



Ashtavakra Institute of Rehabilitation Sciences & Research

AApp.by Rehabilitation Council of India. Ministry of Social Justice & Empowerment, Govt. of India
Affiliated to GURU GOBIND SINGH INDRAPRASHTHA UNIVERSITY

Ref. AIRSR/2024-25/8703

Date 29/08/2024

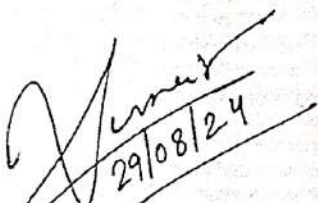
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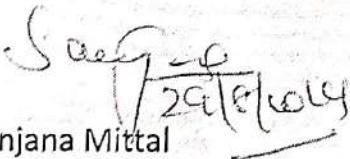
All the students of D.ED SE are hereby informed about the upcoming Fitness Quiz: Key Ingredient of Fitness Program. At Ashtavakra Institute of Rehabilitation Sciences and Research, we believe in promoting holistic wellness among our students, and see what better way to achieve this than by learning and staying fit. Interested participants can send their names to the undersigned. The details of the Quiz are mentioned below:

Date: 02.09.2024

Time: 1:00PM – 2:00PM

Venue: Room No. 101, Block A, AIRSR


Mr. Vikas Kumar
FIYC In-charge


Ms. Sanjana Mittal

Deputy Director

Address: - PSP, Institutional Area, Madhuban Chownk, Rohini Delhi-85,

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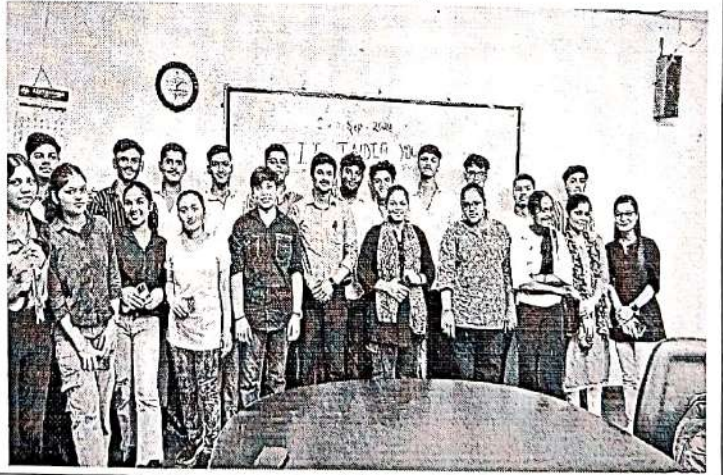
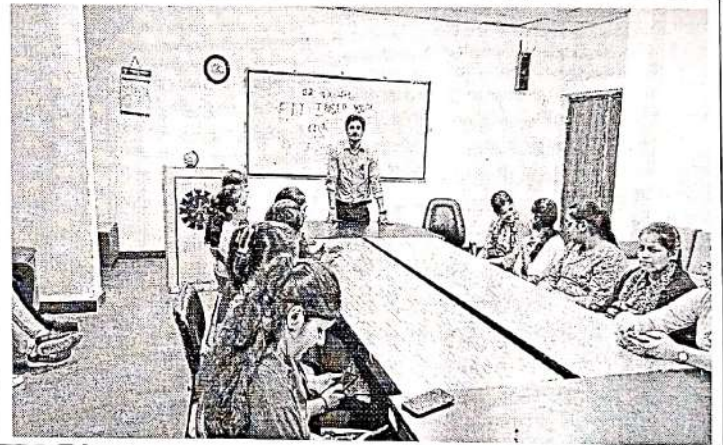
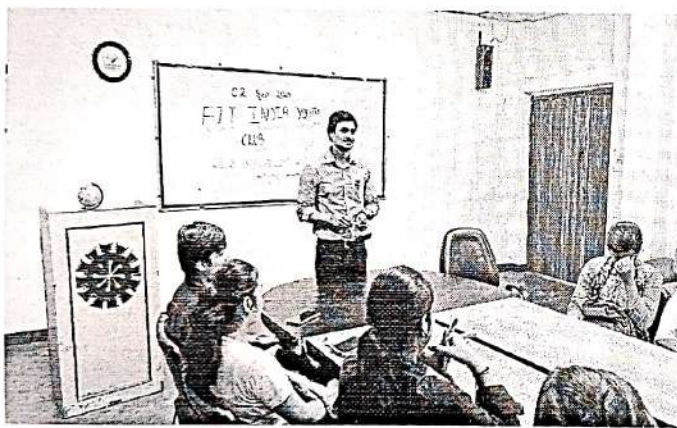
EVENT NAME



Title of Activity*	Fitness Quiz - Key Ingredient of Fitness Program
Values	<ul style="list-style-type: none"> • Self-awareness • Stress Management • Routine and Consistency • Community and Support • Resilience Building • Healthy Lifestyle Choices • Fit-awareness
Learning Outcomes	<ul style="list-style-type: none"> • Understanding the Connection • Self-assessment Skills • Stress Reduction Techniques • Building Consistent Habits • Community Engagement • Resilience and Goal Setting • Making Healthy Lifestyle Choices • Implementing Practical Strategies
Organized by (Dept./ Centre/ Cells/Clubs/ Committees Name)*	Fit India Youth Club
Program Theme*	Fitness Quiz
External Expert / Internal Expert	Mr. Vikas Kumar
Date*	02.09.2024
Time*	1:00PM – 2:00PM
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/C_apvFvvEKc/?igsh=ZDF4NzBIMzdmemt
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)	27
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)	01
No. of External Participants (students + faculty) [write NA if not applicable]	N.A

(Geotag) Photograph*

Photograph of the Event with the Caption



<p>Report: Description in (min 250 to max 800 words)*</p>	<p>The Fitness Quiz: Key Ingredient of Fitness Program was a successful initiative that engaged participants and enhanced their understanding of fitness. It served as a foundational learning tool to guide participants toward better fitness practices and promote a holistic approach to physical well-being. The primary goal of the Fitness Quiz: Key Ingredient of Fitness Program was to assess participants' knowledge on critical aspects of fitness and to educate them on the key components necessary for a well-rounded fitness program. Participants were given an overview of the fitness program elements and the importance of each. A brief discussion on commonly held fitness myths helped to engage participants and build anticipation for the quiz. After the quiz, participants were guided through the correct answers. A discussion session was held to explain key concepts, correct wrong answers, and provide additional resources for learning. Many participants reported an increase in awareness regarding important fitness concepts they were previously unaware of, particularly the importance of recovery (sleep, hydration, and stretching) and mental well-being. The quiz provided participants with an opportunity to test and expand their knowledge of fitness fundamentals. Participants left the session with actionable insights that could be incorporated into their personal fitness routines, such as: Adjusting exercise intensity using the FITT principle, Recognizing the importance of balanced nutrition to fuel workouts, Implementing mental wellness practices to improve focus and recovery.</p>
<p>Recourse Person</p>	<p>NA</p>
<p>Attendance Sheet*</p>	<p><i>Attached at the end of Report</i></p>
<p>Feedback</p>	<p><i>Sample feedback Attached at the end of Report</i></p>
<p>Report Submitted by Convener (write faculty coordinator name)</p>	<p>Mr. Vikas Kumar</p>
<p><i>For Office Use</i></p>	
<p style="text-align: center;">  Signature of Event Coordinator </p>	<p style="text-align: center;">  Signature of Club In-charge <i>(With Seal)</i> </p>
<p style="text-align: center;"><u>List of Beneficiary</u></p>	<p style="text-align: center;">27</p>

LIST OF STUDENT PARTICIPANTS

S. No.	Name of Participants	Course
1.	Rakhi	D.ED SE MD
2.	Ninaxi	D.ED SE MD
3.	Vaishali Yadav	D.ED SE MD
4.	Mansi Kundu	D.ED SE MD
5.	Bhumika	D.ED SE MD
6.	Ankita	D.ED SE MD
7.	Himanshu	D.ED SE MD
8.	Riya	D.ED SE MD
9.	Sahil Bhardwaj	D.ED SE MD
10.	Bhawnit	D.ED SE MD
11.	Suruchi Mishra	D.ED SE MD
12.	Srishti Singh	D.ED SE MD
13.	Heemi	D.ED SE MD
14.	Shivani	D.ED SE MD
15.	Muskan Bharti	D.ED SE MD
16.	Sapna	D.ED SE MD
17.	Prachi	D.ED SE MD
18.	Ayush	D.ED SE MD
19.	Diksha Bhardwaj	D.ED SE MD
20.	Vansh Gautam	D.ED SE MD
21.	Gauri Verma	D.ED SE MD
22.	Poonam	D.ED SE MD
23.	Tushar Kaushik	D.ED SE MD
24.	Aditya	D.ED SE MD
25.	Bhawna	D.ED SE MD
26.	Rakhi	D.ED SE MD
27.	Ninaxi	D.ED SE MD