



TECNIA INSTITUTE OF ADVANCED STUDIES

NAAC ACCREDITED 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

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Fit India Youth Club

Report

On

Intra Institute Sports Competition

EVENT: Indoor Game (Chess, Carom) -Fitness Sporting Activity

THEME: Supporting Mental Health

Convener: DR. ROHTASH KUMAR

Participation : BBA

Date : 24.02.2020, Monday

No. of Beneficiary : 42

Time: 10:00 AM onwards

Platform: - Online



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INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085

Fitness Club

Organizes

Intra Institute Sports Competition:

Indoor Game (Chess, Carom, Etc.) -Fitness Sporting Activity

(Theme: Physical Activity: Key Ingredient of Fitness)

Departments: MBA, BBA, BA(J&MC) & BCA



Date : 24/02/2020

Time : 10:00 AM Onwards

Platform : Online

In Association With




Mr. Indrpreet Singh
Incharge - Fitness Club


Coordinator
Internal Quality Assessment Cell (IQAC)
Tecnia Institute of Advanced Studies
New Delhi-110085

Nodal Officer, Fit India Youth Club
Tecnia Institute of Advanced Studies
Madhuban Chowk, Rohini, Delhi -85

OBJECTIVES OF THE EVENT:

- To provide an environment for physical development of the students.
- To provide opportunity to the student to showcase their talent in sports field.
- To promote sportsmanship among students by organizing various sports activities like Chess, Carom.
- Experience new activities Develop friendships Improve social skills
- Encourage physical activity Promote growth in identified abilities and interests
- Encourage volunteerism and giving back Develop leadership skills


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Internal Quality Assurance Cell (IQAC)
Technia Institute of Advanced Studies
New Delhi-110085


Nodal Officer, Fit India Youth Club
Technia Institute of Advanced Studies
Madhuban Chowk, Rohini, Delhi -85

REPORT

This event was organized by Fitness Club of Tecnia Institute of Advanced Studies, Rohini, Delhi on 24.02.2020 , Monday. In contrast with physical activity, Based on the theme "Supporting Mental Health "which is related to the movements that students perform, physical fitness is a set of attributes that students have or achieve. Being physically fit has been defined as *"the ability to carry out daily tasks with vigor and alertness, without undue fatigue and with ample energy to enjoy leisure-time pursuits and to meet unforeseen emergencies"*. Both physical activity and physical fitness vary among students. No student has no activity just as no person has no fitness-all are active or fit to greater or lesser degrees. It is mandatory for all the students that they should engage themselves in any kind of physical fitness activity.

In the event Intra Institute Sports Competition: Indoor Game (Chess, Carom) - Fitness Sporting Activity conducted by fitness club, **35 students (Chess=22 and Carom=20)** participated from all the respective departments of TIAS on the online platform. All the students who participated in the above mentioned event have been distributed E Certificate through their Emails. It was observed that all the participants were keen to engage in the activities like Intra Institute Sports Competition: Indoor Game (Chess, Carom) -Fitness Sporting Activity as it provides the different opportunities in their interests other than academic routine based activities.



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Fitness Club of TIAS aims at providing a platform for physical activities for fitness and well being among students ,teachers and staff in the institute .All students are encouraged to devote minimum 45 minutes per day on fitness activity such as exercise, yoga, meditation, walking , cycling ,aerobics ,dance etc. It also aims to address the emotional concerns of the students to promote mental health and to create awareness or sensitization through workshop or seminars on depression, anxiety and stress management for faculty and students. Fitness club of TIAS also aims in providing guidance regarding balanced nutritional diets for the students and faculty members.

List of Participants -

S. No.	Enrollment Number	Name
1.	07121302419	PARAM KHURANA
2.	07221302419	ARNAB BANERJEE
3.	07321302419	PRERNA SINGH
4.	07421302419	HIMANSHI TULI
5.	07521302419	SRISHTI
6.	07621302419	UJVAL DUTTA ROY
7.	07721302419	MANSI KAPRI
8.	07821302419	PRACHI WASON
9.	07921302419	PRERNA MEHRA
10.	08021302419	HIMANSHU KUMAR SINGH
11.	08121302419	FALGUNI BHURANI
12.	08221302419	DHAIRYA BATRA
13.	08321302419	HARISH SINGH RAUTELA
14.	08421302419	VIDUSHI SHANDILYA
15.	08521302419	CHANDAN KUMAR
16.	08621302419	RADHIKA JANGID
17.	08721302419	REHA VOHRA
18.	08821302419	JUHI
19.	08921302419	SHUBHANKAR BHATTACHARYA
20.	09021302419	ANIRUDH KHANDELWAL
21.	09121302419	DEEPANSHI JAIN
22.	09221302419	SYED AYAAN MAHMOOD
23.	09321302419	PAYAL MANN
24.	09421302419	DEEPTI
25.	09521302419	MUSKAAN
26.	09621302419	SAKSHAM BAJAJ
27.	09721302419	KAJAL GOYAL
28.	09821302419	SHREYASH THAPAR
29.	09921302419	PREKSHA GOYAL
30.	10021302419	PRIYANSHI VERMA
31.	35121302419	AVNI MISHRA
32.	35221302419	AKANKSHA SHARMA
33.	35321302419	YASH DAGAR
34.	35421302419	ANKUSH PAL
35.	35521302419	MUSHKAN GARG
36.	35621302419	ANISHA SIGTIA
37.	35721302419	RIA SHARMA

Rohitash Kumar

38.	35821302419	KIRANDEEP KAUR CHAWLA
39.	35921302419	SWETA
40.	36021302419	VANSH GANJAWANI
41.	36121302419	ISHAN TIWARI
42.	36221302419	NIKHIL RAJ

Learning outcome:

- Knowledge of rules and techniques (Games to emphasise how rules shape a game Games that demonstrate which techniques are most effective)
- Contextual knowledge (understanding tactics, similarities between different games) Presenting games in categories to demonstrate tactical transfer between games
- Tactical and decision making (Games that use structured scenarios to emphasise problem solving)
- Technical skills (execution of a skill in the game context)


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