



**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>	:	"Healthy Diet for Healthy Life"
<b>Convener</b>	:	DR. ROHTASH KUMAR
<b>Participation</b>	:	BBA
<b>Date</b>	:	10.10.2020
<b>Time</b>	:	10:00 AM onwards
<b>No. of Beneficiary</b>	:	63
<b>Platform</b>	:	Online



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INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085

**Fit India Youth Club**  
INDIA

**Organizes**  
**Intra Institute Sports Competition:**  
**Indoor Game (Chess, Ludo -Fitness Sporting Activity)**  
**-Fitness Sporting Activity**  
**(Theme: "Healthy Diet For Healthy Life")**  
**Departments: MBA, BBA, BA(J&MC) & BCA**  
**10/10/2020, Saturday**  
**Time: 10:00 AM onwards**  
**Platform: Online**



In Association With



**15** Years of Excellence  
Cleanliness is next to Godliness  
**Defeat Corona**

**DR. ROHTASH KUMAR**  
Incharge - Fitness Club

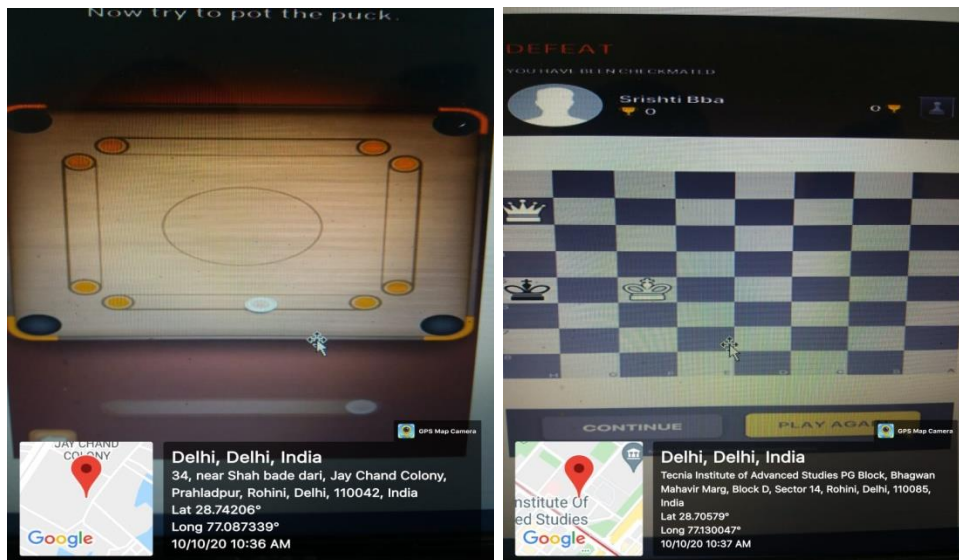
## **OBJECTIVES OF THE EVENT:**

- ❖ 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 of 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 on 10.10.2020 .In contrast with physical activity, Based on theme "The Perils of Smoking, Drugs and Alcohol" 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, 63 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 participate in chess at Virtual Platform

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

- ❖ Knowledge of rules and techniques .
- ❖ Contextual knowledge of Presenting games in categories to demonstrate tactical transfer between games.

**FIT INDIA YOUTH CLUB  
LIST OF BENEFICIARIES**

**Intra Institute Sports Competition: Indoor Game (Chess, Carom) -Fitness  
Sporting Activity ( Healthy Diet for Healthy Life )  
DATED:10/10/2020**

<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	06317001719	SAKSHI SHARMA	BBA	CHESS
4	06217001719	SANYAM AHUJA	BBA	CHESS
5	14117001719	SHIVAM KANSAL	BBA	CHESS
6	11721301719	SHREY AGGARWAL	BBA	CHESS
7	10617001719	BHUVAN SINGH BISHT	BBA	CAROM
8	01917001719	CHAINIKA GAMBHIR	BBA	CAROM
9	12621301719	DEEPANSHU GOEL	BBA	CAROM
10	11921301719	DEEPANSHU MITTAL	BBA	CHESS
11	03917001719	DEVANSH BORA	BBA	CHESS
12	35821301719	DHRUV GOYAL	BBA	CHESS
13	14217001719	DISHA BANSAL	BBA	CHESS
14	00117001719	GAGAN GOEL	BBA	CAROM
15	06117001719	HARDIK SHARMA	BBA	CAROM
16	00217001719	HARDIK SUNEJA	BBA	CAROM
17	04017001719	HARSHIT ASIJA	BBA	CHESS
18	11917001719	HIMANSHI GOGIA	BBA	CHESS
19	12717001719	JAHNVI NAYYAR	BBA	CHESS
20	00517001719	JATIN KUMAR	BBA	CHESS

21	12017001719	KANISHKA KALRA	BBA	CHESS
22	10717001719	KHYATI KHANNA	BBA	CHESS
23	05417001719	TWINKLE DHINGRA	BBA	CAROM
24	02317001719	UMAR FAROOQ	BBA	CAROM
25	13217001719	YASH RAJ	BBA	CAROM
26	03617001719	YASHIKA TANWAR	BBA	CHESS
27	12721301719	LOVISH ARORA	BBA	CAROM
28	14317001719	MAHAK MALHOTRA	BBA	CAROM
29	03717001719	MANAV JAWA	BBA	CAROM
30	13017001719	MANSI BHARDWAJ	BBA	CHESS
31	14417001719	MEHUL BHALLA	BBA	CHESS
32	35921301719	NAMAN JINDAL	BBA	CHESS
33	11621301719	NANCY SALHOTRA	BBA	CHESS
34	02017001719	PANSY KHAJURIA	BBA	CHESS
35	11017001719	PAWAN SAINI	BBA	CHESS
36	14017001719	PRIYA TIWARI	BBA	CHESS
37	13221301719	PULKIT JAIN	BBA	CHESS
38	12821301719	RAGHAV GOYAL	BBA	CHESS
39	02117001719	RAHUL KHANNA	BBA	CHESS
40	12021301719	RAKSHIT RANA	BBA	CHESS
41	03817001719	RIYA CHADHA	BBA	CAROM
42	10917001719	RIYAZ MONGA	BBA	CAROM
43	12921301719	AAYUSH	BBA	CHESS
44	11817001719	ADITYA BHARDWAJ	BBA	CHESS
45	35721301719	ADITYA RAJPUT	BBA	CHESS

46	11821301719	AYUSH ANAND	BBA	CHESS
47	12617001719	AYUSH GUPTA	BBA	CHESS
48	11521301719	AYUSH JALAM	BBA	CAROM
49	117001719	GAGAN GOEL	BBA	CAROM
50	1417001719	HARDIK SHARMA	MBA	CAROM
51	217001719	HARDIK SUNEJA	BBA	CAROM
52	5517001719	HARSH MALHOTRA	BBA	CHESS
53	4017001719	HARSHIT ASIJA	BBA	CHESS
54	08621301719	HARSHITA RAJPAL	BA(J&MC)	CHESS
55	46821301718	HARSHITA WADHWA	BBA	CHESS
56	5917001719	HIMANSHU BANSAL	BBA	CHESS
57	10521301719	HIREN SHARMA	MBA	CHESS
58	06121301719	HRITIK SYAL	BBA	CAROM
59	4717001719	ISHIKA KANSAL	BBA	CAROM
60	10321301719	JAGRIT MUNIAPPAN	BBA	CAROM
61	3517001719	JATIN KATARIA	BA(J&MC)	CHESS
62	01921301718	JOYSHREE KARMAKAR	BBA	CAROM
63	02021301718	KABIR CHHABRA	BBA	CAROM