



# TECNIA INSTITUTE OF ADVANCED STUDIES

NAAC ACCREDITED 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

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## Fit India Youth Club

### Report

### On

## INTRA INSTITUTE SPORTS COMPETITION

Event	: Intra Institute Sports Competition
Theme	: Hygiene and Cleanliness
Convener	: Dr. Rohtash Kumar
Participation	: BBA
Date	: 30/11/2019, Saturday
Time	: 12:00 Noon Onwards
No of Beneficiary	: 70
Platform	: Online

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## Fit India Youth Club

Organizes

**Talk by Specialist**  
(Theme: Hygiene and cleanliness)

**Departments: MBA, BBA, BA(J&MC) & BCA**

**Date : 30/11/2019**

**Time : 12:00 PM Onwards**

**Platform : Online**

In Association With

150th Anniversary

Defeat Corona

**DR. ROHTASH KUMAR**  
Nodal Officer

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-110085

## OBJECTIVES OF THE EVENT

- To provide an environment for physical development of the students.
- To provide opportunity to the student to show case their talent in sports field.

## REPORT

An event of Fit India Youth Club of Tecnia Institute of Advanced Studies for the implementation of "Fit India Campaign" in Higher Educational Institutions was organized on 30.11.2019, Saturday. In contrast with physical activity, Based on the physical fitness is a set of attributes that students have or achieve. In the event Intra Institute Sports Competition: Indoor Game (Chess, Carom) -Fitness Sporting Activity conducted by fitness club, 70 students participated from all the respective departments of TIAS on the online platform. All the students who participated in the above mentioned event have been distributed E Certificate through their Emails. It was observed that all the participants were keen to engage in the activities like Intra Institute Sports Competition: Indoor Game (Chess, Carom) -Fitness Sporting Activity provides the different opportunities in their interests other than academic routine based activities.



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Fitness Club of TIAS aims at providing a platform for physical activities for fitness and wellbeing among students , teachers and staff in the institute. All students are encouraged to devote minimum 45 minutes per day on fitness activity such as exercise, yoga, meditation, walking , cycling ,aerobics ,dance etc. It also aims to address the emotional concerns of the students to promote mental health and to create awareness or sensitization through workshop or seminars on depression, anxiety and stress management for faculty and students. Fitness club of TIAS also aims in providing guidance regarding balanced nutritional diets for the students and faculty members.

## Learning outcome

### Students have learnt about

- Tactical and decision making skills on the basis of tactics involved in playing the games
- The strategic skills by involving themselves in the mind game such as chess.

  
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## LIST OF BENEFICIARIES

S. No.	Enrollment Number	Name
1.	06217001719	SANYAM AHUJA
2.	06317001719	SAKSHI SHARMA
3.	06417001719	SAKSHAM KHANNA
4.	06517001719	NITYAM TALWAR
5.	06617001719	SAMRIDH JULKA
6.	06717001719	VANSHIKA TANDON
7.	06817001719	VANSH BATRA
8.	06917001719	KARTIK GARG
9.	07017001719	VIREN SAHNI
10.	07117001719	AMANDEEP SINGH SURI
11.	07217001719	AKANSHA SHARMA
12.	07317001719	MAHESH JOSHI
13.	07417001719	RAHUL
14.	07517001719	DINKY GOGIA
15.	07617001719	SAKSHI PANWAR
16.	07717001719	OJUS SACHDEVA
17.	07817001719	ASTHA GUPTA
18.	07917001719	SHUBHAM KUSHWAHA
19.	08017001719	SACHIN PAL
20.	08117001719	KUSH BANSAL
21.	08217001719	NALIN GUPTA
22.	08317001719	GAURAV GOYAL
23.	08417001719	SMITH CHHIKARA
24.	08517001719	ANUJ PRASAD SINGH
25.	08617001719	RAHUL GUPTA
26.	08717001719	AYUSH GOEL
27.	08817001719	KARTIK BISHT
28.	08917001719	KSHITIZ ROHATGI
29.	09017001719	PIYUSH MANCHANDA
30.	09117001719	SARTHAK VERMA
31.	09217001719	ANANT JAIN
32.	09317001719	YUVRAJ SINGH
33.	09417001719	MEHAK CHANDNA
34.	09517001719	TANISHA GOEL
35.	09617001719	INDER VISHNU
36.	09717001719	TUSHAR JAIN
37.	09817001719	RAKSHIT TYAGI
38.	09917001719	VANSH SHARMA
39.	10017001719	MUDIT CHAUDHARY
40.	10117001719	AMAN PRASAD
41.	10217001719	AHMED RAZA AMAN
42.	10317001719	HARSHIT GROVER
43.	10417001719	SHOBHITA CHANGULANI

Rohitash Kumar

44.	10517001719	ANUBHAV SHARMA
45.	10617001719	BHUVAN SINGH BISHT
46.	10717001719	KHYATI KHANNA
47.	10817001719	LAKSHIT ARORA
48.	10917001719	RIYAZ MONGA
49.	11017001719	PAWAN SAINI
50.	11117001719	ROHAN CHOUDHARY
51.	11217001719	ABHISHEK SONI
52.	11317001719	RAGHAV GAUR
53.	11417001719	JAGRIT KHURANA
54.	11517001719	EDSON BIJU
55.	11617001719	TUSHAR THAKUR
56.	11717001719	ABHA BANSAL
57.	11817001719	ADITYA BHARDWAJ
58.	11917001719	HIMANSHI GOGIA
59.	12017001719	KANISHKA KALRA
60.	12117001719	AARUSHI SAXENA
61.	12217001719	MUSKAN AGGARWAL
62.	12317001719	DIVTEG SINGH SIKKA
63.	12417001719	HARSH CHOWDHARY
64.	12517001719	PRATYAKSH MAL
65.	12617001719	AYUSH GUPTA
66.	12717001719	JAHNVI NAYYAR
67.	12817001719	TANYA AILAWADI
68.	12917001719	LAVYA SALUJA
69.	13017001719	MANSI BHARDWAJ
70.	13117001719	KRITI NAGI

  
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