



ASHTAVAKRA INSTITUTE OF REHABILITATION SCIENCES AND RESEARCH

Approved by Rehabilitation Council of India

5 PSP, Institutional Area, Madhuban Chowk Sector-14(Ext), Rohini, Delhi-110085

Fax: +91-11-27550013, Phone No: +91-11-27550013

E-mail: directorrehab@tecnia.in



FIT INDIA YOUTH SURVEY (4th September 2021)

Event: Fit India Youth Survey

Date: 4th September 2021

Time: 10:00 A.M.- 5:00P.M.

Venue: Microsoft Teams App

Convenor/In-charge: Mr. Puneet Kumar (Assistant Professor, ID Department)

No. of Students: 40

Purpose of the Event:

- The mission of this is to bring about behavioural changes and move towards a more physically active lifestyle to educate humans and create awareness among the students. To create a platform for citizens of India to share information, drive awareness and encourage sharing of personal fitness stories.

Objective of the Event:

- To make people realize the importance of physical activities in their day-to-day lifestyle.
- To make India a great nation, the only way possible is to create healthy human resource. It is possible by making a healthy person, healthy family and healthy society.
- Importance of fitness is there in our scriptures. Fit India youth has zero investments and ultimate returns.
- Give a message of Health is wealth, don't be a brat...burn that fat
- Create awareness regarding active lifestyle among the students.

Report of the Event

Fit India Youth survey was organized on 4th September 2021, Saturday by Ashtavakra Institute of Rehabilitation, Sciences and Research with great like every year. Students and staff members of all the department participated in this activity with full enthusiasm and showed utmost dedication. The idea was to provide Insight and create awareness among the students. Due to the current scenario of Covid-19, the survey was organized virtually by taking part in the event from their home.

The format of this quiz was Multiple Choice Questions created on Google forms, facilitated by Assistant prof. Puneet Kumar. We received an overwhelming response from our students. There was total 39 responses. It was a great learning experience. There is a proverb ; **Healthy body has healthy Mind**. As we have observed that we are getting more and more busy in our daily life. We hardly have time to exercise or we hardly walk around even 500 meter in a single day. This human laziness is increasing many problems like heart attack, diabetes, fatigue, strain etc. So, in order to remove this laziness and diseases , awareness was created among students on relevance education and by this virtual event. Small change in lifestyle can bring massive benefits to our body. Technology and development reduced physical activities. We should not make ourselves, slaves of technology.

Sports are an integral part of our lives. Ignoring physical fitness is a tool on your mental fitness. A sound mind is always found in a healthy body. To get rid of lifestyle disorders, one needs to adopt healthy living activities and fitness strategies.

The quiz covers various topics such as importance and benefits of physical activities, intensity of physical activities, healthy food items for our body, various lifestyle diseases associated with unhealthy food habits and lack of physical activities such as heart attack, atherosclerosis, stroke, and high blood pressure. It also includes a case study to understand the concept better.

Overall programme was very informative and the event was a great success in this hour of COVID-19 pandemic with the help of Google form.

The glimpses of the survey in the form of quiz responses by the students were as follows:

FITNESS QUIZ ON LIFESTYLE DISEASES

Questions Responses **39** Settings Total points: 36

39 responses

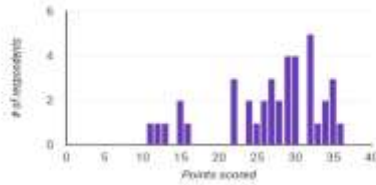
Accepting responses

Summary Question Individual

Insights

Average 26.87 / 36 points Median 29 / 36 points Range 11 - 36 points

Total points distribution



FITNESS QUIZ ON LIFESTYLE DISEASES

Questions Responses **39** Settings Total points: 36

Frequently missed questions

Question	Correct responses
Q.22 Which is a common symptom of high blood glucose?	19 / 39
Q.30 What is the function of insulin?	15 / 39

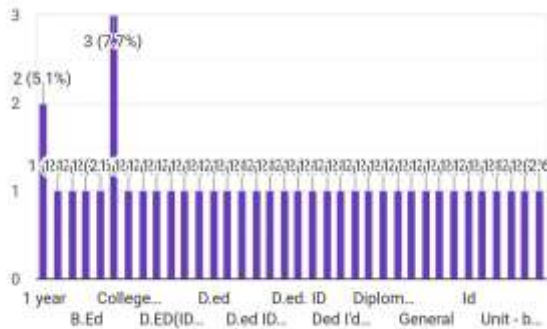
Scores

[Release scores](#)

Email	Score / 36
shivanitehlan1999@gmail.com	24
payalsuri1208@gmail.com	36
kvats352@gmail.com	32
drishiti10th@gmail.com	29
quambarabbas45821@gmail.com	13

CLASS

39 responses



Learning Outcome

- The students learnt to think and steal some time for themselves.
- The students understood that the more they will stay fit and, in this way, the less they will feel sick and will become a healthy nation.
- The Students were able to enhance their knowledge regarding different types of diseases associates with unhealthy food intake and lack of physical activities.
- The students learnt that a healthy person can perform well in many ways, they can work for extra hours, they stay active for a long time, and their performance differs from others. So, it is beneficial in many ways.
- The students learnt that Health is the biggest bank balance, and once it is over no one can refill it, so it's better to invest a few hours on health every day. Students are understanding this and trying to manage some time for it.