



Certificate of Appreciation



Fit India Freedom Run 2.0



Life Style Disease



Hygiene & Cleanliness



Supporting Mental Health



Yoga and Meditation



Physical Activity



Healthy Diet



Sleep



No Drugs & Alcohol



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.



FITNESS CLUB*

Department of Sports, Ministry of Youth Affairs and Sports
Sports, DSW, GGSIPU University



This is to certify that Mr./Ms. UTKARSH RUSTAGI

of MBA/BBA/BAJMC/BCA of the Institute for Securing 2nd Position in the event CHES COMPETITION

organized by TIAS- Fit India Youth Club, Delhi held on 29.09.2022 Under the Initiative of the Ministry of Youth Affairs & Sports, Govt. of India, GGSIPU DSW Sport.

DIRECTOR

NODAL OFFICER
FITNESS CLUB

*Fit India Youth Club - Fitness Club was established vide UGC letter D.O.No F-1-54/2019 (Website Fit India) Dated 23.05.2019 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 & 91001:2015 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.

*Major Events: Volleyball (Men & Women), Football (Men & Women), Discus Throw (Men & Women), Shotput (Men & Women), Race (100m/200m/400m/500m/1000m/1500m/5000m/10000m/20000m/30000m/40000m/50000m/60000m/70000m/80000m/90000m/100000m/150000m/200000m/250000m/300000m/350000m/400000m/450000m/500000m/550000m/600000m/650000m/700000m/750000m/800000m/850000m/900000m/950000m/1000000m/1500000m/2000000m/2500000m/3000000m/3500000m/4000000m/4500000m/5000000m/5500000m/6000000m/6500000m/7000000m/7500000m/8000000m/8500000m/9000000m/9500000m/10000000m/15000000m/20000000m/25000000m/30000000m/35000000m/40000000m/45000000m/50000000m/55000000m/60000000m/65000000m/70000000m/75000000m/80000000m/85000000m/90000000m/95000000m/100000000m/150000000m/200000000m/250000000m/300000000m/350000000m/400000000m/450000000m/500000000m/550000000m/600000000m/650000000m/700000000m/750000000m/800000000m/850000000m/900000000m/950000000m/1000000000m/1500000000m/2000000000m/2500000000m/3000000000m/3500000000m/4000000000m/4500000000m/5000000000m/5500000000m/6000000000m/6500000000m/7000000000m/7500000000m/8000000000m/8500000000m/9000000000m/9500000000m/10000000000m/15000000000m/20000000000m/25000000000m/30000000000m/35000000000m/40000000000m/45000000000m/50000000000m/55000000000m/60000000000m/65000000000m/70000000000m/75000000000m/80000000000m/85000000000m/90000000000m/95000000000m/100000000000m/150000000000m/200000000000m/250000000000m/300000000000m/350000000000m/400000000000m/450000000000m/500000000000m/550000000000m/600000000000m/650000000000m/700000000000m/750000000000m/800000000000m/850000000000m/900000000000m/950000000000m/1000000000000m/1500000000000m/2000000000000m/2500000000000m/3000000000000m/3500000000000m/4000000000000m/4500000000000m/5000000000000m/5500000000000m/6000000000000m/6500000000000m/7000000000000m/7500000000000m/8000000000000m/8500000000000m/9000000000000m/9500000000000m/10000000000000m/15000000000000m/20000000000000m/25000000000000m/30000000000000m/35000000000000m/40000000000000m/45000000000000m/50000000000000m/55000000000000m/60000000000000m/65000000000000m/70000000000000m/75000000000000m/80000000000000m/85000000000000m/90000000000000m/95000000000000m/100000000000000m/150000000000000m/200000000000000m/250000000000000m/300000000000000m/350000000000000m/400000000000000m/450000000000000m/500000000000000m/550000000000000m/600000000000000m/650000000000000m/700000000000000m/750000000000000m/800000000000000m/850000000000000m/900000000000000m/950000000000000m/1000000000000000m/1500000000000000m/2000000000000000m/2500000000000000m/3000000000000000m/3500000000000000m/4000000000000000m/4500000000000000m/5000000000000000m/5500000000000000m/6000000000000000m/6500000000000000m/7000000000000000m/7500000000000000m/8000000000000000m/8500000000000000m/9000000000000000m/9500000000000000m/10000000000000000m/15000000000000000m/20000000000000000m/25000000000000000m/30000000000000000m/35000000000000000m/40000000000000000m/45000000000000000m/50000000000000000m/55000000000000000m/60000000000000000m/65000000000000000m/70000000000000000m/75000000000000000m/80000000000000000m/85000000000000000m/90000000000000000m/95000000000000000m/100000000000000000m/150000000000000000m/200000000000000000m/250000000000000000m/300000000000000000m/350000000000000000m/400000000000000000m/450000000000000000m/500000000000000000m/550000000000000000m/600000000000000000m/650000000000000000m/700000000000000000m/750000000000000000m/800000000000000000m/850000000000000000m/900000000000000000m/950000000000000000m/1000000000000000000m/1500000000000000000m/2000000000000000000m/2500000000000000000m/3000000000000000000m/3500000000000000000m/4000000000000000000m/4500000000000000000m/5000000000000000000m/5500000000000000000m/6000000000000000000m/6500000000000000000m/7000000000000000000m/7500000000000000000m/8000000000000000000m/8500000000000000000m/9000000000000000000m/9500000000000000000m/10000000000000000000m/15000000000000000000m/20000000000000000000m/25000000000000000000m/30000000000000000000m/35000000000000000000m/40000000000000000000m/45000000000000000000m/50000000000000000000m/55000000000000000000m/60000000000000000000m/65000000000000000000m/70000000000000000000m/75000000000000000000m/80000000000000000000m/85000000000000000000m/90000000000000000000m/95000000000000000000m/100000000000000000000m/150000000000000000000m/200000000000000000000m/250000000000000000000m/300000000000000000000m/350000000000000000000m/400000000000000000000m/450000000000000000000m/500000000000000000000m/550000000000000000000m/600000000000000000000m/650000000000000000000m/700000000000000000000m/750000000000000000000m/800000000000000000000m/850000000000000000000m/900000000000000000000m/950000000000000000000m/1000000000000000000000m/1500000000000000000000m/2000000000000000000000m/2500000000000000000000m/3000000000000000000000m/3500000000000000000000m/4000000000000000000000m/4500000000000000000000m/5000000000000000000000m/5500000000000000000000m/6000000000000000000000m/6500000000000000000000m/7000000000000000000000m/7500000000000000000000m/8000000000000000000000m/8500000000000000000000m/9000000000000000000000m/9500000000000000000000m/10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