



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

Tug of War Competition

Title of Activity	Tug Titan Showdown (Tug of War)
Activity Type	Sport's Activity
Values	The Tug Titan Showdown embodies the core values of teamwork, strength, and endurance, with a strong emphasis on fair play and strategy. The competition highlights the importance of cohesive team effort, where each member contributes to achieving victory through collaboration and mutual support. Physical strength and stamina are central, as participants push their limits to excel. Fair play ensures the event is conducted with honesty and respect, while strategic planning and adaptability are crucial for success. Above all, the competition fosters a sense of community and fun, celebrating camaraderie and ensuring an enjoyable experience for all participants.
Learning Outcomes	<ul style="list-style-type: none"> • Enhanced Teamwork Skills: Improved collaboration, communication, and unity among team members. • Increased Physical Fitness: Boosted strength, endurance, and overall physical conditioning. • Strategic Thinking: Developed skills in planning, adapting strategies, and problem-solving. • Commitment to Fair Play: Reinforced the importance of integrity, respect, and rule adherence. • Community Building: Fostered a sense of camaraderie, social interaction, and mutual support.
Organized by (Dept./ Centre/ Cells/Clubs/ Committees Name)*	FIT INDIA YOUTH & NSO CLUB
External Expert / Internal Expert	Mr. Nitin Yadav
Date*	29 th Nov. 2023

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

Time*	10:00 AM Onwards
Venue	DDA Park , Block C 1, Sector 14, Rohini, Delhi, 110085

Poster/Flyer/Notice*



TECNIA INSTITUTE OF ADVANCED STUDIES 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

Tel: 91-11-27555121-24, E-Mail : directortias@tecnia.in, Website: www.tiaspg.tecnia.in



FIT India Youth Club & NSO ORGANIZING



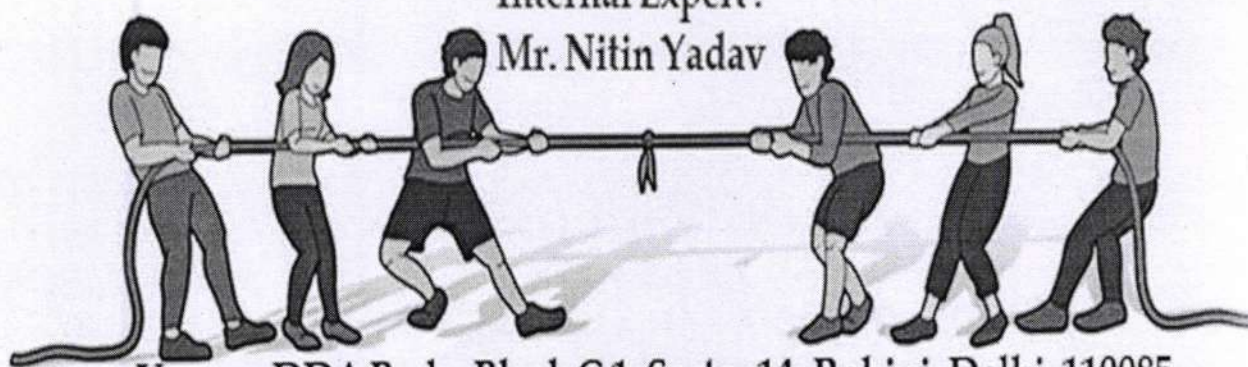
TUG OF WAR TOURNAMENT

Date : 29th Nov. 2023

Time : 10:00 AM Onwards

Internal Expert :

Mr. Nitin Yadav



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

No. of Participants	30
No. of External Participants (students + faculty) [write NA]	NA

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

if not applicable]

Photograph*



Students Participating in Tug of War Game



Students Participating in Tug of War Game

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

The **Tug Titan Showdown** proved to be an exhilarating and highly successful tug-of-war competition, held on 29th Nov. 2023 at DDA Park , Block C 1, Sector 14, Rohini, Delhi, 110085. The event, designed to test strength, strategy, and teamwork, brought together diverse teams from various backgrounds, all eager to showcase their skills and compete for the title.

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!

Event Overview

The Tug Titan Showdown commenced with an opening ceremony that highlighted the competition's core values: teamwork, strength, fair play, strategic thinking, and community building. Participants and spectators were greeted with an enthusiastic atmosphere as teams prepared for the challenge ahead.

Physical Fitness and Endurance

The physical demands of the Tug Titan Showdown were evident throughout the competition. Participants showcased impressive strength and endurance, reflecting their dedication to training and preparation. The intensity of the matches highlighted the importance of physical fitness in achieving success. Competitors pushed their limits, demonstrating the significant role of stamina

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

Atin Jadau

and resilience in the sport.

Strategic Thinking

Strategic planning was a key element in the competition. Teams were required to develop and execute effective strategies, adjusting their approach based on the dynamics of each match. The ability to analyze opponents' tactics and adapt quickly was crucial for advancing through the rounds. This aspect of the competition provided valuable insights into the importance of strategy in achieving competitive success.

Commitment to Fair Play

Fair play and sportsmanship were central to the Tug Titan Showdown. The competition was conducted with a strong emphasis on integrity and respect for all participants. Adherence to the rules was strictly maintained, ensuring a fair and unbiased environment. The respectful interactions among teams and officials highlighted the event's commitment to upholding the highest standards of conduct.

Community Building

The Tug Titan Showdown also excelled in fostering a sense of community. The event was more than just a competition; it was an opportunity for individuals to come together, share experiences, and support one another. Spectators, teams, and volunteers engaged in lively interactions, creating an inclusive and supportive atmosphere. The sense of camaraderie was palpable, with participants celebrating each other's achievements and enjoying the collective experience.

**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)


List of Participants

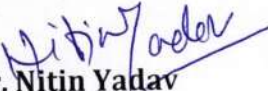
S. NO.	ENROLLMENT NUMBER	STUDENT'S NAME	PROGRAMME
1	70321301723	DIVANSHU PATEL	BBA
2	70421301723	DIVESH BERRI	BBA
3	70521301723	PARTH BHARDWAJ	BBA
4	70621301723	KUSHAL NISCHAL	BBA
5	70721301723	UTSAV GOEL	BBA
6	70821301723	PIYUSH JANGID	BBA
7	70921301723	SARTHAK JAIN	BBA
8	71021301723	ANSH KAUSHIK	BBA

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

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

9	71121301723	CHESHTA NARANG	BBA
10	71221301723	ANURAG MAURYA	BBA
11	71321301723	GAURAV KUMAR GIRI	BBA
12	71421301723	RIDDHI MEHRA	BBA
13	71521301723	URVASHI	BBA
14	71621301723	BHUMIKA KOHLI	BBA
15	71721301723	RITIK KUMAR	BBA
16	71821301723	YUVRAJ SOMWAL	BBA
17	70721302023	NANCY	BCA
18	70821302023	HITESH BAGGA	BCA
19	70921302023	BHUVAN PATEL	BCA
20	71021302023	ZAHID ALI	BCA
21	71121302023	LOKESH KUMAR SAINI	BCA
22	71221302023	MOHD ALI	BCA
23	00317002423	JYOTI KUSHWAHA	BAJMC
24	00417002423	JAITSRI KAUR	BAJMC
25	00517002423	UDAY	BAJMC
26	71621302023	DIPANSHU GAUR	BCA
27	71721302023	VAISHALI	BCA
28	71821302023	VIDISH MUDGAL	BCA
29	71921302023	TANMAY ASTHANA	BCA
30	72021302023	SAKSHAM SETHI	BCA


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


 Mr. Nitin Yadav
 Nodal officer
 Fit India Youth & NSO Club


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