

# TECNIA INSTITUTE OF ADVANCED STUDIES

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MINISTRY OF  
YOUTH AFFAIRS AND SPORTS  
DEPARTMENT OF SPORTS



## TIAS FIT INDIA YOUTH CLUB

Certificate of Participation



Fit India Freedom Run 2022



Life Style Disease



Hygiene & Cleanliness



Supporting Mental Health



Yoga and Meditation



Physical Activity



Healthy Diet



Sleep Well



Avoid Smoking and Alcohol

This is to certify that Mr./Ms. Anant Gautam  
of MBA/BBA/BAJMC/BCA Div. A Shift I<sup>st</sup> Sem 4<sup>th</sup> of the Institute for Winning  
in the event Intra Institute Sports Competition: Outdoor Event: Cricket organized by TIAS- Fit  
India Youth Club, Delhi on 12.04.2022 Under the Initiative of the Ministry of Youth Affairs &  
Sports, Govt. of India.

*[Signature]*  
Nodal Officer

FIT India Youth Club

*[Signature]*  
I/C Students welfare

*[Signature]*  
Director

\*Fit India Youth Club :- Fit India Youth Club was established vide UGC letter D.O.No.F1-54/2019(Website/India) Dated 23.08.2019 reference Department of Higher Education, Ministry of Human Resource Development, Government of India; Meeting in PMO for UGC regulated Institute (Action: Chairman, UGC) India's Premier ISO 21001:2018 & 51001:2018 Certified Institute; Rated as "A++" Category Best Business School by Iqas (AIMA- Business Standard & Business India Publications Surveys & Included in Top 100 B-Schools & IT-Schools by Dalal Street Investment Journal.

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Fit India Freedom Run 2.0

## TIAS FIT INDIA YOUTH CLUB



Life Style Disease



Hygiene & Cleanliness



Supporting Mental Health



Yoga and Meditation



Physical Activity  
Key ingredient of Fitness



Healthy Diet For  
Healthy Life



Sleep Well to  
Stay Fit



The Perils of  
Smoking, Drugs & Alcohol

This is to certify that Mr./Ms. Deepak sarin  
of MBA/BBA/BAJMC/BCA Div. A Shift 1<sup>st</sup> Sem 4<sup>th</sup> of the Institute for Winning  
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Nodal Officer

FIT India Youth Club

  
I/C Students welfare

  
Director

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## TIAS FIT INDIA YOUTH CLUB



Life Style Disease



Hygiene & Cleanliness



Supporting Mental Health



Yoga and Meditation



Physical Activity



Healthy Diet



Sleep Well to Stay Fit



The Perils of Smoking, Drugs & Alcohol

This is to certify that Mr./Ms. Deshik Chawla  
of MBA/BBA/BAJMC/BCA Div. A Shift I<sup>st</sup> Sem 4<sup>th</sup> of the Institute for Winning  
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*[Signature]*

Nodal Officer  
FIT India Youth Club

*[Signature]*

I/C Students welfare

*[Signature]*

Director

\*Fit India Youth Club :- Fit India Youth Club was established vide UGC letter D.O.No.F.1-54/2019(Website/FitIndia) Dated 23.06.2019 reference Department of Higher Education, Ministry of Human Resource Development, Government of India; Meeting in PMO for UGC regulated Institute (Action: Chairman,UGC) India's Premier ISO 21001:2018 & 51001:2018 Certified Institute; Rated as "A++" Category Best Business School by latest AIMA- Business Standard & Business India Publications Surveys & Included in Top 100 B-Schools & IT-Schools by Dalal Street Investment Journal.



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## TIAS FIT INDIA YOUTH CLUB



Life Style Disease



Hygiene & Cleanliness



Supporting Mental Health



Yoga and Meditation



Physical Activity  
Key Ingredient of Fitness



Healthy Diet For  
Healthy Life



Sleep Well to  
Stay Fit



The Perils of  
Smoking,  
Drugs & Alcohol

This is to certify that Mr./Ms. Deven Rawat  
of MBA/BBA/BAJMC/BCA Div. A Shift 1<sup>st</sup> Sem 4<sup>th</sup> of the Institute for Winning  
in the event Intra Institute Sports Competition: Outdoor Event: Cricket organized by TIAS- Fit  
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Sports, Govt. of India.

*[Signature]*  
Nodal Officer

FIT India Youth Club

*[Signature]*  
I/C Students welfare

*[Signature]*  
Director

\*Fit India Youth Club :- Fit India Youth Club was established vide UGC letter D.O.No.F1-54/2019(Website/FitIndia) Dated 23.06.2019 reference Department of Higher Education, Ministry of Human Resource Development, Government of India; Meeting in PMO for UGC regulated Institute (Action: Chairman,UGC)

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## TIAS FIT INDIA YOUTH CLUB



Life Style Disease



Hygiene & Cleanliness



Supporting Mental Health



Yoga and Meditation



Physical Activity  
Key Ingredient of Fitness



Healthy Diet For Healthy Life




Sleep Well to Stay Fit



The Perils of Smoking, Drugs & Alcohol

This is to certify that Mr./Ms. Jatin goyal  
of MBA/BBA/BAJMC/BCA Div. A Shift 2<sup>nd</sup> Sem 4<sup>th</sup> of the Institute for Winning  
In the event Intra Institute Sports Competition: Outdoor Event: Cricket organized by TIAS- Fit  
India Youth Club, Delhi on 12.04.2022 Under the Initiative of the Ministry of Youth Affairs &  
Sports, Govt. of India.

  
Nodal Officer  
FIT India Youth Club

  
I/C Students welfare

  
Director

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## TIAS FIT INDIA YOUTH CLUB



Life Style Disease



Hygiene & Cleanliness



Supporting Mental Health



Yoga and Meditation



Physical Activity Key Ingredient of Fitness



Healthy Diet For Healthy Life



Sleep Well to Stay Fit



The Perils of Smoking, Drugs & Alcohol

This is to certify that Mr./Ms. Kapil  
of MBA/BBA/BAJMC/BCA Div. B Shift 2<sup>nd</sup> Sem 4<sup>th</sup> of the Institute for Winning  
in the event Intra Institute Sports Competition: Outdoor Event: Cricket organized by TIAS- Fit  
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Nodal Officer

FIT India Youth Club

  
I/C Students welfare

  
Director

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## TIAS FIT INDIA YOUTH CLUB



Life Style Diseases



Hygiene & Cleanliness



Supporting Mental Health



Yoga and Meditation



Physical Activity Key Ingredient of Fitness



Healthy Diet For Healthy Life



Sleep Well to Stay Fit



The Perils of Smoking, Drugs & Alcohol

This is to certify that Mr./Ms. Kunal Chaturvedi  
of MBA/BBA/BAJMC/BCA Div. B Shift 1<sup>st</sup> Sem 4<sup>th</sup> of the Institute for Winning  
in the event Intra Institute Sports Competition: Outdoor Event: Cricket organized by TIAS- Fit  
India Youth Club, Delhi on 12.04.2022 Under the Initiative of the Ministry of Youth Affairs &  
Sports, Govt. of India.

Nodal Officer  
FIT India Youth Club

I/C Students welfare

Director

\*Fit India Youth Club :- Fit India Youth Club was established vide UGC letter D.O.No.F.1-54/2019(Website/FitIndia) Dated 23.08.2019 reference Department of Higher Education, Ministry of Human Resource Development, Government of India; Meeting in PMO for UGC regulated Institute (Action: Chairman,UGC)  
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DEPARTMENT OF SPORTS



Fit India Freedom Run 2.0

## TIAS FIT INDIA YOUTH CLUB



Life Style Disease



Hygiene & Sanitation



Supporting Mental Health



Yoga and Meditation



Physical Activity: Key Ingredient of Fitness



Healthy Diet For Healthy Life



Sleep Well to Stay Fit



The Perils of Smoking, Drugs & Alcohol

This is to certify that Mr./Ms. Nikhil Sandal  
of MBA/BBA/BAJMC/BCA Div. B Shift 2<sup>nd</sup> Sem 4<sup>th</sup> of the Institute for Winning  
in the event Intra Institute Sports Competition: Outdoor Event : Cricket organized by TIAS- Fit  
India Youth Club, Delhi on 12.04.2022 Under the Initiative of the Ministry of Youth Affairs &  
Sports, Govt. of India.

*[Signature]*  
Nodal Officer

FIT India Youth Club

*[Signature]*  
I/C Students welfare

*[Signature]*  
Director

\*Fit India Youth Club :- Fit India Youth Club was established vide UGC letter D.O.No.F-1-54/2019(Website/Fit India) Dated 23.08.2019 reference Department of Higher Education, Ministry of Human Resource Development, Government of India; Meeting in PMO for UGC regulated Institute (Action: Chairman,UGC)

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DEPARTMENT OF SPORTS



## TIAS FIT INDIA YOUTH CLUB



Life Style Choices



Hygiene & Cleanliness



Supporting Mental Health



Vigilant Meditation



Physical Activity  
Key Ingredient of  
Fitness



Healthy Diet For  
Healthy Life



Sleep Well to  
Stay Fit



The Harms of  
Smoking,  
Drugs & Alcohol

This is to certify that Mr./Ms. Saksham Sethi  
of MBA/BBA/BAJMC/BCA Div. B Shift 1<sup>st</sup> Sem 4<sup>th</sup> of the Institute for Winning  
in the event Intra Institute Sports Competition: Outdoor Event: Cricket organized by TIAS- Fit  
India Youth Club, Delhi on 12.04.2022 Under the Initiative of the Ministry of Youth Affairs &  
Sports, Govt. of India.

  
Nodal Officer  
FIT India Youth Club

  
I/C Students welfare

  
Director

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DEPARTMENT OF SPORTS



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This is to certify that Mr./Ms. Utkarsh Rastogi  
of MBA/BBA/BAJMC/BCA Div. C Shift 1<sup>st</sup> Sem 4<sup>th</sup> of the Institute for Winning  
in the event Intra Institute Sports Competition: Outdoor Event : Cricket organized by TIAS- Fit  
India Youth Club, Delhi on 12.04.2022 Under the Initiative of the Ministry of Youth Affairs &  
Sports, Govt. of India.



Life Style Disease



Hygiene & Cleanliness



Supporting Mental Health



Yoga and Meditation



Physical Activity  
Key Ingredient of Fitness



Healthy Diet For  
Healthy Life



Sleep Well to  
Stay Fit



The Perils of  
Smoking,  
Drugs & Alcohol

*[Signature]*

Nodal Officer  
FIT India Youth Club

*[Signature]*  
I/C Students welfare

*[Signature]*

Director

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## TIAS FIT INDIA YOUTH CLUB



Life Style Diseases



Hygiene & Cleanliness



Supporting Mental Health



Yoga and Meditation



Physical Activity  
Key Ingredient of  
Fitness



Healthy Diet For  
Healthy Life



Sleep Well to  
Stay Fit



The Perils of  
Smoking,  
Drugs & Alcohol

This is to certify that Mr./Ms. Varun mendirrata  
of MBA/BBA/BAJMC/BCA Div. B Shift 1<sup>st</sup> Sem 4<sup>th</sup> of the Institute for Winning  
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India Youth Club, Delhi on 12.04.2022 Under the Initiative of the Ministry of Youth Affairs &  
Sports, Govt. of India.

*[Signature]*  
Nodal Officer

FIT India Youth Club

*[Signature]*  
I/C Students welfare

*[Signature]*  
Director

\*Fit India Youth Club :- Fit India Youth Club was established vide UGC letter D.O.No.F.1-54/2019(Website/FitIndia) Dated 23.08.2019 reference Department of Higher Education, Ministry of Human Resource Development, Government of India, Meeting in PMO for UGC regulated Institute (Action: Chairman,UGC)  
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## TIAS FIT INDIA YOUTH CLUB



Life Style Disease



Hygiene & Cleanliness



Supporting Mental Health



Yoga and Meditation



Physical Activity  
Key Ingredient of  
Fitness



Healthy Diet For  
Healthy Life



Sleep Well to  
Stay Fit



The Perils of  
Smoking,  
Drugs & Alcohol

This is to certify that Mr./Ms. Vikas Kumar jha  
of MBA/BBA/BAJMC/BCA Div. C Shift 2<sup>nd</sup> Sem 4<sup>th</sup> of the Institute for Winning  
in the event Intra Institute Sports Competition: Outdoor Event: Cricket organized by TIAS- Fit  
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Nodal Officer

FIT India Youth Club

I/C Students welfare

Director

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## TIAS FIT INDIA YOUTH CLUB



Life Style Disease



Hygiene & Cleanliness



Supporting Mental Health



Yoga and Meditation



Physical Activity Key Ingredient of Fitness



Healthy Diet For Healthy Life



Deep Well to Sleep



The Perils of Smoking, Drugs & Alcohol

This is to certify that Mr./Ms. **Yash priye**

of MBA/BBA/BAJMC/BCA Div. **C** Shift **1<sup>st</sup>** Sem **4<sup>th</sup>** of the Institute for Winning

in the event **Intra Institute Sports Competition: Outdoor Event: Cricket** organized by TIAS- Fit

India Youth Club, Delhi on **12.04.2022** Under the Initiative of the Ministry of Youth Affairs & Sports, Govt. of India.

*[Signature]*  
Nodal Officer

FIT India Youth Club

*[Signature]*  
I/C Students welfare

*[Signature]*  
Director

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