TECNIA INSTITUTE OF ADVANCED STUDIES
NAAC ACCREDITED GRADE "A" INSTITUTE
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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

EGAC Accredited ISO 21001:2018 51001:2018

Fit India Youth Club

FITNESS CLUB

Report

EVENT: **Indoor Game (Chess, Carom) -Fitness Sporting Activity**

THEME: **Supporting Mental Health**

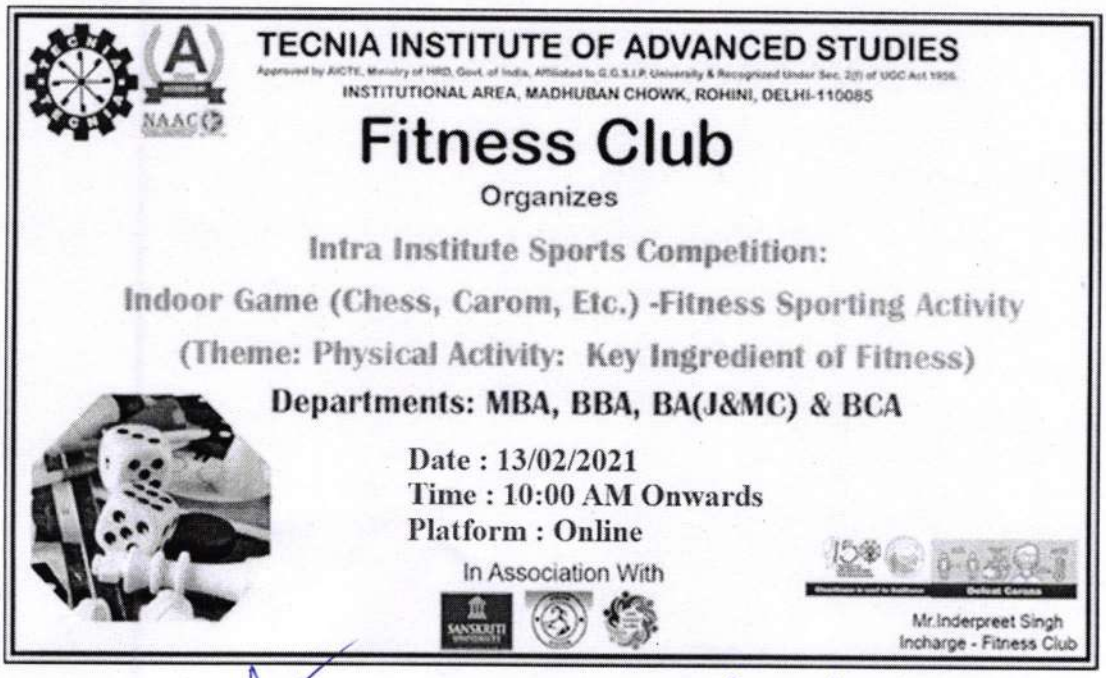
Convener: DR. ROHTASH KUMAR

Participation: BBA

Date: 13.02.2021

Time: 10:00 AM onwards

Platform: - Online



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

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

OBJECTIVES OF THE EVENT:

- To provide an environment for physical development of thestudents.
- To provide opportunity to the student to showcase their talent insports field.
- To promote sportsmanship among students by organizing varioussports activities like Chess, Carom.
- Experience new activities Develop friendships Improve socialskills
- Encourage physical activity Promote growth in identified abilitiesand interests
- Encourage volunteerism and giving back Develop leadership skills.

REPORT

This event was organized by Fitness Club of Tecnia Institute of Advanced Studies, Rohini, Delhi on 13.02.2021 .In contrast with physical activity, Based on the theme "Supporting Mental Health "which is related to the movements thatstudents perform, physical fitness is a set of attributes that students have or achieve. Being physically fit has been defined as *"the ability to carry out daily tasks with vigor and alertness, without undue fatigue and with ample energy to enjoy leisure-time pursuits and to meet unforeseen emergencies"*.Both physical activity and physical fitness vary among students. No student has no activity just as no person has no fitness-all are active or fit to greater or lesser degrees. It is mandatory for all the students that they should engage themselves in any kind of physical fitness activity.

In the event Intra Institute Sports Competition: Indoor Game (Chess, Carom) - Fitness Sporting Activity conducted by fitness club, **35 students (Chess=22 and Carom=13)** 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

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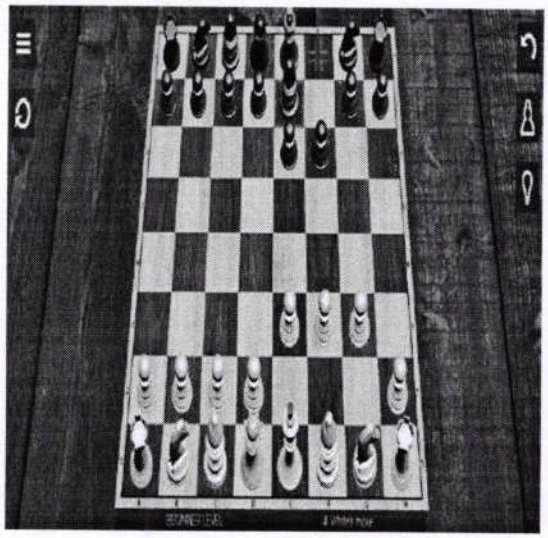
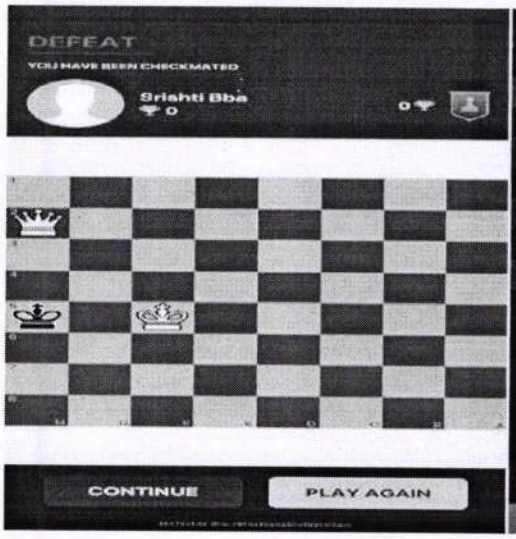
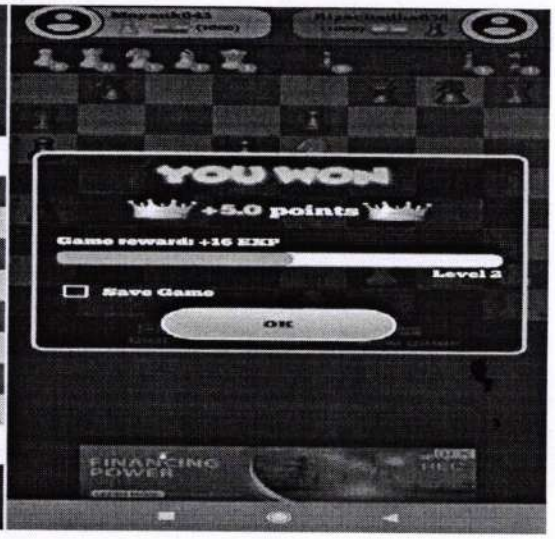
Sporting Activity as it provides the different opportunities in their interests other than academic routine based activities.







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Fitness Club of TIAS aims at providing a platform for physical activities for fitness and well being 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.

List of Participants

SR.NO.	ENROLLMENT NO.	NAME	DEPT.	GAME
1	11117001719	ROHAN CHOUDHARY	BBA	CAROM
2	00617001719	RUDRANSH SHARMA	BBA	CHESS
3	11721301719	SHREY AGGARWAL	BBA	CHESS
4	10617001719	BHUVAN SINGH BISHT	BBA	CAROM

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5	01917001719	CHAINIKA GAMBHIR	BBA	CAROM
6	12621301719	DEEPANSHU GOEL	BBA	CAROM
7	11921301719	DEEPANSHU MITTAL	BBA	CHESS
8	35821301719	DHRUV GOYAL	BBA	CHESS
9	14217001719	DISHA BANSAL	BBA	CHESS
10	00117001719	GAGAN GOEL	BBA	CAROM
11	06117001719	HARDIK SHARMA	BBA	CAROM
12	00217001719	HARDIK SUNEJA	BBA	CAROM
13	04017001719	HARSHIT ASIJA	BBA	CHESS
14	11917001719	HIMANSHI GOGIA	BBA	CHESS
15	12717001719	JAHNVI NAYYAR	BBA	CHESS
16	00517001719	JATIN KUMAR	BBA	CHESS
17	12017001719	KANISHKA KALRA	BBA	CHESS
18	10717001719	KHYATI KHANNA	BBA	CHESS
19	05417001719	TWINKLE DHINGRA	BBA	CAROM
20	02317001719	UMAR FAROOQ	BBA	CAROM
21	13217001719	YASH RAJ	BBA	CAROM
22	03617001719	YASHIKA TANWAR	BBA	CHESS
23	03717001719	MANAV JAWA	BBA	CAROM
24	13017001719	MANSI BHARDWAJ	BBA	CHESS
25	14417001719	MEHUL BHALLA	BBA	CHESS
26	35921301719	NAMAN JINDAL	BBA	CHESS
27	11621301719	NANCY SALHOTRA	BBA	CHESS
28	02017001719	PANSY KHAJURIA	BBA	CHESS
29	11017001719	PAWAN SAINI	BBA	CHESS
30	14017001719	PRIYA TIWARI	BBA	CHESS
31	02117001719	RAHUL KHANNA	BBA	CHESS
32	12021301719	RAKSHIT RANA	BBA	CHESS
33	03817001719	RIYA CHADHA	BBA	CAROM
34	10917001719	RIYAZ MONGA	BBA	CAROM

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Rohtash Kumar
Nodal Officer, Fit India Yoga Club
Tecnia Institute of Advanced Studies
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35	12921301719	AAYUSH	BBA	CHESS

Learning outcome:

- Knowledge of rules and techniques (Games to emphasise how rules shape a game Games that demonstrate which techniques are most effective)
- Contextual knowledge (understanding tactics, similarities between different games) Presenting games in categories to demonstrate tactical transfer between games
- Tactical and decision making (Games that use structured scenarios to emphasise problem solving)
- Technical skills (execution of a skill in the game context)

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