



**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**



Ministry of Environment, Forest and Climate Change  
Government of India



## Report

### On

## Fit India Thematic Campaign: Fitness Ki dose Aadha Ghanta Roz

|               |   |
|---------------|---|
| EVENT         | : Fit India Thematic Campaign: Fitness Ki dose Aadha Ghanta Roz |
| THEME         | : Supporting Mental Health                                      |
| Convener      | : DR. ROHTASH KUMAR   |
| Participation | : BBA   |
| Date          | : 1.12.2020   |
| Time          | : 10:00 AM onwards  |
| Platform      | : Online  |




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INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085



**Fit India Youth Club**

Organizes

**Fit India Thematic Campaign-  
Fitness Ka Doze Aadha Ghanta Roz**

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

**1 -Dec-2020**  
**Time: 10 AM Onwards**

In Association With





Dr Rohtash Kumar  
Nodal Officer






## 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.

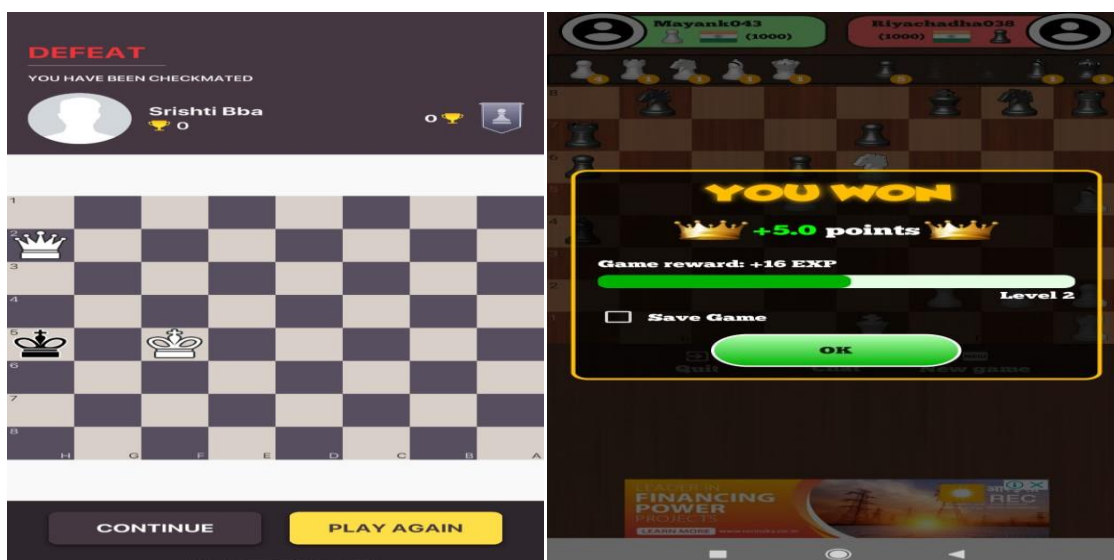
## REPORT

This event was organized by Fitness Club of Tecnia Institute of Advanced Studies, Rohini, Delhi on 1.12.2021 . In contrast with physical activity, Based on the theme “Supporting Mental Health ”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 Fit India Thematic Campaign: Fitness Ki dose Aadha Ghanta Roz conducted by Fit India Youth club, 35 students (Chess=22 and Carom=13) participated from all the respective departments of TIAS on the online platform. Fitness Sporting Activity as it provides the different opportunities in their interests other than academic routine based activities.



**Students Participating in Indoor Games (Chess, Carom)**



### Students Participating in Indoor Games (Chess, Carom)

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

## LIST OF STUDENTS

**Fit India Thematic Campaign: Fitness Ki dose Aadha Ghanta Roz**

**DATED 1.12.2020**

| SR.NO. | ENROLLMENT NO. | NAME               | DEPT. | GAME  |
|--------|----------------|--------------------|-------|-------|
| 1      | 11117001719    | ROHAN CHOUDHARY    | BBA   | CAROM |
| 2      | 00617001719    | RUDRANSH SHARMA    | BBA   | CHESS |
| 3      | 11721301719    | SHREY AGGARWAL     | BBA   | CHESS |
| 4      | 10617001719    | BHUVAN SINGH BISHT | BBA   | CAROM |
| 5      | 01917001719    | CHAINIKA GAMBHIR   | BBA   | CAROM |
| 6      | 12621301719    | DEEPANSHU GOEL     | BBA   | CAROM |
| 7      | 11921301719    | DEEPANSHU MITTAL   | BBA   | CHESS |
| 8      | 35821301719    | DHRUV GOYAL        | BBA   | CHESS |
| 9      | 14217001719    | DISHA BANSAL       | BBA   | CHESS |
| 10     | 00117001719    | GAGAN GOEL         | BBA   | CAROM |
| 11     | 06117001719    | HARDIK SHARMA      | BBA   | CAROM |
| 12     | 00217001719    | HARDIK SUNEJA      | BBA   | CAROM |
| 13     | 04017001719    | HARSHIT ASIJA      | BBA   | CHESS |
| 14     | 11917001719    | HIMANSHI GOGIA     | BBA   | CHESS |
| 15     | 12717001719    | JAHNVI NAYYAR      | BBA   | CHESS |
| 16     | 00517001719    | JATIN KUMAR        | BBA   | CHESS |
| 17     | 12017001719    | KANISHKA KALRA     | BBA   | CHESS |
| 18     | 10717001719    | KHYATI KHANNA      | BBA   | CHESS |
| 19     | 05417001719    | TWINKLE DHINGRA    | BBA   | CAROM |

|    |             |                |     |       |
|----|-------------|----------------|-----|-------|
| 20 | 02317001719 | UMAR FAROOQ    | BBA | CAROM |
| 21 | 13217001719 | YASH RAJ       | BBA | CAROM |
| 22 | 03617001719 | YASHIKA TANWAR | BBA | CHESS |
| 23 | 03717001719 | MANAV JAWA     | BBA | CAROM |
| 24 | 13017001719 | MANSI BHARDWAJ | BBA | CHESS |
| 25 | 14417001719 | MEHUL BHALLA   | BBA | CHESS |
| 26 | 35921301719 | NAMAN JINDAL   | BBA | CHESS |
| 27 | 11621301719 | NANCY SALHOTRA | BBA | CHESS |
| 28 | 02017001719 | PANSY KHAJURIA | BBA | CHESS |
| 29 | 11017001719 | PAWAN SAINI    | BBA | CHESS |
| 30 | 14017001719 | PRIYA TIWARI   | BBA | CHESS |
| 31 | 02117001719 | RAHUL KHANNA   | BBA | CHESS |
| 32 | 12021301719 | RAKSHIT RANA   | BBA | CHESS |
| 33 | 03817001719 | RIYA CHADHA    | BBA | CAROM |
| 34 | 10917001719 | RIYAZ MONGA    | BBA | CAROM |
| 35 | 12921301719 | AAYUSH         | BBA | CHESS |