



**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

<b>EVENT:</b>	Intra Institute Sports Competition
<b>THEME:</b>	Sleep Well to Stay Fit
<b>Nodal Officer:</b>	Dr. Ruchi Srivastava
<b>Convener-Incharge:</b>	Mr. Inderpreet Singh
<b>Student Beneficiary:</b>	61
<b>Participation:</b>	BBA, BJMC, BCA, MBA
<b>Date:</b>	26/03/2022
<b>Time:</b>	12:00 PM onwards
<b>Platform:</b>	Offline, TIAS



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INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085



**Fit India Youth Club**  
Organizes  
**Intra Institute Sports Competition:**  
**Indoor Game (Chess, Arm Wrestling, Table Tennis)**  
**-Fitness Sporting Activity**  
**(Theme: Sleep well to stay fit)**  
**Departments: MBA, BBA, BA(J&MC) & BCA**  
**26.03.2022, Saturday**  
**Time: 12 PM Onwards**  
**Platform: Offline TIAS**



In Association With



Dr. Ruchi Srivastava  
Nodal Officer

Mr. Inderpreet Singh  
Incharge - Fitness Club

## **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 has been organized by the Fit India Youth Club of Tecnia Institute of Advanced Studies on 26.03.2022 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. 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 event*

## LEARNING OUTCOME

Participants 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.

<b>FIT INDIA YOUTH CLUB INTRA INSTITUTE SPORTS COMPETITION DATE: 26.03.2022 LIST OF BENEFICIARIES</b>			
<b>S. No</b>	<b>NAME</b>	<b>ENROLLMENT NO</b>	<b>COURSE</b>
1	HIMANSHI GOGIA	11917001719	BBA
2	KARAN MALHOTRA	03417002020	BCA
3	PRIYANSHI JAIN	03117002020	BCA
4	VASU JAIN	04417002020	BCA
5	HARSH TANWAR	01917002020	BCA
6	VIPUL GAUTAM	14017001720	BBA
7	SHIVAM JHA	11321301720	BBA
8	TUSHAR THAPLIYAL	03217002019	BCA
9	PRIYANSHI JAIN	03117002020	BCA
10	SHIVAM	36017001718	BBA
11	VIPIN	04517002020	BCA
12	DESHIK CHAWLA	02617001720	BBA
13	UTKARSH RUSTAGI	12717001720	BBA
14	YASH PRIYE	14617001720	BBA
15	SAKSHAM SETHI	10717001720	BBA
16	VARUN MENDIRATTA	13517001720	BBA
17	KUNAL CHATURVEDI	06717001720	BBA
18	AFZAL KHAN	014170071720	BBA
19	VISHESH BHATIA	14117001720	BBA
20	VARAANG KANSAL	36417001719	BBA
21	NAMAN VIZ	07821301720	BBA
22	SARTHAK ARORA	05717001719	BBA
23	SANKET GULYANI	04617002020	BCA
24	AYUSHI PANWAR	01117002020	BCA
25	AYUSHREE SWAMI	03221301720	BBA
26	NAKUL GUPTA	02717002020	BCA
27	HARSH ROHATGI	01821302419	BAJMC
28	TANNU SHARMA	0482132419	BAJMC

29	ANKUR BANSAL	0617002020	BCA
30	SANYA OBEROI	07917002420	BAJMC
31	KARTIK BISHT	08817001719	BBA
32	YASH SAINI	10217002420	BAJMC
33	NANCY SHARMA	05921302420	BAJMC
34	SHIVAM CHOPRA	01321302419	BAJMC
35	ADITYA UNIYAL	00121302420	BAJMC
36	ISHITA GOYAL	03817002420	BAJMC
37	MAHIMA ARORA	07321301720	BBA
38	ABHISHEK MALHOTRA	00117002020	BCA
39	SHIVANI DHILLON	11621301720	BBA
40	RAGHAV KUNDRA	05021302419	BAJMC
41	GEET SHARMA	02621302420	BAJMC
42	SANYAM	3617002020	BCA
43	DIMPLE KHANNA	4621301720	BBA
44	VIPIN	01721302419	BAJMC
45	ABHAYDITA CHANDOK	00821301720	BBA
46	ADITYA PRATAP SINGH	06721302419	BAJMC
47	SHREY GOEL	11821301720	BBA
48	MANISHA CHAUHAN	05021302420	BAJMC
49	ARPAN	02521301720	BBA
50	LAKSHITA PATNEY	04521302420	BAJMC
51	JANVI TIWARI	03821302420	BAJMC
52	KUMAR SHUBHAM	0621302419	BAJMC
53	KHUSHALI SINGHAL	04021302420	BAJMC
54	ABHISHEK KUMAR	06117002419	BAJMC
55	ISHA PRASAD	08317002419	BAJMC
56	ARYAN TANWAR	02621301720	BBA
57	SIMRAN GANDHI	01917003920	MBA
58	KHUSHI PUNDIR	04221302420	BAJMC
59	AARTIK KAPOOR	0521301720	BBA
60	GURASIS SINGH HORA	02721302420	BAJMC
61	SHRISH KASHYAP	03817002020	BCA