



**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: INDOOR GAMES

- EVENT** : Intra Institute Sports Competition: Indoor Games (Table Tennis, Badminton)
- Theme** : Physical Activity: Key Ingredient of Fitness
- Nodal Officer** : Dr. Ruchi Srivastava
- Convener-Incharge** : Mr. Inderpreet Singh
- Student Beneficiary** : 62
- Participation** : BBA, BJMC, BCA, MBA
- Date** : 15/07/2022
- Time** : 10:00 AM Onwards
- Platform** : Offline, TIAS



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INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085



## Fit India Youth Club

Organizes

**Theme: Physical health: Key ingredients of fitness**  
**Intra Institute Sports Competition.**

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

Date & Day: 15/07/2022, Friday; Time: 10:00 am onwards.  
Platform: Offline,  
Badminton: Ashtavakra Building,  
Table Tennis: Sports Room  
(Backside area of TIAS main building).

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 participation and team spirit among students
3. To make students inculcate the sports activities in their day to day life

## REPORT

This activity has been organized by the Fit India Youth Club of Tecnia Institute of Advanced Studies on 15.07.2022 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 table tennis and arm wrestling 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 organized 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 such as table tennis and badminton. 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

Students have

1. Showcased their talent in the activities which enhanced their skills
2. understood the importance of games team spirit
3. enhanced their physical skills on the basis of games involved complement with strategic skills

**FIT INDIA YOUTH CLUB  
INTRA INSTITUTE SPORTS COMPETITION: INDOOR GAMES (TABLE  
TENNIS, BADMINTON)  
DATE: 15.07.2022  
LIST OF BENEFICIARIES**

<b>S.NO</b>	<b>NAME</b>	<b>ENROLLMENT NO</b>	<b>COURSE</b>
1	NITESH YADAV	08717002421	BAJMC
2	SHARAD GUPTA	12917002421	BA(JMC)
3	SHOURYA MANCHANDA	08121301721	BBA
4	ARYAVANSH BHARDWAJ	15317002421	BA(JMC)
5	PIYUSH RAJ	14017002421	BA(JMC)
6	VANSH KALRA	06817002421	BA(JMC)
7	DHRUV THUKRAL	3521302421	BA(JMC)
8	DIWAS SACHDEVA	07821301721	BBA
9	VIRAT VADEHRA	05317001721	BBA
10	AASHISH TYAGI	00417001721	BBA
11	ARYAN SHARMA	05017001721	BBA
12	ANANT TYAGI	5617001721	BBA
13	JATIN PATHAK	1517001721	BBA
14	HIMANSHU SHARMA	0217001721	BBA
15	HEMANT DAYAL	05117001721	BBA
16	UJJWAL ADVANI	01617001721	BBA
17	HARSHIT TANEJA	04217001720	BBA
18	PARTH KHATRI	02121301721	BBA
19	PRIYANK JAIN	09721301721	BBA
20	SHIVAM KUMAR MISHRA	11421301720	BBA
21	AYUSH GARG	09521301721	BBA
22	ISHITA AGGARWAL	09921301721	BBA
23	JYOTI SINGH	11621301721	BBA
24	ARYAN RAWAT	09221301721	BBA

25	JUSTINE ABRAHAM	08021301721	BBA
26	JANVI BERY	03621302420	BAJMC
28	JAI KHATRI	05317001720	BBA
29	ISHIKA SHARMA	05017001720	BBA
30	HARSHIT GOYAL	02017002020	BCA
32	HARSH GUPTA	01217001721	BBA
33	GOVIND VIJAY	01717002020	BCA
34	DESHIK CHAWLA	02617001720	BBA
37	BHAVY SHARMA	35317002020	BCA
38	AYUSHREE SWAMI	03221301720	BBA
39	AYUSHI PANWAR	01117002020	BCA
43	ANKUR BANSAL	00617002020	BCA
44	ANANYA KARAN SRIVASTAVA	00921302420	BJMC
45	MAHESH PATHAK	11121301721	BBA
46	MANEESHA	07917001721	BBA
47	MAYANK CHAUDHARY	01017002021	BCA
48	PARTH MALIK	10821301721	BBA
49	PIYUSH GOYAL	10521301721	BBA
50	PUNEET KUMAR	01517002021	BCA
51	RAHUL MITTAL	00917002021	BCA
52	RISHIKA ARORA	00417002021	BCA
53	SANIDHYA SINGH	00617002021	BCA
54	SATVIK	00817002021	BCA
55	SHORYA SADH	11221301721	BBA
56	SHRUTI JAIN	08117001721	BBA
57	SNEHA SRIVASTAVA	07417001721	BBA
58	TANISHQ	07817001721	BBA
59	UJJWAL JUNEJA	00217002021	BCA
60	VANSHIKA BANSAL	07617001721	BBA
61	VEDANT KUMAR	00317002021	BCA
62	ALANKRIT GUPTA	11717001721	BBA