



## 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@tecniain, Website: www.tiaspg.tecniain



# Fit India Youth Club

## REPORT

<b>EVENT</b>	:	Intra Institute Sports Competition
<b>Theme</b>	:	Physical Activity: Key Ingredient of Fitness
<b>Nodal Officer</b>	:	Dr. Rahul Tripathi
<b>No of Beneficiary</b>	:	65
<b>Participation</b>	:	BBA, BJMC, BCA, MBA
<b>Date</b>	:	31/08/2019, Saturday
<b>Time</b>	:	09:00 AM onwards
<b>Platform</b>	:	Online



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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: Key Ingredient of Fitness**

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



**Date : 31/08/2019**

**Time : 09:00 AM Onwards**

**Platform : Online**

In Association With



Commitment to meet the challenges

Defeat Corona

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

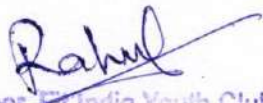
1. To provide an opportunities to the students for showcasing their talent
2. To promote sportsmanship among students
3. To develop the interests of the students among sports

## REPORT

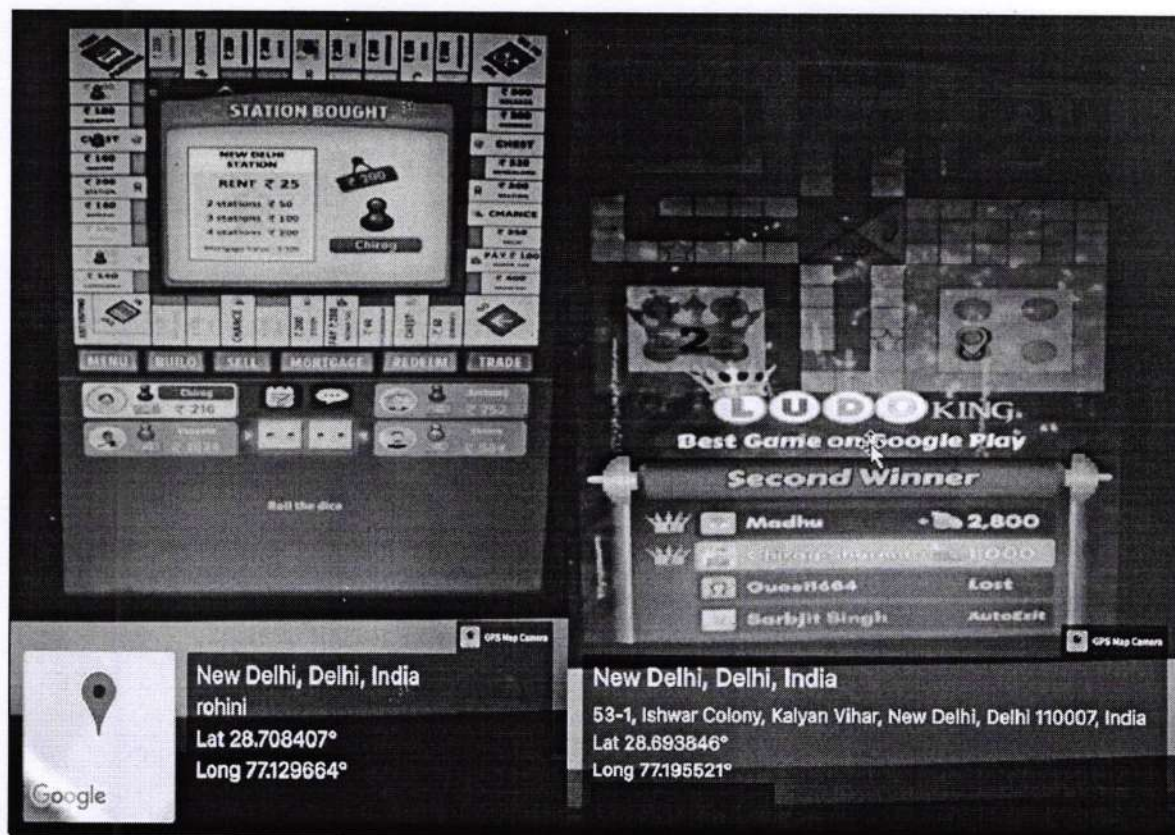
An event of Fit India Youth Club of Tecnia Institute of Advanced Studies on dated 31<sup>st</sup> August 2019, for the implementation of "Fit India Campaign" in Higher Educational Institutions on 10.08.2020. In this event, indoor games chess, carom and Ludo were designed for the students where they could play and enhance their skills. All the participants enjoyed this event. The main aim of this event was to provide a platform where the students can compete with each other and hone their skills.

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.

  
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### Students Participation in the event

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## LEARNING OUTCOME

Students have learnt

1. Acquired Relevance Of Indoor Games
2. Enhanced Their Tactical And Decision Making Skills On The Basis Of Tactics Involved In Playing The Games
3. Attained Strategic Skills By Involving Themselves In The Mind Game Such As Chess.

## LIST OF BENEFICIARIES:

S.NO	ENROLLMENTNO	NAME
1	00117002419	SUBHRADEEP GUHA
2	00217002419	PULKIT SHARMA
3	00317002419	SAKSHI SINGHAL
4	00417002419	DHRITI KHANNA
5	00517002419	NIHARIKA MAKHIJA
6	00617002419	SURBHI DWIVEDI
7	00717002419	TEJASWITA UPADHYAY
8	00817002419	ISHITA
9	00917002419	SHIVAM VERMA
10	01017002419	KRITIKA SABHARWAL
11	01117002419	RITIK GUPTA
12	01217002419	EASH TREHAN
13	01317002419	KHUSHI SONDHI
14	01417002419	YASH SHARMA
15	01517002419	PARUL ARORA
16	01617002419	SANIDHYA MALHOTRA
17	01717002419	AAYUSH PANDEY
18	01817002419	ROHAN BASOYA
19	01917002419	JHANVI KALRA
20	02017002419	SEJAL PANDEY
21	02117002419	UMESH JAIN
22	02217002419	RAJAT KUMAR SHARMA
23	02317002419	AASHITA GULATI
24	02417002419	SURBHIT SHARMA

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25	02517002419	LAKSHAY SAJWAN
26	02617002419	SHRUTI KANDWAL
27	02717002419	MANAN TALREJA
28	02817002419	PRINCE KUMAR
29	02917002419	VINAYAK GODRA
30	03017002419	BHANU VALECHA
31	03117002419	AAKRITI SHARMA
32	03217002419	SANYAM JAIN
33	03317002419	RIYA BHASIN
34	03417002419	DRISHTI SRIDHAR IYER
35	03517002419	AVNEET SINGH ISSAR
36	03617002419	RUCHIKA RAWAN
37	03717002419	VIVEK MANOCHA
38	03817002419	PRIYAM PURANG
39	03917002419	KANISHKA GARG
40	04017002419	ISHITA SHARMA
41	04117002419	ANMOL GUPTA
42	04217002419	NAVYA KAAMRA
43	04317002419	VARUN GUPTA
44	04417002419	SAHIL JAMWAL
45	04517002419	PALAK GOENKA
46	04617002419	ABHISHEK BISWAS
47	04717002419	KAJAL SHARMA
48	04817002419	MANYA BAHL
49	04917002419	HARSHIT SHARMA
50	05017002419	BHUMIKA VERMA
51	05117002419	RISHI AGGARWAL
52	05217002419	HIMAKSHI KHATRI
53	05317002419	PIYUSH CHAUHAN
54	05417002419	RITIKA MISHRA
55	05517002419	LAKSH JUNEJA
56	05617002419	AAKANSHA CHOUDHARY
57	05717002419	AASTHA SINGH
58	05817002419	AMAN DEEP KAUR
59	05917002419	KUNAL CHOUDHARY
60	06017002419	VAIBHAV SHARMA
61	06117002419	ABHISHEK KUMAR
62	06217002419	SAGAR JETHANI
63	06317002419	JIGYASA SHARMA
64	06417002419	MEDHA JOSHI
65	06517002419	SANSKRITI ARORA

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