



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

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FIT India Youth Club & NSO



Tug of War Competition

Title of Activity	Tug of War Competition
Activity Type	Outreach Activity
Values	The Tug of War Competition upholds the 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 Tug of War.
Learning Outcomes	<ul style="list-style-type: none"> • Improved Communication and Teamwork: crucial for efficient play and tactical execution on the court. • Enhanced Technical Proficiency: resulting in a more accurate and efficient performance during games. • Deeper comprehension of game techniques and tactics, as well as the ability to predict opponents' moves and modify their play accordingly, contributed to an increase in strategic understanding. • Increased Agility and Physical Fitness: Agility, strength, and endurance are essential for playing volleyball at a high level.
Organized by (Dept./ Centre/ Cells/Clubs/ Committees Name)*	FIT INDIA YOUTH & NSO CLUB
External Expert / Internal Exper	Mr. Nitin Yadav

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*	22nd March 2023
Time*	10:00 AM Onwards
Venue	Rohini District Park, Sector 14, Rohini, Delhi

Poster/Flyer/Notice*



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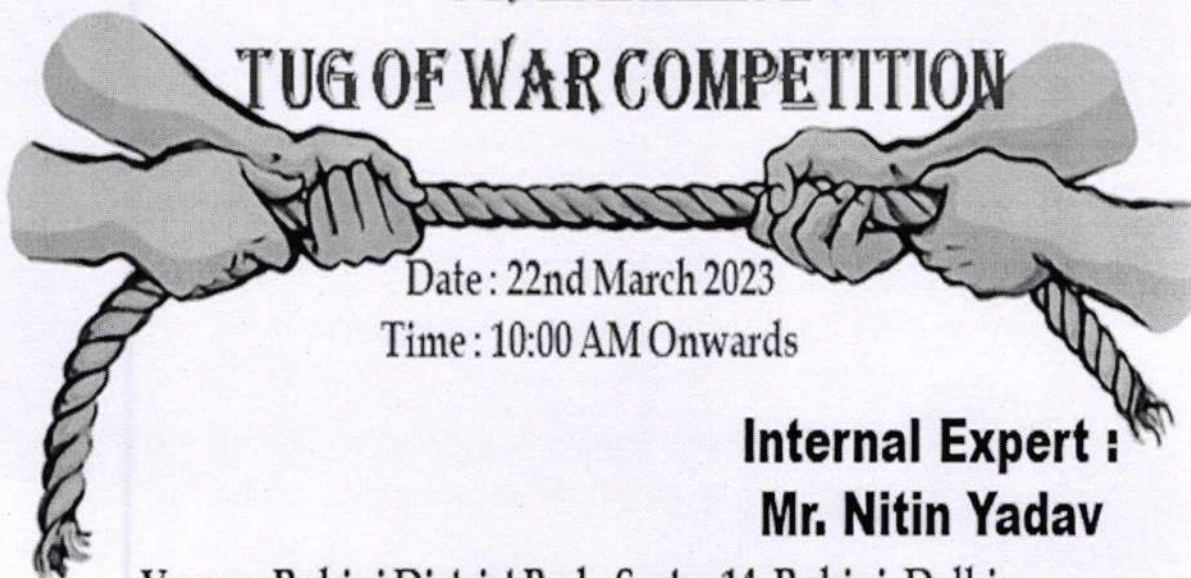
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ORGANIZING

TUG OF WAR COMPETITION



Date : 22nd March 2023

Time : 10:00 AM Onwards

Internal Expert :
Mr. Nitin Yadav

Venue : Rohini District Park, Sector 14, Rohini, Delhi

TUG OF WAR TOURNAMENT

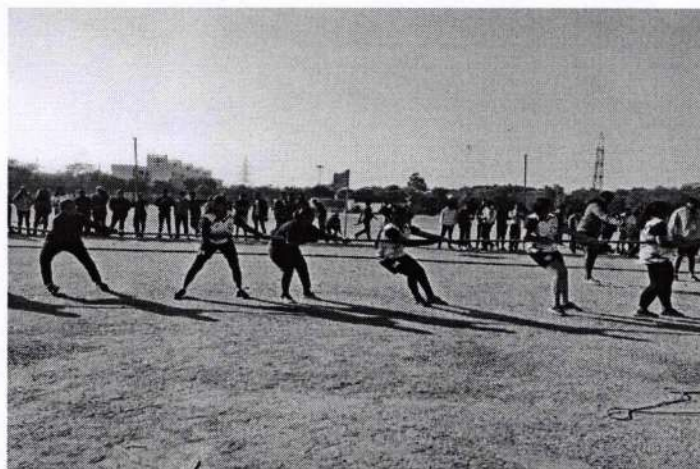


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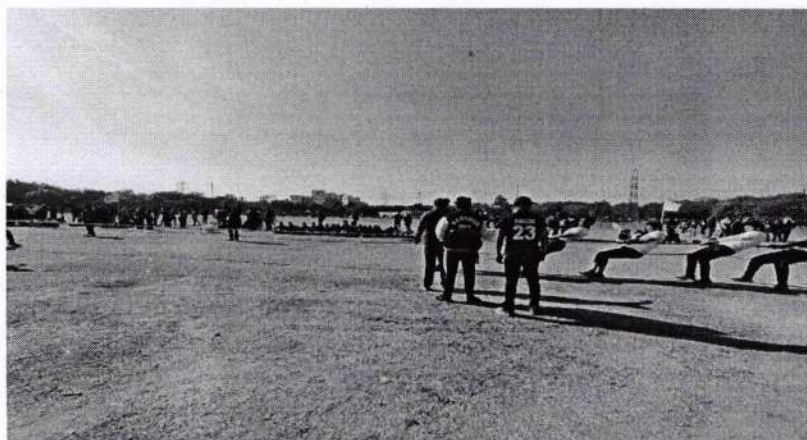
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No. of Participants	31
No. of External Participants (students + faculty) [write NA if not applicable]	NA

Photograph*



Students participating in tug of war match



Students participating in tug of war match

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

The Tug of War Competition has successfully concluded, marking an exhilarating chapter in the world of competitive tug of war. Held on 22nd March 2023 at Rohini District Park,

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Sector 14, Rohini, Delhi , this year's event showcased intense competition, outstanding team performances, and a celebration of the sport's raw power and strategic depth. This report provides a comprehensive overview of the event, including key highlights, learning outcomes, and recommendations for future editions.

Event Structure

Teams competed under standard tug of war rules. The event focused on maintaining a high level of competitive integrity and fair play.

Participation and Competitors

The Tug of War Competition attracted a diverse group of participants, ranging from local teams to elite squads from various regions. Competitors included emerging teams, experienced pullers, and top-tier professionals, all contributing to a vibrant and competitive event. The variety of team strategies and pulling techniques showcased the depth and breadth of talent in tug of war.

Learning Outcomes

The Tug of War Competition offered several valuable learning outcomes for participants:

- **Enhanced Teamwork and Coordination:** Teams developed stronger collaboration and synchronization, leading to improved performance in pulls.
- **Improved Technique and Strength:** Competitors refined their pulling techniques and built physical strength through rigorous practice and competition.
- **Increased Strategic Understanding:** Teams gained a deeper understanding of game strategies and tactics, applying these insights to outmaneuver their opponents.
- **Enhanced Physical Fitness:** The event fostered improvements in participants' strength, endurance, and overall athletic development.
- **Developed Resilience and Adaptability:** Athletes learned to adapt to different opponents and recover from setbacks, building mental toughness.
- **Goal Setting and Achievement:** Teams set and pursued performance goals, enhancing 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 pulls helped participants develop confidence and manage competitive stress.

Challenges and Resolutions

The Tug of War 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 matches proceeded smoothly, maintaining the event's quality and competitive integrity.

Feedback and Testimonials

Feedback from teams, coaches, and spectators was overwhelmingly positive. Participants appreciated the well-organized event and the opportunity to compete at a high level. Many highlighted the competitive atmosphere and the chance to showcase their strength and teamwork. Spectators enjoyed the gripping matches and the overall professionalism of the tournament.

Future Recommendations

To build on this year's success, the following recommendations are proposed for future Tug of War Titans events:

- **Enhanced Training Opportunities:** Offering pre-event clinics and workshops to help teams refine their techniques and improve their 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 tournament's


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	<p>achievements.</p> <p>Conclusion</p> <p>The Tug of War Competition has been a resounding success, showcasing the best of tug of war 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 teams, coaches, sponsors, volunteers, and spectators for their invaluable contributions.</p>																																																																																							
<p>Report Submitted by Convener</p> <p>(write faculty coordinator name)</p>	<p>Mr. Nitin Yadav</p>																																																																																							
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<p>Signature of Event Coordinator</p>	<p>Signature of School/Department Head</p> <p>(With Seal)</p>																																																																																							
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	23	13117002422	KIRTI GOEL	BAJMC
	24	13317002422	MOKUL SINGH	BAJMC
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