



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 : Supporting Mental Health
Nodal Officer : Dr. Rahul Tripathi
No. of Beneficiary : 65
Participation : BBA, BJMC, BCA, MBA
Date : 27/04/2020 , Monday
Time : 10:00 AM onwards
Platform : Online

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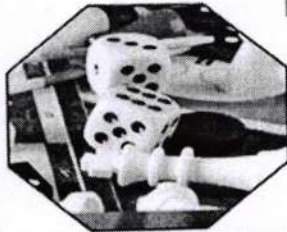






Fit India Youth Club

Organizes

Intra Institute Sports Competition:
Indoor Game (Chess, Carom) -
Fitness Sporting Activity

Theme: Physical Activity: Sleep Well to Stay Fit

Departments: MBA, BBA, BA(J&MC) & BCA
Date : 27/04/2020
Time : 10:00 AM Onwards
Platform : Online
 In Association With

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

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

OBJECTIVES

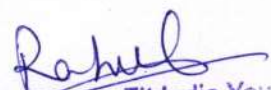
1. To provide an opportunities to the students for showcasing their talent
2. To promote sportsmanship among students
3. To develop the interests of the students among sports

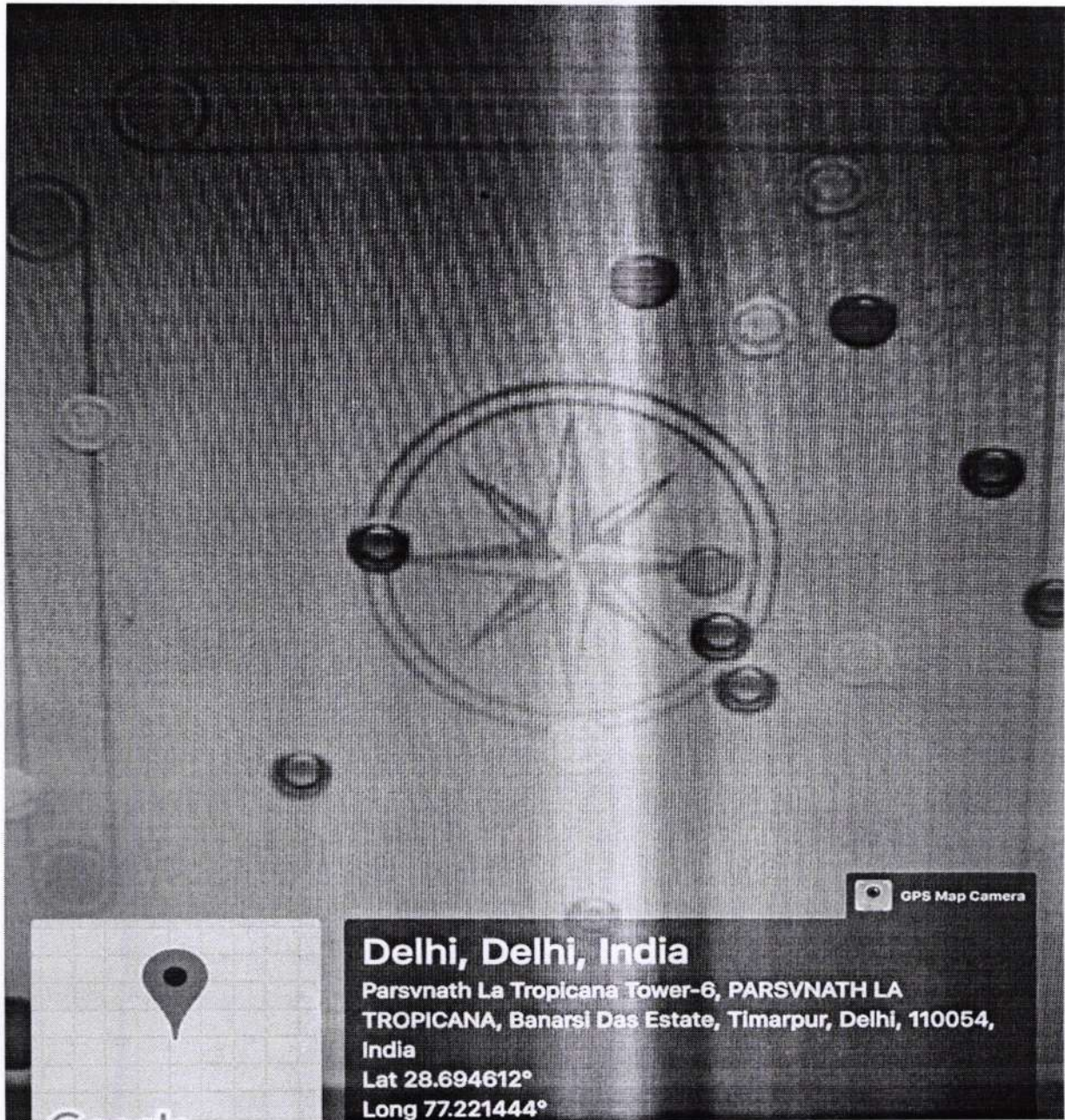
REPORT

This activity Intra Institute Sports Competition has been organized on 27.04.2020 , Monday , by the Fit India Youth Club of Tecnia Institute of Advanced Studies regarding the implementation of "Fit India Campaign" in Higher Educational Institutions. The meeting was organized to address the coordinators about the improvement activities to provide an opportunity to the students at the institution to develop and display the skills in the fitness supporting activity. In this event, indoorgames like chess, table tennis, arm wrestling and badminton was designed for the students where they can enhance themselves. All the participants enjoyed this event and were glad that these types of events were organised in the institution where they can achieve something and grow themselves. Sports helps an individual much more than in the physical aspects alone. It builds character, teaches and develops strategic thinking, analytical thinking, leadership skills, goal setting and risk taking.

All the students were motivated to devote time to each game and were also instructed to play each game. The main aim was to provide emotional concern for the students in Pandemic to build their mental health and to create awareness through this event.


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Students Participation in the online event

LEARNING OUTCOME

Students have

1. acquired relevance of indoor games
2. enhanced their tactical and decision making skills on the basis of tactics involved playing the games
3. attained strategic skills by involving themselves in the mind game such as chess.


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

LIST OF BENEFICIARIES -

S. NO.	ENROLLMENT NUMBER	NAME
1.	05417002419	RITIKA MISHRA
2.	05517002419	LAKSH JUNEJA
3.	05617002419	AAKANSHA CHOUDHARY
4.	05717002419	AASTHA SINGH
5.	05817002419	AMAN DEEP KAUR
6.	05917002419	KUNAL CHOUDHARY
7.	06017002419	VAIBHAV SHARMA
8.	06117002419	ABHISHEK KUMAR
9.	06217002419	SAGAR JETHANI
10.	06317002419	JIGYASA SHARMA
11.	06417002419	MEDHA JOSHI
12.	06517002419	SANSKRITI ARORA
13.	06617002419	MUSKAN KUMAR
14.	06717002419	FARAZ ASHRAF
15.	06817002419	BHAVAY GULATI
16.	06917002419	MANVI UPADHYAYA
17.	07017002419	AKANKSHA
18.	07117002419	SHIVAM KHERA
19.	07217002419	GARV KATYAL
20.	07317002419	TUSHAR SAINI
21.	07417002419	JAHANVI SHARMA
22.	07517002419	ARUSHI KAUSHIK

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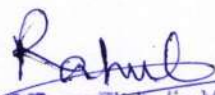
23.	07617002419	SONIA
24.	07717002419	TANISHA
25.	07817002419	RUSHALI KAUL
26.	07917002419	ANSHUL PANTHRI
27.	08017002419	TRIPTI PIPIL
28.	08117002419	NITYAM CHHABRA
29.	08217002419	AAKASH GULATI
30.	08317002419	ISHA PRASAD
31.	08417002419	VARDA GARG
32.	08517002419	SHRISTI
33.	08617002419	RASHISH PANDEY
34.	08717002419	GEETIKA BISHT
35.	08817002419	KANISHK CHAUDHARY
36.	08917002419	DAKSH SHARMA
37.	09017002419	SHOAIB RAHMAN
38.	09117002419	ROHAN JHA
39.	09217002419	PRAYANK DHAWAN
40.	09317002419	MAITRAIYA DURGAPAL
41.	09417002419	SHIYA RANA
42.	09517002419	KHUSHI AGGARWAL
43.	09617002419	KARTIK SHARMA
44.	09717002419	RISHABH MUNJAL
45.	09817002419	SHREYA SHEKHAR
46.	09917002419	PRIYA
47.	10017002419	YASH DEEPAK
48.	10117002419	ISHIKA VASWANI
49.	10217002419	ANANTA GOEL

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50.	10317002419	NEHAL WALIA
51.	10417002419	ANSHIKA RANA
52.	10517002419	TARINI KHOSLA
53.	10617002419	MALVIKA SHARMA
54.	35117002419	ISHIKA SONI
55.	35217002419	PRACHI JAIN
56.	35317002419	CHETAN SHARMA
57.	35417002419	SHUBHI SUNDRIYAL
58.	35517002419	ANSHIKA SINGHAL
59.	35617002419	OM BHARGAVA
60.	35717002419	CHAITNAYA MISHRA
61.	35817002419	VANSHITA SACHAR
62.	35917002419	MUKUL MIGLANI
63.	36107002419	VANSH KUMAR
64.	36117002419	AMISHA KOHLI
65.	35217002419	SAHILJA CHOURASIA


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