

# TECNIA INSTITUTE OF ADVANCED STUDIES

## NAAC ACCREDITED GRADE "A" INSTITUTE

Approved by AICTE, Ministry of HRD, Govt. of India, Affiliated to G.G.S.I.P. University  
& Recognized Under Sec. 2(f) of UGC Act 1956.



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



## FITNESS CLUB\*

Department of Sports, Ministry of Youth Affairs and Sports  
Sports, DSW, GGSIP University\*



This is to certify that Mr./Ms. Naman Vij  
of MBA/BBA/BAJMC/BCA of the Institute for active participation/ Securing Position I<sup>st</sup> in the  
event Chess organized by TIAS- Fit India  
Youth Club, Delhi held on 24.07.2021 Under the Initiative of the Ministry of Youth  
Affairs & Sports, Govt. of India, GGSIPU DSW Sport.

*(Signature)*  
DIRECTOR

*(Signature)*  
NODAL OFFICER  
FITNESS CLUB

\*Fit India Youth Club & Fitness Club was established vide UGC letter D.O.No.F.1-64/2019(Website/Prindia) 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 21001:2015 & 51001:2018 Certified Institute; Rated as "A++" Category Best Business School by latest & IMA- Business Standard & Business-India Publications Surveys & Included in Top 100 B-Schools & IT-Schools by Data Street Investment Journal.

\*Major Events: Volleyball (Men & Women), Football (Men & Women), Discus Throw (Men & Women), Shotput (Men & Women), Race (100m/200m/400m/800m/1600m/3200m/6400m/12800m/25600m/51200m/102400m/204800m/409600m/819200m/1638400m/3276800m/6553600m/13107200m/26214400m/52428800m/104857600m/209715200m/419430400m/838860800m/1677721600m/3355443200m/6710886400m/13421772800m/26843545600m/53687091200m/107374182400m/214748364800m/429496729600m/858993459200m/1717986918400m/3435973836800m/6871947673600m/13743895347200m/27487790694400m/54975581388800m/109951162777600m/219902325555200m/439804651110400m/879609302220800m/1759218604441600m/3518437208883200m/7036874417766400m/14073748835532800m/28147497671065600m/56294995342131200m/112589990684262400m/225179981368524800m/450359962737049600m/900719925474099200m/1801439850948198400m/3602879701896396800m/7205759403792793600m/14411518807585587200m/28823037615171174400m/57646075230342348800m/115292150460684697600m/230584300921369395200m/461168601842738790400m/922337203685477580800m/1844674407370955161600m/3689348814741910323200m/7378697629483820646400m/14757395258967641292800m/29514790517935282585600m/59029581035870565171200m/118059162071741130342400m/236118324143482260684800m/472236648286964521369600m/944473296573929042739200m/1888946593147858085478400m/3777893186295716170956800m/7555786372591432341913600m/15111572745182864683827200m/30223145490365729367654400m/60446290980731458735308800m/120892581961462917470617600m/241785163922925834941235200m/483570327845851669882470400m/967140655691703339764940800m/1934281311383406679529881600m/3868562622766813359059763200m/7737125245533626718119526400m/15474250491067253436239052800m/30948500982134506872478105600m/61897001964269013744956211200m/123794003928538027489912422400m/247588007857076054979824844800m/495176015714152109959649689600m/990352031428304219919299379200m/1980704062856608439838598758400m/3961408125713216879677197516800m/7922816251426433759354395033600m/15845632502852867518708790067200m/31691265005705735037417580134400m/63382530011411470074835160268800m/126765060022822940149670320537600m/253530120045645880299340641075200m/507060240091291760598681282150400m/1014120480182583521197362564300800m/2028240960365167042394725128601600m/4056481920730334084789450257203200m/8112963841460668169578900514406400m/16225927682921336339157801028812800m/32451855365842672678315602057625600m/64903710731685345356631204115251200m/129807421463370690713262408230502400m/259614842926741381426524816461004800m/519229685853482762853049632922009600m/103845937170696552570609926584409600m/207691874341393105141219853168819200m/415383748682786210282439706337638400m/830767497365572420564879412675276800m/1661534994731144841129758825350553600m/3323069989462289682259517650701107200m/6646139978924579364519035301402214400m/13292279957849158729038070602804428800m/26584559915698317458076141205608857600m/53169119831396634916152282411217715200m/106338239662793269832304564822435430400m/212676479325586539664609129644870860800m/425352958651173079329218259289741721600m/850705917302346158658436518579483443200m/1701411834604692317316873037158966886400m/3402823669209384634633746074317933772800m/6805647338418769269267492148635867545600m/13611294676837538538534984297271735091200m/27222589353675077077069968594543470182400m/54445178707350154154139937189086940364800m/108890357414700308308279874378173880729600m/217780714829400616616559748756347761459200m/435561429658801233233119497512695522918400m/871122859317602466466238995025391045836800m/1742245718635204932932477990050782091673600m/3484491437270409865864955980101564183347200m/6968982874540819731729911960203128366694400m/13937965749081639463459823920406256733388800m/27875931498163278926919647840812513466777600m/55751862996326557853839295681625026933555200m/111503725992653115707678591363250053867110400m/223007451985306231415357182726500107734220800m/446014903970612462830714365453000215468441600m/892029807941224925661428730906000430936883200m/1784059615882449851322857461812000861873766400m/3568119231764899702645714923624001723747532800m/7136238463529799405291429847248003447495065600m/14272476927059598810582859694496006894990131200m/28544953854119197621165719388992013789980262400m/57089907708238395242331438777984027579960524800m/114179815416476790484662877555968055159921049600m/228359630832953580969325755111936110319842099200m/456719261665907161938651510223872220639684198400m/913438523331814323877303020447744441279368396800m/1826877046663628647754606040895488882558736793600m/3653754093327257295509212081790977765117473587200m/7307508186654514591018424163581955530234947174400m/14615016373309029182036848327163911060469894348800m/29230032746618058364073696654327822120939788697600m/58460065493236116728147393308655644241879577395200m/116920130986472233456294786617311288483759154790400m/233840261972944466912589573234622576967518309580800m/467680523945888933825179146469245153935036619161600m/935361047891777867650358292938490307870073238323200m/1870722095783555735300716585876980615740146476646400m/3741444191567111470601433171753961231480292953292800m/74828883831342229412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