutes of meetings dated on 29 June 2021

Action taken report of the minutes of meetings dated on 29 June 2021 was presented by the nodal officer- Mr. Inderpreet Singh and it was noted by the committee without any further comments/suggestions.

3. Club Activity Planning and Implementation for session 2022-23: The Club activities proposed as per the inputs received from IAC members, Departmental Committee, Nodal Officer of the club, Core Committee members of the club and other stakeholders were discussed and finalized along with its implementation plan. The proposed activities were enlightened with the guidelines given in the manual.

The proposed activities given below:

- i. Intra Institute Sports Competition (Physical Activity: Key Ingredient of Fitness)
- ii. Meeting of Fit India Youth Club
- iii. Fitness Quiz- "Life Style Disease"
- iv. Intra Institute Sports Competition: Indoor Game (Chess, Ludo -Fitness Sporting Activity)- "Life Style Diseases"
- v. Fit India Freedom Run under the aegis of FIT India Movement
- vi. Intra Institute Sports Competition: Indoor Game (Chess, Carom) -Fitness Sporting Activity- "Healthy Diet For Healthy Life"
- vii. Fitness Quiz- "Theme: Healthy Diet For Healthy Life"
- viii. Intra Institute Sports Competition: Indoor Game (Chess, Carom) -Fitness Sporting Activity - " Hygiene and Cleanliness"
- ix. Report on Talk by Specialist
- x. Fitness Quiz- "The Perils of Smoking ,Drugs and Alcohol"
- xi. Fitness Quiz: Key Ingredient of Fitness
- xii. Indoor Game (Chess, Carom) -Fitness Sporting Activity- Key Ingredient of Fitness
- xiii. Indoor Game (Chess, Carom) -Fitness Sporting Activity- Supporting Mental Health
- xiv. Intra Institute Sports Competition: Indoor Game (Chess, Carom) - Fitness Sporting Activity (Theme: Sleep Well to Stay Fit
- xv. "Fitness Quiz- Fitness Campaign Activity (Theme: Supporting Mental Health)"
- xvi. "Intra Institute Sports Competition: Indoor Game (Chess, Carom)-Fitness Sporting Activity (Theme: Supporting Mental Health) "
- xvii. Meeting of fitness Club

- xviii. "Fitness Quiz-Fitness Campaign Activity (Theme: The Perils of Smoking, Drugs and Alcohol) - 08/05/2021"
- xix. Intra Institute Sports Competition: Indoor Game (Chess, Carom) - Fitness Sporting Activity (Theme: The Perils of Smoking, Drugs and Alcohol)
- xx. Meeting of fitness Club-
- xxi. "Intra Institute Sports Competition: Indoor Game (Chess, Carom) -Fitness Sporting Activity (Theme: Yoga and Meditation: Looking Inwards for Mental Peace)"
- xxii. International Yoga Day
- xxiii. Quiz Participation of Tokyo Olympics
- xxiv. Fitness Quiz- Key Ingredient of Fitness
- xxv. Intra Institute Sports Competition- : Key Ingredient Of Fitness

4. Dissemination of Fit India Youth clubs activities through all MBA/BBA/BAJMC/BCA Departmental Head in their respective departments by the nodal officer Mr. Inderpreet Singh. All the departmental heads Dr B.B. Tiwari (BBA), Dr. Shivendu Rai (BAJMC), Dr. Deepak Solanki (BCA) & Dr. Ashutosh Bajpai (MBA) will share the information regarding the commencement of activities through the whatsapp groups and mail with flier in the respective groups to the students.

4.1. It was informed to all committee members for uploading the report of activity within the three days of event conducted at institute website and uploading the photos of the event social media like Twitter, Facebook and Instagram

5. Discussion on any other matter with the permission of chairperson- All the relevant points of the agenda had been discussed above so no other discussion had been made.

All the resolutions and minutes are put-up in front of Institutional academic committee for approval.

Dr. Ruchi Srivastava

Nodal Officer- Fit India Youth Club

CC:

- To Director, Tecnia Institute of Advanced Studies for kind information
- To Dean, Tecnia Institute of Advanced Studies for kind information
- IQAC Head, Tecnia Institute of Advanced Studies for kind information
- HOD's- MBA/BBA/BCA/BAJMC