



**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>              | : | Supporting Mental Health           |
| <b>Nodal Officer</b>      | : | Dr. Rahul Tripathi                 |
| <b>No. of Beneficiary</b> | : | 64                                 |
| <b>Participation</b>      | : | BBA, BJMC, BCA, MBA                |
| <b>Date</b>               | : | 17/04/2021                         |
| <b>Time</b>               | : | 10:00 AM onwards                   |
| <b>Platform</b>           | : | Online                             |

|  |   |
|--|---|
|  | <p><b>TECNIA INSTITUTE OF ADVANCED STUDIES</b><br/>Approved by AICTE, Ministry of HRD, Govt. of India, Affiliated to G.G.S.I.P. University &amp; Recognized Under Sec. 2(f) of UGC Act 1956.<br/>INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085</p> <h1>Fit India Youth Club</h1> <p>Organizes<br/> <b>Intra Institute Sports Competition:</b><br/> <b>Indoor Game (Chess, Carom) -</b><br/> <b>Fitness Sporting Activity</b><br/> <b>Theme: Physical Activity: Supporting Mental Health</b><br/> <b>Departments: MBA, BBA, BA(J&amp;MC) &amp; BCA</b><br/> <b>17.04.2021, Saturday</b><br/> <b>Time: 10 AM Onwards</b><br/> <b>Platform: Online</b><br/>           In Association With</p> <p> </p> <p> <b>Defeat Corona</b></p> |
|  |   |

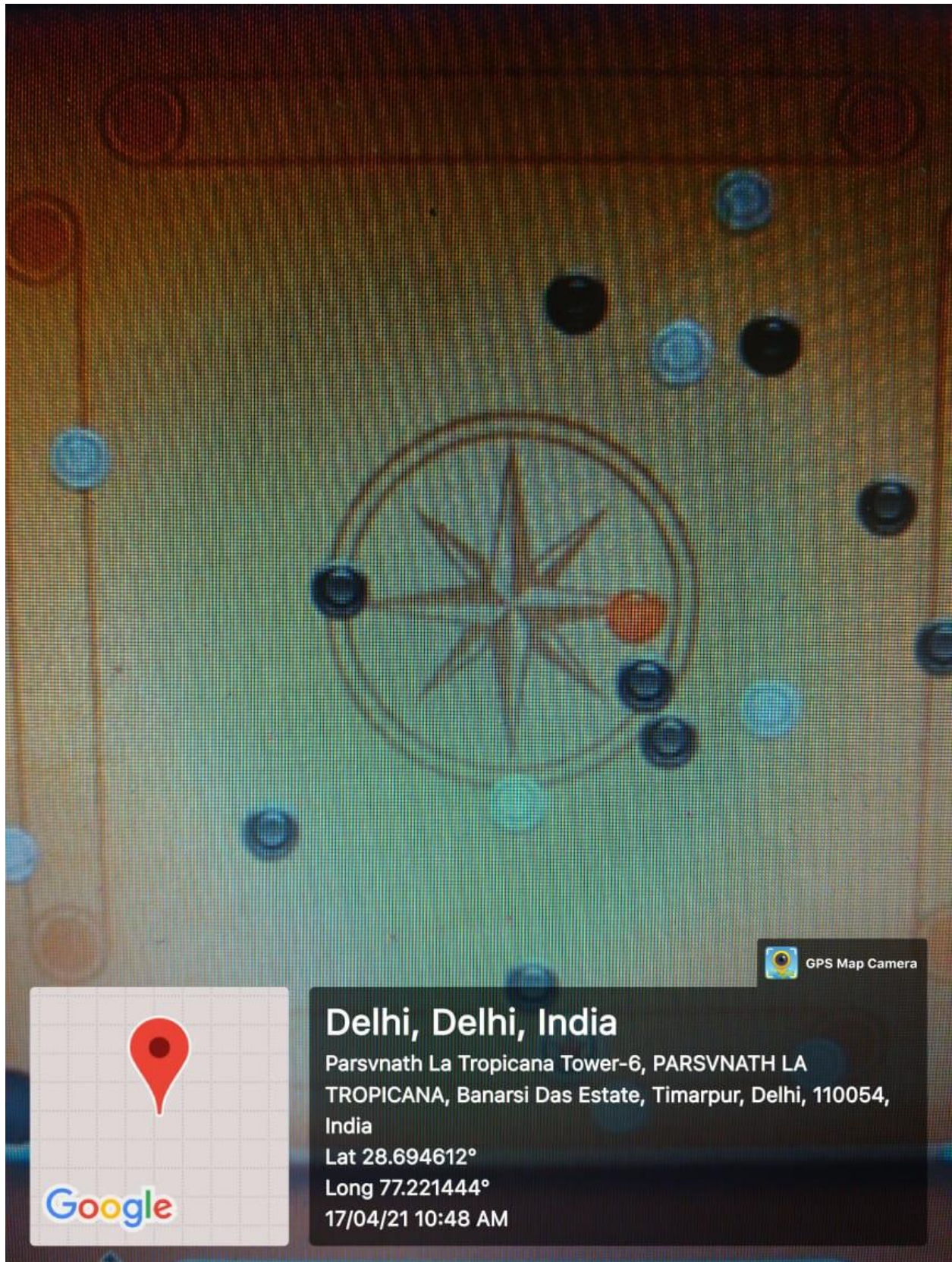
## **OBJECTIVES**

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 Intra Institute Sports Competition has been organized on 17.04.2021 by the Fit India Youth Club of Tecnia Institute of Advanced Studies 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 online 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
3. attained strategic skills by involving themselves in the mind game such as chess.

**FIT INDIA YOUTH CLUB  
LIST OF BENEFICIARIES**

**INTRA INSTITUTE SPORTS COMPETITION SUPPORTING  
MENTAL HEALTH**

**LIST OF BENEFICIARIES  
DATED:17.04.2021**

| S.NO | NAME                | ENROLLMENT NO | COURSE   |
|------|---------------------|---------------|----------|
| 1    | GORANG KAUSHIK      | 35221302418   | BA (JMC) |
| 2    | CHAINIKA            | 01917001719   | BBA      |
| 3    | RIYA JAIN           | 04821302418   | BA (JMC) |
| 4    | Akansha Sharma      | 07217001719   | BBA      |
| 5    | Renu                | 35821302418   | BA (JMC) |
| 6    | Kanishk             | 08817002419   | BA (JMC) |
| 7    | Umar Farooq         | 02317001719   | BBA      |
| 8    | TUSHAR ARORA        | 05217001719   | BBA      |
| 9    | Twinkle             | 06421302418   | BA (JMC) |
| 10   | Mahima Nagpal       | 42621302418   | BA (JMC) |
| 11   | SHIVAM THAKUR       | 05721302418   | BA (JMC) |
| 12   | TANISH BANSAL       | 00221301719   | BBA      |
| 13   | AARUSHI SAXENA      | 12117001719   | BBA      |
| 14   | AARUSHI BANSAL      | 35121302418   | BA (JMC) |
| 15   | ANANDITA            | 00317002019   | BCA      |
| 16   | ASHWIN ATRISH       | 00421301718   | BBA      |
| 17   | MAHESH JOSHI        | 07317001719   | BBA      |
| 18   | ASHWIN ATRISH       | 00421301718   | BBA      |
| 19   | ADITYA PRATAP SINGH | 06921302419   | BA (JMC) |
| 20   | MANAV JAWA          | 03717001719   | BBA      |
| 21   | AKANKSHA SUYAL      | 00321302418   | BA (JMC) |
| 22   | HARDIK MANCHANDA    | 36621301719   | BBA      |
| 23   | YASHITA KANSAL      | 01517001719   | BBA      |
| 24   | ASHWIN ATRISH       | 00421301718   | BBA      |
| 25   | RIYA CHADHA         | 03817001719   | BCA      |
| 26   | VIDHI THUKRAL       | 08321301719   | BBA      |
| 27   | SHIVANSH JAIN       | 08880301719   | BBA      |
| 28   | YASHITA KANSAL      | 01517001719   | BBA      |
| 29   | ASHWIN ATRISH       | 00421301718   | BBA      |
| 30   | YASH ARYAN JHAWAR   | 42917001718   | BBA      |

|    |                    |              |          |
|----|--------------------|--------------|----------|
| 31 | GAGAN GOEL         | 00117001719  | BBA      |
| 32 | SHOBHIT GROVER     | 013121301719 | BBA      |
| 33 | SHREY AGGARWAL     | 011721301719 | BBA      |
| 34 | SHUBHAM BANSAL     | 045121301718 | BBA      |
| 35 | SHUBHAM RAJOURH    | 41817001718  | BBA      |
| 36 | ABHIT BUDHIRAJA    | 00121301718  | BA(J&MC) |
| 37 | ADITI              | 02917001719  | BBA      |
| 38 | ADITYA BHANDARI    | 00221301718  | BBA      |
| 39 | AKHIL GUPTA        | 035121301718 | MBA      |
| 40 | ANKIT GULATI       | 02617001719  | BBA      |
| 41 | ANKUR JAIN         | 35321301718  | BBA      |
| 42 | ANMOL ANAND        | 41121301718  | BBA      |
| 43 | ANSHUMAN GOGIA     | 00321301718  | BA(J&MC) |
| 44 | ANSJITA AGGARWAL   | 05117001719  | BBA      |
| 45 | ARPIT JAIN         | 35421301718  | BBA      |
| 46 | ASHI SACHDEVA      | 02817001719  | MBA      |
| 47 | ASHWIN ATRISH      | 00421301718  | BBA      |
| 48 | AVANI GUPTA        | 00817001718  | BBA      |
| 49 | AYUSH ANAND        | 11821301719  | BBA      |
| 50 | AYUSH GOEL         | 35521301718  | BA(J&MC) |
| 51 | BHAGYA SETHI       | 00521301718  | BBA      |
| 52 | BHARAT SHARMA      | 00917001718  | BBA      |
| 53 | BHAVAY SEHGAL      | 03117001719  | MBA      |
| 54 | BHAVIK JAIN        | 01017001718  | BBA      |
| 55 | BHAVIK PRAKASH     | 01117001718  | BBA      |
| 56 | TANYA CHHABRA      | 04421301718  | BBA      |
| 57 | TIKSHITA MANCHANDA | 04521301718  | BA(J&MC) |
| 58 | TUSHAR GUPTA       | 04621301718  | BBA      |
| 59 | CHANIKA GAMBIR     | 01917001719  | BBA      |
| 60 | CHIRAG ARORA       | 01317001718  | MBA      |
| 61 | DALJEET SINGH      | 00621301718  | BBA      |
| 62 | DEEPAKSHI KANSAL   | 00721301718  | BBA      |
| 63 | DEEPAM GARBYAL     | 01417001718  | BBA      |
| 64 | DEEPANSHU GOEL     | 012621301719 | BA(J&MC) |

