

TECNIA INSTITUTE OF ADVANCED STUDIES
NAAC Accredited Grade 'A' Institute
Student's Welfare - FIT INDIA YOUTH CLUB (FIYC)

Ref. No. TIAS/2022-23/FIT INDIA YOUTH-CLUB/

Dated:

SUMMARY OF ACTIVITIES TO BE ORGANIZED BY FIT INDIA YOUTH CLUB
Proposed Academic Calendar 2022-23, Action Plan (01st Aug. 2022 to 31st July, 2023)

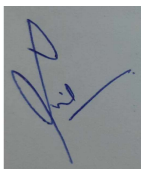
S.No.	Description of Event/Activity	Month/Day/ Location	Learning Outcomes	Values
1.	Tecnia Institute of Advanced Studies has established Fit India Youth Club for the session 2022-23. The club has 20 members which consists of students, and faculty members. Moreover, they will work to achieve the objective of the club i.e., they will be held responsible for the organization of the fitness activity, sports events and sensitize people, society about adopting healthy lifestyle. Moreover, members of the club will meet once in a month to review their plan and achievement.	The club will meet at regular intervals and atleast once every month over the academic session. Fit India Youth Club, Tecnia Institute of Advanced Studies designate physical activity hour every day for every student where different physical activity will be conducted that can be staggered over different hours of day for fitness enthusiasts.	The FIYC will lead much of the Fitness activities in the institution and help in creating an affinity with the paired state.	Discipline, sportsmanship, comradeship, leadership and unitedness.
2.	Aazadi Ka Amrit Mahaotsav (Quiz Competition)	17.08.2022, TIAS Venue: Online	To promote active learning and provide motivational impetus. Also enhance meaningful knowledge retention by igniting interest and placing theoretical subjects in a real-world perspective.	Motivation and enhance learning is established beyond doubt. Builds confidence and improve speaking skills. Support mental health and enhance the feeling of patriotism.

3.	Sports Competition (Chess & Carrom) Theme: Healthy India.	29.09.2022 Venue: TIAS Building	Offline Session to enhance the tactical and decision-making skills on the basis of tactics involved in playing the games.	Decrease Stress and Increase Happiness. Indoor Games helps in Socializing.
4.	Intra Institute Sports Competition (Table Tennis & Badminton) Theme: Healthy Body Keeps Healthy Mind	31.10.2022 Venue: TIAS Building & District Park	Offline event to involve the participation of the students in the games and promote sportsmanship.	Provide a possibility to socialize with buddies and other people.
5.	Intra Institute Sports Competition (Cricket) Theme: Unity is Strength.	16.11.2022 Venue: Nearby District Park	Offline Session to improve the physical strength of the students.	To enhance the spirit of discipline and sportsmanship among students.
6.	Meditation for peaceful life Theme: Healthy mind for Healthy Life.	21.11.2022 Venue: Multipurpose Hall, TIAS	Offline Session To make students to perform the various types of meditation practices.	To generalize the peace of mind and body.
7.	Sports Meet – 2022 Theme: Fit India	14.12.2022 Venue: GGSIPU	To give maximum participation of the students in Sports meet-2022.	Encourage healthy lifestyle and encouraging them by giving them an opportunity to learn more.
8.	Regular Health Check-up Theme: The Perils of Smoking, Drugs and Alcohol	16.01.2023 Venue: Multipurpose Hall, TIAS	To conduct a session and establish health checkup campaign.	Balance and self-analysis with general awareness.
9.	Intra Institute Sports Competition (Volley Ball) Theme: Skillful Playing makes you win.	23.02.2023 Nearby Nearby District Park	Offline (TIAS Building & Nearby District Park) to involve the students in a game and promote sportsmanship and skillful techniques.	Playing outside is the best source of gaining vitamin D and also increase strength to the students.

10.	Marathon Theme: Run for Fitness	09.03.2023 Nearby Area of TIAS. (Rohini)	Society Run To promote Good Habits for healthy Lifestyle.	During the day of the race, majority of people lined the streets to cheer everybody on. This was extremely motivating.
11.	Intra Institute Sports Competition (Table Tennis & Badminton) Theme: Healthy Body Keeps Healthy Mind	16.03.2023 Venue: TIAS Building & Nearby District Park	To involve the participation of the students in the games and promote sportsmanship.	Builds confidence, coordination, communication, creativity and social relations.
12.	Intra Institute Sports Competition (Arm Wrestling) Theme: Strong is strength	06.04.2023 Venue: TIAS	Offline Session to improve the physical strength of the students.	Overall development and self-analyzation for increasing the strength and stamina. Encourage healthy habits and sportsmanship.
13.	Intra Institute Sports Competition (Cricket)	20.04.2023 Venue: Nearby Nearby District Park	Lead to development of physical and mental skills and to encourage the communication stability among them.	Physical development, boost their creativity, can help them acquire social skills.
14.	Talk by Specialist Theme: Sleep well to stay fit	11.05.2023 Venue: Multipurpose Hall, TIAS	Offline Expert Session To deliver a session to generate awareness among students regarding healthy sleep and sleeping disorder.	Encourage good habits, improved alertness, attention, concentration, creativity, decision-making, endurance, focus, learning ability, mood, reaction & recovery times, stamina, working memory, and more

15.	Sports Competition (Chess & Carrom) Theme: Healthy India	15.06.2023 Venue: TIAS	Offline Session to enhance the tactical and decision-making skills on the basis of tactics involved in playing the games.	Decrease Stress and Increase Happiness. Indoor Games helps in Socializing.
16.	Intra Institute Sports Competition (Football) Theme: Unity is Strength.	25.07.2023 Venue: Nearby District Park	Offline Session to improve the physical strength of the students.	To enhance the spirit of discipline and sportsmanship among students.
17.	Intra Institute Sports Competition (Tug Of War) Theme: Skillful playing makes you win	11.07.2023 Nearby Nearby District Park	Offline to involve the students in a game and promote sportsmanship and skillful techniques.	Builds confidence, coordination, communication, creativity and social relations.
18.	Sports Meet – 2023 Theme: Fit India to give maximum participation of the students in Sports meet- 2022.	25.07.2023 Venue: GGSIPU.	Sports to promote the sports culture in the college by organizing several indoor and outdoor sports events.	Encourage healthy lifestyle and encouraging them by giving them an opportunity to learn more.

Submitted for kind information please.



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