



# AISSMS

## COLLEGE OF ENGINEERING

ज्ञानम् सकलजनहिताय

Accredited by NAAC with "A+" Grade



### A Physical Education and Sports Department and Media Department

#### Report on

### AISSMS COE FIT INDIA FREEDOM RUN

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 organisations undertake various efforts for their own health and wellbeing as well as for the health and well-being of fellow Indians.



*Manesha*

Dr M M Kondhare  
Physical Director

Shri A B Bhonsle  
Vice President Gymkhana

Dr D S Bormane  
Principal

As per the directives from Government of India and Ministry of Youth Affairs and Sports to organize **FIT INDIA FREEDOM RUN** for students and all the other people, AISSMS COE had organised **AISSMS COE FIT INDIA FREEDOM RUN** from 5<sup>th</sup> oct. 2020 to 11<sup>th</sup> oct. 2020 under the guidance of Principal Dr. D. S. Bormane and Dr. M. M. Kondhare, Physical Director and Student Coordinators, Swaroop Godse and Vedant Kale.



The poster features the AISSMS College of Engineering logo at the top, with the text 'Sports Department and Media Department of AISSMS COE in Association with FIT INDIA presents'. Below this is the FIT INDIA logo. The main title is 'FIT INDIA FREEDOM RUN' with the dates '5th, 6th & 7th October, 2020'. A central image shows a runner in a blue and black uniform. To the left of the image, there are instructions: 'Complete the 7km run/walk in any of the three given days and win an E-certificate.' and 'INSTRUCTIONS' which include downloading the RunKeeper app, running anytime anywhere while maintaining social distancing, and uploading stats with a selfie. A QR code is provided for registration. At the bottom, contact information for Swaroop Godse and Shantanu Saras is listed, along with the co-ordinator Dr. M. M. Kondhare and regards from Dr. D. S. Bormane.

Total 144 people participated keenly in the event and they covered 1197 KM distance under this activity. We had categorised the event in 7km or more by Running, Walking or Cycling and all the participants were instructed to use the RunKeeper App to track their individual distance in KM. After the Run/Walk all the participants uploaded the screenshot of distance covered using tracking app on Google form. All the participants were awarded with E-certificate after successful completion of event. We have also received **FIT INDIA FREEDOM RUN** certificate from the government for successfully organization of **AISSMS COE FIT INDIA FREEDOM RUN**.



This poster features the FIT INDIA FREEDOM RUN logo prominently in the center. To the left is a stylized illustration of a person in a green and orange uniform. To the right is a large, detailed illustration of a man's face with glasses and a mustache, identified as Manish Kumar. The text '15th AUG - 2nd OCT' is written at the bottom. The background is a light yellow with a grid of dots and upward-pointing arrows.

*Manisha*

Dr M M Kondhare  
Physical Director

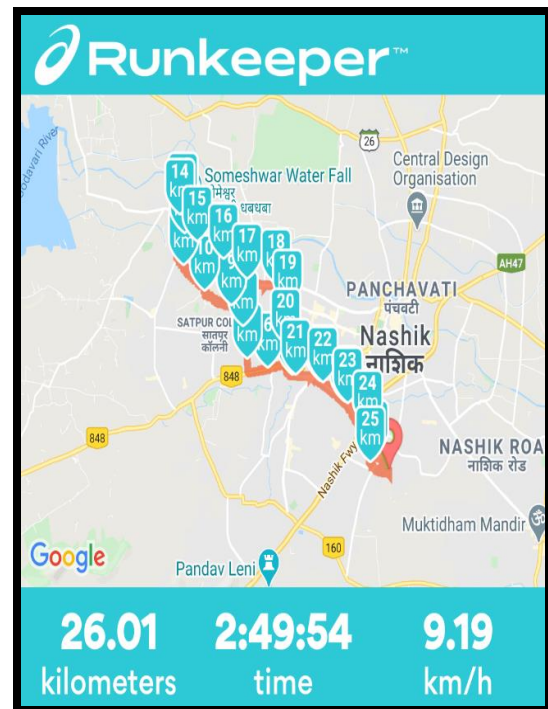
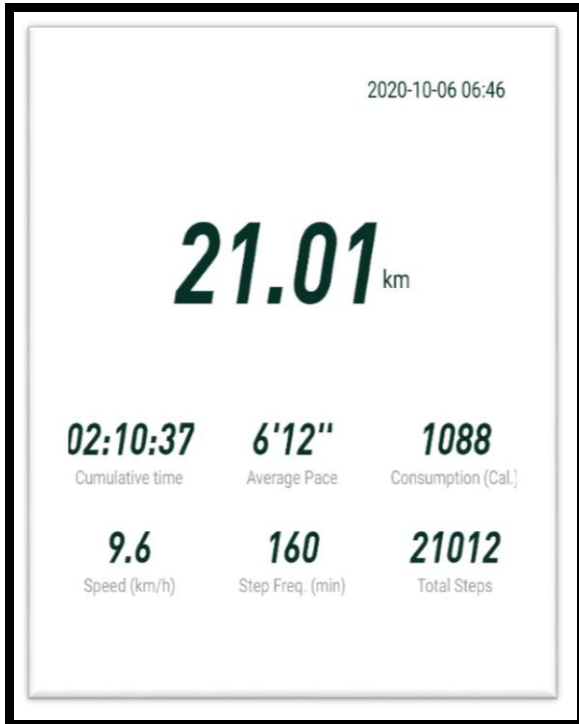
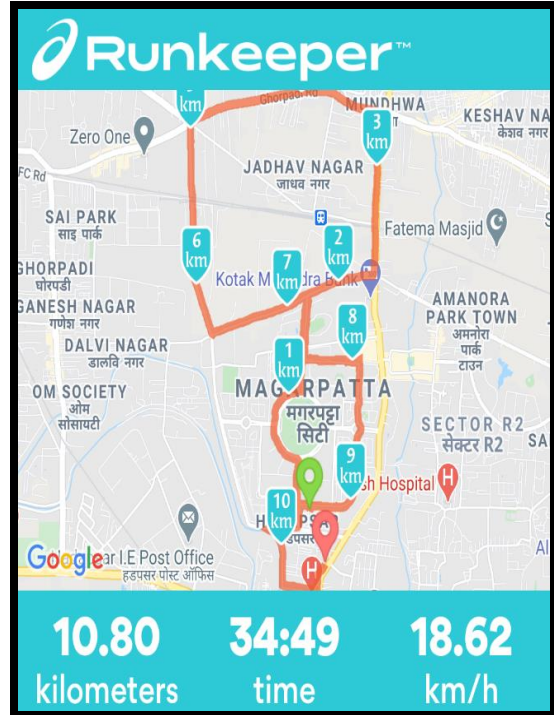
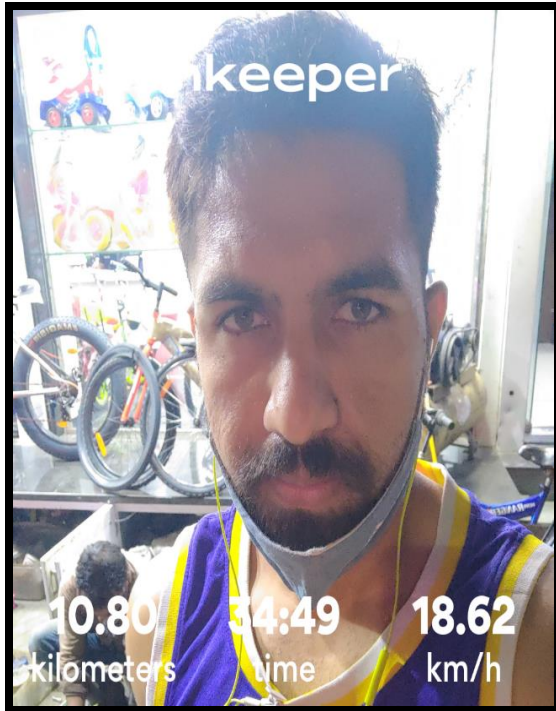


Shri A B Bhonsle  
Vice President Gymkhana



Dr D S Bormane  
Principal

**Photographs from the participants:-**

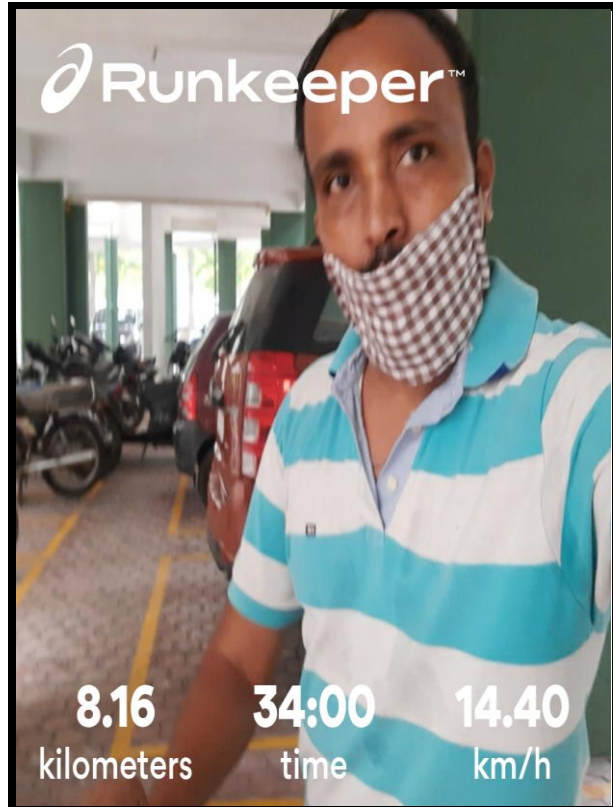
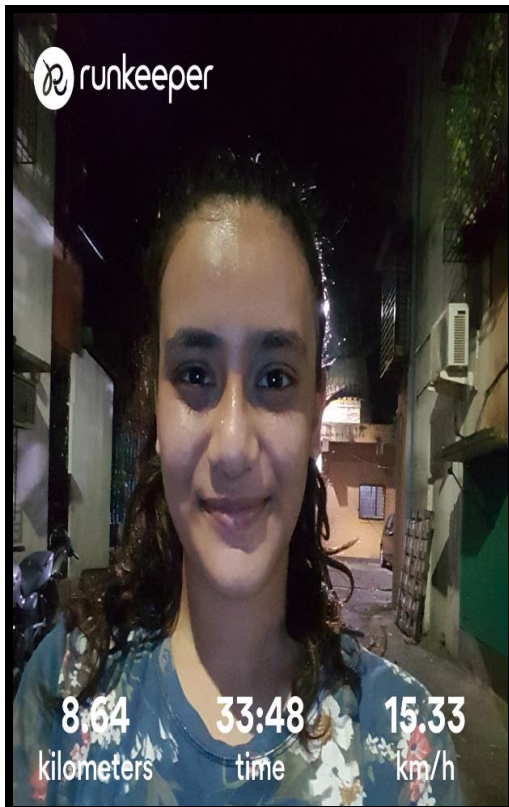
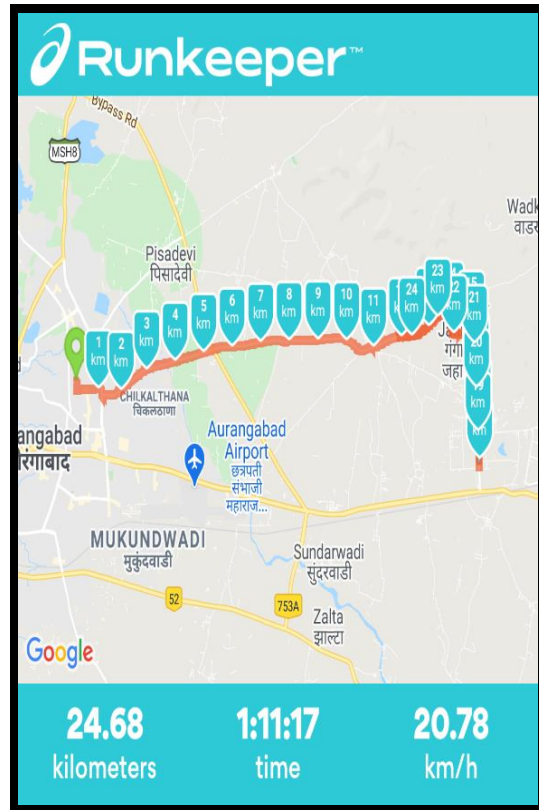
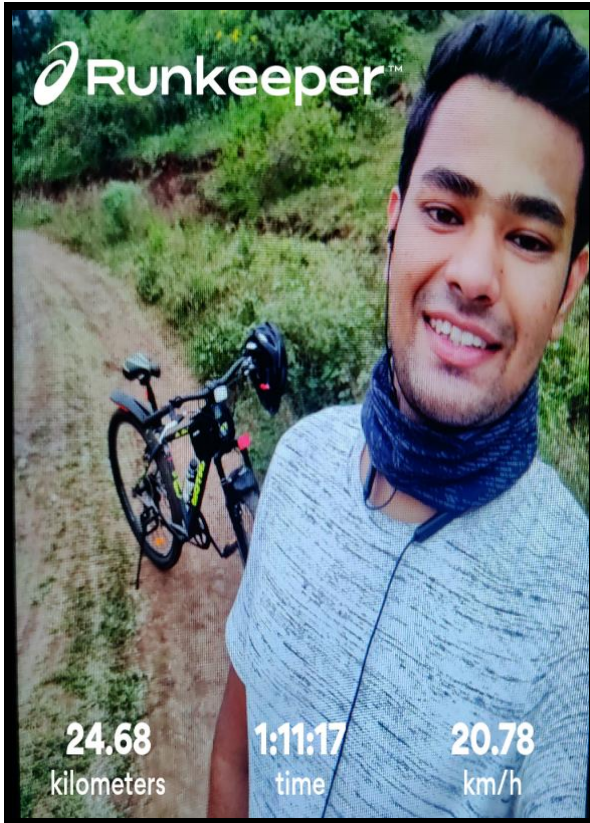


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Physical Director

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