



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 : Supporting Mental Health
Nodal Officer : Dr. Rahul Tripathi
No. of Beneficiary : 64
Participation : BBA, BJMC, BCA, MBA
Date : 17/04/2021
Time : 10:00 AM onwards
Platform : Online



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Fit India Youth Club

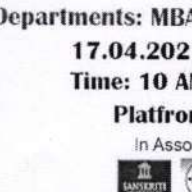

Organizes



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

Theme: Physical Activity: Supporting Mental Health


Departments: MBA, BBA, BA(J&MC) & BCA
17.04.2021, Saturday
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

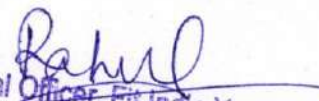
1. To provide an opportunities to the students for showcasing their talent
2. To promote sportsmanship among students
3. To develop the interests of the students among sports

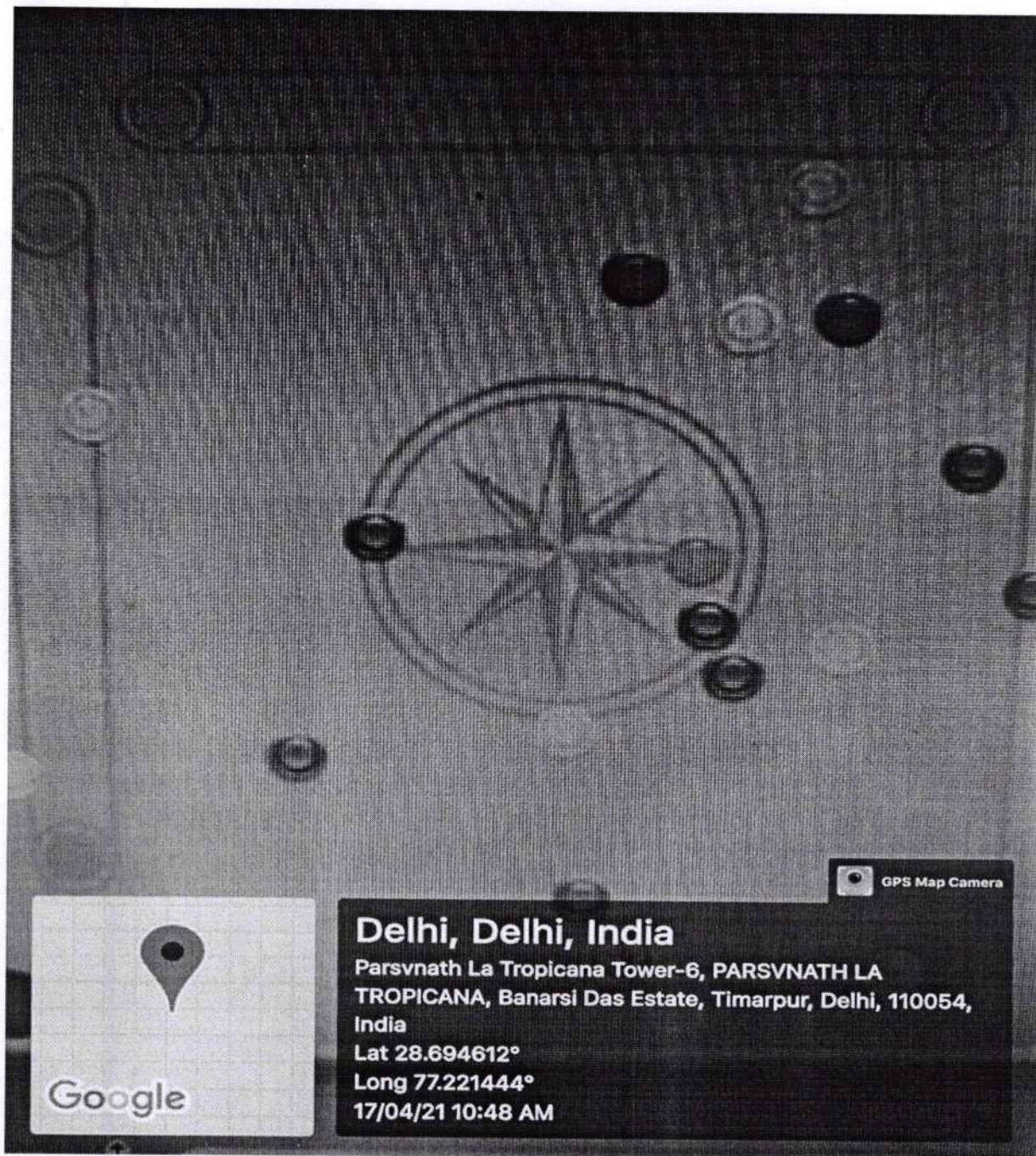
REPORT

This activity Intra Institute Sports Competition has been organized on 17.04.2021 by the Fit India Youth Club of Tecnia Institute of Advanced Studies in continuation of UGC's letter no 1- 54/2019 (Website/Fit India) dated 13th December, 2019 regarding the implementation of "Fit India Campaign" in Higher Educational Institutions. The meeting was organized to address the coordinators about the improvement activities 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, table tennis, arm wrestling and badminton 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.


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Kirti Nagar, New Delhi-110015



Students Participation in the online 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 playing the games
3. attained strategic skills by involving themselves in the mind game such as chess.

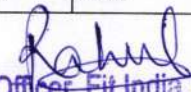
Coordinator
Internal Quality Assessment Cell (IQAC)
Tecnia Institute of Advanced Studies
New Delhi-110085

Nodal Officer, Kt India Youth Club
Tecnia Institute of Advanced Studies
Kt India Youth Club, Rohini, Delhi -85

FIT INDIA YOUTH CLUB LIST OF BENEFICIARIES
INTRA INSTITUTE SPORTS COMPETITION SUPPORTING MENTAL
HEALTHLIST OF BENEFICIARIES DATED:17.04.2021

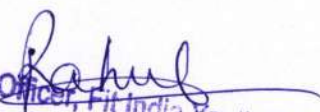
| S.NO | NAME | ENROLLMENT T NO | COURSE | SPORTS |
|------|---------------------|-----------------------|----------|--------|
| 1 | GORANG KAUSHIK | 35221302418 | BA (JMC) | CAROM |
| 2 | CHAINIKA | 01917001719 | BBA | CAROM |
| 3 | RIYA JAIN | 04821302418 | BA (JMC) | CAROM |
| 4 | AKANSHA SHARMA | 07217001719 | BBA | CAROM |
| 5 | RENU | 35821302418 | BA (JMC) | CAROM |
| 6 | KANISHK | 08817002419 | BA (JMC) | CAROM |
| 7 | UMAR FAROOQ | 02317001719 | BBA | CAROM |
| 8 | TUSHAR ARORA | 05217001719 | BBA | CAROM |
| 9 | TWINKLE | 06421302418 | BA (JMC) | CAROM |
| 10 | MAHIMA NAGPAL | 42621302418 | BA (JMC) | CAROM |
| 11 | SHIVAM THAKUR | 05721302418 | BA (JMC) | CAROM |
| 12 | TANISH BANSAL | 00221301719 | BBA | CAROM |
| 13 | AARUSHI SAXENA | 12117001719 | BBA | CAROM |
| 14 | AARUSHI BANSAL | 35121302418 | BA (JMC) | CAROM |
| 15 | ANANDITA | 00317002019 | BCA | CAROM |
| 16 | ASHWIN ATRISH | 00421301718 | BBA | CAROM |
| 17 | MAHESH JOSHI | 07317001719 | BBA | CAROM |
| 18 | ASHWIN ATRISH | 00421301718 | BBA | CAROM |
| 19 | ADITYA PRATAP SINGH | 06921302419 | BA (JMC) | CAROM |
| 20 | MANAV JAWA | 03717001719 | BBA | CAROM |
| 21 | AKANKSHA SUYAL | 00321302418 | BA (JMC) | CAROM |
| 22 | HARDIK MANCHANDA | 36621301719 | BBA | CAROM |
| 23 | YASHITA KANSAL | 01517001719 | BBA | CAROM |
| 24 | ASHWIN ATRISH | 00421301718 | BBA | CAROM |
| 25 | RIYA CHADHA | 03817001719 | BCA | CAROM |
| 26 | VIDHI THUKRAL | 08321301719 | BBA | CAROM |
| 27 | SHIVANSH JAIN | 08880301719 | BBA | CAROM |
| 28 | YASHITA KANSAL | 01517001719 | BBA | CAROM |
| 29 | ASHWIN ATRISH | 00421301718 | BBA | CAROM |
| 30 | YASH ARYAN JHAWAR | 42917001718 | BBA | CAROM |
| 31 | GAGAN GOEL | 00117001719 | BBA | CAROM |
| 32 | SHOBHIT GROVER | 013121301719 | BBA | CAROM |
| 33 | SHREY AGGARWAL | 011721301719 | BBA | CHESS |
| 34 | SHUBHAM BANSAL | 045121301718 | BBA | CHESS |
| 35 | SHUBHAM RAJOURH | 41817001718 | BBA | CHESS |


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| | | | | |
|----|--------------------|--------------|----------|-------|
| 36 | ABHIT BUDHIRAJA | 00121301718 | BA(J&MC) | CHESS |
| 37 | ADITI | 02917001719 | BBA | CHESS |
| 38 | ADITYA BHANDARI | 00221301718 | BBA | CHESS |
| 39 | AKHIL GUPTA | 035121301718 | MBA | CHESS |
| 40 | ANKIT GULATI | 02617001719 | BBA | CHESS |
| 41 | ANKUR JAIN | 35321301718 | BBA | CHESS |
| 42 | ANMOL ANAND | 41121301718 | BBA | CHESS |
| 43 | ANSHUMAN GOGIA | 00321301718 | BA(J&MC) | CHESS |
| 44 | ANSJITA AGGARWAL | 05117001719 | BBA | CHESS |
| 45 | ARPIT JAIN | 35421301718 | BBA | CHESS |
| 46 | ASHI SACHDEVA | 02817001719 | MBA | CHESS |
| 47 | ASHWIN ATRISH | 00421301718 | BBA | CHESS |
| 48 | AVANI GUPTA | 00817001718 | BBA | CHESS |
| 49 | AYUSH ANAND | 11821301719 | BBA | CHESS |
| 50 | AYUSH GOEL | 35521301718 | BA(J&MC) | CHESS |
| 51 | BHAGYA SETHI | 00521301718 | BBA | CHESS |
| 52 | BHARAT SHARMA | 00917001718 | BBA | CHESS |
| 53 | BHAVAY SEHGAL | 03117001719 | MBA | CHESS |
| 54 | BHAVIK JAIN | 01017001718 | BBA | CHESS |
| 55 | BHAVIK PRAKASH | 01117001718 | BBA | CHESS |
| 56 | TANYA CHHABRA | 04421301718 | BBA | CHESS |
| 57 | TIKSHITA MANCHANDA | 04521301718 | BA(J&MC) | CHESS |
| 58 | TUSHAR GUPTA | 04621301718 | BBA | CHESS |
| 59 | CHANIKA GAMBIR | 01917001719 | BBA | CHESS |
| 60 | CHIRAG ARORA | 01317001718 | MBA | CHESS |
| 61 | DALJEET SINGH | 00621301718 | BBA | CHESS |
| 62 | DEEPAKSHI KANSAL | 00721301718 | BBA | CHESS |
| 63 | DEEPAM GARBYAL | 01417001718 | BBA | CHESS |
| 64 | DEEPANSHU GOEL | 012621301719 | BA(J&MC) | CHESS |


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