



**NSS & FIT INDIA**

*is Organizing*

**10<sup>th</sup>**

**INTERNATIONAL DAY OF**

**YOGA**

**योग स्वयं और समाज के लिए**

*Video Contest*

**THEME : YOGA WITH FAMILY**



**21<sup>st</sup> JUNE, 2024**  
**Submission Deadline**

Mode : Online

Programme Officer

**Dr. Deepika Joshi**

National Service Scheme (NSS)

Programme Officer

**Mr. Abhishek Maheshwari**

Fit India



# TECNIA INSTITUTE OF ADVANCED STUDIES

Let's Embrace the Sense of Friendliness & Team Spirit

All the Students of TIAS are Invited to



TRIALS For

## Annual Sports Meet

29 to 30 Sep, 2023

- Cricket
- Volleyball
- Basketball
- Badminton
- Football
- Tennis (Table/Lawn)
- Yoga
- Kabaddi
- Tug of War
- Power/Weight
- Lifting
- Body building
- Chess
- Hockey
- Athletics

Last date of entry  
Submission

29.09.2023

Give Your Name to Your  
Respective Class Incharges

\*Only shortlisted candidates after trials in respective sports will be eligible to participate

Event Incharge : **Mr. Nitin Yadav**

Student Coordinators : **Arnav Chawla**  
**Khushboo Adlakha**



**8376005995**  
**8287454363**

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Go



## 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



## Fit India Youth Club



## RAJIV GANDHI GOVERNMENT COLLEGE SAHA (AMBALA) HARYANA NATIONAL SERVICE SCHEME ORGANISES



NATIONAL LEVEL ONLINE QUIZ (ONLY FOR NSS VOLUNTEERS)  
ON THE OCCASION OF  
SARDAR VALLABH BHAI PATEL BIRTH ANNIVERSARY  
TO CELEBRATE

**NATIONAL UNITY DAY (31<sup>st</sup> OCT 2023)**

**REGISTRATION cum ONLINE QUIZ LINK WILL OPEN ON 31-OCT-2023 from 10:00 AM to 10:30 AM**

**ALL PARTICIPANTS WILL GET e-Certificates**

**ONLINE QUIZ LINK: <https://forms.gle/8dh6UKCnLkmTjWaG8>**



Mr. Mandeep Singh  
NSS-PO, Convener  
M-7206274983

Mr. Nitin Kumar Verma  
Co-Convener  
M-8607234255

Mrs. Renu Rishi  
Principal-cum-Patron



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## Fit India Youth Club



**PATRIOTIC RUN ORGANISED BY  
VETERANS INDIA**  
recognized by FIT INDIA

**INDIA'S BIGGEST  
PATRIOTIC RUN EVER**

**Rashtra Bhakti  
Khel Se Shakti**



Scan the QR code to upload  
pictures & videos

[www.veteransindia.com](http://www.veteransindia.com)