



Student Welfare Department

Report

On

Fit India Freedom Run

23-09-2020

Submitted by

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Assistant professor-EEE


SWD Coordinator


SWD-Head


PRINCIPAL

Principal
KG Reddy College of Engineering & Technology
Chilkur (V) Moinabad (M).
R. R. Dist

Summary Report on “FIT India Freedom Run”

What is Fit India Movement?

Fit India Movement is conducting Fit India Freedom Run from 15th August – 2nd October 2020 to encourage fitness and help us all to get freedom from obesity, laziness, stress, anxiety, diseases etc. The concept behind this run is that “It can be run anywhere, anytime!”. You can-

- Run a route of your choice, at a time that suits you.
- Break-up your runs.
- Run your own race at your pace.
- Track your kms manually or by using any tracking app or GPS watch.

Mode of participation:

- Participation can be done through Fit India Website either on
- Organizer’s platform (or)
- Those who have undertaken their own run can individually submit their data and download the certificate.

The Fit India Movement is a movement to take the nation on a path of fitness and wellness. It provides a unique and exciting opportunity to work towards a healthier India. As part of the movement, individuals and organizations can undertake various efforts for their own health and well-being as well as for the health and well-being of fellow Indians.

Honorable Prime Minister to interact fitness enthusiasts from across the country in Fit India Dialogue New Delhi, Sep 22, 2020: In a unique initiative, Honorable Prime Minister Shri. Narendra Modi will be interacting with fitness influencers and citizens during a nation-wide online Fit India Dialogue which is being organized to celebrate the first anniversary of the Fit India Movement on September 24, 2020. The online interaction will see participants sharing anecdotes and tips of their own fitness journey while drawing out guidance from Honorable PM on his thoughts about fitness and good health. Among those who will participate range from Virat Kohli to Milind Soman to Rujuta Diwekar in addition to other fitness influencers. In times of Covid-19 Fitness has become an even more important aspect of life. Envisioned by Honourable Prime Minister as a People’s Movement, the Fit India Dialogue is yet another endeavour to involve citizens of the country to draw out a plan to make India a Fit Nation. The basic tenet on which the Fit India Movement was envisaged, that of involving citizens to imbibe fun, easy and non-expensive ways in which to remain fit and therefore bring about a behavioral change which makes fitness an imperative part of every Indian’s life, is being strengthened by this dialogue. In the past one year, since its launch, various events organized under the aegis of the Fit India Movement has seen enthusiastic participation of people from all walks of life and from across the country. The Fit India Freedom Run, Plog Run, Cyclothon, Fit India Week, Fit India School Certificate and various other programmes have seen a combined organic participation of over 3.5 crore people, making it a true People’s Movement.

This event is organized successfully by Student Welfare Department. The event was addressed by Dr.R.S Jahagirdar, Principal of KGR CET.Mrs.Udaya Sri Kakarla,Head of Student Welfare Department expressed her vote of thanks to the participants for making the event successful and also Student Welfare Department thankful to Principal, Management of KGR CET for their support to conduct this event.

Photos with Description:



Poster of Fit India Freedom Run



Participants along with poster.



The staff during fit India Freedom run



The staff maintaining social distance in walk



Enthusiastic Participants in the events



Participated staff abiding the covid-19 rules



Walkers on the Road



Student Welfare Department

Event: Fit India Freedom Run

A.Y:2020-21

Date: 23/09/2020

Attendance sheet

S.No	Name of the Faculty	Department	Signature
1.	M. Rathna Chary	Civil	
2.	Sushree Sinha	CSE	
3	P. Sanyuktha	EEE	
4	Manesh W. Reddy	Mech	
5	J. Mounica	Civil	
6	R. Soujanya	CSE	
7	Vijaya Rakesh Reddy	BUE	
8	J. Aruna	MB.A Library	
9.	D. Lakshmi Narayana	ECE	
10.	Dr. H. S. Wankhede	CSE	
11.	V. Deepika	ECE	
12	Thansumalik	CA	
13	Praveen kumar	mech	
14.	P. Sophie Lawrence.	H&C	
15	Madhulika Sunilom	H&C	
16	R. Savani	MECH	
17.	R. Indira yadav	Mech	
18	Dilip Kumar	Mech	
19	M. N. Narasimha	EEE	
20	P. V. V. Pavan Kumar	EBE	
21	Radandana	ECE	
22	Dr. D. Chandrashekhara	ECE	
23	L. Jaghu Kumar	CSE	
24.	K. Gopala Krishna	EEE	

SWD-Head

Principal

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Student Welfare Department

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S.No	Name of the Faculty	Department	Signature
25	Dr. Vijayal. G.P.	S & A	
26	A. Deepika	ECE	
27	M.A. Salman Khan	Mech	
28	Jagan Reddy	Mech	
29	Dr. Ananthak. J	HSS	
30	G. Venkatesh Srinivasulu	Civil	
31	Mahantesh w paruthi	civil	
32	Dr. D. Chandra Kumar	HSS	
33	S. Sathish	mech	
35	K. Praveen Kumar	Mech	
36	Sujani. kadarkol math	Civil	
37	M. Prashanthi	Civil	
38	Jagadish. S. H	Civil	
39	B. Lingam	EEE	
40	K. Vidya Sri	SWD	

SWD-Head

Principal
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Chittoor (V) Moinabad (M).
R. R. Dist