



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

Event Category : Fit India Youth Club & National Sports Organization

(NSO) Topic : Intra Institute Chess & Carom Competition


Date : 31th March 2022

Time : 12.00 PM onwards.

Venue : TIAS PG

Building No. of Beneficiaries : 26

Students Convener : Mr. Nitin Yadav


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



TECNIA
INSTITUTE OF ADVANCED STUDIES
GRADE "A" INSTITUTE
DELHI INDIA



FIT
INDIA

FIT INDIA YOUTH CLUB

In collaboraton with

NATIONAL SPORTS ORGANISATION (NSO)

Organizing

Intra Institute

Chess and Carom Competition

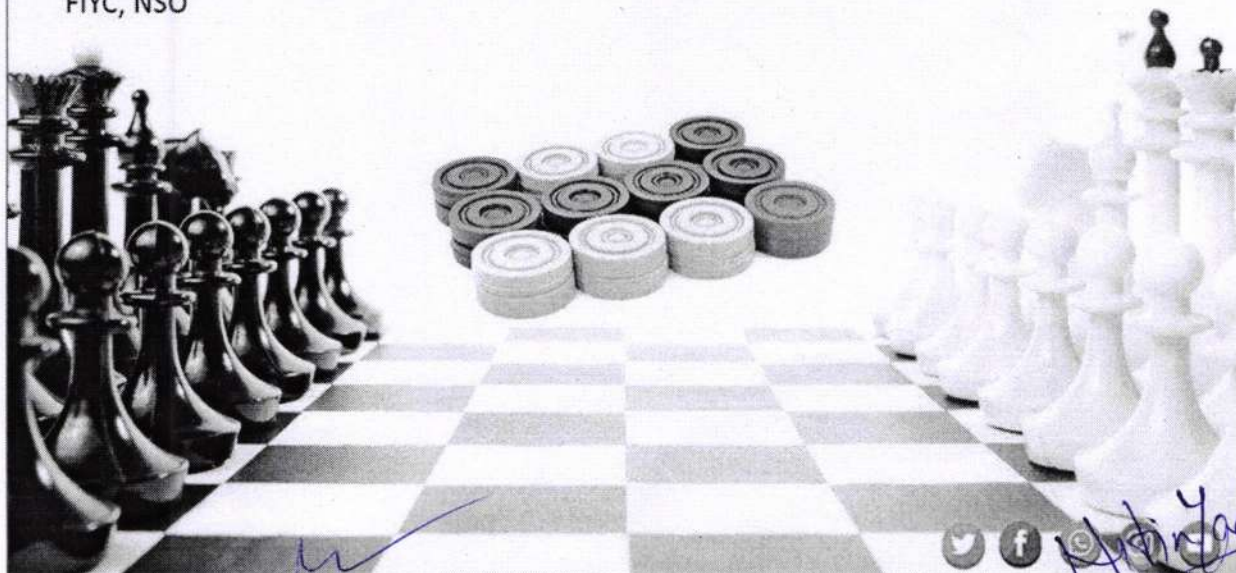
Date : 31st March, 2022

Time : 12:00 P.M. Onwards

Venue: 4th Floor, PG Building

Nodal Officer:
Mr. Nitin Yadav
FIYC, NSO

Student Coordinator:
Kunal +91- 7827377223



Coordinator
Internal Quality Assessment Cell (IQAC)
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Learning Objective

- To create awareness and spread the message of healthy lifestyle by keeping students self-motivated by participating various indoor games.
- To aware students about the rules and regulations of playing chess and carrom and to encourage them to enjoy these activities anti-digitally.
- To help students understand the value of coordination, team spirit and healthy competition.
- To inspire students for providing opportunity to keep their body and mind fit and healthy.



GPS Map
Camera Lite

2A & 2B, Phase-1, Madhuban Chowk, Outer Ring Rd, Block D,
Sector 14, Rohini, Delhi, 110085, India

Latitude
28.70540644245808°

Longitude
77.13024546299883°

Local 12:21:10 PM
GMT 06:51:10 AM

Altitude 219 meters
Friday, 31.03.2023

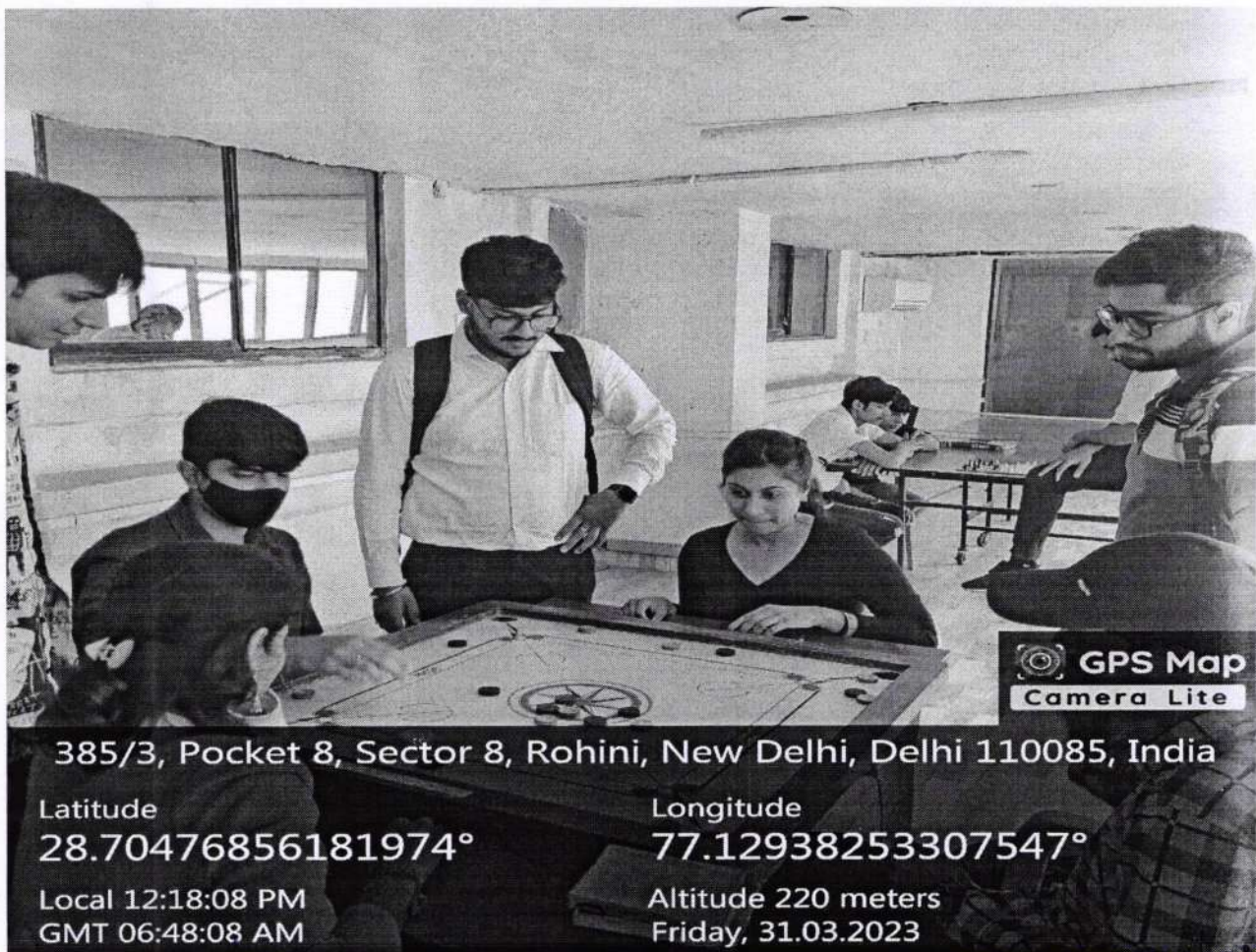
REPORT

Hon'ble Prime Minister of India has launched the **FIT INDIA MOVEMENT** on 29 Aug 2019 with a view to make Physical Fitness a way of life. **FIT INDIA MOVEMENT** aims at behavioural changes – from sedentary lifestyle to physically active way of day-to-day living. Fit India would be a success only when it becomes a people's movement. We have to play the role of a catalyst.

In the above background, the Fit India Mission encourages **YOUTH CLUB** to motivate people to become part of **FIT INDIA MOVEMENT** by inculcating at least 45-60 minutes of physical activities in their day to day lives, individuals and Youth Club can undertake various efforts for their own health and well-being as well as for the health and well-being of fellow Indians.

In Tecnia we organized this event which mainly focused on the encouragement of students by getting themselves involved in various indoor games which includes carrom, chess, arm wrestling and table tennis.

In below displayed photographs we can see students of different programmes competing in chess and carrom



LEARNING OUTCOME

- Students were encouraged for playing offline mode indoor games.
- Students were made aware about the importance of Fit India youth club and the essential policies government is encouraging for the students so to uplift the quality of the living environment through active participation and it also helps for healthy mind and body.
- This event set an inspiring example for the coming generations to save the importance of offline physical activities and encourage the mode of sportsmanship.

Interaction with the students of every department (BBA, BCA, BAJMC) were made for maximum participation of students in such events. Majority of students were asked to participate and many students of TIAS were played well and won the games during the event. In the end of event students also get motivated for maximum participation. A group photographs was also taken.



2A & 2B, Phase-1, Madhuban Chowk, Outer Ring Road, Block D,
Sector 14, Rohini, Delhi, 110085, India

Latitude
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GMT 07:10:47 AM

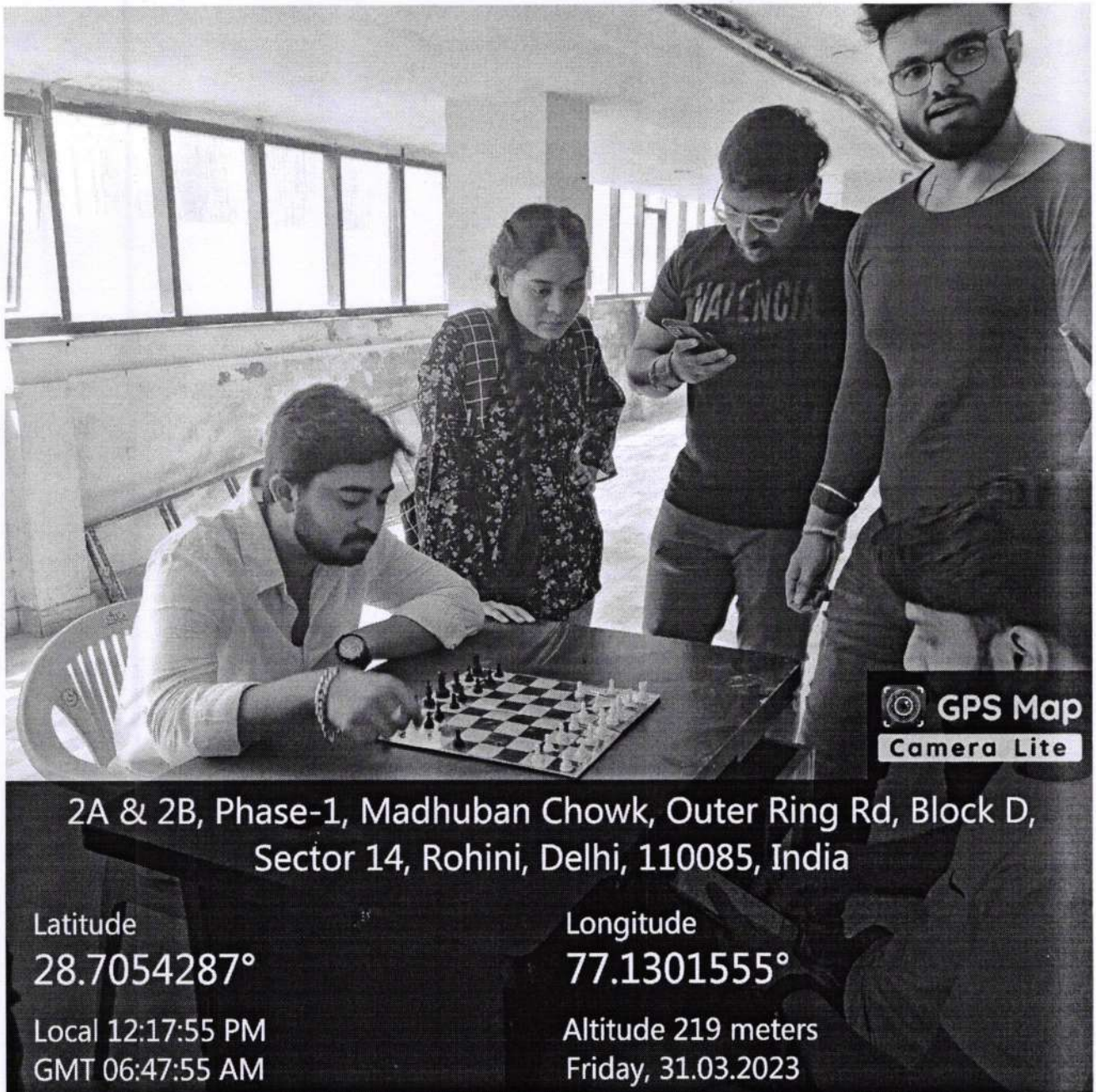
Longitude
77.1301242°

Altitude 219 meters
Friday, 31.03.2023

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Winners of the Carom Competition

1. Ridhi Jain (BAJMC 3rd year/Morning Shift/Division - A)
2. Ayush Aggarwal (MBA 1st year/Morning Shift/Division

- A)Winners of Chess Competition

1. Kunal Chaturvedi (BBA 3rd year/Morning Shift/Division - A)
2. Prabhjot Kaur (BAJMC 2nd year/Morning Shift/Division - B)


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LIST OF PARTICIPANTS



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 Tel: 011-27553121-24, E-Mail: director@tecnia.in, Website: www.tecniaindia.in



Department: FIT INDIA YOUTH CLUB Date: 31/03/2023 Time: 12:00 PM Venue: 4th Floor, P.B. Building TIAS
 Committee: Chair: NITIN YADAV Subject: INTRA INSTITUTE CHESS & CAROM COMPETITION
 Agenda Points:

- 1
- 2
- 3
- 4

S. No.	Name	Phone No.	E-mail Address	Time	Sign.
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10	Swati Verma	7054972348	vermaswati141@gmail.com	1:00	Swati
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23	Mam P. Co	9549027710	MAMOTI.HATIK@gmail.com	1:17	Mam
24	Mam Malhotra	9899861069	malhotramam2000@gmail.com	1:19	Mam
25	Ayush Aggarwal	9971865495	Ayush2938@gmail.com	1:20	Ayush
26					
27					

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