



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: directortias@tecnia.in, Website: www.tiaspg.tecnia.in



Fit India Youth Club

REPORT

On

Intra Institute Sports Competition

EVENT	:	Intra Institute Sports Competition
Theme	:	Fitness Sporting Activity: Sleep Well to Stay Fit
Nodal Officer	:	Dr. Rahul Tripathi
No of Beneficiary	:	39
Participation	:	BBA, BA(JMC), BCA, MBA
Date	:	30/03/2020 , Monday
Time	:	10:00 AM onwards
Platform	:	Online



TECNIA INSTITUTE OF ADVANCED STUDIES

Approved by AICTE, Ministry of HRD, Govt. of India, Affiliated to G.G.S.I.P. University & Recognized Under Sec. 2(f) of UGC Act 1956.
INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085

Fit India Youth Club

Organizes

Intra Institute Sports Competition:

Indoor Game (Chess, Carom) -

Fitness Sporting Activity

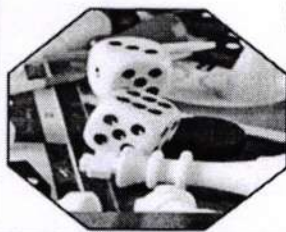
Theme: Physical Activity: Sleep Well to Stay Fit

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

Date : 30/03/2020

Time : 10:00 AM Onwards

Platform : Online
In Association With



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

Rahul
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

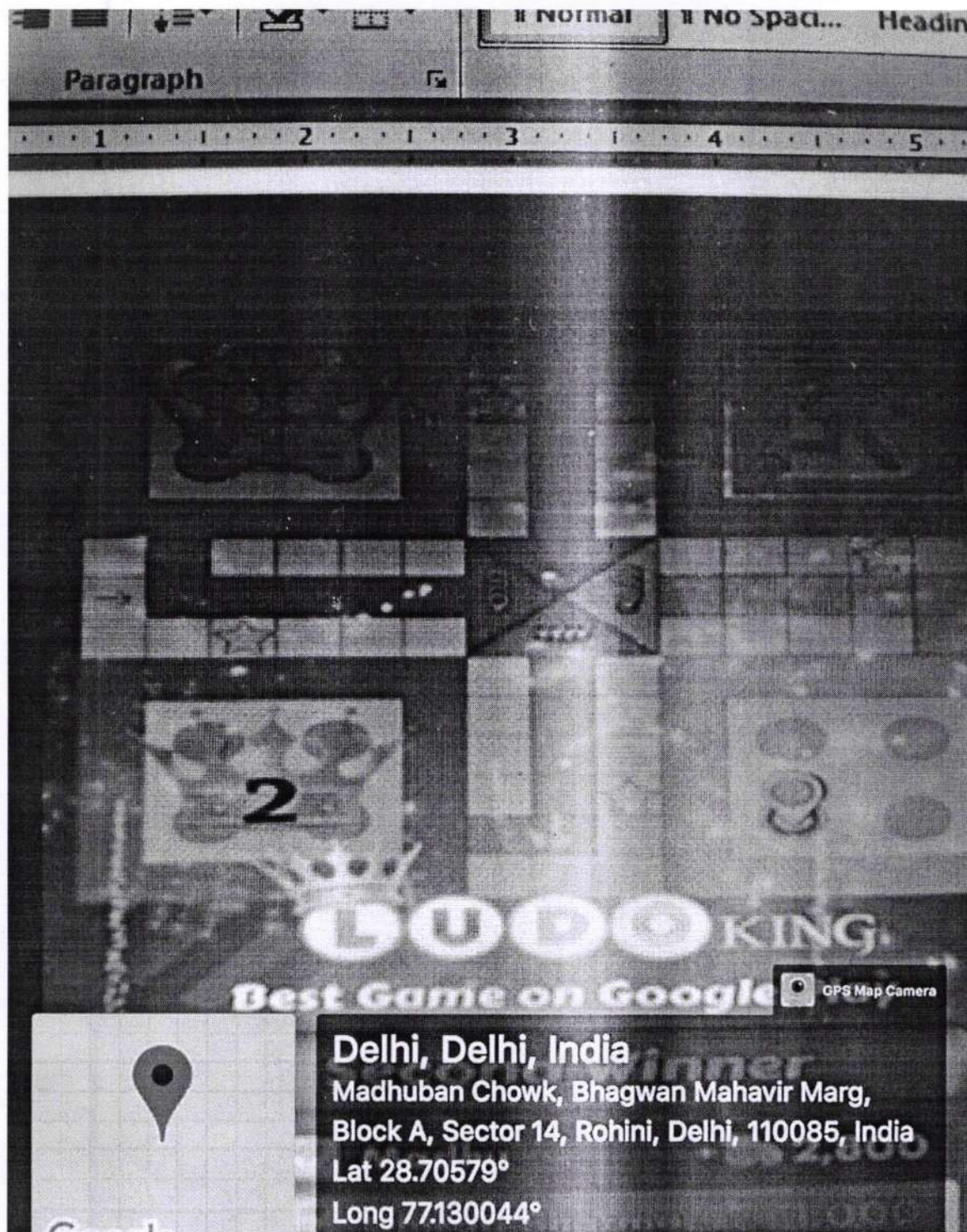
An event of Intra Institute Sports Competition was organised on 30.03.2020 , Monday in Fit India Youth Club of Tecnia Institute of Advanced Studies for the implementation of "Fit India Campaign" in Higher Educational Institutions. In this event, indoor games like chess, carom and ludo was designed for 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


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

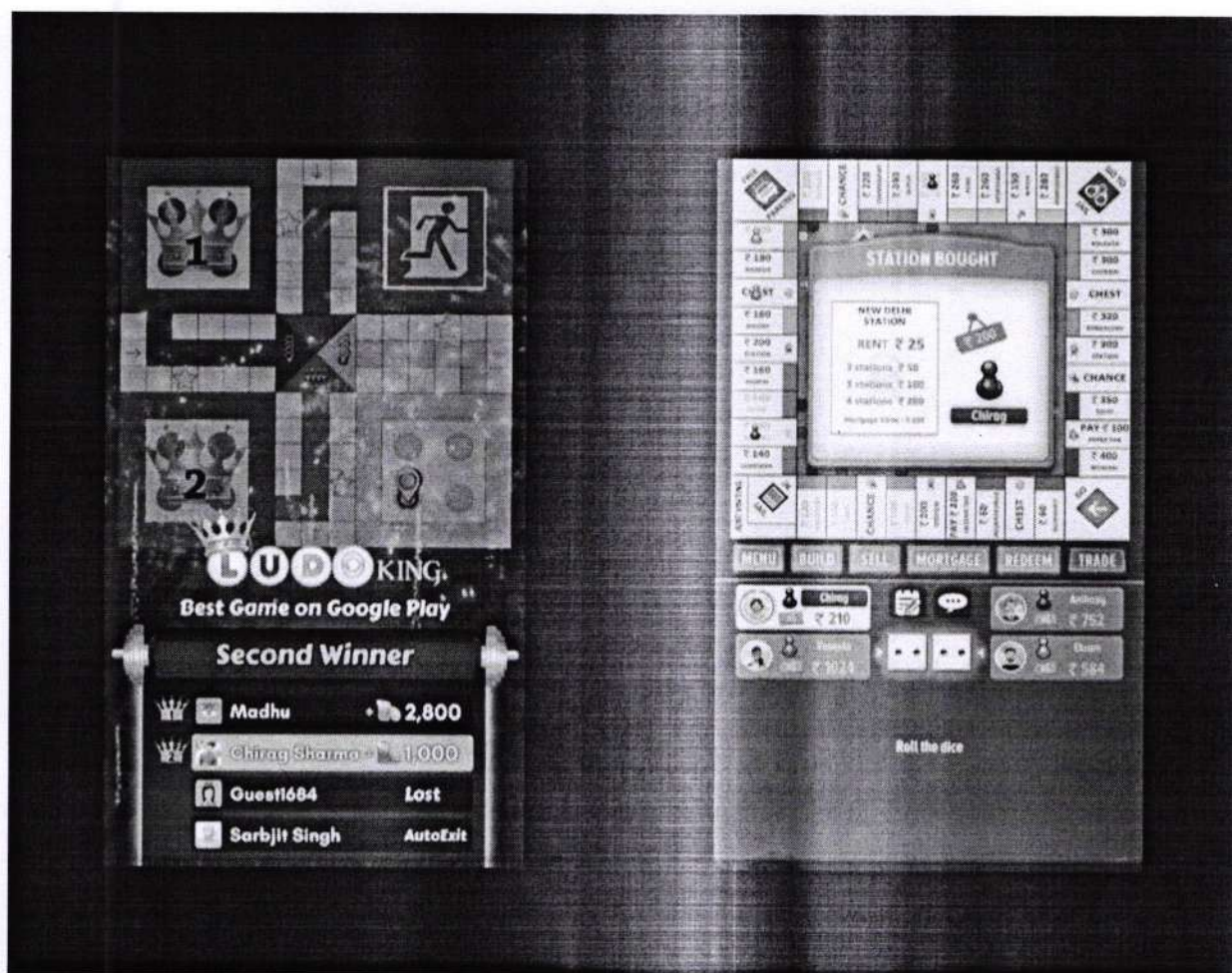
build their mental health and to create awareness through this event.



Students Participation in the online event


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




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.


 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

Students List :


S. No.	Enrollment Number	Name
1.	13217001719	YASH RAJ
2.	13317001719	PRATHAM SOMANI
3.	13417001719	RISHABH BEHL
4.	13517001719	SHAMBHU
5.	13617001719	UMANG GUPTA
6.	13717001719	AASHIRWAD JAIN
7.	13817001719	CHHAVI GUPTA
8.	13917001719	BHAVISH MALHOTRA
9.	14017001719	PRIYA TIWARI
10.	14117001719	SHIVAM KANSAL
11.	14217001719	DISHA BANSAL
12.	14317001719	MAHAK MALHOTRA
13.	14417001719	MEHUL BHALLA
14.	14517001719	DEEPANSHU SEHWAG
15.	14617001719	VISHAL CHHALANI
16.	14717001719	SHOBHIT AGARWAL
17.	14817001719	CHAHAT ARORA
18.	14917001719	SIDDHARTH KAPOOR
19.	15017001719	SAHIBRAJ SINGH KOHLI
20.	15117001719	KUSHAGRA DHINGRA
21.	15217001719	JAYANT GOEL
22.	35317001719	ISHU SIGHAL
23.	35417001719	GAUTAM CHAUHAN
24.	35517001719	PRIYANSHI BHATT
25.	35617001719	MOHAMMAD SAHIL

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
M. Chubhan Chowk, Rohini, Delhi -85

26.	35717001719	KANISH SIDHAR
27.	35817001719	RITWIK BANSAL
28.	35917001719	TUSHAR SHARMA
29.	36017001719	ANUJ UPPAL
30.	36117001719	DEVAM ANANAD
31.	36317001719	YASH VARDHAN RAI
32.	36417001719	VARANG KANSAL
33.	36517001719	PRIYANSHU GARG
34.	36617001719	DEEPANSHU MITTAL
35.	36717001719	DHRUV CHHARIA
36.	36817001719	GURPREET KAUR
37.	35117001719	GAGAN TYAGI
38.	35217001719	AMAN GOYAL
39.	35317001719	ANKIT KUMAR JHA


 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