



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	:	65
Participation	:	BBA, BJMC, BCA, MBA
Date	:	28 October 2019 , Monday
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 : 28/10/2019

Time : 09:00 AM Onwards

Platform : Online

In Association With



Mr. Inderpreet Singh
Incharge - Fitness Club

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 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

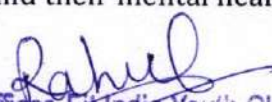
An event Intra Institute Sports Competition was organized on 28 October 2019 , Monday on online platform in Fit India Youth Club of Tecnia Institute of Advanced Studies for the implementation of "Fit India Campaign" in Higher Educational Institutions. This workshop was designed by Fitness Club of TIAS 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.

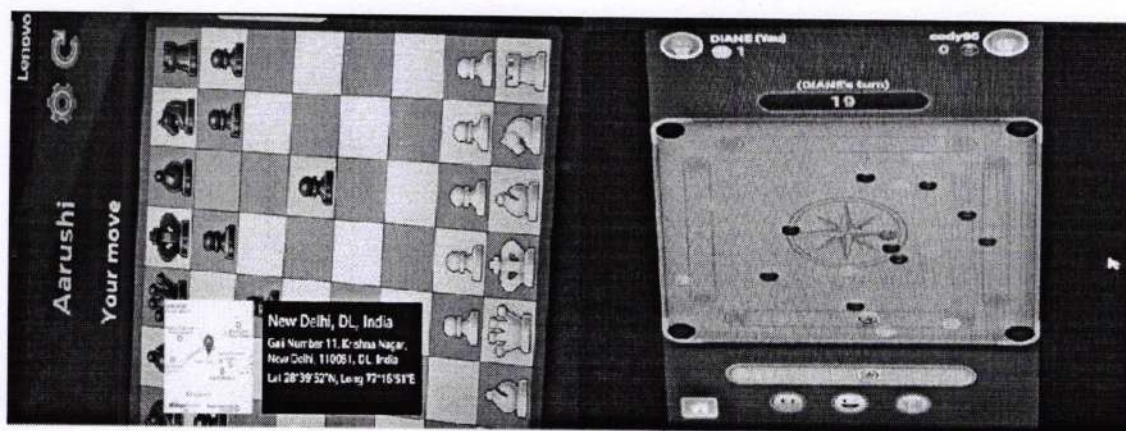
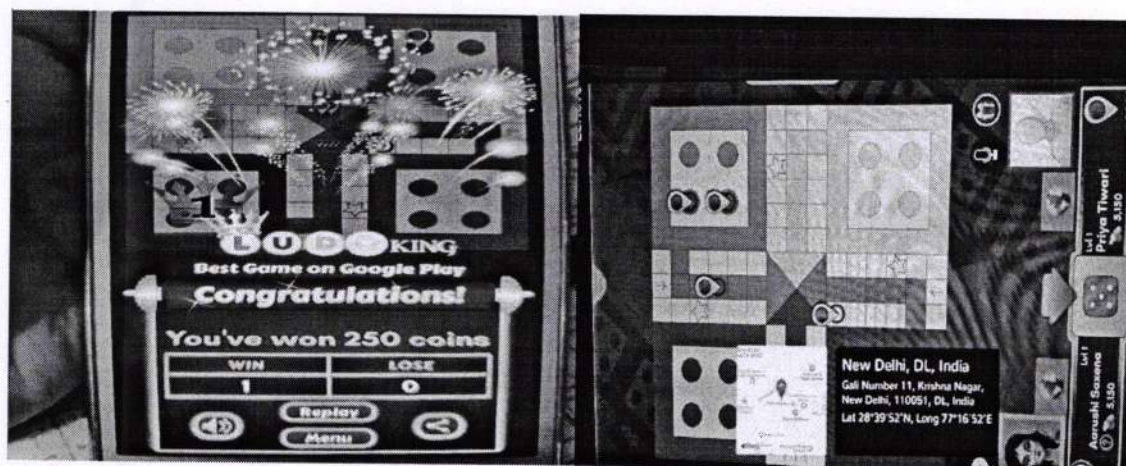
In this event, indoor games like chess, carom and Ludo was designed for the students where they can enhance themselves. All the participants enjoyed this event and were glad that these types of events were organized in the institution where they can achieve something and grow themselves. Sports helps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


Coordinator
Internal Quality Assessment Cell (IQAC)
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Nodal Officer, Fit India Youth Club
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Mauluban Chowk, Rohini, Delhi -85



Students Participation in the event

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Learning Outcomes

Students have learnt

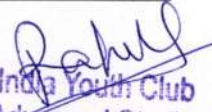
1. About The Importance Of Indoor Games.
2. About Physical Activities Has Enhanced.
3. Tactical And Decision Making Skills On The Basis Of Tactics Involved In Playing The Games

LIST OF BENEFICIARIES

S. No.	Enrollment No.	Name
1.	06717001719	VANSHIKA TANDON
2.	06817001719	VANSH BATRA
3.	06917001719	KARTIK GARG
4.	07017001719	VIREN SAHNI
5.	07117001719	AMANDEEP SINGH SURI
6.	07217001719	AKANSHA SHARMA
7.	07317001719	MAHESH JOSHI
8.	07417001719	RAHUL
9.	07517001719	DINKY GOGIA
10.	07617001719	SAKSHI PANWAR
11.	07717001719	OJUS SACHDEVA
12.	07817001719	ASTHA GUPTA
13.	07917001719	SHUBHAM KUSHWAHA
14.	08017001719	SACHIN PAL
15.	08117001719	KUSH BANSAL
16.	08217001719	NALIN GUPTA
17.	08317001719	GAURAV GOYAL
18.	08417001719	SMITH CHHIKARA
19.	08517001719	ANUJ PRASAD SINGH
20.	08617001719	RAHUL GUPTA
21.	08717001719	AYUSH GOEL
22.	08817001719	KARTIK BISHT
23.	08917001719	KSHITIZ ROHATGI
24.	09017001719	PIYUSH MANCHANDA
25.	09117001719	SARTHAK VERMA
26.	09217001719	ANANT JAIN
27.	09317001719	YUVRAJ SINGH
28.	09417001719	MEHAK CHANDNA

29.	09517001719	TANISHA GOEL
30.	09617001719	INDER VISHNU
31.	09717001719	TUSHAR JAIN
32.	09817001719	RAKSHIT TYAGI
33.	09917001719	VANSH SHARMA
34.	10017001719	MUDIT CHAUDHARY
35.	10117001719	AMAN PRASAD
36.	10217001719	AHMED RAZA AMAAN
37.	10317001719	HARSHIT GROVER
38.	10417001719	SHOBHITA CHANGULANI
39.	10517001719	ANUBHAV SHARMA
40.	10617001719	BHUVAN SINGH BISHT
41.	10717001719	KHYATI KHANNA
42.	10817001719	LAKSHIT ARORA
43.	10917001719	RIYAZ MONGA
44.	11017001719	PAWAN SAINI
45.	11117001719	ROHAN CHOUDHARY
46.	11217001719	ABHISHEK SONI
47.	11317001719	RAGHAV GAUR
48.	11417001719	JAGRIT KHURANA
49.	11517001719	EDSON BIJU
50.	11617001719	TUSHAR THAKUR
51.	11717001719	ABHA BANSAL
52.	11817001719	ADITYA BHARDWAJ
53.	11917001719	HIMANSHI GOGIA
54.	12017001719	KANISHKA KALRA
55.	12117001719	AARUSHI SAXENA
56.	12217001719	MUSKAN AGGARWAL
57.	12317001719	DIVTEG SINGH SIKKA
58.	12417001719	HARSH CHOWDHARY
59.	12517001719	PRATYAKSH MAL
60.	12617001719	AYUSH GUPTA
61.	12717001719	JAHNVI NAYYAR
62.	12817001719	TANYA AILAWADI
63.	12917001719	LAVYA SALUJA
64.	13017001719	MANSI BHARDWAJ
65.	13117001719	KRITI NAGI


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