



TECNIA INSTITUTE OF ADVANCED STUDIES
GRADE "A" INSTITUTE

Approved by AICTE, Ministry of Education, 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 & NSO



Kho-Kho Competition

Title of Activity	Kho Kho Arena
Activity Type	Outreach Activity
Values	The Kho Kho Arena upholds values of integrity, excellence, and sportsmanship. We prioritize fair play, respect for all participants, and a commitment to the sport. Our dedication to fostering a positive competitive environment ensures that athletes engage with honor and enthusiasm, while promoting growth, inclusivity, and camaraderie in kho kho.
Learning Outcomes	<ul style="list-style-type: none"> • Enhanced Speed and Agility: develop increased speed and agility through the fast-paced nature of the game. • Improved Teamwork and Coordination: emphasize teamwork and coordination as need to work together to strategize, chase, and tag opponents effectively. • Strategic Thinking and Decision-Making: think strategically and make quick decisions, such as when to tag an opponent or switch roles, enhancing their tactical skills. • Increased Physical Fitness: increase cardiovascular endurance, strength, and flexibility, due to the high-intensity nature of the game.
Organized by (Dept./ Centre/ Cells/Clubs/ Committees Name)*	FIT INDIA YOUTH & NSO CLUB
External Expert / Internal Exper	Mr. Nitin Yadav
Date*	24 th Feb. 2023 (Friday)

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

Nitin Yadav
Nodal Officer, Fit India Youth Club
Tecnia Institute of Advanced Studies
Madhuban Chowk, Rohini, Delhi-85

Time*	09:30 AM – 12:00 Noon
Venue	Khel Parisar, Muni Maya Ram Jain Marg, near Guru Govind Singh College, Guru Govind Singh College, Pitampura, New Delhi, Delhi, 110034

Poster/Flyer/Notice*



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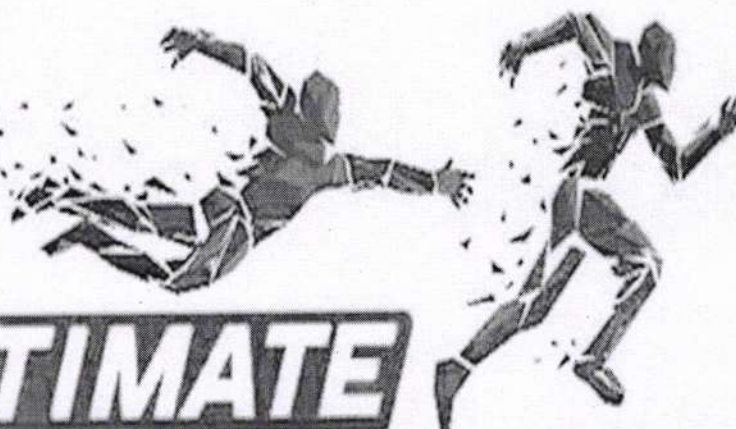


51001:2018
Design Management System

ORGANIZING

KHO = KHO ARENA

Internal Expert :
Mr. Nitin Yadav



KHO KHO

Date: 24th Feb. 2023

Time : 09:30 AM – 12:00 PM

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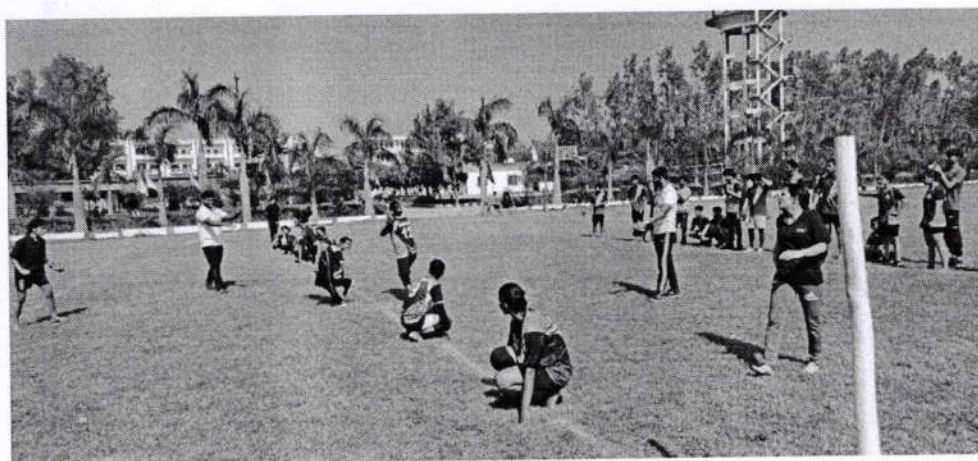
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No. of Participants	30
No. of External Participants (students + faculty) [write NA if not applicable]	NA

Photograph*



Students Participating in Kho – Kho match



Students Participating in Kho – Kho match

Report: Description in (min 250 to max 800 words)*

Event Overview

The Kho Kho Arena has successfully concluded, marking another exciting chapter in the world of traditional sports held on 24 Feb. 2023 at the Khel Parisar, Muni Maya Ram Jain Marg, near Guru Goyind Singh College, Guru Govind Singh College, Pitampura,

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New Delhi, Delhi, 110034 this year's event featured thrilling matches, exceptional performances, and a celebration of the sport's rich heritage. This report provides a comprehensive overview of the event, including key highlights, learning outcomes, and recommendations for future editions.

Event Overview

The competition was structured into preliminary rounds followed by knockout stages leading to the finals. Teams competed under standard kho kho rules, with each match played in a set format that emphasized speed, strategy, and teamwork. The event focused on maintaining a high level of competitive integrity and fair play.

Participation and Competitors

The Kho Kho Arena attracted a diverse group of participants, ranging from local enthusiasts to competitive teams from various regions. Competitors included emerging talents, experienced players, and top-tier teams, all contributing to a dynamic and engaging event. The variety of skill levels and team strategies showcased the depth and breadth of talent in kho kho.

Learning Outcomes

The Kho Kho Arena offered several valuable learning outcomes for participants:

- **Enhanced Speed and Agility:** Competitors developed significant improvements in their speed and agility, essential for effective performance in kho kho.
- **Improved Teamwork and Coordination:** The game fostered stronger communication and coordination among team members, leading to improved collective performance on the field.
- **Increased Strategic Understanding:** Participants gained a deeper understanding of game strategies and tactics, applying these insights to outmaneuver their opponents.
- **Developed Resilience and Adaptability:** Athletes learned to adapt to different playing styles and recover from setbacks, building mental toughness and resilience.
- **Enhanced Physical Fitness:** The event contributed to overall physical fitness, including cardiovascular endurance, strength, and flexibility.
- **Goal Setting and Achievement:** Teams and individuals set and pursued performance goals, contributing to their

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motivation and sense of accomplishment.

- **Respect and Sportsmanship:** The tournament emphasized the importance of respect for opponents, officials, and teammates, with participants upholding high standards of sportsmanship.
- **Mental Strength and Confidence:** Competing in high-pressure matches helped players develop confidence and the ability to manage competitive stress.

Challenges and Resolutions

The Kho Kho Arena encountered a few challenges, including scheduling adjustments due to unforeseen weather conditions and managing varying skill levels among teams. These issues were addressed through careful planning and flexibility. The organizing team implemented timely adjustments and ensured that all aspects of the event proceeded smoothly, maintaining its quality and competitive integrity.

Feedback and Testimonials

Feedback from players, coaches, and spectators was overwhelmingly positive. Participants appreciated the well-organized event and the opportunity to showcase their skills. Many highlighted the competitive atmosphere and the chance to improve their technique. Spectators enjoyed the thrilling matches and the overall professionalism of the tournament.

Future Recommendations

To build on this year's success, the following recommendations are proposed for future Kho Kho Challenges:

- **Enhanced Training Opportunities:** Offering pre-event clinics and workshops to help players and teams refine their skills and strategies.
- **Broaden Community Outreach:** Increasing efforts to involve local schools and sports clubs to promote the sport and encourage wider participation.
- **Flexible Scheduling:** Developing contingency plans to better manage scheduling conflicts and weather-related issues, ensuring a smoother event experience.
- **Expanded Media Coverage:** Enhancing visibility through increased media and digital coverage to attract a larger audience and highlight the event's achievements.

Conclusion

The Kho Kho Arena has been a resounding success, showcasing

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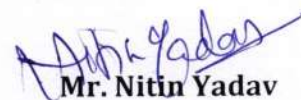
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	the best of kho kho and the dedication of all involved. The event not only provided a platform for competitive play but also fostered a sense of community and sportsmanship. We extend our gratitude to all players, coaches, sponsors, volunteers, and spectators for their invaluable contributions.			
Report Submitted by Convener (write faculty coordinator name)	Mr. Nitin Yadav			
For Office Use				
Signature of Event Coordinator	Signature of School/Department Head (With Seal)			
<u>List of Beneficiary</u>	S. NO.	ENROLLMENT NO.	NAME	PROGRAMME
	1	08121301722	BHARAT AHUJA	BBA
	2	08221301722	DEVANSHI KAPOOR	BBA
	3	08321301722	MAYANK GARG	BBA
	4	08421301722	RAJAT	BBA
	5	08521301722	ARYAN GUPTA	BBA
	6	08621301722	PUNIT SHARMA	BBA
	7	08721301722	ASHISH SUNDRIYAL	BBA
	8	08821301722	DEV WADHWA	BBA
	9	08921301722	SHRUTI BISHT	BBA
	10	09021301722	LOVISH KUMAR TYAGI	BBA
	11	02117002022	ARANYA SINGLA	BCA
	12	02217002022	MANN SHARMA	BCA
	13	02317002022	YASH SANORIA	BCA
	14	02417002022	NAVEEN SANGWAN	BCA
	15	02517002022	KHUSHI VERMA	BCA
	16	02617002022	ABHISHEK KUMAR SHARMA	BCA
	17	02717002022	DEEPAK BISHT	BCA
	18	02817002022	KUNAL KUCHAR	BCA
	19	02917002022	BHAVIK ANEJA	BCA
	20	03017002022	KARAN SETHI	BCA
	21	11217002422	AARSH DEO	BAJMC
	22	11417002422	SAMEER MAKHIJA	BAJMC
	23	11717002422	ANANNYA KAPOOR	BAJMC
	24	11817002422	SALONI GOEL	BAJMC
	25	11917002422	DHRUV GOEL	BAJMC
	26	12117002422	SALONI SAYAL	BAJMC


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	27	12317002422	SAMAIIRA PANWAR	BAJMC
	28	12417002422	SANYA SANGAL	BAJMC
	29	12517002422	MANVI TYAGI	BAJMC
	30	12617002422	SHREYA DEV KAURA	BAJMC



Mr. Nitin Yadav

Nodal officer

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