



**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**

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## Fit India Youth Club

### REPORT

**EVENT:** Intra Institute Sports Competition

**THEME:** Supporting Mental Health

**Nodal Officer:** Dr. Ruchi Srivastava

**Convener-Incharge:** Mr. Inderpreet Singh

**Student Beneficiary:** 19

**Participation:** BBA, BJMC, BCA, MBA

**Date:** 19/02/2022

**Time:** 10:00 AM onwards

**Platform:** Offline

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INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085

**Fit India Youth Club**  
INDIA

Organizes  
**Intra Institute Sports Competition:**  
**Indoor Game (Chess, Badminton, Bodybuilding, Table Tennis)**  
**-Fitness Sporting Activity**  
**(Theme: Supporting Mental Health)**

**Departments: MBA, BBA, BA(J&MC) & BCA**  
**19-Feb-2022, Saturday**  
**Time: 10 AM Onwards**  
**Platform: Offline TIAS**

In Association With

Dr. Ruchi Srivastava  
Nodal Officer

Mr. Inderpreet Singh  
Incharge - Fitness Club

## **OBJECTIVES**

1. To provide an opportunities to the students for showcasing their talent
2. To promote sportsmanship among students
3. To develop the interests of the students among sports

## **REPORT**

This activity has been organized by the Fit India Youth Club of Tecnia Institute of Advanced Studies on 19.02.2022 in continuation of UGC's letter no 1-54/2019 (Website/Fit India) dated 13th December, 2019 regarding the implementation of "Fit India Campaign" in Higher Educational Institutions. The meeting was organized to address the coordinators about the improvement activities to provide an opportunity to the students at the institution to develop and display the skills in the fitness supporting activity. In this event, indoor games like chess, table tennis, arm wrestling and badminton was designed for the students where they can enhance themselves. All the participants enjoyed this event and were glad that these types of events were organised in the institution where they can achieve something and grow themselves. Sports helps an individual much more than in the physical aspects alone. It builds character, teaches and develops strategic thinking, analytical thinking, leadership skills, goal setting and risk taking.

All the students were motivated to devote time to each game and were also instructed to play each game. The main aim was to provide emotional concern for the students in Pandemic to build their mental health and to create awareness through this event.



*Students Participation in the event*

## LEARNING OUTCOME

1. Participants have acquired relevance of indoor games
2. Participants have enhanced their tactical and decision making skills on the basis of tactics involved in playing the games
3. Participants attain strategic skills by involving themselves in the mind game such as chess.

LIST OF BENEFICIARIES		
S.NO	NAME	STUDENT/FACULTY
1	DESHIK CHAWLA	STUDENTS
2	UTKARSH RUSTAGI	STUDENTS
3	YASH PRIYE	STUDENTS
4	SAKSHAM SETHI	STUDENTS
5	VARUN MENDIRATTA	STUDENTS
6	KUNAL CHATURVEDI	STUDENTS
7	AFZAL KHAN	STUDENTS
8	VISHESH BHATIA	STUDENTS
9	VARAANG KANSAL	STUDENTS
10	NAMAN VIZ	STUDENTS
11	SARTHAK ARORA	STUDENTS
12	SANKET GULYANI	STUDENTS