



TECNIA INSTITUTE OF ADVANCED STUDIES

GRADE "A" INSTITUTE

Approved by AICTE, Ministry of Education, Govt. of India, Affiliated to G.G.S.I.P. 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



Fit India Youth Club SAI



FIT INDIA / NSO CLUB

CALENDAR (2023-24)

S.no	Month	Date	Details of The Event	Name of Club	OBE Values
1	August	19 August 2023	Specialist Talk on Perils of Smoking, Drugs and Alcohol	FIYC & NSO	Health Promotion, Disease Prevention, Lifestyle Modification
2	September	16 September 2023	Specialist talk on importance of hygiene in our overall growth. (Outreach Activity)	FIYC & NSO	better health, confidence and overall growth
3	October	04-Oct-23	Sports Meet of TIAS	FIYC & NSO	Fairness, equality, brotherhood
4	October	19 Oct 2023 to 21 Oct 23	Sports Meet (GGS IP University)	NSO	Fairness, equality, brotherhood
5	October	12 October 2023 – 14 October 2023	Sports Meet of GGSIPU	FIYC & NSO	Fairness, equality, brotherhood
6	November	24 November 2023	Dental checkup (Outreach Activity)	FIYC & NSO	sense of security and confidence, strong overall well-being
7	December	19-Dec-23	Specialist Talk on perils of smoking drugs and alcohol	FIYC & NSO	health promotion, disease prevention
8	January	30 January 2024	Specialist talk on importance of nutritious diet in our overall growth.	FIYC & NSO	Fairness, equality, brotherhood
9	February	23 February 2024	Intra Institute Outdoor Sports Competition: Badminton	NSO	Fairness, equality, brotherhood
10	March	16 March 2024	Yoga & Meditation Session in TIAS	FIYC & NSO	Mindfulness, Self-awareness, Emotional intelligence, Wellness, Peace, Self-Realization, Spirituality
11	May	17 May 2024	Intra Institute Sports Competition Outdoor game: Cricket	FIYC & NSO	Fairness, equality, brotherhood

Programme Officer, NSO
Tecnia Institute of Advanced Studies
Madhuban Chowk, Rohini, Delhi - 85

MR. DEEPAK PRASAD
NODAL OFFICER
FIYC/NSO