



## 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:** 60

**Participation** : BBA, BJMC, BCA, MBA

**Date** : 30th JULY, 2019 , Tuesday

**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 : 30/07/2019**

**Time : 09:00 AM Onwards**

**Platform : Online**

**In-Association With**



Coordinator

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



Mr. Indrapreet Singh  
In-charge - Fitness Club

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 30.07.2019 , TUESDAY 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 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

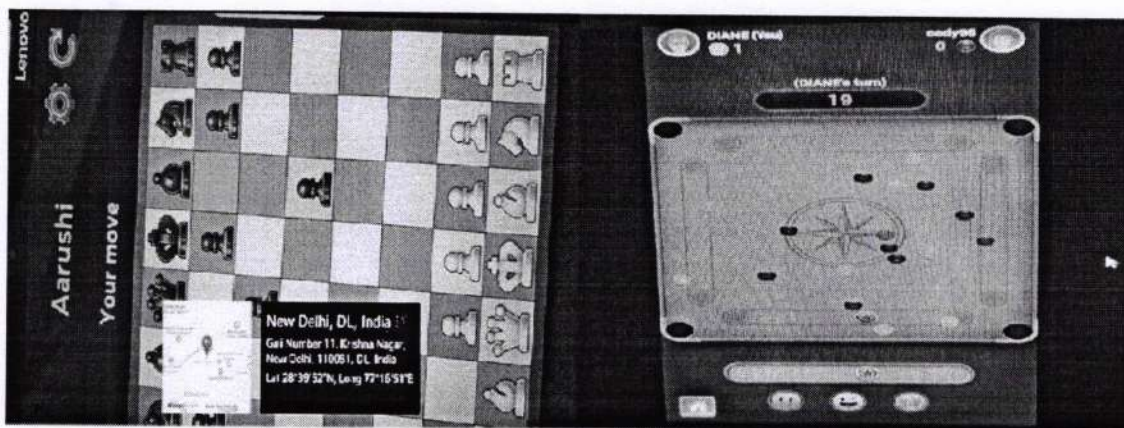
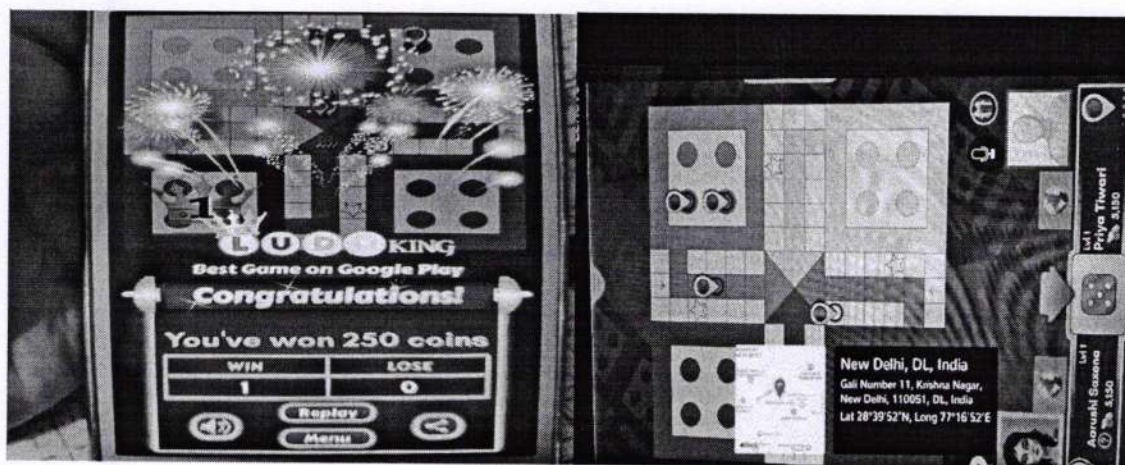
character, teaches and develops strategic thinking, analytical thinking, leadership skills, goal setting and risk taking. During this Pandemic, it was also an active move towards the students where they can enjoy themselves and can feel relief.

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.

  
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Nodal Officer, Fit India Youth Club  
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**Students Participation in the event**

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## Learning Outcomes

Students have learnt

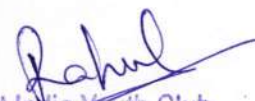
1. About The Importance Of Indoor Games.
2. About Physical Activities Has Enhanced.
3. Tactical And Decision Making Skills On The Basis Of Tactics Involved In Playing The Games.

## List of Participants –

SR.NO	ENROLLMENTNO	NAME
1	00117001719	GAGAN GOEL
2	00217001719	HARDIK SUNEJA
3	00317001719	TARINI AGGARWAL
4	00417001719	VARUN CHOPRA
5	00517001719	JATIN KUMAR
6	00617001719	RUDRANSH SHARMA
7	00717001719	LAKSHAY SINGHAL
8	00817001719	ROHAN AGGARWAL
9	00917001719	AKSHAT GARG
10	01017001719	ARUN KUMAR CHAUHAN
11	01117001719	ARYAN ATREYA
12	01217001719	DEEPANSHU
13	01317001719	DEEPANSHU CHUTANI
14	01417001719	HARDIK SHARMA
15	01517001719	YASHITA KANSAL
16	01617001719	VIBHOR SHARMA
17	01717001719	ROHAN MITTAL
18	01817001719	SOMYA AGARWAL
19	01917001719	CHAINIKA GAMBHIR
20	02017001719	PANSY KHAJURIA
21	02117001719	RAHUL KHANNA
22	02217001719	UTKARSH GAUR
23	02317001719	UMAR FAROOQ
24	02417001719	TANMAY GUPTA
25	02517001719	VANSH GROVER
26	02617001719	ANKIT GULATI
27	02717001719	SAMARTH CHUGH
28	02817001719	ASHI SACHDEVA
29	02917001719	ADITI
30	03017001719	MAYNAK JINDAL


 Coordinator

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31	03117001719	BHAVAY SEHGAL
32	03217001719	KAJAL JHA
33	03317001719	MANISH SINGH NEGI
34	03417001719	PRITI CHAUDHARY
35	03517001719	JATIN KATARIA
36	03617001719	YASHIKA TANWAR
37	03717001719	MANAV JAWA
38	03817001719	RIYA CHADHA
39	03917001719	DEVANSH BORA
40	04017001719	HARSHIT ASIJA
41	04117001719	KUNAL BANSAL
42	04217001719	TUSHAR BHATIA
43	04317001719	MAYANK MALHOTRA
44	04417001719	DEVESH KHANDELWAL
45	04517001719	SNEHA TOMAR
46	04617001719	DHRUV GARG
47	04717001719	ISHIKA KANSAL
48	04817001719	KALASH JAIN
49	04917001719	PRAKHAR TRIPATHI
50	05017001719	PRIYA MATHUR
51	05117001719	ANSHITA AGGARWAL
52	05217001719	TUSHAR ARORA
53	05317001719	NAKUL BADAL
54	05417001719	TWINKLE DHINGRA
55	05517001719	HARSH MALHOTRA
56	05617001719	TUSHAR SHARMA
57	05717001719	DIVYA SHARMA
58	05817001719	RIYA GOEL
59	05917001719	HIMANSHU BANSAL
60	06017001719	BHAVNEET SINGH

  
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**Nodal Officer, Examination**  
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