



**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

### Indoor Game (Chess, Carom) -Fitness Sporting Activity

EVENT	:	Indoor Game (Chess, Carom) -Fitness Sporting Activity
THEME	:	Supporting Mental Health
Convener	:	DR. ROHTASH KUMAR
Participation	:	BBA
Date	:	13.02.2021
Time	:	10:00 AM onwards
No of Beneficiary:	:	62
Platform	:	Online



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INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085



**Fit India Youth Club**  
INDIA

**Organizes**

**Indoor Game (Chess, Carom) -Fitness Sporting Activity**  
**(Theme: Supporting Mental Health)**

**Departments: MBA, BBA, BA(J&MC) & BCA**  
**13.02.2021, Saturday**  
**Time: 10:00 AM onwards**  
**Platform: Online**

In Association With



DR. ROHTASH KUMAR  
Incharge - Fitness Club

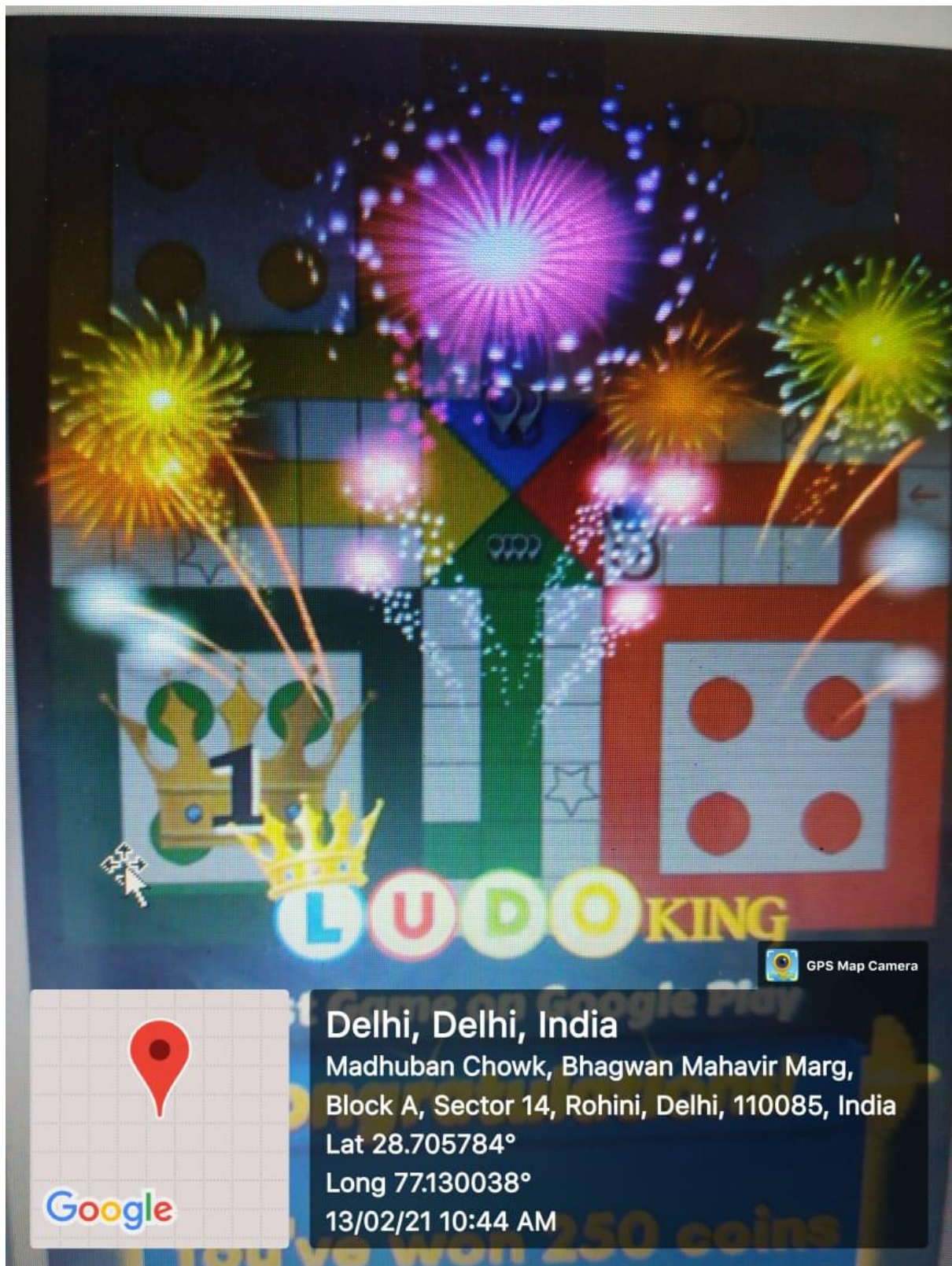
## **OBJECTIVES OF THE EVENT**

- 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 13.02.2021 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. In contrast with physical activity, Based on the theme "Supporting Mental Health "which is related to the movements that students perform, physical fitness is a set of attributes that students have or achieve.

In the event Intra Institute Sports Competition: Indoor Game (Chess, Carom) -Fitness Sporting Activity conducted by fitness club, 62 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.

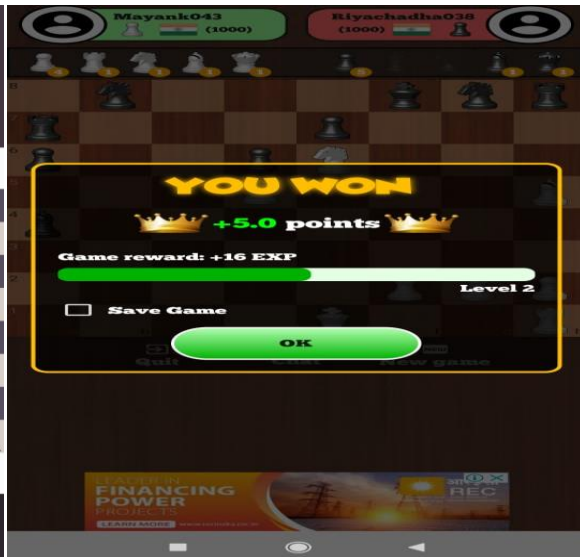
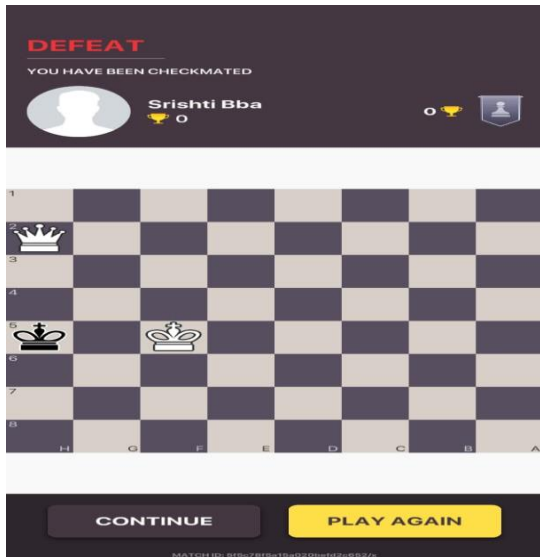


**Students Participation in the online event**





**Students Participating in Indoor Games (Chess, Carom)**



**Students Participating in Indoor Games (Chess, Carom)**

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 learnt

- to develop their mental fitness and their well-being.
- the culture of games and sports in our institute.
- the healthcare wellness centre.

<b>FIT INDIA YOUTH CLUB LIST OF BENEFICIARIES</b>				
<b>Intra Institute Sports Competition: Indoor Game (Chess, Carom)</b>				
<b>DATED:13.02.2021</b>				
<b>SR.NO.</b>	<b>ENROLLMENT NO.</b>	<b>NAME</b>	<b>DEPT.</b>	<b>GAME</b>
1	11117001719	ROHAN CHOUDHARY	BBA	CAROM
2	00617001719	RUDRANSH SHARMA	BBA	CHESS
3	11721301719	SHREY AGGARWAL	BBA	CHESS
4	10617001719	BHUVAN SINGH BISHT	BBA	CAROM
5	01917001719	CHAINIKA GAMBHIR	BBA	CAROM
6	12621301719	DEEPANSHU GOEL	BBA	CAROM
7	11921301719	DEEPANSHU MITTAL	BBA	CHESS
8	35821301719	DHRUV GOYAL	BBA	CHESS

9	14217001719	DISHA BANSAL	BBA	CHESS
10	00117001719	GAGAN GOEL	BBA	CAROM
11	06117001719	HARDIK SHARMA	BBA	CAROM
12	0217001719	HARDIK SUNEJA	BBA	CAROM
13	04017001719	HARSHIT ASIJA	BBA	CHESS
14	11917001719	HIMANSHI GOGIA	BBA	CHESS
15	12717001719	JAHNVI NAYYAR	BBA	CHESS
16	0517001719	JATIN KUMAR	BBA	CHESS
17	12017001719	KANISHKA KALRA	BBA	CHESS
18	10717001719	KHYATI KHANNA	BBA	CHESS
19	05417001719	TWINKLE DHINGRA	BBA	CAROM
20	02317001719	UMAR FAROOQ	BBA	CAROM
21	13217001719	YASH RAJ	BBA	CAROM
22	03617001719	YASHIKA TANWAR	BBA	CHESS
23	03717001719	MANAV JAWA	BBA	CAROM
24	13017001719	MANSI BHARDWAJ	BBA	CHESS
25	14417001719	MEHUL BHALLA	BBA	CHESS
26	35921301719	NAMAN JINDAL	BBA	CHESS
27	11621301719	NANCY SALHOTRA	BBA	CHESS
28	02017001719	PANSY KHAJURIA	BBA	CHESS
29	11017001719	PAWAN SAINI	BBA	CHESS
30	14017001719	PRIYA TIWARI	BBA	CHESS
31	02117001719	RAHUL KHANNA	BBA	CHESS
32	12021301719	RAKSHIT RANA	BBA	CHESS
33	03817001719	RIYA CHADHA	BBA	CAROM
34	10917001719	RIYAZ MONGA	BBA	CAROM
35	12921301719	AAYUSH	BBA	CHESS
36	03621301719	Saksham Aggarwal	BBA	Chess
37	04921301719	Yash kapoor	BBA	Chess
38	04917001719	Prakhar Tripathi	BBA	Chess
39	00917001719	Akshat garg	BBA	Carom
40	05617001719	Tushar Sharma	BBA	Carom
41	12721301719	LOVISH ARORA	BBA	CARROM
42	14317001719	MAHAK MALHOTRA	BBA	CHESS
43	03717001719	MANAV JAWA	BBA	CHESS
44	13017001719	MANSI BHARDWAJ	BBA	CHESS
45	14417001719	MEHUL BHALLA	BBA	CARROM
46	06521301719	MENARK SINGH	BBA	CARROM
47	06821301719	MIHIR MUTREJA	BBA	CHESS
48	35921301719	NAMAN JINDAL	BBA	CHESS
49	11621301719	NANCY SALHOTRA	BBA	CHESS

50	08421301719	NIPUN DIWAN	BBA	CHESS
51	02017001719	PANSY KHAJURIA	BBA	CHESS
52	11017001719	PAWAN SAINI	BBA	CHESS
53	35117002019	SARTHAK SAXENA	BCA	CARROM
54	40321302418	RIYA SAINI	BA (JMC)	CHESS
55	00421324419	PRATEEK ARORA	MCA	CARROM
56	05421302418	Sajal sharma	BA (JMC)	CHESS
57	06921302418	VANSHIKA SHARMA	BA (JMC)	CHESS
58	05121302418	RIYA SHARMA	BA (JMC)	CHESS
59	07221302418	Yatin Makkar	BA (JMC)	CARROM
60	01521302419	SHIVAM	BA (JMC)	CARROM
61	04817002019	KARTIK KAPOOR	BCA	CHESS
62	6721302418	VANSHIKA GUPTA	BA (JMC)	CHESS