



# INSTITUTE OF ADVANCED STUDIES

















ANNUAL REPORT: ACADEMIC SESSION

2023-24

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# TECNIA INSTITUTE OF ADVANCED STUDIES

NAAC GRADE "A" INSTITUTE (CYCLE-1)

Recognized Under Sec. 2(f) of UGC Act 1956.

Approved by AICTE, Ministry of Education Govt. of India, & Affiliated to Guru Gobind Singh Indraprastha University, New Delhi





# FIT INDIA YOUTH CLUB

Estab. as per Ministry of Youth Affairs and Sports, Gol

Preface for Fit India Youth Club

The Fit India Youth Club, launched by the Government of India, aligns well with several

of the United Nations Sustainable Development Goals (UNSDGs), particularly those that

focus on health, well-being, and education. The initiative encourages youth to prioritize

fitness, mental health, and holistic well-being, which directly contributes to multiple

SDGs.

In the face of rapidly evolving lifestyles and the growing challenges posed by sedentary

habits, the importance of physical fitness and overall well-being has never been more

critical. Recognizing this need, the Fit India Youth Club has emerged as a platform

dedicated to fostering a culture of health, vitality, and fitness among the younger

generation. Our mission is to inspire and empower youth to lead active lives, adopt

healthy habits, and become advocates for well-being in their communities.

The Fit India Youth Club is not just a fitness initiative; it is a movement that encourages

young people to take charge of their physical, mental, and emotional health. Through

regular activities, fitness challenges, educational programs, and collaborative events, we

aim to nurture a generation that understands the true value of a balanced life.

This club strives to create a positive and inclusive environment where individuals from

all walks of life can participate and grow together. Our commitment to promoting fitness

extends beyond exercise; we also emphasize the importance of proper nutrition, mental

resilience, and stress management.

As we embark on this journey, we invite all young minds to join hands in creating a

stronger, healthier, and more vibrant India. Together, let us take the first step towards a

fit future, where well-being is not just a goal, but a way of life.

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# 1. INTRODUCTION

### 1.1 Fit India Youth Club

University Grant Commission vide D.O.No.F.1-54/2019 (Website / Fit India) Dated 23rd August 2019 initiated to give much-needed impetus to physical fitness and health of citizens of India, Hon'ble Prime Minister of India launched the 'Fit India Movement' which envisages the initiative of launching the 'Fit India Movement' on 29th August 2019 from Indira Gandhi Indoor Stadium, New Delhi. 'Fit India' is a movement to take the nation forward on the path of fitness and wellness and it provides a unique and exciting opportunity to work towards a healthier India.

Institutions within the purview of AICTE pursuing technical education, who are future of the country and should be physically and mentally fit. It is essential that a culture of physical fitness and good health is created within all students, teachers and non-teaching staff etc., so that our campus vibrate with healthy and energetic people, full of enthusiasm for learning, Accordingly Tecnia Institute of Advanced Studies follows 'Fit India Campaign' and made well-meaning efforts for the health and well-being of their students, teachers, staff and officials to achieve physical fitness, mental strength and emotional equanimity by promoting activities to promote the 'Fit India Movement':

- Fitness Pledge: Encourage students, teachers, staff and officials to take the Fitness Pledge, administered by the Hon'ble Prime Minister.
- Every person should attempt to walk 10,000 steps and follow it up in his/her daily routine.
- Short video clips of the activities in campus on Tecnia TV may be made.
- Prepare and implement an Institutional Fitness Plan, incorporating sport/exercise/physical activities for fitness into the daily routine for everybody to adopt and practice.
- To spread the culture of physical fitness in the campus publicize the fitness action
  plan on official website and Notice Boards of Institute and upload the same on
  UGC's Fit India Movement Portal, University Activity Monitoring Portal of
  UGC (https://ugc.ac.in/uamp/) & (https://fitindia.gov.in/)

## 1.2 Objectives

The objectives of the Fit India Movement are as follows:

- **Awareness Creation:** To raise awareness about the importance of physical fitness and its impact on overall health and well-being.
- **Encouragement of Physical Activities:** To motivate individuals to engage in regular physical activities and sports, regardless of their age or fitness level.
- **Community Engagement:** To involve communities in fitness initiatives, promoting group activities and events that encourage collective participation.
- **Promotion of Healthy Lifestyle:** To advocate for a balanced lifestyle that includes proper nutrition, mental well-being, and regular exercise.
- **Collaboration with Institutions:** To work with educational institutions, workplaces, and local bodies to implement fitness programs and create fitness-friendly environments.
- **Support for Athletes:** To provide support and resources for athletes and sports enthusiasts, promoting excellence in sports and fitness.
- **Sustainable Fitness Practices:** To encourage sustainable practices that ensure long-term health benefits and a culture of fitness in society.

## 1.3 Fit India Youth Club Outcomes

### • Promotion of Physical Fitness.

#### • Holistic Development:

• Through sports, young people learn the importance of collaboration, sportsmanship, and handling challenges.

#### • Social Integration:

 Encourages peer mentoring, which builds self-confidence and promotes a sense of responsibility.

### • Increased Awareness on Healthy Lifestyle Choices:

o Initiatives like fitness challenges, health talks, and workshops educate participants on maintaining a healthy body and mind.

# 2. PLEDGE

## 2.1 FIT INDIA PLEDGE

#### I TAKE THE PLEDGE:

- TO LEAD AN ACTIVE AND A HEALTHY LIFESTYLE
- TO TAKEOUT 30 MINUTES EVERYDAY FOR MY FITNESS AND HEALTH
- TO ENCOURAGE MY FAMILY MEMEBERS AND NEIGHBOURS TO STAY FIT AND HEALTHY
- TO TAKE THE FITNESS ASSESSMENT TEST ON THE FIT INDIA MOBILE APPLICATION QUARTERLY

## मैं प्रतिज्ञा करता/ करती हूँ:

- एक सक्रिय और स्वस्थ जीवन शैली जीऊँगा/जीऊँगी
- अपने फिटनेस और स्वास्थ्य के लिए हर दिन 30 मिनट का समय निकालूंगा/निकालूंगी
- अपने परिवार के सदस्यों और पड़ोसियों को फिट और स्वस्थ रहने के लिए प्रोत्साहित करूंगा/ करूँगी
- फिट इंडिया मोबाइल एप्लिकेशन पर त्रैमासिक फिटनेस मूल्यांकन करूंगा/करूंगी

#### Fit India Mobile App Link:

https://play.google.com/store/apps/details?id=com.sai.fitIndia&pli=1

## 2.2 KHELO INDIA PLEDGE

हम शपथ लेते हैं कि खेलों को अपने, जीवन का हिस्सा बनाएंगे, खेलेंगे और खेलना सिखाएंगे। खेलों से जुड़ कर हम, स्वस्थ भारत बनाएंगे, खेल- खिलाड़ी का, हम हौसला बढ़ाएंगे हम शपथ लेते हैं कि हार- जीत से आगे बढ़, मैं को हम बनाएंगे, खेलों से खिलेंगे हम, देश का मान बढाएंगे संकल्प से सिध्दि लाएंगे, हम न्यू इंडिया बनाएंगे, खेलेंगे और खेलना सिखाएंगे। जय हिंद

| 3  | <b>REPORTS</b> | ON EVENTS | <b>CONDUCTED</b> |
|----|----------------|-----------|------------------|
| J. | REFURIS        | ON EVENIO | CONDUCTED        |

3.1 Event: Cricket Championship

**Event Date: 28-07-2023** 

**Objective:** 

The objective of this event is to foster teamwork, strategic thinking, and sportsmanship among participants while promoting fitness. It serves as a platform to showcase cricketing talent and enthusiasm, encouraging healthy competition and physical engagement. This event also aimts to create a sense of community and pride for

participants and spectators alike.

Report:

The Cricket Clash Championship concluded successfully, marking another milestone in

our pursuit of promoting cricket and fostering sportsmanship.

Thank you so much for arranging the ground at Rohini District Park, Sector 14, Rohini. Your support made our game possible and enjoyable. We truly appreciate your effort and generosity. It meant a lot to us, and we look forward to future games together. Thanks

again for everything.

This year's championship saw enthusiastic participation, high-level competition, and remarkable displays of skill and teamwork. The event brought together diverse teams,

showcasing their prowess and contributing to the sport's growth.

**Event Overview** 

The Cricket Clash Championship was held on 28<sup>th</sup> July 2023 at the Rohini District Park, Sector 14, Rohini, Delhi, featuring a total of two teams from TIAS. Match was played under standard 20-over rules, with a focus on maintaining a competitive yet fair

environment.

**Participation and Teams** 

The diverse participation highlighted the sport's growing appeal and the increasing level

of cricketing talent across different students.

**Key Highlights** 

1. **Competitive Matches:** The tournament featured several closely contested games,

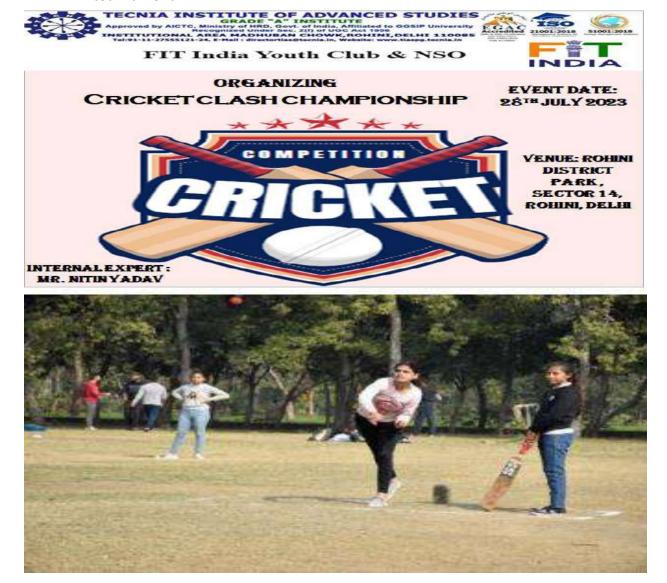
showcasing intense competition and exceptional skill.

2. **Star Performances:** Several players delivered standout performances, capturing the attention of spectators and critics alike.

#### **Learning Outcomes**

The Cricket Clash Championship provided valuable learning experiences for all participants:

- **Enhanced Teamwork Skills:** Teams demonstrated significant improvement in collaboration and strategic planning, working cohesively to achieve their goals.
- **Improved Game Tactics:** Players and coaches applied advanced strategies, adapting to various game scenarios and enhancing their tactical understanding.
- **Increased Sportsmanship:** The event reinforced the importance of respect and fair play, with teams exhibiting exemplary sportsmanship throughout the tournament.



3.2 Event: Warriors of the Kabaddi Tournament

**Event Date: 30-08-2023** 

#### **Objective:**

This tournament aims to celebrate the ancient sport of Kabaddi while promoting physical fitness, teamwork, and quick decision-making skills. It encourages participants to engage in high-energy action while fostering a spirit of camaraderie. The event seeks to revive interest in Kabaddi, provide a competitive platform, and build a strong sense of unity and sportsmanship among players from various backgrounds.

### Report:

The Kabaddi Competition has successfully concluded, celebrating an exhilarating display of athleticism, strategy, and sportsmanship. Held on 30<sup>th</sup> Aug 2023, the tournament provided a platform for kabaddi enthusiasts to showcase their skills and compete at a high level.

The Kabaddi Competition took place at the Orleans The School, F-19/14, Pradeep Bhatia Marg, Pocket 19, Sector 8, Rohini, New Delhi, Delhi, 110085. Match was played in the traditional kabaddi format, emphasizing physical prowess and strategic acumen.

Thank you for arranging the ground at Orleans The School, F-19/14, Pradeep Bhatia Marg, Pocket 19, Sector 8, Rohini. Your effort made our game a great success and provided us with a fantastic venue. We truly appreciate your support and hospitality. It was a pleasure playing there, and we look forward to more games in the future.

#### **Participation and Teams**

The tournament attracted a diverse range of participants, from different departments of TIAS. Each player brought unique tactics and a competitive edge, contributing to a rich and dynamic competition. The teams included both seasoned players and emerging talents, reflecting the growing interest in kabaddi and the depth of his talent.

#### **Key Highlights**

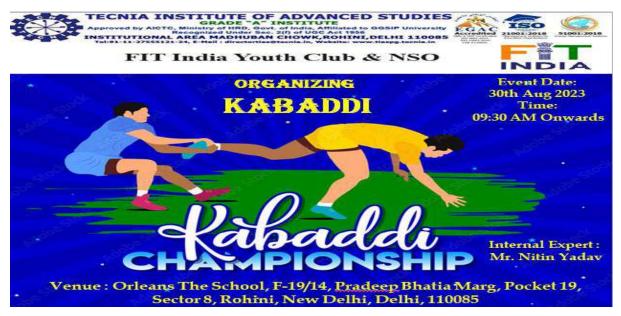
- 1. **Thrilling Matches:** The tournament was marked by intense and closely contested game. Noteworthy match included Team A and Team B, where strategic plays and exceptional skill levels were on full display.
- 2. **Outstanding Performances:** Individual players made significant impacts throughout the tournament. Some players stood out for their exceptional raiding

skills, some players excelled in defensive tactics, and some players demonstrated remarkable leadership and teamwork.

### **Learning Outcomes**

The Kabaddi Competition provided several valuable learning outcomes for participants:

- **Enhanced Teamwork:** Teams improved their collaborative strategies and mutual support, crucial for effective play and overall success.
- **Improved Tactical Skills:** Players adapted to dynamic game scenarios and refined their strategic approaches to outmaneuver opponents.
- **Increased Resilience:** Participants developed resilience by tackling challenges and maintaining focus under the pressures of competitive play.





3.3 Event: Smash Shuttle Tournament (Badminton)

**Event Date: 27-09-2023** 

## **Objective:**

The goal of this badminton tournament is to provide players with an opportunity to showcase their skills in a competitive format, enhancing agility, reflexes, and coordination. It promotes sportsmanship and teamwork, encouraging healthy competition among participants. This event also aims to foster an active lifestyle and enhance the popularity of badminton, creating an inclusive and engaging atmosphere for both beginners and experts.

## Report:

The Smash Shuttle Tournament has successfully concluded, marking another exciting chapter in the world of competitive badminton. Held on 27th Sept. 2023 at Khel Parisar, Muni Maya Ram Jain Marg, near Guru Govind Singh College, Guru Govind Singh College, Pitampura, New Delhi, Delhi, 110034, this year's tournament featured intense competition, outstanding performances, and a celebration of the sport's spirit. This report provides a comprehensive overview of the event, including key highlights, learning outcomes,

#### **Event Overview**

The competition was structured into singles event, with preliminary rounds followed by knockout stages leading to the finals. Matches were conducted under standard badminton rules, with a focus on maintaining a high level of competitive integrity and fair play.

Thank you for arranging the ground at Khel Parisar, Muni Maya Ram Jain Marg, near Guru Govind Singh College, Pitampura. Your support made our game enjoyable and successful. We genuinely appreciate your effort in providing such a great venue. Looking forward to future games and continued cooperation. Thanks once again.

#### **Key Highlights**

1. **Exciting Matches:** The tournament was marked by several thrilling matches, with close contests and dramatic turns. Notable matches included players in the singles in the mixed doubles final, both of which demonstrated exceptional skill and strategic play.

2. **Outstanding Performances:** Individual performances were particularly noteworthy. Some players achieved remarkable success in the matches, some players' showcased impressive skill, and some players delivered an extraordinary performance in the match.

#### **Learning Outcomes**

The Smash Shuttle Tournament offered several valuable learning outcomes for participants:

- **Enhanced Strategic Play:** Competitors gained a deeper understanding of advanced badminton tactics, applying strategic approaches to outmaneuver their opponents.
- **Improved Individual Skills:** Players refined their technical abilities and gameplay through rigorous competition and focused practice.
- **Strengthened Teamwork:** Doubles and team events fostered improved communication and coordination among players, enhancing their collaborative performance.





3.4 Event: Velocity Victory Race

**Event Date: 25-10-2023** 

#### **Objective:**

The Velocity Victory Race aims to promote physical fitness, speed, and endurance. It provides a platform for participants to test their running abilities in a competitive environment while encouraging a healthy and active lifestyle. The event emphasizes the importance of perseverance and mental strength, motivating individuals to push their limits. It fosters friendly competition and camaraderie, while focusing on achieving personal and collective goals.

#### Report:

The Velocity Victory Race Tournament has concluded with impressive displays of speed, skill, and sportsmanship at the Swarn Jayanti Park, Sector 10, Rohini, this year's 100-meter sprint competition for boys showcased extraordinary athletic talent and competitive spirit. This report provides a comprehensive overview of the event, highlighting key moments, learning outcomes.

#### **Event Overview**

The Velocity Victory Race Tournament was organized as a premier 100-meter sprint competition, featuring some players. The event was structured into preliminary heats, semi-finals, and a final race, ensuring a fair and competitive environment. The tournament aimed to celebrate speed and athletic prowess while fostering a supportive atmosphere for all participants.

Thank you for arranging the ground at Swarn Jayanti Park, Sector 10, Rohini. Your support made our game enjoyable and memorable. We appreciate your effort in providing such a fantastic venue. It was a great experience, and we look forward to using the ground for future games. Thanks again.

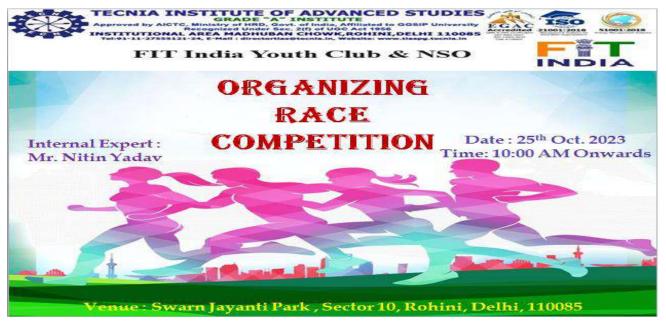
#### **Participation and Competitors**

The tournament attracted a diverse group of sprinters, including both emerging talents and experienced athletes. Competitors demonstrated exceptional speed and technique, contributing to a highly competitive and engaging event. The diversity of participants highlighted the depth of talent and the growing interest in sprinting among young athletes.

#### **Learning Outcomes**

The Velocity Victory Race Tournament provided valuable learning experiences for participants:

- **Enhanced Sprinting Techniques:** Athletes refined their sprinting techniques through focused training and competitive practice, improving their overall performance.
- **Improved Reaction Times:** Competitors worked on refining their starts and acceleration strategies, leading to quicker reaction times and better race outcomes.
- **Increased Competitive Resilience:** Participants developed resilience by performing under race conditions and handling the pressures of high-stakes competition.
- **Strengthened Sportsmanship:** The event emphasized the importance of respect and camaraderie, with athletes displaying exemplary sportsmanship throughout the tournament.





3.5 Event: Tug Titan Showdown (Tug of War)

**Event Date: 29-11-2023** 

## **Objective:**

The Tug Titan Showdown aims to promote teamwork, strength, and coordination through the classic sport of tug of war. The objective is to unite participants in a battle of strength and strategy, while fostering cooperation and building team spirit. It encourages participants to strengthen their physical endurance and enhance their problem-solving abilities, creating a fun and challenging environment that highlights the power of teamwork.

## Report:

The **Tug Titan Showdown** proved to be an exhilarating and highly successful tug-of-war competition, held on 29<sup>th</sup> Nov. 2023 at DDA Park , Block C 1, Sector 14, Rohini, Delhi, 110085. The event, designed to test strength, strategy, and teamwork, brought together diverse teams from various backgrounds, all eager to showcase their skills and compete for the title.

Thank you for arranging the ground at DDA Park, Block C1, Sector 14, Rohini. Your support made our game enjoyable and successful. We truly appreciate your effort in providing a great venue. It was a wonderful experience, and we look forward to future games there. Thanks once again for everything!

#### **Event Overview**

The Tug Titan Showdown commenced with an opening ceremony that highlighted the competition's core values: teamwork, strength, fair play, strategic thinking, and community building. Participants and spectators were greeted with an enthusiastic atmosphere as teams prepared for the challenge ahead.

#### **Physical Fitness and Endurance**

The physical demands of the Tug Titan Showdown were evident throughout the competition. Participants showcased impressive strength and endurance, reflecting their dedication to training and preparation. The intensity of the matches highlighted the importance of physical fitness in achieving success. Competitors pushed their limits, demonstrating the significant role of stamina and resilience in the sport.

#### **Strategic Thinking**

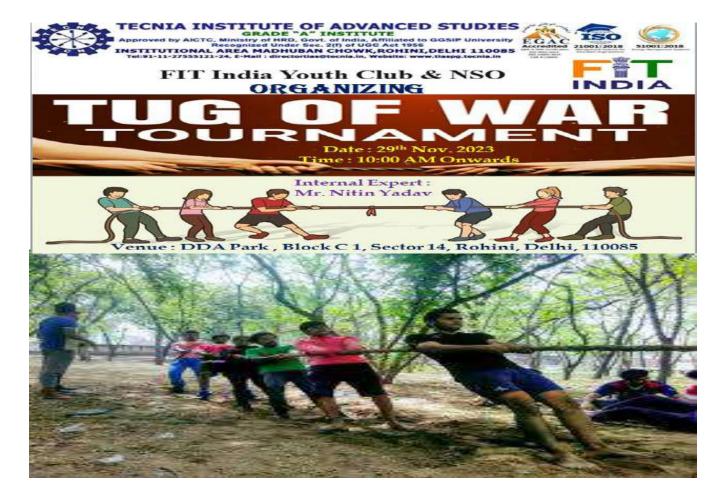
Strategic planning was a key element in the competition. Teams were required to develop and execute effective strategies, adjusting their approach based on the dynamics of each match. The ability to analyze opponents' tactics and adapt quickly was crucial for advancing through the rounds. This aspect of the competition provided valuable insights into the importance of strategy in achieving competitive success.

#### **Commitment to Fair Play**

Fair play and sportsmanship were central to the Tug Titan Showdown. The competition was conducted with a strong emphasis on integrity and respect for all participants. Adherence to the rules was strictly maintained, ensuring a fair and unbiased environment. The respectful interactions among teams and officials highlighted the event's commitment to upholding the highest standards of conduct.

#### **Community Building**

The Tug Titan Showdown also excelled in fostering a sense of community. The event was more than just a competition; it was an opportunity for individuals to come together, share experiences, and support one another. Spectators, teams, and volunteers engaged in lively interactions, creating an inclusive and supportive atmosphere. The sense of camaraderie was palpable, with participants celebrating each other's achievements and enjoying the collective experience.



3.6 Event: Basketball Blitz Tournament

**Event Date: 22-12-2023** 

## **Objective:**

This event seeks to create an exciting and competitive environment for basketball players to showcase their skills. The objective is to develop teamwork, coordination, and strategic thinking while promoting fitness and active living. The tournament fosters sportsmanship, friendly competition, and personal growth. It aims to inspire both players and spectators by creating an engaging atmosphere that highlights basketball's fast-paced action and team dynamics.

## Report:

The Basketball Blitz Tournament held on 22<sup>nd</sup> Dec. 2023 at Orleans The School, F-19/14, Pradeep Bhatia Marg, Pocket 19, Sector 8, Rohini, Delhi was a resounding success, showcasing high levels of competitive spirit, skill, and sportsmanship. This event brought together teams from diverse backgrounds, all eager to test their basketball abilities and vie for the championship.

#### **Event Overview**

The tournament kicked off with an energetic opening ceremony that set the stage for an exciting day of basketball action. The event was designed to emphasize key values such as teamwork, skill development, sportsmanship, and strategic thinking.

Thank you for arranging the ground at Orleans The School, F-19/14, Pradeep Bhatia Marg, Pocket 19, Sector 8, Rohini. Your effort made our game a great success and provided us with a fantastic venue. We truly appreciate your support and hospitality. It was a pleasure playing there, and we look forward to more games in the future.

#### **Enhanced Teamwork**

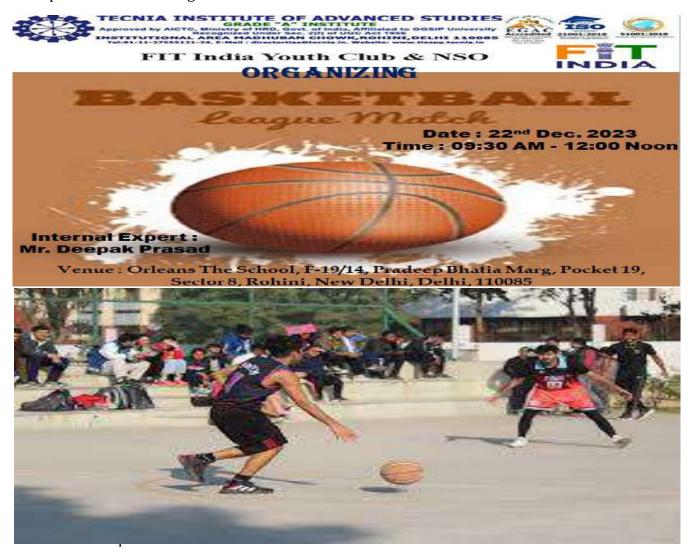
One of the standout aspects of the Basketball Blitz Tournament was the display of exceptional teamwork. Players demonstrated impressive collaboration and communication on the court, working together seamlessly to execute game strategies and support each other. The importance of cohesive team effort was evident as teams that excelled in cooperation and mutual support advanced further in the tournament. This environment fostered strong bonds among teammates, enhancing the overall experience for participants.

#### **Advanced Skill Development**

The tournament provided an excellent platform for players to showcase and further develop their basketball skills. Participants displayed significant progress in key areas such as dribbling, shooting accuracy, and defensive techniques. Coaches and players alike recognized the event as an opportunity to refine their skills in a competitive setting, leading to notable improvements and high-level performances throughout the tournament. This focus on skill development was a major highlight, with several players receiving recognition for their exceptional abilities.

#### **Sportsmanship and Respect**

The Basketball Blitz Tournament was conducted with a strong emphasis on sportsmanship and respect. The event upheld the highest standards of fair play, with players, coaches, and officials maintaining integrity and respect throughout the competition. The adherence to game rules and the respectful conduct displayed by all participants created a positive and inclusive atmosphere. This commitment to sportsmanship was reflected in the enthusiastic support from spectators and the mutual respect observed among teams.



3.7 Event: Football Frenzy League

**Event Date: 12-01-2024** 

## **Objective:**

The Football Frenzy League focuses on fostering teamwork, sportsmanship, and strategy through competitive football matches. The objective is to provide a platform for players to develop their skills, both individually and as a team, in a friendly yet competitive atmosphere. The event promotes physical fitness, discipline, and leadership, encouraging participants to push their limits while creating a sense of unity and sportsmanship among all.

## Report:

The Football Frenzy League has successfully concluded, marking another thrilling chapter in the world of competitive football held on 12 Jan 2024 at the Rohini District Park, this year's tournament featured intense matches, exceptional performances, and a celebration of football's spirit.

Thank you so much for arranging the ground at Rohini District Park, Sector 14, Rohini. Your support made our game possible and enjoyable. We truly appreciate your effort and generosity. It meant a lot to us, and we look forward to future games together. Thanks again for everything.

**Participation and Competitors** The tournament attracted a diverse range of participants, from TIAS players. Competitors included emerging talents, experienced athletes, and top-tier teams, all of whom contributed to a vibrant and dynamic event. The variety of skill levels and playing styles showcased the depth and breadth of football talent.

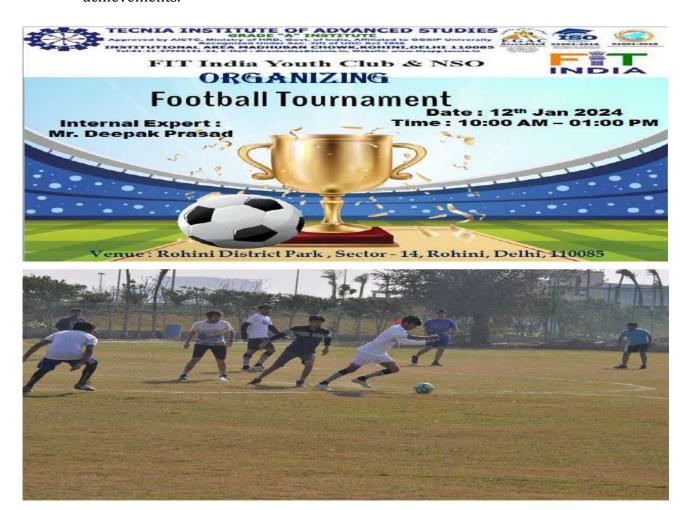
**Learning Outcomes** The Football Frenzy League offered several valuable learning outcomes for participants:

- **Enhanced Tactical Play**: Competitors gained a deeper understanding of advanced football tactics, applying strategic approaches to outmaneuver their opponents.
- **Improved Individual Skills**: Players refined their technical abilities and gameplay through rigorous competition and focused practice.
- **Strengthened Teamwork**: Team events fostered improved communication and coordination among players, enhancing their collaborative performance.

• **Developed Sportsmanship**: The tournament emphasized the importance of respect and fair play, with participants upholding high standards of sportsmanship throughout.

**Future Recommendations** To build on this year's success, the following recommendations are proposed for future tournaments:

- **Enhanced Training Opportunities**: Providing pre-tournament clinics and workshops to help players refine their skills and strategies.
- **Broaden Community Outreach**: Increasing efforts to involve local schools and football clubs to promote the sport and encourage wider participation.
- **Flexible Scheduling**: Developing contingency plans to better manage scheduling conflicts and delays, ensuring a smoother tournament experience.
- **Expanded Media Coverage**: Enhancing visibility through increased media and digital coverage to attract a larger audience and highlight the tournament's achievements.



3.8 Event: Shot Put Showdown

**Event Date: 24-02-2024** 

## **Objective:**

The Shot Put Showdown is designed to promote strength, precision, and technique in the sport of shot put. The objective is to provide a competitive platform for athletes of all levels to test their abilities, pushing their physical and mental limits. It encourages skill development and provides valuable opportunities for both novice and seasoned athletes to compete. The event aims to enhance athleticism while fostering a spirit of achievement and perseverance.

## Report:

The Shot Put Showdown has successfully concluded, marking another impressive chapter in the world of track and field athletics held on 12 Feb 2024 at the DDA Park, Block C 1, Sector 14, Rohini, Delhi, 110085, this year's event featured outstanding performances, intense competition, and a celebration of the sport's technical and physical demands.

Thank you for arranging the ground at DDA Park, Block C1, Sector 14, Rohini. Your support made our game enjoyable and successful. We truly appreciate your effort in providing a great venue. It was a wonderful experience, and we look forward to future games there. Thanks once again for everything!

#### **Participation**

The Shot Put Showdown attracted a diverse group of participants, ranging from TIAS students. Competitors included emerging talents, experienced athletes, and top-tier professionals, all contributing to a dynamic and competitive event. The variety of skill levels and throwing techniques showcased the depth and breadth of talent in shot put.

#### **Learning Outcomes**

The Shot Put Showdown offered several valuable learning outcomes for participants:

- Enhanced Physical Strength and Power: Competitors developed significant upper body strength and explosive power through dedicated training and competition.
- **Improved Technique and Precision**: Athletes refined their technical skills, including grip, stance, and release, leading to more precise and effective throws.

- **Increased Discipline and Work Ethic**: The challenge fostered a strong work ethic and commitment to regular training and improvement.
- **Enhanced Focus and Concentration**: Participants learned to maintain focus and manage distractions during their throws.
- **Resilience and Perseverance**: The competition helped athletes build resilience and the ability to overcome challenges and setbacks.
- **Goal Setting and Achievement**: Athletes set and pursued personal goals, contributing to their sense of accomplishment and motivation.
- **Understanding of Physics and Mechanics**: Competitors gained practical insights into the physics of throwing, including force, trajectory, and momentum.
- **Mental Strength and Confidence**: The event developed mental toughness and self-confidence, which are crucial for competitive success.
- **Respect and Sportsmanship**: Participants practiced good sportsmanship and respect for their competitors, coaches, and officials.





3.9 Event : Volley Victory Cup (Volleyball)

**Event Date: 22-03-2024** 

## **Objective:**

The Volley Victory Cup aims to bring together volleyball enthusiasts in a competitive setting that emphasizes teamwork, strategy, and agility. The objective is to promote the sport of volleyball and offer players the chance to improve their skills in serving, passing, and setting. The event fosters sportsmanship and a sense of community while encouraging participants to stay active and healthy through a fun and competitive atmosphere.

## Report:

The Volleyball Competition has successfully concluded, marking another exciting chapter in the world of competitive volleyball held on 22nd March. 2024 from at the Swarn Jayanti Park, Sector 10, Rohini, Delhi, 110085, this year's event showcased thrilling matches, outstanding performances, and a celebration of the sport's dynamic nature. This report provides a comprehensive overview of the event, including key highlights, learning outcomes, and recommendations for future editions.

Thank you for arranging the ground at Swarn Jayanti Park, Sector 10, Rohini. Your support made our game enjoyable and memorable. We appreciate your effort in providing such a fantastic venue. It was a great experience, and we look forward to using the ground for future games. Thanks again!

#### **Event Overview:**

The competition was structured into preliminary rounds followed by knockout stages leading to the finals. Teams competed under standard volleyball rules, with each match played in a best-of-five sets format. The event focused on maintaining a high level of competitive integrity and fair play.

#### **Participation and Competitors:**

The Volleyball Competition attracted a diverse group of participants, ranging from local enthusiasts to elite teams from various regions. Competitors included rising stars, seasoned players, and top-tier professionals, all contributing to a vibrant and dynamic event. The variety of skill levels and team strategies showcased the depth and breadth of talent in volleyball.

#### **Learning Outcomes -**

The Volleyball Competition offered several valuable learning outcomes for participants:

- **Enhanced Teamwork and Communication**: Teams developed stronger communication and coordination, leading to improved collective performance on the court.
- **Improved Technical Skills**: Players refined their skills in serving, passing, setting, and spiking through rigorous competition and practice.
- **Increased Strategic Understanding**: Competitors gained a deeper understanding of game strategies and tactics, applying these insights to outmaneuver their opponents.
- **Enhanced Physical Fitness**: The event fostered improvements in players' agility, strength, and endurance, contributing to overall athletic development.
- **Developed Resilience and Adaptability**: Athletes learned to adapt to different playing styles and recover from setbacks, building mental toughness.
- **Goal Setting and Achievement**: Teams and individuals set and pursued performance goals, enhancing their motivation and sense of accomplishment.
- **Respect and Sportsmanship**: The tournament emphasized the importance of respect for opponents, officials, and teammates, with participants upholding high standards of sportsmanship.
- **Mental Strength and Confidence**: Competing in high-pressure matches helped players develop confidence and the ability to manage competitive stress.



3.10 Event: Kho Kho Kings Championship (Kho-Kho)

Event Date: 26-04-2024

**Objective:** 

The Kho Kho Kings Championship aims to promote the traditional sport of Kho-Kho, highlighting teamwork, agility, and tactical strategy. The event provides a competitive platform for players to showcase their skills and encourages physical fitness. It seeks to revive interest in the sport while fostering community involvement and sportsmanship. The tournament also promotes a spirit of unity and highlights the importance of

collaboration, strategy, and endurance.

**Report:** 

The Kho Kho Competition has successfully concluded, marking another exciting chapter in the world of traditional sports held on 26th Apr. 2024 at the Khel Parisar, Muni Maya Ram Jain Marg, near Guru Govind Singh College, Guru Govind Singh College, Pitampura, New Delhi, Delhi, 110034 this year's event featured thrilling matches, exceptional performances, and a celebration of the sport's rich heritage. This report provides a comprehensive overview of the event, including key highlights, learning outcomes.

Thank you for arranging the ground at Khel Parisar, Muni Maya Ram Jain Marg, near Guru Govind Singh College, Pitampura. Your support made our game enjoyable and successful. We genuinely appreciate your effort in providing such a great venue. Looking forward to

future games and continued cooperation. Thanks once again!

**Event Overview** 

The competition was structured into preliminary rounds followed by knockout stages leading to the finals. Teams competed under standard kho kho rules, with each match played in a set format that emphasized speed, strategy, and teamwork. The event focused

on maintaining a high level of competitive integrity and fair play.

**Participation and Competitors** 

The Kho Kho Competition attracted a diverse group of participants, ranging from local enthusiasts to competitive teams from various regions. Competitors included emerging talents, experienced players, and top-tier teams, all contributing to a dynamic and engaging event. The variety of skill levels and team strategies showcased the depth and

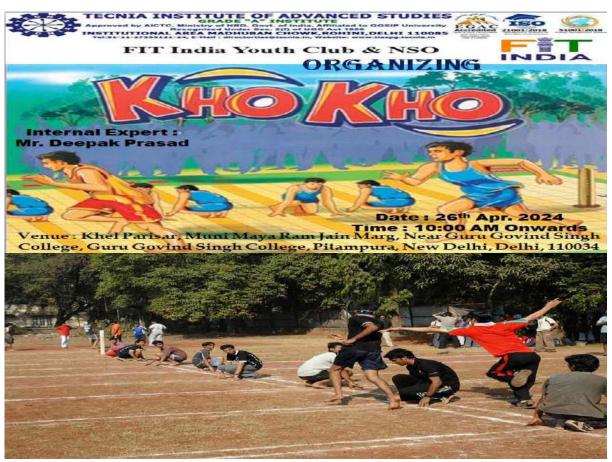
breadth of talent in kho kho.

TIAS: FIYC & Sports: AR: 2023-24

#### **Learning Outcomes**

The Kho Kho Competition offered several valuable learning outcomes for participants:

- **Enhanced Speed and Agility**: Competitors developed significant improvements in their speed and agility, essential for effective performance in kho kho.
- **Improved Teamwork and Coordination**: The game fostered stronger communication and coordination among team members, leading to improved collective performance on the field.
- **Increased Strategic Understanding**: Participants gained a deeper understanding of game strategies and tactics, applying these insights to outmaneuver their opponents.
- **Developed Resilience and Adaptability**: Athletes learned to adapt to different playing styles and recover from setbacks, building mental toughness and resilience.
- **Enhanced Physical Fitness**: The event contributed to overall physical fitness, including cardiovascular endurance, strength, and flexibility.
- **Goal Setting and Achievement**: Teams and individuals set and pursued performance goals, contributing to their motivation and sense of accomplishment.
- **Respect and Sportsmanship**: The tournament emphasized the importance of respect for opponents, officials, and teammates, with participants upholding high standards of sportsmanship.
- **Mental Strength and Confidence**: Competing in high-pressure matches helped players develop confidence and the ability to manage competitive stress.



## **3A. ACTIVITIES REPORT**

| S. No. | Title of Activity                    | Date                         |
|--------|--------------------------------------|------------------------------|
| 1      | Cricket Clash Championship           | 28th July 2023               |
| 2      | Warriors of the Kabaddi Tournament   | 30 <sup>th</sup> Aug 2023    |
| 3      | Smash Shuttle Tournament (Badminton) | 27 <sup>th</sup> Sept. 2023  |
| 4      | Velocity Victory Race                | 25 <sup>th</sup> Oct. 2023   |
| 5      | Tug Titan Showdown (Tug of War)      | 29th Nov. 2023               |
| 6      | Basketball Blitz Tournament          | 22 <sup>nd</sup> Dec. 2023   |
| 7      | Football Frenzy League               | 12 <sup>th</sup> Jan. 2024   |
| 8      | Shot Put Showdown                    | 24 <sup>th</sup> Feb. 2024   |
| 9      | Volley Victory Cup (Volley Ball)     | 22 <sup>nd</sup> March. 2024 |
| 10     | Kho Kho Kings Championship (Kho-Kho) | 26 <sup>th</sup> Apr. 2024   |

# **3B. WEBSITE LINKS**

| S. No. | Title of Activity                    | Link   |
|--------|--------------------------------------|--|
| 1      | Cricket Clash Championship           | https://naac.tecnia.in/wp-<br>content/uploads/2024/11/23-241.pdf |
| 2      | Warriors of the Kabaddi Tournament   | https://naac.tecnia.in/wp-<br>content/uploads/2024/11/23-242.pdf |
| 3      | Smash Shuttle Tournament (Badminton) | https://naac.tecnia.in/wp-<br>content/uploads/2024/11/23-243.pdf |
| 4      | Velocity Victory Race                | https://naac.tecnia.in/wp-<br>content/uploads/2024/11/23-244.pdf |
| 5      | Tug Titan Showdown (Tug of War)      | https://naac.tecnia.in/wp-<br>content/uploads/2024/11/23-245.pdf |
| 6      | Basketball Blitz Tournament          | https://naac.tecnia.in/wp-<br>content/uploads/2024/11/23-241.pdf |
| 7      | Football Frenzy League               | https://naac.tecnia.in/wp-<br>content/uploads/2024/11/23-242.pdf |
| 8      | Shot Put Showdown                    | https://naac.tecnia.in/wp-<br>content/uploads/2024/11/23-243.pdf |
| 9      | Volley Victory Cup (Volley Ball)     | https://naac.tecnia.in/wp-<br>content/uploads/2024/11/23-244.pdf |
| 10     | Kho Kho Kings Championship (Kho-Kho) | https://naac.tecnia.in/wp-<br>content/uploads/2024/11/23-245.pdf |

# 4. Future Plans

In the future, the sports events and activities will be expanded to incorporate more diverse athletic disciplines to promote a wider range of skills and values. The emphasis will be on introducing new challenges that further enhance individual strengths while fostering a deeper sense of camaraderie and teamwork. For instance, events like the Cricket Clash Championship and Basketball Blitz Tournament will be upgraded with advanced coaching techniques and workshops, allowing participants to enhance not only their physical abilities but also their mental and strategic prowess. Additionally, the integration of more community-oriented activities and friendly rivalries between teams will be prioritized to increase engagement and maintain a competitive but supportive atmosphere.

Furthermore, there will be a greater focus on aligning these events with broader educational objectives, ensuring that Outcome-Based Learning (OBL) continues to guide the development of athletes both on and off the field. Future plans include creating mentorship opportunities for participants in activities like the Warriors of the Kabaddi Tournament or the Tug Titan Showdown, where seasoned players can pass on their knowledge and experience. This will not only build discipline and teamwork but also nurture leadership qualities. A structured feedback mechanism will be implemented after each event to assess skills learned and values embodied, ensuring that the programs evolve to meet the growing needs of participants and continue to promote values like respect, perseverance, and strategic thinking.

# **Activities -**

| S. No. | Date of event/activity (DD-MM-YYYY) | Name of the event/activity                  | Outcome Based<br>Learning                       | OBE Values                         |
|--------|-------------------------------------|---|---|------------------------------------|
| 1      | 28/07/2023                          | Cricket Clash<br>Championship               | Enhancing<br>Teamwork And<br>Strategic Play     | Collaboration,<br>Sportsmanship    |
| 2      | 30/08/2023                          | Warriors of the<br>Kabaddi Tournament       | Building Strength And Tactical Awareness        | Discipline, Unity                  |
| 3      | 27/09/2023                          | Smash Shuttle Tournament (Badminton)        | Improving Agility And Coordination              | Fair Play,<br>Perseverance         |
| 4      | 25/10/2023                          | Velocity Victory Race                       | Developing Speed And Endurance                  | Motivation, Team<br>Spirit         |
| 5      | 29/11/2023                          | Tug Titan Showdown<br>(Tug of War)          | Strengthening Teamwork And Communication Skills | Cooperation,<br>Competitive Spirit |
| 6      | 22/12/2023                          | Basketball Blitz<br>Tournament              | Enhancing Coordination And Quick Thinking       | Teamwork,<br>Leadership            |
| 7      | 12/01/2024                          | Football Frenzy<br>League                   | Fostering Teamwork And Strategic Gameplay       | Respect,<br>Commitment             |
| 8      | 24/02/2024                          | Shot Put Showdown                           | Developing Strength And Technique               | Focus,<br>Determination            |
| 9      | 22/03/2024                          | Volley Victory Cup<br>(Volley Ball)         | Enhancing<br>Communication<br>And Teamwork      | Support,<br>Sportsmanship          |
| 10     | 26/04/2024                          | Kho Kho Kings<br>Championship (Kho-<br>Kho) | Promoting Agility And Quick Decision-Making     | Strategy,<br>Teamwork              |

# 5. Conclusion

The Fit India Youth Club is deeply aligned with the United Nations Sustainable Development Goals (UNSDGs), particularly those focused on health, well-being, and inclusivity. By promoting physical fitness, mental health, and holistic wellness, the initiative directly contributes to UNSDGs such as Good Health and Well-Being (Goal 3), Quality Education (Goal 4), and Reduced Inequalities (Goal 10). These goals emphasize the importance of ensuring that everyone, regardless of background, has access to resources and opportunities that support a healthy and active lifestyle.

The Fit India Youth Club's focus on inclusiveness is at the heart of its mission. The platform strives to create an environment where young people from diverse communities can come together, share experiences, and learn the value of a balanced life. It ensures that no one is left behind by promoting participation for all, regardless of socioeconomic status, gender, or location. This inclusivity fosters a sense of belonging and shared responsibility for a healthier future, encouraging youth to take charge of their health and well-being.

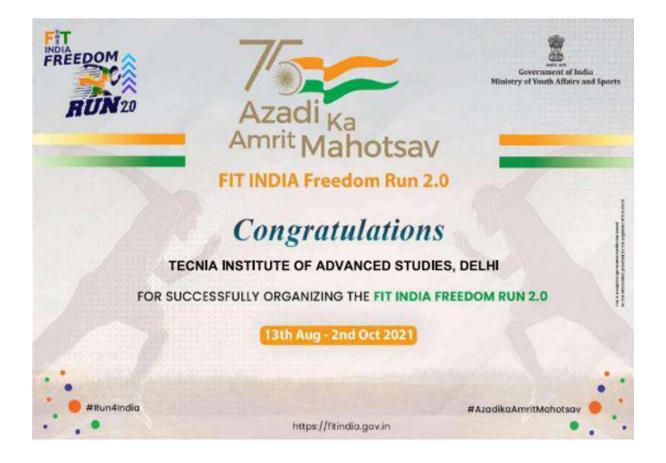
Our commitment to this cause is unwavering. Through regular activities, fitness challenges, educational programs, and collaborative events, we aim to equip young people with the tools they need to lead active lives. The Fit India Youth Club is more than just an initiative; it is a movement powered by dedication and passion for creating a fitter, more vibrant India. As we work towards achieving these broader global goals, we invite every young mind to join this transformative journey. Together, we can make well-being a way of life and contribute to a sustainable, healthier future for generations to come.

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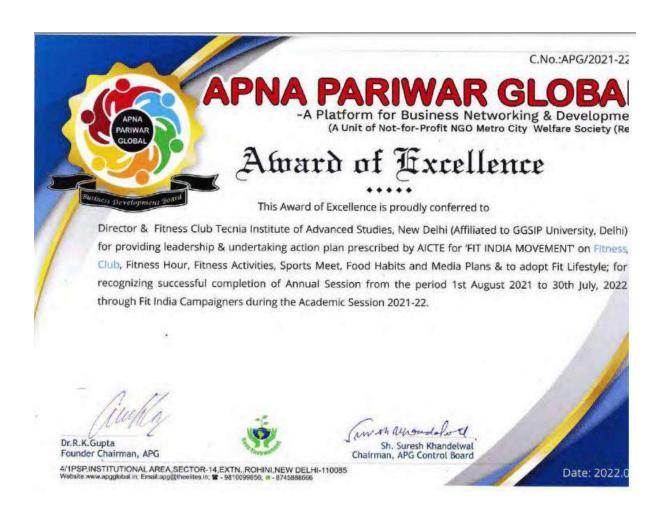
# 6. Annexure

### Annexure - 1

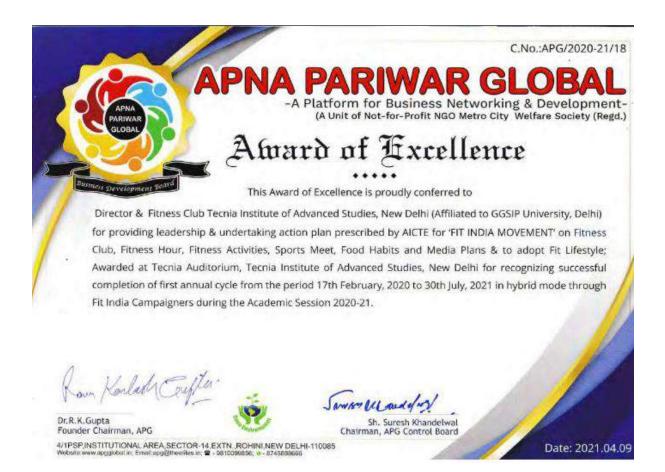
### **Awards & Recognition**



## **Awards & Recognition**



#### **Awards & Recognition**



#### **Establishment Of the Fit India Youth Club**



#### TECNIA INSTITUTE OF ADVANCED STUDIES

#### Grade 'A' Institute

Ref. No.: TIAS/Dir.Off./2023-24/06

Date: 20.06.2024

#### OFFICE ORDER

Subject: Nodal Officer- Fit India Youth Club & NSO-In/Charge-Sports, TIAS w.e.f. 23.06.2024

The competent authority of Tecnia Institute of Advanced Studies is pleased to assign duties of Nodal Officer - Fit India Youth Club & NSO- In/Charge-Sports, TIAS w.e.f. 23.06.2024 and further required to take charge from Mr. Deepak Prasad, Faculty of Journalism & Mass Communication and Nodal Officer - Fit India Youth Club, in addition to already assigned duties/ charges.

| Transfer the Charge of Fit India Youth (<br>duties/charges till further orders. | Club & NSO w.e.f. 22.06.2024 in addition to already assigned |
|---|--|
| From  | То   |
| Mr. Deepak Prasad, Faculty- Dept. of<br>Journalism & Mass Communication         | Mr. Abhishek Kumar Maheshwari, Faculty- Dept. of ICT         |

#### 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-O2. Link for the same: https://www.ugc.ac.in/pdfnews/1616415_Fit-India-Campaign.pdf |
| 2      | NSO-Sports            | As per GGSIP University SBA Scheme and Syllabus 2021-22,<br>GGSIP 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  | Туре                | L | T/P | Credits |
|----------|--|---------------------|---|-----|---------|
|          | NSS/NCC/NSO/others as notified by the university (NUES*) | Ability Enhancement | 2 |     | 2       |

Nodal 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 submission to the University.

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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/ SPORTS IPU provisions details provided in ANNEXURE-1:-

Director tecnia institute of Advanced Studie Affiliated to GGSIP University Dath Madhuban Chowk, Rohini, Delhi-8

Copy forwarded to the following for information and necessary action:
Mr. Abhishek Kumar Maheshwari, Faculty of Journalism & Mass Communication
All Deans- DMS/DICT/DJMC
Coordinator-IQAC, TIAS
All Hoos- MBA, BBA, MCA, BCA & BAJMC
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

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Ref. No: TIAS/FIYC/2023-24/001

Date: 05/07/2023

#### NOTICE

This is to notify that following members have been selected as core committee members of Fit India Youth Club. This core committee member is selected by Institutional Academic Council, Nodal Officer of Fit India Youth Club and this committee is effective from 05/07/2023.

| S. No. | Name   | Designation                       |  |
|--------|--|-----------------------------------|--|
| 1      | Mr. Abhishek Kumar Maheshwari                      | Nodal Officer                     |  |
| 2      | Dr. Shalini Gupta                                  | Faculty Coordinator (Mgt.)        |  |
| 3      | Dr. Rajesh Kumar                                   | Faculty Coordinator (IT)          |  |
| 4      | Dr. Shaheen Bano                                   | Faculty Coordinator (Media)       |  |
| 5      | Mr. Kunal Madan                                    | Campus Ambassador (IT)            |  |
| 6      | Mr. Siddharth Kaushik                              | Campus Ambassador (Mgt.)          |  |
| 7      | Mr. Sampan Bhatia                                  | Student Coordinator (Mgt.)        |  |
| 8      | Mr. Kunal singh rajput                             | Student Coordinator(Media)        |  |
| 9      | Ms. Kashish Jain Executive Committee Member (IT    |                                   |  |
| 10     | Ms. Manvi Sharma Executive Committee Member (Media |                                   |  |
| 11     | Mr. Tarun  | Executive Committee Member (Mgt.) |  |

Director
Dir

- 2. Event In-charge, TIAS
- 3. IQAC
- 4. Dean (DMS, DICT, DJMS)
- 5. HOD MBA, MCA, BBA, BCA, BA(JMC), B.Com.
- 6. All In/c Clubs, Committees, Cells, CoE, T&P, Admin, Accounts, Library
- 7. ICT Dept. For uploading on the website.









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NODAL OFFICER/PROGRAMME OFFICER/INCHARGE

# Mr. Abhishek Kumar Maheshwari

CLUB AMBASSADOR

Kunal Madan

Siddharth Kaushik

For Details Visit:

🖀 : 011-27555121-24 | 🌐 : www.tias.pg.tecnia.in | 🖂 : director@tecnia.in

# INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085

Rated as 'A'Category by IAC, Govt. of NCT of Delhi; A++ Category - Best Business School by AIMA - Business Standard ISO 9001:2015, ISO 14001:2015, ISO 21001:2018, ISO 51001: 2018 Certified Institute;