



**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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51001:2018  
Energy Management Systems

## Fit India Youth Club

### Report On

### FIT India Freedom Run under the aegis of FIT India Movement

**EVENT** : FIT India Freedom Run under the aegis of FIT India Movement

**THEME** : FIT India Freedom Run

**Convener** : DR. ROHTASH KUMAR

**Participation:** BBA, BJMC, BCA, MBA, MCA

**Date** : 26.09.2020 TO 29.09.2020

**Time** : 10:00 AM onwards

**No of Beneficiary:** 153



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INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085



## Fit India Youth Club

Organizes

### FIT India Freedom Run under the aegis of FIT India Movement

(Theme: "Life Style Diseases")

**Departments: MBA, BBA, BA(J&MC) & BCA**  
**26.09.2020 TO 29.09.2020, Saturday**  
**Time: 10:00 AM onwards**  
**Platform: Online**



In Association With



DR. ROHTASH KUMAR  
Incharge - Fitness Club

## OBJECTIVES OF THE EVENT

- ❖ To organize the events of social distancing norms and encourages the new normal of 'virtual runs' as is being practiced by runners / walkers across the world.
- ❖ To create awareness amongst the citizens about fitness and its importance in daily life through sports, yoga asanas, walking, cycling, dancing or any other physical activity.
- ❖ To preserve and promote Indigenous Sports in the country under Indigenous Games & Martial Arts (IGMA) Scheme and Sports Authority of India (SAI).
- ❖ To promote traditional rural and indigenous games existing in informal setup which do not have adequate leaders and to encourage leadership and formalization of the same.

## 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 26.09.2020 TO 29.09.2020. This event was organized by Fitness Club of Tecnia Institute of Advanced Studies, Rohini, Delhi on 26.09.2020 TO 29.09.2020. In contrast with physical activity, Based on the theme "FIT India Freedom Run" 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.

The Fit India Movement is a movement to take the nation on a path of fitness and wellness. It provides a unique and exciting opportunity to work towards a healthier India. As part of the movement, individuals and organisations can undertake various efforts for their own health and well-being as well as for the health and well-being of fellow Indians.

**Fit India Movement** is conducting **Fit India Freedom Run** 26.09.2020 TO 29.09.2020 to encourage fitness and help us all to get freedom from obesity, laziness, stress, anxiety, diseases etc. The concept behind this run is that “It can be run anywhere, anytime!” You can-

- ❖ Run a route of your choice, at a time that suits you.
- ❖ Break-up your runs.
- ❖ Run your own race at your pace.
- ❖ Track your kms manually or by using any tracking app or GPS watch.

In the event FIT India Freedom Run under the aegis of FIT India Movement Conducted by Fitness Club, 153 students participated from all the respective departments of TIAS.. It was observed that all the participants were keen to engage in the activities like FIT India Freedom Run under the aegis of FIT India Movement as it provides the different opportunities in their interests other than academic routine based activities.

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 rules and techniques (Games to emphasise how rules shape a game Games that demonstrate which techniques are most effective)
- Students have learnt Contextual knowledge (understanding tactics, similarities between different games) Presenting games in categories to demonstrate tactical transfer between games
- Students have learnt Tactical and decision making (Games that use structured scenarios to emphasise problem solving)

**FIT INDIA YOUTH CLUFIT INDIA FREEDOM RUN  
LIST OF BENEFICIARIES  
DATED:26/09/2020-29/09/2020**

<b>SNO</b>	<b>ENROLL NO.</b>	<b>STUDENT NAME</b>	<b>RUNNING DISTANCE</b>
1	43517001718	AAKASH SEHGAL	1KM
2	46621301718	AASHRIT GERA	1KM
3	12921301719	AAYUSH	1.5KM
4	06621301719	ABHAY CHAUHAN	1.5KM
5	00121301718	ABHIT BUDHIRAJA	1.2KM
6	2917001719	ADITI	1.2 KM
7	00221301718	ADITYA BHANDARI	2KM
8	35121301718	AKHIL GUPTA	2KM
9	2617001719	ANKIT GULATI	2KM
10	35321301718	ANKUR JAIN	1.8 KM
11	41121301718	ANMOL ANAND	1.5KM
12	00321301718	ANSHUMAN GOGIA	1.9KM
13	5117001719	ANSJITA AGGARWAL	1KM
14	35421301718	ARPIT JAIN	1KM
15	2817001719	ASHI SACHDEVA	1.6KM
16	00421301718	ASHWIN ATRISH	1KM
17	00817001718	AVANI GUPTA	1.5 KM
18	11821301719	AYUSH ANAND	2.3 KM
19	35521301718	AYUSH GOEL	1.5KM
20	00521301718	BHAGYA SETHI	1.5 KM
21	00917001718	BHARAT SHARMA	70M
22	3117001719	BHAVAY SEHGAL	1.3KM
23	01017001718	BHAVIK JAIN	2KM
24	01117001718	BHAVIK PRAKASH	1.5KM
25	6017001719	BHAVNEET SINGH	1.2 KM
26	41721301718	BHAVYA JAIN	1.9KM
27	01217001718	BHAWNA RAJPUT	2KM
28	1917001719	CHANIKA GAMBIR	1KM
29	01317001718	CHIRAG ARORA	1.8 KM
30	00621301718	DALJEET SINGH	70M
31	00721301718	DEEPAKSHI KANSAL	2KM
32	01417001718	DEEPAM GARBYAL	1KM
33	12621301719	DEEPANSHU GOEL	2KM
34	01517001718	DEEPANSHU JAIN	1.5KM
35	11921301719	DEEPANSHU MITTAL	2.3 KM
36	00821301718	DEVANSHI KANSAL	1.5KM
37	4617001719	DHRUV GARG	2.3 KM
38	01617001718	DIKSHIT JAIN	2KM
39	5717001719	DIVYA SHARMA	1.2KM
40	01717001718	DIVYENDU VATSA	1.8 KM

41	01817001718	DUSHYANT MALHOTRA	1KM
42	117001719	GAGAN GOEL	1KM
43	1417001719	HARDIK SHARMA	2KM
44	217001719	HARDIK SUNEJA	1.5 KM
45	5517001719	HARSH MALHOTRA	1.8KM
46	4017001719	HARSHIT ASIJA	1.8KM
47	08621301719	HARSHITA RAJPAL	1.9KM
48	46821301718	HARSHITA WADHWA	2KM
49	5917001719	HIMANSHU BANSAL	1KM
50	10521301719	HIREN SHARMA	70M
51	06121301719	HRITIK SYAL	2KM
52	4717001719	ISHIKA KANSAL	1.2KM
53	10321301719	JAGRIT MUNIAPPAN	1KM
54	3517001719	JATIN KATARIA	2KM
55	01921301718	JOYSHREE KARMAKAR	1.8 KM
56	02021301718	KABIR CHHABRA	1KM
57	02121301718	KAJAL KAPOOR	1.5KM
58	4817001719	KALASH JAIN	2KM
59	41617001718	KANAN SAPRA	1.9 KM
60	02221301718	KARAN PREET SINGH	2KM
61	02421301718	KASHISH JAIN	1.8KM
62	02521301718	LAKSHYA DHINGRA	2.3KM
63	12721301719	LOVISH ARORA	2KM
64	06321301719	MANAN BHUTANI	2KM
65	3717001719	MANAV JAWA	2KM
66	3317001719	MANISH SINGH NEGI	2KM
67	02621301718	MANSI	2.1 KM
68	3017001719	MAYANK JINDAL	90M
69	4317001719	MAYANK MALHOTRA	2.3KM
70	44821301718	MEHAK	1.2KM
71	06521301719	MENARK SINGH	1KM
72	41417001718	MUSKAAN MAHESHWARI	1.5KM
73	03917001718	MUSKAN GUPTA	1.5KM
74	40217001718	MUSKAN LOHIA	1.5 KM
75	43317001718	MUSKAN SHARMA	2KM
76	5317001719	NAKUL BADAL	1.5 KM
77	42021301718	NIMISHA GUPTA	70M
78	04017001718	NIPUN	2KM
79	08421301719	NIPUN DIWAN	1.2KM
80	04117001718	PALAK KOCHAR	1.9 KM
81	04217001718	PALLAVI MALIK	1.8KM
82	2017001719	PANSY KHARJURIA	1.5KM
83	43617001718	PARVEEN PUROHIT	1.5KM
84	04317001718	PAVITRA KAUSHIK	2.3KM
85	04417001718	PIYUSH MALHOTRA	2.1 KM

86	41221301718	PIYUSH MEHTA	2KM
87	44721301718	PRATEEK ARORA	2.3 KM
88	41521301718	PRATEEK JAIN	1.2KM
89	43417001718	PREETI	1.8 KM
90	40117001718	PRINCE SADH	1KM
91	5017001719	PRIYA MATHUR	1.9KM
92	13021301719	RACHITA BUDHIRAJA	2KM
93	12821301719	RAGHAV GOYAL	2.3 KM
94	06721301719	RAHUL	2KM
95	45021301718	RAHUL	1.9KM
96	40317001718	RAHUL DUGAR	70M
97	2117001719	RAHUL KHANNA	2KM
98	41921301718	RAHUL SACHDEVA	1.5 KM
99	10621301719	RATAN	2KM
100	44521301718	RITANJAY AMAR	2.1 KM
101	06421301719	RITIK	1.8 KM
102	43717001718	RITIKA LAKHOTIA	2KM
103	3817001719	RIYA CHADHA	1.5KM
104	5817001719	RIYA GOEL	1.6KM
105	817001719	ROHAN AGGARWAL	1.5KM
106	517001719	RUDRANSH SHARMA	2KM
107	44421301718	SABIH ZAIDI	2.3KM
108	05317001718	SACHIN SAKLANI	2.3 KM
109	08521301719	SAHIL SHARMA	2KM
110	05417001718	SAKAR MALHOTRA	1.2KM
111	41317001718	SAMYAK RASTOGI	1KM
112	05517001718	SANCHIT ARORA	2KM
113	05617001718	SARTHAK GUPTA	1.9KM
114	05717001718	SARTHAK GUPTA	1KM
115	05817001718	SATYA DEEP SINGH	1.5 KM
116	08221301719	SAURABH UPADHYAY	2.1 KM
117	05917001718	SHANKER GUPTA	70M
118	06017001718	SHIKHAR KUMAR ANAND	2KM
119	04221301718	SHIVALI K GULATI	1.5 KM
120	10821301719	SHIVAM PANDEY	2KM
121	04321301718	SHIVANGI BHARDWAJ	70M
122	41517001718	SHIVI MITTAL	2KM
123	42121301718	SHIVI TYAGI	2KM
124	13121301719	SHOBHIT GROVER	1.8KM
125	11721301719	SHREY AGGARWAL	1.8 KM
126	45121301718	SHUBHAM BANSAL	1KM
127	41817001718	SHUBHAM RAJOURH	2.1 KM
128	44921301718	SHUBHAM RATHORE	2KM
129	41821301718	SIMRAN SIDDHIKA	1KM
130	4517001719	SNEHA TOMAR	2.1 KM

131	10721301719	SOUMIK PAL	1.5KM
132	06221301719	SRISHTI JAIN	1.5KM
133	41321301718	SUMIT SINGH	1.8 KM
134	41421301718	TANAYA SINGH AHUJA	1KM
135	2417001719	TANMAY GUPTA	2KM
136	04421301718	TANYA CHHABRA	2KM
137	04521301718	TIKSHITA MANCHANDA	1.5KM
138	04621301718	TUSHAR GUPTA	2KM
139	5417001719	TWINKLE DHINGRA	1.6 KM
140	06717001718	TWINKLE GROVER	1.2KM
141	2317001719	UMAR FAROOQ	1.5 KM
142	2217001719	UTKARSH GAUR	1.9 KM
143	10421301719	VAIBHAV SATIJA	1.5 KM
144	46521301718	VANSHIKA GOEL	1.8 KM
145	417001719	VARUN CHOPRA	70M
146	41717001718	VIBHAV BANSAL	2.3KM
147	1617001719	VIBHOR SHARMA	1.8 KM
148	08321301719	VIDHI THUKRAL	2.3 KM
149	41621301718	VIDUSHI SONI	2KM
150	12521301719	VINAY KUMAR	1.5KM
151	06817001718	VIRENDER SOOD	2KM
152	46721301718	VISHAL BADHWAR	1.5KM
153	06917001718	YOGITA BHATT	1.9KM