

Shram Sadhana Bombay Trust's
COLLEGE OF ENGINEERING AND TECHNOLOGY
BAMBHORI, POST BOX NO. 94, JALGAON – 425001. (M.S.)

Brief Report on

Fit India Freedom Run 2.0

Date: Sep 27 to Oct 1,2022

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| Date and Venue / Location: | College Campus |
| Aim / Purpose: | The aim of the campaign is to encourage people to take up fitness activities such as running and sports in their daily lives and get freedom from obesity, laziness, stress, anxiety, diseases etc. |
| Objectives: | <ul style="list-style-type: none"> • To promote fitness as easy, fun and free • To spread awareness on fitness and various physical activities that promote fitness through focused campaigns • To encourage indigenous sports • To make fitness reach every school, college/university, panchayat/village, etc. • To create a platform for citizens of India to share information, drive awareness and encourage sharing of personal fitness stories. |
| Participant's Profile: | The program is organised to promote fitness as easy, fun and free, to spread awareness on fitness and various physical activities that promote fitness through focused campaigns. To encourage indigenous sports |
| Description about the Program: | The main focus of the activity is to stick a nationwide program of Fit India Freedom Run 2.0 to celebrate the Azadi ka Amrut Mahotsav. Mr.V.S.Pawar, Program Officer, Ms Deepmala Desai , Program Officer of NSS , other faculty along with students have joined event in the campus. |
| Feedback & Analysis: | ----- |
| Outcomes: | This run encourages fitness and help us all to get free from obesity, laziness, stress, anxiety, disease, etc, The concept behind this is that it could be run anywhere, anytime and runs his own race and times his own pace. |
| Recommendations: | Such program should be arranged for making fitness regimens reach every school, college, universities, village, etc. |

Photos



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Name & Signature of Coordinator(s)