



**TECNIA INSTITUTE OF ADVANCED STUDIES**

**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



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## REPORT

Event Category : Fit India Youth Club & National Sports Organization (NSO)

Topic : Intra Institute Chess & Carom Competition

Date : 31<sup>th</sup> March 2023

Time : 12.00 PM onwards.

Venue : TIAS PG Building

No. of Beneficiaries : 25 Students

Convener : Mr. Nitin Yadav



**TECNIA**  
INSTITUTE OF ADVANCED STUDIES  
GRADE "A" INSTITUTE  
DELHI INDIA



# **FIT INDIA YOUTH CLUB**

In collaboraton with

**NATIONAL SPORTS ORGANISATION (NSO)**

**Organizing**

**Intra Institute**

**Chess and Carom Competition**

**Date : 31<sup>st</sup> March, 2023**

**Time : 12:00 P.M. Onwards**

**Venue: 4th Floor,PG Building**

Nodal Officer:  
Mr. Nitin Yadav  
FIYC, NSO

Student Coordinator:  
Kunal +91- 7827377223



## Learning Objective

- To create awareness and spread the message of healthy lifestyle by keeping students self-motivated by participating various indoor games.
- To aware students about the rules and regulations of playing chess and carrom and to encourage them to enjoy these activities anti-digitally.
- To help students understand the value of coordination, team spirit and healthy competition.
- To inspire students for providing opportunity to keep their body and mind fit and healthy.



2A & 2B, Phase-1, Madhuban Chowk, Outer Ring Rd, Block D,  
Sector 14, Rohini, Delhi, 110085, India

Latitude

28.70540644245808°

Local 12:21:10 PM

GMT 06:51:10 AM

Longitude

77.13024546299883°

Altitude 219 meters

Friday, 31.03.2023



## REPORT

Hon'ble Prime Minister of India has launched the **FIT INDIA MOVEMENT** on 29 Aug 2019 with a view to make Physical Fitness a way of life. **FIT INDIA MOVEMENT** aims at behavioural changes – from sedentary lifestyle to physically active way of day-to-day living. Fit India would be a success only when it becomes a people's movement. We have to play the role of a catalyst.

In the above background, the Fit India Mission encourages **YOUTH CLUB** to motivate people to become part of **FIT INDIA MOVEMENT** by inculcating at least 45-60 minutes of physical activities in their day to day lives, individuals and Youth Club can undertake various efforts for their own health and well-being as well as for the health and well-being of fellow Indians.

In Tecnia we organized this event which mainly focused on the encouragement of students by getting themselves involved in various indoor games which includes carrom, chess, arm wrestling and table tennis.

In below displayed photographs we can see students of different programmes competing in chess and carrom



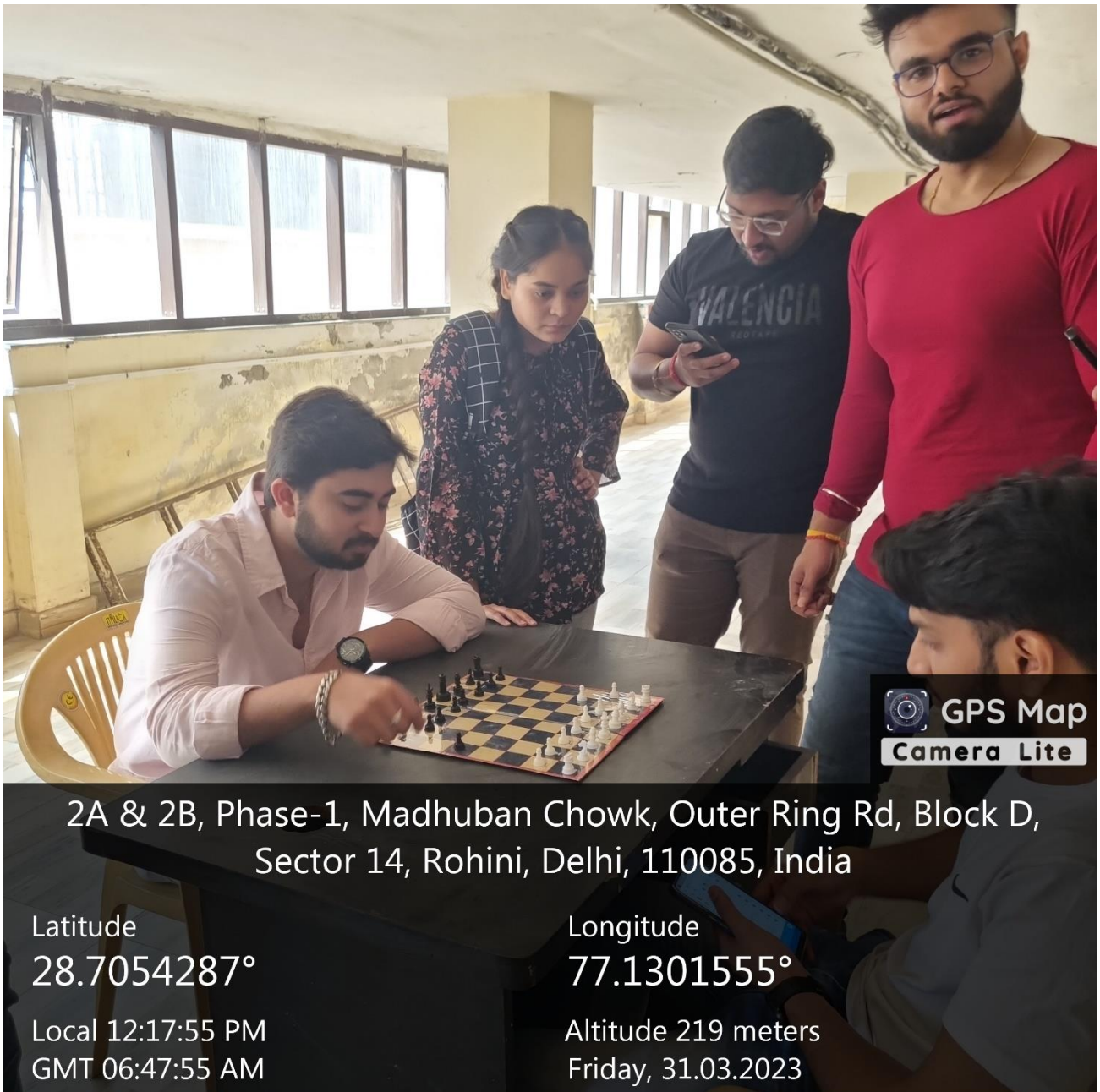
## LEARNING OUTCOME

- Students were encouraged for playing offline mode indoor games.
- Students were made aware about the importance of Fit India youth club and the essential policies government is encouraging for the students so to uplift the quality of the living environment through active participation and it also helps for healthy mind and body.
- This event set an inspiring example for the coming generations to save the importance of offline physical activities and encourage the mode of sportsmanship.

Interaction with the students of every department (BBA, BCA, BAJMC) were made for maximum participation of students in such events. Majority of students were asked to participate and many students of TIAS were played well and won the games during the event. In the end of event students also get motivated for maximum participation. A group photographs was also taken.







2A & 2B, Phase-1, Madhuban Chowk, Outer Ring Rd, Block D,  
Sector 14, Rohini, Delhi, 110085, India

Latitude  
28.7054287°

Longitude  
77.1301555°

Local 12:17:55 PM  
GMT 06:47:55 AM

Altitude 219 meters  
Friday, 31.03.2023

#### Winners of the Carom Competition

1. Ridhi Jain (BAJMC 3<sup>rd</sup> year/Morning Shift/Division - A)
2. Ayush Aggarwal (MBA 1<sup>st</sup> year/Morning Shift/Division - A)

#### Winners of Chess Competition

1. Kunal Chaturvedi (BBA 3<sup>rd</sup> year/Morning Shift/Division - A)
2. Prabhjot Kaur (BAJMC 2<sup>nd</sup> year/Morning Shift/Division - B)



LIST OF PARTICIPANTS



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Tel: 91-11-27555121-24, E-Mail : directortias@tecnia.in, Website: www.tiaspg.tecnia.in



Department: FIT INDIA YOUTH CLUB Date: 31/03/2023 Time: 12:00 PM Venue: 4th Floor Pbn Building TIAS

Committee: ..... Chair: NITIN YADAV Subject: INTRA INSTITUTE CHESS & CAROM COMPETITION

Agenda Points:

- 1 .....
- 2 .....
- 3 .....
- 4 .....

S. No.	Name	Phone No.	E-mail Address	Time	Sign.
1	VANSH DHUORIA	8287279979	vanshdhuria@gmail.com	12:30	
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26	Ayush Aggarwal	9971865495	ayush2938@gmail.com	1:20	
27					