



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

EVENT	:	Intra Institute Sports Competition
Theme	:	Fitness Sporting Activity: Sleep Well to Stay Fit
Nodal Officer	:	Dr. Rahul Tripathi
No of Beneficiary	:	60
Participation	:	BBA, BA(JMC), BCA, MBA
Date	:	08/03/2021
Time	:	10:00 AM onwards
Platform	:	Online



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INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085

Fit India Youth Club

Organizes

**Intra Institute Sports Competition:
Indoor Game (Chess, Carom) -
Fitness Sporting Activity**



Theme: Physical Activity: Sleep Well to Stay Fit

Departments: MBA, BBA, BA(J&MC) & BCA

08.03.2021

Time: 10 AM Onwards

Platform: Online
In Association With



Countdown is next to business Defeat Corona



OBJECTIVES

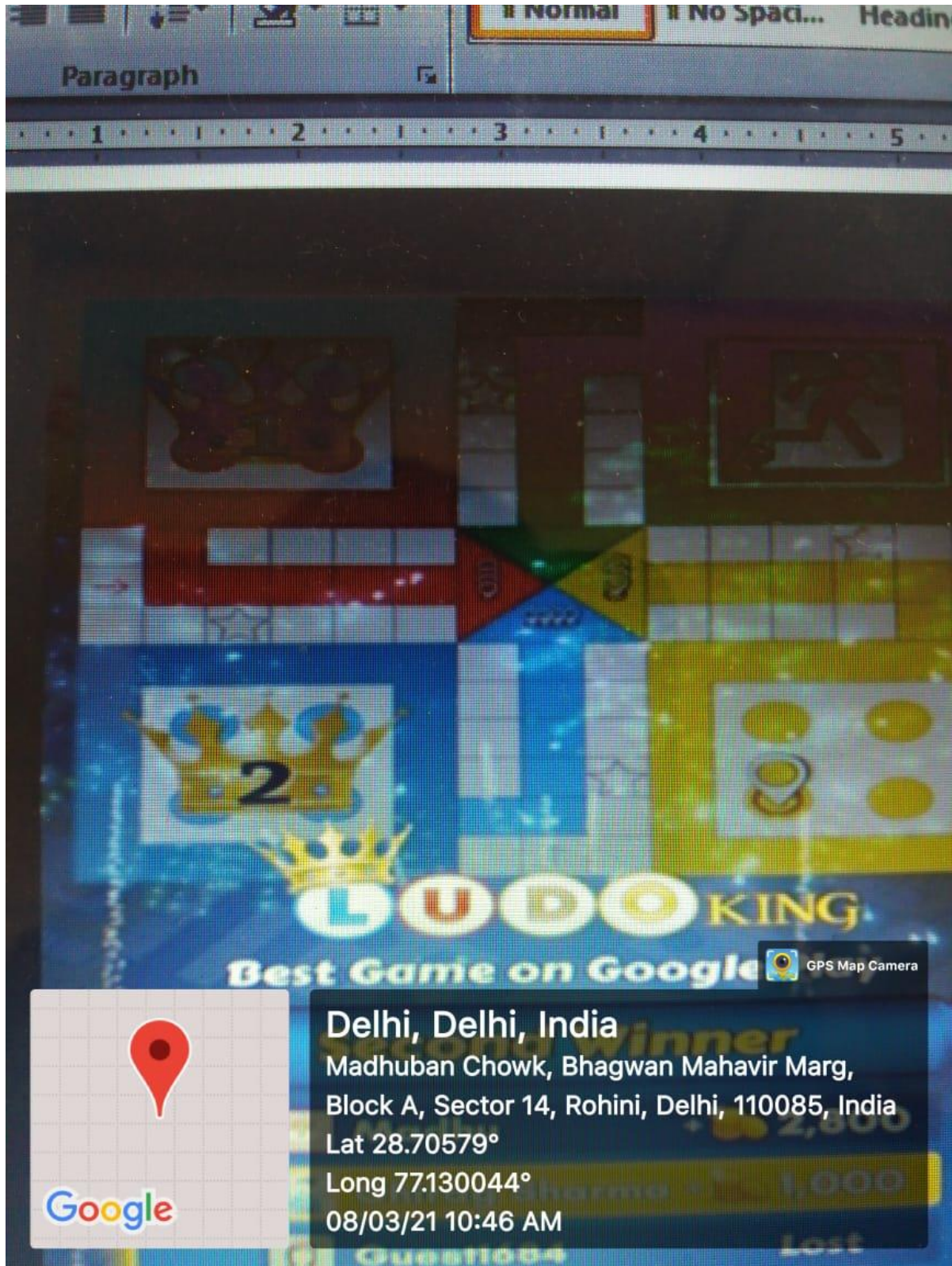
1. To provide an opportunities to the students for showcasing their talent
2. To promote sportsmanship among students
3. To develop the interests of the students among sports

REPORT

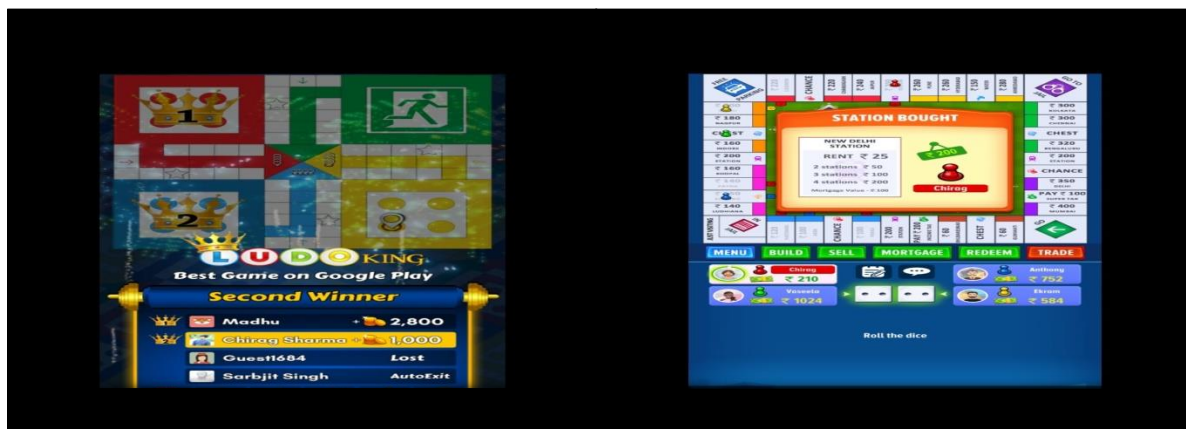
An event of Intra Institute Sports Competition was organised on 08.03.2021 in Fit India Youth Club of Tecnia Institute of Advanced Studies with reference to UGC's letter no 1-54/2019 (Website/Fit India) dated 13th December, 2019 for the implementation of "Fit India Campaign" in Higher Educational Institutions. In 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.

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 online event



Students Participation in the event

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.

FIT INDIA YOUTH CLUB LIST OF BENEFICIARIES INTRA INSTITUTE SPORTS COMPETITION: FITNESS SPORTIN ACTIVITY: SLEEP WELL TO STAY FIT

DATED:08.03.2021

S. NO	NAME	ENROLLMENT NO	COURSE
1	HARDIK SUNEJA	0217001719	BBA
2	HARSHIT ASIJA	04017001719	BBA
3	HIMANSHI GOGIA	11917001719	BBA
4	JAHNVI NAYYAR	12717001719	BBA
5	JATIN KUMAR	0517001719	BBA
6	KANISHKA KALRA	12017001719	BBA
7	KHYATI KHANNA	10717001719	BBA
8	TWINKLE DHINGRA	05417001719	BBA
9	UMAR FAROOQ	02317001719	BBA
10	YASH RAJ	13217001719	BBA

11	YASHIKA TANWAR	03617001719	BBA
12	MANAV JAWA	03717001719	BBA
13	MANSI BHARDWAJ	13017001719	BBA
14	MEHUL BHALLA	14417001719	BBA
15	NAMAN JINDAL	35921301719	BBA
16	NANCY SALHOTRA	11621301719	BBA
17	PANSY KHAJURIA	02017001719	BBA
18	PAWAN SAINI	11017001719	BBA
19	PRIYA TIWARI	14017001719	BBA
20	RAHUL KHANNA	02117001719	BBA
21	RAKSHIT RANA	12021301719	BBA
22	RIYA CHADHA	03817001719	BBA
23	RIYAZ MONGA	10917001719	BBA
24	AAYUSH	12921301719	BBA
25	Saksham Aggarwal	03621301719	BBA
26	Yash Kapoor	04921301719	BBA
27	Prakhar Tripathi	04917001719	BBA
28	Akshat garg	00917001719	BBA
29	Tushar Sharma	05617001719	BBA
30	LOVISH ARORA	12721301719	BBA
31	MAHAK MALHOTRA	14317001719	BBA
32	MANAV JAWA	03717001719	BBA
33	MANSI BHARDWAJ	13017001719	BBA
34	MEHUL BHALLA	14417001719	BBA
35	MENARK SINGH	06521301719	BBA
36	MIHIR MUTREJA	06821301719	BBA
37	NAMAN JINDAL	35921301719	BBA
38	NANCY SALHOTRA	11621301719	BBA
39	NIPUN DIWAN	08421301719	BBA
40	PANSY KHAJURIA	02017001719	BBA
41	PAWAN SAINI	11017001719	BBA
42	SARTHAK SAXENA	35117002019	BCA
43	RIYA SAINI	40321302418	BA (JMC)
44	PRATEEK ARORA	00421324419	MCA
45	Sajal sharma	05421302418	BA (JMC)
46	VANSHIKA SHARMA	06921302418	BA (JMC)
47	RIYA SHARMA	05121302418	BA (JMC)
48	Yatin Makkar	07221302418	BA (JMC)
49	SHIVAM	01521302419	BA (JMC)
50	KARTIK KAPOOR	04817002019	BCA
51	TANYA KUMARI	04221302419	BA (JMC)

52	GEETANSHI ARORA	04917002019	BCA
53	Riya jain	04921302418	BA (JMC)
54	SAHIL GHAI	41221302418	BA (JMC)
55	PRABAL SETHI	00417004418	MCA
56	SHUBHANGI GUPTA	42421302418	BA (JMC)
57	ADITYA GOYAL	01617002019	BCA
58	AKANKSHA	07017002419	BA (JMC)
59	TANNU SHARMA	04821302419	BA (JMC)
60	Avi Arora	00721302418	BA (JMC)