



# 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

<b>EVENT</b>	:	Intra Institute Sports Competition
<b>Theme</b>	:	Fitness Sporting Activity: Sleep Well to Stay Fit
<b>Nodal Officer</b>	:	Dr. Rahul Tripathi
<b>No of Beneficiary</b>	:	60
<b>Participation</b>	:	BBA, BA(JMC), BCA, MBA
<b>Date</b>	:	08/03/2021
<b>Time</b>	:	10:00 AM onwards
<b>Platform</b>	:	Online

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**INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085**

## Fit India Youth Club

Organizes

**Intra Institute Sports Competition:**  
**Indoor Game (Chess, Carom) -**  
**Fitness Sporting Activity**

**Theme: Physical Activity: Sleep Well to Stay Fit**

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

**08.03.2021**

**Time: 10 AM Onwards**

**Platform: Online**

In Association With

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


1. To provide an opportunities to the students for showcasing their talent
2. To promote sportsmanship among students
3. To develop the interests of the students among sports

## REPORT

An event of Intra Institute Sports Competition was organised on 08.03.2021 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. 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 organised 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.

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

  
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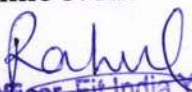


build their mental health and to create awareness through this event.

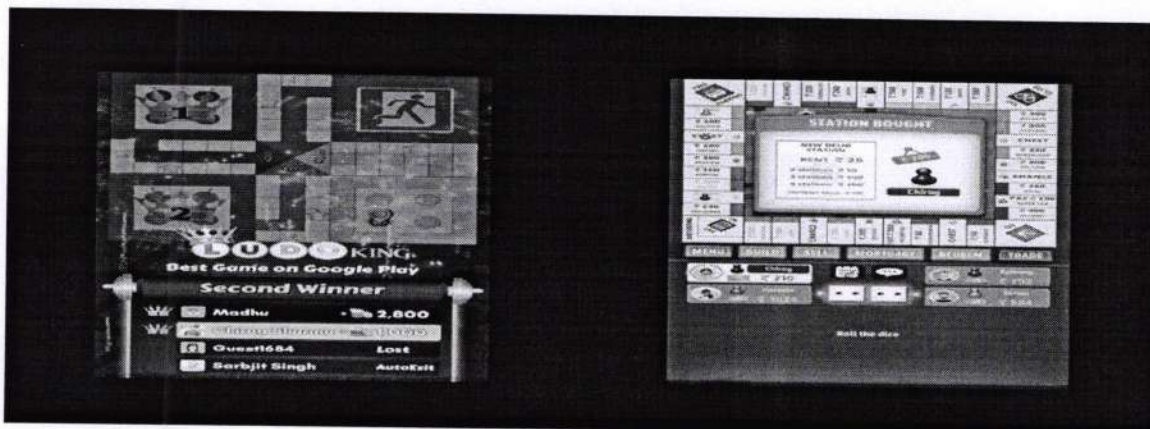


#### Students Participation in the online event

  
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### Students Participation in the event

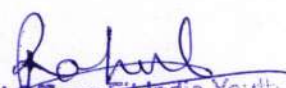
#### LEARNING OUTCOME

Students have

1. acquired relevance of indoor games.
2. enhanced their tactical and decision making skills on the basis of tactics involved in playing the games.

FIT INDIA YOUTH CLUB LIST OF BENEFICIARIES				
INTRA INSTITUTE SPORTS COMPETITION: FITNESS SPORTIN ACTIVITY: SLEEP WELL TO STAY				
FIT DATED:08.03.2021				
S. NO	NAME	ENROLLMENT NO	COURSE	SPORTS
1	HARDIK SUNEJA	0217001719	BBA	LUDO
2	HARSHIT ASIJA	04017001719	BBA	LUDO
3	HIMANSHI GOGIA	11917001719	BBA	LUDO
4	JAHNVI NAYYAR	12717001719	BBA	LUDO
5	JATIN KUMAR	0517001719	BBA	LUDO
6	KANISHKA KALRA	12017001719	BBA	LUDO
7	KHYATI KHANNA	10717001719	BBA	LUDO
8	TWINKLE DHINGRA	05417001719	BBA	LUDO
9	UMAR FAROOQ	02317001719	BBA	LUDO
10	YASH RAJ	13217001719	BBA	LUDO
11	YASHIKA TANWAR	03617001719	BBA	LUDO
12	MANAV JAWA	03717001719	BBA	LUDO
13	MANSI BHARDWAJ	13017001719	BBA	LUDO
14	MEHUL BHALLA	14417001719	BBA	LUDO

  
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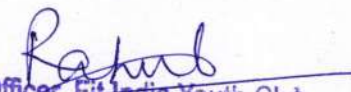
15	NAMAN JINDAL	35921301719	BBA	LUDO
16	NANCY SALHOTRA	11621301719	BBA	LUDO
17	PANSY KHAJURIA	02017001719	BBA	CHESS
18	PAWAN SAINI	11017001719	BBA	CHESS
19	PRIYA TIWARI	14017001719	BBA	CHESS
20	RAHUL KHANNA	02117001719	BBA	CHESS
21	RAKSHIT RANA	12021301719	BBA	CHESS
22	RIYA CHADHA	03817001719	BBA	CHESS
23	RIYAZ MONGA	10917001719	BBA	CHESS
24	AAYUSH	12921301719	BBA	CHESS
25	Saksham Aggarwal	03621301719	BBA	CHESS
26	Yash Kapoor	04921301719	BBA	CHESS
27	Prakhar Tripathi	04917001719	BBA	CHESS
28	Akshat garg	00917001719	BBA	CHESS
29	Tushar Sharma	05617001719	BBA	CHESS
30	LOVISH ARORA	12721301719	BBA	CHESS
31	MAHAK MALHOTRA	14317001719	BBA	CHESS
32	MANAV JAWA	03717001719	BBA	CHESS
33	MANSI BHARDWAJ	13017001719	BBA	CHESS
34	MEHUL BHALLA	14417001719	BBA	CHESS
35	MENARK SINGH	06521301719	BBA	CHESS
36	MIHIR MUTREJA	06821301719	BBA	CHESS
37	NAMAN JINDAL	35921301719	BBA	CHESS
38	NANCY SALHOTRA	11621301719	BBA	CHESS
39	NIPUN DIWAN	08421301719	BBA	CHESS
40	PANSY KHAJURIA	02017001719	BBA	CAROM
41	PAWAN SAINI	11017001719	BBA	CAROM
42	SARTHAK SAXENA	35117002019	BBA	CAROM
43	RIYA SAINI	40321302418	BA (JMC)	CAROM
44	PRATEEK ARORA	00421324419	MCA	CAROM
45	Sajal sharma	05421302418	BA (JMC)	CAROM
46	VANSHIKA SHARMA	06921302418	BA (JMC)	CAROM
47	RIYA SHARMA	05121302418	BA (JMC)	CAROM
48	Yatin Makkar	07221302418	BA (JMC)	CAROM
49	SHIVAM	01521302419	BA (JMC)	CAROM
50	KARTIK KAPOOR	04817002019	BCA	CAROM
51	TANYA KUMARI	04221302419	BA (JMC)	CAROM
52	GEETANSHI ARORA	04917002019	BCA	CAROM
53	Riya jain	04921302418	BA (JMC)	CAROM
54	SAHIL GHAI	41221302418	BA (JMC)	CAROM
55	PRABAL SETHI	00417004418	MCA	CAROM

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56	SHUBHANGI GUPTA	42421302418	BA (JMC)	CAROM
57	ADITYA GOYAL	01617002019	BCA	CAROM
58	AKANKSHA	07017002419	BA (JMC)	CAROM
59	TANNU SHARMA	04821302419	BA (JMC)	CAROM
60	Avi Arora	00721302418	BA (JMC)	CAROM

  
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