



ASHTAVAKRA
Institute of Rehabilitation Sciences and Research
5, PSP Institutional Area Madhuban Chowk Rohini, Sector-14, Delhi-110085



**FIT
INDIA**

EVENT NAME

Title of Activity*

Promoting Physical and Mental Fitness through Intra Institute Sports: (Chess)

Values

- Physical Fitness
- Mental Agility
- Social Interaction
- Inclusivity
- Skill Development

Learning Outcomes

- Sportsmanship
- Decision-Making
- Time Management
- Social Skills
- Self-Confidence

Organized by (Dept./ Centre/ Cells/Clubs/ Committees Name)*

Fit India Youth Club

Program Theme*

"Mind Over Matter: Cultivating Strategic Minds and Healthy Spirits"

External Expert / Internal Expert

Mr. Vikas Kumar

Date*

12.04.2024

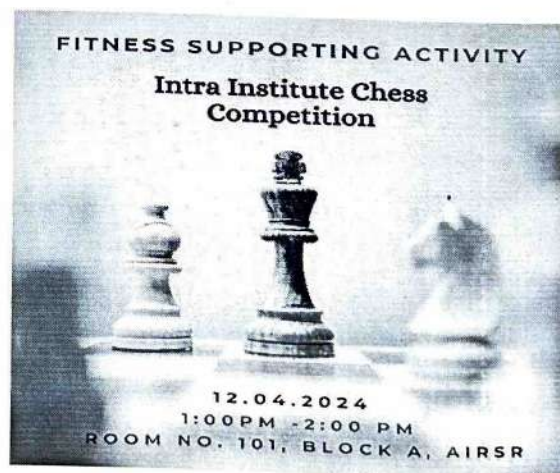
Time*

1:00 PM

Venue

Room No. 101, Block A, AIRSR

Poster/Flyer/Notice*



Social media link (promoting in any one Facebook/Instagram/Twitter is mandatory)	https://www.instagram.com/reel/Cz84teeprR/?igshid=MTc4MmM1YmI2Ng==
No. of Students* (only no. to be written, list in excel or word should be maintain at department level as proof for any further requirement)	26
No. of Faculty* (only no. to be written , list in excel or word should be maintain at department level as proof for any further requirement)	01
No. of External Participants (students + faculty) [write NA if not applicable]	N.A

(Geotag) Photograph*

Photograph of the Event with the Caption



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

Intra-institute sports activities play a vital role in promoting overall physical and mental fitness among students. Chess, though primarily a mental game, offers numerous benefits that contribute to the holistic development of individuals. The game enhances cognitive abilities, reduces stress, and fosters social interaction among participants. The event was announced through various channels, including emails, posters, and social media, to ensure wide reach. Participants registered through an online form & at the designated desks, providing details such as name, age, and skill level. After Playing chess students feel stress reduction and relaxation, which has a positive impact on physical health. Also Maintaining proper posture while playing can help in preventing back and neck strain. Short breaks between games helped students in reducing eye strain, especially important for those who spend long hours in front of screens. The well-organized chess activity at the institute has received positive feedback, underscoring the need for continued investment in such initiatives. By incorporating feedback and improving facilities, future chess events can be even more successful, further promoting the holistic development of students.

Recourse Person

NA

Attendance Sheet*

Attached at the end of Report

Feedback

Sample feedback Attached at the end of Report

Report Submitted by Convener (write faculty coordinator name)

Mr. Vikas Kumar

For Office Use


Signature of Event Coordinator


Nodal Officer, Fit India Club (FYC)
Ashtavakra Institute of Rehabilitation Sciences and
Signature of Club Convener
Medicine, Delhi-110085
(With Seal)

List of Beneficiary

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LIST OF STUDENT PARTICIPANTS

S. No.	Name of Participants	Course
1.	Monika	D.ED SE MD
2.	Parthvi	D.ED SE MD
3.	Deepika	D.ED SE MD
4.	Khushboo	D.ED SE MD
5.	Bhumika	D.ED SE MD
6.	Aanchal	D.ED SE MD
7.	Tanisha	D.ED SE MD
8.	Vishakha	D.ED SE MD
9.	Suryanshu	D.ED SE MD
10.	Jaya	D.ED SE MD
11.	Shrishti	D.ED SE MD
12.	Kanika	D.ED SE MD
13.	Yuvraj	D.ED SE MD
14.	Annu	D.ED SE MD
15.	Chhavi	D.ED SE MD
16.	Mansi	D.ED SE MD
17.	Jaya	D.ED SE MD
18.	Ridhi	D.ED SE MD
19.	Sneha	D.ED SE MD
20.	Deepanshi	D.ED SE MD
21.	Mandeep	D.ED SE MD
22.	Khushi	D.ED SE MD
23.	Nimisha	D.ED SE MD
24.	Priyanshu	D.ED SE MD
25.	Riya	D.ED SE MD
26.	Drishti	D.ED SE MD