



TECNIA INSTITUTE OF ADVANCED STUDIES
GRADE "A" INSTITUTE

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 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



Shot Put Competition

Title of Activity	Shot Put Throw
Activity Type	Outreach Activity
Values	The Shot Put Throw maintains the highest standards of sportsmanship, ethics, and excellence. Our top priorities are dedication to the sport, fair play, and respect for each and every player. Our commitment to creating a supportive and competitive atmosphere guarantees that competitors compete with honor and zeal, all the while advancing shot put development, inclusivity, and friendship.
Learning Outcomes	<ul style="list-style-type: none"> • Increased Physical Strength and Power: helps with high-intensity exercise and general physical fitness. • Better Technique and Precision: Gain the ability to move precisely for maximum effect in other sports and activities. • Enhanced Work Ethic and Discipline: cultivate a strong work ethic and the self-control to follow demanding training plans and timetables. • Improved Concentration and Focus: develop your ability to control distractions, stay focused, and remain intellectually active during the competition. • Gaining a Practical Understanding of Physics and

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	Mechanics: Shot put incorporates physics concepts like force, trajectory, and momentum.
Organized by (Dept./ Centre/ Cells/Clubs/ Committees Name)*	FIT INDIA YOUTH & NSO CLUB
Program Theme*	World Championship Quest
External Expert / Internal Exper	Dr. Ruchi Srivastava
Date*	22 nd Dec. 2022 (Thursday)
Time*	09:30 AM – 12:00 Noon
Venue	DDA Park, Block C 1, Sector 14, Rohini, Delhi, 110085

Poster/Flyer/Notice*



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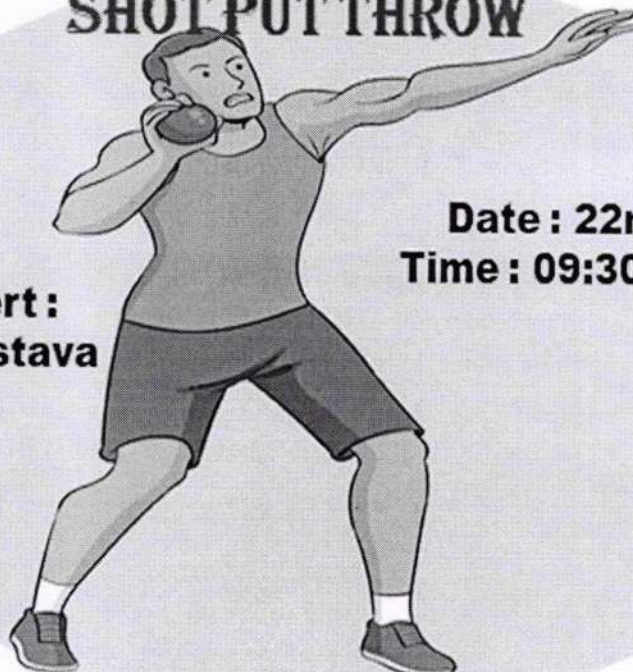
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**ORGANIZING
SHOT PUT THROW**



**Internal Expert :
Dr. Ruchi Srivastava**

**Date : 22nd Dec. 2022
Time : 09:30 AM – 12:00 PM**

Venue : DDA Park , Block C 1, Sector 14, Rohini, Delhi, 110085

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

Photograph*



Students Participating in Shot-put



Students Participating in Shot-put

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

Event Overview

The Shot Put Throw has successfully concluded, marking another impressive chapter in the world of track and field athletics. Held on 22 December 2023 at the DDA Park, Block C 1, Sector 14, Rohini, Delhi, 110085, this year's event featured outstanding performances, intense competition, and a celebration of the sport's technical and physical demands. This report provides a comprehensive overview of the event, including key highlights, learning outcomes, and recommendations for future editions.

Event Structure

The competition was structured into preliminary rounds followed by finals. Athletes competed under standard shot put rules, with each participant given a set number of attempts to achieve their best throw. The event focused on maintaining a high level of competitive integrity and fair play.

Participation and Competitors


The Shot Put Challenge attracted a diverse group of participants, ranging from local athletes to seasoned throwers from various regions. Competitors included emerging talents, experienced athletes, and top-tier professionals, all contributing to a dynamic and competitive event. The variety of skill levels and throwing techniques showcased the depth and breadth of talent in shot put.

Learning Outcomes

The Shot Put Throw offered several valuable learning outcomes for participants:

- **Enhanced Physical Strength and Power:** Competitors developed significant upper body strength and explosive power through dedicated training and competition.
- **Improved Technique and Precision:** Athletes refined their technical skills, including grip, stance, and release, leading to more precise and effective throws.
- **Increased Discipline and Work Ethic:** The challenge fostered a strong work ethic and commitment to regular training and


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improvement.

- **Enhanced Focus and Concentration:** Participants learned to maintain focus and manage distractions during their throws.
- **Resilience and Perseverance:** The competition helped athletes build resilience and the ability to overcome challenges and setbacks.
- **Goal Setting and Achievement:** Athletes set and pursued personal goals, contributing to their sense of accomplishment and motivation.
- **Understanding of Physics and Mechanics:** Competitors gained practical insights into the physics of throwing, including force, trajectory, and momentum.
- **Mental Strength and Confidence:** The event developed mental toughness and self-confidence, which are crucial for competitive success.
- **Respect and Sportsmanship:** Participants practiced good sportsmanship and respect for their competitors, coaches, and officials.
- **Injury Prevention and Safety Awareness:** Emphasis on proper technique and conditioning helped prevent injuries and promote safety.

Challenges and Resolutions

The Shot Put Throw encountered a few challenges, including scheduling adjustments due to unforeseen weather conditions and managing varying skill levels among participants. 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 athletes, 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 exciting performances and the overall professionalism of the

challenge.

Future Recommendations

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

- **Enhanced Training Opportunities:** Offering pre-event clinics and workshops to help athletes refine their technique and improve performance.
- **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 Shot Put Throw has been a resounding success, showcasing the best of shot put 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 athletes, coaches, sponsors, volunteers, and spectators for their invaluable contributions.

Report Submitted by Convener

(write faculty coordinator name)

Dr. Ruchi Srivastava

For Office Use

Signature of Event Coordinator

Signature of School/Department Head

(With Seal)

List of Participantss

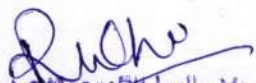
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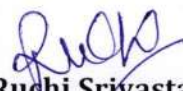
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3	04321301722	MOHD AAQIL AHMED	BBA
4	04421301722	UDIT GARG	BBA
5	04521301722	KESHAV DOGRA	BBA
6	04621301722	PARTH MAKHIJA	BBA
7	04721301722	NAVRATAN SHARMA	BBA
8	04821301722	UMANG BHARARA	BBA
9	04921301722	MOHAK ARORA	BBA
10	05021301722	ISHAAN KALRA	BBA
11	04117002022	FAGUN CHAUHAN	BCA
12	04217002022	SAKSHAM KOCHHAR	BCA
13	04317002022	HIBA SALEEM	BCA
14	04417002022	SHIVANGI GARG	BCA
15	04517002022	JATIN MALHOTRA	BCA
16	04617002022	SIDRA TABASSUM	BCA
17	04717002022	AANCHAL	BCA
18	04817002022	SHIVAM TIWARI	BCA
19	04917002022	HIMANSHI	BCA
20	05017002022	SOURAV SINGH	BCA
21	08417002422	SWAYAM PRUTHI	BAJMC
22	08717002422	LAVANYA MEHNDIRATTA	BAJMC
23	08817002422	KHUSHI CHAUDHARY	BAJMC
24	08917002422	KARTIK JOSHI	BAJMC
25	09017002422	ANIRUDH SHARMA	BAJMC
26	09217002422	GARIMA GUPTA	BAJMC
27	09317002422	AARADHY RASTOGI	BAJMC
28	09517002422	PRIYA SINGH	BAJMC
29	09717002422	VASU BANSAL	BAJMC
30	09817002422	LAKSHAY CHHIKARA	BAJMC


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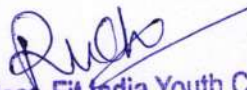

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