



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



Tel: 91-11-27555121-24, E-Mail: director@tecnia.in; Website: www.tiaspg.tecnia.in



FIT INDIA YOUTH CLUB


REPORT




EVENT	: Intra Institute Sports Competition
Theme	: Physical Activity: Key Ingredient of Fitness
Nodal Officer	: Dr. Ruchi Srivastava
Convener-Incharge	: Mr. Inderpreet Singh
Student Beneficiary	: 34
Participation	: BBA, BJMC, BCA, MBA
Date	: 15/01/2022
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) -Fitness Sporting Activity
(Theme: Physical Activity: Key Ingredient of Fitness)
Departments: MCA, MBA, BBA, BA (J&MC), BCA
15 JANUARY, 2022, SATURDAY
Platform: Online- Google Form



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

This activity has been organized by the Fit India Youth Club of Tecnia Institute of Advanced Studies to provide an opportunity to the students at the institution to develop and display the skills in the fitness supporting activity. 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 build their mental health and to create awareness through this event.



Students Participation in the event

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

Ruchi
Nodal Officer, Fit India Youth Club
Tecnia Institute of Advanced Studies
Madhuban Chowk, Rohini, Delhi-65

LEARNING OUTCOME

1. Participants have acquired relevance of indoor games
2. Participants have enhanced their tactical and decision making skills on the basis of tactics involved in playing the games
3. Participants attain strategic skills by involving themselves in the mind game such as chess.

LIST OF BENEFICIARIES			
S. NO	NAME	ENROLLMENT NO	COURSE
1	CHIRAG SHARMA	10121301719	BBA
2	VASU NARANG	13617001720	BBA
3	HIMANSHI GOGIA	11917001719	BBA
4	KARAN MALHOTRA	3417002020	BCA
5	PRIYANSHI JAIN	3117002020	BCA
6	VASU JAIN	4417002020	BCA
7	HARSH TANWAR	1917002020	BCA
8	SARBJIT SINGH	14017001720	BBA
9	SHIVAM JHA	11321301720	BBA
10	TUSHAR THAPLIYAL	3217002019	BCA
11	PRIYANSHI JAIN	3117002020	BCA
12	SHIVAM	36017001718	BBA
13	VIPIN	4517002020	BCA
14	NIKHIL SANDAL	8121301720	BBA
15	KHUSHI MALHOTRA	35517002420	BAJMC
16	DIVYANSHU MISHRA	2321302420	BAJMC
17	PRIYA TIWARI	14017001719	BBA
18	ISHTI JAIN	2317002020	BCA
19	HARSHIT GOYAL	2017002020	BCA
20	SUDIPTO BHUKTA	4117002020	BCA
21	GOVIND VIJAY	1717002020	BCA
22	JANUAL ABDIN	2717002019	BCA
23	KUNAL KUMAR	2517002020	BCA
24	PRATIK SINGH	35617002020	BCA
25	YASH SHARMA	4617002020	BCA
26	AYUSHI PANWAR	1117002020	BCA
27	AYUSHREE SWAMI	3221301720	BBA
28	NAKUL GUPTA	2717002020	BCA
29	HARSH ROHATGI	1821302419	BAJMC
30	TANNU SHARMA	482132419	BAJMC
31	ANKUR BANSAL	617002020	BCA
32	AMIT KUMAR	721302420	BAJMC
33	BHAVY SHARMA	35317002020	BCA
34	SHIVANI	3717002020	BCA

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

Nodal Officer, Fit India Youth
Terna Institute of Advanced Studies
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