



Report of
Fit India Freedom Run
on

**Health Interventions for Fit and
Prosperous India**

29th August, 2020



Rajiv Gandhi University (A Central University)
Rono Hills, Doimukh – 791112, Arunachal Pradesh, India

October 2020



FIT INDIA FREEDOM RUN



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Organizing Committee

Chief Patron

Prof. Saket Kushwaha

Vice Chancellor, Rajiv Gandhi University (RGU)

Patrons

Prof. Amitava Mitra
Pro Vice-Chancellor, RGU

Dr. N T Rikam
Registrar, RGU

Organizing Team

Dr. Tadang Minu, HoD i/c, Physical Education

Dr. Anil Mili, Assistant Professor, Physical Education

Dr. K. Rojeet Singh, Assistant Professor, Physical Education

Dr. Sambhu Prasad, Assistant Professor, Physical Education

Dr. Vivek Kumar Singh, Assistant Professor, Physical Education



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Acknowledgements

Our sincere most thanks are due to Shri Kiren Rijju, Hon'ble MoS (I/C) Ministry of Youth Affairs & Sports and MoS, Minority Affairs, Government of India for his kind presence and necessary support in conducting the Fit India Freedom Run successfully aimed at Health Interventions for a Fit and Prosperous India.

We are thankful to the Hon'ble Vice Chancellor of RGU, Prof. Saket Kushwaha for his enthusiastic support and endless motivation without whom planning a Five Day Programme on Health Interventions for Fit and Prosperous India, would not have been possible. His direction and energetic efforts have contributed immensely in enduring learning to thrive against this challenging and unprecedented time of COVID-19. The moral and material support received from the Vice Chancellor has been more than encouraging and any acknowledgement to the highest contribution of his highest office in successful organization of this programme on the occasion of Fit India Freedom Run would be less.

Grateful acknowledgements are also due to esteemed Pro Vice Chancellor, Prof. Amitava Mitra for his continuous guidance and insightful motivation in hours of need and the former Registrar of RGU, Prof. Tomo Riba as well as his successor Dr. N T Rikam for their welcoming gestures, guidance, affection and support along with enormous cooperation in the organization of this programme. Deans, Directors, Heads, Officers of RGU Administration and all Teaching and non Teaching Members of RGU deserve due acknowledgement who have always been a source of support and encouragement behind all our initiatives and hence, heartfelt thanks are also due to them. We offer our sincerest gratitude to **worthy participants** for their lively and enthused co-operation. All of them who stood victorious deserve our acknowledgement for their efforts whereas those others who enriched the events are worthy of our gratitude for their participation and interests. Thanks are due to the organizing team in not just organizing the event successfully but their harmonious and dedicated contributions during the entire programme.

In the end, a big thanks to each one of you going through this report for your interests and acknowledgements of our efforts towards understanding the Mahatma.

Coordinator, Organizing Team



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1. Brief Overview of the Programme Conducted

Rajiv Gandhi University (Central University), Arunachal Pradesh, organized the “The Fit India Campaign, 2020” towards the closure of **Five Day Online Faculty Development Programme (FDP)** on the Theme: **Health Interventions for Fit and Prosperous India** dated 21st August, 2020. A total of 221 participants registered for the FDP.

The programme was inaugurated by Sri Kiren Rijju, Hon’ble MoS (I/C) Ministry of Youth Affairs & Sports and MoS, Minority Affairs, Government of India in presence of Prof. Saket Kushwaha, Hon’ble Vice Chancellor, RGU, Prof. Amitava Mitra, Pro-Vice Chancellor, RGU and Prof. Tomo Riba, erstwhile Registrar, RGU. Further, Rajiv Gandhi University, also conducted the ‘**FIT India Freedom Run**’ through Google Form inviting students and university community for recording their walk/run on a daily basis



Sri Kiren Rijju
Hon’ble MOS (I/C), MOYA & S

in which 46 people registered for the programme and covered a total distance of 7876 kms. (approx.) in total till 2nd October, 2020.



Prof. Saket Kushwaha
Hon’ble VC, RGU

On 29 August 2020, the National Sports Day was organised in a befitting manner through the conduct of many physical fitness and health related competitions. Prof. Saket Kushwaha Hon’ble Vice Chancellor, Rajiv Gandhi University, Prof. Amitava Mitra, Pro-Vice Chancellor, Prof. Tomo Riba, Registrar and other members from the university community actively participated in the programme. Hon’ble Vice Chancellor in his address motivated the participants to

adopt the fitness activities in daily life. He also explained how Major Dhyanchand brought pride to the nation and contributed through sports and his service to the Indian Army. Professor Kushwaha also shared how participating in sports and physical movement method, we can strengthen our immunity and develop our functionality which may capacitate in beating the pandemic like COVID-19.



Prof. Tomo Riba
Erstwhile Registrar, RGU



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All the participants in the program was divided according to different age groups; Sub-Junior, Junior, Open category and Senior category. These competitions were attended by more than 50 participants in different sections; the events included (i) Shuttle Run, (ii) Medicine Ball Throw, (iii) Push Up, (iv) Back Running, (v) Freedom Run, and (vi) Cyclathon. Participants in different categories participated and did their best, event tough competition was seen in senior category in which VC, Pro-VC, Senior Professors and Administrative staffs were not giving any space to their opponents.

After the completion of fitness items competition the Freedom Run was flagged off by Hon'ble Vice Chancellor, Professor Saket Kushwaha and the event of Cyclathon was flagged off by Dr. Vaishali Kushwaha, the first lady of the university. Eventually the winners of events and the fitness activities were felicitated with medals and certificates as an encouragement on **2nd October, 2020** on the Occasion of Gandhi Jayanti.

2. Details of the Physical Activities Conducted

The brief summary of the physical activities conducted during the Five Day weeklong film festival is reproduced below:

Achievers of Sub-Junior Category	
Shuttle Run	
Winner	Tang Lali
Runner Up	Bahi Mili
2 nd Runner Up	Angshuman Hazam
Push-Ups	
Winner	Bahi Mili
Runner Up	Tang Lali
2 nd Runner Up	Angshuman Hazam
Freedom Run	
Winner	Chikaom Kaye
Runner Up	Nani Hapa
2 nd Runner Up	Bahi Mili



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Achievers of Junior Category

Shuttle Run

Winner	Subu Namchang
Runner Up	Rambo Jokia
2 nd Runner Up	Goli Bam

Back Running

Winner	Subu Namchang
Runner Up	Chandan Rai
2 nd Runner Up	Santanu Handique

Push-Ups

Winner	Rambo Jokia
Runner Up	Chandan Rai
2 nd Runner Up	Subu Namchang

Freedom Run

Winner	Subu Namchang
Runner Up	Chandan Rai
2 nd Runner Up	Santanu Hendique

Achievers of Open Category

Shuttle Run

Winner	Rajesh Prasad
Runner Up	Rinchin Tsering
2 nd Runner Up	Lokeswar Konwar

Push-Ups

Winner	Vinod William Kujur
Runner Up	Dr. Prasenjit Bujar Baruah
2 nd Runner Up	Dr. H. Vokendro Singh

Medicine Ball Throw

Winner	Lokeswar Konwar
Runner Up	Dr. Vivek Singh
2 nd Runner Up	Dr. David Pertin

Freedom Run



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Winner	Vinod William Kujur
Runner Up	Rinchin Tsering
2 nd Runner Up	Raju Lama

Achievers of Senior Category

Shuttle Run

Winner	Kurien Thomas
Runner Up	Dr. M. Malthesh
2 nd Runner Up	Prof. Saket Kushwaha

Back Running

Winner	Dr. H. Vokendro Singh
Runner Up	Kurien Thomas
2 nd Runner Up	Dr. M. Malthesh

Push-Ups

Winner	Prof. Rama Chandra Parida
Runner Up	Kurien Thomas
2 nd Runner Up	Prof. P.K. Panigrahi

Medicine Ball Throw

Winner	Kurien Thomas
Runner Up	Dr. M. Malthesh
2 nd Runner Up	Dr. Saket Kushwaha
3 rd Runner UP	Dr. Krushna Chandra Mishra



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3. Photographs





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