



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 : Hygiene and Cleanliness

Convener : DR. ROHTASH KUMAR

Participation : BBA

Date : 28/11/2020 , Saturday

Time : 12:00 Noon Onwards

No of Beneficiary : 61

Platform : Online



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INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085



Fit India Youth Club

Organizes

Talk by Specialist

(Theme: Hygiene and cleanliness)

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

28/11/2020, Saturday

Time: 12:00 PM onwards

Platform: Online

In Association With



DR. ROHTASH KUMAR
Nodal Officer

Coordinator

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

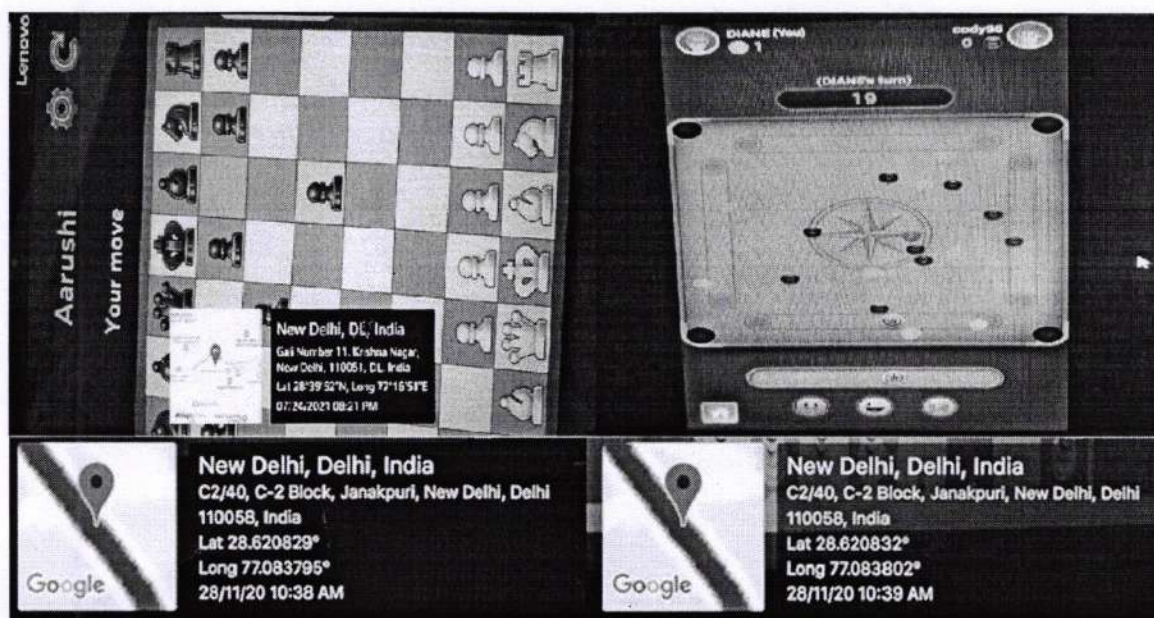
Rohtash Kumar
Nodal Officer, Fit India Youth Club
Tecnica Institute of Advanced Studies
Madhuban Chowk, Rohini, Delhi -85

OBJECTIVES OF THE EVENT

- To provide an environment for physical development of the students.
- To provide opportunity to the student to show case their talent in sports field.

REPORT

An event "Talk by Specialists" of Fit India Youth Club of Tecnia Institute of Advanced Studies with reference to UGC's letter no 1-54/2019 (Website/Fit India) dated 13th December, 2019 for the implementation of "Fit India Campaign" in Higher Educational Institutions was organized on 28.11.2020, Saturday. In contrast with physical activity, Based on the "Theme: Hygiene and Cleanliness" which is related to the movements that students perform; physical fitness is a set of attributes that students have or achieve. In the event Intra Institute Sports Competition: Indoor Game (Chess, Carom) -Fitness Sporting Activity conducted by fitness club, 61 students participated from all the respective departments of TIAS on the online platform. All the students who participated in the above mentioned event have been distributed E Certificate through their Emails. It was observed that all the participants were keen to engage in the activities like Intra Institute Sports Competition: Indoor Game (Chess, Carom) -Fitness Sporting Activity provides the different opportunities in their interests other than academic routine based activities.



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

Rahtash Kumar
Nodal Officer, Fit India Youth Club
Tecnia Institute of Advanced Studies
Majhuban Chowk, Rohini, Delhi -85



Fitness Club of TIAS aims at providing a platform for physical activities for fitness and wellbeing among students , teachers and staff in the institute. All students are encouraged to devote minimum 45 minutes per day on fitness activity such as exercise, yoga, meditation, walking , cycling ,aerobics ,dance etc. It also aims to address the emotional concerns of the students to promote mental health and to create awareness or sensitization through workshop or seminars on depression, anxiety and stress management for faculty and students. Fitness club of TIAS also aims in providing guidance regarding balanced nutritional diets for the students and faculty members.

Learning outcome

Students have learnt about

- Tactical and decision making skills on the basis of tactics involved in playing the games
- The strategic skills by involving themselves in the mind game such as chess.

[Signature]
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 Technia Institute of Advanced Studies
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FIT INDIA YOUTH CLUB LIST OF BENEFICIARIES

Intra Institute Sports Competition

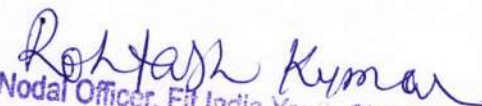
Date : 28/11/2020

S.No	NAME	ENROLLMENT NO.	DEPARTMENT	GAME
1	SOUMYA SHARMA	06121302418	BA (JMC)	CHESS
2	Tanisha	07717002419	BA (JMC)	CHESS
3	SRISHTI VERMA	36021302418	BA (JMC)	CHESS
4	Love Manchanda	41421302418	BA (JMC)	CARROM
5	YUVRAJ SINGH	09317001719	BBA	CHESS
6	YUVRAJ SINGH	09317001719	BBA	CHESS
7	ABHA BANSAL	11717001719	BBA	CHESS
8	YUVRAJ SINGH	09317001719	BBA	CHESS
9	MANAV JAWA	03717001719	BBA	CHESS
10	ABHA BANSAL	11717001719	BBA	CHESS
11	GORANG KAUSHIK	35221302418	BA (JMC)	CARROM
12	CHAINIKA	01917001719	BBA	CARROM
13	RIYA JAIN	04821302418	BA (JMC)	CHESS
14	Akansha Sharma	07217001719	BBA	CHESS
15	Renu	35821302418	BA (JMC)	CHESS
16	Kanishk	08817002419	BA (JMC)	CHESS
17	Umar Farooq	02317001719	BBA	CHESS
18	TUSHAR ARORA	05217001719	BBA	CHESS
19	Twinkle	06421302418	BA (JMC)	CHESS
20	Mahima Nagpal	42621302418	BA (JMC)	CHESS
21	SHIVAM THAKUR	05721302418	BA (JMC)	CHESS
22	TANISH BANSAL	00221301719	BBA	CHESS
23	AARUSHI SAXENA	12117001719	BBA	CHESS
24	AARUSHI BANSAL	35121302418	BA (JMC)	CHESS
25	ANANDITA	00317002019	BCA	CHESS
26	ASHWIN ATRISH	00421301718	BBA	CARROM
27	MAHESH JOSHI	07317001719	BBA	CHESS
28	ASHWIN ATRISH	00421301718	BBA	CHESS
29	ADITYA PRATAP SINGH	06921302419	BA (JMC)	CHESS
30	MANAV JAWA	03717001719	BBA	CHESS
31	AKANKSHA SUYAL	00321302418	BA (JMC)	CARROM
32	HARDIK MANCHANDA	36621301719	BBA	CHESS
33	YASHITA KANSAL	01517001719	BBA	CHESS
34	ASHWIN ATRISH	00421301718	BBA	CHESS
35	RIYA CHADHA	03817001719	BCA	CARROM
36	VIDHI THUKRAL	08321301719	BBA	CARROM
37	SHIVANSH JAIN	08880301719	BBA	CHESS

Rohtash Kumar

38	YASHITA KANSAL	01517001719	BBA	CHESS
39	ASHWIN ATRISH	00421301718	BBA	CHESS
40	YASH ARYAN JHAWAR	42917001718	BBA	CHESS
41	GAGAN GOEL	00117001719	BBA	CHESS
42	SAKSHI HARSANA	05521302418	BA (JMC)	CHESS
43	SANDHYA GUPTA	43121302418	BA (JMC)	CARROM
44	CHANDRESH VERMA	42517001718	BBA	CHESS
45	KARAN GULATI	41121302418	BA (JMC)	CARROM
46	MAHEK BHATIA	35421302418	BA (JMC)	CHESS
47	GAURI PAHUJA	43017001718	BBA	CHESS
48	ISHA BATRA	00717002019	BCA	CHESS
49	Himanshi Rathi	00217004418	MCA	CARROM
50	PRABHLEEN KAUR	35721302418	BA (JMC)	CARROM
51	Himanshu Dua	00321324419	MCA	CHESS
52	SHIVAM THAKRAN	01417002019	BCA	CHESS
53	RIDHIMA SHARMA	40521302418	BA (JMC)	CHESS
54	RASHMI	80776684330	MCA	CHESS
55	VANSH BATRA	06817001719	BBA	CARROM
56	TUSHAR THAKUR	11617001719	BBA	CHESS
57	RASHMI	35417004418	MCA	CHESS
58	SUSHMITA	90117004418	MCA	CHESS
59	GAGAN GOEL	00117001719	BBA	CARROM
60	SUSHMITA	90117004418	MCA	CARROM
61	JANUAL ABDIN	02717002019	BCA	CHESS


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