

# TECNIA INSTITUTE OF ADVANCED STUDIES

NAAC Accredited Grade 'A' Institute

Ref. No. TIAS/ Dir. Off./2022-23/14 (A)

Date: 16.09.2022

## OFFICE ORDER

**Subject: Nodal Officer- NSO-Fit India Youth Club; NSO, ANO-NCC (Associate NCC Officer) & In/Charge-Sports, Faculty Coordinator, TIAS w.e.f. 16.09.2022**

The competent authority of Tecnia Institute of Advanced Studies is pleased to assign duties of Nodal Officer- NSO-Fit India Youth Club; NSO, ANO-NCC (Associate NCC Officer) & In/Charge-Sports; Faculty Coordinator, TIAS w.e.f. 16.09.2022 with immediate effect in addition to already assigned duties/charges. The details of Additional Assignment as follows:-

S. No	Name of Faculty	Faculty In-charge (Responsibility)
1	Dr. Ruchi Srivastava, Faculty of Management Sciences	Nodal Officer - Fit India Youth Club, TIAS
2	Lt. (Dr.) Suhail Ahtesham, Faculty of Management Sciences	PO (Fit India Youth Club), NSO, ANO-NCC (Associate NCC Officer) & In charge-Sports, TIAS
3	Mr. Sumit Mahajan, Faculty of Journalism & Mass Communication	Faculty Coordinator, Fit India Youth Club, TIAS

to propagate the below mentioned

S.No.	Particulars	Details
1	Fit India Youth Club.	Implementation of Fit India Programme as per Action plan and Schematic Plan prepared by Fit India Campaign Committee vide letter D.O.No.F.1-54/2019 (Website/Fit-India) Dt. 15.01.2020 issued by UGC, MHRD, New Delhi-02. Link for the same: <a href="https://www.ugc.ac.in/pdfnews/1616415_Fit-India-Campaign.pdf">https://www.ugc.ac.in/pdfnews/1616415_Fit-India-Campaign.pdf</a>
2	NSO & NCC	As per GGSIP University BBA Scheme and Syllabus 2021-22
3	Sports	GGSSIP University Sports Meet)

Reference to Sr. No. 2 vide which BBA Scheme and Syllabus 2021-22 onwards provided by the Dean, University School of Management Studies, GGSIP University Dated 09.09.2022 for 2<sup>nd</sup> Year & 3<sup>rd</sup> Year and of BBA 1<sup>st</sup> Year on dated 01.12.2021 has introduced NSS/NCC/NSO in consonance with NEP-2020, the University has introduced as paper in BBA 3<sup>rd</sup> Semester with details as under:-

Code No.	Paper	Type	L	T/P	Credits
BBA 2015	NSS/NCC/NSO/others as notified by the university (NUES*)	Ability Enhancement	2	--	2

Nodal Officer, Associate NCC Officer and In/Charge - Sports, of Tecnia Institute of Advanced Studies as mentioned above are entrusted with the responsibility as mentioned above and required to make compliance of all the notifications issued from GGSIP University/ AICTE/ UGC/ / Ministry of Youth Affairs & Sports- Dept. of Sports, Govt. of India, New Delhi and other statutory bodies time to time and take

requisite actions to make report of the activities with appropriate Geo-tag photographs and upload the detailed Action Plan & Action Taken Report on the University Activity Monitoring Portal in its letter & spirit and submit reports of all the activities put forwarded by the parent body with a copy to IQAC and upload the same on Fit India Portal of the Ministry on monthly basis; shared on email ID fitindiamovement@aicte-india.org and also on the appropriate webpage of the Institute for the advantage of all stakeholders with a copy to IQAC and evaluate the students as per the University Syllabus for the students obtaining for NSO and submit their internal assessment marks for onwards solution to the University.

The above said duty assigned as per UGC; Gazette Notification; Dt. 18.07.2018; UGC Regulations on minimum qualifications for appointment of teacher and other academic staff in universities and colleges and measures for the maintenance of standards in Higher Education, 2018; pg. no. 104; Appendix-II; Table-I; Assessment Criteria and methodology for university/college teachers; S. No. 2; Heading: Grading Criteria; *“Involved in at least 3 activities” which is additional to the direct teaching.*

*This issue with the approval of the competent authority.*

To understand the NSO/NCC provisions details provided in ANNEXURE-I:-

  
DIRECTOR

Copy forwarded to the following for information and necessary action:

- Dr. Ruchi Srivastava, Faculty, Department of Management Sciences
- Lt. (Dr.) Suhail Ahtesham, Faculty, Department of Management Sciences
- Mr. Sumit Mahajan, Faculty of Journalism & Mass Communication
- Admin Chairman Secretariat, TIAS
- Dean-Academics, Academic Cell - to inform all concerned
- Dean (R&D)
- Coordinator-IQAC, TIAS
- All HoDs- Dept. of Mgt. Sciences/ Journalism & Mass Comm. /Computer Applications, TIAS
- All Class In-Charges/Mentors notified through respective HoDs, TIAS
- In-Charge Students' Welfare, TIAS
- In-Charge ITC- for uploading the same on the institute website
- In-Charge Librarian, TIAS
- In-Charge Admin, TIAS
- Personal file of faculty concerned
- Guard File

**An introduction of NSO (National Sports Organization)**

The National Sports Organization is an Nationwide movement aimed at educating young people about physical fitness. Across all four years, the NSO chapter has about 1000 members. The NSO is in charge of planning the Institute's sports day. Additionally, it holds regular meetings where different sporting activities are promoted for the students to participate in.

The Sports Center, which includes a gym, an indoor badminton court, and a table tennis court, is maintained by the NSO. It also includes carom boards. The Department of Physical Education's office is located at the sports Centre. The NSO maintains a swimming pool with special timings for girls. It also undertakes cricket.

NSO is the most popular option among students. Who love a good game? NSO offers the option of choosing from a variety of sports spanning cricket, athletics, frisbee, yoga and weightlifting, aquatics to name a few. The entire list can be found [http://www.ipu.ac.in/dsw\\_sports.php](http://www.ipu.ac.in/dsw_sports.php) i.e

**SPORTS**

Sports Activities: Inter Collegiate Tournaments of the various sports events Annual Inter Collegiate Sports Meet (For all Affiliated Institutes and USS) Participation in National, State and University Level Sports Tournaments

Facilities: Dedicated Court and field for Volleyball, Football, Cricket, Badminton, Basketball, Tennis, Kabbadi and Track & Field and ground for cultural activities, Canopy for cultural activities by clubs under Srijan .

Major Events: Volleyball (Men & Women), Football (Men & Women), Discus Throw (Men & Women), Shot-put (Men & Women), Race (100m/200m/400m/500m) (Men & Women), Cross Country Race, Long Jump (Men & Women), Tug of War (Men & Women), Cricket, Basketball, Badminton, Kabbadi, Body Building, Weight lifting Power Lifting, Tennis

Coaching / Training Facilities: Special Coaching & Training facilities in the guidance of qualified & experienced coaches for major sports events like Football, Volleyball, Basketball, Tennis, Badminton, Kabbadi, Tug-of War, Cricket, Track and Field, Yoga etc

The criterion for selection varies depending on the sport, the instructor and the number of people who turn up for the try-outs. In many cases, it is not essential to have prior experience in the sport to get selected. For instance, in Tennis, the selection is based on stamina. In basketball, on the other hand, it depends on the student's ability to dribble and do a lay-up. Some sports are tougher to get selected into as compared to others. Racquet sports, for instance, see tough competition owing to restrictions due to infrastructure.

Practice sessions usually start after Quiz 1. Practices are held for about 2 hrs twice a week in the odd semester and thrice a week in the even semester. The criterion for passing is a minimum of 85% attendance. Note that the player's performance has absolutely no say in 'passing'.

*Professional coaches train the students in every sport, starting from scratch. The level of skill players develop at the end of one year depends greatly on their initiative and enthusiasm to learn. Some of the students go on to get selected into the institute team. This is a prestigious opportunity to represent the Institute in the GGSIP University Sports Meet that happens at the end of the odd/even semester.*

### **An introduction of NCC (National Cadet Corps)**

NCC is known for its parade drills and working hours that will make you wake up at dawn-break. In fact, drill practices are held only for stretches of about a week right before the Independence and Republic Day celebrations. In the rest of the meetings that are held every week, the cadets are given fitness training. These sessions usually last a couple of hours starting at 6 in the morning. Occasionally, the cadets also visit the Fire range. Here, the cadets learn firing with rifles, the real kind, not dummy ones. The annual camp is nothing like the thrown-in-the-wilderness-without-reception kind of experience. The students attend daily training sessions for a span of about 10 days. Here, apart from the firing the cadets are trained in pitching tents. Once chosen, NCC is compulsory for a year and at the end of this, they are awarded an "A" certificate. After this, it is up to the students to decide if they want to continue and work for the B and C certificates respectively awarded at the end of two or three consecutive years respectively. NCC B and C certificates hold substantial value in terms of reservation in institutes of higher education, both private and public sector jobs and for entry into the Defence Services. The selection for NCC tends to happen towards the end of August. The selection criterion will depend on the number of people who turn up; a larger turnout will necessitate simple selection tests for discipline and stamina and a smaller turnout will likely ensure that most of the participants get selected.

Further, In reference to the email dated 02.09.2019 received from All India Council for Technical Education (AICTE) regarding Fit India Movement: "GUIDELINES FOR AN INSTITUTIONAL FITNESS PLAN IN THE HIGHER EDUCATIONAL INSTITUTIONS" and to nominate a Nodal Officer for Fitness Implementation & Monitoring, whose activities would be monitored by an Institutional Committee. The following indicative guidelines/steps may be taken in this regard:

1. **Physical fitness period** or session may be incorporated into the academic calendar of the An institution, covering the aspects of sports, yoga, meditation, right diet etc. The physical fitness sessions may be staggered throughout the day to enable all students to participate.
2. **Fitness Leaders** in each institution to be created. For guiding students into physical fitness, services of students volunteer from the institutions, ex-

servicemen and other volunteers may be obtained on a daily & voluntary basis. 10 committed persons well versed in physical activity may be involved in the exercise.

3. Proper the utilization of existing infrastructure, encouraging students to climb stairs, **walk at least 10,000 steps a day**, use cycles within the campus by creating cycling zones etc.
4. The **top leadership** of the Institution and professors actively participate with staff and students in fitness activities on a periodic basis to **lead by example**, eg: cycling, running, aerobics, marathon, meditation activities etc.
5. Incorporating provisions of **healthcare and wellness initiatives** in the objectives of the institution.
6. Annual **health check-ups** by volunteer health doctors or voluntary organizations to monitor student health & fitness and also maintain a record.
7. Providing **guidance regarding a balanced nutritional diet**, distribution of pamphlets and information material on the subject.
8. Redressing the **emotional concerns of students** in mental health. Awareness camps or sensitization workshops on depression, anxiety and stress management may be organized for faculty and students.
9. Inviting health icons and **motivational speakers on health & fitness** to address students in campus and regular conduct of outdoor sports events in campus
10. Data pertaining to **health & fitness activities** of an institution should be placed on the website. **Exemplary performers** shall be selected subsequently for National level awards.

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