



ASHTAVAKRA

Institute of Rehabilitation Sciences and Research
5, PSP Institutional Area Madhuban Chowk Rohini, Sector-14, Delhi-110085



EVENT NAME

Title of Activity*

Fitness Quiz: Sleep Well to Stay Fit

Values

- Awareness of Sleep Importance
- Knowledge of Sleep Benefits
- Motivation to Improve Sleep
- Understanding Sleep Hygiene
- Integration of Sleep into Fitness Plans
- Healthier Lifestyle Choices
- Prevention of Negative Outcomes
- Enhanced Mental Health
- Commitment to Balance

Learning Outcomes

- Understanding Sleep's Role in Fitness
- Identifying Benefits of Adequate Sleep
- Evaluating Personal Sleep Habits
- Applying Sleep Hygiene Practices
- Integrating Sleep into Fitness Plans
- Balancing Lifestyle Choices

**Organized by (Dept./ Centre/
Cells/Clubs/ Committees Name)***

Fit India Youth Club

Program Theme*

Fitness Quiz

External Expert / Internal Expert

Mr. Vikas Kumar

Date*

06.03.2024

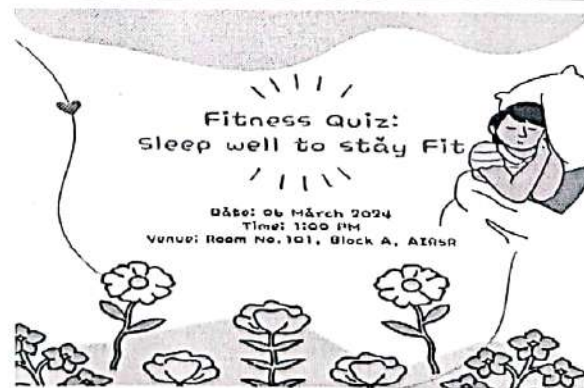
Time*

1:00 PM

Venue

Room No. 101, Block A, AIRSR

Poster/Flyer/Notice*



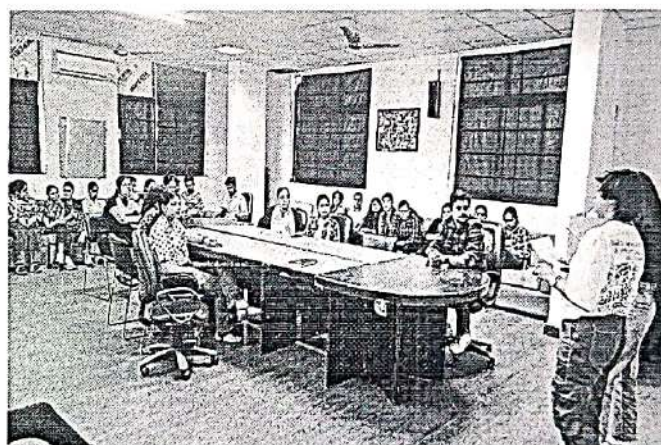
Social media link (promoting in any one Facebook/Instagram/Twitter is mandatory)	https://www.instagram.com/reel/Cz84teeprR/?igshid=MTc4MmM1YmI2Ng==
No. of Students* (only no. to be written, list in excel or word should be maintain at department level as proof for any further requirement)	30
No. of Faculty* (only no. to be written, list in excel or word should be maintain at department level as proof for any further requirement)	1
No. of External Participants (students + faculty) [write NA if not applicable]	N.A

(Geotag) Photograph*

Photograph of the Event with the Caption



Group Photo consisting Club In-charge & Participants.



Students defining the Instructions of the quiz.



Result Declaration of the Quiz



Integrating Sleep with Fitness Plans

Report: Description in (min 250 to max 800 words)*

The "Sleep Well to Stay Fit" quiz aimed to highlight the crucial connection between sleep and physical fitness. This educational tool helps participants understand the various ways in which sleep impacts their health and fitness goals. By addressing key aspects of sleep hygiene, hormonal balance, recovery, and overall well-being, the quiz provided valuable insights and practical takeaways for improving both sleep quality and fitness outcomes. Understanding the impact of sleep on physical health, mental clarity, and daily functioning is crucial for promoting a healthy lifestyle. This report delves into the purpose, structure, results, and recommendations derived from the quiz. Participants learned about the importance of Sleep for Fitness, Benefits of Quality Sleep & Sleep Hygiene Practices. The "Sleep Well to Stay Fit" quiz turned out to be a valuable tool for anyone looking to enhance their fitness journey. By understanding the profound impact of sleep on various aspects of health and performance, participants can make informed decisions that promote their overall well-being. This quiz encourages a holistic approach to health, emphasizing that adequate sleep is a critical component of a balanced and healthy lifestyle. It served as an essential tool for individuals to understand the pivotal role of sleep in their overall fitness journey. By assessing current sleep habits and providing actionable recommendations, the quiz empowers participants to make informed decisions that enhance their health and well-being.

Recourse Person

NA

Attendance Sheet*

Attached at the end of Report

Feedback

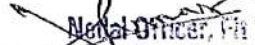
Sample feedback Attached at the end of Report

Report Submitted by Convener (write faculty coordinator name)

Mr. Vikas Kumar

For Office Use


Signature of Event Coordinator


Nehal Dhillon, Fit India Club (FYC)
Ashtavakra Institute of Rehabilitation Sciences and Research
Medhuban Chowk, Rohini, Delhi-110085
Signature of Club In-Charge
(With Seal)

List of Beneficiary

30

LIST OF STUDENT PARTICIPANTS

S. No.	Name of Participants	Course
1.	Gun	D.ED SE MD
2.	Vikky	D.ED SE MD
3.	Shubham	D.ED SE MD
4.	Tamanna	D.ED SE MD
5.	Bhumika	D.ED SE MD
6.	Aanchal	D.ED SE MD
7.	Tanisha	D.ED SE MD
8.	Vishakha	D.ED SE MD
9.	Suryanshu	D.ED SE MD
10.	Jaya	D.ED SE MD
11.	Shrishi	D.ED SE MD
12.	Kanika	D.ED SE MD
13.	Yuvraj	D.ED SE MD
14.	Annu	D.ED SE MD
15.	Chhavi	D.ED SE MD
16.	Mansi	D.ED SE MD
17.	Jaya	D.ED SE MD
18.	Ridhi	D.ED SE MD
19.	Sneha	D.ED SE MD
20.	Deepanshi	D.ED SE MD
21.	Mandeep	D.ED SE MD
22.	Khushi	D.ED SE MD
23.	Nimisha	D.ED SE MD
24.	Priyanshu	D.ED SE MD
25.	Riya	D.ED SE MD
26.	Drishiti	D.ED SE MD
27.	Monika	D.ED SE MD
28.	Parthvi	D.ED SE MD
29.	Deepika	D.ED SE MD
30.	Khushboo	D.ED SE MD