

Institution's Innovation Council

IIC Self Driven Activity

Title: Bolting Bishops – A Chess & Health Forum

Date: 04.04.2025

Organizing Secretary: Dr.P.Sanjay,
Dean Research, IIC – Convener

IIC -Student Coordinator: Deepak V

Venue: Lecture Hall 2



Objectives:

- To promote mental health through strategic thinking and brain exercises.
- To introduce the basics of chess to beginners.
- To provide a platform for relaxation and stress management through a fun activity.
- To develop problem-solving, critical thinking, and concentration skills.
- To celebrate World Health Day by integrating mental fitness with physical health awareness.
- To foster teamwork, patience, and sportsmanship among students.

Chief Guest: Mr. Arun J, Certified Chess Trainer

Participants Details: Around 100 students from 2nd and 3rd year MBBS.

Programme Overview:

The event began with an insightful talk by Mr. Arun J, who introduced the fundamentals of chess in an engaging and interactive manner. He explained the movements of each chess piece, strategies to control the board, and the significance of

each move in relation to real-life decision-making. The session was lively and involved brainstorming mini-games and live demonstrations where students participated actively. Fun surprise activities, quick matches, and a Q&A session helped even complete beginners grasp the game easily. The atmosphere was filled with enthusiasm, laughter, and teamwork, achieving a perfect blend of learning and entertainment.

Outcomes:

- Students understood the basic rules, strategies, and benefits of playing chess.
- Participants developed better focus, patience, and mental agility.
- Helped students recognize the importance of mental health alongside physical health.
- Provided a refreshing break from academic stress, promoting healthier coping mechanisms.

Way Forward: Moving forward, the Institute Innovation Council will continue to conduct various IIC Self Driven activities aimed to promote student research, innovation, startup and Entrepreneurship. IIC will conduct regular contests and sessions to analyze the research activities of the students and take it step further to convert as ideas and patents.



