



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



Shot Put Competition

Title of Activity	Shot Put Showdown
Activity Type	Sport's Activity
Values	The Shot Put Showdown 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 perform with honor and enthusiasm, while promoting growth, inclusivity, and camaraderie in shot put.
Learning Outcomes	<ul style="list-style-type: none"> • Enhanced Physical Strength and Power: improves overall physical fitness and contributes to perform high-intensity activities. • Improved Technique and Precision: learn to execute precise movements for optimal performance, which can be applied to other sports and activities. • Increased Discipline and Work Ethic: develop a strong work ethic and the discipline to adhere to rigorous practice schedules and conditioning regimens. • Enhanced Focus and Concentration: learn to maintain focus, manage distractions, and stay mentally engaged throughout the competition. • Understanding of Physics and Mechanics: Shot put involves principles of physics, such as force, trajectory, and momentum, gain a practical understanding of these concepts
Organized by (Dept./ Centre/ Cells/Clubs/ Committees Name)*	FIT INDIA YOUTH & NSO CLUB
External Expert / Internal Expert	Mr. Deepak Prasad

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

Date*	24 th Feb. 2024
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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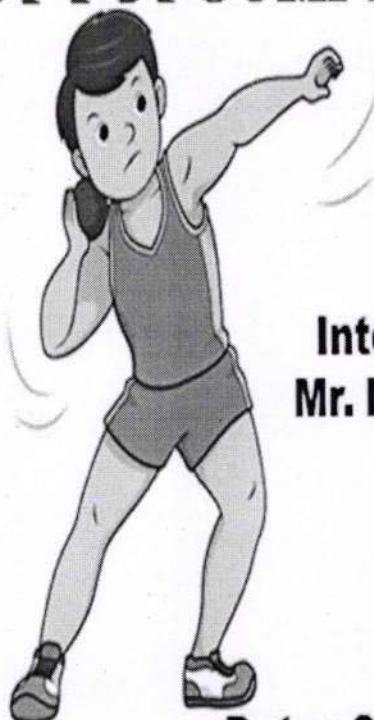
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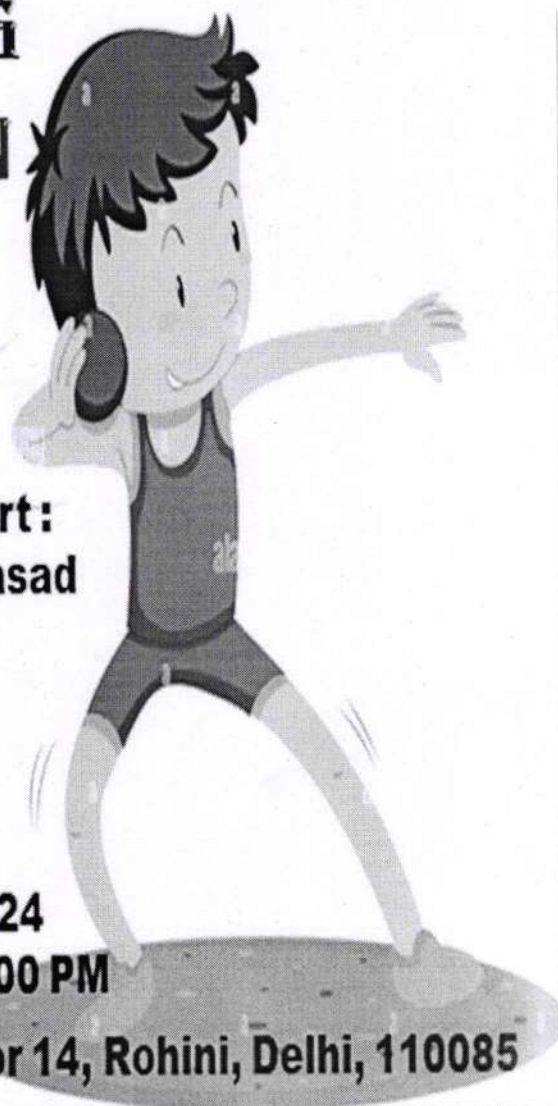
FIT India Youth Club & NSO



ORGANIZING SHOT-PUT COMPETITION



**Internal Expert :
Mr. Deepak Prasad**



Date : 24th Feb. 2024

Time : 09:30 AM – 12:00 PM

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

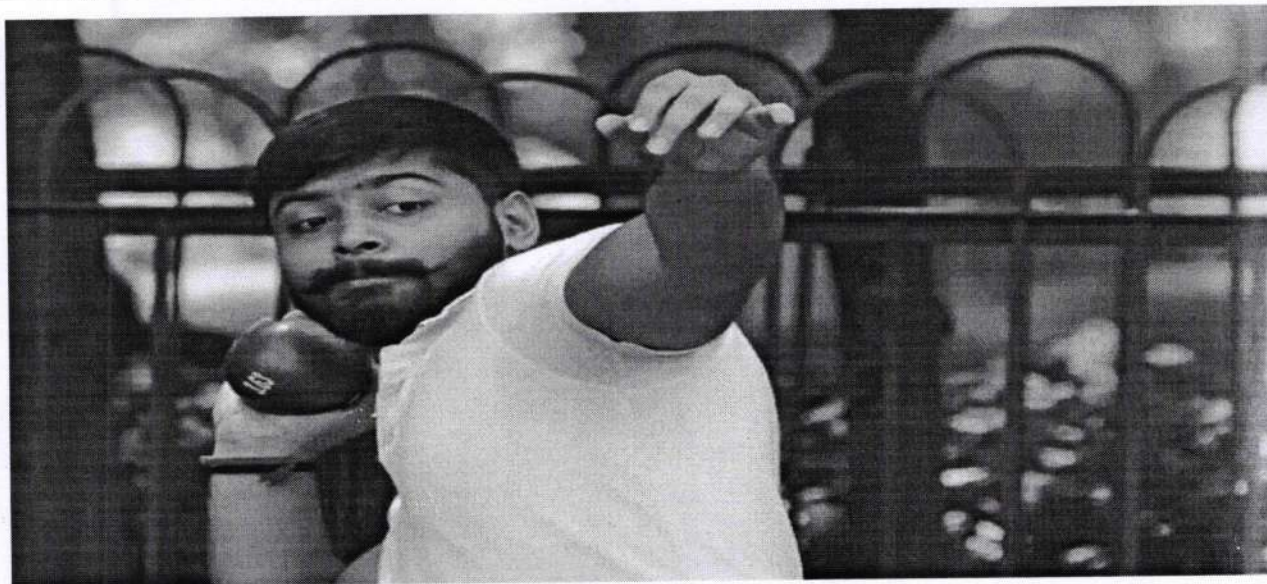
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Madhuban Chowk, Rohini, Delhi -85

Deepak Prasad

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



Students throwing the shot



Students throwing the shot

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Nodal Office: *Deepak Prasad*
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<p>Report: Description in (min 250 to max 800 words)*</p>	<p>Event Overview</p> <p>The Shot Put Showdown has successfully concluded, marking another impressive chapter in the world of track and field athletics held on 12 Feb 2024 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.</p> <p>Thank you for arranging the ground at DDA Park, Block C1, Sector 14, Rohini. Your support made our game enjoyable and successful. We truly appreciate your effort in providing a great venue. It was a wonderful experience, and we look forward to future games there. Thanks once again for everything!</p> <p>Participation</p> <p>The Shot Put Showdown attracted a diverse group of participants, ranging from TIAS students. 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.</p> <p>Learning Outcomes</p> <p>The Shot Put Showdown offered several valuable learning outcomes for participants:</p> <ul style="list-style-type: none"> • 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 improvement. • Enhanced Focus and Concentration: Participants learned to maintain focus and manage distractions during their throws. • Resilience and Perseverance: The competition helped athletes

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	<p>build resilience and the ability to overcome challenges and setbacks.</p> <ul style="list-style-type: none"> • 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.
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Report Submitted by Convener <i>(write faculty coordinator name)</i>	Mr. Deepak Prasad
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For Office Use

Signature of Event Coordinator	Signature of School/Department Head <i>(With Seal)</i>
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<u>List of Beneficiary</u>	S. NO.	ENROLLMENT NUMBER	STUDENT'S NAME	PROGRAMME
	1	00817001723	PRANSHU GOEL	BBA
	2	00917001723	DISHA BANSAL	BBA
	3	01017001723	HARSHIT MANGLA	BBA
	4	01117001723	TUSHAR	BBA
	5	01217001723	AKSHI SETHI	BBA
	6	01317001723	SHIVANSH SINGH	BBA
	7	01417001723	PRIYANSHU MITTAL	BBA
	8	01517001723	DAKSH	BBA
	9	01617001723	PRACHI GUPTA	BBA
	10	01717001723	GURVANSH SINGH	BBA
	11	00417002023	KARTIK KUMAR GUPTA	BCA
	12	00517002023	ISHAAN TOMER	BCA
	13	00617002023	KANCHAN MAURYA	BCA
	14	00717002023	HARSH NEGI	BCA
	15	00817002023	UTSAV	BCA
	16	00917002023	DHIRANKURESHWAR JHA	BCA
	17	01017002023	RISHABH JAIN	BCA

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18	01117002023	BANISHA JOSHI	BCA
19	01217002023	SANIDHAY GOEL	BCA
20	01317002023	DAKSH MALHOTRA	BCA
21	00117002423	MEHAK WASAN	BAJMC
22	00217002423	KARTIK	BAJMC
23	71321302023	DHRUV GOSWAMI	BCA
24	71421302023	FARHAN ALI KHAN	BCA
25	71521302023	HARGUN GILL	BCA
26	73021302023	DEVSHANKAR	BCA
27	73121302023	VARUN GUPTA	BCA
28	73221302023	YUGANSH	BCA
29	73321302023	PRANJAL SONI	BCA
30	73421302023	SANANDAN VERMA	BCA

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