



A Report
on
PHYSICAL FITNESS
(FIT INDIA)

18-06-2022

Organized

By

THE DEPARTMENT OF STUDENT AFFAIRS

in Association AICTE

Prepared by

A handwritten signature in black ink, appearing to read "D. Chandra Prakash".

Dr. D. Chandra Prakash

DSA- Coordinator

A handwritten signature in blue ink, appearing to read "Lai".

Head- DSA

A handwritten signature in green ink, appearing to read "S. Reddy".

Principal

PRINCIPAL

K.G. Reddy College of Engineering & Technology
Chilkur(Vtl) Moinabadi(Mdl) P.R. Dist



Objective:

- To make the students Physically and Mentally strong post Corona, Pandemic days.
- To correlate with the AICTE activities under 'Azadi Ka Amrith Mahotsav'.

Outcomes :

- The students know the importance of Physical & Mental Health.
- The students do the activities under Azadi ka Amrith Mahotsav.

Resource persons :

Physical Director's : Mr. Jithendhar Reddy.

Yoga Instructor : Dr. D. Chandra Prakash.



A Summary Report

This activity is conducted on 18th June 2022 to kick start the physical fitness activities under 'Azadi ka Amrit Mahotsav' initiated by AICTE on 18th June

The students were shown some regular physical exercises to do to make themselves active to participate in their routine works.

Students are given training by Physical Director, Mr. Jitendra and Yoga Instructor Dr. Chandra Prakash every morning from 9:00 am to 10:00 am (late comers).

Principal Dr R S Jahagirdar, Dean Academics Dr L. Jayahari, heads of all the departments have monitored the training Program.

The students were sensitized about the importance of Physical fitness in daily life which leads to happy life. They were told to practice fitness regime everyday to have a disciplined life. The students were reluctant initially but started exercising.

We have taken the initiative in creating awareness on the importance of physical fitness and its relevance in everyday life by practicing everyday with the late comers to put them in order to be punctual to the classes along with creating awareness of physical and mental fitness.

The students doing physical exercise.

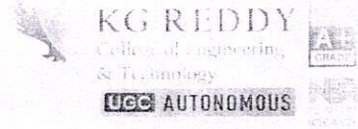


The students busy in physical activity.





Department of
Student Affairs

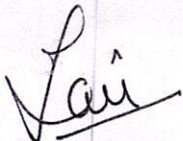


KGRCET/DSA/Circular/SEM- II/

Date: 16/06/2022

Circular

This is to inform all the students that the Department of Student Affairs is conducting Physical Fitness Activity on Saturday, 18th June 2022 from 9: 00 am to 10:00 am near the Main Gate.. All are requested to attend.


Head- DSA


Principal

Copy to

1. All Deans
2. All HODs
3. IQAC
4. CEED
5. Accreditation cell
6. Exam branch
7. Library
8. Admin



सत्यमेव जयते

भारत सरकार
Government of India
शिक्षण विभाग
Ministry of Education
उच्च शिक्षण विभाग

Department of Higher Education
127 'C' Wing, Shastri Bhawan, New Delhi

D.O. No. 11018/6/2021-EBSB
5th August, 2021

Dear Madam/Sir,

As you are aware, the celebration of 75 years of India's Independence - "Azadi Ka Amrit Mahotsav" have commenced with active participation of all stakeholders. In this connection, "Resolves@75", Fit India Mission has conceptualized **Fit India Freedom Run 2.0** to commemorate the occasion.

2. Nationwide Virtual launch of Fit India Freedom run 2.0 by Hon'ble Minister of Youth Affairs & Sports, Sh. Anurag Singh Thakur and Hon'ble Minister of State, Youth Affairs & Sports, Sh. Nisith Pramanik will be held on 13th August 2021. All the citizens will be given a call to make a resolve to include physical activity of at least 30 minute daily in their lives i.e. FITNESS KI DOSE AADHA GHANTA ROZ. A concept note on 'Fit India Freedom Run' is enclosed in this regard.


3. I seek your cooperation in reaching out to students in educational institutions under your control for their participation in the 750 events organized by Ministry of Youth Affairs & Sports (MYAS) across India and conducting physical / virtual Freedom Run events. Pre-event promotion of the event may be ensured from 10th August, 2021 onwards and the program may be given publicity through social Media, Regional TV/Newspaper etc. Also ensure the promotion of Freedom Run on the social media channels with #Azadi Ka Amrit Mahotsav and #Run4 India.

4. I look forward to your active cooperation.

Regards,

Yours sincerely

Encl. As above


5.8.21
(Amit Khare)

Chairman, UGC / Chairman, AICTE

Vice Chancellors of all Central Universities

Centrally Funded Higher Education Institutions

FIT INDIA FREEDOM RUN 2.0

Fit India Freedom Run was conceived last year when the entire nation started following social distancing in a 'new normal' lifestyle, so as to keep the imperative need of fitness active even while following the social distancing norms. Fit India Freedom Run was launched on the concept of virtual run i.e. *'it can be run anywhere, anytime! You run a route of your choice, at a time that suits you. Basically, you run your own race and time your own pace'*.

The first edition of the campaign was held from 15th August to 2nd October, 2020. Individual Participants/Organisers registered their Runs on Fit India portal (fitindia.gov.in) and the organisers were obliged to provide the data regarding number of participants and cumulative kms covered. The Central/State Departments and organizations including Armed Forces, NGOs, Private Organizations, Schools, Individuals, Youth Clubs, etc. actively participated in the campaign and it reached to more than 30 crore people on social media. More than 5 crore people participated and covered around 18 crore kms Run.

Azadi Ka Amrit Mahotsav – Freedom Run 2.0

This year against the back drop of one of the pillars of Azadi ka Amrit Mahotsav, "Resolves@75". Fit India Mission has conceptualised Fit India Freedom Run 2.0 to commemorate this occasion the 75th Independence Day.

Our citizens will be given a call to make a resolve to include physical activity of at least 30 min daily in their lives i.e. FITNESS KI DOSE AADHA GHANTA ROZ. The key features of Fit India Freedom run 2.0 are as follows: -

- Nationwide Virtual launch by Hon'ble Minister of Youth Affairs & Sports, Sh. Anurag Singh Thakur and Hon'ble Minister of State, Youth Affairs & Sports, Sh. Nisith Pramanik on 13th August 2021.
- Physical & Virtual Events all across the country.
- Campaign will culminate on Gandhi Jayanti -2nd October 2021.
- 75 physical events at iconic locations on launch day.
- Cultural events themed on Azadi Ka Amrit Mahotsav.
- Physical events by NYKS at 750 locations during the campaign following the COVID-19 protocols.
- To be Covered by DD and other media

Expectations from State/UTs Governments, Ministries/Departments & Organisations

- Appoint one Nodal officer for coordination with Fit India Mission and forward the details at contact@fitindia.gov.in.
- Encourage participation in the 750 events across India organized by Ministry of Youth Affairs & Sports (MYAS).
- States/Ministries/Organizations to conduct physical / virtual Freedom Run events
- Ensure pre-event promotion of the event from 10th August 2021 onwards.
- Organize events on launch day i.e 13th August 2021 at iconic and historically important places in the State/Uts to be attended by People's representatives/Celebrities/Athletes Iconic Personalities/Social Media Influencers, etc.
- Organizers to register their RUN on Fit India portal with details of participants and kms covered
- Promote Freedom Run on their social media channels with #AzadiKaAmritMahotsav and #Run4India.
- Adequate publicity for the program through Social Media, Regional TV/Newspaper, etc.

Academic Year: 2021-22

Name of the Activity: **PHYSICAL FITNESS**

Student attendance Sheet

S.No	Roll Number	Name of the Student	Signature
01	20QMSA0122	P.NIKHIL	P.NIKHIL
02	19QMIA0102	Ch. Pavan Kumar	Ch. Pavan
03	19QMIA0103	D. Vishwanath	D. Vish
04	20QMSA0130	B. Vidya Sagar	B. Vidya
05	20QMSA0121	R. Yash Vobli	R. Yash
06	20QMSA0125	Hafeez Khan	Hafeez
07	20QMSA0116	K. Naveen	K. Naveen
08	20QMSA0127	R. Naveen Kumar	R. Naveen
09	20QMSA0105	C. Tanu goud	C. Tanu goud
10	20QMSA0119	M. Uday Raj	M. Uday Raj
11	20QMSA0104	Ch. Naveen Kumar	Ch. Naveen
12	21QMIA6759	Om prakash	Om prakash
13	21QMIA6702	Ven Katesh	Ven Katesh
14	20QMIA0430	S. Pandu Ranga Reddy	S. Pandu Ranga Reddy
15	20QMIA0415	K. Pavan Kumar	K. Pavan Kumar
16	20QMIA0427	S. Satish Yadav	S. Satish Yadav
17	19QMSA0511	S. Akistha	S. Akistha
18	19QMSA0502	Venu sagar	Venu sagar
19	21QMIA6382	Adeeb Arief	Adeeb Arief
20	21QMIA6239	M. Subramani	M. Subramani
21	19QMIA0436	K. Bhavanees	K. Bhavanees
22	19QMIA0403	Madhu	Madhu
23	20QMIA0406	B. Shiva Sai	B. Shiva Sai
24	20QMIA0410	Anasai	Anasai
25	21QMIA6740	Pranay	Pranay
26	20QMIA0410	Poorna	Poorna
27	20QMIA0432	Nithi Reddy	Nithi Reddy
28	20QMIA0435	Jayanth	Jayanth
29	20QMIA0419	Prakash Reddy	Prakash Reddy