



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

NOTICE

Session: 2023-24

Ref. No: TIAS/Fit India Youth Club/2023-24/01

Date: 01/09/2023

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 01.09.2023

- | | |
|---|-------------------------------------|
| 1. Mr. Abhishek Kumar Maheshwari (Incharge) | 11. Muskan Aggarwal (MBA Student) |
| 2. Dr. Rajesh Kumar (Student Welfare) | 12. Anam Ahmed (MBA Student) |
| 3. Ms. Mansi Jaiswal (BCA Faculty) | 13. Shehbaz (BCA Student) |
| 4. Mr. Ashish (BAJMC Faculty) | 14. Ankush (BCA Student) |
| 5. Ms. Himani (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) |


Nodal Officer, Fit India Youth Club
Tecnia Institute of Advanced Studies
Mr. Abhishek Kumar Maheshwari
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



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Fit India Youth Club

NOTICE

Ref. No: TIAS/Fit India Youth Club/2023-24/02

Date: 07/09/2023

The Fit India Youth Club of Tecnia Institute of Advanced Studies is organizing an Annual Fit India Youth Club Meeting on 12 September, 2023 for the session 2023-24 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. Abhishek Kumar Maheshwari (Incharge) | 11. Muskan Aggarwal (MBA Student) |
| 2. Dr. Rajesh Kumar (Student Welfare) | 12. Anam Ahmed (MBA Student) |
| 3. Ms. Mansi Jaiswal (BCA Faculty) | 13. Shehbaz (BCA Student) |
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| 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 29th June 2023
2. Action taken report of the minutes of meetings dated 29th June 2023
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 2023-2024
5. To discuss about the implementation of the events under Fit India Youth Club for the Academic Year 2023-2024
6. To discuss the role of student coordinators in the extension activities and other activities to be undertaken in the Fit India Youth Club

Mr. Abhishek Kumar Maheshwari
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.



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Fit India Youth Club

Annual Fit India Youth Club Meeting

Ref. No: TIAS/Fit India Youth Club/2023-2024/03

Date: 12/09/2023


Minutes of the Meeting

In pursuance of "Annual Fit India Youth Club Meeting" scheduled on 12/09/2023 for the session 2023-24 was held at 11.00 am under the chairmanship of Mr. Abhishek Kumar Maheshwari 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. Abhishek Kumar Maheshwari (Incharge) | 11. Muskan Aggarwal (MBA Student) |
| 2. Dr. Rajesh Kumar (Student Welfare) | 12. Anam Ahmed (MBA Student) |
| 3. Ms. Mansi Jaiswal (BCA Faculty) | 13. Shehbaz (BCA Student) |
| 4. Mr. Ashish (BAJMC Faculty) | 14. Ankush (BCA Student) |
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| 9. Afal Khan (BBA Student) | 19. Shivam Gupta (BAJMC Student) |
| 10. Viesha Sharma (BBA Student) | 20. Vanshika (BAJMC Student) |

Agenda Points:

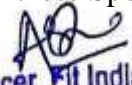
1. To confirm the minutes of the previous meeting held on 29th June 2023- The minutes of the last meeting held on dated on 29th June 2023 were read by the chair and confirmed. The committee was informed that the last minutes were circulated to all the members no comments were received. Action taken report of the minutes of meetings dated on 29 June 2023 was presented by the nodal officer- Mr. Abhishek Kumar Maheshwari and it was noted by the committee without any further comments/suggestions.
2. **Club Activity Planning and Implementation for session 2023-24:** 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


Nodal Officer, Fit India Youth Club
Tecnia Institute of Advanced Studies
Madhuban Chowk, Rohini, Delhi - 110085

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)
- 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-


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- 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

3. Dissemination of Fit India Youth clubs activities through all MBA/BBA/BAJMC/BCA Departmental Head in their respective departments by the nodal officer Mr. Abhishek Kumar Maheshwari. All the departmental heads Dr Pooja Sharma (MBA), Dr. Shivendu Rai (BAJMC), Dr. Rajesh Kumar (BCA) & Dr. Monisha (BBA) will share the information regarding the commencement of activities through the whatsapp groups and mail with flier in the respective groups to the students.

- 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

4. 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.


Nodal Officer, Fit India Youth Club
Tecnia Institute of Advanced Studies
Jagan Chowk, Rohini, Delhi - 110085
Mr. Abhishek Kumar Maheshwari
Nodal Officer- Fit India Youth Club

- CC: 1. To Director, Tecnia Institute of Advanced Studies for kind information
- 2. To Dean, Tecnia Institute of Advanced Studies for kind information
 - 3. IQAC Head, Tecnia Institute of Advanced Studies for kind information
 - 4. HOD's- MBA/BBA/BCA/BAJMC