



**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

On

### INTRA INSTITUTE SPORTS COMPETITION

<b>EVENT</b>	:	Intra Institute Sports Competition
<b>Theme</b>	:	<b>PHYSICAL ACTIVITY: KEY INGREDIENT OF FITNESS</b>
<b>Nodel Officer</b>	:	Dr. Rahul Tripathi
<b>No. of Beneficiary:</b>		60
<b>Participation</b>	:	BBA, BJMC, BCA, MBA
<b>Date</b>	:	<b>24 JULY, 2021</b>
<b>Time</b>	:	9:00 AM onwards
<b>Platform</b>	:	Online



## OBJECTIVES

1. To provide opportunities to the students for showcasing their talents.
2. To motivate students for physical activities that will equip them into sports activities.
3. To promote sportsmanship among students.
4. To develop the social needs of the students by the interaction with other participants

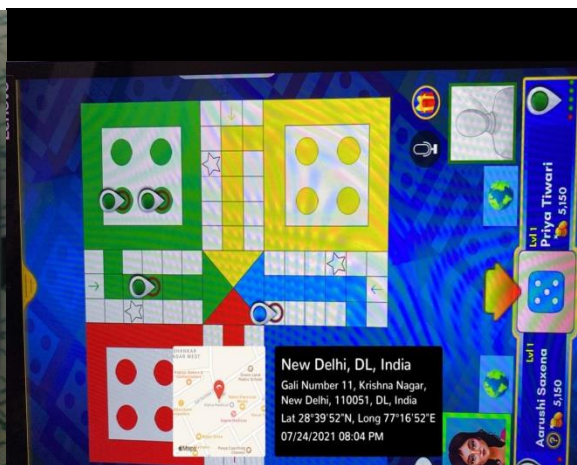
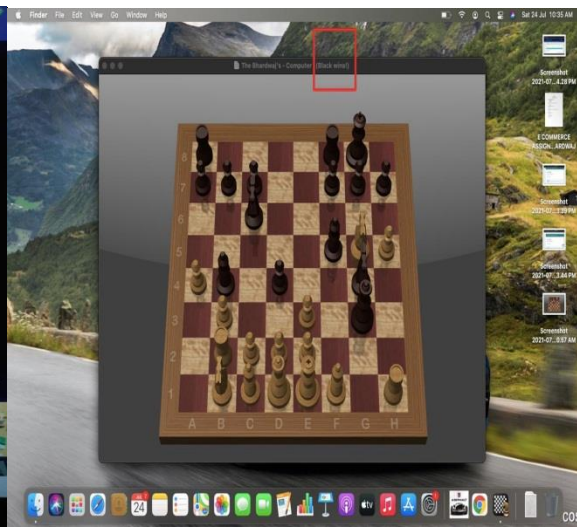
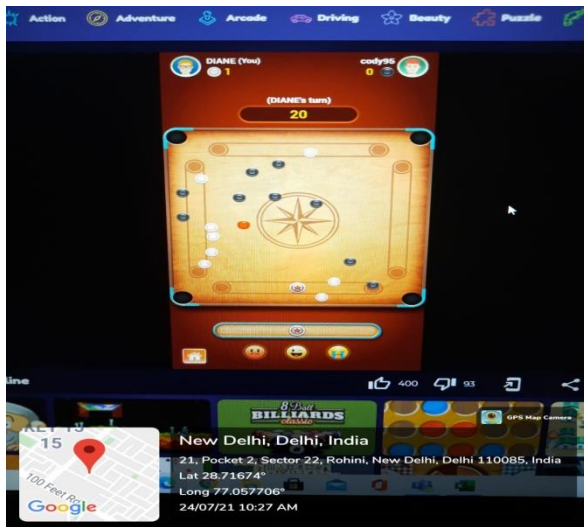
## REPORT

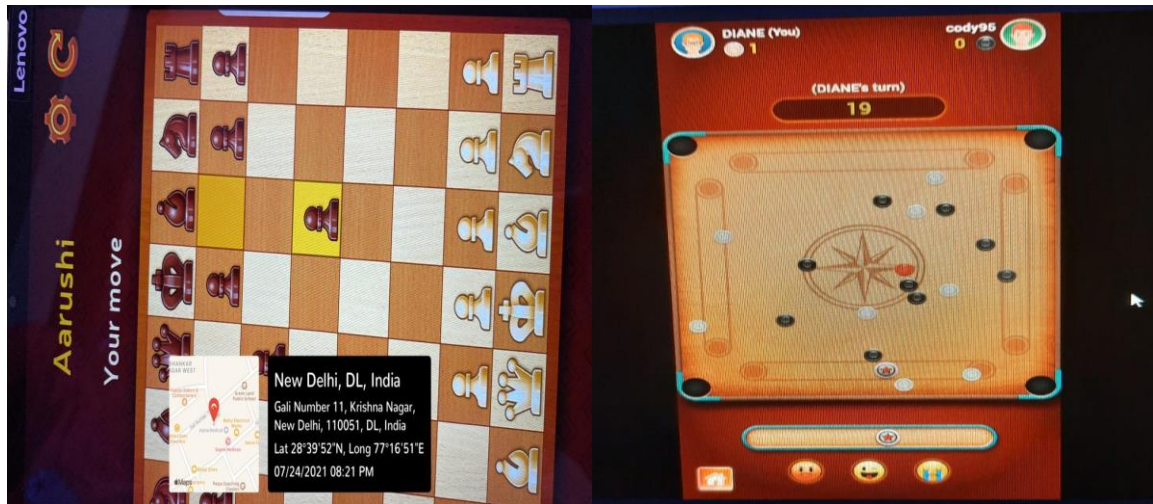
An event Intra Institute Sports Competition was organized on 27.07.2021 in Fit India Youth Club of Tecnia Institute of Advanced Studies with reference to UGC's letter no 1-54/2019 (Website/Fit India) dated 13th December, 2019 for the implementation of "Fit India Campaign" in Higher Educational Institutions. This workshop was designed by Fitness Club of TIAS to provide opportunities to the students at the institution to develop and display their skills in various physical activities. It is very important to be physically fit and healthy. Therefore, physical fitness and physical activity are interrelated to each other which is an essential element for the growth of students.

In this event, indoor games like chess, carom and Ludo 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. During this Pandemic, it was also an active move towards the students where they can enjoy themselves and can feel relief.

Fitness Club of TIAS focuses at providing opportunities to the students for physical activities for the student's wellbeing and happiness. 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 Outcomes

Students have learnt

1. about the importance of indoor games.
2. about physical activities has enhanced.
3. tactical and decision making skills on the basis of tactics involved in playing the games

**FIT INDIA YOUTH CLUB  
LIST OF BENEFICIARIES**

**INTRA INSTITUTE SPORTS COMPETITION: INDOOR GAME  
(CHESS, CAROM)  
PHYSICAL ACTIVITY: KEY INGREDIENT OF FITNESS  
DATED:24.07.2021**

<b>S. No</b>	<b>NAME</b>	<b>Enrollment No</b>	<b>Course</b>
1	NAMAN VIJ	07821301720	BBA
2	SAMRIDDI SHARMA	11021301720	BBA
3	SANSKAR BANSAL	11121301720	BBA
4	OM GUSAIN	08521301720	BBA
5	NIKHIL SANDAL	08121301720	BBA
6	ROHIT PANJRATH	10521301720	BBA
7	RITIK SHARMA	10321301720	BBA
8	SHIVAM JHA	11321301720	BBA
9	SHREY GOEL	11821301720	BBA
10	KAPIL	06221301720	BBA
11	MAHIMA ARORA	07321301720	BBA
12	PIYUSH KUMAR	08921301720	BBA
13	PRITISH JAIN	09221301720	BBA
14	SHREYA GOEL	11821301720	BBA
15	SAHIL DUGGAL	10921301720	BBA
16	RHYTHEM GUPTA	09921301720	BBA
17	PURUSHARTH PHOGAT	09421301720	BBA
18	RAHUL LAKRA	09621301720	BBA
19	ROHAN VOHRA	10421301720	BBA
20	VIDHI SHARMA	13521301720	BBA
21	UJJWAL MISHRA	12821301720	BBA
22	AARUSHI SAXENA	12117001719	BBA
23	PRIYA	14017001719	BBA
24	MAYUR GUPTA	08217001720	BBA
25	LAKSHAY BHARDWAJ	06917001720	BBA
26	RIYA GUPTA	10517001720	BBA
27	RISHABH JAIN	03317002020	BCA
28	GOVIND VIJAY	01717002020	BCA
29	SWAYAM KASHYAP	02721301719	BBA
30	SOUMIL SAXENA	03021310719	BBA

31	SHIKHAR ANAND	06017001718	BBA
32	BHAGYA SETHI	00521301718	BBA
33	MOHAMMAD AMIR	03721301719	BBA
34	ADITYA BHANDARI	00221301718	BBA
35	MANSI SINGH	04021301719	BBA
36	ROHAN CHADHA	03621301718	BBA
37	TANMAY GUPTA	02417001719	BBA
38	HIMANSHI GOGIA	11917001719	BBA
39	ANSHUMAN GOGIA	00321301718	BBA
40	ABHIT BUDHIRAJA	00121301718	BBA
41	RIYA CHADHA	03817001719	BBA
42	AVANI GUPTA	00817001718	BBA
43	HARDIK SUNEJA	00217001719	BBA
44	RIYA	05817001719	BBA
45	SAKSHAM AGGARWAL	03621301719	BBA
46	YASH KAPOOR	04921301719	BBA
47	PRAKHAR TRIPATHI	04917001719	BBA
48	AKSHAT GARG	00917001719	BBA
49	TUSHAR SHARMA	05617001719	BBA
50	LOVISH ARORA	12721301719	BBA
51	MAHAK MALHOTRA	14317001719	BBA
52	MANAV JAWA	03717001719	BBA
53	MANSI BHARDWAJ	13017001719	BBA
54	MEHUL BHALLA	14417001719	BBA
55	MENARK SINGH	06521301719	BBA
56	MIHIR MUTREJA	06821301719	BBA
57	NAMAN JINDAL	35921301719	BBA
58	NANCY SALHOTRA	11621301719	BBA
59	NIPUN DIWAN	08421301719	BBA
60	PANSY KHAJURIA	02017001719	BBA