



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
Tel:91-11-27555121-24, E-Mail : directortias@tecnia.in, Website: www.tiaspg.tecnia.in



Fit India Youth Club

Report

On

Indoor Game (Chess, Carom) -Fitness Sporting Activity

Event	:	Indoor Game (Chess, Carom)
Theme	:	Physical Activity: Key Ingredient of Fitness
Convener	:	Dr. Rohtash Kumar
Participation	:	BBA
Date	:	09.02.2021
Time	:	10:00 AM onwards
No of Beneficiary:	:	69
Platform	:	Online



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INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085



Fit India Youth Club
Organizes

Indoor Game (Chess, Carom) -Fitness Sporting Activity
(Theme: Physical Activity: Key Ingredient of Fitness)

Departments: MBA, BBA, BA(J&MC) & BCA
09.02.2021, Tuesday
Time: 10:00 AM onwards
Platform: Online

In Association With



DR. ROHTASH KUMAR
Incharge - Fitness Club

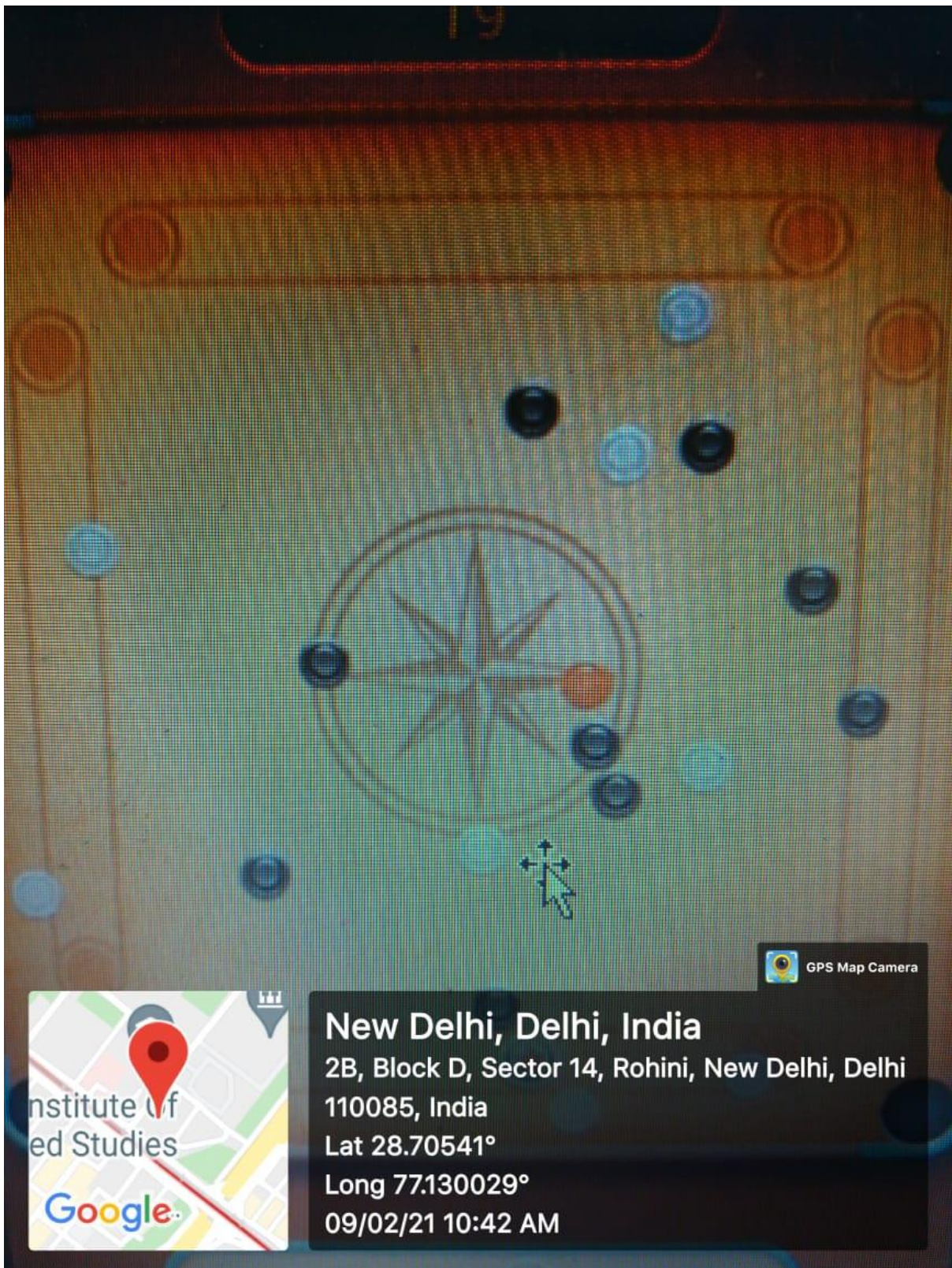
OBJECTIVES OF THE EVENT

- To provide an environment for physical development of the students.
- To provide opportunity to the student to showcase their talent in sports field.
- To promote sportsmanship among students by organizing various sports activities like Chess, Carom.

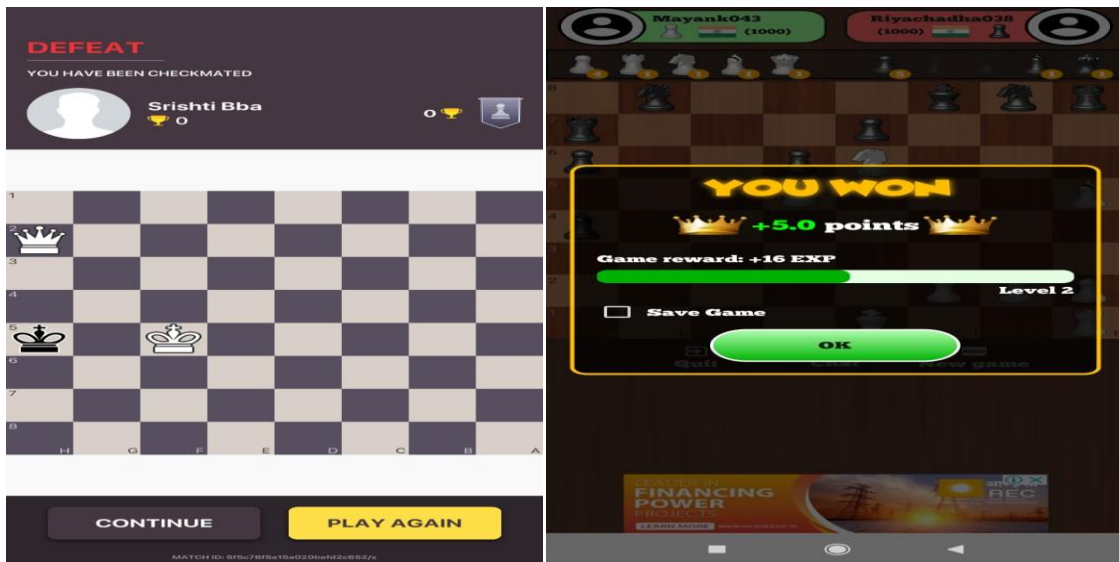
REPORT

An event Indoor Game (Chess, Carom) -Fitness Sporting Activity was organised on 09.02.2021 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 .In contrast with physical activity, Based on the theme "Physical Activity: Key Ingredient of Fitness "which is related to the movements that students perform, physical fitness is a set of attributes that students have or achieve. Being physically fit has been defined as "the ability to carry out daily tasks with vigor and alertness, without undue fatigue and with ample energy to enjoy leisure-time pursuits and to meet unforeseen emergencies".Both physical activity and physical fitness vary among students. No student has no activity just as no person has no fitness-all are active or fit to greater or lesser degrees. It is mandatory for all the students that they should engage themselves in any kind of physical fitness activity.

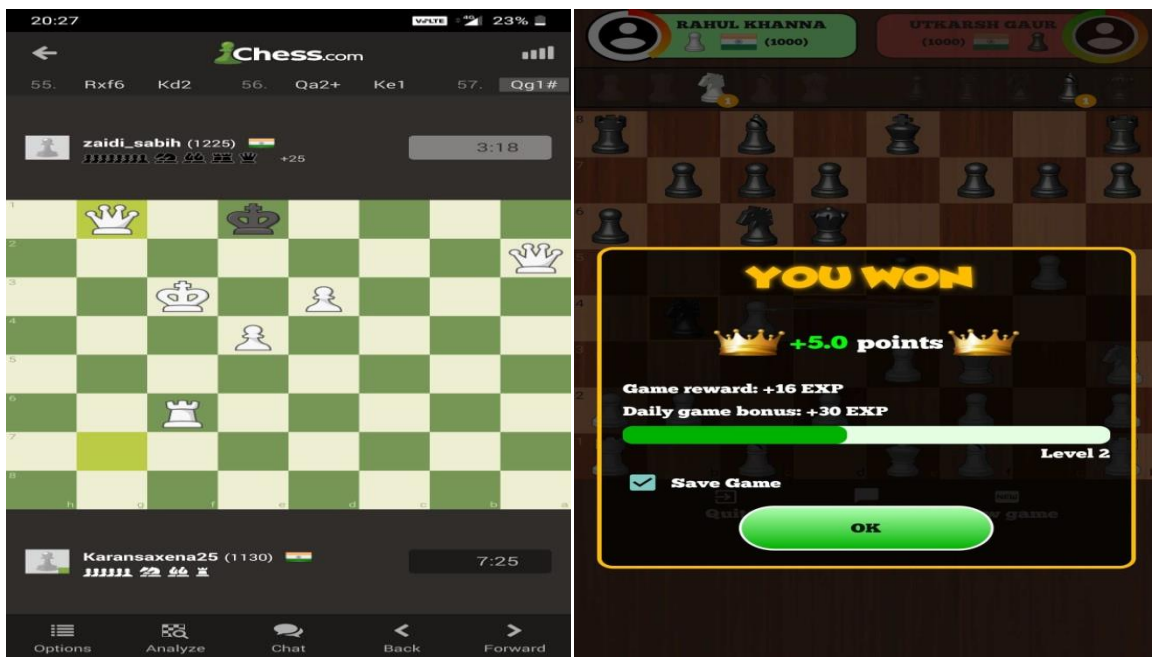
In the event Intra Institute Sports Competition: Indoor Game (Chess, Carom) -Fitness Sporting Activity conducted by fitness club, 69 students participated from all the respective departments of TIAS on the online platform. All the students who participated in the above mentioned event have been distributed E Certificate through their Emails. It was observed that all the participants were keen to engage in the activities like Intra Institute Sports Competition: Indoor Game (Chess, Carom) -Fitness Sporting Activity as it provides the different opportunities in their interests other than academic routine based activities.



Students Participation in the online event



Students Participating in the Online Chess Competition



Students Participating the chess Competition at Virtual mode

Fitness Club of TIAS aims at providing a platform for physical activities for fitness and well being among students ,teachers and staff in the institute .All students are encouraged to devote minimum 45 minutes per day on fitness activity such as exercise, yoga, meditation, walking , cycling ,aerobics ,dance etc. It also aims to address the emotional concerns of the students to promote mental health and to create awareness or sensitization through workshop or seminars on depression, anxiety and stress management for faculty and students. Fitness club of TIAS also aims in providing guidance regarding balanced nutritional diets for the students and faculty members.

Learning outcome

Students have

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

FIT INDIA YOUTH CLUB LIST OF BENEFICIARIES

INDOOR GAME (CHESS, CAROM) -FITNESS SPORTING ACTIVITY (THEME: PHYSICAL ACTIVITY: KEY INGREDIENT OF FITNESS)

DATED: 09.02.2021

SR. NO.	NAME	ENROLLMENT NO	DEPARTMENT	GAME
1	MAYANK SELVAN	41917001718	BBA	CHESS
2	SAHIL	03821301718	BBA	CHESS
3	SHUBHAM RAJOURH	41817001718	BBA	CHESS
4	KAJAL KAPOOR	02121301718	BBA	CHESS
5	DEVANSHI KANSAL	00821301718	BBA	CHESS
6	MOHIT KUMAR	03717001718	BBA	CHESS
7	RAHUL GUPTA	08617001719	BBA	CHESS
8	TANYA CHHABRA	04421301718	BBA	CHESS
9	BHAVPREET	41021301718	BBA	CHESS
10	HARSH GOEL	01421301718	BBA	CHESS
11	TUSHAR GUPTA	04621301718	BBA	CHESS
12	RISHIK	02021301719	BBA	CAROM
13	SONIA RATHOD	40421301718	BBA	CAROM
14	BHUVAN SINGH BISHT	10617001719	BBA	CAROM
15	PAAWAN DHINGRA	02821301719	BBA	CAROM
16	PIYUSH MEHTA	41221301718	BBA	CHESS

17	HARSHIT GARG	02421301719	BBA	CHESS
18	SWAYAM KASHYAP	02721301719	BBA	CHESS
19	SOUMIL SAXENA	03021310719	BBA	CHESS
20	SHIKHAR ANAND	06017001718	BBA	CHESS
21	BHAGYA SETHI	00521301718	BBA	CHESS
22	MOHAMMAD AMIR	03721301719	BBA	CHESS
23	ADITYA BHANDARI	0221301718	BBA	CHESS
24	MANSI SINGH	4021301719	BBA	CHESS
25	ROHAN CHADHA	03621301718	BBA	CHESS
26	TANMAY GUPTA	02417001719	BBA	CHESS
27	HIMANSHI GOGIA	11917001719	BBA	CHESS
28	ANSHUMAN GOGIA	00321301718	BBA	CAROM
29	ABHIT BUDHIRAJA	0121301718	BBA	CAROM
30	RIYA CHADHA	3817001719	BBA	CAROM
31	AVANI GUPTA	0817001718	BBA	CAROM
32	HARDIK SUNEJA	0217001719	BBA	CHESS
33	RIYA	5817001719	BBA	CHESS
34	SAKSHAM AGGARWAL	3621301719	BBA	CHESS
35	YASH KAPOOR	04921301719	BBA	CHESS
36	PRAKHAR TRIPATHI	04917001719	BBA	CHESS
37	AKSHAT GARG	00917001719	BBA	CAROM
38	TUSHAR SHARMA	05617001719	BBA	CAROM
39	LOVISH ARORA	12721301719	BBA	CARROM
40	MAHAK MALHOTRA	14317001719	BBA	CHESS
41	MANAV JAWA	03717001719	BBA	CHESS
42	MANSI BHARDWAJ	13017001719	BBA	CHESS
43	MEHUL BHALLA	14417001719	BBA	CARROM
44	MENARK SINGH	06521301719	BBA	CARROM
45	MIHIR MUTREJA	06821301719	BBA	CHESS
46	NAMAN JINDAL	35921301719	BBA	CHESS
47	NANCY SALHOTRA	11621301719	BBA	CHESS
48	NIPUN DIWAN	08421301719	BBA	CHESS
49	PANSY KHAJURIA	02017001719	BBA	CHESS
50	PAWAN SAINI	11017001719	BBA	CHESS
51	SARTHAK SAXENA	35117002019	BCA	CARROM
52	RIYA SAINI	40321302418	BA (JMC)	CHESS
53	PRATEEK ARORA	0421324419	MCA	CARROM
54	SAJAL SHARMA	5421302418	BA (JMC)	CHESS
55	VANSHIKA SHARMA	6921302418	BA (JMC)	CHESS
56	RIYA SHARMA	5121302418	BA (JMC)	CHESS
57	YATIN MAKKAR	7221302418	BA (JMC)	CARROM
58	SHIVAM	1521302419	BA (JMC)	CARROM
59	KARTIK KAPOOR	4817002019	BCA	CHESS

60	VANSHIKA GUPTA	6721302418	BA (JMC)	CHESS
61	ABHIJEETH SP	0221302418	BA (JMC)	CHESS
62	AASTHA JAIN	0221302419	BA (JMC)	CHESS
63	NIHARIKA MAGGO	3621302418	BA (JMC)	CARROM
64	PAURUSH GROVER	3821302419	BA (JMC)	CHESS
65	AMISHA SACHDEVA	0421302418	BA (JMC)	CHESS
66	DEEPANSHU TOMAR	4717002019	BCA	CHESS
67	RISHABH AGRAWAL	2021302419	BA (JMC)	CARROM
68	NIHARIKA MAGGO	3621302418	BA (JMC)	CARROM
69	SOUMYA KUKRETI	6021302418	BA (JMC)	CHESS