



**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**

<b>Title of Activity</b>	<b>Kho Kho Competition</b>
<b>Activity Type</b>	<b>Sport's Activity</b>
<b>Values</b>	The Kho Kho Competition 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.
<b>Learning Outcomes</b>	<ul style="list-style-type: none"> <li>• <b>Enhanced Speed and Agility:</b> develop increased speed and agility through the fast-paced nature of the game.</li> <li>• <b>Improved Teamwork and Coordination:</b> emphasize teamwork and coordination as need to work together to strategize, chases, and tag opponents effectively.</li> <li>• <b>Strategic Thinking and Decision-Making:</b> think strategically and make quick decisions, such as when to tag an opponent or switch roles, enhancing their tactical skills.</li> <li>• <b>Increased Physical Fitness:</b> increase cardiovascular endurance, strength, and flexibility, due to the high-intensity nature of the game.</li> </ul>
<b>Organized by (Dept./ Centre/ Cells/Clubs/ Committees Name)*</b>	<b>FIT INDIA YOUTH &amp; NSO CLUB</b>
<b>External Expert / Internal Expert</b>	Mr. Deepak Prasad
<b>Date*</b>	26 <sup>th</sup> Apr. 2024
<b>Time*</b>	10:00 AM Onwards

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

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



Venue	Khel Parisar, Muni Maya Ram Jain Marg, near Guru Govind Singh College, Guru Govind Singh College, Pitampura, New Delhi, Delhi, 110034
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### Poster/Flyer/Notice\*



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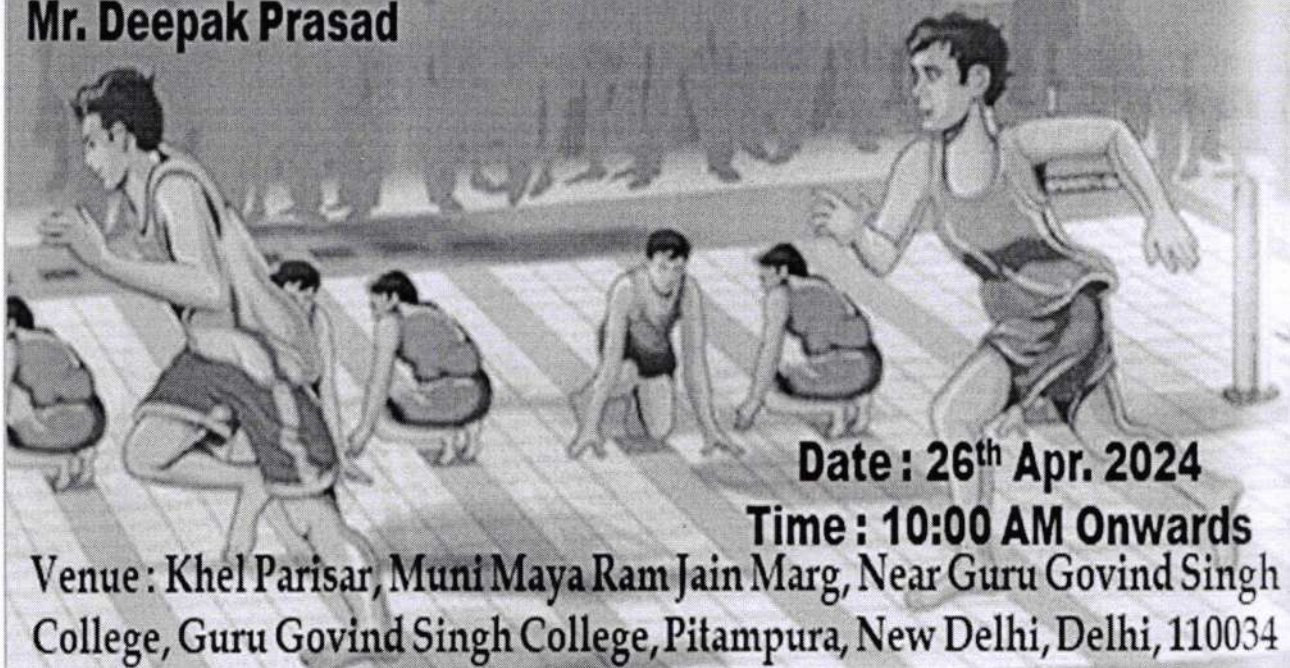
**FIT India Youth Club & NSO**



**ORGANIZING**

# KHO KHO

**Internal Expert :  
Mr. Deepak Prasad**



**Date : 26<sup>th</sup> Apr. 2024**

**Time : 10:00 AM Onwards**

**Venue : Khel Parisar, Muni Maya Ram Jain Marg, Near Guru Govind Singh College, Guru Govind Singh College, Pitampura, New Delhi, Delhi, 110034**

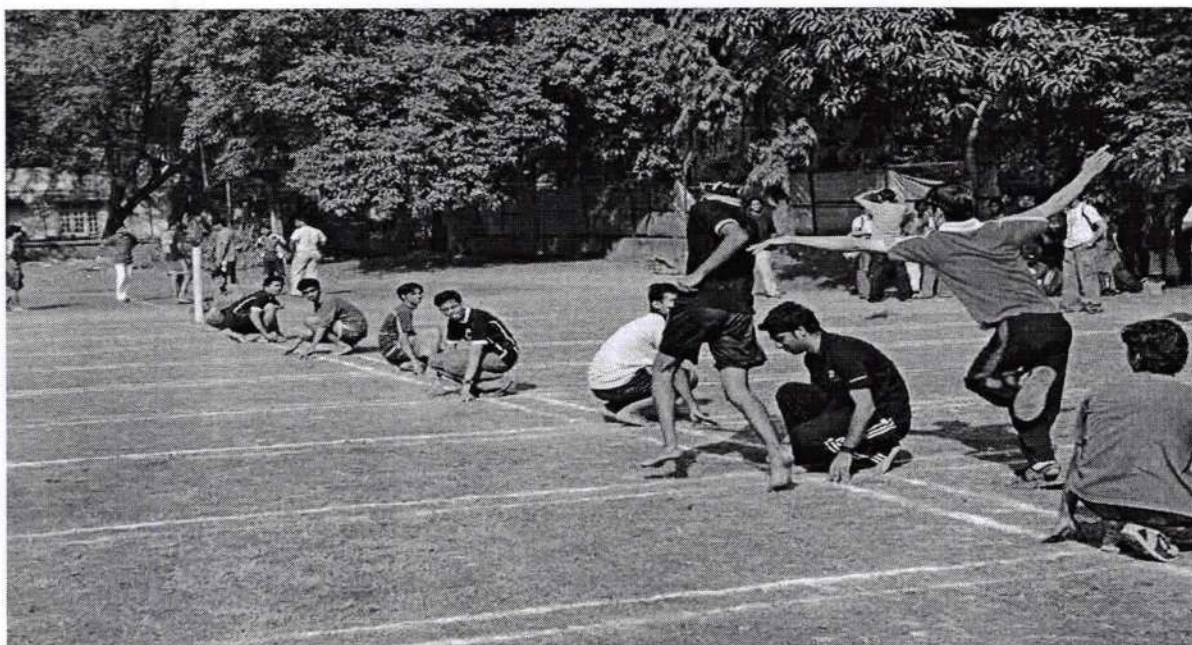
No. of Participants	30
No. of External Participants (students + faculty) [write NA if not applicable]	NA

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

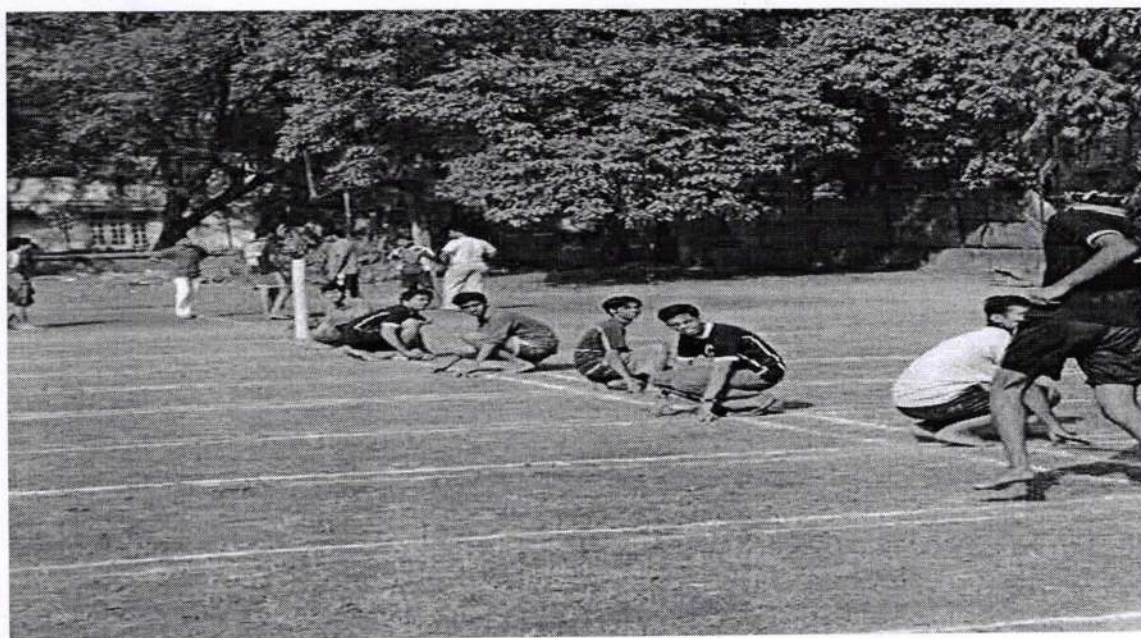
Nodal Officer, FIT India Youth Club  
Tecnia Institute of Advanced Studies  
Madhuban Chowk, Rohini, Delhi-85



Photograph\*



Students playing kho-kho



Students playing kho-kho

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

**Event Overview**

The Kho Kho Competition has successfully concluded, marking another exciting chapter in the world of traditional sports held on 26th Apr. 2024 at the Khel Parisar, Muni Maya Ram Jain Marg, near

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Tecnia Institute of Advanced Studies  
Chowk, Rohini, Delhi -85



Guru Govind Singh College, Guru Govind Singh College, Pitampura, 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.

Thank you for arranging the ground at Khel Parisar, Muni Maya Ram Jain Marg, near Guru Govind Singh College, Pitampura. Your support made our game enjoyable and successful. We genuinely appreciate your effort in providing such a great venue. Looking forward to future games and continued cooperation. Thanks once again!

### 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 Competition 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 Competition 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



	<p>to adapt to different playing styles and recover from setbacks, building mental toughness and resilience.</p> <ul style="list-style-type: none"> <li>• <b>Enhanced Physical Fitness:</b> The event contributed to overall physical fitness, including cardiovascular endurance, strength, and flexibility.</li> <li>• <b>Goal Setting and Achievement:</b> Teams and individuals set and pursued performance goals, contributing to their motivation and sense of accomplishment.</li> <li>• <b>Respect and Sportsmanship:</b> The tournament emphasized the importance of respect for opponents, officials, and teammates, with participants upholding high standards of sportsmanship.</li> <li>• <b>Mental Strength and Confidence:</b> Competing in high-pressure matches helped players develop confidence and the ability to manage competitive stress.</li> </ul> <p><b>Challenges and Resolutions</b></p> <p>The Kho Kho Competition 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.</p>																																
<p><b>Report Submitted by</b> <b>Convener</b></p> <p>(write faculty coordinator name)</p>	<p>Mr. Deepak Prasad</p>																																
<p><b>For Office Use</b></p>																																	
<p><b>Signature of Event Coordinator</b></p>	<p><b>Signature of School/Department Head</b> (With Seal)</p>																																
<p><u><b>List of Beneficiary</b></u></p>	<table border="1"> <thead> <tr> <th>S. NO.</th> <th>ENROLLMENT NUMBER</th> <th>STUDENT'S NAME</th> <th>PROGRAMME</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>01517002023</td> <td>KANGANA ARORA</td> <td>BBA</td> </tr> <tr> <td>2</td> <td>01617002023</td> <td>ADARSH UPADHYAY</td> <td>BBA</td> </tr> <tr> <td>3</td> <td>01717002023</td> <td>VISHESH</td> <td>BBA</td> </tr> <tr> <td>4</td> <td>01817002023</td> <td>YASH KATHPAL</td> <td>BBA</td> </tr> <tr> <td>5</td> <td>01917002023</td> <td>HITESH RATHI</td> <td>BBA</td> </tr> <tr> <td>6</td> <td>02017002023</td> <td>ARPIT MAHESHWARI</td> <td>BBA</td> </tr> <tr> <td>7</td> <td>02117002023</td> <td>LUV BHARDWAJ</td> <td>BBA</td> </tr> </tbody> </table>	S. NO.	ENROLLMENT NUMBER	STUDENT'S NAME	PROGRAMME	1	01517002023	KANGANA ARORA	BBA	2	01617002023	ADARSH UPADHYAY	BBA	3	01717002023	VISHESH	BBA	4	01817002023	YASH KATHPAL	BBA	5	01917002023	HITESH RATHI	BBA	6	02017002023	ARPIT MAHESHWARI	BBA	7	02117002023	LUV BHARDWAJ	BBA
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New Delhi-110085

Nodal Officer, Fit India Youth Club  
Tecnia Institute of Advanced Studies  
Mushuban Chowk, Rohini, Delhi-110085

	8	02217002023	DAKSH JAIN	BBA
	9	02317002023	KUMKUM TIWARI	BBA
	10	02417002023	GAURAV KUMAR	BBA
	11	02517002023	ABHISHEK KUMAR	BCA
	12	02617002023	FALAK SHARMA	BCA
	13	02717002023	PARIDHI BANSAL	BCA
	14	02817002023	AKSHAY CHAUHAN	BCA
	15	02917002023	VAIBHAV HARJAI	BCA
	16	03017002023	ALOK SHARMA	BCA
	17	03117002023	DEVANG BHARDWAJ	BCA
	18	03217002023	MARIAM	BCA
	19	03317002023	ANANT SHARMA	BCA
	20	03417002023	KRITIKA JAIN	BCA
	21	01117002423	NUPUR	BAJMC
	22	01217002423	VAIBHAV VIG	BAJMC
	23	01317002423	ANMOL ABICHANDANI	BAJMC
	24	01417002423	DIVIJA BHANDARI	BAJMC
	25	01517002423	ATISHAY JAIN	BAJMC
	26	01617002423	VANI	BAJMC
	27	36221302023	MAYANK JOSHI	BCA
	28	00117002023	SHAILESH MITTAL	BCA
	29	00217002023	HRIDYANSH SHARMA	BCA
	30	00317002023	VIDHI SHARMA	BCA

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Tecnia Institute of Advanced Studies  
New Delhi-110085

*Deepak Prasad*  
Mr. Deepak Prasad  
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Fit India Youth & NSO Club

*Deepak Prasad*  
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