



## 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** : Intra Institute Sports Competition

**Theme** : PHYSICAL ACTIVITY: KEY INGREDIENT OF FITNESS

**Nodal Officer** : Dr. Rahul Tripathi

**No. of Beneficiary** : 36

**Participation** : BBA, BJMC, BCA, MBA

**Date** : 07 October 2020, Wednesday

**Time** : 9:00 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

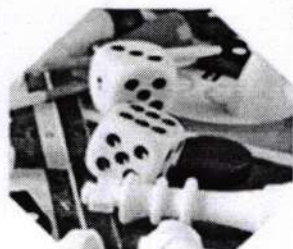
(Theme: Physical Activity: Key Ingredient of Fitness)

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

Date : 07 October 2020, Wednesday

Time : 09:00 AM Onwards

Platform : Online



In Association With



Mr. Inderpreet Singh  
Incharge - Fitness Club

Coordinator

Internal Quality Assurance 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

1. To provide opportunities to the students for showcasing their talents.
2. To motivate students for physical activities that will equip them into sports activities.
3. To promote sportsmanship among students.
4. To develop the social needs of the students by the interaction with other participants

## REPORT

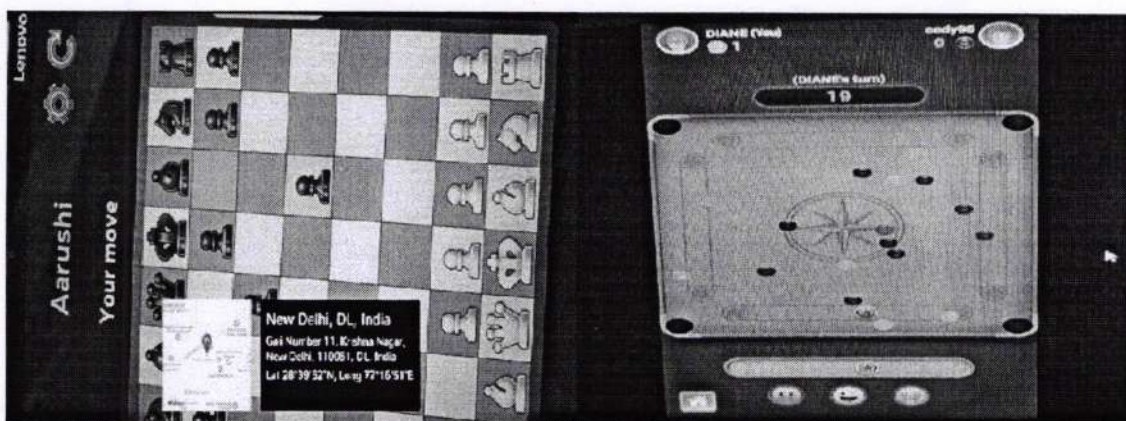
An event Intra Institute Sports Competition was organized on 07 October 2020 , Wednesday on online platform in Fit India Youth Club of Tecnia Institute of Advanced Studies with reference to UGC's letter no 1-54/2019 (Website/Fit India) dated 13th December, 2019 for the implementation of "Fit India Campaign" in Higher Educational Institutions. This workshop was designed by Fitness Club of TIAS to provide opportunities to the students at the institution to develop and display their skills in various physical activities. It is very important to be physically fit and healthy. Therefore, physical fitness and physical activity are interrelated to each other which is an essential element for the growth of students.

In this event, indoor games like chess, carom and Ludo was designed for the students where they can enhance themselves. All the participants enjoyed this event and were glad that these types of events were organized in the institution where they can achieve something and grow themselves. Sports helps an individual much more than in the physical aspects alone. It builds

character, teaches and develops strategic thinking, analytical thinking, leadership skills, goal setting and risk taking. During this Pandemic, it was also an active move towards the students where they can enjoy themselves and can feel relief.


Fitness Club of TIAS focuses at providing opportunities to the students for physical activities for the student's wellbeing and happiness. All the students were motivated to devote time to each game and were also instructed to play each game. The main aim was to provide emotional concern for the students in Pandemic to build their mental health and to create awareness through this event.





### Students Participation in the event

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

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



## Learning Outcomes


Students have learnt

1. about the importance of indoor games.
2. about physical activities has enhanced.
3. tactical and decision making skills on the basis of tactics involved in playing the games

## List of Beneficiaries

S. No	NAME	Enrollment No	Course	Sports
1	TANMAY GUPTA	02417001719	BBA	CHESS
2	HIMANSHI GOGIA	11917001719	BBA	CHESS
3	ANSHUMAN GOGIA	00321301718	BBA	CHESS
4	ABHIT BUDHIRAJA	00121301718	BBA	CHESS
5	RIYA CHADHA	03817001719	BBA	CHESS
6	AVANI GUPTA	00817001718	BBA	CHESS
7	HARDIK SUNEJA	00217001719	BBA	CHESS
8	RIYA	05817001719	BBA	CHESS
9	SAKSHAM AGGARWAL	03621301719	BBA	CHESS
10	YASH KAPOOR	04921301719	BBA	CHESS
11	PRAKHAR TRIPATHI	04917001719	BBA	CHESS
12	AKSHAT GARG	00917001719	BBA	CHESS
13	TUSHAR SHARMA	05617001719	BBA	CHESS
14	LOVISH ARORA	12721301719	BBA	CHESS
15	MAHAK MALHOTRA	14317001719	BBA	CHESS
16	MANAV JAWA	03717001719	BBA	CHESS
17	MANSI BHARDWAJ	13017001719	BBA	CHESS
18	MEHUL BHALLA	14417001719	BBA	CHESS
19	MENARK SINGH	06521301719	BBA	CHESS
20	MIHIR MUTREJA	06821301719	BBA	CHESS
21	NAMAN JINDAL	35921301719	BBA	CHESS
22	NANCY SALHOTRA	11621301719	BBA	CHESS
23	NIPUN DIWAN	08421301719	BBA	CHESS
24	PANSY KHAJURIA	02017001719	BBA	CHESS


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

  
Nodal Officer, T. I. A. S. Youth Club  
Tecnia Institute of Advanced Studies  
Madhuban Chowk, Rohini, Delhi-85



S. No	NAME	Enrollment No	Course	Sports
1	NAMAN VU	07821301720	BBA	CAROM
2	SAMRIDHI SHARMA	11021301720	BBA	CAROM
3	SANSKAR BANSAL	11121301720	BBA	CAROM
4	OM GUSAIN	08521301720	BBA	CAROM
5	NIKHIL SANDAL	08121301720	BBA	CAROM
6	ROHIT PANJRATH	10521301720	BBA	CAROM
7	RITIK SHARMA	10321301720	BBA	CAROM
8	SHIVAM JHA	11321301720	BBA	CAROM
9	SHREY GOEL	11821301720	BBA	CAROM
10	KAPIL	06221301720	BBA	CAROM
11	MAHIMA ARORA	07321301720	BBA	CAROM
12	PIYUSH KUMAR	08921301720	BBA	CAROM
13	PRITISH JAIN	09221301720	BBA	CAROM
14	SHREYA GOEL	11821301720	BBA	CAROM
15	SAHIL DUGGAL	10921301720	BBA	CAROM
16	RHYTHEM GUPTA	09921301720	BBA	CAROM
17	PURUSHARTH PHOGAT	09421301720	BBA	CAROM
18	RAHUL LAKRA	09621301720	BBA	CAROM
19	ROHAN VOHRA	10421301720	BBA	CAROM
20	VIDHI SHARMA	13521301720	BBA	CAROM
21	UJJWAL MISHRA	12821301720	BBA	CAROM
22	AARUSHI SAXENA	12117001719	BBA	CAROM
23	PRIYA	14017001719	BBA	CAROM
24	MAYUR GUPTA	08217001720	BBA	CAROM
25	LAKSHAY BHARDWAJ	06917001720	BBA	CAROM
26	RIYA GUPTA	10517001720	BBA	CAROM
27	RISHABH JAIN	03317002020	BCA	CAROM
28	GOVIND VIJAY	01717002020	BCA	CAROM
29	SWAYAM KASHYAP	02721301719	BBA	CAROM
30	SOUMIL SAXENA	03021310719	BBA	CAROM
31	SHIKHAR ANAND	06017001718	BBA	CAROM
32	BHAGYA SETHI	00521301718	BBA	CAROM
33	MOHAMMAD AMIR	03721301719	BBA	CAROM
34	ADITYA BHANDARI	00221301718	BBA	CAROM
35	MANSI SINGH	04021301719	BBA	CAROM
36	ROHAN CHADHA	03621301718	BBA	CAROM

  
 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  
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